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本季度新题 (2023 年 5-8 月新题, 2023 年 9-12 月保留题):

## Ice Cream (冰淇淋)

### 知识点:

- Scoop 一个球: A scoop of ice cream is a single serving.

I'll have one scoop of vanilla ice cream, please.

- Cone 锥形蛋卷: a cone-shaped holder for ice cream.

I got a chocolate ice cream cone with sprinkles.

- Ice cream cup 不点蛋卷，会放在纸杯里的那种叫 cup.

I ordered an ice cream cup with two scoops of chocolate ice cream.

- Sprinkles: 冰淇淋上撒的碎碎
- Topping 浇头: 冰淇淋上撒的各种配料

What kind of toppings do you want?

- Flavor 口味: (常见口味) Vanilla 香草, Chocolate 巧克力, Strawberry 草莓, Mint Chocolate Chip 薄荷巧克力碎, Cookies & Cream 奶油饼干, Butter Pecan 奶油山核桃, Coffee 咖啡, Neapolitan 拿破仑 (三种口味叠加在一起的冰淇淋), Peanut Butter Cup 花生酱, Bubble Gum 口香糖口味
- Milkshake 奶昔
- Sundae 圣代冰淇淋

喜欢 ice cream 的相关表达 (其他任何好吃的都可以, 比如 chocolate, cookies) :

- Ice cream is the best! 最棒啦
- Ice cream is my all-time favorite summer treat! 一生最爱的夏季甜食
- Ice cream is my go-to treat on a hot summer day! 首选甜食
- Nothing beats a big scoop of ice cream! 没有什么能打败.....!
- I could just eat ice cream all day long! 我能一整天都吃冰淇淋
- Who can say no to ice cream? 谁能拒绝.....?
- Everybody loves ice cream! 大家都爱.....!
- Ice cream always puts a smile on my face! .....总能让我微笑!

不喜欢 ice cream 的相关表达:

- To be honest, I'm not a big fan of ice cream. 不是粉丝
- It's very high in calories. 热量很高

- It's really evil, high-fat, high-sugar, high-calorie, very very bad. 高脂肪、高糖、高热量，很邪恶！
- It's too sweet for me, as I don't have a sweet tooth. 没有甜牙齿，不爱吃糖。（Have a sweet tooth 表示喜欢甜食）
- Ice cream is really fattening. 发胖的
- It's a love-hate relationship. 既爱又恨的关系

### 1. Do you like ice cream?

① Yes, I absolutely love ice cream! It's my all-time favorite summer treat (夏季甜食里的最爱) ! Nothing beats a big scoop of ice cream on a hot summer day (在炎热的夏天里的一天) . There are so many flavors to choose from and it always puts a smile on my face (让我微笑) . (原因)

② 还可以说最爱的口味：

① + My go-to flavor (首选口味) is strawberry ice cream. I love how fruity and refreshing (水果味的、清新的感觉) it is. I can eat it all day long! (强调补充，高光)

① + My favorite flavor is vanilla and chocolate, I know, they're both very classic flavor. I guess, I'm a very classic person/classy (典雅的、经典的有品味的人) , you can say (你可以说，我是一个经典之人，调侃自己) . I'd like to play it safe (走安全路线) . There're some new flavors out there that are crazy (市面上有一些新口味很疯狂的) !!! (强调补充，高光)

③ 或者：① + I enjoy trying out different flavours and toppings (尝试不同的口味和浇头) , exploring and experimenting new things. That's always a very fun activity to do with family and friends. (细节)



④ Well it's a love-hate relationship (既爱又恨的关系) . I love how refreshing and delicious ice cream is. But at the same time, it's so evil. It's high-fat, high-sugar, and high-calorie. I try not to eat it very often. (分头讨论)

⑤ Well, call me a weirdo, but I'm not a big fan of ice cream (可能我很奇怪吧 但是我不喜欢冰淇淋) . I just don't have a sweet tooth, I guess. I don't crave (嘴馋) ice cream at all. Instead, I love salty snacks, like crackers and chips. (原因)

2. Did you eat ice cream when you were a child?

① Oh yeh, I ate A LOT OF ice cream when I was little. I still remember going to the ice cream truck/shop with my cousins and choosing our favorite flavors. It always felt like a special treat during hot summer days. I have so many fond memories (温馨的回忆) about it. (细节 WH 法)

② No, I didn't eat too much ice cream when I was a child. My parents didn't allow me to have it often because they thought it was unhealthy. I had a lot of yogurt, cheese, and fruit as a treat instead. Maybe that's why I don't feel crazy about it now. (原因)

③ Occasionally, my parents would take me to an ice cream shop to celebrate special occasions such as my birthday or their wedding anniversary, and let me choose my favorite flavor. They were always mindful of (很小心, 很注意) the number of calories I was consuming each day, but they still allowed me to indulge in (纵情于) ice cream from time to time (有时候) . (原因)

3. Are there shops selling ice cream near the place where you live?

① Yes, there are several shops selling ice cream near home. In fact, there's a popular ice cream shop just a few blocks away from my place (离我家没有几个街区) . They're like Instagram famous (网红店) and they have a wide

variety of flavors and toppings, and their ice cream is always so tasty and refreshing. I love that place! (强调补充)

② Not that I can think of (想不到). I mean, there are some convenience stores (便利店) carrying popsicles (冰棍) and ice cream, you know, those typical mass-produced branded ice cream (大宗生产的品牌雪糕), like Haagen-Dazs, Nestle, but there isn't a specific ice cream shop where you can get handmade ice cream. (细节)

4. Can you make ice cream yourself?

① Actually I do know how to make ice cream. Making ice cream is not as difficult as people would imagine, and it's a really fun activity to do with friends and family. All you need is some cream, sugar, and your preferred flavorings. There are plenty of recipes you can easily find online. So yeh, as a foodie (吃货), I love making my own ice cream! (细节)

② Oh god NO....I'm too lazy to do it myself. I know it's not that difficult actually, but I just couldn't be bothered (懒得) to get the equipment and all the ingredients. Plus, knowing myself, I'm probably gonna make a big mess in the kitchen (我了解我自己, 势必会把厨房搞得一团乱). So no, it's definitely not for me (不适合我). (原因, 补充)

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## Language (语言)

1. What languages can you speak?

① Well, Chinese is my mother tongue/mother language (母语), English is my second language (第一外语), and I also speak a little Spanish, which is my third language (二外). But I have to say, I'm still learning, there's a long way to go (任重道远). My lousy Spanish (差劲的西班牙语) is still at a toddler's level (幼儿水平), haha!

② Well, Mandarin (普通话) is my mother tongue/mother language, English is my second language, and I'm from Guangdong Province, so I also speak Cantonese (广东话) on a daily basis with my friends and parents.

粤语是一门语言，不是方言。所以广东的宝贝们，你们都是三语宝宝哦！

2. What languages would you like to learn in the future?

① I would like to learn Japanese, because I love Japanese anime (日本动漫). My favorite one is called XXXX. My dream is to be able to watch it without subtitles (不带字幕能看懂). (原因)

② I would like to learn Korean. I went to South Korea multiple times and I really liked the culture there. It is similar to Chinese culture, but different in its own unique way. And I really like the sound of Korean. I think it's very cute-sounding (听起来很可爱). Plus, I like K-pop culture, and my favorite band is XXXX. I'll be over the moon (极度快乐) if one day I can sing their songs fluently. (原因)

③ 或者某个国际友人是来自于某个国家，因为想和 ta 更好交流，给 ta 惊喜，想学一点 ta 的母语。

3. How do you learn a foreign language?

① Well, my way of learning a foreign language is just like a child. I will immerse myself in this language (沉浸式学习) by listening to songs or watching movies or videos in this language. And I will repeat what I hear, and try to mimic the intonation and emotion (模仿语音语调和情感). And then over a certain period of time, I will start to get the hang of it (上手). It really works well for me (很适合我) and that's the method I would recommend to everybody. (细节)

② Well, my way of learning a foreign language is like a typical adult (典型的成年人), very logical and 0 intuitive (非常有逻辑性, 一点都不直觉性). Normally, I will spend a lot of time on learning the grammar. First, lay a foundation (奠定基础) of grammar and then slowly build my vocabulary (建立词汇), and finally, I'll put vocabulary into sentence structures to form a sentence (制造一个句子). It's like math for me, and it's really lacking imagination (很缺乏想象力), but it works for me. (细节)

#### 4. How are languages taught and learned in your school?

In my school, we take English classes and Chinese classes. Well, Chinese is my mother tongue, so I don't have problems speaking or using it. But when it comes to learning English, I would say it is taught and learned in a very counterintuitive way (非直觉性的方式) in my school, AKA boring (换言之, 无聊. AKA also known as). It's definitely not the most suitable way for young students. For example, we spend a lot of time memorizing the rules, the grammar, the new words, but everything is done in a silent way. We don't really speak, let alone (更别提) using it in conversations. It's really bad! (原因, 细节)

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### Teachers (老师)

#### 1. Do you want to be a teacher in the future?

① Well, if I'm just daydreaming (白日做梦) without considering my current major and my future career path (不是考虑我目前的专业和未来的职业路线), I would love to become a teacher. I'm a very patient person and I love sharing my knowledge and skills with people; I love helping people fulfill their potential (实现潜力) and become a better version of themselves (成为更好的自己). So yeh, it's a good fit for me (挺适合我). (原因)

②教育学的宝宝可以说，那就是自己的目标。参考录播赠课第二节内容。

③**No, being a teacher is definitely not an option for me. I'm a terrible teacher (很不擅长教学)**. I never know how to explain things to people in an easy and understandable way (我从来不知道如何用简单明了的方式把事情解释清楚). I just make things even more complicated (越解释越糟). **On top of that (在这个基础上)**, I'm not very **articulate (很善于言辞, 口齿清晰)**. I get nervous when I **give public speeches (做公共演讲)**. And **I'm not the most patient person in the world (我不是很有耐心)**. So, I guess, the answer is no. (罗列原因)

2. Do you remember one of your teachers?

① Yes, I remember my high school English teacher. She was so nice to me and she **saw a lot of potential in me (看到我的潜力)**. We **had an amazingly strong bond/ connection**. She was all the time encouraging me to **speak up more (多发言)** during class and shared with me a lot of her favorite movies and TV series. Because of her, I **fell in love with English (爱上英语)**. (原因, 细节)

别的科目也可以!

② I remember a teacher that I really, really disliked in middle school. She was so **unprofessional (不专业)**. She never **paid attention to our needs (不关注我们的需求)** and was very impatient (没耐心). **The worst part was (最糟糕的是)**, she only favored those ones who had better grades (她只喜欢成绩好的学生). And she even **formed a little group (搞小团体) /clique (小党派)** with those students. She was so **mean (刻薄)** to students who were outside the group. And we were all the time **feeling belittled (感到很**

渺小) and looked down upon (被鄙视), so it was a really bad memory, and I was traumatized. (原因, 细节) traumatic experience

### 3. What were your primary school teachers like?

① Some were very nice and some were just okay (okay 表示凑合, 马马虎虎). I remember I had some teachers who really cared about me and paid a lot of attention to my needs. And they would go above and beyond (做得超出标准) and visit my home and talk to my parents about my performance at school (和我的父母聊我的表现), which I really appreciated. But there were also teachers who didn't care about who I was, or how my family was. They didn't even know who my parents were. They were just doing the bare minimum (凑活, 干活干到最低标准). (分群体讨论)

② They were the best! My teachers during primary school years were professional, patient, respectful and paid a lot of attention to our needs (非常留意我们的需求). They encouraged students to think outside the box. They made learning fun and efficient. (原因)

② I loved my primary school teachers! They were so creative! For example, sometimes, our homework was to DIY things (手工做东西). Like, when we took geography classes, we learned different countries and cultures, our teacher asked us to DIY things related to this country! And then she would put them in the school hallways (学校走廊), like an exhibition (就像展览一样)! One time, we were learning about Egypt (埃及). So, I remember the hallways were full of cardboard pyramids (硬纸板做的金字塔)! Hahaha! (举例子)

### 4. Do you have a favorite teacher?

Yes, my favorite teacher was that high school English teacher I talked about just now (刚刚). She was like a breath of fresh air (一股清风), a ray of sunshine (一束阳光), very caring and loving (充满爱和关怀). I feel like

we were not just in a teacher-and-student relationship (不仅仅是师生关系).  
It was more than just that (比那还多). She was like my friend and also my family. She would care about what I was doing outside the school, like where I went to on holidays or on weekends. When I went through some tough times (遇到挫折, 陷入困境), she was there for me (支持我), supporting me, providing me with useful advice (给我有用的建议). She was my mentor (人生导师).

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## Concentration (专注力)

### 知识点:

#### 1. 和专注有关的俚语:

- **put/keep someone's nose to the grindstone** 特别努力刻苦

She kept her nose to the grindstone all year and got the exam results she wanted.

- **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
- **stay on task** 保持专注力于一件任务上

It's hard to **stay on task** when you can hear your phone buzzing with notifications.

- **get stuck in** 带着激情开始做某事

The food looks amazing. Grab a plate and let's **get stuck in!!!**

- **get in/into the zone** 进入状态

**I really want to get in the zone to study.**

- **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 stay up (熬夜) / pull an all-nighter (熬通宵).**

- **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!**

- **roll up one's sleeves** 袖子卷起来 开干! 战斗模式!
- **Have the attention span of a squirrel/gold fish.** 有松鼠、金鱼一样的注意力周期

## 2. 注意力不集中的原因

- **Too many distractions (太多干扰分心) :** You may be trying to focus, but if you're surrounded by loud noise, or if your phone keeps buzzing with notifications, it can be hard to stay on task.
- **Not taking enough breaks (休息太少) :** Working for long stretches (工作小时数太长) without any rest can make it difficult to concentrate. Taking regular breaks can help you recharge and refocus.
- **Lack of motivation (缺乏动力) :** If you don't feel motivated to do a task, it can be hard to stay focused.
- **Too much stress (压力太大) :** If you're feeling overwhelmed with life or work, it can be hard to concentrate on anything. Taking some time to relax or practice a stress-relieving activity (减压活动) can help.

## 1. Did you stay focused in class when you were a child?

①**Yes, I always tried my best to stay focused in class when I was little. But it wasn't always easy, as kids normally have very short attention spans**



(注意力周期很短) . There were times when my mind just started wandering (思绪开始游离) / I zoned out (发呆走神) / I spaced out (发呆走神) , but for the most part, I made an effort to stay engaged in class. (主流情况, 特殊情况补充)

② No, I often found myself daydreaming (find myself doing sth. 无意识地做某事) and getting distracted in class when I was a kid. I guess, that was just how I was back then (我以前就是这个样子的性格) . I was all the time in my own world (在我自己的小世界里) , reading comic books (漫画书) , imagining stories, or doodling (随笔画画) in my notebook. I guess, it's normal for a young child to have a very short attention span. (原因, 细节)

## 2. Are you a focused person?

① No, I get distracted easily (很容易分心) , especially on things that are not challenging or rewarding enough. I'm the kind of person who constantly needs new stimulation to stay focused. (原因)

② I have to say, it's hard for me to stay on task. The thing is, I'm all the time multitasking, and jumping from topic to topic. The more things I do, the more difficult it is for me to put my head down in one thing. And plus, there're too many distractions nowadays, It's hard to stay in the zone when my phone keeps buzzing with notifications . (原因+补充)

③ No, not really. I'm having increasingly shorter attention span for sure (我的注意力周期越来越短) . I can only get stuck in things I really like, for example, watching entertaining movies and TV shows, or working out in the gym; or things that are so urgent that I have to really knuckle down to finish, for example, my school deadlines/ work deadlines. (举例)

④ Uhmm, I can be a very focused person once I'm determined (一旦我下定决心了就不那么难了) . I mean, everyone gets distracted here and there, now and

then, but overall, I'm a pretty disciplined and productive person. Therefore, when I need to get things done, I'll roll up my sleeves and get into work mode (进入工作状态), and work like a machine. (原因)

### 3. How do you stay focused?

① Well, for me, it always helps (总是有用) when I make a full plan for the things I need to do, otherwise, I'll just get distracted and procrastinate/put off things (拖延) until the last minute. But, if I have a schedule to follow, I'll have a much better sense of time (更有时间观念) and better focus, and be able to throw myself in the task (投入任务). (反向+正向假设)

② Well, the first thing is, I will always make sure that I put my phone aside (手机放一边) and put it on mute/silent (静音模式) so that I won't get distracted easily. I will turn off notifications (关掉消息通知). That really helps me stay focused. I think I'm a little addicted to my phone. And then, I'll normally go to a quiet place, like the library or a nice and quiet café, to really get in the zone (进入状态). Studying/working in a public place makes me more disciplined. I don't know why, maybe when I'm surrounded by people who're also studying or working hard, I feel more motivated to stay focused or feel embarrassed when slacking off (偷懒)?

And finally, I'll make sure I don't overwork (过度工作), because fatigue/being tired can actually decrease my focusing capability (劳累会降低集中注意力的能力). So, I'll always take a breather (休息一下) once in a while to recharge my batteries (重新蓄电). (罗列)

(以上三点，局部选择两点就好。不需要都说，时间控制在 25s-30s)

#### 4. Is it easy to stay focused in a noisy environment?

① It can be challenging, I'd say. Those noises can be pretty distracting and annoying. However, with the right mindset or techniques, some people still manage to stay in the zone (保持专注). For instance, some people find using noise-cancelling headphones (噪音干扰耳机) helpful, and some people just imagine people's hubbub (人声) as the perfect white noise (白噪音) to help them concentrate. People find ways to stay on task in a noisy place. (转折)

② No, it's definitely difficult. The constant distractions and interruptions can make it difficult to concentrate on the task at hand (手头的任务).

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#### Fixing things (修东西)

知识点:

##### 1. 常见的工具:

- Screwdriver 螺丝刀; screw 螺丝; bolt 螺栓; wrench 扳手

The screw is loose. Can you pass me the screwdriver?

The wrench is too big for the bolt. Can you pass me a smaller one?

- Hammer 锤子; nail 钉子

I want to hang this picture. Can you pass me the hammer?

- Pliers 钳子 (拔钉子的工具)

I'm going to use the pliers to pull out this nail.

- Drill (钻子) / electric drill (power drill) 电钻

The drill ran out of battery. It's not working now.

- Saw 锯子/ electric saw 电锯

Be careful with the electric saw. It's super sharp!

- Tape measure 卷尺

I'm the kind of person who always have a tape measure in my bag just in case I need to measure something.

- Level 水平仪

Can you use the level to see if this picture frame is crooked or straight?

- Sandpaper 磨砂纸

The surface of this table is so rough. Let me smooth it out with sandpaper.

- DIY projects (do-it-yourself) 自己动手完成的项目

I love taking on DIY projects at home.

## 2. 相关表达:

### (1) 善于修东西的人

- Handy 形容动手能力很强，很会修东西的人

My husband is really handy around the house. He can fix almost anything.

- Skilled 有经验技巧的

She's really skilled at repairing appliances.

- Knowledgeable 知识渊博的

My father is so knowledgeable when it comes to fixing cars.

- **The go-to person** 第一个去找的人

**My father is always my go-to person in the family when I have to repair something.**

## **(2) 不善于修东西的人**

- **Not handy** 动手能力很差

**He's not handy at all. I mean, he struggles with basic repairs.**

- **Clumsy** 笨拙的/ **inept** 无能的

**He's so clumsy with fixing things. He always ends up making things even worse when he tries to fix them.**

- **Hopeless/ clueless** 完全没希望、没头绪

**She's so clueless at fixing things. She doesn't know what she's doing at all.**

## **1. Can you fix things?**

① **Yeh, I'm proud to say that I am quite handy and I enjoy fixing things around the house. I especially feel excited about taking on DIY projects and learning new skills. It brings me a strong sense of accomplishment when I solve a problem or learn something new (学点新东西) about repairing things. (原因)**

② **Yeh, I have to be handy as I live by myself. I can do basic repairs (最基本的修理) such as fixing a leaky faucet (修一个漏水的龙头), repairing small home appliances (修理小家电), and assembling a bed (组装一个床). I feel proud of how skilled I am when it comes to fixing things. (原因)**

③ **Well, I wish I could be one of those handy guys/people, and be able to fix things left and right (左左右右一个接一个, 表示很流畅很行云流水的状态) like a pro (像个专家一样). But uhmmm, unfortunately no, I'm 0 handy (一**

点儿动手能力都没有) . Luckily, I have my dad, haha. He's my go-to person whenever I need to fix anything. He's my handy man (杂务修理工) for free (免费的), ahahah. (转折)

**handy man** 在国外指的是那种被很便宜雇佣过来，给家里修修这，装装那的杂物修理工。

## 2. What things can you fix?

① Well, I can fix small electrical and plumbing issues (小的水电方面的问题), such as changing light bulbs (换灯泡) and unclogging drains (通下水道). I also have experience in fixing basic computer problems (简单的电脑问题). (细节)

② I can fix a variety of things around the house, like, leaky faucets, clogged drains, and broken appliances. I also enjoy DIY projects and am interested in larger home improvement projects (家庭装修改造项目) like painting and flooring. My dad is very handy. He's taught me a lot of things. (细节)

③ I am not very knowledgeable about cars, but I have some experience with basic maintenance such as changing oil (更换机油), replacing tires (换车胎), checking fluids (检查各种液体), and replacing the windshield wipers (更换雨刷). (细节)

④ Oh I'm so clumsy, you don't want to see me fix things. I'm the kind of person who always ends up making things even worse! I can't fix anything! (原因)

## 3. Do you think it's necessary for people to learn to fix things?

① I think it's better if you know how to fix things, but I wouldn't say it's necessary for people to learn to fix things. I mean, I'm not a handy person

at all, but I can always call my handyman/ my dad when I need to get some help.

② Well, I'd say it's a really amazing practical skill that everybody should know. I'm not saying that you need to know how to fix everything, but very small and basic things like, changing the light bulb or unclogging the drain. It will help you save some of money and allow you become a more independent person.

4. Did you ask people to teach you to fix things when you were a child?

① I never really asked anyone in my family to teach me about fixing things, but I observed a lot myself when they did things. I learned all the skills through those hands-on experiences (实操经验) of helping my dad. I learned how to use a wrench, a screw, a bolt, a hammer by seeing how my dad used them. That's the best way to learn. (细节)

② No, never. I guess, as a girl, our society doesn't expect us to be able to fix things. Don't take me wrong, I'm not saying this is right or I support this culture. But that's the culture we have. My parents never expected me to know how to repair things, in fact, they expected me to know how to cook. (原因)

5. What do you do when a thing is broken and cannot be fixed?

## Friends (朋友)

### 知识点:

- a strong sense of community and belonging 一份强烈的团体感和归属感
- support one another 相互支持
- share tears and laughter 分享眼泪与欢笑
- spend time with friends
- hang out with friends
- meet up with friends

(以上三种表达都很常见, 但是注意不要说 ~~play with friends~~)

- **keep each other company** 陪伴彼此
- **enjoy each other's company** 享受彼此的陪伴
- **kill the time/ while away the time** 打发时间
- **think alike/ be on the same wave length** 想法一致、在一个频道上
- **get each other** 读懂彼此
- **therapeutic** 治愈的
- **essential for mental health** 对于心理健康很重要
- **emotional support and companionship** 心理支持与陪伴
- **I feel so grateful for ...** 感到感恩
- **...mean the whole world to me** ...对我意味着全世界
- **I can't live without...** 没有...我活不了

**I can't live without my friends. They mean the whole world to me!**

- **choose quality over quantity** 质大于量
- **I'd prefer only having a few close friends (少数亲近的朋友) rather than a large group of acquaintances (一大堆认识的人) .**
- **a people person** 喜欢人群的人
- **a social butterfly** 交际花
- **a sociable person** 善于交际的人

### 1. How important are friends to you?

① Oh yes, for me, friends are so incredibly important. They provide me with a strong sense of community and belonging (一份强烈的团体感和归属感) . We support one another (相互) , and share tears and laughter (分享眼泪与欢笑) together. I really enjoy spending time with my friends. Those moments are so therapeutic (治愈的) and essential for my mental health (心理健康) . (原因)



② Yes, I love all my friends and they mean the whole world to me (他们对我意味着全世界) . My friends provide me with emotional support and companionship (心理支持与陪伴) . We always do things together, and try new experiences together. We learn and grow together. I feel so grateful for those relationships I have, and I know that we will always be there for each other no matter what (无论如何我们都会永远支持彼此) . (原因)

③ Well, I appreciate the value of friendship, but many times, I find that I'm more productive and fulfilled when I am on my own. Yes, friendship is important, but I would always choose my own personal growth over friendship. Especially at this stage in my life (人生的当前阶段) where I'm more focusing on my career path, and I value my personal time a lot. Therefore, I choose quality over quantity (质大于量) when it comes to friendship. I'd prefer only having a few close friends (少数亲近的朋友) rather than a large group of acquaintances (一大堆认识的人) . (原因)

④ Well, friendship is really important, but at this stage in my life, as a new mother (作为一个新手妈妈) , I have to choose my baby and my family over friends. I haven't seen my friends for quite a while as I don't even have the time to practice self-care (自我照料) . But before I got married and built my own family, I used to be such a people person (喜欢人群的人) , a social butterfly (交际花) , and I loved hanging out with my friends. (时间分层)

## 2. Do you often go out with your friends?

① Oh yeh, a lot! I can't live without my besties (最好的朋友, 适合女生的表达, 小姐妹的意思) ! We see each other all the time. I love spending time with them, whether it's going out for dinner, go to the mall for shopping, watching a movie or just hanging out, doing nothing much but chitchatting (不做什么正经事就是聊聊天) . It's always so nice to see them, to keep each other company. My friends really get me (特别懂我) , and we

really think alike (想法一致) / are on the same wavelength (在一个频道),  
so we have endless things to talk about. (原因, 细节)

② Not very often, but once in a while, we will see each other and catch up with each other's lives (互通有无). The thing is, my friends and I are all very busy with our own career, this is the main focus in our lives, so we can't afford to hang out all the time like we used to (我们没有办法像以前那样频繁聚会了). But it doesn't mean that (并不意味着) we don't care about each other anymore. We still love each other, and we have very deep and meaningful conversations when we meet up. The quality of our communication is incredible. We just choose quality over quantity. (原因)

③ No, not really. Like I said, I don't even have the time for myself, let alone for my friends. However, I wish I could be able to spend quality time with my close friends. I'm hoping that one day, when my baby is older, I would have more time for myself and my friends. I really look forward to that day. (先抑后扬)

④ No, like I said, I don't need a lot of friends, and I enjoy solitude (独处时光) / my time alone so much. I consider myself more of a loner (独行侠). I build my own happiness based on the books I've read, the movies I've watched, and the conversations I've had with myself in my head. I see my close friends probably once or twice per month. (原因)

### 3. Where do you often meet each other?

① Oh there is this cozy coffee shop that my friends and I usually meet up at. It's located at the city centre and it looks stunning inside. We love the comfortable atmosphere and the delicious coffees there. It's the perfect place to catch up with one another and just chat over a cup of coffee, you know. It's our regular meeting spot (固定聚点) in the city. (细节)

② It depends on our mood, I guess. Sometimes, we want to be healthy and outdoors, we will hike up a mountain and have a picnic there; and

sometimes if we are in the mood of shopping, we will go to the mall together; and sometimes if we just want to sit down and have a heart-to-heart conversation (走心的对话), we'll go to a cozy and quiet coffee shop, and chat over a cup of coffee. (分情况)

③ Usually at my place as I have a big apartment, and I don't enjoy going out that much. I have a nice coffee machine at home, so I can treat my friends to a cup of delicious coffee and enjoy the peaceful atmosphere at home. (原因, 细节)

也可以说是某个朋友家

4. What do you usually do with your friends?

和上题很重复

5. Do you have a friend you have known for a long time?

Yeah, I have this childhood best friend (童年最好的朋友, 发小) whom I've known since forever (很久很久以前). I don't even remember how my life was before I met her (久到我都不记得认识她之前我的生活是什么样的了). And up till today (直到今天), we're still really good friends. We don't see each other very often anymore, but I know she will always be there for me (永远支持我) and I will do the same for her. And from time to time when we catch up with each other (互通有无), everything still feels the same (一切感觉照旧). It's like we haven't changed over the years. So, I'm confident to say that she will be a lifelong friend (一生好友).

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**Wild animals** (野生动物)

1. Are there wild animals in your country?

I'd say yes, there are many wild animals in China. China is a huge country with varied natural environments that provide animals with all kinds of natural habitats. For example, we have wild pandas, tigers, monkeys, and cranes (丹顶鹤). However, with all the hunting and other human activities, there're many animals that are endangered (濒临灭绝) / dying out (正在灭绝中). And that's why we all need to do our part and protect these species for our future generations. (举例子, 转折)

2. Have you ever been to a zoo or a safari park?

① Yes, I have been to both a zoo and a safari park. But I have to say that I'm not a zoo person. I don't enjoy seeing those animals being trapped in such small spaces in the cages. I would much prefer seeing them in big safari parks, going about their day and thriving. I just love observing them from a far distance without hurting or disturbing them. (转折)

② I've been to a zoo before, but unfortunately, I've never been to a safari park. One day, I wish I could go to Africa and visit those national parks to see all the wild animals in their natural habitats. That has been on my bucket list for years (是我多年夙愿). (先抑后扬)

3. What is the animal you would like to see in the wild?

① I would absolutely love to see a lion in the wild. They are such proud, elegant and powerful animals. Lions are the kings of the jungle and they fear no other animals (其他动物都不怕). I would also love to see their natural habitat (自然栖息地). I've watched documentaries about how they live and hunt, and to see them thrive in nature with my own eyes would be the coolest thing ever! (原因)

② I love the giraffe. So, if I had the opportunity, I would love to see a giraffe! Their long necks and long bodies are just surreal (超现实). I really want to see how they live in their natural habitat, living and going about their day (度过自己的一天) in nature. Oh, yeh, and I would also love to see

how they bend down (弯腰) and drink water from the river. That must be something unique.

③ As a lover of all things furry and cuddly (毛茸茸又好抱的东东), I would die to see a koala bear (考拉熊) in the wild. I've always found them to be the cutest creatures, with their fluffy ears and sleepy demeanor (睡眼惺忪的姿态). (原因)

④ I've always been fascinated by cheetahs (猎豹) and their incredible speed, so seeing a cheetah in the wild would be absolutely a dream come true (梦想成真). I remember watching documentaries about them as a child and being in awe (敬畏中) of their grace and how fast they can be. They can go from 0 to 97 kilometers per hour in just a few seconds, which is faster than most sports cars (赛车) !! They're the fastest runners in the world. (原因, 细节)

4. Are there TV programs about wild animals in your country?

Yes, there are many TV programs about wild animals in my country. The most famous one is called "humans and nature". Gosh I loved that show when I was little. This show is for people of all ages. It is highly informative and entertaining. It showcases the diversity of wildlife and also highlights the importance of protecting these animals and their habitats. There're many TV programs like this in China. (强调补充, 高光)

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**Dream and ambition (梦想和野心)**

**知识点:**

**1. 有野心的人**

- **Go-getter** 积极进取的人，想要什么就去争取什么的那种人

**She's a real go-getter, always taking initiative and pursuing her goals.**

- High achiever 高成就者

John is a high achiever who consistently surpasses expectations (超越预期) .

- Climbing the ladder 攀登事业阶梯

He's been working hard and climbing the ladder in his company.

- Hungry for success 渴望成功

I'm always hungry for success and is willing to put in the necessary effort.

- Success-driven 被成功所驱使的

I'm a very success-driven person. I always try to find opportunities for personal growth (个人成长) .

- Aiming for the stars 追求极高目标

She's aiming for the stars and believes she can achieve anything she sets her mind to (只要下定决心，就能实现) .

- Ambition knows no limits 野心无界限

He's such an ambitious person. For him, ambition knows no limits, and he believes he can accomplish anything.

## 2. 没有什么野心的人

- Laid-back 悠闲自在，慢节奏的，可以暗指没有什么大志向、野心的人

He has a laid-back attitude and prefers to take things easy.

- Taking it easy 放松一点，慢慢来

After years of hard work, she's finally taking it easy and enjoying a more relaxed lifestyle.

- **Going with the flow 顺其自然**

**Instead of making detailed plans, he prefers to go with the flow and see where life takes him (生活把他带去哪里, 他就去到哪里).**

- **Comfort zone 舒适区**

**She's reluctant (不情愿) to step out of her comfort zone and try new things.**

- **Taking a backseat 退居二线**

**He's decided to take a backseat and let someone else lead the project.**

## 1. What was your childhood dream?

① 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...I just thought it was the coolest thing ever, making huge contributions to the world and getting all the recognition (得到认可). But 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. (时间分层)

② Umm now come to think of it, I've always been a very laid-back person (没有什么打野心). I was never hungry for success (从来对成功没有追求) when I was little. When all the kids were saying "I want to be the president; a famous scientist; or a superstar", I was always planning to have an ordinary life (平凡人生), like, finding a job I really like and enjoying my nine-to-five job (朝九晚五的工作) and routine life (规律生活), and having a beautiful family waiting for me at home, being a good mother and a wife, things like that. (细节, 主流现象, 自己的观点)

## 2. Are you the kind of person who sticks to the dreams?

①Yeh I would say so. I'm the kind of person who always fights hard and sticks to my dreams. Well, not my childhood dream as a Nobel Prize winner, since it's pretty unrealistic (不现实). But I'm always a go-getter (有上进心的人), being hungry for success and recognition. I believe, having dreams can give me a sense of direction (给我方向感) and push me to become a better version of myself (推动我成为更好的自己). Therefore, I always give my blood, sweat and tears (全力以赴), and my perseverance (坚韧). That's how I'm wired (这是我的天性). (原因)

②No, not really. Like I said, I've always been a very laid-back person. I'm not success-driven at all. So, I don't even really set goals or dreams that are too vague or unrealistic. I always focus on what I can do now, what are the tangible goals (可实现的目标) I can achieve. And I also care more about the whole journey rather than the final result. (原因)

### 3. What is your dream job?

录播赠课第二节里有提到很多职业，可以改造一下内容。这个季度 p2 “有趣的工作”，大熊猫管理员和酒店试睡员也可以参考一下。

### 4. Do you think you are an ambitious person?

① Yes, 100%, and I think that's a good trait (好的特长). I am driven by ambition and strive to achieve great things. I'm definitely a high achiever and a top performer (工作表现能力很强的人). I like proving myself to people (喜欢向别人证明自己). However, I believe in playing fair (公平竞争) and respecting everyone. I will never do harm (伤害) to others. I simply aim to be the best version of myself (最好的自己) which means, I will never be a petty person (小气之人) when I fail. (转折)

②Like I said, I'm not the most ambitious person in the world. I'd rather take it easy (慢慢来). I like going with the flow (顺其自然) and see where



**life takes me. I'm definitely not a go-getter, nor a big planner. I just really enjoy my easygoing lifestyle. (原因)**

### **Riding a bike (骑自行车)**

知识点:

- **training wheel 辅助轮**
- **handlebar 车把手**

**It had these adorable tassels hanging from the handlebars 车把手上挂着漂亮的流苏**

- **break 车闸**

**The break is not working properly. 车闸有点问题**

- **bell 铃铛**

**I loved ringing the bell while riding my bike.**

- **Pedal (脚蹬子 n. / 用脚蹬 v.)**

**It was such a joy to pedal (脚蹬车) and feel the wind touching on my face and my hair.**

- **Seat 车座**

**The seat is so comfortable.**

- **Basket 车篮子**

**The bike had a lovely basket attached to the front 车前面有一个可爱的小篮子**

- **painted in XX colour 刷成 XXX 颜色**
- **cycle=ride a bike 骑车的动词**

- **cruise around 到处巡游**
- **shared bikes 共享单车**

**I sometimes ride a shared bike (共享单车) if I can't find a taxi.**

## 1. Did you have a bike when you were young?

① Yeh, everyone had a bike when they were young, and mine was this bike with bright red color that instantly caught my eye (获取我的注意). It had these training wheels (辅助轮) that helped me stay balanced (保持平衡) as I learned to ride. The handlebars (车把手) were just the right size for my hands. I loved ringing the bell (按铃铛) as I cruised around (巡游). Everything was perfect, perfect size, perfect colour and perfectly comfortable. It was such a joy to pedal (脚蹬车) and feel the wind touching on my face and my hair. (细节)

② Oh I love my childhood bike. It was a beautiful little thing (漂亮的小东西), painted in pink (刷成粉色). I was around six years old when I received it as a birthday gift. It had these adorable tassels hanging from the handlebars (车把手上挂着漂亮的流苏). And, it had a lovely basket attached to the front (前面有一个可爱的小篮子), perfect for carrying my favorite toys. It made me feel so grown-up and independent, having my own means of transportation (有自己的交通工具). Haha! (细节)

## 2. Did you ride a bike when you were little?

① Oh yeah, every day. I was all the time cruising around the neighborhood, minding other people's businesses (管别人家的闲事), like who was having an argument on the street (谁在街上吵架), who threw the garbage in the wrong place (谁把垃圾扔错地方了), things like that. It was my way of getting entertained (娱乐方式), one of my favorite pastimes

(最爱的消遣之一) . I feel like kids nowadays don't do that anymore. They just stay at home. (细节, 时间分层)

② Well, I didn't cycle on a daily basis as I didn't have too much time being out and about (在外面转悠闲逛) after school. I had a lot of homework to do. But on weekends, my parents would take me to the nearby park and let me ride my bike there. And I remember one day, they took off the training wheels and that was how I learned riding a bike for real. It was such a liberating feeling (自由的感觉) . I remember feeling free like a bird.

(像鸟儿一样自由) (细节)

3. Did you ride a bike to school?

① No, I lived really far away from school, so it was impossible for me to ride to school every day. My parents drove me to school every day and picked me up by car (用车接我) later. (原因)

② Yes, when I was around 10 years old, I started to cycle to school every day. My parents thought I was old enough to do that. I enjoyed my independence so much by going to school myself every day. Come to think of it, it was also a great chance to get some exercise done. There were a lot of ups and downs (上上下下的坡) on my way to school, so it was really good cardio training (有氧锻炼) for me. Cycling was also really relaxing and therapeutic for me. I loved it! (细节)

4. Do you ride a bike when you go out now?

① Sometimes I ride a shared bike (共享单车) if I can't find a taxi. I find it really fun, at the same time I can get some workout done (把运动也顺便做了) . But most of the time, I'm just too lazy to cycle around. Instead, I will take a taxi when I go out. (主流情况+少数情况)

② No, the subway is my major means of transportation (主要交通方式) . It's super affordable and accessible (便宜又随处可见) . I can go anywhere

really fast and I don't need to worry about the traffic (不需要担心交通) . It's like a perfect way to get around (转悠) . (原因)

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## Bags (包包)

### 知识点：

#### 1. 常见的包包类型：

- **Purse** 泛指小型的女包
- **Tote Bag** 托特包，大型通勤包，方方正正，上方有大把柄，往往没有拉链。
- **Shoulder Bag** 单肩包，小巧时尚，挂在一边肩膀上的那种小包
- **Crossbody Bag** 斜挎包，往往大一些
- **Clutch** 手抓包，一般参加晚宴的时候拿着
- **Satchel** 学院风格的包包，下方底子平的，袋子很长，往往斜挎
- **Messenger Bag** 邮差包，和学院风格包包很像，都是通勤包。但是 **satchel** 可能看起来皮质更好更方方正正一点。
- **Backpack** 双肩背包
- **Backpack Purse** 小型双肩背（女士的那种）
- **Hobo Bag** 半月形的那种休闲包，流浪包
- **Duffel Bag** 大型帆布包，去健身或者旅行会用

#### 2. 形容包包的材质和形状：

- **Soft, slouchy**: 软趴趴的、下垂的
  - **Is made of soft and flexible materials**: 是由软的有弹性的布料做成的
  - **doesn't hold its shape well**: 撑不住自己的形状
- This hobo bag is too slouchy. It doesn't hold its shape well.**
- **Structured, sturdy, firm**: 有骨架感的、硬挺的、稳的

- **Is made of firmer materials:** 是由硬挺的布料做成的
- **has a more defined shape:** 有一个明显固定的形状
- **boxy:** 像个箱子一样方方正正的
- **Rounded and curvy:** 圆溜溜的有曲线的

### 3. 形容包包的风格

- 形容词: **minimal** 简约的; **elegant** 高雅的; **simple** 简单的; **classic** 经典的; **professional** 职业化的; **timeless** 永不过时的; **comfortable** 舒适; **fashionable** 时尚的; **stylish** 有风格的; **casual, relaxed feel** 休闲风
- **It makes me feel confident** 它让我感到自信

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

- **I feel naked without wearing my bag.** 我不戴包就觉得很别扭, 像没穿衣服一样
- **mix and match** 混合搭配

**I like to mix and match my bag and outfit for a unique look.**

- **hold sentimental value** 有情感纪念价值

**I have a leather bag that I inherited from (继承) my grandmother; it holds sentimental value.**

- **accessorize** 穿搭饰品的动作
- **statement bag** 点睛的包包, 一眼就能看到的往往比较夸张的包包

**I love to accessorize my outfits with a statement bag.**

- **make a fashion statement** 表达一种时尚态度

**I love to wear a statement bag to make a bold fashion statement.**

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

**This clutch adds a touch of elegance to my look (带来一丝高贵之感) .**

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

**I love to wear different bags every day to match my mood.**

- **go-to 首选的 (这个词在整套课里提过很多次)**

**I always wear a black shoulder bag; it's my go-to accessory.**

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

- **go with everything 百搭/ go with 搭配= match**

**This leather crossbody bag goes with everything. That's why it's my go-to accessory.**

### **1. Do you usually carry a bag?**

① Oh yeh for sure! I'm a bag freak (包包狂人) / bag lover (包包爱好者) / bag person (爱包包的人), so yeh, I absolutely loving carrying my bag. It's super practical as it holds all my stuff in one place, like, my lip colors, my little mirror, my hair brush, my wallet, my phone and keys, everything. But it's also a great fashion accessory (时尚配件) that can complement my outfit (完善补充我的搭配). I can't tell you how happy it makes me feel every morning when I choose the perfect bag to go with (搭配) my outfit for the day. (原因, 细节)

② No, not really. I just don't find it necessary (感觉没必要), you know. I prefer to keep my hands free (手里没东西) and only bring the necessities (必需品) with me, like my phone and my keys, and that's it! I don't even need a wallet nowadays as I can pay everything through my E-wallet/digital wallet (电子钱包). And when I need to bring more things, I'll

just carry them with a plastic bag. Haha, I know, it's really tasteless (没品位). (原因)

③ I don't usually carry a bag with me on a day-to-day basis (每天). I only wear a duffle bag (帆布包) when I go to the gym. I use it to carry my clean clothes, underwear, slippers and sneakers (干净衣服、内衣、拖鞋和运动鞋). So yeh, that's the only bag I use. It's my go-to. (细节)

④ Uhmm, sometimes yes and other times no, depends on the situation. If I'm just quickly running some errands (跑跑杂事), leaving home and coming back soon, I normally just take my keys and put them in the pocket. But if I'm going to work/school, I will bring a (school) bag with me to carry everything I need for the day, like some books, documents and snacks. (分情况)

⑤ Oh yeh, quite often! I'm a bag freak (包包狂人) / bag lover (包包爱好者) / bag person (爱包包的人). And I have a wide collection of designer bags (奢侈品包), Gucci, Chanel, Fendi, Louis Vuitton, you name it (你随便问, 应有尽有). Every morning, I choose a bag to match my mood and my outfit. I feel naked without my bag. (细节)

## 2. Do you change your bags often?

① Oh yeh, quite often! I'm a bag freak (包包狂人) / bag lover (包包爱好者) / bag person (爱包包的人). And I have a wide collection of designer bags, Gucci, Chanel, Fendi, Louis Vuitton, you name it (你随便问, 应有尽有). I like to keep things fresh, so I rotate my bag (轮流使用我的包包) on a daily basis (每天) to match my mood. I make sure that none of my bags feels left out (被排挤). After all, they're my loyal companions (忠实的陪伴), and they deserve equal attention and love. Haha, just kidding (把包包比喻成人, 不希望他们受到冷落). (原因, 细节)

② Yeh I do. I try my best (尽力) to look fresh and different every day, so I change my bag almost every day. From chic crossbody bags (很有品位的斜挎包) to classic totes (经典的敞口托特包) and everything in between. I enjoy trying out different styles and designs, mixing and matching things (混搭) together. It's way for me to express my personality and fashion sensation (时尚感知). (原因)

③ No, not at all. Like I said, I'm NOT into bags and I tend to use the same one for a long period of time. I choose function over fashion (押韵, 哈哈). So, as long as (只要) it can hold all my stuff and it doesn't wear out (磨损) easily, I'll keep using it (保持使用). Like I always carry my duffle bag, it's my go-to bag. (原因)

④ I'm too lazy to change my bag. But I do know that I should wear my bags according to the occasion (根据场合). For example, I carry my duffle bag when I go to the gym, but I won't carry it to work. When I go to work, I switch to (换成) my messenger bag (邮差包) to look more presentable (看起来更像样子). It's my go-to commute bag (首先通勤包). (细节)

### 3. What kind of bags would you use when traveling?

① If it's a short trip, my duffle bag. It's lightweight (轻便), water-proof (防水) and durable (耐磨). I love it. If it's a long trip, I'll bring my 25-inch large suitcase (行李箱). (分情况)

② I'm a typical backpacker (背包客). I carry my backpack with my wherever I go, including traveling. It's spacious (空间大, 能装), lightweight (轻便), and with a ton of compartments (各种口袋分区), very easy to use/ user-friendly (使用友好型). I love it. (细节原因)

### 4. Is a bag an ideal gift?



① Yes, I definitely think a bag can make a great gift, especially since I consider myself someone who knows a lot about bags and fashion. I have the confidence that I can pick the perfect bag for my friends and family. And some people may think that it's dangerous to gift people with a bag when you do not know the exact taste of the recipient (收礼者), but the way I see it, it might be a great opportunity for them to discover new styles and push themselves out of their comfort zone (走出舒适区). Plus, if they're not crazy about it, they can always regift (送给别人) it or exchange it for something else. (让位驳斥)

② Uhmmm, I would never buy a bag as a gift. It's just too risky. I'm so clumsy with gifts (很笨拙), I never know what people like, what their specific tastes and needs are, it can be difficult to choose a bag that they will truly love and use. And in addition, what if that person doesn't even care about fashion or bags? So, noooooo, buying a bag is just too big of a risk (风险太大了). I'd rather give people a gift card (礼物代金卡), or something really practical (实用的), like a coffee machine (咖啡机). (原因)

5. Did you use a backpack when you were a child?

① Oh yes, a big one! It was so big that it made me look like a turtle when I wore it (很大, 让我看起来像一个乌龟). It always had so many textbooks and notebooks in it, so heavy. And I remember it was a green and black one and had a lot of pockets and compartments (口袋和分区). My mom would always put my snacks in the side pocket (侧面的小兜). (细节)

② Yes of course. I had a backpack that I chose myself at the store and I loved it so much. It had an image of Mickey Mouse on the front (在前面), which I thought was absolutely cool. The backpack was a good size for a young student like me, and with enough space for my books, notebooks,

and snacks. The straps (背带) were very comfortable so I could wear it for a long time without feeling weighed down (因重量下坠). (细节)

感谢所有报名正课的学生。祝你们高分通过。购买盗版资料的学生，请来补票，积攒正缘

## Rain (下雨)

### 知识点:

#### 关于天气

#### 1. 热天的表达:

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

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

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

#### 2. 冷天的表达

- Cool (adj) – mildly cold 凉爽
- Chilly (adj) – quite cold (非冬季的) 小冷
- Crisp (adj) – quite cold 同上

- **Brisk – cold** 冷飕飕的 **A brisk wind**
- **colder with the wind-chill factor** 由于有风感觉更冷
- **Freezing (adj) – very cold** 超级冷
- **Biting (adj) – extremely cold** 超级超级冷
- **It's biting cold outside!**
- **Bitter (adj) – extremely cold**

**It's bitterly cold!!**

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

**Winter here is quite mild, with occasional cold snaps.**

- **cold wave** 寒流
- **cold spell** 一段时间很冷

**We are in a cold spell.**

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

**The weather is so bleak today.**

**In the winter, the landscape is bleak.**

### 3. 其他天气:

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

**It frosted last night.**

**We had a heavy frost this morning.**

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

**It's drizzling outside.**

- **pouring** 倾盆大雨 (**pour** 本身是倾倒的意思)

**It's pouring outside.**

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

**We got caught in a downpour.**

- **scattered showers** 零星阵雨

**The weather forecast calls for scattered showers.**

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

#### 4. 气候:

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

- **temperate 温和四季气候: four seasons, moderate rainfall spread across the year; mild to warm summers, and cool to cold winters**
- **polar 极地气候 long winters and short summers; chilly or extremely cold places**
- **continental 大陆性气候 extreme seasonal changes. Colder winters, longer-lasting snow**

## 1. Do you like rainy days?

① Oh I love rainy days! There's something soothing (安抚人心的) /calming (令人平静的) / therapeutic (有疗愈效果的) about the sound of raindrops pattering/tapping (轻轻打在) on the roof and the window pane (窗格子) (下雨天时雨滴打在屋檐和窗格子上的声音有一种说不清道不明的安抚信人心的效果) . And also, it's the perfect time to stay at home (呆在家) , curl up in the chair (蜷缩在椅子上) with a good book next to the fireplace, just get cozy (舒舒服服的) and unwind (放松) . (细节, 原因, 补充)

“**There's something (+adjective) about XXXX that...**” 是课上教的经典句型, 用来形容说不清道不明的感觉。很实用常见的句型。

② I definitely love rainy days. There's just something special about it. I especially enjoy taking a nap (打盹) while it's raining outside. I love the feeling of being wrapped up in a soft blanket (被裹在毯子里) while drifting off (睡着) . It feels so warm and cozy. And after the nap, I always open the window and take deep breaths (深呼吸) , as I enjoy the unique smell after the rain. It's like a combination of rain, earth, and plants (那是雨水、泥土和植物混合物) , super fragrant and fresh (很香很清新) . (细节, 原因, 补充)

③ To be honest, I'm not a big fan of rainy days (不是一个粉丝=不太喜欢) / I hate rainy days (我很讨厌雨天). They feel gloomy (阴郁的) and a little depressing (压抑的) to me. As a person who loves being outdoors and soaking up the sun (吸收太阳), it's definitely a bummer/downer (令人失望的事情) to have to stay indoors on a rainy day. I find it a bit inconvenient and annoying (不方便又讨人厌). In an ideal world, I'd much rather have sunny and warm weather all year round (全年)! (原因, 取而代之想要什么天气)

④ Well, I have mixed feelings. On one hand, I love the cozy feeling (舒适温馨的感觉) of staying indoors and listening to the raindrops tapping on the window. On the other hand, it can be a bit of a headache (有点令人头疼) when I have to go out and run errands (办杂事儿) or commute (通勤) in the rain. So, it depends on the situation. (分头讨论)

## 2. Does it rain much in your city?

① Where I'm from (扬调处理), in the north part of China, we experience a fair amount of rainfall throughout the year. But the rainy season (雨季) is usually in the summer, from June to August, occasionally we get heavy downpours and thunderstorms (雷阵雨). In winter time, we tend to get snow more than rain. (细节)

② Where I'm from (扬调处理), in the south part of China, it has a typical subtropical climate, which means there're wet season and dry season. From May to October is the rainy/wet season. It's wet, hot and humid. It rains all the time. During this time, everything feels damp and sticky, and there's a musty smell of mold in the air. (一切都摸着湿湿的、黏黏的, 空气中有霉味) The winter is drier, with no snow. I feel embarrassed to tell you that I haven't seen snow yet in my life. (细节)

③ Where I'm from (扬调处理), in the west part of China, it has a typical continental climate. In the summer it rains a lot. It's really hot and humid during that time. And winters are cold and dry, very little snow.

Something like that. (细节)

④ Where I'm from (扬调处理), on the east coast of China, my city gets moderate rainfall (适中的降雨量, 不多不少) throughout the year. It doesn't rain as much as in the south of China, but we still experience rainy seasons with occasional downpours (有时的阵雨) in the summer time.

(细节)

3. Would you like to live in a place that is dry or wet?

① As a person who loves spending time outdoors/is very outdoorsy (喜欢户外的), I would definitely prefer to live in a place that is dry. I find it easier to make outdoor plans when I know the weather is going to be clear and sunny (天气晴朗无云). For example, I love hiking and camping (露营), and it's much more enjoyable to do those activities when it's not rainy or muddy (泥泞的) outside. Can you imagine going camping in the rain? That sounds nasty (很讨人厌). (原因)

② I definitely prefer living in a place that is more humid (湿润的). The dry air (干燥的空气) just really bothers me, and I constantly feel like I'm drying out (风干了). It's not just uncomfortable, it can also lead to health problems like nosebleeds (流鼻血) and cracked skin (皮肤皴裂). In a wetter climate, I feel more hydrated (保湿的), my skin looks much better and I don't have nosebleeds (流鼻血) anymore. (原因, 细节)

③ I can't tolerate wet weather. Everything feels so sticky and wet. I can even smell the mold in the air. Plus, it's a lot hassle (很费劲) to go out and

**run errands or commute when it rains. It's not for me (不适合我).** (原因, 补充)

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

**I can't tolerate the heat in the summer! 我很怕热!**

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**Day off** (请假、休假、小短假)

知识点:

**A day off/ a few days off** 一般指的是一到两天的小短假, 可以是工作上请假、可以是小休假 (如果国外经常有 long weekend, 周末+周一 三天假那种), 而 **holidays** 更多指的是长一点的休假、度假、国家长假日。时间长短上会有所区别。

休假的相关表达:

- **unwind/ wind down/ relax/ chill/ chillax** 放松
- **let off the steam/ blow off the steam** 解压
- **recharge/ recharge the batteries** 重新蓄电
- **take some "me" time** 花点时间给自己, 滋润自己的灵魂
- **practice self-care** 实践自我照顾, 同上差不多意思
- **enjoy solitude** 享受独处时光
- **spoil/ pamper oneself**
- **stay up** 熬夜晚睡
- **pull an all-nighter/ stay up all night** 熬通宵
- **go to bed early and wake up early** 早睡早起
- **go to bed/ go to sleep/ hit the sack (俚语) / call it a day (结束一天, 准备休息) 睡觉**
- **Sleep in** 赖床、睡懒觉



- **Have a lie-in 睡到自然醒**
- **Catch up on my sleep 补觉**
- **I'm a big sleeper: 我是特别爱睡觉的人**
- **Go to the gym 去健身**
- **hang out with/ meet up with/ spend time with friends 见朋友**
- **Binge-watch TV shows 刷剧**
- **Eat healthy 吃的很健康 (这个表达比 eat healthily 更常见)**
- **Spend quality time with friends and family 和家人朋友共享高级陪伴时光**
- **Go for a hike 去徒步**
- **Hike up the mountain 去爬山**
- **Explore a nearby city 去周边城市探索**

### 1. When was the last time you had a few days off?

① Last time I had a few days off was during the Labor Day holiday. I had the opportunity to really take some "me" time, practice some self-care, just recharge. I spent some time catching up on sleep, ate really healthy food, went to the gym, and spent some quality time with my loved ones. After the break, I felt well-rested (充分休息) and returned to work with full energy (精力十足). Yeh, I'm the kind of person who really enjoys staying at home and getting cozy on holidays rather than traveling far. I'm a true homebody (宅男宅女). (细节)

### ② 可以讲具体去到某个周边城市、镇

Last time I took a day off was a month ago, and I went to my grandparents' hometown, since it was my grandmother's 70th birthday (70 大寿), so it was really a big deal (大事件). I took a day off on Friday and took the bus to her town and spent a whole weekend there. We went out and celebrated her birthday. And later I took her to the mall to buy her a gift (给她买礼物). It was a really nice vacation. (讲故事)

### 2. What do you usually do when you have days off?

①Well, if it's just a couple of days off, I wouldn't go far, like traveling. I would just rather stay at home, recharge the batteries, take good care of myself, and just unwind. (细节)

②It depends on how I feel. If I'm in a social mode (社交模式), I will meet up with my friends or go to parties or visit my family. But if I'm not really feeling myself (感觉状态不好, 不对头), and feeling lazy to socialize (懒得社交), I'll just stay at home and practice some self-care, maybe binge watch TV shows (刷剧), trying to wind down (试着放松). (分情况)

3. Do you usually spend your days off with your parents or with your friends?

①Sometimes with my parents if I haven't seen them for quite a while. Sometimes with my friends. I'm a very sociable person. I have my circle of friends and we meet up pretty regularly. And sometimes if I'm not in a social mode, I'll just spend time with myself, enjoy a moment of solitude (享受独处时光). (分情况)

②Well, as a person who doesn't have many friends (作为一个没什么朋友的人), I don't hang out with my friends often. And I don't really want to bother (打扰) my friends just because it's my day off. Normally I will take the opportunity to visit my parents, have dinner with them, and help them around the house (帮助他们打理房子), trying to be a good kid (努力当个好孩子), you know? (原因)

4. What would you like to do if you had a day off tomorrow?

结合以上内容自己总结答案, 来打卡

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**Health (健康)**

**知识点:**

如果想了解更多更详细的和健康、健身有关的表达，查看群文件“音频版词汇集”。

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

I enjoy exercising. / I enjoy doing exercises.

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

- physical activity 体育活动、体能活动

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

- work out (v.) / work-out (n.) 健身

How long do you work out at the gym?

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

- slim down 变瘦

Regular workouts helped him slim down considerably.

- burn fat 燃脂

Jumping rope can really help me burn fat.

- shed pounds/ lose weight/ shift some weight

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

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

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

- **good shape/bad shape 状态好、不好**

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

**I'm so out of shape.**

**I want to get in shape again.**

**You need to stay in shape for your marathon.**

## 1. How do you keep healthy?

I try my best to keep myself healthy both physically and mentally. First of all, I make sure that I have a balanced diet (平衡饮食) that provides me with all kinds of nutrients (提供各种营养元素). I'll eat a variety of fruits, vegetables, whole grains, and proteins. Exercise is also very important in terms of maintaining overall well-being. I go to the gym on a regular basis, and even on those days that I'm not going to the gym, I try to stay physically active by using the stairs instead of the elevator (爬楼梯而不是坐电梯), and do squats (深蹲) at home every now and then. I also use my fitness band to count steps (计步). My daily target is 10000 steps. Another thing is, I make sure I get enough 8-hour-sleep every night so that I can regain all the energy. I feel that my stress level is so closely related to how much I sleep, so I'm always mindful about my sleep routine (睡眠作息). When it comes to mental health, I make sure I talk to my friends and family all the time to keep me company and share all those feelings and emotions with them. So yeah, that's basically everything. (罗列, 内容很多, 不用都说)

## 2. What are your favorite sports?

① I love playing all sorts of ball games (球类运动). Tennis, badminton, Ping pong, you name it (你随便提, 每一项我都喜欢). They are physically challenging (很消耗挑战体能) and involve a lot of skills and techniques. That's why I find them super interesting. I get fully relaxed by playing ball games. (原因)

②I love running. I go for a run every day in the morning before going to work. My favourite place for running is the botanical garden near home. Each time when I run there, I could get some sun, listen to birds singing, smell the flower fragrance in the air, just get closer to nature. It's the best way for me to start the day. (WH 法)

③I go to the gym to work out on a regular basis (规律性健身). That's the best way for me to stay in shape (保持好的状态) and keep fit. Working out definitely helps me blow off the steam (减压) after work/after school. It definitely boosts my confidence (让我自信激增). Each time after a workout, I always feel like the hottest guy/girl in the world (每次健身之后, 我都感觉自己是世界上最辣的人儿!) . And plus, I get to make new friends at the gym. A gym is a perfect place to meet new people. (原因, 补充)

3. Are there health classes in your school? (只针对学生党)

No, I don't think so. Although I wish we could have (我倒是希望有) health classes as part of the curriculum (成为课程大纲的一部分). I mean, it is so important to understand our bodies, how our bodies work, all kinds of aspects related health, including physical, mental, and emotional well-being. There are so many things we should learn, like nutrition, exercise, sex education, and how to take care of your mental health, things like that. But unfortunately, we don't have any classes designed to educate students regarding health, and it's a shame (遗憾). (先抑后扬)

4. What sports help people stay healthy?

Honestly, any type of sports or physical activities can contribute to maintaining good health (任何体育或者锻炼活动). There are intense cardio sports (剧烈的有氧运动) like swimming, running, and cycling, which is really good for your lungs and heart. There are also less intense options (不那么剧烈的) such as yoga and Pilates, which offer fantastic benefits

(提供诸多好处) for improving your body strength, balance, and coordination. They are all great stress relievers (减压器). When it comes down to staying healthy, you can try to engage in any activity that sparks your interest (激发兴趣) and keeps you motivated (保持动力). (分类讨论)

5. Is it easy for people to exercise in your country?

I think it's relatively easy for Chinese people to exercise as we have a lot of community sports centers and gyms. On top of that, I feel that people are very into doing exercises and keeping fit, especially older people. They are very creative with the way they exercise. For example, they don't have to go to the gym. They can just exercise on the street by doing Tai Chi (打太极), go to an open space and do square dancing (广场舞), or go to the park and exercise next to a tree. I once saw an old gentleman hang himself upside down from a tree branch (把自己倒挂在树枝上), trying to work out, which is mind-blowing. It's just amazing how people can find unique places to exercise. And once you have that mindset, you can exercise anywhere. (原因, 举例子)

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**The city you live in** (所在城市)

仍然住在自己家乡的宝宝们不会被多问在这道主题上

1. What city do you live in?

① I'm still living in my hometown, Beijing. I was born and raised in Beijing (土生土长北京人) and I've been living here for 20 years.

② (假设你在深圳考试) I'm now living here in Shenzhen which is far from my hometown XXX. I found a job here two years ago and that's why I relocated (搬家更换城市). Being in another city away from home is pretty hard. And so far, I'm doing OK, I think. I have a nice apartment, my job and my circle of friends (社交圈), I should give myself a pat on the back (背上拍一下, 表示自我认可). (原因)

③ I'm now studying here in Guangzhou because that's where my university is located in. It's kind of far away from home. I only see my parents twice per year during winter and summer holidays.

## 2. Do you like the city and why?

① I think it's a great city in the sense that (从.....角度来说) it provides me with financial security. I found a job here and it's a city full of job opportunities. And to be honest, I don't worry too much about it, if one day I lose my job. I'm pretty sure I can find another job instantly. But it is such a fast-paced city. At times you feel that people are so hectic (忙碌) and only minding their own business (自顾自的). You can feel a little bit lonely. Sometimes I really miss my hometown. It's a small place, everybody knows everybody, therefore there's a much stronger sense of community (团体感更强). (分角度讨论)

② To be honest, I don't really know if I like the city or not. I mean, I'm living on campus in the school dormitory and my life is all about going to classes, going to the gym, going to the grocery store. I do everything in and around the school. I don't really leave the school that often. The only few times when I went to the city center was when I needed to buy some new clothes and that was it. I don't really have a strong feeling about (没有强烈感觉) the city because I don't really care and I know that I will go back to my hometown after graduation. (原因)

## 3. How long have you lived in this city?

① It's been three years. Gosh... I can't believe it's been so long! How time flies (时间过得好快)! I still remember the first day when I came to this city and everything looked and felt so foreign (陌生) to me and now I'm so used to the city. I'm thriving here (过得非常好).

② This is my third year in university, so yeah, three years. Gosh, I can't believe it has been so long. How time flies! My first day in university seems like yesterday.

## 4. Are there big changes in the city?

①I would say so. Shenzhen is such a metropolitan city. It's constantly changing and developing every day. I feel like every day there is something new coming up (每一天都有新的东西起来), like a new building, a new store, a new restaurant. If I haven't gone to an area for 6 months, I wouldn't fully recognize the area next time when I go back there. (原因, 细节)

②Yeah, I would say the biggest change in the city is the subway system. Three years ago, when I first came here, there wasn't the subway yet, but soon enough they started developing the underground system. Now after three years, there are three lines already, making it very convenient to get around in the city. (时间分层)

5. Is this city your permanent residence?

Um, it's hard to say. I'm still trying to figure out the answer. And I feel torn (矛盾). On one hand, my job is really taking off (事业起步), and I'm seeing so much potential. On the other hand, I miss my family a lot. My parents are getting older and older every day. Sometimes I feel that maybe at some point (某一刻), I need to move back to my hometown and get reunited (团聚) with my family. That sounds like the right thing to do. Besides, I'm still single, so there're no strings attached (没有感情羁绊). It would be relatively easy for me to move back. (分头讨论)

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## 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。

①Honestly, 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 work 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 going back to the harsh reality (回到残忍的现实). 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?

① As 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)

② Every 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)

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

### Staying up (熬夜)

知识点:

- 早起型的人: **morning person/ early bird**
- 晚睡型的人: **night person/ night owl**
- 熬夜晚睡: **stay up**
- 熬通宵: **pull an all-nighter/ stay up all night**
- 早睡早起: **go to bed early and wake up early**
- 睡觉: **go to bed/ go to sleep/ hit the sack** (俚语) / **call it a day** (结束一天, 准备休息)
- **Sleep in** 赖床、睡懒觉
- **Have a lie-in** 睡到自然醒
- **Catch up on my sleep** 补觉

- I'm a big sleeper: 我是特别爱睡觉的人
- I sleep very little: 我觉很少
- My sleep quality (睡眠质量) is really bad/poor/good.
- light sleeper: 睡觉很轻的人; heavy sleeper: 睡觉很重的人。
- I couldn't sleep last night: 我昨晚没睡好。别说: I had insomnia last night. 那是很严重的失眠症。
- I was tossing and turning all night last night: 我昨晚一夜辗转反侧
- I was drifting in and out of sleep. 一会儿睡一会儿醒
- seize the day 享受珍惜每一题: to make the most of the present moment

I love waking up early and seize the day.

- Set the tone (for): 奠定基调

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

早上的时光把其余的一天的基调奠定好。

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

Sleep talking happens when people are stressed.

She talks during sleep every night.

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

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

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

## 1. Do you often stay up?

① Yeh I'm a night owl/night person for sure! I stay up almost every night until 2 or 3 am; sometimes I even pull an all-nighter. I just really hate going to bed. I don't know why. Sometimes, even I have nothing much to do, still I keep procrastinating (拖延), looking at my phone, scrolling on social media, to the point that (以至于) I can barely keep my eyes open (眼睛都几乎睁不开). (细节, 原因)

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

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

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

① Yes, I stayed up late a lot when I was little. Normally on weekends, and during summer and winter breaks (寒暑假). My parents would stay up late, and so would I. I guess, they were really chill parents (淡定的家长),

and didn't care too much about my sleep schedule (睡眠时间). We would watch TV together and chitchat in the living room. Now come to think of it (现在想来), it was a little crazy for a little kid to go to bed that late. (原因, 细节)

② Very rarely, once in a blue moon (非常偶尔, 俚语). My parents were very strict with my sleep schedule. I was allowed to stay up only when it was Chinese New Year's Eve. I had a very healthy sleep routine (睡眠作息) when I was little. (原因)

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

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

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

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

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

① It depends on WHEN I need to get up the next day. If it's early in the morning, then I'll be dead on my feet (极度劳累), walking like a zombie

(像僵尸一样走路) . But if I can sleep in (睡懒觉) /have a lie-in (睡到自然醒) until 11 or 12 o'clock, I'll be fine. As long as I can get my 8-hour sleep, I'm all good (我没问题) . (分情况)

② As a person who usually doesn't stay up, I'll feel physically beat up (被打一顿) the next morning. I'll be dead on my feet, walking like a zombie. I won't be able to think. My mind will be slow and foggy (思维像一团雾) . I don't like that feeling at all. That's why I try as much as I can not to stay up. (细节)

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## Happy things (快乐的事)

知识点:

针对乐天派和牢骚鬼的一些表达:

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

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

- **兴奋的**: **excited, pumped, stoked, psyched**
- **buzzing**: very excited and happy. 非常英国式的表达，在北美不常见。

如: **I'm buzzing now!**

- **Overjoyed/ thrilled/ super glad**: 非常开心
- **Ecstatic/ euphoric**: 极度狂喜的 (高级词)
- **Over the moon**: 月亮之上，表示很开心

- **On cloud nine:** 九霄云外，同上，表示开心
- **I was filled/overwhelmed with joy and happiness.**
- **My heart is full.** 我的心很满足、开心，别无他求
- **I was smiling from ear to ear.** 嘴巴咧到耳朵根，开心
- **Words can't describe how I happy feel.** 文字都表达不出来我有多开心
- **I was speechless.** 可以表示无话可说，震惊、愤怒，也可以是太开心
- **I got really emotional, and started crying happy tears.** 我很感动，留下了快乐的眼泪
- **It brought me to tears.** 当时我感动到哭泣
- **I couldn't stop smiling.** 我当时止不住地高兴地笑
- **cranky/crabby/grumpy:** 易怒的，总是很暴躁的
- **whiny:** 爱抱怨的，这个看不惯那个看不爽的
- **whiner:** 满腹牢骚的人 “Don't mind her. She's always a whiner.”

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

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

语法：用完成进行时，表示这份快乐一直持续到现在。

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

③ Yes, actually, many things make me happy, and most of them are just small things. I'm a happy camper (乐天派). For example, recently, I've finished a book. It talks about how to be a better thinker and



communicator. It is very informative and helpful, and that makes me feel very happy and contented (满足而快乐的)。(举例子)

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

2. What made you happy when you were little?

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

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

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

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

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

自己结合实际情况回答,想买一辆车、出国上学、为人父母.....

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

这题只会问工作党

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

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

5. Do you feel happy when buying new things?

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

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

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

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

Most people feel happy when they buy new things. Our human brains are actually wired/made to be attracted to novelty (novelty: 新奇的事物, 我们的大脑被设计成天生对新鲜事物充满好奇). Buying new stuff means they can have exciting new experiences. But the problem is, nowadays, people are over consuming things (过度消费). Consumerism (消费主义) is actually making people UNHAPPY. The more people buy, the more they need, and

the more they compare themselves with others. And that causes the feeling of inadequacy and depression (自我价值感不足和抑郁的情绪). That causes low self-esteem (自我价值感很低). (原因, 反向思考)

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这道题往年考过。当时的问题有所区别，有时间、感兴趣可以看一下：

### 1. What do you do to stay happy?

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

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

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

### 2. Can you stay happy all the time?

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

(罗列原因)

### 3. Is it important to be happy?

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

## Weekends (周末)

知识点:

### 1. 关于放松的表达:

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

### 2. 周末可以做的事情

- **stay up**
- **sleep in/ have a lie-in**
- **work out at the gym**
- **go to the park**
- **get close to nature**
- **go for a picnic**
- **go to the mountain**
- **meet up with friends, and catch up**
- **visit family**
- **spend quality time with family**
- **binge-watch TV series** (刷剧, 狂看剧)
- **read books**
- **slump/ lie in the couch** 瘫坐在沙发里

## 1. Do you like weekends?

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

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

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

④ Well, it's a love-hate relationship (又爱又恨的关系). On weekends, I have a lot of classes to go to. I have a water colour painting class (水彩画画班), a guitar class, AND a Spanish class. I make myself very busy over the weekend (我让我自己在周末特别忙). I love learning new things, but at the same time I don't get to rest and recover from the weekdays. (原因, 细节)

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

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

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

3. What did you do last weekend?

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

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

4. Do you make plans for your weekends?

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

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

### Schools (学校)

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

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

知识点：

-形容学校的表达：

1. 正向：

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

**An accommodating school fulfills all your wishes and needs.**

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

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

- **school spirit 学校精神，团结精神**

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

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

- **clean/ tidy/ well-kept 干净整洁的**

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

- **innovative 创新的**

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

- **Scholarly 学术的、勤奋好学的**

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

- **great/ positive/intense learning atmosphere 超棒的、积极的、激烈的学习氛围**

- **其他: modern/ spacious/ supportive/ flexible...**

## **2. 负向:**

- **My school has nothing. It's super small. 啥也没有**
- **My school lacks facilities and resources. 缺乏设施和资源**
- **Things could be better at my school. 学校还有进步空间，不咋地的意思**
- **Not the best school in the world. 很委婉的语气，也是不咋地的意思**



- **It's a famous party school.** 很有名的“爱玩儿”的学校
- **old-fashioned/ outdated** 老派的
- **narrow-minded** 眼光狭窄的
- **It's just a whatever school.** 就是个啥也不是的学校

### 1. Where do you go to school?

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

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

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

### 2. Do you go to a good school?

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

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

The students are amazing as well. (原因)

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

### 3. Do you like your teachers?

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

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

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

go above and beyond

4. Do you like your current learning atmosphere?

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

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

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

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

自己可以结合语料回答

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

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

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

**Art (艺术、美术)**

**知识点:**

**美术流派:**

**1. modern art (当代艺术)**

- **Impressionism 印象主义**
- **Post-impressionism 后印象主义**
- **Expressionism 表现主义**
- **Cubism 立体主义**
- **Symbolism 象征主义**
- **Surrealism 超现实主义**

- **Minimalism 极简主义**
- **Social realism 社会现实主义**
- **Dada 达达主义**
- **Pop art 波普艺术**

## 2. traditional art (传统艺术)

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

### 1. Do you like art?

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

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

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

### 2. Do you like visiting art galleries?

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

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

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

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

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

3. Do you want to be an artist?

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

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

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

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

#### 4. Do you like modern art or traditional art?

① I love modern art. Especially impressionism and post-impressionism (尤其是印象派和后印象派). I find these styles far more relatable (让人产生联系感) than traditional art. They are full of color diversity (色彩多样性) and brightness. Because that was the first time when painters decided to go out and catch sun and light. They expressed their feelings/perceptions through the light and color (他们通过光线和颜色来表达自己的感受), rather than created exact representations (完全一致的描绘). (强调补充, 原因)

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

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

感谢所有报名正课的学生。祝你们高分通过。购买盗版资料的学生，请来补票，积攒正缘

#### Chocolate (巧克力)

知识点:

巧克力口味:

- Milk chocolate 牛奶巧克力
- White chocolate 白巧克力

- **Dark chocolate 黑巧克力**
- **Peanut butter chocolate 花生酱口味巧克力**
- **Sea salt chocolate 海盐口味**
- **Chocolate with nuts (walnut chocolate, hazelnut chocolate,...) 带坚果口味的巧克力（巧克力为主，坚果为辅）：（核桃巧克力，榛果巧克力）**
- **Chocolate covered nuts 被巧克力包裹的坚果（坚果为主，巧克力为辅）**
- **Chocolate chip cookies 巧克力颗粒饼干（比如趣多多）**
- **Chocolate bar 巧克力棒**
- **Chocolate candy 巧克力糖果**

关于巧克力：

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

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

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

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

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

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

## 2. How often do you eat chocolate?

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

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

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

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

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

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



① I don't know, there's just something about chocolate that makes people happy and satisfied (巧克力有一种无法形容的神奇魔力让人快乐又满足。  
经典句型 There's something about...that...) . The sweet and chocolaty (巧克力的) flavour, and the smooth, silky and melting texture (丝滑柔顺的口感) , the combination is just...indescribable (无法形容) . It's magical. (原因)

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

5. What's your favorite flavour?

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

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

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

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

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

## Music (音乐)

### 知识点:

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

#### 1. 针对音乐的形容词:

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

#### 2. 音乐的种类 (music genres):

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

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

Country 乡村乐; Folk 民谣乐; Soul Music 灵魂乐

Dance 舞曲; Hip Hop 嘻哈乐; Kpop 韩国流行乐

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

#### 3. 音乐带给人的感受:

- **resonate with sb.:** 与某人共鸣

**This song really resonates with me so much!**

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

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

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

#### 4. 其他表达:

##### ① **Lyrics:** 歌词

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

注意 **lyrics** 作为歌词一直是复数形式

##### ② **Beat:** 拍子，节拍

**Dance music always has a strong beat.**

##### ③ **Rhythm:** 整首歌的节奏

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

④ Melody: 旋律

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

⑤ Music album: 音乐专辑

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

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

5. 嗓音:

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

1. What music do you like?

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

② I love country music. My favourite country music singer is Taylor Swift. I just love her music, the rhythm, melody and lyrics, everything. Her music really clicked with me (让人很喜欢, 很敲中内心, 尤其是第一次接触时) the first time I heard it. I fell in love with (爱上) her and her music right

away/immediately. I can relate to (感同身受) many of her songs. (原因, 细节)

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

之前标题 3 里的关于音乐带给人的感受, 里面的语料都可以借鉴。

如:

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

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

④ 不一定回答音乐种类, 可以是一种风格。如慢歌、快歌、安静的歌。

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

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

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

## 2. What music do you dislike?

① I can never care for jazz (喜欢不起来) . I just don't get it (我不懂它) . Most jazz songs are so, how do I put this (我该怎么形容呢.....) , so chaotic and busy (嘈杂忙碌) . Lots of things going on at the same time (同时有一堆东西在作响) , too many instruments. You know? (原因)

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

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

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

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

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

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

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

根据前面的信息自己准备这题

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

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

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

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

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

## Jewelry (珠宝首饰)

### 知识点:

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

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

I wear a cross necklace as a symbol of my faith

- It makes me feel confident 它让我感到自信

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

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

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

- hold sentimental value 有情感纪念价值

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

- accessorize 穿搭饰品的动作



- **statement jewelry** 点睛配饰，一眼就能看到的往往比较夸张的珠宝

I love to accessorize my outfits with statement jewelry.

- **make a fashion statement** 表达一种时尚态度

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

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

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

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

- **lucky charm** 能带来好运的吉祥物

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

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

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

- **personal style** 个人风格

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

- **It reminds me of...** 它让我想起了.....

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

- **go-to** 首选的 (这个词在整套课里提过很多次)

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

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

- go with everything 百搭/ go with 搭配= match

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

- craftsmanship 手艺、工艺

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

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

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

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

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

### 1. Do you often wear jewelry?

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

② I wear jewelry all the time, it's a way for me to express my personality and style (表达个人性格和风格) , and also to make a fashion statement (时

尚宣言) . I enjoy the way it makes me feel (我享受它带给我的感觉) and the way it can complement my outfit (以及它能补全我的穿搭的方式) . (原因)

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

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

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

## 2. What type of jewelry do you like?

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

② I love bold (张扬的) and edgy (先锋小众的) statement jewelry, such as chunky bracelets (粗大的手链), large earrings (大耳环子), or statement necklaces (体现个性主张的项链). These types of fashion jewelry can add some drama to my look and I love it! I'm a drama queen (戏精) when it comes to fashion! (细节, 原因)

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

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

### 3. Do you usually buy jewelry?

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

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

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

diamonds, are considered to be valuable investments (有价值的投资), which some people may choose to wear for a long time. (分群体)

### Small business (小型企业)

知识点:

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

This local clothing store is a hidden gem.

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

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

- a niche market 小众商机 /ni:ʃ/

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

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

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

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

② Not a lot. I mean, I don't really pay attention to small shops or little startups in my area. I'm the kind of person who always goes to big stores, big companies, franchise stores (连锁店), etc, cuz(because) I trust on their quality, they reliability, and their stability. I don't understand why people hate mass-produced stuff so much. I don't understand what all the fuss is about (我不明白他们激动的原因). (原因)

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

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

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

3. Have you ever worked in a small business?

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

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

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

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

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

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

① Yes, actually! This is one of my biggest dreams. I consider myself a person who has an entrepreneurial spirit (我自认为是一个有创业精神的人), and I want to be able to create something new and innovative that can

change people's lives (有能力创造出新奇创新的东西来改变人们的生活) .  
Meanwhile, I'd like to have a flexible work schedule, have more control over the business, and have the potential of being financially independent (有实现经济独立的可能) . That's like the coolest thing ever! I want to be my own boss! (原因)

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

感谢所有报名正课的学生。祝你们高分通过。购买盗版资料的学生，请来补票，积攒正缘

### Keys (钥匙)

#### 知识点：

#### 人们日常生活中常带的钥匙：

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

#### 其他表达：



- **locksmith 锁匠**
- **cut a key 配钥匙**
- **a spare key 备用钥匙**

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

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

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

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

## 2. Have you ever lost your keys?

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

② SO MANY TIMES, I don't even remember. Sometimes it was just a false alarm (虚惊一场) as the keys were hiding somewhere in a corner that was hard to see; sometimes they just disappeared and never came back. (以

下可以用上个答案里的内容：And it was always such a headache. Sometimes I didn't have a spare key so I had to call up a locksmith to change my lock (换锁) . Sometimes I needed to cut a new key (配钥匙) . And then I would be worrying about people finding my keys and causing troubles.) (分情况，细节)

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

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

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

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

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

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

② Personally I will never do that, never, not even if my neighbour and I have the best relationship. I know some people do that, and they think it's a great thing to do. But I don't trust humanity (我不相信人性). I'm not saying that for sure the neighbour will do something bad, but it might encourage them open that door (打开那扇门, 打开邪恶的想法). Besides, I will become so paranoid (一惊一乍的) all the time. Each time when I can't find something at home, I will suspect my neighbour, which is quite unfair from him/her. (让位驳斥)

### T-shirts (T 恤衫)

知识点:

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

## 1. Do you like wearing T-shirts?

① Yes! T-shirts are my go-to piece of clothing (首选的衣服单品) / choice when I just want to feel relaxed and comfortable. They are comfortable, casual, and easy to wear (穿起来很简单方便). And also, I feel that they can be dressed up or down (可华丽亦可简朴) depending on the occasion. They can go with a variety of other items (跟其他单品也很好搭配), like jeans, dress pants, blazers, and long skirts. For me, they are my favourite wardrobe staples/ wardrobe basics (衣橱里的基本款) that can be paired with a lot of items. (原因)

(不用都说, 挑选局部内容来说)

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

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

## 2. How often do you wear T-shirts?

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

② Not very often, usually on weekends. During the week, at work I need to dress up and look professional. But on weekends, I just want to feel

comfortable and relaxed. I love wearing casual when I'm off work (下班) .  
(分情况)

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

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

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

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

① I like printed T-shirts. Different prints or pictures can allow me to express my personality, attitude or even my sense of humor (我的幽默感) .

For example, I remember once I wore a T-shirt that said "Sorry I 'm late. I didn't want to come" to a party, which was hilarious. People at the party loved it! It's a great to showcase (展示) your unique personality or style. I love it. (原因, 讲故事法)

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

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

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

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

① I love buying T-shirts as souvenirs! They are a practical, lightweight, and inexpensive way to remember a special place or experience. My

favourite one is the “I love NYC” T-shirt I have. It’s a classic one as almost everyone who travels to NYC will buy that T-shirt. (原因, 举例子)

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

### Outer space and stars (外太空和星星)

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

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

2. Do you like science fiction movies? Why?

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

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

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

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

① Yes for sure! I’m deeply fascinated by outer space and want to know more about it. I’m curious about things like, the mysteries of the universe,

do aliens really exist, and the possibilities of moving to another planet.  
(细节)

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

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

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

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

## Library (图书馆)

1. Do you often go to the library?

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

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

③ I like going the library. I love how I can have access to a wide range of resources (有很多资源可以利用), including books, magazines, newspapers and movies. And then, I also love the fact that the library can offer me a quiet and study-friendly environment (有学习气氛的环境) to read or work on assignments. Our school library does a lot of things for us, it often hosts events, workshops and lectures. It also has a book club (读书俱乐部). I'm actually thinking about join in the club. (罗列原因)

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

## 2. What do you usually do in the library?

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

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

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

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

## 4. Do Chinese kids often go to the library?



Yes, Chinese kids DO go to the library, just like children in other countries. Actually, libraries are widely available in China, and many schools and universities have their own libraries. Chinese parents really value knowledge (看重知识). Going to the library is a great way for children to gain access to books and all sorts of educational resources. It can also help children develop interest in reading and learning. (原因)

感谢所有报名正课的学生。祝你们高分通过。购买盗版资料的学生，请来补票，积攒正缘

## Weather / Climate (天气、气候)

知识点：

关于天气

### 1. 热天的表达：

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

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

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

## 2. 冷天的表达

- Cool (adj) – mildly cold 凉爽
- Chilly (adj) – quite cold (非冬季的) 小冷
- Crisp (adj) – quite cold 同上
- Brisk – cold 冷飕飕的 A brisk wind
- colder with the wind-chill factor 由于有风感觉更冷
- Freezing (adj) – very cold 超级冷
- Biting (adj) – extremely cold 超级超级冷
- It's biting cold outside!
- Bitter (adj) – extremely cold

It's bitterly cold!!

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

Winter here is quite mild, with occasional cold snaps.

- cold wave 寒流
- cold spell 一段时间很冷

We are in a cold spell.

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

The weather is so bleak today.

In the winter, the landscape is bleak.

## 3. 其他天气:

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

**It frosted last night.**

**We had a heavy frost this morning.**

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

**It's drizzling outside.**

- **pouring 倾盆大雨 (pour 本身是倾倒的意思)**

**It's pouring outside.**

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

**We got caught in a downpour.**

- **scattered showers 零星阵雨**

**The weather forecast calls for scattered showers.**

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

#### **4. 气候:**

- **My hometown has very mild/moderate climate all year round (四季温和的气候) .**
- **My hometown has nice weathers all year round.**
- **Shanghai has four different/distinct seasons (鲜明的四季) .**
- **when your hometown is prone to something (e.g., flooding, droughts, etc.) 容易产生洪灾、旱灾**
- **We have very mild winter (温和的冬天) .**
- **世界五大气候: tropical, dry, temperate, continental and polar**

- **tropical 热带气候** : **wet and dry season** 雨季和旱季交替的天气
- **dry 干燥气候** : **big extremes** 温差大: **from 40°C during the day to 10°C at night in summer**
- **temperate 温和四季气候**: **four seasons, moderate rainfall spread across the year; mild to warm summers, and cool to cold winters**
- **polar 极地气候** **long winters and short summers; chilly or extremely cold places**
- **continental 大陆性气候** **extreme seasonal changes. Colder winters, longer-lasting snow**

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

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

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

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

## 2. Do you prefer cold or hot weather?

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

② I should've been born somewhere warmer (我该生在更暖和一点的地方). I love the sun and spending time outdoors in the sun, getting a nice tan and a lot of Vitamin D. I don't overheat like some of my friends do (我不会像我的一些朋友那样过热, 中暑). I could spend all day under the sun. (原因对比)

3. Do you prefer dry or wet weather?

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

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

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

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

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

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

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

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

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

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

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

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

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

**Doing sports (做运动)**

知识点:

1. What sports do you like?

-I love playing all sorts of ball games (球类运动). Tennis, badminton, Ping pong, you name it. I find them so interesting. They are physically

**challenging (很消耗挑战体能) and involve a lot of skills and techniques.**

**That's why I find them super interesting. I get fully relaxed by playing ball games. (原因)**

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

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

## **2. Where did you learn how to do it?**

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

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

**-My best buddy (好哥们) /best friend introduced me to the world of fitness (带我走去了健身世界) . He took me to his gym, and helped me sign**

up (帮我注册了会员) . He showed me how to do weight-lifting (作力量训练) , how to train my legs, shoulders, and arms, how to use different machines, things like that. Thanks to him, I became a gym freak as well. (细节)

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

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

**gym freak** 可能还会问

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

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

4. Do you think students need more exercise?

Definitely! In China, kids nowadays are snowed under with schoolwork (被功课作业雪埋) . They have much less time for doing sports than before. And when they finally catch a break and take a breather, they normally spend the time scrolling, staring at the screen, which is so wrong. Kids today need more physical activities to wind down and fully relax. Exercises make them physically healthier and stronger, and helps them unwind. (原因)



常年在考主题：

工作或学习（最高频）

每一题控制在 25s 以内。

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

关于学生背景准备：

1. 万能格式：

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

①: university （在大学上学的学生，可以是任何年纪）；

undergraduate （本科生）；

graduate （研究生）；

PHD （博士生）；

high school （高中生）

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

-I'm a year 12 / 12<sup>th</sup> grade high school student.

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

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

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

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

**Or** **study for/ pursue** a xxxx degree.

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

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

**Or** 到了博士阶段 (PhD)

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

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

**整合在一起:**

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

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

## 2. 其他常见表达形式（活学活用）：

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

## 3. 如果你毕业之后准备上研究生的状态：

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

-pursue further(adj.) education in XXX

-pursue a Master's degree.

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

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

-further(v.) my studies.

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

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

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

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

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

4. 如果你毕业后正在 **gap year** 中:

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

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

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

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

#### 5. 如果你毕业后正在实习中或找工作中:

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

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

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

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

问题: - What major/ subject are you studying?

针对还在上学的学生。

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

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

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

(why or why not)

- Why did you choose this major?

### 1. YES:

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

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

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

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

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

### 2. NO:

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

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

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

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

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

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

### 3. Yes and NO.

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

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

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

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

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

### 1. Computer Science (电脑科学) :

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

### 2. English Literature (英语文学) :

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



### **3. Translation and Interpreting (翻译学) :**

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

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

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

### **4. Mathematics (数学) :**

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

### **5. Biology (生物学) :**

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

### **6. Medicine (医学) :**

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

### 7. Education (教育学) :

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

### 8. Economics and Finance (经济和金融学) :

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

### 9. Psychology (心理学)

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

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

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

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

(结合以上的关于学习专业的介绍, 有很多细节可以重复使用)

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

如果计划去实习, 可以结合之前的语料。

拓展内容 (如果考官问你对 **gap year** 的看法) :

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

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

nerd/geek

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

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

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

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

I will reward myself from time to time.

Listen to the music while studying.

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

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

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

(付费直播课上关于放松休闲的表达很多，可以大胆借鉴)

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

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

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

问题： - Are you looking forward to working?

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

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

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

关于工作背景准备：

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

### 1. 万能格式

I work as a 工作名称 at 具体的公司或机构 .

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

I'm a 工作名称 , and I work at 具体的公司或机构 .

整合示范：

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

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

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

问题: - What do you like about your job?

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

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

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

It provides me with the financial security I need.

I'm really content with my job.

I'm happy with my job.

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

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



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

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

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

关于学生党那里的选择专业的回答里，有很多表达可以借鉴。

问题：- What do you do to work better?

可以做的几件事儿，选一两个说就好：

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

### 关于住房 (次高频)

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

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

思路：

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

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

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

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

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

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

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

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

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

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

想象画面来回答

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

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

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

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

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

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

问题: - Who do you live with?

(如果之前没有提到和谁住, 才有可能问道这一题)

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

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

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

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

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

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

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

不会被问到)

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

- my own space/ kingdom/ world/ little paradise 我自己的空间



- **man cave** 专门属于男人的那种拿来玩儿游戏、健身、抽烟喝酒的空间，“男人的洞穴”。在欧美国家，一家人住在 **house** 里，往往地下室会被做成 **man cave**。家里的男主人会呆在这个空间里，自娱自乐，自由自在
- **girl cave/ lady cave/ woman cave** 这几年新出来的词，对应 **man cave**
- **This room suits my needs.** 这个房间满足我的需求
- **This room is dedicated to my own pursuits.** 这个房间专门的作用就是满足我的追求
- **time alone** 独自的时间

**I really enjoy my time alone in this room.**

- **take some “me” time** 花点时间陪自己
- **This room is filled with essence of thing I enjoy, from movies and books, to music and art.** 这间房间充满了我喜欢的事物的精髓
- **light-filled/ bright** 阳光明亮的
- **cozy/ comfortable** 温馨舒适的
- **welcoming/ inviting** 舒适亲切的

**The room feels welcoming and inviting.** 这个房间很舒适亲切

- **multifunctional/ versatile** 多功能的房间
- **a retreat corner** 一个让精神得到疗愈的角落
- **my sanctuary** 我的圣殿，心灵的避难所
- **calming/ therapeutic** 令人平静的、有疗愈效果的
- **tranquil/ soothing** 同上，令人平静的、安抚人心的

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

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

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

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

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

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

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

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

问题: - How long have you lived there?

-For about two years, not for too long.

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

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

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

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

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

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

关于 **area you live in**

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

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

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

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

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

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

It takes forever to do sth.

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

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

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

关于家乡

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

讲城市名字, 简单提尺寸和位置:

-small, tiny, quaint, compact

-medium-sized, average-sized

-big, major, metropolitan

-huge, massive, cosmopolitan

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

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

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

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

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

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

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

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

重庆：

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

美食：辣味

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

呼和浩特：

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

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

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

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

-Food is amazing in my city,..

Food is everything in my hometown.

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

-It's a very livable city/ place.

来学学形容 **city** 的说法：

1. ancient/historic/old: a place that has a long history.

Rome is an ancient city, which was established thousands of years ago. 对

应现代化的就是 **modern city**

2. dull/boring/sleepy 无趣无聊的

My hometown is boring/ sleepy. As a young person, I always feel that there's nothing much to do.

3. bustling: a crowded and busy place 热闹的

It's a busy and bustling city.

Hustle and bustle (noun phrase) 小心

It's a hustle and bustle city.



还可以说 **fast-paced/ lively**

Shanghai is a busy and bustling city, one of its nicknames is “The City that Never Sleeps”.

4. **compact/small**: 小小的、很拥挤的

Santorini is a very compact town. You don't need transport to get around (转悠) .

5. **expensive** 生活成本高的(**costly**)/ **inexpensive** 生活成本不高的 (**cheap, not costly**)

6. **picturesque**: 独特美的，如画的; 也可以说 **scenic, quaint, charming**,

7. **touristy/ tourist city**: 游客颇多的 **a shopping paradise** 购物天堂

Lijiang is beautiful and scenic, but it's just TOO touristy for my taste.

8. There's always something going on in the city.

It's a city that never sleeps.

9. **vibrant**: 充满活力的/**exciting/ lively**

10. it's got such a rich culture.

11. It's a real 24-hour city, and you can meet people from all over the world.

12. It's such a small place that you can get to know your neighbors and easily have a sense of community.

13. The cost of living is really high. You have to think about how to make (both) ends meet.

14. Air quality is an issue there.

15. There's nothing much going on/ not much night life.

16. It's a little isolated. It feels a bit cut off from the wider world.

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打卡作业第一次（不限时间，准备好就来）：

1. 工作或学习。

统一回答：① **Do you study or do you work?**

\*工作者，介绍自己的工作性质，并回答问题：

**What do you like about your job?**

\*大学生党，

**Do you like your major?**

\*高中生，简单介绍一下自己的年纪和状态就好了。

\*辞职的人，简单介绍一下自己的现状和计划。

2. 住宅: **Can you describe the place you live?**

**Which room is your favorite?**

如果住宿舍: **What's the difference between where you're living now**

**and where you have lived in the past?**

3. 家乡: **What's the name of your hometown? Please describe your hometown a little.**