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

人物题:

Describe someone you know who often helps others (帮助他人的人)

You should say:

What she or he is like

How she or he helps others

Why his or her help is beneficial

And explain why he or she helps others.

思路: 这道题可以和后面的“受欢迎的人”合并; 也可以和 1-4 月的“有趣的老人”适当合并

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知识点:

和爱帮助人相关的表达:

- A helpful person 爱帮助人的人
- Lend a helping hand 伸出援手

She is always willing to lend a hand to anyone in need.

- Have a heart of gold 有金子般的心
- Kind, generous, empathetic 善良、慷慨、有共情心的
- Compassionate 有同情心的
- A good listener 一个好的倾听者
- Go out of their way to help others 特意帮助别人
- Always there when you need them 当你需要的时候总在那里
- Willing to lend an ear or shoulder to cry on 愿意把耳朵、肩膀借给你倾诉
- Makes a difference in people's lives 给人们的生活带去改变
- Acts of kindness and generosity 善良和慷慨的行为

One of the reasons why Sarah is so well-liked in her community is because she is always performing acts of kindness and generosity, whether it's helping a neighbor with their groceries or raising money for charity

- Put the needs of others before their own 把别人的需求放在自己之前

素材一：

The person I want to talk about is my neighbour, Mr. Li. He has lived in our apartment building for over 20 years and is known by everyone for his kind and helpful nature. Mr. Li has a heart of gold and is always willing to lend a hand to anyone in need.

Mr. Li loves performing acts of kindness and generosity to people. Sometimes, he helps neighbours with their groceries, like carrying heavy grocery bags to their doors. Sometimes, he checks on those elderly neighbours in the apartment building to make sure they are okay. Sometimes, he even offers to take care of some neighbours' pets while they are away. A few years back, before COVID, I left my dog with him for

a week while I traveled to Japan. He was such a lifesaver (救生者) !! Mr.Li is also a very handy person (会修东西) . He is almost seen as the handyman in our building (他几乎被视为楼里的杂务工) . Whenever we are having trouble with something in our apartment, such as a leaky faucet or a clogged drain, Mr. Li will be there for us, fixing things for us. He's the go-to guy (首选的人) in our building! We actually always joke about how we should be paying him as he is doing so much, but he always just smiles and says "it's nothing". What an angel (多么好的天使啊)? (分情况)

Overall, Mr. Li is just a very warm-hearted, loving, caring and interesting person! He loves people; he's definitely a people person. And he loves organizing community events, such as potluck dinners (每个人都带一个拿手菜去吃饭) , game nights, or movie nights, or ping-pong competitions. Thanks to him, we've had so much bonding time together. He has definitely brought us together (把我们团结在一起) . No wonder why he's so popular and well-liked in our community.

So, yeh, that's Mr.Li, thank you!

素材二:

Well, the person who often helps others would be my cousin. She is a very kind and compassionate person, and she always enjoys helping people.

As for how she helps others, well, Sometimes, she would donate money to different charitable funds, and sometimes she would give out her used clothes to homeless people on the street. I saw her appeal to people (呼吁人们) to do the same thing, and I've been doing the same thing because of her. (帮助陌生人)

What's more, she also loves to help her friends and family. Whenever her friends are in trouble or feeling upset, she will comfort them and devote time talking to them. And whenever I feel bad or any other family members are feeling low, she will always be there for us. (帮助身边的人)

Talking about why she helps others, actually, I asked her this question before. I asked why she tried so hard to help people. And her answer was that she really enjoyed the happiness when helping people. To put it in another way (换句话说), she enjoys the feeling of being needed and appreciated, she's doing this not only for others, but also for herself.

I could totally understand her after that conversation. I really appreciate what she has been doing for the society. And I support her 100%. I guess, one of the greatest pleasures of life is to help someone in need. When you make the world a better place for these desperate people, you make it better for everyone, including yourself.

So yeh, that's my cousin, thank you.

Part3:

1. How can children help their parents at home?

There are many ways that children can lend a hand around the house. Parents can give children simple tasks with small responsibilities, such as, doing the dishes, setting the table (摆桌子), folding the laundry (叠衣服), or even sweeping the floor (扫地). Older kids can assist with more complex housework such as cooking or grocery shopping (超市采购). By participating in household chores (家务=housework), children not only take the burden off their parents (给父母减负) but also learn valuable life skills and responsibility, and gain a sense of teamwork and cooperation within the family. It's a win-win situation for everybody (是一个双赢的局面), I would say. (分群体, 举例子)

2. Should children be taught to help others?

Yes, without a doubt (毫无疑问的) / it's almost like a no-brainer (几乎想都不用想). The way I see it, the benefits of teaching children to help others are twofold (两方面的). Number one, it teaches them the importance of empathy and kindness, and number two, it also instills a sense of

responsibility and community in children (在孩子身上灌输责任感和团体感) .
Therefore, it's not just beneficial for children, but also the society as a whole (整个社会) . (原因罗列)

3. What makes children help each other at school?

I don't really know what or who makes children help each other at school. I mean, of course, teachers can instill the importance of kindness and empathy in children. But I feel that children are naturally empathetic and compassionate towards others. kids love their peers, their parents, teachers, and even little animals, most of them are kind by nature. So, I think, we are talking about nature and nurture (先天后天) here. Children are born kind and warm towards the outside world, and on top of that, positive reinforcement (积极正向鼓励) from teachers and parents can encourage children to continue helping others and lead to a more positive and caring study environment. (罗列)

4. Should students do community service and why?

I think, community service should be encouraged/ celebrated (被鼓励、推崇、庆祝) but not forced/mandated (强制的) . There're tons of pros (大量的好处) of doing so, like, it's a great way to give back (回馈社会) to the community; it helps students develop important life skills such as empathy, leadership, and responsibility; it provides a platform for students to interact with people from all kinds of backgrounds; and let's be honest (咱们实话实说) , it also looks great (看着很象样) on college applications and resumes (大学申请资料里和找工作的简历里) ...However, having said that, it should be a voluntary choice. I see nowadays many schools are making this a mandatory thing and it really stresses students out, and I don't like that tendency. Forcing students to participate can lead to resentment (厌恶) and a lack of genuineness (真诚度缺乏) . (反向思考, 主流观点, 自己观点)

5. Do students in your country do volunteer work?

I'd say yes, many students in China do volunteer work. It is a good way to give back to the society and meanwhile gain practical experience. There

are all kinds of opportunities for students, such as in schools, hospitals, and non-profit organizations (NGOs 非营利组织). Some schools even require students to complete a certain number of volunteer hours (完成若干小时的志愿者时间)。(细节)

6. Why do some people do volunteer work all over the world?

Some people might do it to gain new experiences and skills; some people really love traveling and seeing different cultures, therefore volunteering all around the world can not only allow them to help others, but also broaden their horizons and expand their life experiences; volunteering can also be a way to meet new people, build relationships, and create a sense of community. And for some other people, they enjoy the sense of achievement when making a positive impact on people/ make a difference in people's lives. (分群体讨论)

Describe a popular person (受欢迎的人)

You should say:

Who this person is

What he or she is like

Why you think this person is popular

How this person influences the public.

知识点:

- **Well-liked and respected by people** 被广泛喜欢着、尊敬着
- **Charismatic and outgoing personality** 有人格魅力的外向的性格
- **Known for their kindness and compassion** 因为他的善良慷慨而被人熟知
- **A positive influence on others** 对大众有积极的影响力
- **Has a strong sense of community** 有很强的团体感
- **Be genuinely interested in people's lives and well-being** 对人们的生活和身心健康有着由衷的真诚的关切

- **An inspiration/ a source of inspiration** 给人带去一种启发灵感
- **A breeze of fresh air** 一股清流
- **Always have a smile on their face and a kind word for everyone they see.** (是那种总是脸上挂着笑容、见到每个人都会说好话的人)

The person I want to talk about is my neighbour, Mr. Li. He has lived in our apartment building for over 20 years and is known AND loved by everyone for his kind and helpful nature.

In terms of what he is like, well, he's just a very very nice and warm person. His warm and kind-hearted personality makes everyone fall in love with him. He is the type of person who always has a smile on his face (他是那种总是脸上挂着笑容的人) and a kind word for everyone he sees. He is genuinely interested in the lives of others and takes the time to make people feel valued and appreciated. He's such a great listener (一个好的倾听者) .

The main reasons why he's so well-liked are, firstly, Mr. Li loves performing acts of kindness and generosity to people. Sometimes, he helps neighbours with their groceries, like carrying heavy grocery bags to their door. Sometimes, he checks on those elderly neighbours in the apartment building to make sure they are okay. Sometimes, he even offers to take care of some neighbours' pets while they are away. A few years back, before COVID, I left my dog with him for a week while I traveled to Japan. He was such a lifesaver (救生者) !! Mr. Li is also a very handy person (会修东西) . He is almost seen as the handyman in our building (他几乎被视为楼里的杂务工) . Whenever we are having trouble with something in our apartment, such as a leaky faucet or a clogged drain, Mr. Li will be there for us, fixing things for us. He's the go-to guy (首选的人) in our building! We actually always joke about how we should be paying him as he is doing so much, but he always just smiles and says "it's nothing". What an angel (多么好的天使啊) ? (注意，这里重点不应该是如

上题：他助人为乐，而是受欢迎，所以以上内容一定要做删减)

And the second reason is, Mr.Li is a very sociable and fun person. He loves organizing community events, such as potluck dinners (每个人都带一个拿手菜去吃饭), game nights, or movie nights, or ping-pong competitions. Thanks to him, we've had so much bonding time together. He has definitely brought us together (把我们团结在一起). No wonder why he's so popular and well-liked in our community.

So, yeh, that's Mr.Li, thank you!

Part3:

1. What kinds of students are more popular at school?

In China, we actually have a “nerd culture” (书呆子文化), it's like the opposite of western culture (西方文化是喜欢痞子不喜欢书呆子). In my country, students who have the best grades/are straight-A (学习成绩顶尖) normally are very popular at school, sometimes, even “worshipped” by other students (甚至被膜拜). So yeh, those top students/straight-A students are definitely having a good time at school (在学校混得很开心). And secondly, students who are friendly, approachable (亲和的), and sociable tend to be more popular at school. I mean, not just at school, it's everywhere, who doesn't like a fun, charismatic (有人格魅力的) and outgoing person who are easy to talk to? Finally, students who participate in extracurricular activities (课后活动) and show their talent and enthusiasm for learning also tend to be well-liked. They do more things and know more people, and naturally gain favourable impressions from people (他们做的事情多, 认识的人就多, 自然就获得了更多好印象). (罗列)

② Some kids naturally stand out from others (鹤立鸡群) because they are confident, outgoing and charismatic (自信、开朗、充满人格魅力). Their peers naturally feel attracted to the secure and self-collected side of them (他们淡定又有自持力的一面). And some kids have a great sense of humour

(幽默感很强) **and are great story tellers** (很会说故事的人) . **Those funny and witty** (搞笑又诙谐) **kids are normally surrounded by others, and they are all the time joking and bringing laughter to everybody.** Some kids are super **talented in** sports, music, art or other activities that are **highly valued by their peers.** And China, we have this specific **“nerd culture”** (书呆子文化, 开玩笑, 是崇尚知识的文化) **where top students/ straight-A students** (尖子生) **are well-liked or even worshiped by their peers.** So, there could be all kinds of reasons. Sometimes, even just a pretty face can **draw so much attention** (吸引太多关注) . (分群体讨论)

2. Why are some people less famous?

Some people may not have the same level of talent or skill as those famous ones. And also, **let's face it, fame often comes with** (伴随) **the access of resources, like who are you** (你是谁) , **who do you know** (你认识谁) , **what is your family name** (你姓什么, 拼爹) , you know what I mean (你懂的) . It's funny to see many famous and wealthy people **showing off** (炫耀) **their stories of becoming successful without mentioning the privilege** (特权) **they had when they were born.** And also, there's luck. Sometimes being famous could be a very **random thing** (偶尔的事情) ! (分群体讨论)

Describe a famous person you are interested in (感兴趣的名人)

You should say:

Who he/she is

When you first knew about this person

What he/she was like before he/she became famous

And explain why you are interested him/her

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知识点：

1. 形容名人的一些通用表达：

- She a household name/ figure! 家喻户晓的名字、人物
- She a global superstar. 世界级明星
- He's achieved international fame. 国际级别的成就
- Everyone knows who he is. 每个人都知道他是谁
- He's like a living legend! 他就是一个传说
- She has a huge fan base/ a huge following/ a lot of fans all over the world. 她粉丝很多
- She's star/ celebrity. 她就是明星!
- world renowned= famous
- She is an inspiration/ a source of inspiration. 是启发灵感来源
- He is a trendsetter! 是一个潮流趋势风向标!
- She a cultural icon! 是一个文化偶像

2. 针对电影明星的一些表达：

- She's a movie star! 电影明星
- He's a Hollywood icon! 好莱坞偶像
- She's a box office smash/ hit/ champion/ sensation! 票房冠军
- She has achieved international stardom/ success. 世界级影星成就
- She's a red-carpet star! 红毯明星
- He's is an A-lister/ A-list celebrity! 一级大腕儿，顶流

3. 针对体育明星的一些表达：

- He's a sports star! 体育明星
- She's a champion athlete! 冠军运动员

- He's won countless awards! 得奖无数
- She's a record-breaking champion! 记录打破者
- He's the most decorated medalist! 身上奖牌加冕最多的运动员
- She's a gold medal winner/ medalist. 金牌获得者

这道题可以和上季度保留题：喜欢的名人角色进行串联

Well, I'm going to talk about an actress that is well known/ world renowned whose name is Kate Winslet.

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

I'm such a big fan of her! She's such a talented actress. She has the most range (戏路很宽) as an actress. She could be in any type of movies, romance, comedy, suspense, drama... She is the kind of actress who can disappear into a role, and make you forget about who she is and just leave you with the character on screen (消失在角色中, 让观众忘记她本人的存在). To me, she's one of the most skilled actresses in Hollywood and Europe, definitely deserves her fame/ lives up to her reputation (实至名归).

I love her face, not just because she has a beautiful face, but how emotive (情绪表达丰富的) her face is. She's super expressive with her facial movements (面部表现力很强). **I even love her eyebrows, because they are uneven (她的眉毛长得不一样, 很独特) ! Haha! Her one eyebrow is always higher than the other. Sometimes when she raises her eyebrow, she looks so cool, so unique! (这一段不一定要说, 纯属个人小风格)**

Nowadays, she seems like one of the few actresses in Hollywood and Europe who don't get a ton of plastic surgery done (没有大规模 do 脸). On the contrary, Kate has grown into herself (活出自己) over time and uses her own charismatic personality to portray herself (展现自己) without any shame. That's what makes her performances so real and believable (让表演真实可信).

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

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

以下针对明星演技，一些补充拓展语料（有时间可系统学习，没时间略过）：

- A good/ great/ amazing/ incredible/ talented/ the best actor(actress)
Tom Hanks is an amazing actor. I love him!

- natural 自然的/ emotive 表现情感的

He's a really natural and emotive actor.

give a gripping performance (holds your attention completely)

呈现出扣人心弦的表演

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

- put on a stunning performance

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

Jim Carrey is really expressive in his facial movements.

- **articulate** 口齿清晰、字正腔圆、好口才的, **well-spoken** 能说会道的
- **be good at analyzing the script and get the most out of a scene** 很善于分析剧本, 最大程度利用好一个场景去发挥演技

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

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

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

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

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

- **range** 范围, 这里指的是演员的塑造里 (可胜任的角色的范围)

Robin Williams has blown us away with his range.

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

- **acting skill** 演技

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

- **the most skilled actor** 演技最强的演员

- **an actor who can disappear into a role** 可以消失在角色里的演员（演什么像什么）

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

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

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

Part3:

1. Why are some kids popular at school?

① **Some kids naturally stand out from others（鹤立鸡群） because they are confident, outgoing and charismatic（自信、开朗、充满人格魅力）. Their peers naturally feel attracted to the secure and self-collected side of them（他们淡定又有自持力的一面）. And some kids have a great sense of humour（幽默感很强） and are great story tellers（很会说故事的人）. Those funny and witty（搞笑又诙谐） kids are normally surrounded by others, and they are all the time joking and bringing laughter to everybody. Some kids are super talented in sports, music, art or other activities that are highly valued by their peers. And China, we have this specific “nerd culture”（书呆子文化，开玩笑，是崇尚知识的文化） where top students/ straight-A students（尖子生） are well-liked or even worshiped by their peers. So, there could be all kinds of reasons. Sometimes, even just a pretty face can draw so much attention（吸引太多关注）.（分群体讨论）**

② **In China, we actually have a “nerd culture”（书呆子文化）, it's like the opposite of western culture（西方文化是喜欢痞子不喜欢书呆子）. In my country, students who have the best grades/are straight-A students（学习成绩顶尖） normally are very popular at school, sometimes, even “worshipped” by other students（甚至被膜拜）. So yeh, those top**

students/straight-A students are definitely having a good time at school (在学校混得很开心) . And secondly, students who are friendly, approachable (亲和的) , and sociable tend to be more popular at school. I mean, not just at school, it's everywhere, who doesn't like a fun, charismatic (有人格魅力的) and outgoing person who are easy to talk to? Finally, students who participate in extracurricular activities (课后活动) and show their talent and enthusiasm for learning also tend to be well-liked. They do more things and know more people, and naturally gain favourable impressions from people (他们做的事情多, 认识的人就多, 自然就获得了更多好印象) . (罗列)

2. What are the differences between famous people today and those in the past?

Traditionally, people used to become well-known (有名的) because of their extraordinary talents (超常的天赋) , skills or phenomenal achievement in certain field (某个领域的卓越成就) . Some people became household figures (家喻户晓的人物) because they knew how to connect with people. And they just drew people in (吸引人群) with their charisma and unique/charming personality. Or, some of them had all of those traits (优点) . And today, there're still people getting famous for the same reasons I just mentioned, for example, lately there's this skier (滑雪运动员) called Eileen Gu who got really popular in China. She's an Olympic gold medalist (奥运金牌获得者) , people adore her not just because of her world records, but also her super confident, charming and sassy (很女王范儿的, 飒的) personality. Many people, especially girls want to become her. She's truly an idol (偶像) . However, there're also people become well-known for the bad or wrong reasons. For instance, making a fool of themselves (自取其辱, 装疯卖傻) on the internet, or trading their privacy for fame and money (用隐私换取名声和金钱) . Some online influencers would do anything to get more followers/

get a following (获得粉丝) . The way I see it, that's really pathetic and hard to sustain in the long run (长期来看) . (分群体讨论)

3. Why do some people become famous but not successful?

Because some people are known for a scandal (丑闻) or controversial or even illegal behavior (有争议的甚至违法的行为) . So, it's like they have a stigma (耻辱) attached to their fame (连接名声) . That's why it's hard for them to become successful as the stigma is following them like a shadow and overshadowing (遮住) anything positive they may have achieved or talent they may have. For example, in China, around 2010, there was an online first-generation celebrity (第一代网红) called Feng Jie (凤姐) who went viral (全网病毒式成名) because of her bold and aggressive personality, her unusual behavior and lack of manner. Her whole image was super sensational (哗众取宠) and she gained a large following (关注量很大) very quickly. But over the years, she kind of just disappeared, faded out (淡出) in public eye (公众视线) . She's no longer visible in media. I know that she's working in a nail shop (指甲店) somewhere in the States. As you can see, she's not success in any shape or form (怎么看都不算成功) . So yeh, that's a case in point (完全证明了观点) .

4. Do you think famous people are necessarily good in their fields?

No, definitely I don't think so, especially in show business (演艺圈) . Like I said, nowadays there are so many people becoming well known for the wrong reasons, like making a fool of themselves, or simply just because they have a lot of connections with famous people (认识名人, 有背景) , or they are the so-called online influencers (网红) , and they can bring traffic and viewership (流量和点击率) . That's why nowadays a lot of online influencers are invited to star in movies (主演电影) just because they can attract audience, but they are not necessarily good actors. Some of them are actually terrible actors. It's really sad to see there are a lot of really unprofessional singers and actors in show business (演艺圈) nowadays.

(原因, 举例子)

5. Do you think media is putting too much attention on famous people?

Yes, I think so, and this is indeed a negative phenomenon (负面现象). In today's society, it seems that (貌似) celebrity culture (明星文化) has taken over (占据占领) the entire media world. Everywhere we look, we are bombarded with news, gossip, and updates about the lives of famous people (被明星的新闻八卦轰炸). It is understandable that some people are curious about the lives of celebrities, but not all of us are so into those lives that are far away from us. It is the excessive focus (过度关注) on their every move (他们的每一个动作) that annoys me so much. And it's taking our attention away from things that truly matter, such as wars, poverty, environment and education (把我们的注意力从真正重要的事情上挪走). (原因)

6. What kinds of famous people are there in your country?

结合以上集体的答案回答

Well, it's pretty much the same as the rest part of the world. We have people who are famous because they make contributions to the society. Scientists, doctors, environmental activists, business leaders, etc. But there are also online celebrities who have a big fan base (粉丝基础大) / a big following (关注量很大) and they can bring a lot of traffic (带来很多流量). Or people who are just trading their privacy for fame (用隐私换名气) and making a total fool of themselves (哗众取宠).

Describe someone you know who has recently moved to a new place (认识的人搬到新家)

You should say:

Who he/she is

What the new place is like

Why he/she moves to a new place

And explain whether his/her move has a positive impact on you

这道题可以和上季度新题“和一群人做事”里素材二“开暖房派对”已经串联。但是注意，侧重点很不同，这题要提到新家的样子，另一题是整个派对的过程。内容要做较大调整，否则太牵强！

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

My best friend Jessica recently has moved out from her parents' place, and moved into an apartment. She's a few years old than me and has always been a very independent person (独立的人). And last year, she started to work for a local clothing store, and now she's ready to live by herself and spread her wings (展开翅膀, 飞翔). I feel very happy for her, as that's definitely a new chapter in life (生命力新的一个章节). She's now living an independent life like a real grown-up (大人).

At the party, I got to see her apartment. It is a two-bedroom apartment, not very spacious (空间大的), but she's got everything she needs. It's light-filled (光线很足), cozy (温馨) and with a modern style. I felt like home there (感觉像回家). It's the perfect kind of place for someone who has just entered the workforce (踏进职场) as the rent is very affordable. I especially like her XXX room....这里展开说

(厨房、客厅、girl cave 还是卧室，选一个高光出来说，可以用到这个季度讲住宅的地点题里面的表达，或者录播赠课第二节里的讲义内容，自己练习，可以来打卡)

I felt happy for my best friend. Maybe a little jealous (有点小嫉妒) as I'm still living with my parents, but jealous in a good way (是一种好的嫉妒).

And to be honest, the idea of moving out had never crossed my mind (从来没想过) before I saw her apartment and how she was living there. I have always been a very spoiled kid (被溺爱的孩子) and I like being taken care of. But when I saw how free she was in her place, and how mature she was handling everything (处理应付一切), I felt jealous, I want to experience that sense of independence (独立感) as well!

So, yeh, that's pretty much it. Thank you!

Part3:

1. Why do some young people keep moving?

Well, young people have a lot of things going on in their lives (时而很多). Their lives are filled with uncertainties (充满了未知). Therefore, many times they need to relocate (变更地址) because they have new educational opportunities or job opportunities. And another thing I can think of is the affordability (支付能力). Young people don't earn a big salary and sometimes the expensive rent could be a problem for them long term. Maybe they can afford it for now, but one day if they get fired without any savings, they have to switch to a cheaper place (搬到一个更便宜的地方). And also, young people tend to be unstable in their romantic relationships (感情不稳定). Sometimes they might move in with their partner, but later they break up and then they have to move out and go their separate ways (分道扬镳). Overall, there are all kinds of reasons. (罗列)

2. What's the difference between living alone and living with roommates?

(以下四方面不是一定要面面俱到) The first difference is the cost (费用). Living alone is definitely more expensive as you have to bear the entire rent (承担整个房租) and utility bills (水电煤账单), whereas living with

roommates allows you to share the burden (分享负担). You can split the bills (划分账单) and end up saving more money. So, it's definitely more financially friendly (经济友好型) to live with somebody, and that's why many young people choose to live with roommates. And in terms of privacy, obviously living alone provides you with a greater sense of privacy (隐私感更强) since you have your own space to yourself. You don't need to compromise (妥协). You can live in the place freely the way you want to. And on the other hand, sharing a place means compromising and you don't have that level of privacy. But I have to say in terms of social interaction (社交), living with roommates is definitely healthier for your mental health because you get to interact and socialize with other people, of course only when you get along with your roommates. Whereas living alone sometimes could be really lonely and cause all kinds of mental problems, even depression. But I have to say, living alone is really good for your independence. You do everything on your own. You handle every issue by yourself. That really improves problem-solving skills (解决问题能力) and brings a strong sense of independence and freedom.

(分角度讨论)

3. Is it positive for young people to live by themselves?

It's really hard to say, like I said, living alone can provide a sense of independence and freedom, but it can also be lonely and overwhelming (孤独的和压倒性的), especially for young people who don't have a lot of life experiences. Therefore, it really depends on the individual and their circumstances. If a young person is really inexperienced (未经世事的), I can imagine how it could be a very stressful and overwhelming situation for them, with all the rent and fees they need to pay, all the potential problems and emergencies they need to face. It could be too much (太多太过分) for them. (分群体)

4. Besides cooking, are there any other skills that people need to learn if they live on their own?

When you live by yourself you need to know how to do household chores. Things like doing the laundry, folding the laundry, doing the dishes,

grocery shopping, cleaning up the place, organizing and decluttering the place, things like that. Otherwise, you'll be living in a pig house. And another thing is become a little bit handy (会修东西的) . Say if you need to change a light bulb (换灯泡) or unclog a drain (通下水道) . It is better that you know how to fix those things to save some money and time. And finally, I think financial management skills (资产管理技能) are also very important. Learn how to manage your money, track your expenses, pay all kinds of bills on time. Those are very crucial things to learn when you live by yourself. (罗列, 举例子)

5. What kinds of people tend to live by themselves?

There are people who “have to” live by themselves and there are people who “want to” live by themselves. These two types of people are different. With the first type of people, normally they are young professionals (年轻的人才) who live in a different city as their families. They don't have a choice but living by themselves and learning to become mature and independent. There are also people who want to live alone, like some of the young adults who have just left universities and want to embark on their independent journeys (体验一场独立之旅) by leaving their family homes and then spread their wings. And then there are also people who are more like a “loner” kind of personality (类似于 “独行侠 “一样性格的人) who don't enjoy sharing the save roof (共享屋檐) with anybody else. They have a strong sense of privacy and they're very independent to the point that they don't need anybody, nor do they want anybody. (分群体)

6. How can parents and teachers help young people to live independently?

First off, parents and teachers should help children develop those basic housework skills such as cooking, cleaning, laundry, and grocery shopping. Help them increase their independence and gain more confidence. And then, they should foster the concept of responsibility in life, like how to manage your money, how to manage your time, how to prioritize things in life. And what's more, problem-solving skills (解决问题的能力) are also very important. Parents and teachers should definitely

guide children to solve problems, and help them make decisions in life. Also, I think communication skills (沟通能力) are crucial because one day if they are going to share a property with somebody else, being able to communicate properly and effectively is also key. Having conflicts in a rental property is very common, and parents and teachers should help children prepare for that. And lastly, financial literacy (金融素养) is very important. When you live by yourself, you need to manage your income and your expenses to make sure you can make both ends meet (入能付出), and many people have problems achieving that. Parents and teachers should definitely instill the concept in children (给孩子灌输理念) at an early age. (罗列)

经历题:

Describe a car journey you had (汽车旅行)

You should say:

Where you went

What you did

Who you had the car journey with

And explain how you felt about the journey

知识点:

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

- **Road trip 汽车旅行 (一般开车长途旅行) 很常见实用的表达**
- **Long drive 很长一段汽车旅行, 开车很久**

We spent hours and hours on the long drive, but it was worth it to see the beautiful sights along the way.

- **Take the scenic route 景观很美的路线, 可能会绕远路但是风景很美很值得**

We decided to take the scenic route to the national park, and the views were absolutely breathtaking.

- Breathtaking/stunning/ gorgeous/insane views(sights) 绝美的景色
- Spend quality time with XXX 和某人共度高质量时光

My family and I spent a lot of quality time on the road trip.

- Strengthen the bond between/ bond with/ a bonding experience

The trip really strengthened the bond between my parents and I.

I enjoyed bonding with them.

It was a great bonding experience.

- Exhilaration 充满喜悦和兴奋的感觉/ excitement/ thrill/ euphoria

Driving on the open road gives me a sense of exhilaration and freedom.

- Follow traffic rules and regulations 遵守交通法规
- Navigate 导航、穿越、驾驶、穿过

Navigating through an unfamiliar area can be challenging on a road trip, but it's also part of the adventure.

- Cherished/ beautiful/ wonderful/ unforgettable/ memorable memories 被珍藏的、美妙的、美妙的、难忘的回忆

The road trip with my best friends created cherished memories that we still talk about today. It was unforgettable.

- Iconic/famous landmarks 著名景点
- Winding roads 蜿蜒曲折的路

I love appreciating the beautiful winding road ahead of me when I'm driving on a road trip.

素材一：

Ok, today, I'd like to share with you my experience of driving on a road trip for the first time (第一次汽车旅行) .

A few summers ago (几个夏天以前=几年以前), my friend and I decided to take a road trip around the east coast of China. We rented a car (租了一辆车) and took turns (轮流) driving so that we could both enjoy the sights and avoid getting too tired. It was my first time driving on a long road trip. To be honest, in the beginning, I was a little nervous and shaky (颤抖的), but gradually, I felt more at ease (感到更放松) and more excited for the adventure ahead.

Our journey started in Shanghai, and we made our way up the coast (一路沿着海岸线前行) towards Qingdao. We stopped at various scenic spots along the way (一路上), including beaches, famous cities, and quaint towns (可爱的小镇). I remember feeling a sense of freedom and exhilaration as we drove along the winding roads and enjoying the gentle breeze (清风) touching our faces and hair.

One of the most memorable moments of the trip was when we visited Mount Tai, in Shandong Province. We hiked up the mountain (爬山) and we also visited some ancient temples, and then later, we watched the stunning sunrise views from the top of the mountain. I remember feeling so proud of myself for successfully driving all the way from Shanghai to that point.

Overall, the road trip was a fantastic experience. It allowed me to experience the thrill of driving (驾驶的乐趣和刺激感) and see some of the most breathtaking views in China. Secondly, it was also a great bonding experience with my friend, as we shared many laughs and memories on the road.

So yeh, that was the story, thank you.

素材二:

Ok, so today I want to talk about a road trip I took with my family when I was young, which ended up with me getting car sick (晕车).

When I was a child, my family and I went on a road trip in China during the summer. We were driving to visit my grandparents who lived in a rural area (农村) in China. I remember being very excited for the trip because I loved spending time with my family and exploring new places.

However, as soon as we hit the road, I started to feel a bit queasy (想吐的) / nauseous (恶心想吐的) / funny (怪怪的). At first, I thought it was just a passing feeling (很快会过去), but it only got worse and worse as the trip went on. I tried to distract myself by talking to my parents, playing games, and listening to music, but nothing seemed to help. The roads were winding (蜿蜒曲折) and bumpy (凹凸不平), and also the gasoline smell of the car made me feel terrible.

As we drove further and further away from the city and into the countryside, I began to feel worse and worse. I felt dizzy, nauseous, and very uncomfortable. I begged my parents to stop the car and let me out, but we were in the middle of nowhere (荒无人烟的地区) and there was nowhere to go. I tried to stay calm, but I was struggling to keep it together (保持镇定).

Eventually, I threw up/vomited/puked (吐) in a plastic bag in the car. It was so disgusting that my parents were even gagging (呕吐前的作呕状, 还有很多其他意思, 比如笑料、使窒息) hearing me vomiting. It was contagious (会传染的), I guess, haha!

Ever since then, I have not been a big fan of road trips, especially those really long drives. I prefer to take a flight or a train 1000 times more than going on a road trip, haha! So yeah, that was the story, thank you!

Part3:

1. What benefits does public transportation bring to the world?

Firstly, when more people go for public transportation, it reduces congestion on roads, as well as carbon emissions (二氧化碳排放量), which

means the air quality gets better. Secondly, its affordability (可负担性, 便宜的票价) can help people who don't have a car or cannot afford a car get around (转悠) and go to places (去到一些地方). It's a more pocket-friendly (经济友好型的) way to commute and travel. Finally, public transportation such as the subway can help people avoid traffic jam and save time. And it also allows people to multitask as they don't need to drive, thereby increasing productivity. (罗列)

2. Is it too late for people to get the driver's license at the age of 18?

No, it's not too late at all, quite the opposite (正相反), it's quite early in my opinion. I don't know about other countries, but in China, normally young people get their driver's license after graduating from university, which is around 22 years old. The way I see it, it's not the best idea for a person to try to get a driver's license too young, like 16 years old, or something like that, because at that age, they lack the necessary experience (缺乏经验) and maturity (成熟度) to handle the responsibility that comes with driving. Young drivers are more likely to take risks (冒险) on the road, such as speeding (超速行驶) or having road rage (公路暴怒), which can lead to accidents, injuries, or even death. So, no, it's not late AT ALL. (反向假设)

3. What qualities does a driver need to have?

There are a number of key qualities a driver must have. First off, they have to be responsible and reliable. It's no joke. It's people's lives that they are taking care of. They need to be able to follow the rules and regulations, always put safety first (安全第一). Speeding or road rage is completely unacceptable. And then, they need to be good at driving, things like, having a good sense of space (空间感强), being able to judge distances accurately (准确评估距离), having good reflexes (反应快), being able to drive smoothly, having a great sense of direction (方向感强), these are all very essential qualities. And then, a good driver needs to be patient and calm, especially on a busy or congested road. I've seen some driver losing

themselves (疯了) in a traffic, which is NOT cool or acceptable at all. And finally, having good communication skills (善于沟通) are also important, both with passengers and other drivers on the road. (罗列)

4. Do you think government should make it a rule for people to use public transportation?

I root for/ vote for (支持) promoting the use of public transportation. I believe it is essential for the greater good of the society (全社会的更大利益). I can't stress this enough the importance of using public transportation (我没有办法更强调使用公共交通的重要性了). However, with that being said, I don't think the government should make it a rule. The moment when they force people to use public transportation, that could be seen as taking away their personal freedom and right. It should be up to people themselves to decide (应该由他们自己决定) how they want to travel. This is basic human right. (反向思考)

5. What jobs require people to be good at driving?

Well, off the top of my head, taxi drivers, truck drivers, bus drivers, and delivery drivers really rely on their driving skills to transport people and goods effectively.

6. Do you see driverless cars as the future of cars?

In the near future (近期的未来), no, I don't see driverless cars as the predominant means of transportation. There are still several challenges to overcome, technological limitations would be the NO.1 problem, we see Tesla car accidents almost every day on the news, and then, legal and ethical aspects, I don't think too many people have accepted this concept. However, in the distant future (远期未来), it's possible that driverless cars could become more prevalent (流行、普及). (时间分层)

Describe an adventure you would like to take in the future (想要经历的冒险)

You should say:

What the adventure is

Where you would go

Who you would be with

And explain why you would like to take this adventure

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

思路：还是可以讲 road trip!!只不过改成虚拟时态

知识点：

- **An adventurous person:** 一个爱冒险的人
- **Take risks:** 冒险
- **A daredevil** 冒险鬼
- **A risktaker** 爱冒险之人
- **Hidden gem:** 宝藏之地、之人
- **Hit the road** 上路

Let's hit the road!!

- **Go off the beaten path** 离开主路，尝试一些没人去过的地方

I'm tired of the usual tourist spots. Let's go off the beaten path and explore some hidden gems.

- **A breath of fresh air** 一股清风，表示很清新的感觉或经历

Traveling to a new country is like a breath of fresh air. Everything is so different and exciting.

- **Once in a lifetime** 一生只有一次的那种难得的机会

This trip is a once in a lifetime opportunity. We can't pass it!

- Step/ get out of one's comfort zone 走出舒适区
- Live for the moment/ be present 活在当下
- YOLO: you only live once. 你只活一次

I know it's risky, but I'm going to try skydiving because YOLO! !

- FOMO: fear of missing out

I want to take a road trip because I don't want to experience FOMO. I don't want to miss out on the experience.

- Wanderlust 想要周游各国的强烈欲望

My wanderlust has taken me to many places so far.

- go where the wind blows/go where the wind takes me 即兴无计划、顺其自然

I don't have a plan. I'll just go where the wind takes me.

One adventure that I've always dreamed of taking is a road trip with my friends. As someone who has never taken a road trip before, I'm excited by the idea of exploring the world on my own terms (以我自己想要的方式) and experiencing a true sense of independence (享受独立感) .

I would like to travel with a couple of good friends. We could rent a big RV (房车) or a SUV and hit the road (上路) . We could take turns (轮流) driving so that we could all enjoy the sights and avoid getting too tired.

In terms of where I would go, well, to be honest, I haven't made a specific plan yet. Basically, anywhere that's worth seeing, in China or outside of China. (注意，以下三个具体例子，不需要都说，挑选 1-2 个就好)

①For example, maybe a journey through the Gobi Desert (戈壁滩) in China. I've always been fascinated by the stark beauty of the desert landscape (沙漠地貌的质朴原始之美) .

②Or maybe, just stick to the east coast of China (守着海岸线玩儿) , start in Shanghai and make our way up the coast (一路沿着海岸线前行) all the way towards Qingdao. I would love to stop at some of the most iconic landmarks, famous big cities and quaint towns. I would also love to see Mount Tai, in Shandong Province. I heard it's amazingly beautiful. We could hike up the mountain (爬山) and watch the stunning sunrise views from the top of the mountain. (强调补充)

③Or maybe, even crazier and more adventurous, we could take a cross-country trip (横穿整个国家的旅行) in the US?! I mean, I would love to travel from the east coast to the west coast (东海岸到西海岸) and experience all of the amazing sights that America has to offer. One of the places I would be most excited to visit is the Grand Canyon in Arizona. I've always been fascinated by the natural beauty of this iconic landmark, and I would love to see it up close and with my own eyes. (强调补充)

Overall, the road trip would be a fantastic adventure. It would allow me to step out of my comfort zone, experience a sense of freedom, the thrill of driving (驾驶的乐趣和刺激感) , and at the same time, see some of the most breathtaking views in China or other countries. Secondly, it would be also a great bonding experience with my friends, as we could share many laughs and memories on the road. And finally, taking road trips has been so on trend (流行) in the past 10 years in China. I guess, I just don't want to experience FOMO. I'm only 22 years old, and you only live your life once, right?

So yeh, that is the adventure that I would like to take. Thank you!

Part3:

1. Who likes to read adventure books?

People who are daredevils, risktakers (冒险鬼), or people who value courage and exploration (很看重勇气和探索) would love to read adventure books, since they enjoy the excitement and the adrenaline rush (肾上腺飙升, 高阶词) from the book; Some people love adventure books because they can provide them with an escape from the real world (提供逃离现实世界的途径) and help them forget about their day-to-day worries. Reading an appealing and captivating (吸引人的迷人的) adventure book is a great stress reliever (减压器) for many people; while some people may think that kids are mostly drawn to (被吸引) adventurous stories, I don't see it that way. I think people of all ages (各个年龄段) and backgrounds enjoy reading adventure books, as long as it's a good story. (罗列+让位驳斥)

2. Do people prefer adventure novels or adventure movies?

Well, it really depends on the person. Some people prefer adventure novels because they offer a more personalized experience (提供更个人化的体验). Books are more detail-oriented (细节至上) and in-depth (有深度) than movies. Therefore, with books, people have the freedom to imagine the characters (角色), settings (场景), and plot (情节) however they want. Plus, reading a book can be a more relaxing and immersive experience (沉浸式体验) that allows people to disconnect from the outside world (与外界脱离). On the other hand, some people prefer adventure movies because they offer a more visual and dynamic experience (提供更视觉化、有动感的体验). People can see the story come to life right in front of them, and that's very exciting. (分群体讨论)

3. Why do people like to read adventure books rather than take an adventure?

First of all, based on my observation (基于我的观察), there are many individuals who prefer taking adventures over reading adventure books. Therefore, I don't believe that the statement in the question is entirely

accurate (“我不认为题干里的陈述是绝对准确的事实”) 。 **你可以不同意题干本身，适合高分学员故意耍矫情**) . But uhmm, among those people who choose books over real-life adventures, the first reason could be that they, don't have the time, or the money, or the courage to truly take adventures. Many people are trapped/stuck with their 9-to-5 jobs (被困在朝九晚五的工作里) , hardly making a living (勉强维持生计) , they can't afford to be footloose and fancy-free (无拘无束，自由自在) / take risks. That's why they choose to read those adventure books as it allows them to experience a sense of adventure from the comfort of their own home (足不出户舒舒服服) , without having to deal with any of the physical or financial risks. Additionally, reading adventure books is a great way to wind down/let off the steam (解压) and unplug (与外界断联) . It's like a perfect way to escape from the real world. Reading those books allows people to fully immerse themselves in the story (沉浸在故事里) and experience the adventure through the eyes of the characters. (分群体讨论)

4. Who doesn't like to take adventures?

First off, some people are just not into taking adventures as they are risk-averse (不爱冒险的) . They are the opposite of daredevils (冒险鬼) . They might prefer to stay in their comfort zone (呆在舒适区) rather than exploring new things. For example, my mom, she is totally that. She hates new things and she loves her changeless routine life (一成不变的规律作息生活) . She couldn't be happier. And then, there're also some people who may have certain physical or mental limitations that stop them from participating in adventurous activities. So, it's really a personal thing. (分群体讨论+举例子)

5. What kind of personality should people have in order to experience a lot of adventure?

I would say, people who are adventurous by nature (天生地) and have the willingness to (愿意) take risks are more likely to experience a lot of

adventures. People who're curious, positive, open-minded, and willing to step outside of their comfort zone. For those people, they are not afraid to face the uncertainty (面对不确定性) / embrace the unknown (拥抱未知).

For example, my cousin is one of this kind of people. She's so curious and brave. She's into all kinds of adventures, and she's definitely living her life to the fullest without any regrets (把生活活到极致, 毫无遗憾). (原因, 举例子)

6. Will experiencing adventure broadens people's horizons?

Absolutely! Experiencing adventure can broaden people's worlds and minds. If a person is constantly exposed to new cultures, customs and lifestyles (新的文化、习俗、生活方式), it will be easier for them to develop a sense of empathy and understanding for the world around them (发展共情能力和对周遭世界的理解). They will become more tolerant and accepting with the world, and at the same time, more knowledgeable about the world. Additionally, adventures can also challenge individuals to push themselves out of their comfort zones (把自己推出舒适圈), which leads to personal growth (个人成长) and development. A person without too many experiences may feel stuck in a routine life or a comfort zone, and miss out on opportunities to explore new things and grow as a person. Also, because they never get to practice their problem-solving skills (解决问题能力), decision-making skills (作决策能力), critical-thinking skills (辩证思考能力) and communication skills (沟通能力), they may struggle a lot to adapt to new situations (适应新情况) or handle unexpected challenges (应对不曾预见的挑战). (正向+反向假设)

Describe an occasion when you got incorrect information (错误信息)

You should say:

When you got it

How you got it

How you found it was incorrect

And how you felt about it.

思路： 这道题我会和下一题“迷路”进行串联。

Describe an occasion when you got lost (迷路)

You should say:

Where you were

What happened

How you felt

And explain how you found your way.

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

I remember one time when I was driving to a job interview in the city (如果是学生可以改成: I remember one time when I was walking to a dental clinic) . I was using a navigation app (导航软件) on my phone to guide me there, and everything seemed to be going well at first. But then, as I was following the directions, I started to realize that something wasn't quite right.

I somehow (不知道怎么搞的) ended up in a residential neighborhood. I checked the app and realized that it had led me off course (偏离方向) . I got wrong information from the app. I felt frustrated and anxious because I was already running late (迟到) for the job interview/ dental appointment, and now I was lost. I also felt angry and shocked that even technology could fail me!

I tried really hard to stay calm and think logically. I started asking people in that neighbourhood (thank God they were very friendly) and figured out the correct route. After a few minutes of driving/walking around, I eventually found the right road and made it to the interview/appointment on time.

Looking back on that experience, I learned that sometimes even technology can fail us (让我们失望, 不省心), and it's important to keep calm and hone our problem-solving skills (打磨我们的解决问题能力). And also, never feel shy to turn to people for help!! Moreover, it made me realize how much I rely on my phone and my navigation app, I mean, I should always double-check (反复确认) the directions before heading out (出发).

Part3 (错误的信息)

1. Why do some people not trust information on the internet?

I think the major reason is that the internet is such an open and limitless platform (开放、无界限的平台) where anybody can publish content (发表内容) which means that not all sources are reliable. Many people don't fact-check (核查事实) before they publish stuff. Therefore, it's very easy for rumors, scandals, misleading information and even fake news (谣言、丑闻、误导性信息和虚假新闻) to spread on the internet (在网络传播).

Especially now with the AI technology (人工智能技术), anyone can fake photos and make it look like something that really happened. I remember a few days ago, there was this news about a very severe earthquake taking place in Turkey (在土耳其发生的严重地震). The photos online looked so real that you see the debris (废墟遗骸) and everything. Many people believed it. Volunteers, reporters and medical experts (志愿者、记者、医学专家) all went to Turkey only to found out that it was completely made up (编的). It's a really dangerous time now. So, it makes sense that many people don't believe everything they see on the internet anymore. I'm actually happy that people have their independent thinking (独立思考能力). And moreover, the fact that people can leave comment anonymously

(匿名留言), hiding behind fake identities without any accountability, is making things worse. (原因, 强调补充, 举例子)

2. What jobs provide information to others?

There are so many jobs that involve providing information to others. Off the top of my head (首先想到的是), reporters and journalists (记者) gather and share news with public. And then lawyers, through their legal expertise (法律专业素养), they provide clients with information about their rights and legal options (法律选择). And then, counselors or therapists (顾问和心理治疗师), they provide information and guidance to their clients to help them make decisions and maintain their mental well-being (维持心理健康). And also, teachers, in a way (某种程度上). They are all the time providing information to their students, and that's called imparting knowledge and wisdom (传递知识和智慧). (罗列)

3. What's the difference between email and phone in terms of providing information?

The way I see it, emails are for detailed content and for conveying complex information. And the biggest upside (最大优点) about it is that it's a way to document the whole communication (一种存档方式). It provides a written record (书面记录) that can be easily traced back to (追溯) in the future. And on the other hand, phone communication is definitely more intimate with a personal touch and instant interaction. You can get a quick back-and-forth information exchange (快速来来回回的信息交换) through phone calls. It's ideal for urgent matters. In the workplace, phone communication and email communications should go hand in hand (一起出现). They are different but they definitely complement each other (相辅相成). (对比区别讨论)

4. Which do you think is the better way to provide information by phone or by email?

和上题几乎重复

5. How do people determine the accuracy of information?

That's a good question... well, when people are suspecting the accuracy of certain information (对某些信息的真实度怀疑), some of them will cross-reference (交叉引用) the information, meaning, they will compare the information they have with multiple sources to see if they align (达成一致); and then, looking for trustworthy sources (靠谱的来源), such as established news organizations (权威新闻机构) or government websites (政府网站). And some people, they evaluate the information through fact-checking (核查事实). First, they will check who published the information, what their background is, and then check if the information has turned up on any trusted site (可信任的网站), things like that. (分群体, 这题真的很难, 请一定不要回答得过于流利)

6. How do people make sure they're getting the right information?

和上题一样

Part3 (迷路)

1. How can people find their way when they're lost?

Nowadays, most people's first reaction is to turn to (求助) their smartphone and find directions from their navigation app. People love it because they can get turn-by-turn guidance (一步步的导航) without knowing how to read a map (看懂地图). But, if they somehow don't have their phones with them, normally they will look for the biggest landmarks in the surroundings to get a sense of direction (方向感) and a reference point (参照点). And if neither of these strategies works, that's when they

will ask people for directions. Normally they will find someone who looks like a local resident (当地居民) and get some help from them. (罗列)

2. Do you think it's important to do some preparation before you travel to a new place?

Well, personally, I always make sure that I prepare something before I travel to a new place. At least I will book the hotel and flight tickets, and research a little bit about the local culture, because I don't want to be inappropriate (不合时宜的) or do something that is taboo (文化禁忌) in that place. And I know that some young people nowadays really love improvising (即兴发挥) their trips and go to a new place without any preparation. They think that improvisation sounds really cool as it's footloose and fancy-free (无拘无束、了无牵挂). But I see that as such a waste of time and money as you might end up missing out on a lot of the must-sees and must-dos (错过很多“必看”和“必做”的事情) due to your ignorance (由于你的无知). You won't really make the most of the trip (无法充分利用好这趟旅行). And the risky thing is, you might not have a place to crash at night (没有过夜的地方). That actually happened to me years ago. I went to a place without booking anything and at night I realized that all the hotels were booked. I almost slept on the street. Looking back on that experience, it was stupid to just play cool (耍酷) and prepare nothing. (让位驳斥).

3. Do you think it's important to be able to read a map?

Many people nowadays are losing the skill of reading a map. They think maps are not relevant (不重要的、不相干的) anymore. Everybody has a smartphone and they can get directions through their navigation apps. It is true. Nowadays, the chance of us using a map is very very low. But still, you never know (你永远不知道, 这事儿还真不好说). Maybe one day you get lost in the woods (树林里) without any reception (没有信号), or your phone just runs out of battery. It is still important to know how to read a paper map. It's like having a plan B (有个备用计划). (主流观点, 自己观点)

4. Is a paper map still necessary?

和上题一样

5. Why do some people get lost more easily than others?

People are very different. Some people naturally possess a strong sense of direction (天生具有方向感) whereas some people have a weaker sense of direction (方向感弱). For example, my mom. When she's in a new place, she's always clueless about which way is north, south, east, or west (分不清东南西北). Without her trusty GPS app, she'll be completely lost and can't find her way around. And, some other people are just very distracted. It's not necessarily that they are really bad at telling directions. It's just that they are not using their brain power on figuring out the direction (没有把脑力放在分辨方向上). Also, experience has a lot to do with it (关系也很大). If someone's always on the go (奔波), exploring new places and finding their own way, they're more likely to navigate more easily. But for someone who rarely get around, they're bound to (势必) get lost more often. (分群体)

6. How do people react when they get lost?

People's reactions can vary depending on their personality type. Some can still pull themselves together (保持镇定), stay calm and start thinking about strategies. Whether it's retracing their steps (沿着路走回去), or finding a familiar landmark, or turning to people for help. They focus more on the things they can do to get them out of that situation. Some other people tend to focus more on their own emotions rather than the solutions. They might even go through a panic attack (恐慌发作), increased heart rate or sweating (心跳加速、流汗). (分群体)

Describe an occasion when you spent time with a young child (和孩子共度的时光)

You should say:

Who this child is

When you spent time with this child

What you did together

And how you felt about it

这道题我会和下一题“童年快乐经历”以及上季度老题“教别人技能”进行串联。

Describe a happy experience in your childhood (童年快乐经历)

You should say

What it is

Who you were with

What you did

And explain why you felt happy.

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

You should say:

Who you taught

What you taught

How the result was

And explain how you felt about the experience

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

Ok, so, I remember spending time with my cousin's daughter, Qinqin, when she was only 4 years old. The story was, I was visiting my cousin's family during summer vacation. One afternoon, Qinqin's parents had to run some errands (干点杂活), and they asked me to watch over (看管)

her for a few hours. I was thrilled to spend some one-on-one time with (一对一时间) Qinqin as I hadn't seen her for a while.

We started our time together by coloring (填色) and drawing pictures (画画涂鸦), which was something we both enjoyed. I drew some cartoon animals for her and taught her how to colour those animals by staying within the lines (在描线里面填色). I was impressed by her creativity and imagination.

But kids have very short attention spans. After 1 hours, I noticed that she seemed a bit bored, so I offered to play hide and seek (提议去玩躲猫猫) with her. In the beginning, she was a bit hesitant and shy, but once we started playing, she really got into it (投入了). I showed her how to hide and we took turns (轮流) counting and finding each other. I taught her how to find clever spots to hide (找到聪明的地方躲起来), and she got the hang of it (掌握要领) really fast! She could find the most unexpected hiding spot (最意想不到的躲藏地点), which showed how smart she was. And when it was my turn to hide, it was so cute to see her get excited when she found me. She screamed a lot! Haha! My ears hurt. We played for about half an hour until she got tired and wanted to move on to something else.

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

It was a simple activity, but it was so nice to see her having fun and engaging with me. At the same time, it was a great bonding experience. Qinqin got a lot closer to me after spending some quality time with me. I could tell she looked up to me like I was a super hero or something, as I taught her some new things. For me, it was incredibly rewarding (有满足感、成就感的) to spend time with her and teach her new things. And on top of that, I was very impressed by how creative Qinqin was and how

fast she learned new skills. I realized that, kids are naturally fast learners (学得很快的的人) and eager to learn new skills.

So, yeh, both Qinqin and I had a great time together. Thank you!

Part3:

1. Do you think children should have a lot of toys?

I think kids should have toys but not too many. Toys are really good for kids in the sense that they help kids develop a lot of skills such as cognitive skills (认知能力), fine motor skills (精细动作能力), and even social skills (社交能力). However, having too many toys can lead to a sense of materialism, meaning, they don't know how to appreciate and cherish their toys, and end up constantly seeking more and more (不停地要更多), and never be able to get satisfied. And it can also be overwhelming for children since they have too many options and too much stimulation. With fewer toys, kids can use their imagination and creativity to play with what they have, and plus, it forces kids to learn the concept of sharing their toys so that can have more fun. (反向思考+ 假设)

2. Where do children usually play?

Depending on the age and interest, really. Younger children might play in playgrounds, parks, or at home. Older children might play all kinds of sports with friends at a sports centre or in an open space depending on their personal interest. Some like playing basketball at a basketball court (篮球场), some like playing football at a football pitch (足球场), some like playing tennis at a tennis court (网球场). It's really hard to generalize. Oh, and one place that almost all the kids, regardless of the age, would love to go is an arcade center (电玩中心)! Kids love playing all kinds of games. (按年龄分群体+补充)

3. Do you think there are too many rules for children to follow, whether at school or at home?

Yes, that's how I feel at present. Schools today have more rules than ever before, covering everything from dress codes (着装要求) to behavior expectations (行为期待). At the same time, many parents today are overprotective with their kids and setting too many rules to restrain kids' behavior. I believe that rules are important for kids to learn discipline and responsibility (自觉和责任心), to teach them "right from wrong" (是非对错), and to help them build their own value system (建立他们的价值体系). However, it is also essential to strike a balance between (取得平衡) not having enough rules and having too many rules. kids need the freedom to learn from their mistakes and keep their creativity. Too many rules can overwhelm (淹没) kids and limit their imagination and creativity. And also, take away their sense of confidence and independence. (原因+反向思考)

4. Do you think children should follow all the rules?

All the rules? No, certainly not. That's over the top (过分了). I don't believe that children should follow all the rules blindly (盲目地). The most important thing is for them to understand the reasoning behind the rules and be able to understand them OR question them if necessary. It's all about finding a balance between following rules and developing independent-thinking skills (独立思考能力). (原因)

5. Do you think it's necessary for parents to make decisions for their children?

No, I don't believe so. What I'm saying is that, parents should provide structure and guidance to their children, and teach them to make decisions on their own. When children grow up, they will face the society and adversity in life (生活里的逆境) alone. Having good decision-making skills is key when dealing with the hardship in life (对抗生活的艰难). Parents should guide their children to make independent decisions as early as possible to prepare children for the future (准备面对未来). If parents never let their children decide things on their own, they would

lack independence and critical thinking skills. They would be timid and directionless, and wouldn't be able to handle mistakes or failures. (原因+反向假设)

6. Do you think it's good for parents to help their children choose friends?
(三个版本答案)

① Yes, it is beneficial for parents to guide their children in choosing friends. Children are still developing their social skills, parents can provide valuable advice on who might be a good influence (正向影响) and who are not. Especially for young children, they are still quite inexperienced and naïve (没有经验又天真), can't tell right from wrong. It's important for parents to provide useful insight to help children choose friendships. (原因)

② No, I don't really like the idea. The way I see it, it's important for children to learn how to make their own decisions and develop their own social skills. If parents are too involved (太参与其中) in their children's friendships, it can lead to a lack of independence and confidence. And in a worse case, children may feel pressured to make friends with someone they don't even like just to make their parents happy. Nobody wants to see things like that. It's just wrong. (原因, 反向假设)

③ I'm sitting on the fence now (左右为难). It's really hard to draw the conclusion. On one hand, it's completely natural when parents want to protect their children and make sure they are surrounded by positive influences (争相影响). On the other hand, children need to learn how to make their own decisions and navigate (行驶, 经历) social situations on their own. It's important to find a balance between guiding their children in choosing friends and respecting their children's autonomy (自主权), letting them make their own choices. (分头讨论)

Describe a happy experience in your childhood (童年快乐经历)**You should say****What it is****Who you were with****What you did****And explain why you felt happy**

Today I want to talk about the time when I spent a couple of hours with my mom's best friend.

The story was, my mom had a very good friend named Jessica. I called her Aunt Jessica. She was a very fun and outgoing person. I loved her!!! However, I had never had the opportunity to spend time with her alone until one day, my parents had to run some errands (干点杂活), and they asked Jessica to watch over (看管) me for a few hours. I was thrilled to spend some one-on-one time with (一对一时间) her!

We started our time together by coloring (填色) and drawing pictures (画画涂鸦). Aunt Jessica drew some cartoon animals for me and taught me how to colour those animals by staying within the lines (在描线里面填色). I was impressed by her drawing skills. She was so talented!!

And then, she offered to play hide and seek (提议去玩躲猫猫) with me. In the beginning, I was a bit hesitant and shy, but once we started playing, I really got into it (投入了). Aunt Jessica showed me how to hide and we took turns (轮流) counting and finding each other. She taught me how to find clever spots to hide (找到聪明的地方躲起来), and I got the hang of it (掌握要领) really fast! I found the most unexpected hiding spot (最意想不到的躲藏地点), which really surprised her. We played for about half an hour until I got tired and wanted to move on to something else.

It was so nice to engage with her, definitely a great bonding experience. We got a lot closer after spending some quality time together. I really admired and looked up to her as she taught me so many new things. As a kid, I was very eager and willing to learn some new skills. That was a really happy experience for me.

So, yeh, that's everything. Thank you!

Part3:

1. Why do you think some people have better memory than others?

Uhmm, the first thing that I can think of is genetics (基因), which plays a huge role in the function of the brain. I've seen some people naturally can memorize complicated numbers or information effortlessly. Another factor (另一个事实因素) is lifestyle, which can affect memory performance in many ways. For example, a person who has a healthy diet, works out regularly, and sleeps well definitely may have better memory than those who don't lead a healthy lifestyle. Another thing is, training and exercising contribute a lot. A person who actively tries to improve their memory through techniques such as repetition, visualization, and association may have better memory abilities than average people. (罗列)

2. What kinds of things do people prefer to remember nowadays?

It seems to me that (在我看来) people today choose to remember things that are light-hearted, entertaining and fun. I guess what I'm trying to say is that (我猜我想说的是.....), people tend to choose the path of the least resistance (选择阻力最小的路径, 很懒). We don't bother to learn (我们懒得学) and memorize all the heavy-going, deep and meaningful information, instead, we want easy-going and fun stuff, like, viral dance trends (流行的舞蹈趋势) on social media, celebrity news (明星新闻), or fashion updates

(时尚趋势) , because they require less effort.... I don't know, that's how I feel. Maybe I'm just too negative/pessimistic. (细节)

3. What do you think we shouldn't forget?

Well, as I said just now, people are giving up on the idea (放弃想法) of putting their noses to the grindstone (钻研努力于一件事) and really working hard and learning things. Therefore, we shouldn't forget the importance of learning, growing, and expanding our knowledge throughout our lives. What's more, we should remember the value of hard work, perseverance (坚韧) , and determination in achieving our goals and ambitions. (原因)

4. Why do some people remember more of their childhood than others?

For some people, their childhood has a stronger emotional impact on them than others. Whether they had the best childhood or a traumatic childhood, those good or bad experiences have strongly shaped who they are today (塑造了今天的他们) , and that's why they remember those years more than others. For example, I have a primary school classmate. He was the most popular kid in the school when we were little. He had the best time of his life in our primary school. And later, in his teenage years, he stopped growing taller and he got bullied by others, his life became kind of miserable. And each time when we had a reunion, he couldn't stop talking those years in primary school. I feel that he enjoyed those years so much to the point that it's all he can think about now. (原因, 举例子)

5. What can people do to improve their memory?

参考第一题答案里的 **lifestyle and training** 部分的回答

不知道答案也可以, 依然可以使用很多好的表达:

Uhhmmm, I wish I could tell you the answer but if I knew it, I wouldn't be such a scatterbrain (健忘的人) ! I really think it's more nature than nurture (先天大于后天) . Memory ability is mostly determined by genetics (基因决定) .

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

You should say:

Who you gave the talk to

What the talk was about

Why you gave the talk

And explain how you felt about the talk.

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

知识点:

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

- Nervous 紧张的

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

- Anxious 焦虑的

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

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

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

- Stage fright 舞台恐惧症

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

- Prepared 准备充分

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

- Engaging the audience 吸引观众

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

- Captivating 迷人的

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

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

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

- Spotlight 聚光灯

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

- Podium 讲台

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

- Applause 掌声

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

- Silent anticipation 静默期待

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

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

As I stepped onto the stage (上台), stood behind the podium (站到演讲台后面), I saw a large audience, like 1000 people or something. When the spotlight was on me, when I saw all eyes being on me, I panicked (紧张崩溃) right away! I had the stage fright! My heart was pounding (心脏乱跳). I could hear my heart beat, like it was ready to jump out of my chest (感觉心脏随时做好准备跳出胸腔). I couldn't even open my mouth and talk

properly. The first few seconds were filled with awkward silence (被尴尬的死亡寂静占据) .

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

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

By the end of my speech, the audience burst in applause (热烈鼓掌) . I was feeling over the moon (月亮之上, 极度开心) and experiencing a profound sense of accomplishment and personal growth (成就感和自我成长的满足感) . The experience taught me that with determination and a willingness to step outside our comfort zones (走出舒适区), we can conquer our fears (克服恐惧) and unlock our full potential (解锁潜力) .

Part3:

1. What benefits does the internet bring to communication?

Well, firstly, the internet definitely makes long-distance communication (长距离沟通) easier, faster and more cost-effective (划算的) . With just a few clicks and taps (左点点右划划), we can immediately connect with

people far away, across the globe (全球). In the past, people would have to either make long distance phone calls (打长途电话) or even travel to another location to see each other face to face (面对面). And then secondly, when we think about things like social media platforms through which we can share our lives, our thoughts and ideas and life experiences with all the netizens (网民), including our family and friends, it is a new way of communicating through pressing the like button (点赞) and commenting under each other's posts (在彼此推文下方留言). Another thing is, in the past, you would have to know the same language in order to communicate, but with the internet, you can just read someone's words and then translate those words through translation apps. It breaks down the wall (推倒墙壁) between cultures and languages. In all, the internet definitely promotes communication (促进沟通). (罗列)

2. Which one is better, being a communicator or a listener?

I think they're both equally important. Being a good communicator, being able to express your true ideas and thoughts, deliver the message clearly (传递信息), being able to avoid all kinds of misunderstandings (避免误会), those are valuable skills in personal relationships and professional settings (职业场合). And at the same time, being a good listener is also essential. Having empathy (有共情心), showing respect, and being attentive and active (积极又细心的) when listening can foster deeper connection (建立更深的纽带). You see some people, they are listening, but they're not really listening. They're not really listening with their hearts. And that's when misunderstanding shows up. (原因)

3. What qualities does a person need to have to be a good communicator?

First, being articulate (善于表达的, 口齿清晰) and logically clear (逻辑清晰) is a good quality. A good communicator can express their thoughts and ideas in a clear and logical way, so that it is easy for people to understand. And then respect and empathy, they go hand in hand (齐头并进). A good communicator definitely can put themselves in others' shoes (换位思考), to see things from other people's perspectives, to show respect to different opinions. And then just like I said, being able to not just listen, but actively listen is very important. You need to really pay attention to people. Show your sincerity by asking questions, giving feedback, things like that. And another thing is facial expression (面部表情) and body language (肢体语言). They are the non-verbal part (非语言部分) in communication, but they are also vital. Some people have a very serious frowny face (严肃的皱眉的脸) and that always sends a sign of irritation, which is not necessarily true. Having good facial expression management is also one of the qualities. (罗列)

4. What qualities do people need to speak in public?

A good public speaker has a lot of confidence and it has a lot to do with their experience (和经验很大关系). The more experience you have in front of the audience, the more confident you will become, and you will conquer your nerves (克服紧张). And, we have to know that preparation is also very important. Going off the cuff (即兴发言) is almost impossible. If you want to deliver your message clearly and perfectly, you have to prepare your speech draft (演讲稿) and then practice it beforehand. Next, a good public speaker needs to be full of charisma. They have the ability to keep the audience's attention and keep them engaged (让他们保持注意力). They can build the connection without any effort. They can make people laugh. (罗列)

5. What kinds of people often give speeches?

Traditionally, public speeches were usually given by politicians, activists, and business leaders (政客、活动家、商业领袖). But nowadays, we're also seeing the rise of motivational speakers (激励演讲者). These are individuals who may not be super successful in society, but they're really good at lifting people up (提升人们的境界) and inspiring them (启发他人). You might find them on social media, giving powerful speeches either on stage or online. Their main goal is to motivate and empower others (鼓舞和给人带来力量), using their speaking skills to spread positivity (传播正能量). (时间分层)

6. How important is it to be a good listener when communicating?
Being a good listener is crucial. A good listener should be able to listen attentively and actively, empathize with people and give constructive feedback. Making people feel heard is the foundation of good communication. A bad listener will make people feel ignored, unheard, and belittled (感到被忽视、未被听到、被轻视). When a bad listener is listening to you, you know they're not really listening. That's a really bad feeling. And that can actually stop people from communicating with each other. (原因, 反向假设)

事物题:

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

You should say:

What kind of film it is

When you saw it

Why you hated it

Why you decided to watch it

And why you felt disappointed

知识点：

1. 和电影有关的表达 (更多表达请见“音频版生活词汇集”福利)

- **movie genres: 电影的种类**

动作片: action movie; 喜剧 comedy; 爱情片 Love story/romance; 少女片 Chick flick (贬义); 爱情喜剧片 romcom (romantic comedy); 爆米花电影 popcorn movie; 好莱坞电影 Hollywood blockbuster; 兄弟情电影 bromance; 家庭片 family movie; 恐怖片 horror movie; 惊悚片 thriller movie; 科幻片 sci-fi (or "science fiction"); 独立影片 independent movie/ low-budget film; 文艺片 art movie

- **演员阵容: cast 卡斯**

I really like the cast of that movie. The leading actor and actress are both my favourite.

- **角色: character**

I really like his character in this movie.

- **情节 plot**

It was a good film, but the plot was difficult to follow at times.

- **场景片段: scene**

One scene in the movie is about how the couple break up. It was really sad.

- **special effect: 特效**

- **visual effects: 视效:**

- **soundtrack: 原声背景; sound effects: 声效**

- **A-lister: 大腕儿, 一线明星。 B-lister, C-lister...18 线明星**

- **Cameo: 客串。 An A-lister did a cameo in a movie.**

- **Extra: 临时演员-**

- **Box office:** 票房

This movie smashed the box office= This movie was a box office hit.

- **premiere:** 首映

the first night when a movie is starting to show

- **original movie VS. Prequel 前传 VS. Sequel 续集**
- **XX 明星拍新电影了: XXX's having a new movie out.**
- **放映: come out/ be released**

When the movie first came out, I saw it in the movie theatre.

The movie was released in October 2020.

2. 不喜欢一部的电影的主要原因:

①Plot 剧情:

- **A weak or poorly written plot** 写的很差劲的剧情
- **A major turnoff** 一个很让人失望的事情
- **Confusing/messy** 很让人不理解、乱起八糟的
- **Hard to follow** 很难看懂
- **Predictable** 完全可以预期到的内容, 毫无悬念
- **Plain/ boring/ uninteresting/ nothing is really happening** 平淡无聊、啥事儿都没发生
- **Slow** 发展很慢
- **Cliché** (法语词) 很俗气/ **tacky/ tasteless**
- **Lack of imagination** 缺乏想象力
- **Doesn't make sense** 一点合理性都没有
- **Plot twister** 剧情反转
- **Twists and turns** 一堆剧情反转

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

② **Acting skills** 演技：

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

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

His portrayal of the character was num, with no real depth or understanding of the character's motivations."

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

③ **Special effects** 特效：

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

④ **Movie adaptation** 改编电影：

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

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

The movie was based on a popular novel, but in my opinion, the movie adaptation（电影翻拍）failed to do justice（未能做到公正的还原）to the original book. I felt that, it deviated too much from the book, and it almost seemed to be irrelevant. It was almost like, the filmmaker didn't even read the book properly（感觉电影制片方都没有好好看原作）。

The chemistry（化学反应）between the two main characters was fake and unconvincing. I just couldn't buy it（我不相信）。The actor, oh my god, could his facial expressions be more limited（他的面目表情还能再少一点吗）？His performance felt so wooden and numb. The actress in the movie looked 0 interested in the man. It was hard to believe that they were truly in love.

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

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

Part3:

1. Do you believe movie reviews?

Yes and no. Yes, I do believe that movie reviews can provide me with some valuable insights and opinions to help me see things from different perspectives. Sometimes when I couldn't fully understand a movie, I'll search different movie reviews, trying to gain perspectives and a better understanding of the movie. But I also recognize that movie reviews are very subjective (主观的), very personal (个人的), and sometimes they are biased. They don't necessarily resonate with me (和我共鸣) or align with my personal taste (和我的个人品味一致). So, I always see movie reviews as just a reference (参考). I still prefer to watch the movie myself and form my own judgment (形成自己的判断). (分头讨论)

2. What are the different types of films in your country?

Movies genres in China are no different from the rest of the world (电影种类和全世界一样). We have romance, comedy, and historical drama. These three I would say are the most popular genres in the movie theatres. And there are also art films (文艺电影) that are really thought-provoking and slow-paced, and also, suspense, thriller, horror movies, and so on.

3. Are historical films popular in your country and why?

Yes, I would say historical films are quite popular in China as they offer the opportunity for audience to go back and connect with our rich history and culture. We are very proud of our cultural heritage (文化遗产). Those movies remind us of who we are, where we come from, and what we are proud of. They really unite us together (团结在一起). (原因)

4. Do you think films with famous actors and actresses are more likely to become successful films?

Usually yes. A film with famous movie stars is more likely to succeed at box office (票房大卖), because those superstars' fan base can normally translate into big ticket sales. Fans are drawn to (被吸引) see their favorite idols on big screen (大荧幕), that's why they will pay for the tickets. The more famous you are, the higher you will get paid and the more chances you will be exposed to. However, it doesn't mean that it will 100% guarantee a success at box office as a film is not solely determined

by (不管是被唯一一个因素决定) **the popularity of the actors. There are other factors that should be taken into consideration** (需要要被考虑) **like the plot, the acting skills, the direction, the soundtrack and special effects** (故事情节、演技、导演、背景音乐和特效)。(反向思考)

5. Why are Japanese animated films so popular?

To be honest, I'm never a big fan of Japanese animation, so I don't really know why. I guess, they often have very captivating storylines (吸引人的故事线) **that attract both children and adults. And they have a unique art style that is visually stunning** (视觉上很好看)。(原因。实在不喜欢日本漫画，对不起说不出来太多内容)

6. Should the director pay a lot of money to famous actors?

It depends on what the budget is. If it's a blockbuster (大片儿) **that aiming at becoming the next box-office hit** (下一个票房冠军), **and if you have the budget to pay a super star, then theoretically getting a famous actor can higher the chance of succeeding** (增加成功的可能性)。But if it's a **low-budget art film** (小成本文艺片), **then whether the actor is famous or not is not the most important thing. In that case, there's no need to spend tons of money on casting the most expensive movie star. There're so many less-known but super talented actors who can bring characters to life.** (分类讨论)

Describe a piece of clothing you enjoy wearing (喜欢穿的衣服)

You should say:

What it is like

When and where you got it

How often you wear it

And explain why you enjoy wearing it

知识点:

衣服有关的词汇表达:

- 上衣:tops (统称)

衬衫、汗衫:shirt ; 女士衬衫: blouse; 运动卫衣: sweatshirt; T 恤: T-shirt; 抹胸上衣: tube top; 露肩的: off-shoulder; 泡泡袖: puff-sleeve; 喇叭袖: flare-sleeve; 喇叭牛仔裤/裤: flare jeans/pants; 荷叶边的: ruffled; ruffled skirt 荷叶边半裙; 蕾丝的: lace

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

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

- 裤子:pants; 运动裤:sweat pants; 牛仔裤: jeans; 短裤: shorts; 裙子: skirt; 连衣裙: dress; 晚礼服: evening dress
- 颜色:

dark colour, light colour, bright colour, warm colour, cool colour

neon colour: 荧光色 I don't like neon colours. They make my skin look dark.

Red looks great on you! 红色在你身上很好看

You look great in this colour! 你穿这个颜色真好看! You look stunning in this dress! 你穿这个裙子真好看!

Yellow is not my colour. 黄色不适合我。Green is totally my colour. 绿色绝对是我的颜色。

- This high-rise (高腰的) dress shows/ highlights/ accentuates my body shape. 这件高腰连衣裙很显我的身形

- 暴露的衣服: **exposing/ revealing/ provocative clothes**; 保守的衣服: **modest clothes**
- **lose-fit** 宽松的; **slim-fit**: 修身的; **tight** 紧身的
- **It has some wear and tear.** 有一些些磨损
- **The cut of the jacket is super flattering.** 夹克的剪裁非常衬托人
- **It has a really cool matte finish (亚光质地), not shiny at all (一点儿不油亮亮) .**

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

One piece of clothing in my wardrobe (衣橱) that I really love and hold dear to my heart (我很珍惜喜爱) is a black leather jacket (黑色皮夹克) . It belonged to my mom (曾经属于我妈妈) . She wore it quite often in her 20s (20 多岁的年纪) and gifted it to me a few years back. (男孩子可以改成是爸爸的黑色皮夹克。很简单!)

It's a very classic and elegant (优雅经典) leather jacket. Of course, it's got a vintage vibe to it (自带一种复古风格) as it IS vintage. It's from 30 years ago! It has some wear and tear (有一些些磨损) , but I like it as it adds more character to the jacket (增加了更多个性) . The cut of the jacket is super flattering (夹克的剪裁非常衬托人) . It's long and slim-fit and has a strap around the waist (腰上有一个腰带) which really highlights my curves (突出我的曲线) . I feel like a really confident, mature and elegant lady when I wear it.

(男生版本: It's a classic bomber style jacket (飞行员夹克) made from real leather (真皮) . It's got a badass look (看起来像个厉害的坏家伙) . The cut of the jacket is loose, which makes it super comfortable to wear. The leather is thick and sturdy (皮质很厚实) and has a really cool matte finish (亚光质)

地), not shiny at all (一点儿不油亮亮) . I love the hardware (五金件) so much, the zippers, snaps, and buckles (拉链、扣子、搭扣) are all black, which adds to the cool/sleek and edgy vibe.

I wear it in spring, fall, and early winter when the temperature starts to drop (气温刚开始下降时) . It really keeps me warm. And I wear it on various occasions, as it could be casual or dressy (可以是悠闲也可以有点小正式) depending on how I wear it. Sometimes I wear it with a long wool dress (羊毛长连衣裙) and a pair of ankle boots (踝靴) for a night event, a dinner party or something. Sometimes I match it with a shirt, jeans and sneakers, and just go for the casual sporty look (决定走休闲运动风) . It's super versatile as it goes with almost everything (几乎百搭) .

(男版: Sometimes I wear it with a shirt, dress pants and boots for some slightly formal occasions like a dinner party, a night event; sometimes I match it with a t-shirt, sweatpants (运动裤) and sneakers to go for a casual sporty style. It's super versatile as it goes with almost everything.)

And finally, regarding why I enjoy wearing this jacket, well, first off, it is so soft, it feels amazing to wear. And then, of course, it does its job (它发挥其功效) by keeping me warm on those chilly days (有点小凉的天气里) . I love the cut, the style, the vintage vibe, and the fact that it can go with almost everything.

What I love most about this jacket is the sentimental value it holds (自带的情感价值) . It's not just a piece of clothing, but a reminder of my mom. It brings me comfort and joy whenever I wear it.

Thank you!

Part3:

1. Do you like buying clothes?

① Yeh, I'm definitely a shopaholic (购物狂) on clothes. I'm one of those typical girls that screams "I don't have any clothes" when my wardrobe is jam-packed with clothes/ full of clothes (我是那种典型的一边喊着我没衣服穿一边衣橱都炸了). I don't know why I always feel that I'm missing one or two pieces and I keep buying and buying, swiping my card left and right (疯狂刷卡). I go shopping almost every week. (细节)

② It's complicated. I love clothes but I don't love buying clothes. It's such a hassle (麻烦事) to go to the mall, try on different clothes, compare different options and carry all the heavy shopping bags. It's just too much work and I feel lazy to do it. Luckily now I can buy things online, but still, it gives me the headache to go through all the options online. I guess I don't have the patience. (原因)

③ No, I'm definitely not a big fan of shopping. I wish I could have someone who just buys everything for me. I feel clumsy and clueless (笨拙而不知所措) in the mall. I don't feel confident when choosing clothes, it's so much work and scary. I wish that in the future I could get the hang of it (上手, 变得自信) and be able to get out of my comfort zone (走出舒适区) and enjoy shopping. (原因, 先抑后扬)

2. What kind of clothes do most people wear in your country?

I feel that, China is just like most of other countries in this world, people are wearing the so-called modern Western-style clothes (所谓的欧美风格) on a day-to-day basis, meaning, jeans, t-shirts, denim jackets, things like that for casual occasions; and suits, shirts and ties for business occasions. We do have our traditional clothes, but it's just not for an everyday look (但是不是那种日常风格). On some special occasions, like traditional festivals or special events, some people wear qipao or hanfu to make it more special, and increase the sense of ceremony (增加仪式感). But other than that, on a day-to-day basis, people still go for the casual, easy, and simple look. (主流情况, 特殊情况)

3. Under what circumstances would people in your country wear formal clothes?

Well, like I mentioned just now, on those business occasions, people will dress up (盛装) to look more presentable (看着更像样). So, suits, shirts, ties, dress shoes... This is like the basic rule. You want to "Be sharp and look sharp". And on some formal or special occasions, like a dinner party, a traditional festival people will also dress up, not necessarily in the super formal way, but dress up nicely to show respect. (分情况, 细节)

4. What is the difference between the clothing of the elderly and the young in China?

Young people tend to wear things that are edgy, sleek, bold and more provocative or slim-fit (先锋小众的、酷的、张扬大胆的、更暴露的或修身的), to express their personal style and true self (表达个人风格和真我), and celebrate their youth (庆祝自己的青春). On the other hand, older people would go for more conservative, low-key and loose-fit style (保守低调又宽松). The colours are normally darker. I feel like older people don't want to grab people's attention, whereas younger people just want to do the opposite. (对比讨论)

5. When do people in your country wear traditional clothes?

Well, like I said, during those traditional cultural celebrations, some people will wear traditional clothes. For example, during Chinese New Year, it is very normal for people to wear qipao or tangzhong to celebrate the occasion (庆祝该场合) and also to show respect to our own cultural root (对我自己文化根基的致敬). And another example I can think of, traditional clothing is also worn for wedding ceremonies. Sometimes the bride and the groom (新娘新郎) choose to wear traditional Chinese hanfu instead of the typical white wedding gown and black suit (典型的白婚纱—黑西服套装). I think the fact that we are Chinese and we are proud to be Chinese makes us want to wear our own clothes on this most special day in our life. And another trend (另一个趋势) that I've noticed is that, among young people, there is this growing interest (增长的兴趣) of

traditional clothes. I've seen many many young people blend traditional elements into their everyday fashion style, and I really like what I'm seeing. Traditional clothing is definitely making a come-back (传统服饰正在强势归来!!!) ! (罗列)

6. Does the climate affect what people wear?

Oh yeah for sure. It's a no brainer (这还用说吗, 想都不用想) ! I mean, the basic function of clothes is to protect us from the outside environment, and that includes climate. In colder weather, people wear thicker clothes (厚衣服) and more layers (好几层) in order to keep warm and avoid losing body heat. In hotter weather, people wear thinner, lightweight and more breathable clothes (更薄、更轻、更透气的衣服) to stay cool and avoid overheating (避免中暑) . Unfortunately, you see some people who do not know what to wear under what kind of weather and they end up getting a cold or getting overheated. (分情况讨论)

Describe an expensive gift that you would like to give someone when you save a lot of money (存钱买贵重礼物)

You should say:

What the gift is

Who you will give the gift to

How long it will take to save the money

And explain why you would like to give a gift to this person.

这题可以和上题串联, 说想给爸爸妈妈或者男友女友买一件质量很好又百搭的皮夹克。

对方一直都想要, 没事儿就念叨, 有一次一起逛街看上了一件, 但是觉得太贵。

知识点:

- **handmade gift:** 手工制作的礼物
- **DIY (do it yourself)**

I want to DIY a gift for my best friend.

- **express someone's gratitude/appreciation:** 表达感恩、表达感谢
- **a nice gesture:** 一个友好的姿态、举措
- **to give is to receive:** 给予也是获得
- **a celebration of love and friendship:** 对于友谊与爱的庆祝

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。

以下，再提供一篇素材：

So, I've been thinking about giving my best friend Jing a very special gift. It's not something tangible, it's more of an experience. I would like to treat her to a trip (请她旅行), a trip with me. And I'll pay for everything.

My best friend Jing is such a good friend. She's super supportive and trusting. Last year, I went through a really bad breakup (很糟糕的分手). I was in a very dark place/spot (在黑暗里), and bawling/pouring my eyes out every day. And, she was there for me the whole time, comforting me and cheering me up. She was the person who helped me pull myself together eventually and went back on track. I really want to express my appreciation and gratitude of having her in my life, and I've been seeking chances to do it.

We both love traveling, but unfortunately, neither of us have enough money to support our hobby of traveling. If I have enough budget, I will definitely invite her to a trip with me to Yunnan province since we both love that province, and we can spend a week or so there, enjoy the nice weather and the local food there. It will be a celebration of love and friendship.

In terms of how long will it take to save up the money, well, the good thing is, lately, I've been doing a parttime job at a small café. I'm the barista (咖啡师), and I get paid by hour. It's not a lot of money, but slowly I'm getting there. I've been able to save up a little. So, I'm counting the days, in another 30 days or so, I'll save enough to pay for her flight tickets and mine, and for the hotel room that we would stay in.

So, yeh, that's the expensive but meaningful gift I would like to give to my best friend Jing. Thank you!

Part3:**1. What do young people like to save money for?**

Well, some young people save up for a designer bag (奢侈品包包) or a pair of expensive sneakers, you know, fashion items that they like and can show off (炫耀). Some young people save up for a unique experience, like a trip to another country or learning how to fly an airplane. Some people save up for their education. If they want to pursue higher education (继续深造), they have to save enough to pay for the tuition. And some young people save up for the future. They just want to have more money in the bank to have a sense of financial security (有一种资产保障感). (分群体)

2. Is it easy for people to save money to buy something expensive?

For some people yes and for some others no. For those people who have no idea how to save up, who doesn't have the technique or the right mindset, it takes forever (很久很久) to save up even for just a little amount of money, or even worse, many people nowadays are having credit card debt (卡债), which is really really bad. And for some people who make good money and live a low-key lifestyle (挣钱多+会过日子), it is relatively easy for them to save up and they can use the money to invest wisely and continue accumulating wealth. (分群体)

3. Should children have pocket money and why?

I think it is a good idea for children to have an allowance because, A, children need money for small things like snacks, pencils and notebooks, and if they don't have any money, it will be very annoying. And then B, some parents give children an allowance by asking them to help around the house. In that case, that can really foster children's sense of responsibility and ownership. And C, when children have their own money, parents should guide them to manage their own money, either spend it or save it up for something more meaningful. The money

management skill is something that is so essential for everybody and parents should foster that skill in children from an early age. (罗列)

4. Should children learn how to use money at school or from their parents?

It doesn't matter whether children learn how to use money from school or their parents, as long as (只要) they get the proper knowledge and tools (得到正确的知识和工具), and can use those tools in real life. One thing I want to point out is (我想要指出的是) that, parents should definitely work with the school to instill the concept in children (灌输理念), because every household has its own unique financial situation (每家都有自己的特殊情况). Parents should be the ones who help their kids adapt to the real-life situation. (原因, 强调)

5. How do people save money?

I think what most people will do is first set a goal, make a plan and try to stick to it. But different people might have different approaches (路线). Some would try to make more money by having a side-hustle (副业, 外快), making more in order to save more. Some people will try harder on reducing expenses (减少开支) by cutting back on non-essential things (削减非必要消费), things that are luxurious (奢侈). For example, if you always fly first class (飞一等座), now it's time to go economics (经济舱). Some people will invest in some bank plans or stocks (股票) or bonds (债券) to manage their money more wisely. Some people just, in general, live a very frugal lifestyle (节俭的生活方式), try to save as much as possible in every aspect in their lives. It depends on your goal, your timeline, if it's a long-term or short-term goal, the approach will be different. (分群体)

6. Why can't some people save money?

It is really hard for some people to save money because some of them even struggle to make both ends meet (入不敷出). They come from low-income families (低收入家庭) and live paycheck to paycheck (月光族). They are trying to just survive. And for some people, they have really bad spending habits (消费习惯). They have a lot of high expenses, buy the most expensive things and live a really luxurious lifestyle. They keep abusing their credit cards (浪费信用卡) and end up having lot of credit card debts (最终债台高筑). And another situation is that many people do not have the basic financial literacy (没有任何财金常识), meaning, they don't understand how it works, how to save money. They don't know that all these small things can make a big difference. Making a little bit more money, spending more wisely, quitting bad habits, investing a little bit more. Things like that. (分群体讨论)

Describe an important decision that you made (重要的决定)

You should say:

What the decision was

How you made your decision

What the results of the decisions were

And explain why it was important.

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

知识点:

- **stay/sit on the fence** (坐在栅栏上，两边都不去) 保持中立，避免做抉择
- **in two minds** 犹豫不决
- **I'm torn.** 被撕扯，矛盾状态

I'm torn between A and B.

- **I'm struggling with...** 挣扎矛盾于
- **take the back seat** 退居二线，处于次要地位，不主导

I decided to take the back seat, and let my father make the decision.

- **rush into sth. 快速做决定**

We shouldn't rush into buying a new house. It's such a big decision to make.

- **make up one's mind 下定决心**
- **to weigh up sth. 掂量**

I want to weigh up all the positives and negatives before studying in another country.

- **sit in judgment (on/over somebody) 审判，评头论足**

How can you sit in judgment on somebody you hardly know?

- **up in the air 悬而未决**

My promotion is still up in the air.

- **turn to sb. 向某人寻求意见与建议**
- **do the right thing 做出了正确的决定**
- **make the right/good call**
- **on the same page 达成一致，达成共识**
- **a done deal 已经决定，不再反悔**

素材一：

Last year, I made a very important decision of breaking up with my boyfriend. Now he's my ex-boyfriend, and, come to think of it, it was the right thing to do.

We had been together for about three years, and during that period of time, I was in two minds all the time. On one hand, he was funny and charming. He could really make me laugh. I loved his sense of humour and his charisma. On the other hand, he was a control freak. He always wanted me to listen to him, and say yes to him. He really put a lot of pressure on me. I mean, I'm an independent woman with an independent

mind, so I couldn't just blindly follow his commands (跟随他的指令), like a slave. He was very bossy (霸道的) and macho (大男子主义的).

I was torn between leaving and staying. I didn't want to rush into the decision, so I waited long enough, because I wanted to give it a chance. After being together for three years, I was very unhappy, when I saw myself gradually losing myself (失去自我) and becoming a "boyfriend pleaser" (男友讨好者) and putting his needs before mine (把他的需求放在我自己之前), I knew I should make up my mind (下定决心). I told him about my decision. It wasn't easy for me. I was crying and having a meltdown (崩溃) when I saw him for the last time. And he refused to take it. We were not on the same page at all.

But I knew it was a done deal. I didn't give him any chances to talk to me. And eventually, after 6 months, he gave up and disappeared in my world.

Now, I'm free like a bird and feeling so much better without him.

Everything is water under the bridge (事情都过去了). Even though I still miss him occasionally, I know it'll pass one day. Time will heal everything. It was a tough decision to make, but it was the right thing to do.

So yeh, that was the important decision, thank you!

素材二:

So, the important decision I made recently was studying abroad.

I made the decision last year. At that time, I was about to graduate from my university in China. And, to be honest, I wasn't very happy with my options. I could start finding a job, but I wasn't ready to start working yet. I could apply to graduate schools in China, but I felt I was missing out on something (错过一些事儿). I was missing out on the opportunity to see more things and fulfill more potential (实现潜力). I was having FOMO.

I'd had the idea of studying abroad since long time ago, but I was scared. I was scared of living in another country just by myself, and also, I wasn't

confident with my English. I was weighing up all the positives and negatives of living abroad. I was in two minds, very indecisive (犹豫不决) .

I was sitting on the fence for months until I talked to my cousin. She changed my mind.

I turned to her for some advice as she's currently studying in the UK. And She told me studying abroad was the best decision she's made. She's been learning and growing so much ever since she started her new life in the UK. She's much more independent, experienced and competent (有能力的) . After talking to her, I made up my mind to study abroad. And now, I'm very happy with my decision. I've been studying English every day, and busy preparing for my school applications. I'm feeling excited, determined and hopeful. I'm really happy with the result.

It wasn't an easy decision to make but I'm glad I made the right choice. Thank you!

(如果已经出了国的宝宝就把当前的结果改一下)

Part3:

1. Do you think children sometimes have to make important decisions?

I root for (支持) giving the opportunity to children to make important decisions themselves. I believe they need to learn to take accountability and ownership (承担责任和主人翁精神) of the things they do and the decisions they make. They need to learn to collect data (收集数据), analyze information (分析信息) prior to (在.....之前) the decision-making, and also be willing to accept the consequences afterwards (接受事后的结局) , to be able to learn from their mistakes. However, it doesn't mean that (并不代表) parents should just stand aside and do nothing (站在一旁, 啥事不做) . The role that parents are playing is providing guidance (提供指导) , resource and support (资源和支持) . (原因, 转折)

2. What important decisions do teenagers need to make after graduation?

After graduation, teenagers need to decide whether to continue their education (继续学习), or take a gap year (gap 一年), or find a job, basically important decisions that will shape their future (塑造未来).

3. Who can children turn to for help when making a decision?

Children, especially younger children will turn to their parents for advice. Their parents are their support systems (支持体系) /rocks/ anchors and can help them weigh up all the pros and cons (掂量所有的优缺点). And then, sometimes children also go to their teachers for help, especially if it's a decision related to their education. When children become older, they seek advice from their peers (同伴) as they are the same age (同龄) and can understand each other better. I think it's important for children to feel supported and get the guidance and resource they need from their trusted ones (信任的人). (分群体讨论)

4. Do you think advertisements can influence our decisions when shopping? (两个版本)

① Depends on the quality of the ad. A really well-designed and well-crafted/well-made ad (一个精心设计、制作精良的广告) can immediately draw people in / grab people's attention (吸引注意力) and persuade people to buy. On the other hand, a poorly made ad with a confusing or unconvincing message (信息混乱、没有说服力) is unlikely to touch people's hearts (触动心弦) or make an impression on them (留下印象). (分情况讨论)

② It's a personal thing. Some individuals are more impressionable/susceptible (容易受影响的) to the messages delivered in ads. They lose their rationality (失去理智) when they see a juicy and yummy ad (“美味多汁”的好看的广告) in front of them, especially when there's a big promotion (有大促销). They just can't wait to jump on the bandwagon (跟风、随大流). Meanwhile some other people are less swayed/

influenced (被影响) by ads. They are self-collected (自持力很强) and have critical thinking skills. they don't shop impulsively (冲动地消费) just because they like the ad. People are very different. (分群体讨论)

5. Do you think the influence of advertising is good?

I'm not sure. It's hard to say. On one hand, advertising can inform (提供信息) us about new products, new promotions and new services that we may find useful, in that case, it can make our lives better. On the other hand, it can cause over-consumerism (带来过度消费). We get stimulation constantly and we just want to keep buying and buying more. Another thing is, some advertisements contain misleading, exaggerated or fake claims (错位引导、夸张的甚至虚假的声称). That can really hurt our lives. In all, being able to keep our rationality, using our critical thinking skills when making decision is key (至关重要的). (分头讨论)

6. How can people usually make an important decision?

Uhhmm, people usually would start form gathering enough information to support their decision-making process. Analyze all the options, and then compare them, and weigh up the pros and cons. And then, they might seek help and advice from the outside world, like turn to their parents, friends, people who have had similar experience, experts, even netizens (网民 net+citizen=netizen) online, haha. And finally, they will go back to their own mind, their value system, their priorities in life. Some people are more rational, and some are more impulsive and mainly listen to their gut feelings (直觉大感觉). Yeh, something like that. (罗列)

(2022 年考到了类似主题，当时的 **part3** (有时间可以看一下，提升词汇量))

1.What decisions do people usually make in their daily lives?

Well, we make hundreds and thousands of decisions every day. Some are more on the subconscious level, like, going to the washroom, scratching your head, drinking water, thing like that. Some are on the conscious level, for example, what to eat for lunch, for dinner, who to meet after school, after work, when to go to bed, things like that. (分类讨论)

2. Which is easier, making a decision by yourself or after a group discussion?

-For me, I love making decisions on my own. Many people say that group decision-making is better because there'll be more information involved. An individual cannot have all the information. And additionally, there will be a variety in views and insights after a group discussion. But based on my personal experience, making a decision alone is way easier than making a group decision. Group decision-making sounds nice, but in the reality, it always ends up chaotic and directionless. The more voices involved, the more difficult it is to make a call (最终做出决定, 拍板儿) .

Therefore, making decisions alone is more effective and efficient. (主流观点+自己观点)

- I love group decisions. It's so much easier to come up with a mutual decision together. I'm not a very strong-minded person. Sometimes I'm very indecisive. And sometime it's impossible for me to take every aspect into consideration. People always say that "together is better than alone". I can't agree more (不能够更同意) . Group discussions can involve more voices and perspectives into decision-making. The decision made in the group is fully and carefully weighed by everyone. (主流观点+自己观点)

3. Why are many young people unwilling to follow their parents' advice?

I guess, first, young people are at the age where they want to be more independent; they want to explore things and learn their life lessons on their own. Therefore, they tend to be very rebellious (叛逆的) and always want to say no to their parents' advice; and next, I do think there're generation gaps between the young and the old. It's a natural thing as they grow up in different environment and cultures. So, it's not that easy for the two generations to agree to disagree. They think in different ways, and do things in different manners. (罗列原因)

4. Why would middle-aged people tend to second-guess their own decisions?

Because when people get older, they often value things differently. They don't necessarily agree with the things they used to believe in. That's why they have a second thought. For example, some young people choose to

drop out (退学) and just **live in the moment**, become a surfer, a waitress, a leader singer in a band. But years later, they realize that they need to be able to **pay the bills** and **provide for** their family. And that's when they start to question their own decisions. That's the famous "middle-age crisis" (中年危机) . (原因+举例子)

Describe a game you enjoyed playing when you were younger (童年喜欢的游戏)

You should say

What the game was

Where you played it

Who you played it with

Explain why you enjoyed playing the game.

思路：可以和“童年快乐的经历”进行合并，但是要做修改，改的内容还不少！

I used to love playing hide and seek when I was little. I guess, that's **universal** (全球通用), as I don't know anybody who didn't like playing hide and seek when they were little.

In terms where I played it and who I played it with, well, I used to play it both **indoors and outdoors**. Indoors, normally at home with my parents, or at my grandparents' house with my cousins. **In the very beginning**, I was too young to **grasp the concept** of game. So, my parents taught me how to **find clever spots to hide** (找到聪明的地方躲起来), how to find the hider, things like that; and gradually as I grew older, I **got the hang of it** (掌握要领) ! I could find the most **unexpected hiding spot** (最意想不到的躲藏地点), which really surprised my parents, like, behind the curtains, under the bed, or even inside a closet.

Playing hike and seek outdoors was also very fun. I used to play this game in my neighborhood park with my friends. I loved how I could have a

good time with my friends, and at the same time, get some sun and fresh air (晒晒太阳透透气), you know, be outdoors and closer to nature. The park had so many great places to hide, for instance, behind trees or bushes, under the ping-pong tables, and even behind the little bridge. I still vividly remember the thrill of hiding in plain sight (显而易见的地方, 众目睽睽的地方) and seeing my friends pass by me without realizing I was right there.

We took turns to hide and seek. When it was my turn to seek, I would run like crazy (疯了一样狂跑) around the park, yelling out my friends' names and trying to bluff (吓唬、戏弄) them. I loved the adrenaline rush (肾上腺飙升) when I found a friend hiding behind the most unexpected spot (最意想不到的地方).

And now, looking back on those fond memories, they were actually great bonding experiences. It was so nice to spend quality time with my friends and family. I learned how to play games in a smart way, all kinds of strategies and tactics (策略和技巧). And also, I learned to use my imagination and creativity to be a better player.

So, yeh, that's the game I liked. Thank you!

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

Part3:

1. What games do kids like to play now?

I would say that's a really tough question (难题) as I don't have much knowledge about it. I'm not a parent, and I'm in my 20s (20 多岁), so I'm pretty far from the world of children. From my observation, I think kids nowadays, especially kids over 10 years old, are really into video games (很喜欢电玩), which is completely different from the time when I was little. We used to spend a lot of time outdoors playing hide and seek and all kinds of kids' games. But nowadays, if you pay attention, you don't really see that many kids playing on the street anymore. They are actually

staying at home and playing video games or mobile games, like, Super Mario, Pokémon or Minecraft, things like that. Each time when I see my 10-year-old nephew, he's using his parents' phone and playing something. So, no, I don't really know what games they're playing currently. I think it could also be an age-group thing (也可能是各年龄层问题). I feel that younger kids might still be interested in physical games, like shooting games (射击游戏), war games (战争游戏), role-playing games (角色扮演), board games (桌游), as they are still very young and they are not addicted to the screen yet (还没有对屏幕上瘾). But again, I'm not an expert, I could be wrong (我有可能说的不对). (时间分层, 分群体)

2. Do boys and girls play different games?

Again, I'm not an expert on kids, so I don't really want to say that boys and girls play completely different games. I'm pretty sure the games they play would overlap at certain level. And also, I don't know anything about video games. But when it comes to younger kids, based on my childhood memory, I do remember that most of the boys would be running and shooting each other with their imaginative guns (想象中的枪), or playing games that are more based on competition and maybe a little bit of violence, whereas girls would be more into social games, like role-playing (角色扮演), playhouse (娃娃家), one girl pretending to be the mom, the other the daughter, taking care of each other and cooking. It seemed that there was a difference between boys and girls. But anyway, that's just my observation. I could be wrong. (回忆过去, 分群体讨论)

3. Are outdoor sports important for kids?

Absolutely, the way I see it (我是这么看的), it is so crucial for kids to play sports outside, being in the sun (在阳光下), getting enough vitamin D (补钙), getting plenty of fresh air (充分透气), letting their eyes rest (让眼睛休息), sweating, running and having fun. There's something about running and playing outdoors that can never be replaced by playing sports indoors (直播课上讲过的句型). It helps children unwind (放松), let off the

steam (解压) , and also it teaches them about collaboration and teamwork spirit (合作和团队精神) . It is beneficial in so many ways, which is also the reason why it makes me sad to see nowadays kids being so hooked on (被迷住) their screens and playing video games instead of playing sports games outside. (罗列原因)

4. Why do people play different games now than before?

I think it is because of the new lifestyle we're living now. It's all connected (都是互相影响的) . Nowadays people are living a more sedentary lifestyle (久坐生活方式) . People sit more and walk, run less. We drive to different places. We sit down in front of the computer and work all day. We come home and sit down more in front of the TV and watch TV all night. As technology has advanced, our lifestyle has changed dramatically as well. That's why we are having completely different ways in terms of getting entertained (取得娱乐) and engaging in leisure activities. Video games today have much better graphics and better immersive experiences. VR technology has opened up new doors for gaming experiences. That's why people play video games more than any other games today. It's the easiest way. In the past, we didn't even have those options. (时间分层)

5. Is winning important in games?

(两个版本)

① For me, yes. I feel that having the mindset (拥有一份意识) of always wanting to be the best (总想做最好) , always wanting to win, is very important and also valuable. It motivates a person to keep trying, keep working hard, and try to stand out from the rest (脱颖而出) . And the way I see it, nowadays, people are lacking competitive spirit (缺乏竞争精神) . For example, schools are giving every kid a trophy just for participating, and I don't like that. I think having a sense of competition (有一份竞争感) is still really essential because, after all, this society is competitive. (原因, 举例子)

② Nowadays when I participate in games, I try to cut myself some slack

(放过自己, 不钻牛角尖) / give myself more grace and not to compete too hard because I've learned that winning is not the most important part in games. Playing games should be a really enjoyable process. You learn about new things and you get to spend some time with your peers. But I have to say when I was younger, I used to be so competitive. I would try anything to win, but sometimes I lost the fun along the way. (时间分层)

6. Which is better, individual games or team-based games?

It depends on what you want. If you're not a people person (喜欢人群的人), you hate dealing with people (痛恨和人打交道) and you're not good at communicating, then of course, individual games are the right choice. But if you are a sociable person, a social butterfly (交际花), you have a strong team spirit (团队精神强), and you have strong interpersonal skills (社交技能强), then team-based games should be your go-to. (分群体)

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Describe a water sport you would like to try in the future (想要尝试的水上运动)

You should say:

What it is

Where you would like to try it

Whether it's difficult

And explain why you would like to try it

素材一:

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

In terms of where I'll learn this skill, well, I think I want to learn it in Sanya, in Hainan Province. It's the closest and the most affordable place in China to learn surfing. The waves are great. And I know there're some surfing schools there with great teachers. Actually, I know several friends who learned surfing in Sanya.

Regarding how difficult it is going be, ...

(版本一, 水性好的人) Well, I'm pretty confident to say that it'll be a piece of cake (小菜一碟) / easy peasy (同上) / like a walk in the park (像在公园里散步一样, 这是一句俚语, 表示“小菜一碟”) as I love being in water. I'm a good swimmer, and I love snorkeling. So, I don't have any fears for water or waves. I just need to learn to stand on the surfboard properly (站在冲浪板上) first, and practice paddling around in the sea (在海里划水). After I learn to catch a wave (捕捉一个大浪). I can learn to ride the wave (骑在浪上). I'm pretty fit and have a good sense of balance (平衡力好), so I don't see how surfing can be a difficult thing for me. Maybe it'll be a little challenging at first, but very soon I can get the hang of it (上手).

(版本二, 水性不好的人) Well, to be honest, I guess, it won't be a piece of cake/like a walk in the park/ easy peasy for me, it'll be the opposite of being easy, as I'm a terrible swimmer, and I have a little bit "sea phobia". I'm not very good at sports either. So, I can imagine how clumsy (笨拙) I will be between the waves. But I just want to learn it. It looks so cool to be standing on the board, riding the waves, even walking down the beach holding the board looks pretty cool, haha.

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

-surfing: surfboard 冲浪板; wetsuit 冲浪服;

Practice on the ground first (现在陆地上练习) ; then practice getting up; learn to stand on the board properly; paddle around and get comfortable

in the water (下水试试划水, 先适应一下水中的感觉); **find a spot** (找到一个地点); **catch a wave** (等浪来!); **ride the wave** (冲浪)

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素材二:

Well, I really want to learn scuba diving (深海潜水) .

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

In terms of where I'll learn this skill, well, I think I want to learn it in Sanya, in Hainan Province. It's the closest and the most affordable place in China to learn scuba diving. I know there're some scuba diving schools there with great teachers. Actually, I know several friends who learned there. And they all say it's an expensive hobby as you need to buy all the gear (所有的装备) . The tank (水箱) , the scuba regulator (潜水调节器) , the wetsuit (潜水衣) , and fins (脚蹼) . You can end up spending a lot of money on gear. But I guess it'll be worth it. My friends told me, the better the gear, the better the experience.

Regarding how difficult it is going be, ...

(版本一, 水性好的人) Well, I'm pretty confident to say that it'll be a piece of cake (小菜一碟) / easy peasy (同上) / like a walk in the park (像在公园里散步一样, 这是一句俚语, 表示“小菜一碟”) as I love being in water. I'm a good swimmer. So, I don't have any fears for the sea. I just need to learn to how to use all the gear first, and then practice a lot. So, I don't see how

it can be a difficult thing for me. Maybe it'll be a little challenging at first, but very soon I can get the hang of it (上手).

(版本二, 水性不好的人) Well, to be honest, I guess, it won't be a piece of cake/like a walk in the park/ easy peasy for me, it'll be the opposite of being easy, as I'm a terrible swimmer, and I have a little bit "sea phobia". I'm not very good at sports either. So, I can imagine how clumsy (笨拙) I will be deep in the sea. So, if I want to learn this skill, I need to combat my fear for the sea.

But I just want to experience it. It looks like such an amazing experience and I have "FOMO" (fear of missing out). I can't wait to see all the creatures in the sea.

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

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Part3:

1. What are the advantages of water transportation?

The biggest pro (最大优点) of water transportation is the price. It is the cheapest way to transport goods, especially for bulky cargo (超大货物). You can transport bulky cargo in large quantities in one trip. And at the same time, those cargo ships (大货船) typically are more fuel-effective (省汽油的) than airplanes and trucks. And also, I read somewhere that (我在哪里有读到过) water transportation is more environmentally friendly (环境友好). It emits less greenhouse gases (释放更少的温室气体) compared with other forms like railway, road, or air transportation. (罗列)

2. Why do people like to live near water?

Some people live near water because they enjoy the beautiful water view. Imagine, living next to the water, every morning you open the curtain, the first thing you see is the beautiful sea, lake, or river. It's the best way to start your day/go about your day (开启一天). And some people love all

kinds of water sports, water activities, such as, surfing, snorkeling, scuba diving, swimming in the water or sea. Some people love the ambiance (氛围) living right next to the water. More people, more things going on, it feels more vibrant. So, for people who love crowds (人群) and are socially active (社交很积极的), living next to the water is the best option. (分群体讨论)

3. What kinds of water sports are popular nowadays?

There are so many water sports that are trendy (流行的) today in China. Like I just mentioned, surfing is very on trend (流行的). And then scuba diving and snorkeling are also very popular. I guess people just want to get into the water, see all the marine creatures and get closer to nature. Fishing, believe it or not (不管你信不信), has been growing into popularity (越来越受青睐) in recent years. I think it's a great way to enjoy a slow-paced lifestyle, unwind and bond with your friends, meanwhile waiting for the fish to bite (等鱼上钩). (罗列)

4. Do you think it's good to teach swimming in schools?

I would say it's a great idea. First of all, it is such a necessary survival skill/ life skill (生存技能) that everybody should know, and it's easier to learn it at an early age. And then, it is also a great way for kids to let off the steam and have a good time with their peers. It is a really fun and enjoyable activity, and at the same time, it's very challenging. It challenges kids' physical limits (挑战生理极限), helps them build muscles (增加肌肉) and increase their physical endurance (增加耐力). Overall, it's a super good idea! (罗列)

5. What do you think of the people who waste water?

I think people who waste water are very selfish and irresponsible. I feel really irritated (恼怒的) because we really need water to survive and to sustain this planet, and let's face it, we are not doing a good job saving the water (咱们老实讲, 我们在省水这件事上做的并不好). The world is running

out of water. And the fact that some people just think about themselves instead of the greater good of the whole society (社会全局利益) just makes me furious (怒火中烧). (原因)

6. What are the characteristics of goods transported by water? 水路运输的货品都有什么特质?

Well, like I mentioned, water transportation is perfect for transporting bulky goods (大宗货物) such as big machinery (大型机器), steel (钢铁), or construction equipment (建筑设备). And also, those non-perishable (不易腐烂的, 这个词还蛮常用的) goods such as dry food (米、面、谷物), clothes, electronics (电子产品), goods that can go through the test of time (经得起时间的考验) are also ideal things to be transported by water. (罗列, 举例子)

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Describe a sport program you enjoy watching (喜欢看的体育节目)

You should say:

What it is

Where you watch it

Who you watch it with

And explain why you enjoy watching the program

知识点:

1. Names of facilities 体育场馆、设施名:

Arena 圆形剧场、竞技场、篮球、冰球等体育项目馆, **stadium** 更大型的体育馆, 足球田径比赛的场地, **changing room** 更衣室, **gym** 健身房, **basketball court** 篮球场, **tennis court** 网球场, **football pitch (or soccer field)** 足球场, **track and field** 田径场, **cycling track** 室内自行车比赛赛道, **golf course** 高尔夫球场, **boxing ring** 拳

击场 (一个圈圈), ice rink 滑冰场 (一个圈圈), ski slopes 滑雪的雪坡, swimming pool 游泳池, race track 赛车跑道...

2. expressions 形容体育场所的表达:

crowded, noisy, deafeningly loud 令人震耳欲聋的吵闹, exhilarating 令人愉快的, fun, small vs. big stadium, new vs. old stadium, the crowd was roaring 呐喊的人群, the crowds' enthusiasm was contagious 人群的热情具有很强感染力 (contagious 表示有疾病传染力的, 也表示有感染力的), a once-in-a-lifetime experience 一辈子难得一次的经历,

3. types of sports 体育种类: archery 射箭, baseball 棒球, basketball 篮球, cycling 自行车比赛, hockey 冰球, American football 橄榄球, football (or soccer) 足球, snowboarding 滑雪单板, skiing 滑雪, ice skating 滑冰, golf 高尔夫, gymnastics 体操, swimming 游泳, water polo 水球, curling 冰壶, table tennis/pingpong 乒乓, skateboarding 滑板, surfing 冲浪, volleyball 排球, rock climbing 攀岩, rowing 多人划船, hiking 远足, martial arts (karate, jiu-jitsu, judo, etc.) 武术类, fishing 钓鱼, yoga 瑜伽, weight lifting 举重

4. verbs and collocations 动词和一些固定搭配:

to see a match 看比赛, to cheer for your team 为你的队欢呼, to participate in/do/play a sport 参加比赛, to show good sportsmanship 展示良好的体育精神, to set/achieve a personal goal 建立、达成个人目标, to be victorious 胜利赢得比赛, to win/lose a game, to be a sore loser (输不起的人, 酸痛的输家),

5. 形容各种体育动作:

- Tennis 网球: to play singles (1 vs. 1) 单打 or doubles (2 vs. 2) 双打, to run from one side of the court to the other, to serve 发球/return 回球 /bounce the ball 弹球, tennis ball and a racket 网球的球和球拍

- **Badminton 羽毛球:** the birdie or shuttle (the ball used in badminton) 羽毛球的球, to hit the net 打到网子, to go over the net 过网, to win/lose the match, to twist your ankle 扭到脚踝, to be disqualified 出局
- **Basketball 篮球:** to slam-dunk 灌篮 (He slam-dunked a ball.), a three-pointer 三分球, a lay-up 带球上篮, to beat the buzzer 最后几秒赢球, to pass to another player 传球, to intercept the ball 截球, to shoot from the free-throw line 从罚球线投球, commit a foul 犯规, out of bounds 出界
- **Soccer 足球:** to warm up 热身, when the referee blows the whistle 裁判吹哨, to receive a warning or a yellow/red card 收到警告、黄牌、红牌, to commit a foul 犯规, to kick the ball 踢球, to score 得分, 赢球, goalie 守门员, to save/block a goal 守门员救了一球, to defend your area 守卫自己的区域, to huddle /a team huddle 球员们围成一圈讨论战术
- **Swimming 游泳:** to jump into freezing water 跳进冰冷的水, to shiver 发抖, to dive in 跳水, to wear a swim cap 戴泳帽, to kick with all the strength 竭尽全力踢水, to float 漂浮, to drown 沉没, 溺水
- **running 跑步:** to be at the starting line 起跑线上, to arrive at the finish line 跑到终点线, to have/keep a slow pace 保持慢速, to jog 慢跑, to feel adrenaline in your veins 感受血管里的肾上腺素, to feel a layer of sweat on one's neck/forehead/back 感到后背、额头、脖子上的一层汗, to feel the air in your lungs 感到肺部的空气 (大口呼吸带来的), to feel breathless 上气不接下气, to feel out of shape 状态很差, to feel your heart pumping 心跳很快, to be gasping for air/breath=try to catch the breath 大口喘气, 氧气不够, to feel your muscles burning 感到肌肉在燃烧, to fly past other runners 飞一般超过其他跑步运动员, to sprint 冲刺

“My shoes were pounding the pavement.” 我的鞋子正在猛烈锤击地面
(形容跑得快, 扎实)

“I was pumping my arms as fast as I could.” 我在尽力抽动我的胳膊 (跑步挥胳膊)

“My mind was also racing fast.” 我的头脑也在快速冲刺

“I got a side stitch 我岔气了 a side stitch/ stitch 岔气

“The wind was whipping my face.” 风在抽打我的脸 (跑太快)

“I ran like mad/crazy.” 我发疯了一样跑

6. 一些常见句型和表达:

- The game is at a tie./ It's a tie! 平局
- The teams are neck and neck right now. 平局
- They're going head-to-head tomorrow 明天要一决高下=the teams/athletes are going to be competing against each other tomorrow
- Team A is up by 10 (points)! A 队领先 10 分!
- Team A is winning by 10 (points)! A 队领先 10 分!
- Our team is down by 5 (points). 落后 5 分
- Our team is losing by 5 (points). 落后 5 分
- a cut-throat/nail-biting match 残酷无情的、甚至不择手段的比赛
It was a very cut-throat match today.
- “Fair game” Something a referee might say after making a call
- JumboTron + scoreboard 大屏幕+得分板

the giant TV screen at sports games where you see a close-up (特写) of the game/athletes/players.



One sport program that I really enjoy watching is called XXXX, and it's about basketball games.

The reason why I love watching it is that It's about my favorite sport: basketball. And I'm a big fan of "Beijing Ducks" (北京首钢队), so I would never miss a game that my favourite team takes part in. They really show the true beauty of basketball. It's is fast-paced (快节奏的), exciting (令人兴奋的) / exhilarating (令人雀跃的), and easy to follow (很容易看懂). Unlike some sports, such as baseball or American football (棒球或美式橄榄球), you don't need to know a whole lot about the rules or the technical aspects (技术部分) of the game to enjoy watching it.

In terms of where I watch it, I watch it on TV on CCTV channel 5 with family and friends who are also interested in basketball. Sometimes even my mom who's 0 into sports (对体育一点不感兴趣) would watch it with me when she sees me screaming and jumping from the couch. I guess, it's contagious (有传染力的, 有感染力的).

I enjoy watching the program because I love seeing the athleticism (运动能力) / physical ability (运动能力的降级表达) of the players. It's amazing to see how high they can jump and how quickly they can run on the basketball court.

And I'm also keen on seeing the teamwork. I mean, the coaches and players need to constantly change and adjust their tactics (具体策略) based on what the other team is doing. Teamwork (团队合作) is so emphasized in basketball which is the reason why it's so beautiful and impressive to see them working together (合作) as a team on the fly (匆忙之间) .

Nothing excites me more (没有什么能更让我兴奋了) when I see my favorite team score, whether it's a dunk (扣篮), a three-pointer (三分球) or a lay-up (带球上篮) . It's always super exciting to see the ball go through the hoop (球穿过篮网的时候) . Which is crazy, if you think about it. I mean, it's just a ball!!! But somehow, watching this game makes me feel like I'm also a part of the game (比赛的一部分) . Basketball really has a way of (有一套, 有办法) pulling me in (把我拉进来) and making me feel invested in the game (让我投入) . Often times, in a nail-biting game (激烈的比赛) , I catch myself holding my breath (我无意发现自己在抿住呼吸) , sitting on the edge of the chair (坐在椅子的边缘, 形容兴奋) , and praying for my team (为我的球队祈祷) . And when my steam scores, I will cheer like a freak (像疯子一样欢呼) !!! I guess, that's the charm (魅力) of this sport.

I love this program, there's something motivating that goes beyond (超越) the game itself . It's the perseverance (坚持不懈) and determination (决心) of a player when facing adversity (面对逆境) / difficulties (困难) , it's never giving up (永不放弃) , it's the value of teamwork (合作意识) , it's the sports spirit (体育精神) that inspire me to become a better person and fight hard through my own life.

So, yeh, that's pretty much everything, thank you!

Part3:

1. Which sport do you think most people like to do and why?

Many people love playing basketball, especially young people. It's because you don't have to play full-court (打全场), you can only play half-court (打半场) with fewer people, so it's more easygoing. You can just shoot some hoops (投投篮, 很随意) and meanwhile have a nice conversation with your peers. It's a sports activity but also at the same time a social activity (社交活动), fun and interactive. Many people love playing basketball after work or after school in the neighborhood and just loosen up (放松) a bit. Playing basketball requires many physical skills like running, jumping, eye-hand coordination (手眼配合), so it's really good for your physical development. And also, it's a great way to exercise and do some cardio (做有氧), so yeah, that's why people love it. (原因)

2. Do children need exercise?

Absolutely, yes. Doing exercise is very much needed as it's really beneficial for children both physically and mentally (生理上和精神上).

Physically, children can keep fit (保持健美), build body strength (建立身体的强韧度), improve their coordination through doing exercises. And ultimately, it can help them maintain a healthy weight (保持体重), which is a big problem nowadays. There are more and more over-weight and obese children (超重的、肥胖的儿童), which is concerning (令人担忧的) for the whole society. And mentally speaking, doing exercise is a great way to let out their emotions (发泄情绪) and the raging hormones (疯狂的荷尔蒙). It is a way to let off the steam (解压) and lift their mood (提升情绪).

And doing sports can also bring them a strong sense of achievement (成

就感) , which is essential for children's self-confidence and self-esteem

(自信和自我价值感) . So, it is beneficial in so many ways. (分角度讨论)

3. What are the benefits of exercise?

以上针对儿童的, 也针对大人

4. What can be done to get children into sports?

I think teaching children the importance and the benefits of doing sports is the first step (第一步) . And then show some examples. Maybe

examples of how their peers (同龄人, 同伴) are having fun while doing sports, or parents themselves should be the role model (榜样) and invite children to do exercise with them together so they can feel inspired and encouraged (被启发被鼓舞感染) . And also, keep in mind that (别忘了) , everybody has different preferences. So, helping children find the right sport they like is also key (帮助孩子找到自己喜欢的运动项目) . For example, when I was little, I hated running, but I liked badminton. My parents found out about that, and they played badminton with me a lot. They were really good in that sense. (罗列+举例子)

5. What sports programs do people like to watch in your country?

Firstly, like I said, basketball is very popular in China, so we love watching XXX on CCTV Channel 5, and also NBA has a big following in China, so we also watch NBA games on TV. And also, Chinese people love football, it is immensely popular in China. Many people would follow the Chinese Super League (CSL), and some other international leagues, such as EPL or World Cup. And then, people like table tennis, so people watch table tennis world championship, something like that. (罗列)

6. What's the difference between watching sports on TV and watching it live?

Well, the first difference is the cost. Watching sports on TV is usually free or requires a low subscription fee (很便宜的订阅费) , whereas going to a live game can be quite expensive. The cost of the ticket is usually very high, let alone (更别提) transportation, parking, and all the like (诸如此类的) . The second difference is the level of convenience (方便度) , watching

sports at home is quite comfortable and cozy. You can literally sit in your pajamas (套在睡衣里), lie/slump in your couch (躺着或瘫坐在沙发里), and enjoy the game. But going to a live game, you need to dress up a little bit and make an effort (下力气) to get to the place. It's more hassle (更多罪). But it can offer you a more immersive and exhilarating experience (沉浸式的, 令人兴奋的体验). You can cheer with all the other audience, feeling energized by the whole crowd (被人群填满能量), and seeing the players in real life. That's something that can never be replaced by watching it on TV. (区别比较, 分角度讨论)

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

You should say

What the book is

What is in this book

How often you read this book

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

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

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知识点: (详见群文件“音频版词汇集”关于书籍的表达总结)

1. types of books

Novel/fiction 小说; **documentary literature** 纪实类文学; **science fiction** 科幻小说; **Autobiography** 自传; **biography** 传记; **memoir** 回忆录 (比自传更随意, 文学性更强); **poetry book/anthology/collection of poems** 诗集; **crime book** 犯

罪小说; suspense and thriller fiction 悬疑小说; horror fiction 恐怖小说;

romance fiction 言情小说; cookbook: 烹饪书; short stories 短篇小说;

self-help book 心灵、头脑、理财、管理方面看了可以自我提升的书

tool book 工具书; handbook 手册; study book 学习的书; textbook 教科书

2. 形容书的表达:

- a page turner 好看到停不下来的书

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

- captivating/engaging/charming/interesting: 迷人的、有趣的
- amusing/entertaining: 有趣的、有娱乐性的
- adventurous: 充满冒险的
- fast-paced 节奏很快的

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

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

This book is unputdownable.

- From cover to cover: 从头到尾读完

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

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

So, the book I've read many times and found very useful is called "Authentic Happiness" by Martin Seligman. It's a self-help book (心理自助书) that talks about the concept of Positive Psychology, which is all about using positive emotions and actions to find long-lasting happiness and fulfillment (持续的快乐和充实感) in life.

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

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

So, I read the book, and it really spoke to me right away (立刻共鸣). I finished the book from cover to cover in three days, and I've read it multiple times since then.

What I really like about this book is Seligman's perspective on things. Instead of talking about what's wrong with our lives, he focuses on what happy people do and what we can learn from them.

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

This book definitely has a profound impact on me. It helps me see things so much more clearly. It helps me realize that having a healthy relationship or marriage can bring deep happiness, raising a child and giving love can be fulfilling, and finding and using our personal strengths wisely can lead to happiness and fulfillment. It also encourages me to

embrace my true self (拥抱真正的自我) instead of trying to be someone else.

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

Part3:

1. What kinds of books do children like to read and why?

Well, I think generally speaking, kids like books that are engaging (有吸引力的), fun (有趣的), and can teach them about things. They don't like boring content, that's why they will never like textbooks. And also, it depends on the age. For younger kids, they really like picture books with a lot of colorful and bright illustrations (插画) and then maybe other interactive elements (互动元素) like audio and lights. As they grow older, they are at the age where they really want to learn, they're very curious and full of imagination. They probably will like books with superhero stories and exciting plots (精彩的情节) or books that can teach them new things like science or history. (分群体讨论)

(之前书籍主题下面还有一道类似的题，针对年轻人：What are the types of books that young people like to read?)

Well, it's hard to generalize. Some young people like books that are suspenseful and thrilling, like crime books or detective books. This kind of books can help young people kill time and loosen up. And some young people, especially young girls, like to read romantic novels. They are quite entertaining and enjoyable, perfect for passing the time. (分群体))

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2. What can kids learn from books?

First, children can hone their reading skills (打磨阅读能力) and language skills (语言能力) through reading. Reading is a great way to help kids build vocabulary (建立词汇) and improve their grammar. A well-read (饱读诗书的) child is most likely more articulate (善于表达) than his peers. Secondly, books can teach kids about general knowledge around the world, whether it's history, science, or different cultures. Kids can learn those things in a very detail-oriented and in-depth way. And when kids read books, especially novels with plots and different characters, they get to learn empathy (共情) and develop their emotional intelligence (发展情商) by thinking from different perspectives and learn to put themselves into other people's shoes (换位思考). What else, reading can also help improve a kid's patience. Reading requires a certain level of concentration, which can help develop a kid's ability to pay attention for extended periods of time. There' re so many benefits of reading. (罗列)

(again, 内容很多, 选几条内容说了就好)

3. Do people prefer to read e-books or print books in your country?

People have different preferences. Some people, especially older people who are quite nostalgic (怀旧的) would prefer paper books as they are more tactile (有触觉的). I mean, you can hold the book in your hands, turn the pages, touch the paper, and smell the paper and the ink. Many readers love that part. And then, print books are easier on the eyes (眼睛轻松), there won't be eye strain (眼睛酸痛). On the other hand, there're also many people love E-books, especially younger generation. E-books are easier to carry around as they are lightweight. And you can stock multiple books (储存好几本书) in one electronic device, which is very handy (方便). And additionally, price-wise, E-books tend to be much cheaper than traditional books as they don't consume paper, and they are more environmentally friendly. (分群体讨论)

4. Do you think people need to develop the habit of reading and why?

Well, many people would say that we're now living in a visual-oriented age (以视觉为导向的时代) with the rise of the internet and social media (随着社交媒体的兴起), which means there has been a shift from reading books to watching visual content (有一个转变, 从读书到观看视觉内容) such as videos and photos. And they say, information is information. As long as we can get information and learn things, we shouldn't be picky/choosy with the format (对形式很挑剔). But I don't see it that way. I think it is still very essential to develop the habit of reading. Like I said, reading is learning things in-depth and in a more solid way (以扎实的带深度的方式学习). It's a great way to expand our knowledge and improve our vocabulary. At the same time, through reading, we can develop a lot of critical thinking skills. Another thing is, reading is silent, so you have a lot of time listening to yourself, your own inner thoughts, and actively think with the book rather than passively receiving information from the video. And also, reading is a great way to foster patience and let off the steam, meanwhile enjoy some solitude (享受独处时光). Therefore, it should still be a valuable habit to develop. (主流观点, 自己观点, 逆)

5. Do you think reading books can make people happier?

Yes, for sure. Reading books can bring people joy in different ways. When you read a novel, it's therapeutic and rewarding (治愈的、有成就感的), and it provides you with an escape from your reality (提供逃离现实的出口), which makes people feel lighter in mood and happier. Even if sometimes you cry with the story, it doesn't mean that you're sad. You're just experiencing this emotional connection (情感连接) with the book. And the fact that you're forgetting about your own trouble in life means this book is providing you with a positive energy. And then, some professional books can teach you a lot of useful things about the world and expand your knowledge (拓展知识). The feeling of learning is very rewarding. It brings people a sense of achievement (带来成就感). And when it comes to self-help books, all the advice and practical tips can give people a sense

of direction in life so they don't feel hopeless and clueless anymore. (分类讨论)

6. Do you think e-books will make people read more and why?

参照第三题里的语料自己回答。

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

You should say

What it is

How you find this job

What skills it requires

And explain why it is an interesting job.

知识点：

形容一个工作很适合自己：

- **This job is right up my alley.** 正中下怀，正好在我的领域里
- **This job aligns well with my skills and experience.** 和我的技术及经验达成一致
- **I feel like this job is tailor-made for me and my background.** 为我量身定制的
- **This job seems like a perfect match.** 老天为我打造的完美选择
- **This job would be an excellent fit for me and my career goals.**
- **Based on the job description (招聘要求) and my own experience, I feel like this job is a great fit and would allow me to excel (能够我让我充分发挥).**

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素材一：

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

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

In terms of what skills it requires to be a panda keeper, well, it actually requires a lot of hard work and dedication. Firstly, of course you need to have a deep love for animals, especially pandas, as well as the willingness to work long hours and get your hands dirty (长时间干脏活). Like, picking up the feces (粪便), cleaning pandas, and cleaning their dens (洞穴), making sure that they live in a place with good hygiene (卫生). And when a new baby panda is born, you need to hold it all the time, feeding it, petting it. Panda cubs (熊猫幼崽) are very needy and clingy (粘人的) little things, just like human babies (人类幼崽).

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

素材二：

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

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

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

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

Part3:

1. What are the most popular jobs for young people in your country?
I feel that China is very similar to the rest part of the world. The most popular jobs for young people are often in the booming tech industry (正在蓬勃发展的科技产业), such as software engineering, data analysis, virtual reality and artificial intelligence. China is also going through a digital

transformation (数字变革) and there's a lot of potential in the tech industry. And other jobs that I can think of are finance, marketing, e-commerce, especially e-commerce. We are the biggest online shopping country in the world. E-commerce is where all the investments go to. (罗列)

2. What is the difference between high-income and low-income jobs in your country?

First of all, the job requirements (工作要求) are different. High-income jobs often require higher and more advanced educational background with specialized skills, whereas low-income jobs tend to be more relying on labor (依赖劳动力) and require less education, such as people who work in manufacturers or construction sites (工厂或工地). And another difference is the wage (工资), of course. It's pretty self-explanatory (看名字就能理解). Typically, high-income jobs can offer a higher salary with better benefits, and low-income jobs will just provide minimal wage (提供基本工资) and fewer benefits. (罗列)

3. When is the right time for young people to start making serious plans for their future careers?

I feel that high school would be a good time to start thinking about things like this. Students can explore different career options and start asking their teachers and parents to get more information so that they can make a decision later on. It doesn't have to be a really clear career goal. They don't have to figure out everything (所有都搞明白) at that age, but at least they need to start thinking about their interests, strengths, their core values, and their priorities in life, do they want to keep pursuing higher education at university or get job training at vocational school (职业学校)? Things like that.

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4. Which job have the highest salaries?

To be honest, I'm not really aware of how much each industry makes. I'm just talking about my stereotypes (成见) here. Normally in China, people who work in finance and tech industry earn a really good salary with good bonuses, like investment banker (投行), software engineer, data analyst, product manager, jobs like those are really glamorous and well-paid (风光

钱又多) . And also, stereotypically, dentist, surgeons also make really good money. And then what else? Lawyer. Yes, lawyers are really well off, especially those ones who own their own law firms. (罗列)

5. Which jobs pay low wages but require a high level of skill?

The first thing comes to mind, social worker (社工) . This is such a meaningful but difficult job in my opinion. Social workers are so selfless (无私的) and they're always willing to help people in need, helping them with their families and communities, tackling a lot of issues (解决很多问题) such as mental health problems, violence, abuse, poverty, drug addiction and housing insecurity (精神问题、暴力、虐待、贫困、毒瘾和无家可归) . You need to be really loving and caring, really strong and tough, and have a high level of education related to psychology. And yet they are paid relatively low and that's really unfair. (原因)

6. Do you think it's important for secondary schools to offer career advice to students?

I believe it's absolutely important. Many students are too young to figure out what they want in life. They are very unsure about their career goals and they are not even aware of the job options out there on the job market (就业市场) . Therefore, schools should definitely enlighten them, and help them make decisions. As a matter of fact, I see countries like Canada and the States, high schools provide all kinds of job advice and training programs to let students experience working life. For example, they have hair-styling program, landscaping program, cooking and baking program. Students can go to different programs, try it out and figure out what they like and dislike. I think this is so smart. Students can definitely know themselves better through these programs. (原因, 例子)

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

You should say:

What it is

What you do to celebrate it

Who you celebrate it with

And explain why you enjoy it.

知识点：

和传统节日庆祝有关的表达：

- **Get reunited** 团圆
- **Moon Festival/ Mid-autumn Festival** 中秋 (15th day of the 8th lunar month)
- **Duanwu Festival/ Dragon Boat Festival** 端午 (the 5th day of the 5th month of the lunar calendar)
- **Chinese New Year/ Lunar New Year/ Spring Festival** 春节 (falls between late January and mid-February)
- **The celebration takes place on (date)/ falls on (date)**
- **XXX is celebrated on (date)**
- **Lunar calendar** 阴历
- **Mooncake** 月饼
- **Dumpling** 水饺
- **Zongzi/ traditional Chinese rice-pudding** 粽子
- **Appreciate/worship the moon/ the beauty of the moon** 赏月、拜月亮
- **Express gratitude/ practise gratitude** 表达感恩，实践感恩
- **Solve/do riddles** 猜字谜
- **Have reunion dinner** 吃团圆饭
- **Watch Chinese New Year's Gala show** 看春晚
- **Exchange red envelope/ hongbao** 交换红包
- **Set good wishes to each other** 祝福好运
- **Fireworks and Lion/Dragon Dances** 烟花和舞龙舞狮: **Set off fireworks and firecrackers to scare away evil spirits** (赶走厄运); **lion and dragon dances are performed on the streets to bring good luck** (带来好运)。
- **Dragon boat races: Teams paddle in long and narrow dragon boats** (划细细的龙舟) **to the beat of drums, competing in races in a river or a lake.**

- **Hanging Pouches (挂香囊) : People hang silk pouches filled with herbs around their homes to drive away (赶走) evil spirits and bring good luck.**

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

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

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

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

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

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

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

Part3:

1. Is it important for children to learn traditional festivals at school?

It's so essential. The way I see it, schools really play an important role in (其重要角色) teaching children about their own cultural identity and heritage (文化认同感和文化传承), and bring everybody together (把大家团结在一起) and promote a sense of community (促进团体感). Through learning about traditional festivals, children can have a better and deeper understanding of (更好的理解) who they are and where they come from (自己是谁, 从哪里来), and then gain a deeper appreciation of their own culture (对自己文化的欣赏). They will have higher self-esteem and feel proud of who they are. (原因, 正向假设)

2. Do children like to learn about traditional festivals?

Some do and some don't. Some kids naturally feel connected to their cultural root (文化根基) and are very interested in all kinds of traditions, whereas some kids couldn't care less (完全不关心) about things like this. And also, I feel that it has a lot to do with (与……有很大关系) the style and the way of teaching. If school teachers (学校老师) can teach traditional festivals in a very fun and engaging way, for example, playing games, playing musical instruments, learning to sing a song, or doing stage plays (舞台剧) by wearing traditional costumes, I think kids will naturally feel more engaged in learning. (分群体+假设+举例子)

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3. Why do people hold events to celebrate?

Some people have a strong sense of ceremony/ritual (仪式感很强), they love holding events such as birthday parties, weddings and anniversary dinners in order to create lasting memories (长久的回忆). I think it's a really beautiful thing to do. Personally, I'm the kind of person who loves hosting events for special occasions (直播课经典句型). For me, that's the best way to celebrate the moment. And also, those celebrations can bring people together and express gratitude, joy, and appreciation towards one another. (原因)

4. Are traditional festivals disappearing?

I wouldn't say that traditional festivals are disappearing completely, but there is definitely a shift (一个变化转型) towards more modern and commercialized celebrations, for example, Valentine's Day, Double 11 day (Chinese black Friday 中国的黑五). However, I still see people who continue to value and celebrate traditional festivals. So, I don't think we can say that they are disappearing altogether. (细节)

5. Is music important in traditional festivals?

Yes, big time (太重要了)! For me, music is so vital in different occasions, not just traditional festivals. It can set the mood (奠定情绪基调) of doing certain things. So, during traditional festivals, say, Spring Festival, I always play really festive and upbeat (带有节日气氛又欢乐的) traditional Chinese music to create an atmosphere (渲染氛围) for New Year's celebration. When I hear the traditional instruments being played in the music, it immediately puts me into the mindset of the celebration. (原因, 举例子)

6. Do you think good food and drinks are important for celebrations?

I feel that any celebrations are always and should always be associated with good food and drinks because it's an all-encompassing (全方位的) experience, right? You celebrate the event by eating and drinking and having a good time. Good food and drinks can definitely enhance the whole experience (改善体验感). I remember one time I went to my friend's wedding anniversary dinner and they had the best food and wine accompanied with music. I had such a blast (玩儿得如此之快乐) that up until today (时至今日) I still remember that dinner. But I also have memories like going to a birthday party with terrible food and drinks and end up wanting to leave the party sooner. (原因, 举例子)

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

You should say

What the invention was

What it can do

How popular it is

And explain whether it is difficult or easy to use.

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知识点：

相关表达：

- **gadget** 小装置、小发明
- **life-changing** 改变生活的; **a life-changer** 改变生活的事物或人
- **game-changing** 改变生活的 (同上) ; **game-changer** 同上
- **life-saving** 拯救生活的; **life-saver** 拯救生活的事物或人
- **irreplaceable** 不可替代的
- **I can't imagine my life without it!** 想象不出来生活里没有它会怎样。
- **functions and features:** 功能与特点 (特点往往是突出性能的卖点)
- **State-of-the-art technology/ Advanced technology/ Cutting-edge solutions** 最最前沿的科技、解决方案
- **Revolutionary technology** 革命性的科技
- **household appliances and electronics** 家用电器
- **ancient times** 古时候
- **back in the old days** 同上
- **brighter than a bulb** 聪明得像电灯泡一样

Jon is brighter than a bulb. I'm not surprised he invented that.

- sharper than a pencil 比铅笔还尖 同上
- ahead of his/her time 走在时间前面

Thomas Edison was way ahead of his time! If only he could see the fruition of his invention today (要是他能看到自己的发明如今结下的果实该多好) .

- The internet has accomplished amazing things in more areas of life than we realize.
- The internet brings knowledge and information of the world to our fingertips (把知识和信息带到我们的指尖) .
- This laid the foundation work for another revolutionary invention, which is...

这个发明给另外一个革命性的发明奠定了基础

素材一 (网络) :

There're so many amazing and life-changing (改变生活的) inventions in our lives. And the one I want to talk about today is: the internet.

It was invented in the 90s, in the 20th century. And ever since then, it has been bringing accumulated knowledge (累积的大量知识) and information to our fingertips (指尖) . And it also has changed the way we live dramatically.

Regarding how popular it is and how difficult it is to use it, well, it's so popular that I don't know anybody who doesn't use it except for those 80,90-year-old grandmas and grandpas. I mean, it's so easy to use and so irreplaceable (不可替代) in our day-to-day life (我们的每日生活) .

In terms of what it can do, well, you can use the internet to do so many things, more than you could ever imagine. (以下关于网络的功能的内容不用都

说, 太多啦!)

Some people, especially the young use it for educational purposes. I do it all the time. I'm a big fan of online education. The internet allows education to take place anywhere and anytime. You don't have to go to

physical classes (实体班级) anymore, you can just turn on the computer, get online and learn like a sponge (像海绵一样学习) ! There're all kinds of online courses (线上课, 就像 tara 老师我的课, 哈哈) that are much more affordable and free online information accessible (可以方便获取的) .

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And then, we use the internet for shopping. E-commerce is a big deal nowadays (电子商务是件大事儿) . Back in the old days (曾经的岁月里) , people used to spend a lot of time going to different shops and stores, checking products, and making decisions on what to buy. Shopping was a decision that was thought through (精心考虑过的) . But now, there're endless sites (网站) from which you can get information and buy the latest brands online. You just need to browse and click (浏览和点击) , and things will be delivered to your door! It's too easy. Therefore, impulsive shopping (冲动购物) is unavoidable (不可避免的) . (时间分层)

And what else, we use the internet to connect with one another (连接彼此) . The internet laid the foundation work for another revolutionary invention, which is social media (自媒体) . Social media indeed has changed our personal space, the way we interact with our loved ones (我们的爱人) , our friends and family, and even with strangers online. We rely heavily on (深度依赖) the internet to connect with people, communicate with each other, and network with new people. Face to face communication (面对面交流) is still relevant (重要的, 存在的) , but sometimes it seems that people prefer to check in with each other (关心、询问彼此) online in this fast-paced modern time. It's less time and less effort. We're getting lazy on socializing with people.

还有很多其他的影响，比如 **for entertainment, for work, for doing business...**

So, yeh, that's the invention I'd like to talk about today. Thank you!

素材二（健康手环）：

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

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

Using a fitness band is easy peasy（简单）。Simply put it on your wrist（带
到手腕上），sync it with your smartphone（和智能手机同步），just a few taps
and swipes（点一点，刷一刷）and you're good to go（你就可以上路了，用起
来！走起！常见句型）。Most bands come with（自带）user-friendly apps（使
用很简单的 app）that provide a simple and clear interface（简单又清晰的互动
界面）for you to access all the data it collects（获得所有收集的数据）。You
don't need to be tech-savvy（高科技小达人）to use it.

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

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

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

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

Part3:

1. What qualities do inventors have?

Well, firstly, many people don't talk about this, but I think inventors are (air quote 空气引号) "lazy people" who see things not working properly and therefore want to make life easier and better. They always want to find the path of least resistance (找到最小阻力, 走捷径). So, they use their problem-solving skills (解决问题能力) to invent things that can change our lives. And also, they have a strong sense of creativity (创造能力). They have the ability to think outside the box (发散思维, 想到与众不同的点子) and come up with different and unique ideas and solutions (提出不同的解决方案). And what else, inventors are most likely curious people. They have this strong sense of curiosity that inspires them to constantly explore and discover new things. They are all the time asking questions, seeking answers, and looking for solutions. And of course, if you want to be able to invent something wonderful, you have to spend years, really knuckle down (认真工作) and throw yourself in the mission (全力以赴). So

perseverance (坚韧) is another valuable quality because they often face challenges and failures along the way (一路走来). Not giving up, keep trying and believing themselves are all essential traits (优点). (罗列)

2. Do you think only scientists can invent new things?

No, not at all. Even though scientists are the main contributors (主要贡献者) in the realm of invention, still inventing new things is not just limited to (不仅限于) scientists. Actually, it can come from anybody, you and me, even kids. Actually, I know there are many kids who have invented super cool and unique things. And I guess they are at an age where they are learning new things every day, and they are curious and full of imagination. They are very passionate about the idea of inventing things and changing the world. So actually, kids can contribute a lot to the world of invention. (主流现象, 自己独立观点)

3. What inventions do you think should be improved?

One thing I can think of is the smartphone batteries. I mean, how hard can it be to come up with a solution to extend the battery life (延长电池使蓄电能力)?! I mean, I'm so fed up with (受够了) having to charge my phone constantly all the time. In a time like this with all the cutting-edge technologies (前沿科技) everywhere, how come we're still so frustrated with tiny problems like this? And also, home appliances (家用电器), that's another thing. Some of them are so difficult to use and it's super unnecessary. I really think there needs to be improvements in home appliances on the whole (总体), such as a smarter and more intuitive interface (更加智能+直觉简单型界面), energy efficiency solutions, and easier maintenance. For example, I've just bought a new cooking machine, and I still haven't fully figured out how to make the most of it (最大程度利用好它). (罗列)

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4. Are there any other inventions that make the world better?

Wow, there are so many, I don't even know where to start. To name a few (简单举几个例子), in the medical world, vaccines. That's like the best invention ever in the 20th century. And then for entertainment, TV, radio, DVD players, the internet, live-stream platforms, people have so many ways to get entertained. And for transportation, cars, airplanes, the list

just goes on (说都说不完) . I'm so grateful to be able to live in a time like this where I have so many wonderful inventions to make my life so much easier and better. (罗列 列举)

5. Do all the inventions bring benefits to our world?

Definitely not. Every coin has two sides (凡事都有两面性) , even with inventions. The first thing comes to mind is the environmental impact. Some inventions definitely can bring damages to the natural world. For example, transportation tools like cars, ships and airplanes. They collectively emit a huge amount of greenhouse gases (释放大量温室气体) which is the main reason that causes global warming (全球变暖) . And also, social and psychological impact. Some inventions really can negatively affect people's mental health, such as social media. The prevalence of social media (社交媒体的盛行) also leads to cyber bullying and trolling (网络霸凌) , which is such a huge issue nowadays, especially among young people. (罗列)

6. Who should support and sponsor inventors? Governments or private companies?

I would say both. Governments make the necessary policy and provide funding, while private companies bring industry expertise, and market resources. For governments, they can set up scholarships, funding programs (建立奖学金、基金项目) to sponsor and support inventors, create policies that promote innovation. Governments can also support educational programs for young people to foster creativity and innovation. And then, for private companies, they can invest in innovation activities, bring in expertise (带来专家支持) , and provide access to marketing networks (提供市场渠道) . This is a win-win situation (双赢局面) for both companies and inventors. (分类、分角色讨论)

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地点题：

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

You should say

Where it is

Who you were with

What people were doing there

And explain why there were lots of people

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

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

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

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

Moving on to what people were doing there, well, some people were sitting alone, sipping their coffee (抿着咖啡) and being hooked on/immersed in their books or whatever they were doing. Others were

having conversations with their friends or colleagues, discussing work or catching up on their lives (交换信息, 互通有无) . There were also some people in small groups who seemed to be having meetings or discussing some business ideas. (分群体)

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

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

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Part3:

1. Where do young people like to go?

① Well, for people who are into food and drinks/ foodies (吃货) , they love going to cafes, bars, restaurants to spend time together, meanwhile serviced with nice food and drinks; And for those who are music lovers/ music buffs (音乐爱好者) , concerts, music festivals, or music halls, would be an ideal place to go; what's more, for young people who love sports/ are sporty (喜欢运动的) , gyms, sports centers, or some outdoor sports fields, like a basketball court, a football pitch would be the place to go. Other than that, to name a few more (再列几点) , movie theaters, shopping malls, or even parks, those are all pretty popular locations for young people to kill time. It really depends on their personal interests and preferences. (分群体)

② Well, in general, young people tend to gravitate towards (重心朝向) places where they can socialize, have fun, and meet new people. Like, a movie theater, a shopping mall, a bar, a restaurant, or a park. (原因)

2. Are people happy living in crowded apartments?

I feel that most people wouldn't enjoy a crowded living space. They may feel claustrophobic and anxious (幽闭恐惧症的、焦躁). But it's possible that some people find crowded apartments cozy and intimate (温馨又亲密), as people have very different preferences. Additionally, factors such as the location, amenities (配备的设施), and overall quality of the apartment can also play a role (重要) in determining if people feel happy or not. (主流情况, 特殊情况)

3. Which scenic spots will have queues of people?

The most famous landmarks in the world will always have queues of people. There's no doubt about it, especially during holiday. I remember, one spring festival, I went to the West Lake in Hangzhou with my parents. OH my god.... I didn't really see the lake, it was an ocean of people. (讲故事)

4. What are the advantages of living on a higher floor?

So the pros of living on a higher floor are. Firstly, the views are better. You may be able to see the city skyline far away in the background, or even the rolling mountains (绵延的山峦) in the back. Nothing can beat those gorgeous views; they can put people in a great mood; Secondly, the higher you live the more sunlight you will get. For people who can't live without natural light, that would be a big big bonus (奖赏)! And thirdly, higher floors tend to be quieter than lower ones, as they are further away from street level noise (街道上的噪音). Anything else...? Ah yes, security could be another benefit, as it is harder for intruders (闯入者) to break in. (罗列)

5. What are the disadvantages of living on a lower floor?

Well, firstly, there may be more noise from the street or from neighbors above. Secondly, you won't be able to see those views. And also, there

may be less natural light and fresh air. What else, there may be a higher risk of break-ins or theft. I don't like living on a lower floor, haha! (罗列)

6. What do you think of the phenomenon of people queuing in restaurants for more than an hour? (两个版本回答)

① Personally, I think it shows that the restaurant has a great reputation for its food and service. To be honest, I'm one of those people who could queue for more than an hour, haha, I don't mind it. I think good food really worth the wait (好食物值得等待). It's way to show your respect. So, if I had the time, the curiosity and the willingness, I would wait for more than an hour. (原因)

② More than one hour?! Oh I hate it. I find it really silly and sad. Unless it's 5-10 mins, then I'll be OK with it. But that's the most I can put up with (能忍受的极限). Waiting for more than an hour to get a table in a restaurant sounds so frustrating, time-consuming and pathetic (可悲的). I think a restaurant is just a restaurant, they shouldn't turn customers into slaves (不该把顾客变成奴隶). That makes me feel inferior (下等人的) and shameless. I prefer to go to restaurants where I can get a table quickly and enjoy my meal without having to wait. (原因)

Describe a new shop that has recently opened in your town/city (新开的店)

You should say

Where the shop is

What it sells

Who goes to this shop

And explain how successful you think it will be in the future.

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

In terms of the whereabouts (所在之处), the coffee shop is located on the corner of the main street, just a short walk from the university entrance (大学正进门处).

Regarding what this shop sells, well, it's a coffee shop, so obviously they have coffee and freshly baked pastries. In addition to (除了) serving delicious coffee, this shop also sells various types of coffee beans (咖啡豆) and ground coffee (咖啡粉). The baristas (咖啡师) there are very knowledgeable and can help customers choose the right product based on their preferences. This shop also offers snacks and baked goods, for example, croissants (牛角), muffins (玛芬), and scones (司康), which are freshly baked every morning.

(I remember, the first thing that caught my attention when I entered the coffee shop was the atmosphere/vibes (氛围) of the place. The shop was decorated with lots of plants and colorful art pieces, which created a cozy and welcoming ambiance. I went there with a couple of my classmates, and we ordered a few drinks and some pastries. The coffee was delicious and the pastries were out of this world (全世界最好吃).) 这一段不一定要说

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Last few times when I was there, I noticed that the coffee shop was attracting a diverse group of people (很多元化的人群), from university students studying for exams to professionals having meetings or friends catching up with one another, and even some tourists. The baristas were friendly, knowledgeable and skilled, and they made an effort to chat with customers and make them feel at home (让他们感到宾至如归). I think this

is one of the reasons why the coffee shop is already very popular and successful, as it's not just a place to grab a drink or a bite (随便喝一口吃一口), it's a place where people can connect and make new friends.

Overall, I think the coffee shop will become increasingly successful in the future. It's in a great location, it has a great atmosphere, and it offers delicious coffee and incredible snacks. Plus, I can't speak highly enough of the service (服务已经好到不能再好了) I received there. The baristas were super friendly and attentive (留心的). They made it a memorable experience for me.

So, yeh, that is the coffee shop. Thank you!

Part3:

1. What kinds of shops are popular in your city?

几种类型都来一遍:

① Nowadays one type of shops is popular in my city. I don't even know how to define them. They are stores that have a little bit of everything (什么都买) related to daily life. From books and music CDs to home decoration products and art pieces. It's like shops about home and lifestyle (生活馆). Haha. Anyway, we have several shops like this in my city, one is called XXX, there's another one called YYY, and another one that I don't remember the name...but, I guess my point is, each time when I go there, those shops are always teeming with/packed with people (人很多).

② Specialty shops (专卖店) such as boutique clothing stores (精品服饰店) or healthy organic food stores (健康有机食品店) are also becoming increasingly popular. These shops offer unique and high-quality products that cannot be found in larger chain stores.

③**Coffee shops** are very popular in my city. These shops are great places for people to relax and socialize, and they often have a cozy environment that is perfect for studying or reading.

2. Why do young people enjoy going to some boutiques? (精品店)

I think, boutique stores are more unique and in style. Young people can always find trendy fashion items (流行的时尚单品) in boutiques. They just want to be different, be able to stand out from the crowd (与众不同). (原因)

3. Do you think location is the key factor that attracts customers?

Location definitely plays a huge role in attracting customers. If a business is situated in a convenient location, it can make a big difference in terms of customer visits. For example, a coffee shop located in a bustling downtown area or near a busy transportation hub (交通枢纽) will likely get more customers than ones in those less busy locations. However, that being said, location is not everything, it's not the only factor that determines the success of the business. Other factors such as product quality, customer service, and pricing are also very important. (正向假设, 举例子, 转折)

4. What's the difference between a small shop and a large shop?

Well, first of all, small shops are usually more personalized, and the staff tends to be more attentive. Customers like how those small shops have their own personal touch (个人风格) and how nicely they're treated.

That's what makes them unique/ stand out from the rest of the competition (从竞争中脱颖而出). But at the same time, they often have a more limited selection of products and the prices may be higher than those larger shops. On the other hand, large shops tend to have a much wider range of products. But they may lack the personal touch and attention to detail that smaller shops can offer.

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5. How important are price and quality in influencing customer behavior?

Price and quality are the most crucial factors in businesses. You might have the highest quality product, but if you set the price too high (定价太高), you still don't get a lot of clients. And if you set the price very very low, but with the worst quality stuff, people still won't buy. There should be a good balance between price and quality in order to satisfy the needs and expectations of customers. (假设, 原因)

6. Why is cheap fashion so popular?

The way I see it, A, cheap fashion/fast fashion is cheap, therefore, more affordable. It's the perfect solution for people who can't afford high-end designer clothing. And B, fast fashion retailers like H&M, Zara, Mango, they produce new styles at a super rapid pace, allowing customers to keep up with the latest fashion trends without spending every penny they have in the bank (不用把钱花光). However, the downside of cheap fashion is that it can be harmful to the environment and workers in the fashion industry, as it often involves unethical labor practice (不道德的劳动剥削). (罗列, 转折)

Describe an ideal house you would like to have (理想的房子)

You should say:

Where it would be

What it is like

What special features it has

And explain why it would be your ideal house

又是虚拟语气, 表示意愿和想象的一个主题!

知识点:

形容家的一些表达:

- **my own space** 我自己的空间

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

I really enjoy my time alone in this house.

- **take some “me” time** 花点时间陪自己
- **This house 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 house 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

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Ok, my ideal house would be located in a coastal city where I can have access to the beach, like, Qingdao, or Sanya, but not right next to the beach. I know, many people would love to have a beach house, but I don't. For me, it's too humid to live at the beach, it's not good for my health, and also, it will cost a lot of money to maintain/take care of the house (维护照顾房子) . Besides, normally there'll be a lot of things going

on (很多活动) near the beach. I just want to avoid the hustle and bustle (忙忙碌碌), and have my inner peace (内心的平静).

I would like to have the house located in the woods (树林里), surrounded by tall and green trees. I love vegetation (植被). All the trees can clean the air, and fresh up the environment.

And, in terms of the look of the house, I don't really care about the façade (外立面), so it doesn't have to be super fancy-looking (看起来华丽丽的样子). I enjoy a cozy cottage look (温馨度假小屋风), so I would want this house to have a cottage style to it. For me the most important thing is what it features inside (里面有什么特点).

First, I love natural light, so I would want each room to be filled with sunlight. Each room needs to have big floor-to-ceiling windows (落地窗) to let the sun get in. And then, since I'm a foodie (吃货) and love cooking, I'll spend a lot of time in my kitchen. I would like to have an open-concept kitchen (开放式概念的厨房), it would be an all-white kitchen (全白厨房), a little bit vintage style (有一点小复古风), and there would be a big island (岛台) in the middle, with a beautiful marble countertop (大理石台面). It would be a place where all my family members could cook together and have meals together.

如果不爱做饭，喜欢游戏：

And then, since I'm a gamer (游戏玩家) and love entertainment, I would like to have a recreational room (娱乐室), AKA "man cave" (男人的老穴) / girl cave. There, I would put my X-box, my big TV, and two giant speakers (音箱), and also a very big and comfy sofa bed (沙发床) where I could sink in (陷进去) and just play games all night. And I would like to put a pool table (台球桌) next to the game station, so that I can invite my

friends over for some games. What else, I might also put a bar in my man cave, so when my friends are with me, I can host a little party there.

Oh, another thing (还有一件事儿), I wish I could (我很希望) have is a home library (家庭图书馆) where I can put tons of books on the book shelves, you know, just like those you see in the movies. I might not read all of them, but they definitely look pretty cool. I would have a reading corner/nook in the room with a beautiful yellow fabric armchair and a reading lamp. I would spend a lot of time snuggling up (蜷缩) with a good book in that chair, reading and enjoying my time alone.

What's more, I would love to have a big back yard where I could grow some plants and flowers, and the whole back yard would be filled with a sweet scent/gragrance (芳香) of different flowers in spring time.

(这一段先是总结描述, 后是分区域讨论, 各个空间都可以说一点。不需要说这么多, 挑及两个亮点空间说就好了)

Yeh, I would love to live in a nice place like what I've just described. It would be in a great location and everything would be designed to my liking. It would be my sanctuary/ my retreat where I could enjoy the tranquility in life and quality time with my family. Thank you!

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Part3:

1. What are the most common architectural styles in Chinese cities?

I'd say that the MOST common architectural style in China is this modern and international urban style (现代的、国际化的都市风格). I mean, those high-rise buildings and skyscrapers (摩天大厦) you see in most big cities in China. To me, it makes sense (是合理的) because China is a such a densely populated (人口密度大) country and having tall buildings is one of the solutions for creating more living space for citizens. But it doesn't

mean that (但这并不代表) you cannot see any trace of traditional architecture, no, traditional Chinese architecture styles, such as temples, pagodas and courtyard houses (庙宇、宝塔、四合院) can still be found in many cities, especially in those historic districts. For example, in Beijing, you still can see so many courtyard houses in those old town areas near Forbidden City (故宫). Additionally, Western architectural styles, such as Gothic style (哥特), can be quite common in some Chinese cities with a colonial history (殖民历史). Like, Tianjin and Fujian Province. So, yeh, we have a variety of architectural styles. (主流情况, 特殊情况补充)

2. What's the difference between an apartment and a house?

Regarding the space, normally, houses are bigger than apartments. People who choose to live in a house tend to be the ones who want to have more living space, for example, a growing family (正在生长壮大家庭). On the other hand, apartments are smaller in size, so they tend to attract younger people, such as university students or young professionals (年轻的职场人), who are looking for a more affordable and convenient living option in the city. And then, in terms of maintaining and cleaning (打理和清洁), generally speaking, apartments are smaller and have less outdoor space, which can make them easier to clean and maintain. Whereas, houses are larger and have multiple floors, and outdoor space, it's a lot more work (工作量更大). But for some people, the biggest pro/perk (最大好处) of living in a house is that you GET TO have a yard or a garden. Having trees, plants and flowers in your garden or yard is a very attractive concept (吸引人的理念). Many older people love the idea. And then, location is another important factor that can vary between apartments and houses. Apartments are often located in urban areas, with easier access to public transportation, shops, and restaurants. Houses, on the other hand, are often situated in suburban areas, which can offer more space, privacy, and a quieter environment. BUT, it's not as convenient as

living in the city. And finally, in terms of privacy, apartments are not that sound proof. So, sometimes, you can hear what your neighbours are doing because you share the same wall. But you won't be sharing any walls with anybody when you live in a house. (分类讨论) (不需要都

说!!!! 我只是给你列了所有我能想到的, 太长了, 考试时候说不完的)

3. What's the difference between living in a countryside and living in the city?

In the countryside, everything is slower and more relaxed. You can live in a big house with a big backyard, and enjoy a stronger connection with nature (和大自然的连接) and a sense of community (社区感). It's quieter with cleaner air. There are plenty of outdoor activities, you can go hiking, fishing and camping in nature. But the downsides (缺点) are, at least in my opinion, there're fewer people, so fewer cultural activities and less access to public transportation and amenities (享受性质的配套设施), like bars, restaurants, cafes and shops. Meanwhile, living in the city is convenient, fast-paced, and with more job opportunities. If you need to find a job, go to the city, not the other way around (而不是反方向). For most young people, their careers are their everything. Their worlds revolve around (围绕着) their jobs. That's why most young people choose the city over the countryside. And also, living in the city is fun and exciting. There's always something going on (总是有事情有活动) in the city. You have a variety of options when it comes to social life. Go to parties, watch some shows, meeting new people, much more vibrant (有活力的). You can have easy access to public transport, restaurants, malls, schools and hospitals. You can have everything delivered to your door in the city. So it's definitely much more convenient. (对比区别讨论)

4. What are the advantages of the facilities of the apartment and the facilities of the house?

I really don't know how to answer this question. In China, if you live in an apartment, you don't really have great facilities or amenities. I know that in western countries (西方国家), apartments or condos (公寓) typically

come with (自带) shared facilities/amenities (共享的设施) such as gyms, swimming pools, and laundry rooms, which is really thoughtful and convenient. But in China, we don't really have that culture. We might have a community centre (社区中心) with tennis courts and libraries, but that's not common, only in super fancy communities. On the other hand, I've never lived in a house, so I don't have any knowledge in that part. I know that houses usually offer more storage space, outdoor space and gardens. They also often come with garages and attics (车库和阁楼). But I don't know anything else other than that (除此之外). (对比区别讨论)

5. What difficulties do people have living in the city?

High cost of living (高生活成本), traffic jams, air pollution, small living spaces, stress and loneliness (maybe). (Loneliness in the sense that you live by yourself in your small apartment without really knowing your neighbours, as everybody is busy living their own lives.) Those are the major problems of living in the city. I guess that's why many people would choose to move out into the suburban areas when they start growing a family. (罗列)

6. What can be done to reduce stress of city life?

I find it really helpful to stay both socially and physically active (社交、生理上都保持积极). Doing sports, working out, practicing yoga, connecting with nature, these are all great stress relievers (减压神器). And meeting up with friends, bonding and spending quality time together, having heart-to-heart conversations (交心聊天) and talking about your issues (聊聊自己的问题), also help let off the steam (减压). In addition, eat healthy and sleep well is also key. As the saying goes (就像那句话说), "your body is your temple" (你的身体是你的神殿). You need to take care of your temple. Maintain a healthy diet, get all the nutrients (营养元素) your body needs, rest fully and properly, when your body feels great, your feel great. (罗列)

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Describe a place you plan to travel to that is far away from your home in the future (未来想去的遥远的地方)

You should say

Where it would be

When you would like to go

How you would like to go there

What you will do there

Who you would go with

And explain why you would like to visit the place.

(这么多问题不一定真的同时都存在。不一定要强制都回答)

知识点:

一些形容城市的表达:

- **Beijing tends to attract a lot of people because of the job opportunities there. Many of them are NGOs and government centered jobs (NGO 非营利性组织和面向政府的工作) .**
- **It's got amazing and rich culture, all kinds of social, cultural and arts activities, it's a city that never sleeps (不夜城) .**
- **It's also a little bit more laid-back (慢节奏的、慵懒的) than other big cities in China, like Guangzhou or Shanghai. Life seems to move slower in Beijing (北京的生活似乎会过得更慢一些) .**
- **One thing I love the most about Beijing is the local people there. They are very outgoing and friendly, very willing to communicate with others. Last time when I was there, I had a great time.**
- **Shanghai is one of the most dynamic and exciting cities in the world. It is constantly changing (总在不断变化) , there's always something going on (总有事情在发生) , and there are new people moving to the**

city, from all over China and the world, every day. For me, it's a city that's full of adventure and hope. I visited Shanghai several times. Nightlife there was amazing. Food choices were mind-blowing. It's a paradise for a foodie (吃货) like me.

- Dali just a different world in comparison to costal cities in the east part of China. It has so much to offer to people who live there (能给人们带来太多好东西), like, super clean air, great weather all year round (四季如春的地道表达), and stunning natural sites everywhere. People there are so friendly and laid-back. It's an ideal place to enjoy the life.
- There're a lot of hidden spots/ secret attractions (隐藏景点) in this city.
- The food options (食物的选择性) are crazy here.
- Night life in this city is mainly about outdoor beers and street food, and accompanied by live music and the like (等等).
- I especially love XXXX in this city. It's a beautiful neighbourhood that is full of beautiful homes and brick apartment buildings (砖墙公寓楼), along with art galleries, delicious restaurants, and antique stores (古董店).

Well, a city that I would want to travel to, is NYC, New York City (纽约).

I've known NYC since I was a little kid through Hollywood movies and TV series. In my mind, I feel like I already knew this city pretty well, I've never been there yet, but I'm already in love with this city knowing what it can offer to people (在知道这座城市能给人们带去什么魔力的情况下, 我已经爱上它了).

I just want to experience its fast-paced lifestyle. It's a city that never sleeps/it's a 24-hour city (24 小时的不夜城). I mean, there's always something going on (总是有活动). It's got an amazingly rich culture that

attracts people from all over the world. It's famous for its countless museums and galleries. It's like a paradise for people who are into history and art. Personally, I'm an art lover (美术爱好者). So, going to the Metropolitan Museum of Art, MOMA, and Guggenheim, would be my plan for the first couple of days.

Not just that, it's also the heaven for foodies. Food options are crazy/mind-blowing in NYC (这里的美食选择特别丰富). You can find any type of food there. From world-class Michelin star fancy restaurants (世界级米其林三星华丽餐厅), to casual affordable hole-in-the-wall hidden places (随意又便宜、隐藏在小巷子里的小馆儿), you can find anything. It has thousands of cafés where you can just spend the day sitting on the street patio (街边露天餐区), sipping coffee, and watching the world go by (看世界与人潮). When I travel to NYC, I'll make sure that I would spend enough time in those local cafes and restaurants, to soak up the food culture (吸收美食文化) better.

(以上两段内容很多，一定删减一下！)

In terms of when I would go and with whom, well, hopefully as soon as possible, as long as the budget allows (只要预算允许). I mean, I've been saving up (存钱) for my NYC trip for quite a while. And to be honest, I'd rather go there myself as I want to fully immerse myself in the culture (沉浸在文化里) and make some local friends there. New Yorkers are famous for being super nice and sociable. And if I go there with somebody, chances are (很有可能) I wouldn't be "desperate" enough to talk to strangers on the street. So, I know that pushing myself out of the comfort zone (逼迫自己走出舒适区) is a good way to make new friends.

So, yeh, that's the city that I want to travel to. Thank you!

Part3:

1. Where do people usually travel on holidays?

Well, people go to all kinds of holiday destinations (度假目的地) based on their own preference. Many people, especially young people, love going to cosmopolitan cities (大都市) like New York City, London, Paris, Tokyo to explore the fun and exciting/bustling nightlife, shopping districts, fancy hotels and restaurants. And there are people who are attracted to natural sceneries (自然风景), especially places with the sea and beach.

People love going to Thailand, Mexico, Mediterranean countries to enjoy the sun and unwind on beautiful beaches (在沙滩上放松). And there are also people who are really into historical and cultural cities. People who are history lovers will go to places with rich historical and cultural heritage, such as Rome, Madrid, and Istanbul. For those people who are parents, they might make decisions based on what their kids like.

Probably theme park (主题公园) destinations would be the number one option for them, such as Disneyland, Universal Studios and Wonderland. (分群体)

2. Why do some people think it's enjoyable to stay at home on holidays? Believe it or not (不管你信不信), traveling is not for everybody (旅行不是适合所有人的). Some people just think it's too much effort and money. You need to prepare for the trip (准备旅程), book up hotels (定酒店), pay for flight tickets (买机票), and make itineraries (做日程计划), and organize the whole trip with attention to detail (细节至上地组织整个旅程). It requires a lot of management skills. and not to mention, you'll spend quite a lot of money. Some people just couldn't be bothered to go through that (懒得经历这一切). For them, holidays are supposed to be relaxing and easy (假期本该是放松又轻松的), so they'd rather spend that time at home, just pamper themselves (疼爱自己) by eating healthy, resting well, going to the gym, spending time with friends and family, you know, take a break from their work and recharge. I kind of get it (我有点能理解), to be honest.

Sometimes I end up feeling even more tired after spending my holidays traveling in another country. (原因, 细节)

3. How do students who have taken a gap year differ from other students?

Students who have taken a gap year normally have the experience of traveling and working a bit, they could be different from other students knowledge-wise (从知识的角度), experience-wise (经验的角度), skill-wise (技能的角度), and motivation-wise (内驱力的角度). When you travel more and gain some hands-on experience (实践经验), you become more knowledgeable about the world. The experience itself can broaden their perspectives and improve their capability of understanding people and different cultures. In terms of skills, during this gap year, probably they have developed some sort of practical skills (实用技能, 软实力), whether it's working somewhere or interning somewhere or volunteering somewhere. These experiences can help them develop hands-on skills such as teamwork skills, problem-solving skills, communication skills, and time management skills. After spending some time in the grown-up's world, they can better find their true motivation. What are the things they like and dislike? Who do they want to become in the future? Do they want to enter university or do they want to start working? They have a much better understanding of their goals and motivation. For example, I know someone who took a gap year before she entered university and she said that one year really helped her understand better what she wanted for her future. She realized that with only a high school diploma, she couldn't really find the job she dreamed. Therefore, going to university was a better option for her. And when she entered university, she was so determined (斗志满满, 决心满满) and with such a strong motivation. (罗列, 举例子)

4. Do teenagers usually travel with friends or alone?

I don't think teenagers would normally travel alone. That sounds really dangerous and crazy. I would say, teenagers usually either travel with their friends or with their families. And it depends on where they're going. If they're going to somewhere near and it's a short trip, like a couple of

days (一两天), probably they would want to go with their own peers to build some shared memories (共建回忆) and to experience that sense of companionship (体验陪伴之感). And they're the same age, they have a lot of things in common (有很多共同点) and a lot of things to talk about. But when it comes to traveling a little bit farther away, especially to another country where people speak another language, they wouldn't feel really comfortable to go there without their parents. In that case, teenagers would usually go with their parents so that they can be taken care of. (分情况, 注意, 你可以不同意题干)

5. What do you think is the most desirable place for people to visit during the holiday?

和题目 1 几乎一致

6. What does tourism have to do with cultural exchange?

I would say tourism and cultural exchange usually go hand in hand (肩并肩, 并驾齐驱的关系). For me, they're almost the same thing (几乎是一件事儿). Whether it's visiting historical sites (历史遗迹) or cultural landmarks (文化地标), or talking and making friends with local people, or trying out local cuisines (当地美食). Everything they do locally is closely intertwined with (紧密捆绑) cultural experience. That's why I hate to see when people go to another country but they never go to local restaurants, instead, they go to McDonald's or KFC because they "don't feel comfortable enough" to try out the local food. For me that's really insane. This kind of behavior really ruins the purpose/essence of traveling (破坏了旅行的意义、精髓). (原因, 举例子)

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

人物题：

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

You should say:

What the party was

Who this person was

What you talked about

And explain why you enjoyed talking with him/her

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

知识点：

1. 形容一个阳光善于社交的人：

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

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

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

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

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

2. 一些感情好的表达:

- **hit it off** 投缘，一见如故

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

- **get along:** 相处愉快

She and I get along well.

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

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

- **mind-twins** 思想上的双胞胎

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

At the dinner party, I met a lot of people. Naturally I started talking to people who were sitting next to me. The girl who sat on my left side was a

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

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

(0 表示零，一点都不同的意思。0+形容词，表示一点都不 XXX，一点都不装逼 0 pretentious) You know how sometimes people who have seen and done a lot in life tend to become very arrogant and ego-centric (傲慢且自我) that they make everything about themselves (一切都是关于他们的) ? This girl was not like that at all. On the contrary, she was a great listener, and she cared about my stories. She was humble and down-to-earth.

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

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

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Part3:

1. On what occasions would people be willing to get to know new people? Normally on occasions like a birthday party, a wedding, a volunteer activity where socializing and meeting new people is the main theme (主题) . When people are in the right mindset and the right mood, like

“today I’m gonna make some new friends”, they will be more willing to get to know new people. (举例子)

2. Where would people get to know new people?

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

3. How do people start a conversation?

Well, for people who are not super chatty or sociable, normally they start a conversation when they have a mutual friend or have something in common. You know, when they have SOMETHING to talk about. But for those social butterflies, ANYTHING can be the reason why for them to strike up a conversation. They might simply just start complimenting other people’s outfits or jewelry, and then, the conversation just keeps rolling, effortlessly. (分群体)

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

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

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

Some are just cold (冰冷的) and indifferent/alooof (冷漠、漠不关心的). They are only minding their own business (只关心自己). And they don’t bother

to talk to anyone. And some people seem to be unwilling, when the fact is that they are just awkward and nervous. That happened to me many times actually. One time I remember, I was talking to a new friend for the first time. I was under the impression that (我的感觉是) he wasn't interested in the conversation at all. But years later, he told me he was just too nervous to talk. So, he kind of froze (石化) in that conversation.

(分群体+举例子)

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

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

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

You should say:

Who this person is

How you met this person

How long you have known him/her

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

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

-知识点（学一些和优秀人物性格有关的表达）：

1. 有责任感、靠谱的人：

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

2. 有创造力的人

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

3. 很会处理问题的人

- rational 理智的
- resourceful 足智多谋的，资源丰富的
- a problem solver/fixer 一个解决问题的专家
- a person who can think outside the box: 发散思维的人
- a person with endless ideas: 有各种层出不穷的点子的人
- a person who can always find the root of the problem 一个总是能看到问题本质的人

- a person who can see the bigger picture 一个有全局观的人
- the go-to person 一有问题，大家第一个求助的人 (go-to 表示首选，my go-to snack 我的首选小零食，my go-to music 我的首选音乐)
- wizard (a computer wizard, math wizard...) 巫师，很聪明很会处理事情的人
- a can-do person 一个愿意做事、愿意解决事情的人
- a trouble shooter 能把问题都射下来的人，解决问题小能手
- He can always make it happen 他能让一切发生

4. 形容一个阳光善于社交的人：

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

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

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

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

- Humble/ modest: 谦逊的
- Grounded/ down-to-earth: 接地气的
- Charming: 有魅力的

- **A great story teller:** 很擅长说故事的人
- **A great listener:** 很善于倾听的人
- **A social butterfly:** 一个交际花, 游走在人群中, 很会交际 (往往略有贬义, 也可以是朋友间的调侃)
- **A people person:** 很擅长和人打交道的人

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

We've known each other for about 2 months. I like her and admire her a lot. I'm pretty sure I could learn a lot from working with her. Right now, I'm studying Advertising (广告学) , and she's studying Visual Art (视觉艺术) , our fields definitely could cross paths (道路相遇) somewhere.

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

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

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

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

Part3:

1. Why should children be kind to their classmates?

Well, promoting kindness (提倡善意) between children at school contributes to (导致, 引发) a positive classroom culture and a better learning atmosphere. Additionally, children can learn about empathy, and develop into wholesome people (人格健全的人). If children are unkind towards each other, they won't enjoy going to school or learning things. Schools will become horrible places. (原因, 反向假设)

2. Can children choose their desk-mates?

I don't think so, although that would be nice from children's perspective. The thing is (问题就在于), if children could choose whoever they want to sit with, they would choose their best friends, and that might contribute to a lot of chitchatting (导致很多闲聊) during class. And besides, children should sit with all kinds of desk-mates in order to learn how to adapt to different environments. (反向假设, 补充原因)

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

以下四段回答里选一段就好, 问的是 most。

① People who are a great problem solver (问题解决者) are well-respected and loved at work. They can always find a solution in every problem. They are always the go-to person (首选人选) in the workplace. People love how creative they are, and how they can always think out of the box (发散思

维) . Having someone like this in the team is a blessing (一种幸运, 一种祝福) .

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

③ People always appreciate a “doer” rather than a “talker” (做实事的人而不是光说不做的人) . People who are trustworthy and keep their word (遵守承诺) , people who can get things done on time (按时完成事情) are more respected. Sometimes you hear people promise the whole world (许诺全世界) but nothing is done later.

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

4. Are good colleagues important at work?

5. What kind of people are popular at work?

以上两题都可以参考题 3 的语料

6. Are knowledgeable people popular at work?

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

Describe an interesting old person you have met (有趣的老人)**You should say:****Who this person is****When/where you met this person****What you did with this person****And explain why you think this person is interesting**

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

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

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

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

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

And on top of that, she was a very artistic and talented person. She was really good at water color painting (水彩画). Years ago, she actually hosted her personal art show (开办了自己的艺术个展) in a local gallery.

How cool is that?! And she told me that recently she had been taking classes to learn oil painting (油画) . She told me that she would never stop learning.

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

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

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

Part3:

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

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

2. What can old people teach young people?

Old people can definitely teach young people a lot of things. First off, practical skills, such as, cooking, gardening, driving, fixing things, taking care of babies. They can definitely pass knowledge from one generation to the other (把知识从一代传向下一代) ; and then, young people can learn a lot of valuable life lessons (有价值的人生课) from the old. For example,

how to face adversity (面对逆境), how you should always put love and family first (把爱和家人放在第一位), how to prioritise things in life, etc. Old people can pass life wisdom (传输人生智慧) to younger generation. (罗列, 举例子)

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

It depends on the individual (要看个人). Some old people are really open-minded (开化的) and willing to make friends with young people. They are not condescending (居高临下) / patronizing (高人一等, 并摆出恩赐的态度). They won't lecture/talk down on (贬低) / look down upon (看低) young people just because of the age difference; and meanwhile, some young people are also very willing to be friends with old people. They don't see old people as old-fashioned (老派的), inactive (不活跃的) or stodgy (陈腐的庸俗而油腻的) people. They are happy to learn all the life lessons and experiences from older generation. These two types of people can definitely meet in the middle (双向奔赴, 在中场相遇) and form beautiful friendships (建立美好的友谊). (分群体)

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

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

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

I think people are more self-centred now than before. Our generation are definitely more aware of ourselves than the old generation. And it has a lot to do with (和.....有很大关系) the amount of information we are able to access nowadays. You can learn anything in a minute at your fingertips (在指尖). For example, we know a whole lot about different types of diets, about nutrition, and about mental diseases and disorders. We pay a lot more attention on our mental health, and many of us are diagnosed with something (确诊了某病) and taking pills (在吃药). What's more, we spend a ton of time on social media. And social media is all about personal care (个人关怀). Skin care tutorials, makeup tutorials, fitness guides, mental health discussions, they're everywhere. People are sharing their personal stories, which makes us feel encouraged to also share our stories. In a time like this (在这样一个时代), everybody can be a story-teller and share personal experiences in a public manner (以公开的方式分享个人经历). It is because of a culture like this (正是因为这样的文化) that fosters more self-consciousness (引发更多的自我意识), self awareness (自我认知). People have gradually developed a self-centred mindset (人们逐渐培养出一个以自我为中心的思维方式). (罗列, 举例子)

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

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

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

You should say:

Who he/she is

When you saw the film

What the character was like in this film

Explain why you admire this actor/actress

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

知识点：

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

Tom Hanks is an amazing actor. I love him!

- natural 自然的/ emotive 表现情感的

He's a really natural and emotive actor.

give a gripping performance (holds your attention completely)

呈现出扣人心弦的表演

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

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

Jim Carrey is really expressive in his facial movements.

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

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

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

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

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

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

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

- range 范围，这里指的是演员的塑造里（可胜任的角色的范围）

Robin Williams has blown us away with his range.

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

- acting skill 演技

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

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

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

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

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

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

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

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

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

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

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

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

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Part 3:

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

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

(主流情况，特殊情况)

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

① Being a professional actor/actress is a great career choice. You get to meet a lot of interesting people, travel the world, potentially achieve both fame and fortune, but, most importantly, you would have the chance to

play all these interesting characters and experience different lives, which is such a cool thing. (原因)

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

3. What can children learn from acting?

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

4. Why do children like special costumes?

We have such active imaginations when we're young. It's clearly amusing for kids to transform themselves into whatever they imagine. The sky's the limit (天空是极限。表示舞台无限大, 任你自由发挥) for them. Costumes are a part of pretending. If a kid puts on butterfly wings, it's easier for him/her to believe that he/she is a butterfly and act out their ideas (表演出自己的创意) . It's also a way for them to discover who they are. (原因, 正向假设)

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

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

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

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

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

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

经历题:

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

You should say:

When you had it

Where you had it

Whom you had it with

And explain it was unusual

-思路：①去旅行时吃到的当地美食 ②某个餐厅的奇异料理 ③去朋友家做客吃的一餐 ④也可以把重点放在这一餐的意义上：好久没见面的大学同学，相聚在一起，边吃边聊，非常特别；从来不做饭的男朋友给你做了一桌好菜；参加最近很时髦的“陌生人一起吃饭”的活动.....等

-知识点：

1. 关于美食：

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

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

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

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

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

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

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

- **Taste buds 味蕾**

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

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

2. 关于场合:

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

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

- **Catch up 叙旧**

素材一:

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

This "dinner with strangers" thing has been becoming very popular in China in recent 10 years. It's pretty self-explanatory (看名字就知道什么意思) . Basically, it's a different kind of dinner party where you have dinner with total strangers. There're always risks in this. You might have to

endure those awkward silences (不得不忍受令人尴尬的寂静) throughout the night and get bored to death (无聊到死), OR, you might meet some really fun and interesting new people who could open your mind and potentially become your new best friends (成为你的潜在新好朋友). It's like a sociological experiment (社会学实验). Sounds like a lot of fun, right?

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

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

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

素材二 (这个版本更简单):

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

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

So, we had some tacos, burritos and a dish called fajita. Everything was so unusual for me. I had never had corn tortillas (玉米面饼) before. As Chinese, I eat rice all the time. I do eat corn from time to time, but mostly

corn on the cob (玉米棒子) , not corn tortillas. Anyway, they were surprisingly delicious. It was mouth-watering for sure. And I loved the beans in the burritos. They were so filling (很填肚子) that I felt like my stomach was about to explode at the end of the meal.

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

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

Part3:

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

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

2 What fast food are there in your country?

Western fast food (西式快餐) is very popular in China, such as, KFC, McDonald, and Burger King. People love burgers, fries and coke, especially young people. Those high-calorie foods (高热量食物) are evilly good (好吃到邪恶) and very affordable (便宜) . People enjoy that guilty pleasure (内疚的快乐) . And there're also local fast food brands (当地快餐品牌) , we have ramen (拉面) fast food restaurants like Lanzhou Ramen,

and fried rice (炒饭) fast food restaurants such as Zhen Gongfu, Lao Xiangji. The food options are great (食物的选择性大). And also, I would say, healthier than western fast food. (分类分角度讨论, 举例子)

3. Do people eat fast food at home?

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

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

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

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

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

很重要) . We socialize a lot in restaurants, eat and drink and talk, and play drinking games. (原因)

6. Do people in your country value food culture?

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

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

You should say:

Who you taught

What you taught

How the result was

And explain how you felt about the experience

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

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

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

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

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

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

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

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

Part3:

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

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

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

Uhmhhh, maybe skills related to lifestyle (生活方式)? For instance, new ways to exercise (新的锻炼方式), new ways to cook, new ways to eat, how to dress fashionably (如何时尚穿衣), or maybe not necessarily skills, old people can learn about new values (新的价值认知), cultures, mindsets from the young (年轻一代). Things like how to enjoy the life better, how to stay active (保持积极), things like that. (举例子)

3. How can young people teach old people skills?

Normally by showing and demonstrating (展示和示范) the skill face to face. When people get older, their learning ability slows down with age

(学习能力随年龄下降下降) . Therefore, they need a lot of time to absorb the information, as well as a lot of patience and repetition (耐心和重复) .

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

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

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

5. Do you think "showing" is a better way then "telling" in education?

① It depends on WHAT you are teaching. If you are teaching things or skills that are more concrete (具象的) , like, sports skills, painting skills, cooking skills, then showing is better than verbally telling (口头解释) . I mean, you still need to explain, but you need to show MORE than telling. Take cooking for instance, you need to show people how to cook, how to

prepare the ingredients, how to cut and chop up things (切菜), how to cook step by step (一步步); but when you are teaching something really abstract (抽象), like, philosophy, politics, math, then telling would be the major way to teach. It's almost impossible to show philosophy, right? So yeh, depends on what the subject (科目、主题) is. (分角度讨论)

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

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

Oh yeh, it's been SO on trend (流行的) to learn online. China has the most developed E-commerce industry in the world. People love doing anything online nowadays, including education. Especially after the pandemic, there're even more people joining in the community of E-learning (在线学习). It's so much more convenient in the sense that learners can learn things at anytime and anywhere regardless of the situation. And plus, it's more affordable (便宜的), less pressure on the wallet (荷包压力更小). For example, my roommates and I were all taking IELTS classes online before this exam. (原因+举例子)

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

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

You should say:

What it was

Who you did it with

How long it took you to do this

And explain why you did it together

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

素材一：给父母开惊喜派对

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

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

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

I asked two family members to come and help me clean up our home, and then we decorated the whole place. We bought some flowers, we blew up some balloons, we put on the birthday banner（生日横幅），and it said

“50 is the new 30.”（幽默说法：50 岁其实是 30 岁的状态）。I prepared some snacks and drinks, put them nicely on the table. And I also invited my Uncle Chen and Aunt Li, as they have always been the life and soul of

parties. They are like social butterflies, as they can talk to anybody, and glue everybody together (把所有人粘合起来) .

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

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

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

(以上很长，可精简，不用都说)

素材二：暖房派对

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

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

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

At the party, I had a whale of a time! We had some drinks, ate some pizza, played some party games, and later we danced a little. Jessica's new

place is tiny but it has everything, and it's super cozy (超级温馨) . That's why I felt like home, very relaxed.

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

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

Part3:

1. How do you get along with your neighbour?

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

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

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

2. How do neighbours help each other?

Neighbours can do carpooling (拼车) , share the burden (共享负担) of doing grocery shopping and cooking. They can collect mails (收信) when their neighbours travel somewhere far, or take care of their pets. There're so many things neighbour can do for each other. (列举)

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

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

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

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

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

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

上题已答

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

上题已答

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

You should say:

When it happened

How you felt about the experience

Where the school is

And explain why you still remember the experience

知识点:

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

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

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

As for how I felt on that day, well, I was very nervous and anxious in the beginning. Because I knew that I would meet all the new classmates on the first day. At that age, I hadn't gained a lot of social experiences. I was still super socially awkward. I remember I was looking out the window (向外看窗), pretending I was thinking hard on something (认真思考), trying to feel less awkward.

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

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

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

Part3:

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

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

2. How do children socialise with each other?

Children are much more straight-forward (直接的) and simpler than adults, I'd say. Like I just said, Jie just came to me and talked to me out of the blue. And that's the beginning of a friendship. Children socialise with one another by talking together, sharing food together, and playing

together. Again, very simple, direct and pure. Children don't know how to hide their emotions or how to empathize with people. They gradually learn all these interpersonal skills along the way (在过程中慢慢学) while socialising with their peers (同伴). (细节描绘)

3. Is socialisation important for children?

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

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

4. What are the reasons for job change?

Some people change their jobs because they don't like their own company. They don't get recognised by their boss (不被领导认可), and they don't feel fulfilled (感到充实); Some people leave their jobs for better opportunities regarding self-growth (个人成长). They want to learn and grow. Self-growth (个人成长) is highly valued (被高度重视) by some people; and some other people switch to another employer (更换自己的老板) because it's a better position there in the new company and higher salary (更高的工资); and some people make the change because they

want to have better work conditions (工作条件), like flexible working hours (工作小时) / work schedule, flexible work location (以上这些固定搭配的词组, 有的是 working, 有的是 work, 注意一下). Nowadays, especially after the pandemic, people really hate leaving their families and commute far (去很远通勤). Being able to work from home is almost everybody's dream.

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

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

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

6. Are big companies better than small companies?

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

- **Stability (稳定性)**: It's more stable to work for a big company. Big corporations don't lay off people easily. Assume you are a competent employee; you don't need to worry about getting fired. Large companies are more likely to survive the bad economy (在糟

糕的经济中幸存) . Small companies and start-ups (创业公司) can easily go under (破产) , therefore not being able to provide stability to their people.

- Personal growth: large companies usually have better training systems to help you grow better as an employee. And plus, you get to work with a lot of smart people, top performers (最棒的人群) , you will learn so much and have the opportunity to advance yourself.
- Resources: Massive corporations usually don't have budget limitations, so they don't have problems providing employees with the resources they need.
- Perks (the extras) (福利) : Big companies have on-site gyms (单位健身房) , child care (托儿所) , cafeterias, free beverages and snacks (免费饮料小吃) , afterwork dinners, things that add to the comfort and enjoyment of the workplace.
- Slower-paced (节奏更慢) : This could be a good thing or a bad thing, depends on what you want. I personally like the fact that compared with small businesses, big companies do not move at such a crazy pace. You don't feel that stressed out at work, and you will have some time to learn new things and summarize your work (总结工作) , reflect on (反思) what you have done.

以下是大公司和小公司的比较:

From the company's perspective, in terms of **resources and budgets**, it is because big companies have abundant resources (大量的资源) , people in corporations may be spending money and resources in a more careless way; whereas in small companies, every penny counts (每一分钱都很重要) . And when it comes to **decision making**, big companies are slower than smaller ones as they are bigger, and they have more management layers (管理层) in the structure, they need more time to react on things. And then, when it comes to following the rule, or taking the risks, small companies are definitely braver, as they are already in risks! There's

nothing to lose (没有什么可损失的) . So, I would say, big corporations would **play safer** (走安全路线) and **follow the rules**, meanwhile small businesses are more **risk-tolerant** (敢于冒风险的) . Finally, most small companies are really into **innovation** (创新) , and you don't see that in large companies.

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

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

You should say:

When it happened

What happened

Why you missed /were late for it

And explain how you felt about this experience

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

-知识点：

形容很丢三落四的人：

- **forgetful** 健忘的

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

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

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

- **distracted** 被分散注意力的

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

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

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

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

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

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

- **messy** 乱糟糟的

I'm such a messy person.

My life is a mess.

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

It was several years ago. At that time, I was planning on publishing a paper (发表一篇论文), so I needed some professional opinions on my draft (草稿). I contacted my university professor, Dr. Li, to arrange a meeting in order to get some guidance on the paper. It took a little bit back and forth (来来回回) in the email before I got a YES (邮件里来来回回不少次才换来了一个 yes) from Dr. Li, as he was a very busy person. However, eventually

I screwed it up (搞砸了) . I forgot about it! I'm blushing (脸红) now even by just thinking about it (现在想想都在脸红) . How could I have forgotten it?!

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

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

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

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

Part3:

1. Are you a punctual person?

① Normally I am, especially when it comes to important meetings and appointments, I'm a very punctual (守时的) person. But sometimes when I'm seeing really close friends (关系很近的朋友) , I might take my time (慢

慢来) getting ready, slack (拖拉) a little bit, and end up being late. (主流情况, 特殊情况)

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

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

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

② 分情况。分和谁见面。

3. Do you always avoid being late?

和第一题很像

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

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

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

It's mainly a matter of their personality type (和性格类型很大关系) / It has a lot to do with their personality type. Some people are not good at multi-tasking (一心多用, 多任务同时做). They can't juggle (耍球的动作, 这里指的是兼顾好) more than one thing (一件事情以上就兼顾不好了), and end up always in a rush and being late. Some people are very bad at judging how much time has passed (判断不好时间过了多久) and they don't have the habit of check the time (也没有查看时间的习惯). And some people just

simply don't care about being late. Punctuality is not on the top of their priority list (不在他们重要事情名单的榜首。也就是不看重的意思) . And then, of course, there're external factors (外在因素) like, a traffic jam. But that can't always be the excuse to be late. (分群体)

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

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

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

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

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

You should say:

What it was

How you did it

What difficulty/difficulties you had

How you dealt with the difficulty

And explain why you felt proud of it

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

知识点：

骄傲的表达：

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

这里新增一个减肥有关的素材：

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

A few years back, I was dying to/desperate to（非常渴望）lose some weight/ slim down/shed weight（减肥的几种说法）and get back in shape（恢复体能）. At that time, I was pretty over-weight and depressed. I was fed up with（受够了）with myself.

I tried two times. First time, I tried to go on a diet, and started counting calories, but it didn't work out. I mean, I DID lose some weight/shed a few

pounds in the beginning, but once I stopped the diet, my weight just bounced back (反弹) . And I had to go back to square one (从头开始) .

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

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

Part3:

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

They are both very important, as for most people, they both lead to happiness. Having work goals gives people something to work towards (给人们奋斗的方向) and challenges them to improve in their career path (职场道路) . Achieving work goals can increase the chance of getting a promotion (提升被提拔的几率) , a pay rise, or a better work opportunity, and that can bring a sense of joy (带来一份快乐的感觉) to people. Personal goals, on the other hand, contribute to (为.....做贡献, 带来) people's personal growth (个人成长) , like, becoming slimmer, fitter, healthier, more skillful, more knowledgeable, more experienced in something, things like these can also make people happy and proud of themselves, and gain a sense of achievement. (原因, 举例子)

2. Have your life goals changed since your childhood?

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

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

③ 根据自己实际情况组织答案

3. Does everyone set goals for themselves?

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

4. What kinds of reward are important at work?

First, Financial rewards are the most important. They are the most tangible (可触摸到的) and extrinsic (外在的) rewards that can recognize an employee's hard work and a job well done. Everybody loves a big bonus or a salary rise or a vacation package (度假礼包). It's always the best kind of reward. And then, verbal recognitions (口头认可) like a

public thank-you (公开的谢谢) at a company meeting or a business dinner is also very important. Some employers really don't see the point of it. They can't see the value of doing so. But I personally find it very necessary. People really enjoy hearing compliments, that makes them very happy and proud. (罗列, 局部让位驳斥)

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

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

6. What makes people feel proud of themselves?

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

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

You should say:

When it happened

Who you complained to

What you complained about

And explain why you were satisfied with the result

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

-知识点：

1. 关于投诉：

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

She's a complainer. 她是一个抱怨鬼

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

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

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

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

- **supporting document** 支持文件（证据）

I gathered all the supporting documents as evidence.

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

2. 关于在线购物的一些表达:

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

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

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

Clothes on that website are all true to size.

- **ask for a refund.** 申请退款
- **return** 寄回

- ask for an exchange. 申请换货
- review 客户评价
- customer service 客服

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

- customer service representative 客服代表

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

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

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

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

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

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

I was infuriated (气极了) and I called their customer service, threatening them by saying that I wanted to file a formal complaint to the Consumer Rights Association in China. The customer service representative freaked

out (吓坏了) and asked me what solution I expected. I told them I wanted a full refund (全额退款) and they immediately said yes. Eventually I got all my money back. I was satisfied with the result.

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

Part3:

1. When are people more likely to make complaints?

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

2. What do people often complain about?

和上题内容差不多

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

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

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

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

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

③ It's not a matter of age, it's a matter of personality type. Some people are grumpier. They get irritated more easily. No matter what age they are, they always tend to complain. Some people are calmer and more chill.

They are more in control of their emotions. They don't make a fuss easily. Therefore, they just let go of the anger. (重新梳理考题, 分群体)

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

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

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

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

分群体讨论。有的人是 easygoing, 有的人不去 tolerate.

上题的回答中语料都可以借鉴。

事物题:

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

You should say:

What it is

Where and when you do it

Who you do it with

And explain why you enjoy it

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

-知识点:

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

I'm a very organized person.

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

Every day, in the morning, I will create a to-do list.

- write a list of everything I need to get done for the day
- make/develop a schedule
- daily/weekly/monthly schedule
- set alarm 设置闹钟

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

- turn off the alarm 关掉闹钟; hit snooze 点击“小憩”键
- dedicate...to

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

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

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

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

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

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

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

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

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

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

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

Part3:

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

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

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

同上题类似

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

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

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

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

5. What daily routines do people have at home?

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

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

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

这题我真的不知道!

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

You should say:

What it was

When you heard it

How you knew it

And explain how you felt about it

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

-知识点：

News 可以指“新闻”，也可以是“消息”的意思

News 一词和 information 一样，不能说: a news,

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

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

-a piece of news I saw on the TV

-a piece of news I heard on the radio

关于听到好消息后开心的表达：

- Feel happy for someone: 为某人感到开心
- Feel proud of someone: 为某人感到骄傲
- 兴奋的: excited, pumped, stoked, psyched
- buzzing: very excited and happy. 非常英国式的表达，在北美不常见。
如: I'm buzzing now!
- Overjoyed/ thrilled/ super glad: 非常开心
- Ecstatic/ euphoric: 极度狂喜的（高级词）
- Over the moon: 月亮之上，表示很开心
- On cloud nine: 九霄云外，同上，表示开心
- I was filled/overwhelmed with joy and happiness.
- My heart is full. 我的心很满足、开心，别无他求
- I was smiling from ear to ear. 嘴巴咧到耳朵根，开心
- Words can't describe how I happy feel. 文字都表达不出来我有多开心

- **I was speechless.** 可以表示无话可说，震惊、愤怒，也可以是太开心
- **I got really emotional, and started crying happy tears.** 我很感动，留下了快乐的眼泪
- **It brought me to tears.** 当时我感动到哭泣
- **I couldn't stop smiling.** 我当时止不住地高兴地笑

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

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

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

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

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

Part3:

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

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

2. Should the media only publish good news?

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

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

3. How does social media help people access information?

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

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

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

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

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

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

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

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

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

You should say:

What you are interested in

When it happened

What you know about it

And why you would like to learn more

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

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

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

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

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

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

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

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

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

Part3:

1. Should everyone know history?

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

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

2. In what ways can children learn history?

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

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

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

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

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

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

5. Who should be responsible for protecting historic buildings?

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

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

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

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

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

You should say:

Where and when you first saw it

What type of ad it is

What product or service it advertises

And explain why you don't like it

知识点:

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

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

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

You see billboards everywhere advertising real estate.

- cold calling 电话销售

I hate receiving cold calls.

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

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

- jingle 广告主题曲, 那种短小抓人的小旋律

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

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

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

- entertaining ad 很有娱乐性的广告

I love an entertaining ad. Very funny and memorable.

- a piece of art 艺术品

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

- be drowning in ads

My Facebook feed is drowning in ads now.

The internet is drowning in ads.

- Too much advertising.
- be flooded with ads.

My inbox is flooded with spam/ads right now.

- target market 目标市场

The target market of this advertisement is women and children.

- during primetime viewing 黄金观看时间

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

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

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

- word of mouth 身边人、朋友推荐

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

- celebrity endorsement 明星代言

- product placement 产品植入

I don't like product placement in a movie.

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

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

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

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

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

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

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

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

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

Part3:

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

I'm not sure, I mean, I see a lot of smartphone commercials (智能手机广告) on TV and online. For instance, I see a lot of Samsung ads, Apple ads, and Huawei as well. I think, smart devices (智能设备) in general are

advertised heavily in China as they are mainly for lifestyle and entertainment, and that's what people care about nowadays. And then, what else, beauty products (美妆产品)! Oh man, they are also hands down (轻而易举的, 无可厚非的) the most advertised products in my country. Skincare products (护肤产品), cosmetics (化妆品), people, especially women are putting so much effort on making their faces look youthful. And that's why there're so many fake and stupid ads about skincare products. I really hate this phenomenon! (罗列)

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

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

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

3. What are the benefits of advertising?

The first and most direct benefit would be increasing sales (提升销量). People see the ad, they like it, and then they go and buy the product. Plain and simple (简单又直接). And then, advertising can build customer awareness (客户的认知度) of the brand. Maybe they won't buy immediately, but they are aware of its existence (知道品牌的存在). It's like planting a seed first (先埋下一颗种子), and later maybe they go, "Oh, actually I know a brand that sells the product I want. Maybe I'll give it a try (试一试)!" (列举)

4. What do you think of celebrity endorsement?

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

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

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

6. What roles does social media play in advertising?

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

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

You should say:

What it was

Where you did it

Who you did it with

And explain why you enjoyed it

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

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

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

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

Moving on to who I ran with, well, sometimes just myself. I enjoyed running alone. It was like meditation（冥想）for me. I focused fully on myself and my breaths. I could clear my mind（清空我的思绪）/unplug（拔

掉插头，放空 during this process. It was indeed a stress reliever (减压器). And some other times I would run with my parents. They were also very into running. So, we would run together and spend some quality time together (高质量陪伴时间). I really enjoyed it as well. It was a great way to bond with them (和他们拉近距离).

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

Part3:

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

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

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

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

(原因, 举例子 WH 法)

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

I would say so. Nowadays we have all kinds of advanced technologies to support more activities. Young people definitely have more options these days. For example, virtual reality (虚拟现实) game center, virtual reality

community (虚拟现实社区), artificial intelligence (人工智能) games, etc.
(举例子)

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

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

5. What activities do children and adults do nowadays?

① Now come to think of it (现在想来), if we are talking about after-work and after-school activities, there's no big difference between kids' activities and adults' activities today (没什么大区别), as the two age groups both love going on their phones (上手机) and scrolling up and down (刷来刷去的动作). Kids have their kids' apps, adults have their adults' app. But it doesn't matter. Almost all of them love watching videos, playing mobile games (玩手机游戏), scrolling on social media (刷社交媒体), things like that. Maybe I'm exaggerating a little bit, but that's how I feel sometimes.

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

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

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

Describe a website you often visit (常用网站)

You should say:

How you found it

What it is about

How often you visit it?

And explain why you often visit it

知识点:

- YouTube, Bilibili 这一类的: **an online video-sharing platform**

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

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

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

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

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

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

And sometimes, I go to this website to watch educational videos (教育类视频) for self-education (自学). Bilibili is like a wonderful treasure box (宝藏箱) that is full of free self-education videos. Anything you want to learn,

you will find related videos there. For example, last year during the pandemic, I was self-learning baking on bilibili. It was so much fun, AND didn't cost me a penny (一分钱没花) !

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

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

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

Part3:

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

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

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

2. App 的主要种类:

① **gaming apps 游戏类**

② **educational apps 教育类**

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

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

④ fitness/workout apps 健身类

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

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

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

(以上④-⑥类, 也可以统称为 entertainment apps)

⑦ travel apps 旅行类

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

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

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

⑩ communication apps 沟通软件 (messaging apps)

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

First off, the internet is interactive (有互动性的), and the TV is not. And secondly, the internet has so much more to offer than the TV. On the internet, everyone, every user gets to tell their own opinions and stories, that's why we can see all kinds information online. We can self-study things through free online contents that are uploaded by the internet

users. Whereas things on TV are aired only by the TV channels. It's a one-way communication. (罗列)

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

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

4. Is the library still necessary? Why?

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

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

上题已回答

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

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

You should say:

What it is

How you would like to learn it

Why you would like to learn it

And explain whether it's difficult to learn it

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

-知识点：

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

-Every new skill has a learning curve.

-Don't get discouraged by the learning curve.

-Learning something new always involves a learning curve.

-There's a bit of a learning curve for learning everything. But it doesn't matter. What matters the most is the whole experience. The journey itself will be rewarding. I'm the kind of person who enjoys challenges.

I'm pretty sure it's going to be fun. So, I'm ready for all the difficulties along the way.

- **get the hang of it 上手了**

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

素材一：

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

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

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

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

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

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

素材二:

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

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

Regarding how difficult it will be for me.

(版本一, 水性好的人) Well, I'm pretty confident that it'll be a piece of cake (一块蛋糕, 表示简单) / easy peasy (也是俚语, 表示简单) / like a walk in the park (想在公园里散步一样简单, 也是俚语) as I love being in water. I'm a good swimmer, and I love snorkeling. So, I don't have any fears for water or waves. I just need to learn to stand on the surfboard properly first, and practice paddling around in the sea (在大海里划来划去). After I learn to catch a wave (捕捉到浪). I can learn to ride the wave (骑在浪上). I'm pretty fit and have a great sense of balance (平衡力好), so I don't see how surfing can be a difficult thing for me. Maybe it'll be a little challenging at first, but very soon I can get the hang of it (抓住诀窍).

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

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

-surfing: surfboard 冲浪板; wetsuit 冲浪服;

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

素材三:

Well, I really want to learn scuba diving.

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

In terms of how I will learn, first off, they all say it's an expensive hobby as you need to buy all the gear. The tank, the scuba regulator (潜水调节器) , the wetsuit, the water-proof watch (防水手表) , and fins. You can end up

spending a lot of money on gear. But I guess it'll be worth it. My friends told me, the better the gear, the better the experience. And then, I'll find a coach and take some courses to learn the skill.

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

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

Part3:

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

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

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

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

(原因, 反向假设)

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

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

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

For sure, most young people take their parents' words seriously when choosing a major, as they are still so young and lack life and career experiences. Only a few young people have the courage to make the decision completely on their own, some daredevils (冒险鬼). (主流情况, 特殊情况补充)

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

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

6. Why do some people prefer to study alone?

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

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

You should say:

What it was

When you received it

who gave it to you

And explain why you wanted it so much

思路：这道题可以对应上季度“一件漂亮的物品题”。

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

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

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

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

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

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

Part3:

1. Should employees have their own goals?

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

2. How should bosses reward employees?

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

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

接上题

If we are still talking about the workplace, young people probably prefer a bonus or extra time off. I mean, time is money, right? Having paid time off

(带薪休假), is one of the best things. Or bonuses, so that they can directly spend that money on something they like. The risk of gifting young employees with things is that the employer might not know what young people nowadays are really into. I think young people prefer practical rewards like that. (原因)

4. How should children spend their allowance money?

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

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

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

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

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

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

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

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

You should say:

When you got it

What you got it for

How often you use it

And explain how you feel about it

思路：可以和上一题收到苹果电脑合并话题

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

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

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

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

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

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

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

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

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

Part3:

1. What technology do people currently use?

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

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

2. Why do big companies introduce new products frequently?

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

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

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

4. Why do technology companies keep upgrading their products?

和第二题很像

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

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

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

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

上题已经回答了

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

You should say:

What the development is

When/where you noticed it

How long it took to complete it

And explain how you feel about it

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

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

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

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

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

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

Part3:

1. What transportation do you use the most?

① I regularly take the subway to work. Fortunately, it's easy and affordable to get around my city (在城市里转悠) thanks to the subway/underground system. I really enjoy my little private time reading a book on the subway. Sometime I also catch/take a bus to go to places. Depends on my mood and also the traffic. (主流情况，特殊情况)

②This year, I've been trying to reduce my environmental footprint (减少我给环境带来的负担), so I've been cycling to work more than usual. Once you get used to it, you realize that it's very freeing (使人感到自由) and you save a lot of money. (原因)

2. Is public transportation popular in China?

①I would say, people in big cities tend to choose public transport over private cars more than people from small towns or the country (乡村).

And the reasons are very obvious, parking is a huge issue in those big cities, and also, if you use public transport like the subway, you won't be stuck in traffic during the rush hour. But in those smaller cities or towns in China, you see a lot of people driving their private cars or riding their motorbikes or bikes. It's not that popular to use public transport. (分群体)

②Some do and some don't, just like everywhere else in the world. There are always people who are big supporters of public transport. They take the bus or the subway as much as they can. They know that it's a win for all (多赢局面), they save the money and the time on the road, and it's better for the traffic and for the environment as well. They can see the bigger picture (有全局观). At the same time, there are always people who feel lazy to walk to the bus station, subway station, they just want to hop in their cars and go to places directly (跳上车, 直接去不同的地方). So, it's hard to generalize. (分群体)

③Well, not most people, but many Chinese people consider our public transportation to be one of the best in the world. It's not only efficient, but also fast, cheap and accessible. A lot of people I know commutes to work by bus or by subway every day because they'd rather take advantage of their journey to do something else, and also save the cost of car insurance, parking and gas. (原因)

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

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

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

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

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

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

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

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

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

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地点题：

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

You should say:

Where it is

When you went there

What you did there

And explain why you feel it was a noisy place

知识点：

嘈杂的各种表达：

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

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

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

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

- **Discordant:** 不和谐的、刺耳的

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

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

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

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

I hate it when people murmur in the library.

- **Huddle:** n. 一堆的 v. 抱在一团

a huddle of people; They huddled together.

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

The bar was jam-packed last night.

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

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

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

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

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

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

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

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

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

Part3:

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

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

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

和上题差不多

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

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

whirling, rumbling, buzzing...各种象声词

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

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

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

大概思路:

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

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

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

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

You should say:

Where the city is

Why you want to go there

What you will do there

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

知识点:

一些形容城市的表达:

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

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

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

① metropolitan city.

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

② visa

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

③ remote town.

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

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

素材一:

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

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

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

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

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

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

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

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

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

素材二:

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

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

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

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

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

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

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

(以上细节, 不用都说)

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

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

Part3:

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

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

2. Why are historical cities popular?

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

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

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

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

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

5. Do most people like planned travelling?

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

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

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

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

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

You should say:

Where the place is

When you visited

Why the air was not good

Explain how you felt about the place

知识点:

- **smog 雾霾**

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

Cars cause pollution, both smog and acid rain.

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

Sometimes it's hard to breathe in my city.

- **contamination** 污染, 污垢

the contamination of the air/ the ocean/ the sea

- **endangered species** 濒危动物

Air pollutants can poison wildlife and cause endangered species.

- **health issues/problems**

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

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

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

Factory smoke and car fumes cause air pollution

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

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

- **carbon footprint** 碳足迹

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

- **to curb global warming** 控制、抑制

Developed countries have to set targets to curb global warming.

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

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

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

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

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

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

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

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

Part3:

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

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

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

一些可以减轻空气污染的做法:

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

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

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

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

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

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

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

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

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

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

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

You should say:

Where it is

What it is like

What you enjoy doing there

And explain why you feel relaxed at this place

-思路：可以讲一个 the reading corner/nook（读书角，不一定是一个完整的房间，也可以是一个局部空间），the sun room（阳光房），the bedroom（卧室），the living room（客厅），the kitchen（厨房，如果你享受做饭），the study（书房），the home theatre（家庭影院），the gym（健身房），even the bathroom. 比较好讲的是一个可以干多件事儿的地方，比如客厅既可以看电视，也可以听音乐、看书、会客；浴室可以泡澡、敷面膜、护肤（不过这个比较难说，也不太适合男生）。

-知识点：

- my own space 我自己的空间
- man cave 专门属于男人的那种拿来玩儿游戏、健身、抽烟喝酒的空间，“男人的洞穴”。在欧美国家，一家人住在 house 里，往往地下室会被做成 man cave。家里的男主人会呆在这个空间里，自娱自乐，自由自在
- girl cave/ lady cave/ woman cave 这几年新出来的词，对应 man cave
- This room suits my needs. 这个房间满足我的需求
- This room is dedicated to my own pursuits. 这个房间专门的作用就是满足我的追求
- time alone 独自的时间

I really enjoy my time alone in this room.

- take some “me” time 花点时间陪自己
- This room is filled with essence of thing I enjoy, from movies and books, to music and art. 这间房间充满了我喜欢的事物的精髓
- light-filled/ bright 阳光明亮的
- cozy/ comfortable 温馨舒适的
- welcoming/ inviting 舒适亲切的

The room feels welcoming and inviting. 这个房间很舒适亲切

- **multifunctional/ versatile** 多功能的房间
- **a retreat corner** 一个让精神得到疗愈的角落
- **my sanctuary** 我的圣殿，心灵的避难所
- **calming/ therapeutic** 令人平静的、有疗愈效果的
- **tranquil/ soothing** 同上，令人平静的、安抚人心的

(住宿舍宝宝们可以说这是我和父母的家.)

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

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

In my living room, there's a big 70 inch smart TV (70 英寸智能电视), and I've got home audio system (家庭音响系统) next to the TV. As a movie freak (电影发烧友), I watch a lot of movies, so all the equipment definitely suits my needs (满足我的需求). I have a giant and comfy couch in the living room. It's an L-shaped couch (转角沙发), big enough for me to lie in it and binge watch (刷剧) TV shows or movies. My couch is so comfy that it's turning me into a couch potato (沙发土豆, 表示躺在沙发上的懒人。我的沙发太舒服了, 把我逼成一个葛优瘫的懒人) .

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

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

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

So, that's the room, thank you.

Part3:

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

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

2. What are the benefits of doing exercise?

以下素材选两、三条来说就好

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

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

3. Do people in your country exercise after work?

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

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

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

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

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

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

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

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