

PART2 全课件（9-1）

地点类(以下红色为一级准备，黑色为二级准备)



整体规划



城里的公园花园	A park or garden in your city
TR	When talking about such a park, the first one in my head is a community park that is near where I live; basically speaking, as long as I have spare time, I will go there by myself or with my parents, and we can do a range of things there, like jogging, walking, walking a dog, picnicking and camping; the park is really amazing
D+PO	<p>I love it for some reasons</p> <p>景色</p> <p>For example, the park view is really scenic and natural; since it is surrounded by trees, flowers and plants; we can see different colors like blue sky, white clouds, green trees and colorful flowers, which allows us to slow life pace down and enjoy the natural beauty.</p> <p>设施齐全</p> <p>Besides, local residents can be encouraged to step out and stretch, since facilities are well-rounded and everyone can have fun by doing different outdoor activities, instead of being stuck at home all day long.</p> <p>免费和距离近</p> <p>Last but not least, the location is really central, and it only takes me five mins from my apartment; that's why when I feel fidgety or grumpy, I will take a walk in this park to have inner peace.</p>
C	That's why it is a lovely place.
本土的有趣之地	<p>TR</p> <p>When talking about such an interesting place in my city, the first one in my head is a guest farmland, which takes us about 1-hour drive from where we live; basically, we can do a range of activities there, like riding a horse, feeding goats, picking strawberry, picnicking, camping and barbequing; now I take it as my third space, which means I always have a place to stay for hours besides my first space home and second space of xxx</p>

	<p>D+PO</p> <p>I love it for some reasons</p> <p>Firstly, we can be encouraged to step out and stretch in outdoor places, instead of being stuck indoors all day long; and when we get around, we could breathe fresh air and smell flowers;</p> <p>In the meanwhile, the place is very scenic, we can see colors of all kinds like blue sky, white clouds, green trees and colorful flowers, which is very different from the bustling city.</p> <p>One more to add, the place is ideal for family activities and parties; friends and family members can enjoy each other's company by spending wonderful time together.</p> <p>C</p> <p>That's why it is interesting.</p>
一个美丽的城市	<p>When talking about such a beautiful city in my country, the first one in my head is called xxx, which is located in the southeast part of China, and the experience roughly happened one year ago, while I was spending a wonderful week with my family there, and we did a range of things, like shopping, doing outdoor activities, basking, tasting local delicacies, visiting landmarks and historical sites; the city left me a lasting impression</p> <p>For instance, the view is very scenic and city is quaint 精致的; wherever we go, we can see different colors like blue sky, white clouds, green trees, clean streets and bridges. The whole city is like a big garden, which is very different from other bustling cities.</p> <p>Besides, the air is clean and fresh, which is ideal for us to do outdoor activities like city walk; while we were walking around, we could even smell fragrance of flowers, which is refreshing.</p> <p>And additionally, this city is very tidy and neat, public facilities and street parks can be commonly found everywhere, so that people can wind down by doing different activities.</p> <p>That's why it is a beautiful city.</p>
直接解决: 理想居所	<p>When speaking of such an ideal house, the first one in my head is a country style villa that I visited two weeks ago, and in the future, If there is any chance, I am dying to live there with my friends; basically, the country villa is located in one of the villages near my city, and the house left me a lasting impression.</p> <p>I consider it to be my dream house for some reasons</p> <p>Firstly, the house is surrounded by trees, plants and flowers, so we can see different colors every day, like blue sky, white clouds, green trees and colorful flowers, which allows us to escape from the bustling city.</p> <p>Additionally, the place is very quiet; for instance, we can only hear natural sounds like bird's chirping, wind's whistling and dog's barking; when we live there, we could have inner peace and quality sleep.</p> <p>One more to mention, the house is spacious with facilities; so that we</p>

	<p>can encouraged to step out and do outdoor activities, like barbequing, picnicking, doing sports, growing veggies and playing games, instead of being stuck at indoors all the time.</p> <p>That's why my dream is to live with my family in such a house.</p>
直接解决: 攒钱买贵重礼物	<p>TR: when talking about such an expensive gift that I need save money to buy, the first thing in my head is a country style villa in one of the villages near my city, and hopefully one day, I can save enough money to buy such a house for my parents as a gift.</p> <p>D+PO: 同上</p> <p>C: that's why it is on the top of my list.</p>
直接解决: 未来想去的遥远地方	<p>TR: in the future, if there is any chance, I plan to visit a beautiful island called xxx, which is my dream destination of all time; and if my dream comes true, I plan to live in a beach resort for a month, and I can do many things there, like doing water sports, sightseeing, meditating, trying local delicacies and making new friends.</p> <p>The island of xxx is my dream destination for some reasons</p> <p>For example, my life can be full of natural elements every day, like trees, flowers and plants, and I can see colors of all kinds all the time, like blue sky, white clouds, crystal blue ocean, white sand beach and colorful flowers, which allows me to get away from the bustling city.</p> <p>Additionally, I can be encouraged to step out and stretch every day, doing different kinds of activities like what I mentioned above, instead of being stuck at home and being homebody.</p> <p>Last but not least, given the island is very peaceful and serene, I can meditate every day to have inner peace, along with the natural sounds like bird's chirping, wind's whistling and sound of waves, which can help me reach my spiritual world.</p> <p>That's why it is on the top of my list.</p>



serendipity

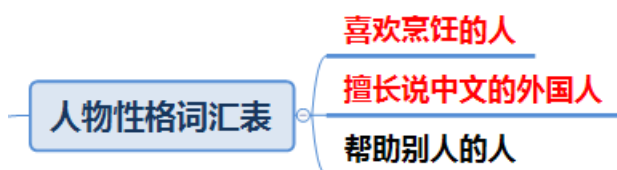
你喜欢的一个派对	a party you enjoyed
TR	<p>When speaking of such a party that I attended, the experience roughly happened several weeks ago, while I was attending a classmate reunion party at a lovely guest farmland; and during the party, we did a range of things like singing, chatting, picnicking, playing games and enjoying a</p>

	firework show. Picking cheery feeding goats, riding horse had a blast.
D+PO	<p>一开始很期待</p> <p>At first, I was very anticipated when I received such an invitation, since we hadn't met each other for a long time, and I would love to use such a party to catch up with 叙旧 each other</p> <p>后来去了一个很棒的农家乐</p> <p>And then, we went to a wonderful guest farmland to enjoy such a party, and the place is very amazing, since the view is scenic and rustic, we had a chance to get away from the bustling city; while we were there, we did a range of outdoor activities to enjoy each other's company like hiking and bush walking, and finally, we were on the top of the world when the firework show was on. Thrilled=excited=have a blast=be over the moon</p> <p>最后每个人很尽兴</p> <p>And eventually, when the party was over, everyone had a blast and we were even not willing to say goodbye to each other; in the meanwhile, we took many photos to record such a moment, and everyone was laughing and making fun of each other.</p>
C	That's why the experience is very impressive and unforgettable
直接准备	<p>让你开心的照片</p> <p>When talking about such a photo, the first one coming up into my head is the one that I took several weeks ago, while we were celebrating the classmate reunion party at a guest farmland; and in this photo, everyone was laughing by making fun of each other, and this photo is the faithful record of our happy moments and friendship.</p>

相关联的题目

	认识的人搬到新家
TR	When talking about such a person who just moved to a new place, the first one in my head is my friend named Mike, who recently moved to a country house with his whole family; and we visited them two weeks ago, the experience left us a lasting impression. Basically, after getting tired of the fast-paced life in city, Mike decided to change his lifestyle by living in one of the villages near my city, and gradually, they have built a country house into a guest farmland with facilities, trees and flowers, which is really amazing.
D+PO	<p>His house is really my dream place to live.</p> <p>For example, it is surrounded by trees and plants, we can see different colors in the yard, like blue sky, white clouds, green trees and colorful flowers, which allows us to refresh mind and boost mood.</p> <p>Besides, the yard is quite spacious, and we can do heaps of things there, like doing sports, playing games, barbequing, picnicking and picking fruits, which encouraged us to step out and stretch.</p> <p>More amazingly, the house is really quiet; for instance, we can only hear natural sounds like birds' chirping, wind's whistling and dog's barking; by living there, we could have inner peace very easily.</p>
	汽车旅行和迷路

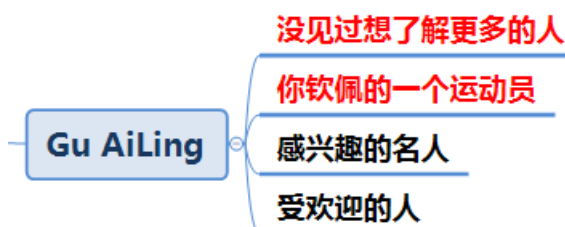
	<p>TR: the experience roughly happened several months ago, while we were driving to a scenic spot where was very hilly and remote, and on the half way, due to the loss of navigation signal, we got lost in the middle of now where, and then it took us one hour to find the right track, and the experience left me a lasting impression.</p> <p>At first, we were so excited when we set off, and our car was full of joy and laughs; in the meanwhile, we were confident that we would reach our destination on time with the aid of navigation app.</p> <p>But afterwards, about several hours later, we realized that there was no Internet connection when we drove to a hilly area, and we began to feel confused/puzzled when it came to a fork road, we had no idea which way was correct; and unfortunately, we chose the wrong way; gradually, we felt so frustrated, since no matter how hard we tried, it made no difference, and we just drove back and forth for almost one hour.</p> <p>Eventually, we had no choice but to turn to the locals for help, and with their direction, we were finally on the right track to our destination, but we detoured for hours.</p> <p>That's why it is memorable.</p>
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中文讲得好的外国人	a foreigner who speaks Chinese well
TR	When speaking of such a person, the first one in my head is a Canadian called Mike, who used to teach us English when I was in college; basically, he is a language genius; for example, apart from English, he is also good speaking Mandarin and even French.
D+PO	<p>I would like to talk about him for some reasons</p> <p>1 因为热爱所以爱学</p> <p>For example, he is very interested in Chinese history, culture and tradition; that's why he would use many ways to acquire the local language, like reading books in Chinese, listening to radio programs, watching local TV programs, singing Chinese songs and traveling to different places in China; so, that's why he is always putting theory into practice, and practice makes perfect.</p> <p>2 非常聪明</p> <p>Additionally, as a fast learner, Mike can get the hang of a language very quickly; and he is also good at putting theory into practice when learning new words and phrases. He is a creative thinker, and he can also think and learn out of box.</p>

	<p>3 我们常常分享和交流</p> <p>One more to mention, given that we have many common grounds, we always have conversations about music, travel, fashion, sport and so on in both English and Chinese; and our moments are always full of joy, laugh and fun; he told us the best way to learn a language is to practice, since practice makes perfect.</p>
C	That's why Mike is on the top of my list.
直接准备：你同学/同事里成功的人	<p>When speaking of such a person who is successful in my life, the first one popping up into my head is my classmate named Mike in high school; basically, Mike is very talented and smart, he used to win prizes of all kinds in our class, like speech contest, scholarship, sport event and so on, he was the top-tier student in my class.</p> <p>I admire him for some reasons</p> <p>Firstly, he is very intelligent and knowledgeable; and he is able to get the hang of something new very quickly; besides, he is a creative thinker, and he can always think out of box; that's why he is my go-to person if I come across any questions;</p> <p>Besides, he is a hard worker; and he is always on the way to go to classroom and library, studying and reading all day long; and he has set a good example for us to learn.</p> <p>One more to mention, we really look up to his versatility; for instance, apart from being excellent in study, he is also good at other things like playing guitar, playing basketball, English, singing and even dancing; That's why he is on the top of my list.</p>
喜欢做饭的人	A person who likes to cook for others
TR	<p>When speaking of such a cooking lover, the first one in my head is my mum, who is really into cooking; basically speaking, my mum would cook for us on a daily basis; she is very talented in cooking; besides Chinese traditional food like noodle, dumping, salad and fried dishes, she would also cook cuisines like fried chicken, steak and sushi.</p>
D+PO	<p>I would love to talk about her for some reasons</p> <p>因为热爱所以钻研</p> <p>For example, as a big fan of cooking, she would use different ways to improve the cooking skill, like reading recipes 菜谱, watching cooking programs and even attending community cooking classes, or watching live stream; that's why she can always come up with 想到 new ideas to cook for us.</p> <p>营养知识丰富</p> <p>Besides, she is quite knowledgeable about nutrition match; and she would use different ways to cook balanced diet for us, including veggies, meats, seafood, fruits and so on; so that we could eat healthily and nutritionally.</p> <p>一起吃饭促进情感</p> <p>One more to add, it is her belief that by eating together at home, we</p>

	can boost ties and enjoy each other's company, and our dinner time is always full of joy, fun and laughs; I guess that is the meaning of eating together at home.
C	That's why she is on the top of my list.
帮助别人的人	A person who helps others 同时也是有兴趣的名人, 受欢迎的人
	<p>TR: Well, when describing such a person, the first one in my head is named Louis Koo, who is one of the most well-known movie stars and philanthropists in China 点题说出是干什么的, he is very admirable and charismatic/influential.</p> <p>D: I have known him for many years since I was in primary school, since he and his classic movie images left us a lasting impression; as an evergreen tree in the showbiz, Louis Koo has attracted fans from all over the world. 他的人设介绍</p> <p>PO1: I am a big fan of him for some reasons; for example, he is very talented and Versatile; apart from acting well, he is also good at dancing, singing, playing instrument and racing; 多才多艺有才华, his life is full of variety; we are always inspired by his music.</p> <p>PO2: What attracts me most is the fact that he is a man of true greatness, since he and his foundation have spared no effort to do charitable things in some of the poorest provinces in China, like raising fund, donating money, building schools, clinics and water cellars/wells; he basically is using the money he has made from movies to help those who are in need, to help them develop and become who they truly are. 有善心的大爱之人 (as a result, many of us are encouraged by him to do our share and make a difference in others' lives.)</p> <p>PO3: he is humble and hardworking, even if he is well-established, he would always stay low key and do his best to create values for others, and he has set a good example for us to learn from. (he is always on the way to create new movies and songs and bring values to others, we look up to him)</p> <p>That's why he is amazing.</p>



你钦佩的一个运动员	A great athlete you admire
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	<div><div>Medal record</div><div><div>Women's freestyle skiing</div><div>Representing  China</div><table><thead><tr><th>Event</th><th>1st</th><th>2nd</th><th>3rd</th></tr></thead><tbody><tr><td>Olympic Games</td><td>2</td><td>1</td><td>0</td></tr><tr><td>World Championships</td><td>2</td><td>0</td><td>1</td></tr><tr><td>Winter X Games</td><td>2</td><td>0</td><td>1</td></tr><tr><td>Winter Youth Olympics</td><td>2</td><td>1</td><td>0</td></tr><tr><td>Total</td><td>8</td><td>2</td><td>2</td></tr></tbody></table><div><div>Olympic Games</div><div><div> 2022 Beijing</div><div>Big air</div></div><div><div> 2022 Beijing</div><div>Halfpipe</div></div><div><div> 2022 Beijing</div><div>Slopestyle</div></div></div></div></div>	Event	1st	2nd	3rd	Olympic Games	2	1	0	World Championships	2	0	1	Winter X Games	2	0	1	Winter Youth Olympics	2	1	0	Total	8	2	2
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TR	<p>When talking about such an athlete/icon, the first one in my head is called Gu ailing, who is one of the most reputable and accomplished athletes in my country. Basically speaking, as a young and talented skier, she has gained many titles in different ski events like Winter Olympic games and world championships. 介绍成就</p>																								
D+PO	<p>I would love to talk about her for some reasons 很努力和优秀</p> <p>For example, she is very talented and hardworking, even if she is well-established, she is also on the way to practice hard to push her limit; and in the meanwhile, with her strong time management skill, she is also one of the top-tier students in Stanford university. 多才多艺</p> <p>Besides, she is quite versatile; for instance, apart from being excellent in skiing, she is also good at other sports like marathon; one more to add, she is also a fashion icon and social media influencer; that's why she has set a good example for us. (she is proficient in both Chinese and English) 善举激励更多人</p> <p>Last but not least, she is very charitable; for example, she would spare no effort to help those people in need, like donating money and raising fund for poor kids, which has inspired many of us to do our share and make a difference as well.</p>																								
C	<p>That's why she is admirable.</p>																								
直接同步准备	<p>一个你没见过想了解更多的人, an interesting person you haven't met but would like to know more about.</p>																								

你认识的一个成功商人

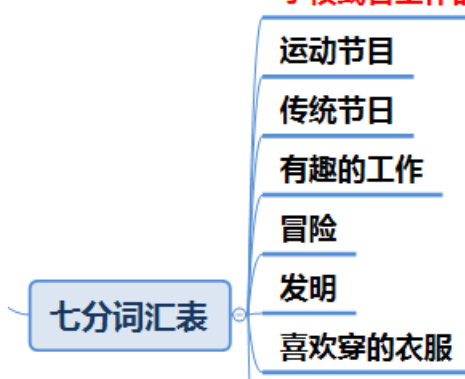
BOOK SWAP

一个想法有趣的人

你认识的一个商人	A successful businessperson you know (family business)
TR	When speaking of such a successful businessperson, the first one in

	<p>my head is call Mike, who currently is running a coffee shop named sunshine in our community, and his story left me a lasting impression.</p> <p>开头</p> <p>Basically, as a big fan of coffee and the culture, Mike is running the business with a great idea of book swap; by this I mean, as long as coffee lover brings 3 qualified books to his coffee shop, they would have a chance to exchange those books with other book lovers, and in the meanwhile, they can enjoy a cup of complimentary coffee once the swap is done. 介绍规则</p>
D+PO	<p>We all love this idea for some reasons</p> <p>利用好二手物品</p> <p>For example, by exchanging books with other book lovers, we could take advantage/make good use of second-hand stuff, to save money and space; since it is quite a pity to leave those books at home with dust.</p> <p>环保</p> <p>Besides, by doing so, we can do our share and make a difference to protect more trees, instead of spending more money to buy more books; I guess that's one of the major reasons why book lovers sign up for this activity. 参加这个活动</p> <p>生意火爆</p> <p>So that's why his coffee shop is always packed with coffee lovers and book lovers, since it is a way of socialization, and we can expand social circle and enjoy coffee at the same time. he and his coffee shop successfully attract people from our community.</p>
C	That's why he is on the top of my list.
同步合并	一个有趣想法的人 a person who has interesting ideas

学校或者工作的重要原则



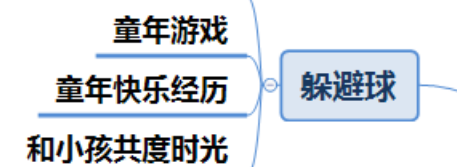
学校工作的重要规则	a rule that is important in your school or at work
TR	When talking about such a rule in my school/at work, the first one in my head is about attendance rate, which is very foundational; basically, it states that if our attendance rate is below 80%, we would receive a

	warning and even fine, and we have to face consequences.
D+PO	<p>I consider it to be important for some reasons</p> <p>1. 保证效率 For instance, it is crucial for us to guarantee the efficiency of work or study; and if we are always late for work or study, we would fall behind of schedule and time and labor would be wasted.</p> <p>2. 表示尊重 Besides, it is also the way to show our respect to teachers/others/co-workers; especially when we run important sessions like meeting or review classes, we would interrupt the whole pace if we are not punctual. 准时的</p> <p>3. 养成好的生活习惯 One more to mention, punctuality is a strong drive for us to live a regular life, and we need to go to sleep early and get up on time if we have strong sense of timing; or we tend to stay up late and live an upside-down life;</p>
C	That's why this rule is on the top of my list.
你喜欢的发明	
TR	When talking about such a great invention, the first one in my head is the massive use of subway as public transport, which is a perfect solution to better many issues in a city like traffic jam, air pollution and parking problems.
D+PO	<p>I love it for some reasons</p> <p>For example, it is cost-efficient to use the subway, and it only costs us 3 kuai to get around in my city conveniently, which is much cheaper than taking taxi and driving.</p> <p>Besides, it is eco-friendly, since the subway is driven by electricity instead of fossil fuels, so that we can do our share and reduce our carbon prints against global warming; in other words, the more we use the subway, the cleaner our world will be.</p> <p>Last but not least, there is no traffic congestion underground, and we can arrive at our destination on time; especially when it comes to peak hours in my city, the ground traffic will move like snails, and it is always reliable and punctual to use the subway</p>
C	That's why I consider it to be one of the greatest inventions.
常穿的衣服	
TR	When regarding such a piece of clothes, the first one in my head is t-shirt, and I tend to wear it on a daily basis when days are warm, since it is very affordable and durable. Normally speaking, I will choose different kinds of tees to wear, including short-sleeve, short-sleeve and polo shirts
D+PO	<p>I love it for some reasons</p> <p>Firstly, it is affordable, so that I can keep up with the fashion trend by selecting my favorite tees with prints or images; moreover, it is easy for</p>

	<p>me mix and match with my pants and sneakers.</p> <p>Besides, it is comfy for me to wear tees on different occasions and scenarios, like going to work, shopping, doing sports, traveling and socializing with friends; and wearing tees allows me to fit in/blend in the vibe very easily.</p> <p>Last but not least, chic and fancy tees can greatly cheer me up, I often wear different tees to show my confidence and energy, I feel very present and alive when wearing trendy tees.</p>
C	That's why it is on the top of my list.
喜欢看的运动类节目	
TR	<p>When talking about such a sport program that I'd like to watch, the first thing in my head is about marathon, which is really my favorite; basically, there are several events of marathon going on in different cities in my country, and as long as I have spare time, I will spend one or two hours watching such a sport program.</p>
D+PO	<p>I love watching it for some reasons</p> <p>For example, marathon is all about competing with ourselves, as long as runners pass the finish line, they are all winners, I love it since the sport shows one's persistence, resilience and stamina; that's why I always feel the passion and energy of those runners when I watch such a program.</p> <p>Besides, by watching such a program, I can see scenic views and feel the city's vibe, including the skyline of buildings, greenery, street views and natural views, which is a good way to be know a city very quickly.</p> <p>One more to mention, running a marathon is also recreational, after all, it is all about participation, and runners tend to put on different kinds of costumes to show their personality and passion; some runners will dress up like comic characters or mascots to be eye-catching and even hilarious;</p>
C	That's why I love this program.
传统的节日	
TR	<p>When talking about such a traditional festival, the first one in my head is the Chinese lunar new year, which is the most important festival in my country; and basically, it is the occasion of reunion and celebration; and we tend to do a range of things, like having reunion dinner, pasting couplets, giving luck money, setting off firecrackers and fireworks and so on; we celebrate such a festival to mark a brand-new year and new chapter in our life.</p>
D+PO	<p>We love spring festival for some reasons</p> <p>Firstly, just as a saying goes, a whole year's harvest lies on the season of spring; and from this festival on, everyone will make their best wishes and new year's resolutions, hoping to be more energetic and determined in the coming year.</p> <p>Besides, spring festival is also an opportunity for us to boost ties with family and friends, we could enjoy each other's company by doing things</p>

	like eating together, holding parties, watching CCTV gala shows together, playing cards, and traveling together. Last but not least, spring festival can be viewed as a way to appreciate our values regarding history, tradition and culture; especially for kids, since they can learn many interesting facts and stories about our folk arts and tales.
C	That's why the spring festival is on the top of my list.

你感到累的一个活动



让你累的一个活动	An activity that made you feel tired
TR	The experience roughly happened several weeks ago, while I was spending the whole afternoon to take care of my nephew/niece; since he/she was rather naughty, I felt so worn out/exhausted eventually; and the experience is quite impressive
D+PO	一开始欣然接受 At first, I said yes when my aunty/uncle asked me to do such a favor, since I was into interacting with kids, and I thought it was a piece of cake to take care of my nephew/niece 后来开始做游戏 But afterwards, I realized that I was wrong, since he/she was quite naughty and fidgety, and he/she couldn't sit/stand for a moment; I had no choice but to play dodge ball game with him/her; and then we ran and jumped all the time for hours, our game time was full of fun and laughs. 最后累并充实着 Finally, we all had a blast and by the time he/she was picked up, I felt so tired and I even couldn't feel my legs; but the moment we spent together was very memorable, and it is a good chance for me to step out and burn calories as well.
直接准备	和小孩共度时光
童年游戏/快乐经历/童年喜欢的活动	TR: when talking about such a childhood fun activity, the first one in my head is about playing dodge ball or beanbag game, which was really my favorite when I was young; and I could play it for hours with my little fellas. D: Basically, the game comes like this, it involves one player standing in the middle of a circle, and people around this person will throw the beanbag towards him/her, and once you were hit, you were out; and then we take


	<p>turns to stand in the middle to keep the game going; all in all, in order to win the game, we need to have the teamwork spirit and responsiveness.</p> <p>PO:</p> <p>We all love the game for some reasons</p> <p>Firstly, we always had a blast when playing such a game together, since our moment could be full of joy and laughs, and we enjoyed each other's company by running and jumping all the time; that scene left me a lasting impression</p> <p>And more than that, by playing in a team, we grew our friendship and bettered the understanding towards each other; and even today, I still stay in touch with some of them; in a word, this game is the witness of our care-free childhood memory.</p> <p>That's why it is on the top of my list.</p>
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一幅画

sunflower oil painting

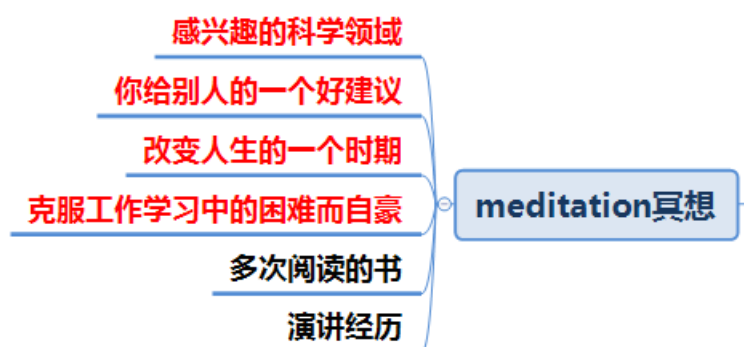
电脑罢工的一次经历

U盘文件受损

一幅画 a painting	 <p>Start with a WHISPER LINE</p> <p>The DrawPage.com/whisperLine)</p> <p>Make the middle circles.</p> <p>Begin to add some petals.</p> <p>Add more behind those.</p> <p>Add even more petals behind those petals.</p> <p>Make a nice long stem.</p> <p>Then add leaves.</p> <p>Color!</p> <p>-Rose</p>
TR	<p>When speaking of such a painting or drawing, the first one in my head is about an oil painting of sunflowers that was done by myself; it roughly happened several months ago, while I was attending a hobby class of fine arts and I created my first oil painting; the experience left me a lasting impression.</p>
D+PO	<p>一开始很有兴趣学习艺术</p> <p>At first, given that I was interested in arts, I decided to sign up for a painting class, and I still can recall how I painted a sunflower.</p> <p>后来老师教我们如何做</p> <p>For example, we began from drawing middle circles, and then adding some petals, and more petals behind those circles, finally we also needed to draw a long stem and two leaves; and the last step was to paint them into different colors like yellow and green.</p> <p>最后激发了我更大的兴趣</p>

	I love my painting for some reasons; firstly, it is very simple and straightforward to create such a painting by myself; and besides, this experience inspired my interest of arts and paintings, in the future, I would love to try more to spice up my life; and on top of that, this experience brought me sense of fulfillment; a single painting can be my confidence-booster.
C	That's why I love this painting.

电脑罢工的一次经历	A time you had a problem with using the computer
TR	The experience roughly happened several years ago, while I was going to do a presentation about my assignment in a meeting room; but due to the incident of my computer, I almost failed my prestation.
D+PO	<p>一开始很淡定</p> <p>At first, I was confident since I was well-prepared, and everything was under my control;</p> <p>后来开始着急，同时也很无奈</p> <p>But afterwards, when it was about to be my turn, I realized that I couldn't open my file of the power point, and I was told by the computer that the file was corrupted; and I began to feel worried and eve anxious, since the presentation meant a lot to me and I didn't want to lose that opportunity to show my work; in the meanwhile, I was frustrated, since no matter how hard I tried, it made no difference, I wasn't making any difference by trying again and again.</p> <p>最后登陆云端找到文件</p> <p>Eventually, it came to me that my file once was uploaded to the cloud service automatically, and I logged in without any hesitation; thankfully, my copy file was there; just like that, I was so relieved and I finished my presentation smoothly as planned.</p>
C	I learn a lesson from this experience, which is always to wish for the best and prepare for the worst.



感兴趣的科学领域	An area of science that you are interested in and would like to know more about
TR	When talking about such an area, the first one in my head is about

	<p>psychology, and I would like to know more about this scientific area in the future. The experience roughly happened several one year ago, while I was experiencing many issues in my life due to the stress, like frustration, depression, insomnia, amenia and irregular life routine. That's why I began to practice meditation. 给出感兴趣的前提背景</p>
D+PO	<p>然后开始接触和了解</p> <p>At first, under the guidance of an useful app called simple habit, I learnt how to meditate, for instance, I can sit comfortably on the ground or in a chair, and by focusing on my breath and awareness, I can gradually train my mindfulness; besides, I also learnt how meditation worked, when we meditate, the brain part for anxiety and stress will shrink, while the part of joy and good memory will grow; that's why our brain is like a muscle, and meditation is the exercise.</p> <p>后来在多次尝试后感觉能够有内心的平静</p> <p>Eventually, after practicing meditation for several time, I strongly felt that I made progress regarding time management, emotion management and my concentration skill, I tried to solve every issue in my life with inner peace.</p>
C	<p>That's why I am interested in this area, and in the future, I would like to know more about psychology.</p>
同步直接准备	<p>克服学习工作中的困难而自豪 (这道题目的点题部分)</p> <p>TR: when talking about such an achievement in my study/work, the first one is about the improvement of my efficiency, and the experience roughly happened one year ago, while I was experiencing many issues in my life, like xxx, and I just couldn't stay focused on what I was doing, and gradually I became very worried and anxious.</p> <p>C: eventually, I made progress to hone my concentration, and I felt proud of myself, since I strong realized that I could always have a peace of mind when I work or study; and thanks to this experience, I am on the right track to achieve more in the future.</p>
直接同步准备	<p>改变人生的一个时期或者事情</p>
直接同步准备	<p>你给别人的一个好建议 a piece of good advice you gave to someone</p> <p>TR: when talking about such a piece of good advice, the first one in my head is about practicing meditation, since it helped me to get over my difficult period of time, and I gave this advice to my best friend.</p> <p>中间同上</p> <p>最后: eventually, my friend told me that he/she was making progress in terms of time management, emotion management and concentration ability; how he/she is able to face many challenges and solve problems with inner peace.</p>
多次阅读的书	<p>When talking about such a book that I have read for many times, the first one is my head is about meditation, which really left me a lasting impression. And this book has greatly changed my mentality and life habit.</p>

	<p>Basically, about a year ago, I experienced many issues due to the stress, like frustration, anxiety, insomnia, bad temper and even amnesia, that's why a friend of mine recommended/sent this book to me; and from this book, I learnt many things, like what is meditation and how to do it; for example, 后面加怎么做; and then I also learnt how it worked, for instance 后面加他的原理</p> <p>Afterwards, I put theory into practice on a daily basis; and till today, I still read this book when I have spare time, to better understand the meaning and significance of meditation; and I make progress by practicing meditation gradually, including my emotion management, time management and sleep quality;</p> <p>That's why I give credit to such a book.</p>
直接准备一个我的演讲演说经历和我感到骄傲的经历	<p>the experience roughly happened a year ago, while I gave a small talk during a reading-sharing meeting with my friends, and I presented my reaction and reflection about a book named meditation; the experience is impressive since all my friends gave me credit for that, and they learnt a lot as well from my sharing</p> <p>接下来讲你都分享了什么，书的具体内容</p>

一个你认为有用的广告

让你失望的电影

empty well

有用的广告	A good advertisement that you think is useful
TR	When talking about such a good advertisement, the first one in my head is a one-min short video that was presented by a gym brand, and the story left me a lasting impression; it roughly happened several weeks ago, while I was on my way to school/office, I happened to watch such a video on my smart phone;
D+PO	<p>The story comes like this, it talks about a chubby girl in the village who is always mocked by others of being overweight, and she is quite upset and frustrated. One day, her grandma told her that if the empty well in village is full of water one day, the god would show up and satisfy any dream of hers; and after hearing that, she became determined and began to fetch water from the river again and again every day; eventually, by the time she filled up the well, she became totally slim and beautiful by burning calories all the time.</p> <p>After watching this advert, I became very motivated and inspired, I realized that as long as I put my heart and soul, I can change myself</p>
C	So that's why I decided to pull myself together and began to work out, I give credit to such a TV commercial.
我感到失望的电影	TR: When talking about such a movie that I feel disappointed, the first one in my head is a Thailand drama named Empty well, which was recommended by a friend of mine who said the movie was really

	<p>engaging and creative; but to be honest, after watching the movie, I felt disappointed.</p> <p>故事梗概</p> <p>Basically, it talks about a chubby girl in the village who is always mocked by others of being overweight, and she is quite upset and frustrated. One day, her grandma told her that if the empty well in village is full of water one day, the god would show up and satisfy any dream of hers; and after hearing that, she became determined and began to fetch water from the river again and again every day; eventually, by the time she filled up the well, she became totally slim and beautiful by burning calories all the time.</p> <p>个人评价</p> <p>Frankly speaking, I give credit to the creativity of this movie, since the girl is really determined and courageous; while on the other hand, this movie tried to instill the value that being slim with a perfect waistline is the only standard for all girls; actually, everyone's life choice should be respected and we don't have to live other's life; after all, as a saying goes, variety is the spice of life; otherwise, life would be tedious and pointless.</p> <p>That's why I would like to talk about it.</p>
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等待美好事情发生的经历

做的重要决定

做了出国的决定

改变人生的一个时期	a period of time that changed your life
TR	When it comes to such a special moment in my life, the first one popping up into my head is about several months ago, while I was making up my mind about my future choices, which is a life-changer for me.
D+PO	<p>一开始很迷茫</p> <p>At first, I was quite confused and worried about my future, since I faced two options when I graduate, the first one is to find a stable job and live a comfortable life in my country, and the second one is to further my study in the UK for 1-2 years to get my master's degree.</p> <p>后来被表哥激励下了决心</p> <p>Afterwards, once a time, I happened to have a conversation with my cousin Mike who is very experienced about studying abroad and working abroad; he shared many insights with me after experiencing ups and downs in his life. And I was greatly enlightened and motivated.</p> <p>开始努力学习，稳步进步</p> <p>Eventually, I made a decision to study abroad by putting my heart and soul into studying; so, I was always on the way to go to the library to practice my English regarding listening/writing/reading/speaking; I</p>

	strongly felt that I made progress every single day, and hopefully my hard work could pay off sooner or later.
C	That's why the experience is so memorable.
直接准备	<p>等待美好事情的发生 a time you waited something good to happen</p> <p>TR: when speaking of such a time, the experience roughly happened several months ago, while I was waiting for my conditional offer from my dream university; and the whole story is not as easy as it sounds, since I experienced ups and downs of all kinds; that's why it is quite memorable.</p>
做的重要决定	<p>The experience roughly happened one year ago, while I once had a discussion with my parents regarding my future plan; and we held different opinions about how to spend my next few years; but eventually, we reached a consensus (kən'sensəs). 一致 and I made my decision to study abroad; that's why the experience is impressive.</p> <p>At first, my plan after graduation was to further my study in the XXX for XXX years, since the experience could offer me a chance to lay a solid foundation for future, and I was convinced that I could also make a difference by studying and working abroad if there is any chance.</p> <p>While on the other hand, my parents disagreed with my idea, they told me that I would experience many issues if I study abroad, like homesickness, frustration, loneliness, uncertainties, financial stress, challenges and even risks; they wish that I should live a stable life in China by finding a stable job, rather than waste the opportunity cost 机会成本; and just like that, we were not on a same page, and our conversation went back and forth 反反复复 all the time.</p> <p>Eventually, I still chose to listen to my inner voice and I began to study hard by putting all my heart and soul 全力以赴 into this; after witnessing my change, my parents finally said yes to me, and they gave me blessings and full support to chase my dream.追逐梦想</p> <p>That's why it is unforgettable.</p>

购物就餐时的一个糟糕体验

去过的人多的地方

获得错误信息

等菜时间太长而错过电影

购物就餐时的一个糟糕服务体验	A bad service you received in a restaurant/shop
TR	The experience roughly happened several weeks ago, while we were dining in a fancy restaurant, we experienced a long wait for the food, and due to that delay, we were late for our movie; the experience left me a lasting impression.
D+PO	At first, we were so anticipated 期待的; since the restaurant was recommended by many people regarding the flavor, the service, the environment and so on. So that's why we decided to drop by before

	<p>watching a movie in the cinema.</p> <p>But afterwards, we realized that it was too long between two dishes, and we first tried to get over it by ourselves; but it made no difference, and then we had to press the waiter for the order again and again; in the meanwhile, we were worried, since the movie was about to start. Eventually, towards the end, we were in a hurry to finish our dinner when the last dish was served; and not surprisingly, we missed the beginning of a wonderful movie; and we felt so disappointed, and my weekend was ruined by such a bad service.</p>
C	That's why the restaurant is on my blacklist
直接准备	<p>去过的人多的地方</p> <p>TR: when talking about such a packed place, the first one in my head is a restaurant that I dropped by last weekend, and the experience is unpleasant, I think I will never go to that restaurant again, since we waited too long for the food, and due to that delay, we were late for our movie; the experience left me a lasting impression.</p> <p>获得的错误信息</p> <p>TR: when talking about such a piece of wrong information, the first one in my head is my friend's recommendation about a restaurant; since the restaurant is not as good as what I heard from my friends; and I think I will never go there again; the experience roughly happened several weeks ago, while we were experiencing a long wait for the food, and due to that delay, we missed the beginning of our movie.</p>