

Contents

本季度新题（2023 年 9-12 月新题，2024 年 1-4 月保留题）：	2
Fishing（钓鱼）	2
Helping others（帮助他人）	6
Geography（地理）	10
Films（电影）	14
Gifts（礼物）	18
Tea and coffee（茶与咖啡）	22
Robots（机器人）	26
Maps（地图）	28
Chatting（聊天）	31
Clothing（衣服）	35
Running（跑步）	39
Travelling（旅行）	43
Musical instruments（乐器）	46
Noise（噪音）	47
Transportation（交通）	51
本季度保留题（2023 年 5-8 月新题，2023 年 9-12 月保留题）：	54
Ice Cream（冰淇淋）	54
Language（语言）	58
Teachers（老师）	60
Concentration（专注力）	62
Fixing things（修东西）	67
Friends（朋友）	71
Wild animals（野生动物）	75
Dream and ambition（梦想和野心）	77
Riding a bike（骑自行车）	80
Bags（包包）	83
Rain（下雨）	89
Day off（请假、休假、小短假）	95

Health (健康)	98
The city you live in (所在城市)	101
Week (一周)	103
本季度保留题 (2023 年 1-4 月新题, 2023 年 5-8 月保留题) :	106
常年在考主题:	106
工作或学习 (最高频)	106
关于住房 (次高频)	126
关于 area you live in	133
关于家乡	135

感谢所有报名正课的学生, 祝高分通过。购买盗版资料的学生, 补票请加 vx: tarayasi9, 积攒正缘

本季度新题 (2023 年 9-12 月新题, 2024 年 1-4 月保留题) :

Fishing (钓鱼)

知识点 (钓鱼相关的词汇, 时间紧可以先不看) :

1. Fishing Gear and Equipment 钓鱼装备与设备:

- Bait 鱼饵:

Worms and artificial lures (蠕虫和人工鱼饵) are commonly used bait for fishing.

- Fishing rod 钓鱼竿:

Make sure to hold the fishing rod firmly to feel any bites (感受到鱼在扯线) from the fish.

Can you show me how to properly cast a fishing rod? 你能教我如何抛竿吗

- Fishing reel 卷线器:

(reel n. /v. 卷、退缩) He reeled back against the wall.

The fishing reel allows you to reel in the fish once you've hooked it.

- Fishing line 鱼线:

The fishing line needs to be strong enough to handle larger fish. That's why it can't be too thin (不能太细).

- Tackle box 渔具箱:

Don't forget to organize your hooks, sinkers, and lures in the tackle box.

- Hook 鱼钩; sinker 下沉铅锤

2. 钓鱼的动作:

- Cast a line/ a fishing rod: 抛竿
- Hook a fish: 钩到、钓到一条鱼

I finally managed to hook a big trout (鳟鱼) after hours of waiting.

- Reel in: 收线

It's important to reel in slowly when you feel a fish biting.

- Catch and release: 抓到并放生 (西方国家很多人钓鱼后会放生, 不吃)

We caught a beautiful bass (鲈鱼) (发音和 “base” 一样) but decided to practice catch and release.

3. 钓鱼地点:

- Fishing spot: 钓鱼地点

This lake is known for being a great fishing spot.

- Fishing pier: 钓鱼的码头

We can fish by the fishing pier if you prefer.

- Deep-sea fishing: 深海钓鱼
- Boat fishing: 坐船钓鱼

Boat fishing allows you to access deeper waters (更深的水域) and find larger fish species.

4. 与 fishing 有关的表达:

- Fisherman's luck: 钓鱼者的运气成分 (表示技术再好, 有时候也看运气)

Sometimes, it's just a matter of fisherman's luck.

- Fish for fun: 钓鱼就是为了取乐

We often fish for fun and release the fish we catch.

- **The one that got away 逃走的那一条鱼:**

I had a massive fish on the line, but it was the one that got away.

- 很多时候这这也是一个比喻，表示让人悔恨错过的好事情/好人。
- **I was so close to getting that job, but it was the one that got away.**
- **She was the one that got away. I regret not asking her out.**

感谢所有报名正课的学生, 祝高分通过。购买盗版资料的学生, 补票请加 vx: tarayasi9, 积攒正缘

1. Is fishing popular in your country?

① I would say, fishing is popular in China and has been a traditional activity (传统活动) enjoyed by many people for centuries (多世纪以来), especially among older people. There're numerous lakes and rivers in our country; therefore, it's a relatively easy thing to do. (以下可以不说: On top of that, I've also seen this tendency (这样一个趋势) of increasingly more young people enjoying fishing in recent years (最近几年). I think young people find it a great way to unwind (放松的方式) and escape from the reality, spend some quality with their family and friends (享受和家人朋友的高质量陪伴时光), enjoy the nice weather and also experience the excitement of catching a fish. So, it has been becoming even more on trend (流行) lately.) (原因, 强调补充)

② No, fishing is not that popular in China, from what I've seen/ based on my observations (从我观察看来). While there are some people who enjoy fishing as a hobby, it is not as widespread (普遍的) as it is in other countries.

③ Fishing is popular but not super popular in China (受欢迎但也没有特别受欢迎). Some of my friends love it as they enjoy the tranquility and challenge it offers; I'm personally not a big fan (我个人无感) / I don't have a thing for it (没有特别强的兴趣). Especially boat fishing; Some people hate being on a

boat. So it's not for everybody (不适合所有人) . Some people prefer different recreational activities/ leisure activities (娱乐活动) . It really depends on personal preferences. (分群体)

2. Do you like eating fish?

① I'm definitely a fish person/ fish lover (爱吃鱼之人) . Don't get me started on talking about it (别让我开始说这个) . It will make my mouth water (我会流口水的) . Fish is really healthy lean meat (健康瘦肉) and at the same time, super tasty. It's a great source of protein (很棒的蛋白质来源) . I especially love grilled salmon (煎三文鱼) and Chinese fish soup (中式鱼汤) . My mom makes the best fish soup with tofu. God, I'm drooling (流口水) just talking about it. (原因, 强调补充)

② Call me a weirdo, but I'm not a big fan of fish (叫我怪咖, 但是我不是爱吃鱼之人 not a fish person) . I guess I just find the taste and smell of the fish quite off-putting/ unpleasant (令人反感的、不悦的) . It's just too fishy, you know, it stinks (臭) . But I know that for many people, they actually love that stinky and fishy smell. Instead, I'm very into steak (牛排) and lamb (羊肉) . (原因)

3. Have you ever been to a place where there are lots of fish around you?

① Yes, so, this summer, I visited a beautiful beach in California, the US (或者任何其他有海的地方) , and I went for snorkeling (浮潜) there. While snorkeling, I was surrounded by a variety of colorful fish. It was a truly enchanted/ fascinating/ one-of-a-kind experience (迷人的、独一无二的经历) , being immersed in (沉浸在) the underwater world (水下世界) . I was totally mesmerized/amazed (被惊艳) . (讲故事法)

② This summer I went to one of the biggest aquariums (水族馆) in the world where there were a variety of fish swimming around (游来游去). It was a fascinating experience to be surrounded by such a diverse range of underwater creatures (水下生物). The vibrant colors and the diversity of different kinds of fish left/ made a deep impression on me (给我留下了深刻影响). (讲故事法)

③ Unfortunately (很遗憾的是) I haven't been to a place like that so far (目前为止). I wish I could one day go snorkeling or visit an aquarium to explore the underwater world, but I haven't got the chance yet. Oh, one time (有一次), I went to the local wet market (菜市场) and saw a lot of fish there. If that counts (如果那样也算的话), haha. (原因, 讲故事)

4. Have you seen any movies with a lot of fish?

① Yes, one movie that comes to mind is "Finding Nemo." I know, it's a super famous one, right. So yeh, it's an animated movie (动画电影) that takes place in (发生在) the ocean. Therefore, in that movie, you can see a variety of fish. To be honest, I don't remember the details about the story but I do remember myself being amazed by all the beautiful fish characters (小鱼角色). (讲故事法)

② Not that I can remember (想不起来了), to be frank. I remember myself watching movies that take place in the ocean, like Titanic, but I don't think Titanic focuses on the fish in the ocean at all. Uhmmm, so no, maybe I have seen movies with lots of fish, but I don't have any recollection/ I can't recall (想不起来). (原因)

Helping others (帮助他人)

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

1. Do you usually help people around you?

① **Yeh, I would say that, I'm a loving and compassionate person/ I consider myself someone who is loving and caring.** And my friends and family all **see me as (把我视为, 认为) a helpful person (乐于助人的人).** I believe in the importance of **lending a helping hand and supporting people in need (需要帮助的人).** For me, nothing is more beautiful or powerful than **the acts of kindness and generosity** (没有什么比慷慨善良之举更美丽或者有力量的了)。(原因)

② I'm willing to help people, but not to everybody around me. I mean, I care about my family and close friends. So, I won't hesitate even a second to help my loved ones (爱的人) . But when it comes to people who I don't have a close relationship with, sometimes, I prefer to mind my own business (顾好自己的事情) rather than going out of my way to help them (费劲地、特意地帮助他人) . The thing is, some people tend to take advantage of (占便宜) others' kindness, which has made me more cautious (小心) about offering help. (分群体)

2. How do you help people around you, such neighbours, family and friends?

① For example, with my neighbors, sometimes I help them collect their online shopping deliveries (代收网购包裹) ; sometimes I take care of their pets when they travel to somewhere. And when it comes to family and friends, there are so many things I would do for them, like, taking my grandparents to the hospital for regular checkups (定期体检) ; or help my friends move to a new apartment. The list just goes on (列举的名单很长, 还有很多) . (举例子)

② My way of assisting others doesn't necessarily involve a lot of physical labor or strength (我的帮助人方式不一定包含很多劳力) . Instead, I'm more of the kind of person who offers emotional support (我更像是那种提供情感支持的人) . For example, I'm really good at listening to people; I consider myself a good listener. So I'm always ready to lend my friends and family an ear (lend an ear 给一个耳朵, 准备好倾听) or a comforting shoulder to lean on (lend sb. a shoulder to lean on 给人依靠的肩膀), whenever they need someone to talk to or a place to find consolation (寻找安慰) . (举例子)

3. Do your parents teach you how to help others?

① Yes, I would say so. I guess that's what all the parents do, right? My parents always emphasize a lot on the importance of performing acts of

kindness and generosity. They value (重视) kindness a lot. I remember when I was a little, they always asked me to help my friends, family members and people around me. They still do today. (原因)

② Sometimes they would teach me about the concept of helping people but I don't think it's on the top of their priority list (不是最优先的事情).

They care much more about my academic performance (学业表现) at school and my future career development, things like that. (原因)

4. Did your parents help you a lot when you were young?

① Yes my parents are the best parents in the world (世界上最好的父母).

They mean the whole world to me (他们对我来说意味着全世界). They were incredibly supportive when I was growing up. They provided me with guidance, help, encouragement and they helped me build my whole value system (建立整个价值体系). They taught me how to tell right from wrong (明辨是非). They gave me a lot of useful tools to help me navigate through life (驾驭生活). That's why I'm forever grateful for their love and support which has played a huge role in shaping the person I am today (他们的爱和支持在塑造“如今的我”上扮演了重要角色). (细节)

② No, not really, my parents didn't help me a lot when I was young as they were often very busy with their own work and responsibilities, leaving me to figure out things on my own (自己把事情整明白). I guess that's why I'm so independent and fearless (独立又无所畏惧) now. I wish I had parents that helped me a lot and supported me no matter what when I was little. (原因)

5. What have you done to help the elderly?

I remember during the pandemic (疫情期间), our neighborhood was distributing groceries (分发食品杂货) to all the residents. Some of the elderly people who lived alone in the neighborhood had difficulty getting their daily groceries. So, I volunteered to bring their groceries to them

every day and occasionally checked in on them (查看) to ensure their safety and well-being (安全与健康). So yeh, these are the kind of things I do to help seniors.

Geography (地理)

1. How do you like geography?

① I'm fascinated by geography! Actually, geography was one of my favourite subjects at school. I enjoy learning about other countries, including everything from politics to natural phenomena (任何有关政治地理到自然现象的知识). It's fascinating (迷人的) stuff! (原因)

② No, not really. I don't know a whole lot about (知道很多) geography. I hated/strongly disliked geography class when I was in high school; often times I spaced out (发呆, 走神) during class. That's why I didn't do well in the subject. I have such a terrible memory (我的记性很不好) that I can't remember the names of cities or places. (原因, 时间分层)

2. Have you ever studied geography at school?

① Yeh, geography was a mandatory/compulsory subject (必修课) at school, from primary school through high school. Like I mentioned earlier, it was my favorite subject at that time. I can still vividly recall sitting in class, enjoying the lessons, and often getting lost in daydreams (陷入白日梦) of someday exploring the countries and cities we studied in our textbooks.

② Yeh, geography was a mandatory/compulsory subject (必修课) at school, from primary school through high school. Like I mentioned earlier, it was my least favorite subject during that time. I remember myself finding it difficult to connect with the subject. I was struggling to stay

engaged with the lessons (想要在课堂上保持状态都很挣扎) . It just wasn't my thing (不是我的菜) .

3. Do you think geography is useful?

① **Absolutely 100%! Geography is incredibly useful in the sense that (从某个角度而言) it helps us understand the world around us, appreciate different cultures, and learn about diverse landscapes. Without knowing geography, we wouldn't know how to live and thrive (生存并且绽放) in this natural world. (原因, 反向假设)**

还可以举个例子:

For example, when you are traveling, understanding the geography, including the location of major cities, highways and natural landmarks helps you plan the trip better. And also during the trip, knowing the geographical region you'll be passing through helps you prepare for different climates. You will need to pack your clothes (打包衣服) appropriately (符合时宜地) according to the local climate.

② **Yeh, I think it's important, I know that. That's why I feel terrible for not knowing a whole lot about geography. But fortunately, most of the geographical information can be easily accessed through technology nowadays. That really helps a lot. (转折)**

4. Do you want to be a geography teacher?

① **Well, if I'm just daydreaming (白日做梦) without considering my current major and my future career path (不是考虑我目前的专业和未来的职业路线) , I would love to become a geography teacher. I have always been fascinated by different cultures and landscapes, and being able to share that passion with students would be incredibly fulfilling (非常令人感到充实的) . Plus, I'm a very patient person and I love helping people fulfill their potential (实现潜力) . So yeh, it's a good fit for me (挺适合我) . (罗列原因)**

② Not really, I do not want to be a geography teacher. While I appreciate the importance of geography, personally I don't have a passion for teaching (没有教学的激情). I'm a terrible teacher (很不擅长教学). I never know how to explain things to people in an easy and understandable way (我从来不知道如何用简单明了的方式把事情解释清楚). I just make things even more complicated (越解释越糟). On top of that, being a teacher requires a lot of patience and dedication (耐心与奉献精神), which I do not possess. (罗列原因)

之前季度有考过 **geography** , 以下为当时的其他题目和答案 (有时间可以看一下)

1. Are you good at reading maps?

① I'd say so! It's as if (就好像是) I've got a GPS (or a mental map) in my head. I'm good at navigating directions and I know how to get from one place to another (or from A to B) easily. I rarely get lost or have to ask for directions. (原因, 细节)

② I'm hopeless at reading maps (没有希望能读懂地图)! Thank goodness for Google Maps. I don't know how people can do without it. With a paper map, I either walk around in circles or have to go back to my original starting point (起点). (原因, 细节)

③ Sometimes I get the concept of using a compass (指南针), and I can sometimes figure out where I am on a map and where I have to go. Other times, I get disoriented and don't know which way is north, south, east or west! (分情况)

2. Would you visit a country because of its geographical location?

① Sure, I would! In fact, I do. I get bored if I stay in the same spot for too long. I live a nomadic lifestyle (过着游牧民族的生活方式). And as a geography lover, I find new places with different landscapes (景观),

sceneries (景色) and formations (地质风貌) exciting. I'm novelty seeking (喜欢新鲜事物的). I'm drawn to new experiences and new places (我被新鲜的经历和地点吸引). (原因+细节)

② I'm an avid traveller (积极的旅行者). I try to go on one big trip every year. I'm into nature and hiking is one of my passions. I take any chance I can to visit rugged mountain roads (崎岖不平的山路). It's on my bucket list (最大心愿) to visit all the national parks (国家公园) in the world. (原因, 细节)

③ Travelling doesn't excite me that much. I'm more of a homebody (宅家的人) and I'm very close to my family and hometown. I would feel homesick (想家) if I left for very long. (原因, 假设)

知识点:

- have a mental map in your head 脑海中有地图 (活地图)
- map reading skills 识别地图的能力
- navigation app 导航软件
- paper map 纸质地图
- walk around in circles 走路打圈圈
- ask for directions 问路
- get/ feel lost 迷路
- get disoriented 找不到东西南北
- don't know which way is north, south, east or west 同上
- have a good sense of direction 很有方向感
- have no/0 sense of direction 没有方向感, 0 方向感
- be good/bad at navigating directions 擅长/不擅长导航方向
- orient oneself 寻找自己的位置, 定位

感谢所有报名正课的学生, 祝高分通过。购买盗版资料的学生, 补票请加 vx: tarayasi9, 积攒正缘

Films (电影)

知识点(摘自付费课附赠资料“音频词汇表达集”):

1. 电影的种类 (movie genres)

action 动作片; comedy 喜剧片; love story/romance 爱情故事; horror 恐怖片; chick flick 少女片(贬义); romcom (romantic comedy) 爱情喜剧片; thriller 惊悚片; sci-fi (or "science fiction") 科幻片; popcorn movie 爆米花电影; Hollywood blockbuster 好莱坞大片电影 (blockbuster 大片、炸弹)
independent 独立影片, 也可以叫 indie movie; low-budget 小制作; drama 剧情片; fantasy 奇幻魔幻电影; western 西部片

2. 形容一部电影 (和形容书有很多共用的):

- 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
- informative: 充满信息量的、提供有用信息的、教育性的
- educational: 有教育意义的
- heartwarming 令人感到温暖愉悦的 causing gladness and tender feelings
- heartfelt: 走心的、真诚的
- heart-wrenching: 令人悲伤的
- insightful 有深刻见解的、有洞察力的
- thought-provoking 引发思考的 making you think a lot about a subject
- laugh-out-loud funny 能让人笑出声的好笑 extremely funny, hilarious
- tear-jerking 催泪的

tear-jerker 催泪弹 This movie was a real tear-jerker.

- **moving/touching 令人感动的、打动人心的**
- **delightful 令人快乐愉快的**
- **uplifting 提升一个人的思想境界、情绪，振奋人心的**

This movie is uplifting and inspiring. I feel very encouraged after watching it.

- **fast-paced 节奏很快的**

This movie is so fast-paced and intense.

- **action-packed: full of activities, events and excitement. 令人激动的，充满各种情节的**
- **suspenseful 悬疑的**
- **gripping/attention-grabbing: 吸引人的，非常非常有趣**

1. What films do you like?

① Romance 浪漫电影:

Oh call me a hopeless romantic (没药可救的浪漫主义者). I absolutely adore romance movies. There's just something magical about watching two people fall in love on the big screen (课上经典句型). Each time when I see a beautiful love story, it makes me believe in the power of love (相信爱情的力量) again, haha. I can't get enough of (我看不腻，看不够) that warm and fuzzy feeling (温暖又毛茸茸温馨的感觉). (原因)

② Comedy 喜剧:

I'm a big fan of comedy. Laughter is such a universal language (全球通用的语言), and I feel that a good laugh can heal everything (一场大笑可以治愈任何事儿). I like all the witty jokes (诙谐的小笑话), smart wordplay (聪明的文字游戏) and exaggerated performances (夸张的表演). I love watching a

comedy movie alone after a long day (漫长的一天之后), just put my feet up, let my hair down, indulge myself in the world of comedy, and blow off the steam (放松的一系列表达). It's a great escape (很棒的逃离方式). (原因, WH 法)

③ Suspense 悬疑片:

Suspense movies are my favorite! They are intense, nerve-wracking (令人紧张的) and action-packed (快节奏的). I love the adrenaline rush (肾上腺素兴奋) and the feeling of being on the edge of my seat (坐在椅子的边缘, 表示非常紧绷, 随时要跌下椅子的感觉) the whole time, never knowing what's going to happen next (永远也不知道下一秒会发生什么). Sometimes, I feel that watching a suspense movie is like solving a jigsaw puzzle (玩拼图游戏). You need to be patient enough to put all the pieces together and see the whole picture. It's so exciting and captivating. (原因)

④ Drama 剧情片, 伦理片:

Drama movies always have a special place in my heart. They delve deep into (深入研究、探讨) the humanity and human emotions. I love how they can make me think and reflect on my own life. They're like a window into the human soul (通往人类灵魂的窗户), and that's why I find them so captivating. (原因)

2. Did you often watch films when you were a child?

① Oh yeh, I was such a movie fan/movie freak when I was little. Going to the movie place was my favorite thing to do. I still remember how excited and thrilled I was each time when my parents took me to the cinema. (细节)

② No, unfortunately I didn't often watch films when I was a child. It just wasn't a thing in my family, you know (在我们家没有这么一种氛围). My

parents would take to the movies occasionally, like twice per year (一年两次) . But they would rather take me to the park on weekends and holidays. (细节)

3. Did you ever go to the cinema alone as a child?

① Uhmmm, maybe once or twice? I can't remember. Maybe when I was a little older, like 14 years old or somethings, my parents allowed me go to the cinema alone a couple of times (一两次) . They were like typical "helicopter parents" (直升机家长, 比喻那种永远在上方盘旋, 操心+控制欲强的父母) . (细节)

② Uhmmm, yeh, sometimes. When I was little, if parents were very busy, sometimes they would drop me off (把我送去) at the movie place, let me watch the movie alone, and pick me up (接我) after the movie. They didn't really let me walk to the cinema myself though. (细节)

4. Do you often go to the cinema with your friends?

① Yeah definitely, all the time! I love going to the movies with my friends. To be completely honest, I feel a little awkward (感到有点小尴尬) to sit in the cinema just myself. And for me, it's also a great bonding experience with my friends (很好的搭建友谊的机会) . We can enjoy each other's company, catch the latest movies and discuss the plot (讨论剧情) and the storyline afterwards. You know, to have more things to talk about. (原因)

② Not really, very rarely. Call me a weirdo, but I prefer to go to the cinema alone (课上经典句型) . I guess I'm more of a 'loner' type of person (更像是独行侠类型的人) . I just enjoy fully immersing myself in the movie, feeling and experiencing everything it has to offer. Especially when it comes to serious, profound, and educational films (严肃的、意义深远的、教育性强的电

影), I'd rather take in the entire experience by myself, without the distractions of friends. (原因)

5. Do you think going to the cinema is a good way to spend time with friends?

和第四题答案①大同小异的内容

主要说说 bonding time, have something more to talk about, enjoy each others company. 一般按照逻辑, 问了第四题不会问第五题。

感谢所有报名正课的学生, 祝高分通过。购买盗版资料的学生, 补票请加 vx: tarayasi9, 积攒正缘

Gifts (礼物)

知识点:

- **craft 精心手工制作 n./v.**
I enjoy crafting homemade gifts for special occasions.
- **Homemade gift 手工礼物**
- **DIY project 手工项目、工程、礼物 DIY: Do It Yourself**
I'm working on a DIY project for my sister's baby shower.
- **Personalized gift 个性化礼物**
Homemade candles make great personalized gifts.
- **Knit 手工编织 v.**
Knitting scarves is one of my favorite handmade gift ideas.
- **Hand-painted 手工涂制的**
I'm crafting a hand-painted mug as a present.
- **Handmade jewelry 手工首饰**
Making handmade jewelry is a creative way to give gifts.
- **perfect for capturing memories 完美的记录时刻的方式**

1. Have you ever sent handmade gifts to others?

① 手工编织的围巾 a knitted scarf:

Oh, absolutely! I've sent handmade gifts several times. One of my favorites was a knitted scarf I made for my best friend Jessica. It was a labor of love (爱的手工劳作), and she loved it. Seeing her cozy and happy wearing my scarf on a chilly day (在一个冷天) truly makes me happy and satisfied. (细节)

② 手工绘制的马克杯 a hand-painted mug:

Oh, yeh! I love painting, so I've hand-painted some coffee mugs for my closest friends. Each mug had a personal touch (个人的风格), and it felt great to give them something they could use on a daily basis. Those mugs were beautiful, unique AND super practical. I would imagine that they would think of me each time when using the mug. Haha! (细节)

③ 量身定制的相册 a custom photo album:

Definitely! I once designed a custom photo album for my sister's wedding. It took me hours and hours to collect all those beautiful memories and put all the photos together, but it was worth it (很值得). Seeing her tear up (流泪) as she flipped through the pages (翻页浏览) was priceless (无价的). (细节)

④ No...I haven't. I guess, I'm just afraid of the idea of making something myself. I've never taken on any DIY projects. I'm the clumsiest person you can find in this world (这个世界上最笨的人). But uhmmm, I would like to unlock more potential (解锁更多潜能), and one day try to craft something simple and easy, like a custom photo album, something like that. I hope some day I would be able to make some special gifts for my loved ones (爱的人). (先抑后扬)

2. Have you ever received a great gift?

思路：礼物也不一定是实体的，也可以是一场旅行、一场惊喜、演唱会门票。

① 惊喜生日会 a surprise party:

Absolutely, I'll never forget my 20th birthday when my friends threw me a surprise party (给我办了一个惊喜派对). It was incredible! They had planned it for weeks prior to the party, and the moment I walked in, I was completely astonished/surprised (惊喜、震惊的). It wasn't just the party itself but the thought and effort they put into making me feel special that made it the greatest gift ever. I couldn't stop smiling the whole time. (讲故事法)

② 周末出逃式旅行 a weekend getaway:

Certainly! For my wedding anniversary (结婚纪念日), my husband surprised me with a weekend getaway (周末小逃离式的旅行) to a cozy cabin (温馨度假小屋) in the mountains. It was a completely unexpected surprise (全然的意外的惊喜), and we spent the time hiking, stargazing (观星), and enjoying each other's company (享受彼此的陪伴). The experience was unforgettable (难忘的), and it showed me how thoughtful my husband is. It was truly a great gift. (讲故事法)

③ 演唱会门票 a concert ticket:

Absolutely! I once received an incredible gift from my best friend Jessica, which was a ticket to my favorite band XXXX's concert. I was over the moon (月亮之上, 表示极其高兴) when she put the ticket in my hand; I was feeling emotional and speechless (感动又无语激动). Later, the concert was absolutely amazing/splendid (绝美), and the fact that Jessica knew me well enough to gift me such an unforgettable experience made it the best gift ever. (讲故事法)

3. How to choose a gift?

To be honest, it's not really easy to choose the perfect gift sometimes. First, you need to consider the recipient's (礼物接收者) interests and hobbies. For example, what do they enjoy doing in their free time; what is their biggest passion, things like that. And then, you need to think about

the occasion. What is the gift for? Is it for a birthday, an anniversary or a special milestone (特殊的人生里程碑)? And lastly you need to have a budget (有一个预算). It's really stupid to break the bank (比喻花一大堆钱) to buy a gift. Knowing your affordability is important (知道你的购买力很重要). (并列罗列)

4. Do you think you are good at choosing gifts?

① I would say so. I think I'm good at choosing the right gift for the right person. It comes from years of experience (来自很多年的经验). I made some really silly mistakes in the past. And now I've learned my lesson. I know how to choose a gift. Like I just shared with you, I follow all those steps each time when buying a gift. And it works like a charm (屡试不爽, 指的是某个 tip 很好用). (原因)

② I would say that I'm good at choosing gifts for people of the same gender (同性别的人). I'm a woman. And I know what women want and like. I have a knack for (有天赋) finding out the little things they like or the activities they enjoy doing. Girls always like the gift I choose for them. But when it comes to men, I can be a little bit clumsy (笨拙) as we are very different. (分群体讨论)

③ Oh my God I'm so bad at choosing gifts. It's the last thing I would want to do in this world (世界上最后一件想做的事儿, 表示最不愿意做的事儿). I always give people very practical gifts but sometimes they don't necessarily like them. Like one time, I gave my girlfriend some really good socks, and she got so disappointed. After that, she told me to give her something useless but beautiful in the future, like a piece of jewelry or something, haha. That's how clumsy I am. (讲故事)

注意, 如果你的“人设”是极其不会买礼物的人, 如答案③, 那么第三题的回答就不能那么“振振有词”。否则太前后不统一。

感谢所有报名正课的学生, 祝高分通过。购买盗版资料的学生, 补票请加 vx: tarayasi9, 积攒正缘

Tea and coffee (茶与咖啡)

知识点:

1. Main types of Coffee:

- Espresso: 意式浓缩咖啡
- Americano: 美式黑咖啡
- Cappuccino: 卡布奇诺
- Latte: 拿铁
- Mocha: 摩卡
- Cold Brew: 冷萃咖啡

2. Main types of Tea:

- Green Tea: 绿茶
- Black Tea: 红茶
- Herbal Tea: 花茶、混合香料的茶
- White Tea: 白茶
- Oolong Tea: 乌龙
- Pu-erh Tea: 普洱茶
- Earl Grey: 伯爵茶 (一种英式红茶)

3. 与咖啡或者茶相关的表达:

- Coffee enthusiast/ lover/ freak/ person: 咖啡爱好者
- Coffee geek/snob: 咖啡达人 (往往是自诩的, 而且有装腔作势的嫌疑)
She's such a self-proclaimed coffee snob.
- Tea enthusiast/ lover/ freak/ person: 茶爱好者
- Daily go-to 每天必做的事情, 反复选择
Tea/ coffee is my daily go-to.

- **Can't live without it. 离了它活不了**
I can't live without my coffee in the morning.
- **Can't function without it. 离了它发挥不了功能，不能正常运转**
I can't function without my morning coffee.
- **A part of my daily routine 我日常作息的一部分**
Having a coffee is a part of my morning routine.
- **Daily ritual 日常的仪式**
My daily ritual includes brewing a fresh pot of coffee (一壶新鲜的咖啡) before I start work.
- **Brew: 酿造，酿啤酒，泡茶泡咖啡**
- **A cup of joe (美式口语里的俚语)：代替“coffee”的表达**
Every morning, I start my day with a cup of joe to wake up and get energized.
- **Caffeine kick: 咖啡因醒神儿的那个劲儿，咖啡因的作用力**
I rely on that caffeine kick from my espresso to boost my productivity in the morning.
- **Jittery: 喝完带咖啡因的饮品之后哆哆嗦嗦要犯神经病的那种感觉**
Some people avoid caffeine because it makes them feel jittery.
- **Keeps me going: 让我一直保持状态**
A good breakfast keeps me going throughout the day without feeling tired.

1. When was the last time you had a coffee or tea?

① I'm a coffee person. I had my most recent (最近的) cup of coffee this morning, it was a latte (拿铁) / black coffee (黑咖) / espresso (浓缩咖啡), just like any other day (就像每天一样). It's become a bit of a daily ritual for me (有点像是生活仪式) / a part of my morning routine (是我早晨作息的一部分). I love having a delicious coffee to kickstart/start/go about (开启) the day. It's like my morning fuel (早上的燃料) that keeps me going (让我保持)

状态) until lunchtime. I can't function without my morning coffee. (原因)

② It was this morning. I made myself a delicious cold brew (给自己做了一杯美味的冷萃咖啡). I'm a bit of a coffee geek/ coffee snob (咖啡达人), you know? These days I rarely have coffee outside (很少在外面喝咖啡), as I prefer to brew my own coffee (自己酿造咖啡). (You see, I'm quite particular/picky (挑剔) about the quality of my coffee. I start by selecting coffee beans, then I grind (研磨) them before brewing. I would say that my coffee is a world away from (没法比, 隔了一个世界) that typical coffee you can get from a coffee shop.) (原因+细节)

③ I'm definitely a tea person (喜欢喝茶的人). Coffee can be too strong for my taste, and sometimes it makes me feel jittery (让我发慌). Tea, on the other hand, is my daily go-to (每天都喝). Last time when I had a tea was yesterday in the afternoon. I savored/ enjoyed a cup of green tea/ herbal tea/ black tea/ Earl Grey with just a splash of milk (伯爵红茶加了一丁点牛奶). I appreciated the aroma (香气) and the warmth it brought to me (我怕很喜欢它的香气和给我带来的温暖). I find tea so comforting, and perfect for unwinding (很适合放松). (原因, 细节)

2. Do you usually buy your coffee at a coffee shop?

① Oh, yeh! I'm a regular (常客) at my local coffee shop. I swing by (路过顺便造访) there almost every afternoon after work. I usually grab (随意地拿) a latte or a Capuchino, depending on my mood (看我的心情). And I love the inside look and the vibe (室内的样子和氛围) of that coffee shop. There's just something special about the place that keeps drawing me in (吸引我进去) every day (付费课上经典句型). (细节)

② As I mentioned just now, I'm not really into having coffee outside. I brew my own coffee (泡自己的咖啡). Therefore, I hardly ever (偶尔) go to a coffee shop just for the coffee. Normally I go there to meet up with my friends and grab a bite (随便吃一口). (原因)

3. Do you prefer to use tea or coffee to serve your guests?

① Like I mentioned, I'm a total coffee freak (咖啡狂人), so I tend to serve coffee to my guests. Because that's what I'm good at (擅长). I take pride in making a killer cup of coffee (我以制作超级无敌好喝的咖啡为傲, take pride in...以.....为傲). It's my thing (是我的小情结, 小爱好), you know? I usually let my guests choose the coffee beans themselves, and then I give them a little show (给他们表演), like, how I grind them and brew the coffee. It's a perfect conversation starter (谈资). We chat about the beans, the brew, and it adds a fun vibe (增加趣味). (原因, 细节)

② Well, I prefer to serve tea as I have such a wide collection of different kinds of teas (我的茶叶的收藏量很大). I have green tea, white tea, Oolong, Pu-erh, herbal tea, etc. So, whenever I have guests over (有客人来), I'll show them my tea collection and let them pick out the tea they want. I don't know how to make coffee. I only have instant coffee (速溶咖啡), which is embarrassing. (原因, 细节)

③ It depends on what my guests want. Some people prefer a couple of warm tea, while some others love savoring coffee (细品咖啡). Even though I'm a coffee geek (咖啡达人), still I want to be a perfect host (完美的主人) by offering them both tea and coffee. So, I always make sure that I have both options for my guests to make them feel more comfortable and welcomed. (分群体)

4. Do people like tea and coffee nowadays?

① **Absolutely! Most people love their tea and coffee. It's actually quite uncommon/ unusual to come across (遇到) someone who is not into tea or coffee (很难遇到不喜欢咖啡或茶的人) . Especially these days, people are swamped with their work and life. They need that caffeine kick (咖啡因的作用力) in the morning to keep them going and maintain their productivity (保持高产量) throughout the day (一整天下来) . Of course, there're a few people who don't have a liking for (不喜欢) coffee or tea, and it's usually because they're hyper-sensitive to caffeine (对咖啡因高度敏感) . They get jittery (抖抖索索战战兢兢) from coffee and tea. (主流情况, 特殊情况补充)**

② **Well, it seems to me that (貌似, 在我看来) tea and coffee are quite popular/ well-liked (受欢迎、被喜爱) nowadays in this fast-paced society (快节奏的社会) . People need some extra energy to go about their day (过一天的生活) . But it also depends on personal preferences (也看个人喜好) , you know. Some people can't kickstart their day (没办法开启自己的一天) without a cup of coffee, while some others prefer a soothing and warm cup of tea (一杯温暖又安抚人心的热茶) . And there are those people who enjoy both, depending on their mood. So yeah, I'd say coffee and tea are still pretty relevant (重要的, 有价值的) in people's lives. (转折, 分群体)**

感谢所有报名正课的学生, 祝高分通过。购买盗版资料的学生, 补票请加 vx: tarayasi9, 积攒正缘

Robots (机器人)

1. Have you ever watched a movie about robots?

① **I think so. I've definitely watched a few movies about robots. I mean, who hasn't right? That's like the most popular theme for Sci-Fi movies (最**

受欢迎的科幻片主题) . One movie that comes to my mind/ pops into my head (进去脑海中) is Terminator (终结者) . That's like the most famous movie about AI/robots gaining control of the earth (掌管地球) . And also, Wall-E, it's a super heartwarming and thought-provoking (暖心的、引人深思的) movie. (细节)

② I've probably seen a few, but I can't think of any off the top of my head (脑子里目前想不到任何) . I guess it's one of those things you might forget over time (随着时间的推移) with all the movies out there. I'm not a big fan of science fictions (科幻故事) anyways (反正也不是 sci-fi 粉丝) . (原因)

2. Are robots important?

Absolutely! Robots are 100% important. It's the now and the future (是现在也是未来) . They're not just something you see in Sci-Fi movies anymore; they are everywhere and are being used in various industries (正在被很多行业使用) . They make our life easier and safer. They boost efficiency (提升效率) , increase productivity (提高产量) , enhance accuracy (增加精准度) and can help us tackle dangerous tasks (处理危险任务) . For example, in factories, they help make things fast and accurately. In hospitals, they assist doctors during surgeries. I can't imagine a world without robots (想象不到没有机器人的世界) these days. (原因, 举例子)

3. Would robots affect people's lives?

Definitely robots would totally affect people's lives. They are already doing it now actually (现在就在发挥影响) ! Like I said, they're being used in all kinds of industries. In education, AI-powered robots (人工智能机器人) can personalize learning experiences (个性设计学习体验) for each and every student (每一个学生) . In agriculture, robotic systems can help with planting and harvesting crops (种植, 收割庄稼) , increasing food

production (提高产量) . In our homes, we can cook with an AI-powered cook machine (人工智能做饭机器) , we can vacuum and mop (吸尘+拖地) all the floors with a vacuum robot in no time. Robots are so deeply intertwined with our lives (紧紧缠绕在一起) and have a substantial impact on how we live and interact with the world. I can't wait to see what the future holds for us (未来可期) . (时间分层 现在+未来, 举例子)

4. What can robots do for you at home?

同上已经讲过

5. Should we let a robot drive for us for long journeys?

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

Maps (地图)

知识点:

- **have a mental map in your head 脑海中有地图 (活地图)**
- **map reading skills 识别地图的能力**
- **navigation app 导航软件**
- **paper map 纸质地图**
- **walk around in circles 走路打圈圈**
- **ask for directions 问路**

- **get/ feel lost 迷路**
- **get disoriented 找不到东西南北**
- **don't know which way is north, south, east or west 同上**
- **use a compass 使用指南针**
- **have a good sense of direction 很有方向感**
- **have no/0 sense of direction 没有方向感, 0 方向感**
- **directionally challenged 方向受挑战的, 表示方向感不好**
- **be good/bad at navigating directions 擅长/不擅长导航方向**
- **get from one place to another 从一个点到另一个点**
- **orient oneself 寻找自己的位置, 定位**

1. Do you often use maps?

① I don't use traditional/ paper maps (传统纸质地图) anymore, but I do use map apps (地图 app) on my phone all the time. My favorite app is Google Maps. I'm the kind of person who doesn't have a great sense of direction (我是那种没有方向感的人). I get lost/ disoriented easily (很容易迷路, 找不着方向). And when I'm lost, I can't even orient myself, I don't know which way is north, south east or west (分不清东南西北). So yeh, I heavily rely on (非常依赖) Google Maps. Without it, I would be totally lost. (原因)

② Sometimes I use maps. Whether it's traditional maps or map apps, to help me get from one place to another (从一个地方到另一个地方). Like, when I explore a new place or go on vacation, I'll go to my navigation app to not only get directions but also find interesting spots based on reviews and recommendations (不光找方向, 还可以基于点评找到有趣的地方). But I don't rely on maps on a day-to-day basis. Sometimes I even try to challenge myself to navigate without my navigation app (有时候我甚至挑战自己刻意不去使用导航软件). (分情况)

2. Do you use paper maps?

Like I said, I don't use traditional Maps anymore. They are kind of old-school (古旧老派的) / old-fashioned (过时的). All these navigation apps today are way more convenient (远远的更方便), easier to use (好用), and always up-to-date/ updated (及时更新的). You always have the latest information at your fingertips (指尖动动就能有最新信息). I don't even remember when was the time that I bought a paper map (我都不记得上一次买纸质地图是什么时候). (原因)

3. How often do you use maps on your phone?

① Well, all the time! As a person who is directionally challenged (方向感受到挑战的) / has 0 sense of direction (0 方向感) / relies heavily on GPS (严重依赖 GPS), I use my map app constantly on a day-to-day basis. Like I said, I can't live without GPS (没有它活不了). I can't even imagine a world without it (不敢想象一个没有它的世界). (原因)

② Not very often. I have a good sense of direction (方向感很好). So, sometimes I could live without it for days, even weeks. And sometimes I use my navigation app to get directions when I'm in a new place. But in general, I don't feel the need to use it (没有需要它的感觉) all the time. And like I said, sometimes I even challenge myself to orient myself based on the position of the sun and familiar landmarks (通过太阳的位置和熟悉的地标定位自己). (原因)

4. Do you have maps at home?

① That's a good question. I haven't seen maps at my home for years! Maybe I still have a world map (世界地图) somewhere, or maybe a bunch of city maps (城市地图) stashed away in a drawer somewhere (被遗忘藏匿在了某个抽屉里). Probably they are full of dust (全是灰尘) and I should throw them away (应该扔掉). I don't know.

② Yes I have a big world map hanging on my wall (挂在墙上) . I still use it to check countries and cities from time to time; and also; it's a cool wall art (墙上艺术) , a decor piece (装饰物品) for the home. And then, I always collect city maps when I go to a new city. I put them in a specific drawer. It's like a souvenir (纪念品) to help me hold on to all those beautiful memories (留住美好记忆) . (细节)

感谢所有报名正课的学生, 祝高分通过。购买盗版资料的学生, 补票请加 vx: tarayasi9, 积攒正缘

Chatting (聊天)

知识点:

- **Bond with each other/ one another 增进感情**
Chatting with friends helps us bond with one another.
We can bond over shared experiences in our chats.
- **Build and maintain friendships 建立并保持友谊**
It's a great way to build and maintain friendships.
- **Share thoughts and feelings 分享感受和想法**
It's a way to share our thoughts and feelings.
- **Support one another 支持彼此**
- **Express our affection for each other 表达对彼此的感情**
- **Inside jokes 内部笑话 (只有自己人能听得懂)**
In our chats, we often share inside jokes.
Inside jokes are like secret codes between friends.
- **a strong sense of community and belonging 一份强烈的团体感和归属感**
- **support one another 相互支持**
- **share tears and laughter 分享眼泪与欢笑**
- **spend time with friends**
- **hang out with friends**
- **meet up with friends**
(以上三种表达都很常见, 但是注意不要说 ~~play with friends~~)

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

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

- **choose quality over quantity** 质大于量
- **I'd prefer only having a few close friends (少数亲近的朋友) rather than a large group of acquaintances (一大堆认识的人) .**
- **a people person** 喜欢人群的人
- **a social butterfly** 交际花
- **a sociable person** 善于交际的人
- **a chatterbox/ talkative** 一个特别能说的人

1. Do you like chatting with friends?

① **Yes, I'm a bit of a chatterbox (话匣子一样) in front of my friends. I believe, talking to my friends is really good for my mental health (对心理健康好) . I mean, we are the same age (同龄) , we think alike and we are on the same wavelength all the time (想法一致, 有默契) , so we get each other (懂彼此) . Through chatting, we bond with each other, support one**

another and share thoughts and feelings. It's therapeutic (治愈的). (原因)

② I enjoyed talking to my friends. But I have to say, I'm not a very talkative person. I'm just a little bit clumsy with my words (在语言上有点笨) . I enjoyed doing things with my friends. We hang out, clown around (一起犯傻), try new things together (尝试新鲜事物) and we bond over those experiences. (原因)

2. What do you usually chat about with friends?

Well, you know all kinds of things. Big things and small things. Big things like, our future career development, our educational plans, our relationships, life milestones. Small things like, what do we eat today, which movie do we watch tomorrow, where do we go next week, and sometimes we just talk about silly stuff (傻东西), nonsense (无聊的事情, 废话), to the point that (以至于) we've developed some inside jokes (内部笑话) that nobody from the outside can understand. It's like our secret codes (秘密暗码), haha! (分类讨论)

3. Do you prefer to chat with a group of people or only one friend?

① I'm a very sociable person, a social butterfly (交际花, 社牛), some friends would call me. So, for me, I like bigger groups, the more the merrier (人越多越好). I get a lot of positive vibes and energy (正能量) after seeing all my friends. And I enjoy mingling with (应酬交际) people at a big party. (原因)

② I love all my friends. But I enjoy having one-on-one conversations (一对一对话) more. The thing is, it's really difficult to have heart-to-heart (走心的), in-depth and meaningful (有深度的、有意义的) conversations with a lot of people at the same time. Sometimes after those big parties, I don't

remember any conversations that I've had. That's why I choose quality over quantity (我选择质大于量) .

4. Do you prefer to communicate face to face or via social media?

I like both. They both have advantages. Face-to-face communication is more in-depth (有深度的) and meaningful (有意义的) . It feels more intimate (感觉起来更亲密) as you can see that person's facial expressions and body language (看见面部表情和肢体语言) , which is a really beautiful thing. But we're all very busy nowadays. It's hard to have face-to-face communication very often, and that's when social media can complement it (弥补) . Social media showcases (展示) your friends and family's lifestyle and important updates, like, who's getting married, who's becoming a parent, who's moving to a new house. You can see their life updates (生活更新) easily and interact with them effortlessly (毫不费力地互动) . I mean, the cost of communicating is incredibly low, it's at your fingertips (动动手指) . Some people hate it but I like it! Because it's better than nothing (有总比没有强) ! Without it, the chance of you meeting an old friend who lives far away is almost close to 0 (你去当面见一个住得很远的老朋友的几率几乎为零) . (个人偏好题, 对比讨论)

如果喜欢其中一项。可以拿出答案中的单一观点进行回答。

5. Do you argue with friends?

Of course, that's inevitable (不可避免) , right? I mean, who doesn't argue with their friends or family? My friends and I would quarrel/ have words (吵架) from time to time, but we don't really argue in a heated and nasty way (不会真的特别激烈和骂的很脏) . We just open up with each other (彼此敞开心扉) , talk things out (把话说出来) , clear the air (解除一切误会) and try to find middle ground/ meet in the middle (在中场相遇, 彼此让步) . For me, having an argument is just an emotional way to communicate. As long as

there is trust and true friendship, I wouldn't be afraid of losing my friends over a **fight** (我不会害怕因为一场争吵而失去朋友)。(原因, 细节)

感谢所有报名正课的学生, 祝高分通过。购买盗版资料的学生, 补票请加 vx: tarayasi9, 积攒正缘

Clothing (衣服)

知识点:

1. 几种主要着装风格:

- **Casual:** 休闲风 (典型类型的衣服 jeans, t-shirts, and sneakers 牛仔裤、T 恤、板鞋)
I like casual style when it comes to everyday looks.
- **Smart Casual:** 休闲正装 (典型类型的衣服 button-up shirts, blouses, polo shirts, dress pants)
I like smart casual clothes. They're a step up from casual, but not that too formal.
- **Business/Work:** 职业风
- **Formal:** 正式场合, 比如婚礼、上流活动 (典型类型的衣服 suits, evening dresses, and dress shoes 西服套装、晚礼服、正装鞋)
- **Bohemian:** 波西米亚, 有很多花花图案、自然的布料、长裙流苏的那种
- **Athleisure:** 休闲运动风, 穿 Lululemon 配 Ugg boots 和皮夹克的那一伙儿 (典型类型的衣服 yoga pants, sneakers)
- **Vintage/Retro:** 复古风 1920s-1980s 之间都属于复古风格
Flapper style (20 年代低腰线连衣裙), polka dots 波点, bright florals 明艳花朵造型
- **Country/Western:** 西部乡村风 (典型类型的衣服 cowboy boots, denim jeans, plaid shirts 牛仔帽、牛仔裤、格子衬衣)
- **Minimalist:** 极简主义的

Minimalistic style focuses on simplicity, neutral colors, clean lines, and a "less is more" philosophy in clothing choices.

2. 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; 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 深色, light colour 浅色, bright colour 亮色, warm colour 暖色, cool colour 冷色, neon colour: 荧光色

- 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
- loose-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) .**

1. What kind of clothes do you like to wear?

① Casual: I tend to go with (选择) a comfy and casual style (舒适休闲风格) . Jeans and a t-shirt are always my go-to options (首选) on a daily basis. I also love hoodies and sweatshirts (帽衫和卫衣) as well. They can keep me warm on those chilly days. And, when it comes to shoes/footwear (鞋子) , I'm a big fan of sneakers (板鞋的粉丝) . I've got probably 10 pairs of sneakers. (细节)

② Smart-casual: I usually go for a smart casual (休闲正装) style . At work, I need to interact with my clients and colleagues every day, so it's essential for me to make a good impression (留下好印象) by looking professional and presentable (看起来专业又体面) . But I love comfy clothes at the same time. So I often find myself in this situation where (在这样一种情况里) I need to strike a balance between looking polished and feeling comfortable (在穿的华丽和感觉舒服之间找到平衡) . That's why this style is a perfect fit for me / it suits my lifestyle so well. (还想加细节? + I normally wear dark jeans paired with a bottom-up shirt and sneakers/ dress pants paired with a blouse (女式衬衣) . This outfit would give off a professional vibe (散发一种职业感十足的气场) without making me look too formal) . (原因, 细节)

③ Athleisure: There is this new trend called athleisure, which is totally my style (有这么一种新流行趋势叫做休闲运动风, 完全是我的菜) . I'm almost all the time in yoga pants or comfortable leggings (打底裤) , really comfortable t-shirts and sneakers. When it's cold, sometimes I pair my

outfit with a leather jacket and UGG boots. I just love this style so much. I work out a lot, almost every day. So this style can help me transition from workouts to casual outings (简单外出) seamlessly (无缝地) . (细节, 原因)

2. Do you prefer to wear comfortable and casual clothes or smart clothes?

和上题重复

3. Do you like wearing T-shirts?

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

(不用都说, 挑选局部内容来说)

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

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

4. Do you spend a lot of time choosing clothes?

① Yes I do spend quite some time choosing my outfits every day and sometimes it might take me forever (可能会花我很久时间). When I managed to pick a great outfit for the day, I feel very confident when communicating to my clients and coworkers. But I have to admit (不得不承认), there are moments when I feel guilty for taking up so much time on it. I mean, I know that there are more important things in life. (转折)

② Not really, I'm a super casual person, more of a “grab and go” type (抓起衣服就走型). I put on my leggings or yoga pants, and t-shirts, and I'm good to go (准备好了, 完事儿)! Spending too much time on choosing outfits isn't my thing (不是我喜欢干的事). I'd rather use that time to do some other things like, working out. (原因)

感谢所有报名正课的学生, 祝高分通过。购买盗版资料的学生, 补票请加 vx: tarayasi9, 积攒正缘

Running (跑步)

知识点:

1. 爱跑步的人:

- A runner (or, an avid runner, a dedicated runner) 爱跑步的人
- A running enthusiast 跑步爱好者 (注意, ~~running lover~~, ~~running person~~ 不太常见, 可能是因为 running 本身除了跑步的名词词性, 还有“跑走的, 逃跑的”形容词词性。Running lover 听起来有歧义, 感觉像是“逃跑的爱人”)
- Running addict 跑步成瘾的人
- Jogger 慢跑者
- Marathoner 马拉松跑步者
- Sprinter 冲刺跑的人

2. 相关表达:

- **Go for a run:** 出去跑个步
I'm going to go for a run in the park after work.
- **Hit the track:** 去操场跑圈儿, 或者表示 开始跑步
Let's hit the track early tomorrow morning for some sprints (冲刺跑) .
- **Run like the wind:** 跑得像风一样快
She ran like the wind and won the race.
- **Out of breath:** 跑得上气不接下气
I was completely out of breath after running up that hill.
- **The runner's high:** 跑步者跑多了会感到的那种 high, 多巴胺兴奋 (The feeling of euphoria that some people experience during or after a run)
I love the runner's high I get from a long jog.
- **Keep pace:** 保持速度
It's important to keep pace during a marathon to conserve energy.
- **Warm up:** 热身
Always remember to warm up before your run to avoid muscle strain (肌肉拉伤) .
- **Cool down:** 运动结束后慢慢舒缓 stretch 拉伸
A proper cool-down and stretch can help prevent muscle soreness (肌肉酸痛) .
- **In the zone:** 完全在状态里, 全神贯注
During the race, I was in the zone and couldn't hear anything but the sound of my footsteps (脚步声) .
- **Set a personal best (PB):** 个人最佳成绩 (动词是 set)
I trained hard and set a personal best in the half marathon (半马) .

1. Do you go running a lot?

① Yes, I would say I'm a runner (爱跑步的人) . I run quite a bit actually. I mean, I'm not like a marathoner or anything, but I try to get out of there (努力出去跑一个) a few times a week, hitting the track or the park nearby, in the morning before going to work/school, just myself. I enjoy the feeling of the morning breeze touching my face and hair (享受早上清风拂面的感觉) . It's a great way to clear my head and disconnect from my life (和生活脱轨, 清空大脑) /it's like a little escape from the daily grind (日常内卷中的一刻小逃离) , you know. When I run, I stay in the zone completely and I can't hear anything but my own footsteps. It's an amazing feeling. (原因, WH 法)

② I have to admit that I'm not a runner. Running is not really my thing (不是我的菜) . I tend to lead a more sedentary lifestyle (趋向于久坐似的生活方式) , a couch potato (沙发土豆, 表示成天坐着的那种人) , to be more precise (更准确的说) . HAHA! I prefer binge-watching shows (疯狂刷剧) , reading books, watching movies, or just chilling on my couch and scrolling on the phone (在沙发上闲着刷刷手机) . Running just doesn't excite me that much (不怎么令我兴奋, 含蓄表示“不喜欢”) . It seems boring. (原因, 取而代之的行为)

2. Where do you usually go running? 不跑步的人不会被问到

① I often go running at the local running track (当地的跑步场) . It's convenient, well-maintained, and safe. Running on a track gives me a precise distance to measure my progress (给我具体的距离去丈量我的进步) , and it's a great place to do speed workouts (速度练习) . So, it's my go-to spot (首选场地) . I actually had a personal best lately there. (原因)

② My go-to place (首选地点) for a nice run would be the park near my home. It's a beautiful park with running trails (跑步路线) and a lot of

greenery (绿植) . I love running outdoors in nature, surrounded by trees, and meanwhile soaking up the sun (晒晒太阳) , getting some fresh air (透气) . Especially in the morning, I can even hear birds chirping (听到鸟叫) in the trees. It's just such a great way to start the day. (原因, 细节)

3. When was the last time you went running?

① It was this morning actually. I went for a run with my parents. I usually run alone, but since they are visiting this week, we decided to run together. We left home around 7:00 a.m. And returned at around 8:30. After that, we treated ourselves to a big breakfast. It was a great way to kickstart the day. (WH 法)

② Oh gosh I can't even remember. Like I said, I'm such a couch potato (沙发土豆) and running has never been my thing (从过去到现在都不是我的菜) . I can't recall any specific memories of running. But I do remember that I had one yoga session last week and I was very proud of myself! (原因)

4. What do you think of running as a sport?

For me, running is a very simple and accessible way to exercise (简单、可实施的运动方式) . All you need is just a pair of running shoes (一双跑鞋) , and you're good to go (你就可以出发了) ! You can run in the park, or in a running track (田径场) , or simply on the street. On top of that, it's really beneficial for your physical and mental well-being (生理、心理健康) . You get to be outdoors, breathe in fresh air (呼吸新鲜空气) , get some sun and vitamin D (晒太阳补钙) , and at the same time, it can help you maintain weight (保持体重) , boost metabolism (增加新陈代谢) . It's also excellent for improving your physical endurance (增加体能) . (Too bad/ It's a shame that it's not my thing. 不爱跑步的宝宝最后可以加这么一句, 哈哈, “道理我都懂, 可惜我不喜欢”) (原因) 不用都说, 选一些内容来说就好

Travelling (旅行)

1. Do you like traveling?

- ① **Absolutely I'm a huge fan of traveling.** I definitely have a wanderlust (旅行癖), so to speak. Exploring new places, trying different local cuisines, experiencing different cultures and meeting new people are some of the best parts of life for me. It's about having a passion for "newness" (对新鲜事物的热情). So far, I have been to almost 20 different countries, and my ultimate goal is to travel around the world. For me traveling is also a journey of self-discovery (自我探索). I get to know myself better (得以更了解自己) through traveling and that's a really beautiful thing to see. (原因)
- ② **Not really I'm more of a homebody** (宅家的人). I find comfort and happiness in my routine life (作息生活). I know that traveling can be fun and exciting (有趣且令人兴奋) for many people, but for me, it's more tiring and stressful (使人劳累、压力大) than exciting. I prefer to take some me time (享受独处时光) at home, read a book, catch a flick (俚语, 看一个电影), enjoy my hobbies, or just unwind (放松), put my feet up (翘脚、放松) and do nothing much (啥也不做). I'm the kind of person who finds joy in simple things (直播课句型). And plus, I can't really afford to travel all the time. (让位驳斥, 补充)
- ③ **Sometimes I enjoy traveling a lot, especially when I have a burnout** (耗尽工作激情) at work. It's a great chance to disconnect from my life and escape (逃离), explore new things, broaden my world (拓宽世界), and create lifelong memories (打造一辈子的回忆). On the flip side (另一方面来说), there are moments when I feel lazy to travel and appreciate the

comfort of home (享受家的舒适) . In those moments, I prefer not to deal with the hassles (麻烦) of traveling, I mean, booking up a hotel, buying flight tickets, finding places to go, suffering from the jet lag (饱受时差折磨), things like that. (分情况)

2. How often do you go traveling?

① As a travel enthusiast/ travel freak (旅行狂), I'm always on the move (在奔波) . I take on international trips every year. For example, last year, it was the United States, and this year, I'm going to Japan. In between, I squeeze in short trips domestically every other month (每隔一个月, 塞进来一些短期国内旅行) . Traveling is my passion, and I can't get enough of (不会厌烦) exploring new destinations. Nothing excites me more than being on the road. (原因, 细节)

② Not very often at all. Like I said, I'm a true homebody (宅家的人) . I'd rather save up money for my gym membership (健身房会员), my yoga classes (瑜伽课) or even invest in (投资) a better TV. I find a lot of contentment in my daily routine (日常作息), taking care of my health, and enjoying some quality time with my family and friends. Traveling isn't really my thing (不是我的菜), my passion. (原因, 细节)

③ Sometimes when my wanderlust is calling me (旅行的瘾头上来了), I can't resist the urge (拒绝不了冲动) to travel every month. But sometimes when I'm not in the mood or the budget doesn't allow (预算不允许), I will stay at home for quite some time and find comforts in routine life. (分情况)

3. Where do you usually travel?

① Well, I enjoy 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 I'm also attracted to natural sceneries (自然风景), especially places with the sea and beach, such as, Thailand, Mexico, Mediterranean countries to soak up the sun (晒太阳) and unwind on beautiful beaches (在沙滩上放松). (原因, 细节)

② I'm really into historical and cultural cities, I consider myself a history lover. So I usually go to places with rich historical and cultural heritage (丰富的历史文化遗产). Like, Xi'an, Beijing, or Chengdu in China. (原因, 细节)

4. How do you feel when you are traveling?

① When I'm traveling, I usually feel incredibly happy, free, and like my most authentic self (最真实的自己). There's something about being on the road, exploring new places, and immersing myself in different cultures that fills me with pure joy (直播课经典句型). It's a sense of freedom that's hard to describe (无法描述的自由之感). (原因)

② I feel mostly relaxed while traveling. It lets me break away from/ escape from my routine life, and experience the world in its diversity (体验大千世界的多元性). It's an adventure that I can't get enough of (无法厌倦的探险), and also a great chance to bond with my family or friends. That's why I cherish every moment of it. (原因)

③ It's always a bit of a love-hate relationship (又爱又恨的关系), a mixed bag for me (复杂的情绪). On one hand I experience excitement and fun. But there's always the feeling of fatigue (劳累感) and anxiety (焦虑) comes with getting from one place to another (从一个地儿到另一个地儿), finding hotels (找酒店), jet lag (时差); and sometimes there's even a sense of loneliness, I mean, being away from familiar faces, feeling a little homesick (想家). I'm definitely not a travel freak. (分头讨论)

Musical instruments (乐器)

1. Have you ever learned to play a musical instrument?

① Yeah I actually learned to play the piano when I was a kid. In my family, learning to play the piano was something everybody did as they grew up. My mom knows how to play the piano, and so do my grandparents and my uncle. I took lessons for a few years but I'm not a piano master by any means (无论从哪个角度来说我都不是一个钢琴大师). I don't consider myself an expert. I mean, I can definitely play a few tunes (能谈几个调调), but that's all I've got nowadays (如今我的全部本事). Haha! (细节)

② Unfortunately I haven't learned to play any musical instruments. My parents didn't take me to any music classes when I was a kid. And now, I'm too busy to pick up a musical hobby (太忙以至于没有时间捡起音乐爱好). But I have to say, I've always admired people who can play musical instruments, especially the violin, it's such a beautiful and expressive instrument. I wish I knew how to play the violin. Maybe I'll give it a shot (试一下) in the future when I have more time. (先抑后扬)

2. What musical instruments do you enjoy listening to the most?

① I love the piano. (Maybe because I know how to play it). It's so classic and timeless (经典又永恒). There's something enchanting and soothing (迷人又安抚人心) about it that really draws me in (吸引我) (经典句型). It blends so well with other instruments (和其他音乐很好融合) and can adapt to various musical genres (适应各种音乐种类), for example, jazz, classical, and even country music. It's really versatile (多面玲珑). (原因)

② Like I said, I love the violin. There's something so expressive and soulful (充满表达和灵魂感) about it that can evoke my emotions (唤醒我的情绪) each time when I listen to it (经典句型). It can sound extremely upbeat

(极其轻快欢乐) and it can also sound deeply sad (深度悲伤) . It's amazing how versatile (多面玲珑) it is. (原因)

3. Do you think children should learn to play a musical instrument at school?

I'm all in for it (全力支持) as there are so many benefits for children to learn music and musical instruments at school. Number one, it introduces children to the world of music (介绍音乐世界) , helping them learn and appreciate different music styles. Number two, it can increase their hand-eye coordination skills (手眼协调能力) , foster their patience and concentration (提升耐心和专注力) , and boost their self-esteem (增加自我价值感) as they progress in their musical skills. Number three, if they play in groups, it can also foster the sense of teamwork (团队合作意识) ; and lastly, playing music is an incredibly effective stress reliever (解压器) for kids. So, I root for it 100% (百分百支持) ! (罗列)

4. Do you think music education is important to children?

和上题差不多

感谢所有报名正课的学生, 祝高分通过。购买盗版资料的学生, 补票请加 vx: tarayasi9, 积攒正缘

Noise (噪音)

知识点:

1. 噪音的种类:

- **Traffic noise: 交通噪音 (the sounds of vehicles on the road, such as cars, trucks, and motorcycles. The hum of traffic 交通轰鸣, honking horns 汽车鸣笛声 and engine noise 引擎的声音)**

The traffic noise in the city never seems to quiet down (安静下来), even late at night.

- Construction noise: 施工噪音 (drilling 电钻声, hammering 捶打声 and heavy machinery 重机声 in construction sites 施工工地)

The construction noise from the nearby building site woke me up early this morning.

- Household noise: 家居内部噪音 (the everyday sounds we hear at home, like appliances running 运转的家电, television or radio, and people talking or moving around)

The household noise of kids playing and the TV blaring (电视的刺耳响声) made it hard to concentrate on my work.

- Industrial noise: 工业噪音 (noise comes from factories and manufacturers, often includes machinery, conveyor belts 传送带, and manufacturing equipment)

The industrial noise from the factory next door can be deafening (震耳欲聋的) during peak production hours.

- Street noise: 街道噪音 (the sounds from people walking and talking on the streets, street vendors selling goods 街上小贩贩卖商品, and city life in general)

The street noise in the bustling downtown area (喧闹的市中心) adds to the vibrant atmosphere.

2. 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
- Blare: v. 发出响而刺耳的声音 The TV is blaring.
- 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，也表示嘈杂的人声; 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.

- **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

1. Do you like to stay in a place with a lot of noise?

① It depends on the level of the noise. Sometimes I don't mind some noise especially in social settings (社交场合) where there is a good vibe

(气氛友好) , like in a cafe with friendly background hubbubs (背景闲聊声) . It feels cozy. But too much noise can be pretty distracting and making it hard to concentrate or fully unwind (完全放松) . (分情况)

② As a person who is highly sensitive to noise (对噪音极其敏感) , too much noise can be overwhelming and too intense (太强烈, 令人淹没的感觉) for me. I find it hard to stay concentrated and fully relaxed when I stay in a noisy place. So, when I need to get into the zone (保持专注) and stay calm, I always go to a quiet place, like a library, a quiet café, or at home. Sometimes when I'm anxious, I can't even listen to music. (原因)

2. What kinds of noises are there in the area where you live?

从知识点第一点里面找到内容。分类别讨论。

比如: ① I live really closed to the main street. Therefore, I can hear a lot of traffic noises from my apartment, like the hum of traffic (交通轰鸣) , honking horns (车喇叭) and engine noise (引擎) . And also, there's a construction site (工地) nearby, so every day I can hear drilling and hammering sounds, which is deafening (震耳欲聋) and annoying. It's really hard to find my inner peace (寻找内心的平静) these days. (原因, 细节)

② I don't hear too much noise in the area where I live. I live far away from the main roads, and there is a big park nearby. So, I would say, most of the time it's really quiet and peaceful in the area. To be honest, the major noises I hear are from my own home, such as, the running home appliances (运转的家电) , the blaring TV (刺耳的电视) , and the sounds of my family talking and sometimes arguing, haha! Those are the major noises. (原因, 细节)

3. Do you want to move to a quieter place? 只会问住在很吵的地方的学生

OHHHHH yeh! I'm absolutely dying to move (太想搬家了, 强烈的表达) to a quieter place. All the different noises that I'm hearing everyday are quite mentally draining (精神消耗我, 掏空我) . I can't concentrate 100%. It has taken a toll on my mental health (在精神上对我造成损耗影响 take a toll on something) . I really want to move to a quieter place where I can find my tranquility, my inner peace and truly be able to unwind. It's definitely high on my wish list (心愿清单的榜首) . (原因)

4. Do you think there is too much noise in today's world?

结合知识点里的内容自己回答。答案肯定是 YES, 之后细节拓展。

5. Is making noise one of people's rights?

I don't think making noises should be someone's right, because it's important to be considerate of other people around you (要考虑是周围人的感受) . I know some people may say that, people have the right to express themselves. They're right, people do have the right to express themselves, but it shouldn't be at the price of (以.....为代价) taking away other people's rights to be in peace. It's about finding a balance between personal freedom and being considerate. (让位驳斥)

也可以用“分头讨论法”, 表示不好说, it's hard to say, 之后说 on one hand, ... on the other hand,...

感谢所有报名正课的学生, 祝高分通过。购买盗版资料的学生, 补票请加 vx: tarayasi9, 积攒正缘

Transportation (交通)

1. How do you go to work/school?

学生党:

① I usually walk to school because it's really close, and it's a healthy way to start the day. It gives me a chance to wake up properly (好好醒来) and get some exercise done (做点运动). (原因)

② On sunny days, I love biking/cycling (骑自行车) to school as it's fun and eco-friendly (有趣又环境友好的). I enjoy the feeling of the cool breeze touching my face and hair (清冷微风拂面和发须的感觉). But when it's raining or I'm feeling lazy, I'll take the subway. I don't like to get soaking wet (湿成落汤鸡) or too tired. It's all about the mood and weather! (分情况)

③ My parents usually drive me to school every day. They spoil me so much (很溺爱我), I know. It's comfortable and convenient, and we get some time to catch up (聊聊天) during the ride. (原因)

工作党:

① I usually drive to work. It's just more convenient for me as I can set my own schedule (设定自己的日程) and don't have to worry about waiting for public transportation. Plus, I enjoy the privacy (隐私感) of my car, where I can listen to my favorite podcasts or music, which helps me mentally prepare for the day ahead (精神上准备好眼前的新一天). (原因, 细节)

② I like to bike/cycle to work when the weather's nice and comfortable. It wakes me up and gets me energized, and meanwhile I can get some exercise done. But on cold or rainy days, I'll hop on the subway (跳上地铁). So, it really depends on how I'm feeling and the weather. (分情况)

2. What's the most popular means of transportation in your hometown?

① Well, Guangzhou is a huge metropolis (超级大都市), the most popular means of transportation is definitely the subway. It's fast, accessible, efficient and helps us avoid the horrible, annoying traffic jams during

rush hours (高峰小时期间糟糕又讨人厌的堵车) . There are also some people who use buses and taxis to get around or commute (转悠或通勤) , but I would say, the subway is still the major go-to choice for most people. (主流情况, 特殊情况补充)

② My hometown is quite small, more like a town, really. As a result (结果就是) , we don't have a very well-developed public transportation system (发展得很好的公交系统) , like buses or a subway. That's why you'll often see a lot of people driving to work or wherever they need to go. In my town, most residents rely on their cars or bikes for transportation. (原因)

3. How far is it from your home to work/school?

根据自己情况来说, 可以结合第一题的答案里的语料, 进行简单细节补充。但是这道题, 没什么可答的, 短一点 10-15", 问题不大。

4. Do you think people will drive more in the future?

① Well I can't really predict the future, but from what I can see now (从我目前能看到的) , many people are living fairly sedentary lives (过着相当久坐的生活方式) , with long hours spent sitting at desks or in front of screens. That's why we have such weight issues (体重问题) and other health concerns (健康问题) . In the future, I guess the trend will probably continue, people will rely on driving as a primary means of transportation (主要的交通方式) . I'm not very optimistic in this (我对此事不是很乐观) . (时间分层, 现在看未来)

② It is true that many people are living fairly sedentary lives (过着相当久坐的生活方式) , with long hours spent sitting at desks or in front of screens. That's why we have such weight issues (体重问题) and other health concerns (健康问题) . However, I hope for the future we will become more aware of the importance of physical activities and take steps (采取措施)

to make physical activities a part of our daily routines. The key is to find a balance between (找到平衡) our increasingly digital and sedentary lives and maintaining our physical and mental well-being. I'm actually pretty optimistic in this! (时间分层, 现在看未来, 转折)

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

Ice Cream (冰淇淋)

知识点:

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

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

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

I got a chocolate ice cream cone with sprinkles.

- Ice cream cup 不点蛋卷, 会放在纸杯里的那种叫 cup.

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

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

What kind of toppings do you want?

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

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

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

不喜欢 ice cream 的相关表达:

- **To be honest, I'm not a big fan of ice cream. 不是粉丝**
- **It's very high in calories. 热量很高**
- **It's really evil, high-fat, high-sugar, high-calorie, very very bad. 高脂肪、高糖、高热量, 很邪恶!**
- **It's too sweet for me, as I don't have a sweet tooth. 没有甜牙齿, 不爱吃糖. (Have a sweet tooth 表示喜欢甜食)**
- **Ice cream is really fattening. 发胖的**
- **It's a love-hate relationship. 既爱又恨的关系**

1. Do you like ice cream?

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

② 还可以说最爱的口味:

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

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

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

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

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

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

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

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

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

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

① Yes, there are several shops selling ice cream near home. In fact, there's a popular ice cream shop just a few blocks away from my place (离我家没有几个街区). They're like Instagram famous (网红店) and they have a wide variety of flavors and toppings, and their ice cream is always so tasty and refreshing. I love that place! (强调补充)

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

4. Can you make ice cream yourself?

① Actually I do know how to make ice cream. Making ice cream is not as difficult as people would imagine, and it's a really fun activity to do with

friends and family. All you need is some cream, sugar, and your preferred flavorings. There are plenty of recipes you can easily find online. So yeh, as a foodie (吃货), I love making my own ice cream! (细节)

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

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

Language (语言)

1. What languages can you speak?

① Well, Chinese is my mother tongue/mother language (母语), English is my second language (第二外语), and I also speak a little Spanish, which is my third language (三外). But I have to say, I'm still learning, there's a long way to go (任重道远). My lousy Spanish (差劲的西班牙语) is still at a toddler's level (幼儿水平), haha!

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

粤语是一门语言, 不是方言。所以广东的宝贝们, 你们都是三语宝宝哦!

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

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

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

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

3. How do you learn a foreign language?

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

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

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

In my school, we take English classes and Chinese classes. Well, Chinese is my mother tongue, so I don't have problems speaking or using it. But when it comes to learning English, I would say it is taught and learned in

a very counterintuitive way (非直觉性的方式) in my school, AKA boring (换言之, 无聊。AKA also known as) . It's definitely not the most suitable way for young students. For example, we spend a lot of time memorizing the rules, the grammar, the new words, but everything is done in a silent way. We don't really speak, let alone (更别提) using it in conversations. It's really bad! (原因, 细节)

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

Teachers (老师)

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

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

② 教育学的宝宝可以说, 那就是自己的目标。参考录播赠课第二节内容。

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

2. Do you remember one of your teachers?

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

别的科目也可以!

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

3. What were your primary school teachers like?

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

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

③ I loved my primary school teachers! They were so creative! For example, sometimes, our homework was to DIY things (手工做东西) . Like, when we took geography classes, we learned different countries and cultures, our teacher asked us to DIY things related to this country! And then she would put them in the school hallways (学校走廊) , like an exhibition (就像展览一样) ! One time, we were learning about Egypt (埃及) . So, I remember the hallways were full of cardboard pyramids (硬纸板做的金字塔) ! Hahaha! (举例子)

4. Do you have a favorite teacher?

Yes, my favorite teacher was that high school English teacher I talked about just now (刚刚) . She was like a breath of fresh air (一股清风) , a ray of sunshine (一束阳光) , very caring and loving (充满爱和关怀) . I feel like we were not just in a teacher-and-student relationship (不仅仅是师生关系) . It was more than just that (比那还多) . She was like my friend and also my family. She would care about what I was doing outside the school, like where I went to on holidays or on weekends. When I went through some tough times (遇到挫折, 陷入困境) , she was there for me (支持我) , supporting me, providing me with useful advice (给我有用的建议) . She was my mentor (人生导师) .

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

Concentration (专注力)

知识点:

1. 和专注有关的俚语:

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

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

- **knuckle down** 全力以赴 (knuckle 作为名词 “指关节、膝关节”，作为动词 “开始认真工作”)

It's final-exam week so I've got to knuckle down and finally start studying.

- **put my head down** 同上用法
- **stay on task** 保持专注力于一件任务上

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

- **get stuck in** 带着激情开始做某事

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

- **get in/into the zone** 进入状态

I really want to get in the zone to study.

- **throw myself into the task** 投入工作学习任务中

Tonight, I really need to throw myself into the task, maybe I'll stay up (熬夜) / pull an all-nighter (熬通宵) .

- **really go at it** 全力以赴

I think you need a break from that school assignment. You've been really going at it for the last 2 hours!

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

2. 注意力不集中的原因

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

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

① Yes, I always tried my best to stay focused in class when I was little. But it wasn't always easy, as kids normally have very short attention spans (注意力周期很短). There were times when my mind just started wandering (思绪开始游离) / I zoned out (发呆走神) / I spaced out (发呆走神), but for the most part, I made an effort to stay engaged in class. (主流情况, 特殊情况补充)

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

2. Are you a focused person?

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

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

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

④ Uhmm, I can be a very focused person once I'm determined (一旦我下决心了就不那么难了). I mean, everyone gets distracted here and there, now and then, but overall, I'm a pretty disciplined and productive person. Therefore, when I need to get things done, I'll roll up my sleeves and get into work mode (进入工作状态), and work like a machine. (原因)

3. How do you stay focused?

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

② Well, the first thing is, I will always make sure that I put my phone aside (手机放一边) and put it on mute/silent (静音模式) so that I won't get distracted easily. I will turn off notifications (关掉消息通知). That really helps me stay focused. I think I'm a little addicted to my phone. And then, I'll normally go to a quiet place, like the library or a nice and quiet café, to really get in the zone (进入状态). Studying/working in a public place makes me more disciplined. I don't know why, maybe when I'm surrounded by people who're also studying or working hard, I feel more motivated to stay focused or feel embarrassed when slacking off (偷懒)? And finally, I'll make sure I don't overwork (过度工作), because fatigue/being tired can actually decrease my focusing capability (劳累会降低集中注意力的能力). So, I'll always take a breather (休息一下) once in a while to recharge my batteries (重新蓄电). (罗列)

(以上三点，局部选择两点就好。不需要都说，时间控制在 25s-30s)

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

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

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

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

Fixing things (修东西)

知识点:

1. 常见的工具:

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

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

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

- **Hammer 锤子; nail 钉子**

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

- **Pliers 钳子 (拔钉子的工具)**

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

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

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

- **Saw 锯子/ electric saw 电锯**

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

- **Tape measure 卷尺**

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

- **Level 水平仪**

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

- **Sandpaper 磨砂纸**

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

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

I love taking on DIY projects at home.

2. 相关表达:

(1) 善于修东西的人

- **Handy 形容动手能力很强，很会修东西的人**

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

- **Skilled 有经验技巧的**

She's really skilled at repairing appliances.

- **Knowledgeable 知识渊博的**

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

- **The go-to person 第一个去找的人**

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

(2) 不善于修东西的人

- **Not handy 动手能力很差**

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

- **Clumsy 笨拙的/ inept 无能的**

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

- **Hopeless/ clueless 完全没希望、没头绪**

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

1. Can you fix things?

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

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

③ Well, I wish I could be one of those handy guys/people, and be able to fix things left and right (左左右右一个接一个, 表示很流畅很行云流水的状态) like a pro (像个专家一样). But uhmmm, unfortunately no, I'm 0 handy (一点儿动手能力都没有). Luckily, I have my dad, haha. He's my go-to person whenever I need to fix anything. He's my handy man (杂务修理工) for free (免费的), ahahah. (转折)

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

2. What things can you fix?

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

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

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

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

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

① I think it's better if you know how to fix things, but I wouldn't say it's necessary for people to learn to fix things. I mean, I'm not a handy person at all, but I can always call my handyman/ my dad when I need to get some help.

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

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

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

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

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

Friends (朋友)

知识点:

- a strong sense of community and belonging 一份强烈的团体感和归属感
 - support one another 相互支持
 - share tears and laughter 分享眼泪与欢笑
 - spend time with friends
 - hang out with friends
 - meet up with friends
- (以上三种表达都很常见, 但是注意不要说 ~~play with friends~~)
- keep each other company 陪伴彼此
 - enjoy each other's company 享受彼此的陪伴
 - kill the time/ while away the time 打发时间
 - think alike/ be on the same wave length 想法一致、在一个频道上
 - get each other 读懂彼此
 - therapeutic 治愈的
 - essential for mental health 对于心理健康很重要
 - emotional support and companionship 心理支持与陪伴
 - I feel so grateful for ...感到感恩
 - ...mean the whole world to me ...对我意味着全世界
 - I can't live without... 没有...我活不了

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

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

1. How important are friends to you?

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

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

③ Well, I appreciate the value of friendship, but many times, I find that I'm more productive and fulfilled when I am on my own. Yes, friendship is important, but I would always choose my own personal growth over friendship. Especially at this stage in my life (人生的当前阶段) where I'm more focusing on my career path, and I value my personal time a lot. Therefore, I choose quality over quantity (质大于量) when it comes to

friendship. I'd prefer only having a few close friends (少数亲近的朋友) rather than a large group of acquaintances (一大堆认识的人). (原因)

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

2. Do you often go out with your friends?

① Oh yeh, a lot! I can't live without my besties (最好的朋友, 适合女生的表达, 小姐妹的意思)! We see each other all the time. I love spending time with them, whether it's going out for dinner, go to the mall for shopping, watching a movie or just hanging out, doing nothing much but chitchatting (不做什么正经事就是聊聊天). It's always so nice to see them, to keep each other company. My friends really get me (特别懂我), and we really think alike (想法一致) / are on the same wavelength (在一个频道), so we have endless things to talk about. (原因, 细节)

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

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

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

3. Where do you often meet each other?

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

② It depends on our mood, I guess. Sometimes, we want to be healthy and outdoors, we will hike up a mountain and have a picnic there; and sometimes if we are in the mood of shopping, we will go to the mall together; and sometimes if we just want to sit down and have a heart-to-heart conversation (走心的对话) , we'll go to a cozy and quiet coffee shop, and chat over a cup of coffee. (分情况)

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

也可以说是某个朋友家

4. What do you usually do with your friends?

和上题很重复

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

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

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

Wild animals (野生动物)

1. Are there wild animals in your country?

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

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

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

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

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

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

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

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

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

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

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

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

Dream and ambition (梦想和野心)

知识点:

1. 有野心的人

- Go-getter 积极进取的人，想要什么就去争取什么的那种人

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

- High achiever 高成就者

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

- Climbing the ladder 攀登事业阶梯

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

- Hungry for success 渴望成功

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

- Success-driven 被成功所驱使的

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

- **Aiming for the stars** 追求极高目标

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

- **Ambition knows no limits** 野心无界限

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

2. 没有什么野心的人

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

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

- **Taking it easy** 放松一点, 慢慢来

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

- **Going with the flow** 顺其自然

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

- **Comfort zone** 舒适区

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

- **Taking a backseat** 退居二线

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

1. What was your childhood dream?

① I used to be so ambitious when I was a kid. I wanted to become a Nobel Prize winner (诺贝尔奖获得者) in literature/ biology/ physics...I just

thought it was the coolest thing ever, making huge contributions to the world and getting all the recognition (得到认可). But now, I just want to live a simple and happy life (过着简单快乐的生活), be able to stand on my own feet (自食其力, 自己养活自己), have a roof over my head (有住的地方, 头上有屋顶), and maybe one day build a beautiful family. (时间分层)

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

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

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

Therefore, I always give my blood, sweat and tears (全力以赴), and my perseverance (坚韧). That's how I'm wired (这是我的天性). (原因)

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

3. What is your dream job?

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

4. Do you think you are an ambitious person?

- ① Yes, 100%, and I think that's a good trait (好的特长). I am driven by ambition and strive to achieve great things. I'm definitely a high achiever and a top performer (工作表现能力很强的人). I like proving myself to people (喜欢向别人证明自己). However, I believe in playing fair (公平竞争) and respecting everyone. I will never do harm (伤害) to others. I simply aim to be the best version of myself (最好的自己) which means, I will never be a petty person (小气之人) when I fail. (转折)
- ② Like I said, I'm not the most ambitious person in the world. I'd rather take it easy (慢慢来). I like going with the flow (顺其自然) and see where life takes me. I'm definitely not a go-getter, nor a big planner. I just really enjoy my easygoing lifestyle. (原因)

Riding a bike (骑自行车)

知识点:

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

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

- **break** 车闸

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

- bell 铃铛

I loved ringing the bell while riding my bike.

- Pedal (脚蹬子 n. / 用脚蹬 v.)

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

- Seat 车座

The seat is so comfortable.

- Basket 车篮子

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

- painted in XX colour 刷成 XXX 颜色

- cycle=ride a bike 骑车的动词

- cruise around 到处巡游

- shared bikes 共享单车

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

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

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

② Oh I love my childhood bike. It was a beautiful little thing (漂亮的小东西), painted in pink (刷成粉色). I was around six years old when I

received it as a birthday gift. It had these adorable tassels hanging from the handlebars (车把手上挂着漂亮的流苏). And, it had a lovely basket attached to the front (前面有一个可爱的小篮子), perfect for carrying my favorite toys. It made me feel so grown-up and independent, having my own means of transportation (有自己的交通工具). Haha! (细节)

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

① Oh yeah, every day. I was all the time cruising around the neighborhood, minding other people's businesses (管别人家的闲事), like who was having an argument on the street (谁在街上吵架), who threw the garbage in the wrong place (谁把垃圾扔错地方了), things like that. It was my way of getting entertained (娱乐方式), one of my favorite pastimes (最爱的消遣之一). I feel like kids nowadays don't do that anymore. They just stay at home. (细节, 时间分层)

② Well, I didn't cycle on a daily basis as I didn't have too much time being out and about (在外面转悠闲逛) after school. I had a lot of homework to do. But on weekends, my parents would take me to the nearby park and let me ride my bike there. And I remember one day, they took off the training wheels and that was how I learned riding a bike for real. It was such a liberating feeling (自由的感觉). I remember feeling free like a bird. (像鸟儿一样自由) (细节)

3. Did you ride a bike to school?

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

② Yes, when I was around 10 years old, I started to cycle to school every day. My parents thought I was old enough to do that. I enjoyed my independence so much by going to school myself every day. Come to think of it, it was also a great chance to get some exercise done. There

were a lot of ups and downs (上上下下的坡) on my way to school, so it was really good cardio training (有氧锻炼) for me. Cycling was also really relaxing and therapeutic for me. I loved it! (细节)

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

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

② No, the subway is my major means of transportation (主要交通方式). It's super affordable and accessible (便宜又随处可见). I can go anywhere really fast and I don't need to worry about the traffic (不需要担心交通). It's like a perfect way to get around (转悠). (原因)

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

Bags (包包)

知识点:

1. 常见的包包类型:

- **Purse** 泛指小型的女包
- **Tote Bag** 托特包，大型通勤包，方方正正，上方有大把柄，往往没有拉链。
- **Shoulder Bag** 单肩包，小巧时尚，挂在一边肩膀上的那种小包
- **Crossbody Bag** 斜挎包，往往大一些
- **Clutch** 手抓包，一般参加晚宴的时候拿着
- **Satchel** 学院风格的包包，下方底子平的，袋子很长，往往斜挎
- **Messenger Bag** 邮差包，和学院风格包包很像，都是通勤包。但是 **satchel** 可能看起来皮质更好更方方正正一点。

- **Backpack** 双肩背包
- **Backpack Purse** 小型双肩背（女士的那种）
- **Hobo Bag** 半月形的那种休闲包，流浪包
- **Duffel Bag** 大型帆布包，去健身或者旅行会用

2. 形容包包的材质和形状：

- **Soft, slouchy**: 软趴趴的、下垂的
- **Is made of soft and flexible materials**: 是由软的有弹性的布料做成的
- **doesn't hold its shape well**: 撑不住自己的形状

This hobo bag is too slouchy. It doesn't hold its shape well.

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

3. 形容包包的风格

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

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

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

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

- **hold sentimental value** 有情感纪念价值

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

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

I love to accessorize my outfits with a statement bag.

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

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

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

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

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

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

- **go-to** 首选的 (这个词在整套课里提过很多次)

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

- **very “me”** 很有我的风格/ **it's totally me/ it has my name on it** 上面写了我的名字
- **go with everything** 百搭/ **go with** 搭配= match

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

1. Do you usually carry a bag?

① Oh yeh for sure! I'm a bag freak (包包狂人) / bag lover (包包爱好者) / bag person (爱包包的人) , so yeh, I absolutely loving carrying my bag. It's super practical as it holds all my stuff in one place, like, my lip colors, my

little mirror, my hair brush, my wallet, my phone and keys, everything. But it's also a great fashion accessory (时尚配件) that can complement my outfit (完善补充我的搭配). I can't tell you how happy it makes me feel every morning when I choose the perfect bag to go with (搭配) my outfit for the day. (原因, 细节)

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

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

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

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

2. Do you change your bags often?

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

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

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

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

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

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

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

4. Is a bag an ideal gift?

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

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

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

① Oh yes, a big one! It was so big that it made me look like a turtle when I wore it (很大, 让我看起来像一个乌龟). It always had so many textbooks and

notebooks in it, so heavy. And I remember it was a green and black one and had a lot of pockets and compartments (口袋和分区). My mom would always put my snacks in the side pocket (侧面的小兜). (细节)

② Yes of course. I had a backpack that I chose myself at the store and I loved it so much. It had an image of Mickey Mouse on the front (在前面), which I thought was absolutely cool. The backpack was a good size for a young student like me, and with enough space for my books, notebooks, and snacks. The straps (背带) were very comfortable so I could wear it for a long time without feeling weighed down (因重量下坠). (细节)

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

Rain (下雨)

知识点:

关于天气

1. 热天的表达:

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

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

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

2. 冷天的表达

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

It's bitterly cold!!

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

Winter here is quite mild, with occasional cold snaps.

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

We are in a cold spell.

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

The weather is so bleak today.

In the winter, the landscape is bleak.

3. 其他天气:

- **snowy (adj) a snowy day** 下雪天

- sleet (n./v.) 雨夹雪 It' s sleeting outside.
- frost (n./v.) 结霜

It frosted last night.

We had a heavy frost this morning.

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

It's drizzling outside.

- pouring 倾盆大雨 (pour 本身是倾倒的意思)

It's pouring outside.

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

We got caught in a downpour.

- scattered showers 零星阵雨

The weather forecast calls for scattered showers.

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

4. 气候:

- rainfall 降雨量、降雨/ rainy season 雨季
- My hometown has very mild/moderate climate all year round (四季温和的气候) .
- My hometown has nice weathers all year round.
- Shanghai has four different/distinct seasons (鲜明的四季) .

- when your hometown is prone to something (e.g., flooding, droughts, etc.) 容易产生洪灾、旱灾
- We have very mild winter (温和的冬天) .
- 世界五大气候: tropical, dry, temperate, continental and polar
- tropical 热带气候 : wet and dry season 雨季和旱季交替的天气
- dry 干燥气候 : big extremes 温差大: from 40°C during the day to 10°C at night in summer
- temperate 温和四季气候: four seasons, moderate rainfall spread across the year; mild to warm summers, and cool to cold winters
- polar 极地气候 long winters and short summers; chilly or extremely cold places
- continental 大陆性气候 extreme seasonal changes. Colder winters, longer-lasting snow

1. Do you like rainy days?

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

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

② I definitely love rainy days. There's just something special about it. I especially enjoy taking a nap (打盹) while it's raining outside. I love the feeling of being wrapped up in a soft blanket (被裹在毯子里) while

drifting off (睡着) . It feels so warm and cozy. And after the nap, I always open the window and take deep breaths (深呼吸) , as I enjoy the unique smell after the rain. It's like a combination of rain, earth, and plants (那是雨水、泥土和植物混合物) , super fragrant and fresh (很香很清新) . (细节, 原因, 补充)

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

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

2. Does it rain much in your city?

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

② Where I'm from (扬调处理) , in the south part of China, it has a typical subtropical climate, which means there're wet season and dry season.

From May to October is the rainy/wet season. It's wet, hot and humid. It rains all the time. During this time, everything feels damp and sticky, and there's a musty smell of mold in the air. (一切都摸着湿湿的、黏黏的, 空气中有霉味) The winter is drier, with no snow. I feel embarrassed to tell you that I haven't seen snow yet in my life. (细节)

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

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

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

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

② I definitely prefer living in a place that is more humid (湿润的). The dry air (干燥的空气) just really bothers me, and I constantly feel like I'm drying out (风干了). It's not just uncomfortable, it can also lead to health problems like nosebleeds (流鼻血) and cracked skin (皮肤皴裂). In a

wetter climate, I feel more hydrated (保湿的), my skin looks much better and I don't have nosebleeds (流鼻血) anymore. (原因, 细节)

③ I can't tolerate wet weather. Everything feels so sticky and wet. I can even smell the mold in the air. Plus, it's a lot hassle (很费劲) to go out and run errands or commute when it rains. It's not for me (不适合我). (原因, 补充)

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

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

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

Day off (请假、休假、小短假)

知识点:

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

休假的相关表达:

- **unwind/ wind down/ relax/ chill/ chillax** 放松
- **let off the steam/ blow off the steam** 解压
- **recharge/ recharge the batteries** 重新蓄电
- **take some "me" time** 花点时间给自己, 滋润自己的灵魂
- **practice self-care** 实践自我照顾, 同上差不多意思
- **enjoy solitude** 享受独处时光
- **spoil/ pamper oneself**
- **stay up** 熬夜晚睡
- **pull an all-nighter/ stay up all night** 熬通宵

- go to bed early and wake up early 早睡早起
- go to bed/ go to sleep/ hit the sack (俚语) / call it a day (结束一天, 准备休息) 睡觉
- Sleep in 赖床、睡懒觉
- Have a lie-in 睡到自然醒
- Catch up on my sleep 补觉
- I'm a big sleeper: 我是特别爱睡觉的人
- Go to the gym 去健身
- hang out with/ meet up with/ spend time with friends 见朋友
- Binge-watch TV shows 刷剧
- Eat healthy 吃的很健康 (这个表达比 eat healthily 更常见)
- Spend quality time with friends and family 和家人朋友共享高级陪伴时光
- Go for a hike 去徒步
- Hike up the mountain 去爬山
- Explore a nearby city 去周边城市探索

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

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

② 可以讲具体去到某个周边城市、镇

Last time I took a day off was a month ago, and I went to my grandparents' hometown, since it was my grandmother's 70th birthday

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

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

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

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

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

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

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

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

结合以上内容自己总结答案, 来打卡

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

Health (健康)

知识点:

如果想了解更多更详细的和健康、健身有关的表达，查看群文件“音频版词汇集”。

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

I enjoy exercising. / I enjoy doing exercises.

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

- physical activity 体育活动、体能活动
(outdoor activity 户外活动/ indoor activity 室内活动/ leisure activity 娱乐活动。不仅限于体育类的)

- work out (v.) / work-out (n.) 健身

How long do you work out at the gym?

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

- slim down 变瘦

Regular workouts helped him slim down considerably.

- burn fat 燃脂

Jumping rope can really help me burn fat.

- shed pounds/ lose weight/ shift some weight

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

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

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

- good shape/bad shape 状态好、不好

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

I'm so out of shape.

I want to get in shape again.

You need to stay in shape for your marathon.

1. How do you keep healthy?

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

2. What are your favorite sports?

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

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

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

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

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

4. What sports help people stay healthy?

Honestly, any type of sports or physical activities can contribute to maintaining good health (任何体育或者锻炼活动). There are intense cardio sports (剧烈的有氧运动) like swimming, running, and cycling, which is really good for your lungs and heart. There are also less intense options (不那么剧烈的) such as yoga and Pilates, which offer fantastic benefits (提供诸多好处) for improving your body strength, balance, and coordination. They are all great stress relievers (减压器). When it comes down to staying healthy, you can try to engage in any activity that sparks your interest (激发兴趣) and keeps you motivated (保持动力). (分类讨论)

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

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

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

The city you live in (所在城市)

仍然住在自己家乡的宝宝们不会被多问在这道主题上

1. What city do you live in?

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

② (假设你在深圳考试) I'm now living here in Shenzhen which is far from my hometown XXX. I found a job here two years ago and that's why I relocated (搬家更换城市). Being in another city away from home is pretty

hard. And so far, I'm doing OK, I think. I have a nice apartment, my job and my circle of friends (社交圈), I should give myself a pat on the back (背上拍一下, 表示自我认可). (原因)

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

2. Do you like the city and why?

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

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

3. How long have you lived in this city?

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

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

4. Are there big changes in the city?

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

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

5. Is this city your permanent residence?

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

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

Week (一周)

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

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

一般都是周末。结合上季度的周末主题，修剪内容。

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

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

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

2. What's your least favorite day?

Without a doubt (毋庸置疑), Monday. Monday is like waking up from a sweet dream (就像是从美梦中醒来) and going back to the harsh reality (回到残忍的现实). It feels so cruel and heavy (感觉好残忍又沉重). The alarm clock sounds louder (闹钟感觉更响了), the commute feels longer (通勤时间感觉更长了), and the workload seems heavier (工作量感觉更大了). The transition from weekend to weekdays is quite challenging (从周末到周中的

转型很有挑战) . It always takes a little getting used to (需要花费一些时间来适应, 固定句型) . (原因, 细节)

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

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

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

4. Is there anything that you do every day?

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

② Every day when I get to work, I always start off with a brain dump (做一个大脑的头脑风暴, 想到什么写什么) . I write down everything I want, need, and have to do. Then, I create a to-do list (要做的事情的清单) , to organize my day and stay productive. Following my to-do list diligently is key for me to stay efficient and effective, and it truly pays off (发挥作用) . I stick to it quite strictly (严格坚持) , and it helps me stay on track (保持在正确轨道上) . (细节, 原因)

5. What do you usually do on weekends?

参考上季度 weekend 题素材

6. Are weekdays and weekends the same for you?

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

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

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

常年在考主题:

工作或学习 (最高频)

每一题控制在 25s 以内。

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

关于学生背景准备：

1. 万能格式：

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

①: **university** (在大学上学的学生，可以是任何年纪)；

undergraduate (本科生)；

graduate (研究生)；

PHD (博士生)；

high school (高中生)

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

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

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

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

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

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

Or study for/ pursue a xxxx degree.

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

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

Or 到了博士阶段 (PhD)

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

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

整合在一起:

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

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

2. 其他常见表达形式 (活学活用) :

(1) I'm studying Mathematics at Cambridge, one of the world's renowned universities. (前提是一定要是最知名的学校)

(2) I'm a student at Wuhan University, where I'm majoring in Biology.

(3) I'm currently enrolled in a Math program at Wuhan University.

(4) I'm a biology student at Wuhan University, focusing on Applied Biology.

(5) I'm studying English as an undergraduate at Wuhan University.

(6) I'm currently in my second year of studying English at Wuhan University.

(7) I'm studying at Cambridge University, with a focus on mathematical analysis.

(8) I'm an English major at Wuhan University. This is my second year.

3. 如果你毕业之后准备上研究生的状态:

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

-pursue further(adj.) education in XXX

-pursue a Master's degree.

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

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

-further(v.) my studies.

- I finished my undergraduate studies last year and earned/got a (bachelor's) degree in English Literature. /I completed my undergraduate degree last year. And now I am planning to apply to graduate programs

abroad in order to further specialize in my field of study, and gain international academic experience.

- I have been researching graduate schools outside of my home country/ China, and I'm preparing my applications to pursue a master's degree in a foreign country.
- I'm considering pursuing further education in the UK in order to broaden my horizons, immerse myself in a different academic and cultural environment, and gain a global perspective in my field of study.
- I'm excited about the idea to continue my education at the graduate level in a foreign country. Right now, I'm in the process of exploring various options, and meanwhile gathering all kinds of information on application requirements and scholarships.
- I've decided to pursue a PhD program abroad to further my research interests. It would be great if I could expand my academic network and meanwhile explore a different country with a different culture.

4. 如果你毕业后正在 **gap year** 中:

- I just graduated, and I'm currently taking a gap year before deciding on my next step.
- I just graduated, and I'm currently taking a gap year to explore my options/ gain some real-world experience.
- I've graduated and am currently **on** a gap year to take some time off, take a break from the academic world, and gain some practical experience before furthering my studies or entering the workforce. Besides, I studied so hard in the past, now I want to focus on my personal

growth more, live a little, travel more, just to enjoy my life more in general.

5. 如果你毕业后正在实习中或找工作中：

- I'm in the transition period between graduating and starting my career, so I'm doing an internship right now.
- I just completed my bachelor's degree and now I'm gaining practical experience **through** an internship.
- I'm currently interning after graduating from my undergraduate studies.
- I'm now in the process of job hunting/ Currently I'm trying to find a job. I graduated last year and got my bachelor's degree in XXXX.

问题： - What major/ subject are you studying?

针对还在上学的学生。

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

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

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

(why or why not)

- Why did you choose this major?

1. YES:

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

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

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

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

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

2. NO:

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

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

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

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

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

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

3. Yes and NO.

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

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

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

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

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

1. Computer Science（电脑科学）：

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

2. English Literature（英语文学）：

-I'm deeply passionate about English Literature as it allows me to explore human emotions, experiences and cultures through the lens of literature.

I'm fascinated by the power of words and the beauty of language. Studying English Literature really can give me insights into the complexity of the world. I feel so incredibly fortunate/lucky to be able to immerse myself in the world of literature.

3. Translation and Interpreting（翻译学）：

-I love this major so much because it allows me to bridge（搭建桥梁） language barriers, as well as facilitate communication（促进沟通） between people from different countries. I enjoy the challenges and rewards of delivering messages from one language to another. When I can convey ideas（传达想法） accurately and help people, it brings me a strong sense of accomplishment.

4. Mathematics (数学) :

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

5. Biology (生物学) :

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

6. Medicine (医学) :

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

7. Education (教育学) :

-Being a teacher has always been my dream, and that's why I'm living my dream now (我在完成我的梦想) . Nothing excites me more than (没有什么

比.....更让我激动了) being able to help my students and shape their future

(塑造他们的未来) through teaching and guiding. I love sharing my knowledge and skills with my students, facilitating learning, helping students develop their potential, and making a positive impact on their lives. Education is such a meaningful and beautiful field that I feel so passionate about.

8. Economics and Finance (经济和金融学) :

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

9. Psychology (心理学)

-This is my dream field of study as I have a high/huge interest in human behavior. Like, why humans think, feel or act in certain ways, and what're the psychological reasons behind it. And I'm highly motivated to help people who're struggling with mental health (有心理疾病的人). It's a challenging major but it's also super rewarding. My goal after graduation is to become a psychologist and provide therapy and counseling services to people.

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

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

(结合以上的关于学习专业的介绍，有很多细节可以重复使用)

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

如果计划去实习，可以结合之前的语料。

拓展内容（如果考官问你对 **gap year** 的看法）：

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

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

nerd/geek

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

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

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

I will reward myself from time to time.

Listen to the music while studying.

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

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

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

socializing with people definitely cheers me up and makes me forget about my worries at school.

(付费直播课上关于放松休闲的表达很多，可以大胆借鉴)

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

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

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

问题： - Are you looking forward to working?

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

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

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

关于工作背景准备:

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

1. 万能格式

I work as a 工作名称 at 具体的公司或机构 .

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

I'm a 工作名称 , and I work at 具体的公司或机构 .

整合示范:

- I work as a software engineer at a tech company called XYZ Tech, developing software applications for various industries.

- I work as a registered nurse at a local hospital, providing medical care and support to patients.

- I work as a high school teacher at a local high school, teaching, educating and guiding students.

- I work as a sales representative at a clothing store. I've been working there for almost 5 years.
- I'm an accountant, and I work for a financial company, managing financial records and providing advice to businesses.
- I work as a customer service representative, assisting customers with their inquiries and issues.
- Currently I work as a marketing specialist at a company called ABC Marketing, creating and implementing marketing strategies to promote products.
- I work as an administrative assistant at a local university.
- I'm self-employed/ I work for myself, and I'm running a small business right now, and it focuses on...
- I'm a project engineer, and right now I'm working for an engineering company, taking charge of projects.
- I'm a stay-at-home mom, a homemaker (置家的人), so to speak, taking care of my two young children/babies and my house.
- Actually, I just quit my job, and now I'm full-time preparing for IELTS test and applying to schools abroad. I used to be a...
- Oh, I do a bit of both! I work as an electrician (电工), but I'm also studying Computer Science on the side.
- I'm currently employed as a high school teacher and I'm also studying Psychology part-time.

问题： - What do you like about your job?

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

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

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

It provides me with the financial security I need.

I'm really content with my job.

I'm happy with my job.

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

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

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

- The best part/thing about my job is that I can/get to travel a lot and discover about places all around the country/world. I really enjoy the

feeling of building deep connections with different people and culture.
This job really gives me a lot of insights into different cultures.

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

关于学生党那里的选择专业的回答里，有很多表达可以借鉴。

问题：- What do you do to work better?

可以做的几件事儿，选一两个说就好：

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

关于住房（次高频）

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

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

思路：

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

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

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

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

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

食堂: cafeteria, dining hall, refectory

教学楼: academic building/ teaching building

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

The neighbourhood: safe; quiet; clean; well-kept; conveniently located; family friendly; close to public transport/ transportation; The area has easy access to public transport; There are lots of shops/ grocery/convenience stores in the area; There are a lot of lively bars and restaurants in the neighbourhood; All the hot spots in the city are within walking distance; right next to the subway/ university/ hospital/ shopping center, XXX is just around the corner, just a stone's throw away from XXX

想象画面来回答

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

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

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

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

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

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

问题: - Who do you live with?

(如果之前没有提到和谁住, 才有可能问道这一题)

-I live with my parents and my dog. I see my dog as my little brother/ sister. I really enjoy living with my family, it's super convenient, and at the same time, we can enjoy each other's company. I love seeing and petting my dog every day.

-I'm living by myself. It's really cool to live on my own, I enjoy the freedom and the sense of independence. I was under the control of my parents for so many years, now it's really fun to live just myself.

-I'm now sharing this apartment with two other roommates. They are really nice, easygoing and cool. We get along well, I mean, they really give me a sense of home. I enjoy their company.

A sense of home/ belonging/ independence/ achievement/ community/ security/ nostalgia ...

Have a good sense of humor/ direction/ fashion...

问题： - **Which room in your house/flat do you like most?** (住宿舍的宝宝应该不会被问到)

My/the sun room (阳光房), the bedroom (卧室), the living room (客厅), the kitchen (厨房, 如果你享受做饭), the study (书房), the home theatre (家庭影院), the gym (健身房), even the bathroom.

- **my own space/ kingdom/ world/ little paradise** 我自己的空间
- **man cave** 专门属于男人的那种拿来玩儿游戏、健身、抽烟喝酒的空间, “男人的洞穴”。在欧美国家, 一家人住在 **house** 里, 往往地下室会被做成 **man cave**。家里的男主人会呆在这个空间里, 自娱自乐, 自由自在
- **girl cave/ lady cave/ woman cave** 这几年新出来的词, 对应 **man cave**
- **This room suits my needs.** 这个房间满足我的需求
- **This room is dedicated to my own pursuits.** 这个房间专门的作用就是满足我的追求
- **time alone** 独自的时间

I really enjoy my time alone in this room.

- **take some “me” time** 花点时间陪自己
- **This room is filled with essence of thing I enjoy, from movies and books, to music and art.** 这间房间充满了我喜欢的事物的精髓
- **light-filled/ bright** 阳光明亮的
- **cozy/ comfortable** 温馨舒适的

- **welcoming/ inviting** 舒适亲切的

The room feels welcoming and inviting. 这个房间很舒适亲切

- **multifunctional/ versatile** 多功能的房间
- **a retreat corner** 一个让精神得到疗愈的角落
- **my sanctuary** 我的圣殿，心灵的避难所
- **calming/ therapeutic** 令人平静的、有疗愈效果的
- **tranquil/ soothing** 同上，令人平静的、安抚人心的

-I love my bedroom. It's like my little kingdom/man cave/my retreat room where I could enjoy my time being alone and disconnect with the world. I have a big and comfy bed next to the windows. Most of the time I will just lie in my bed, play some games or read magazines, just unwind.

-I love the sunroom in the house. It's my heaven, especially during winter time. When it's snowy outside, my sun room always feels warm, cozy and light-filled. Additionally, I have a reading corner/nook in the room with a beautiful yellow fabric armchair. I spend a lot of time snuggling up (蜷缩) with a good book in that chair, reading and enjoying my time alone.

-I definitely love my living room. I have a giant and comfy couch in the living room. It's an L-shape couch (转角沙发), big enough for me to lie in it and binge watch (刷剧) TV shows or movies. My couch is so comfy that it's turning me into a couch potato (沙发土豆, 表示躺在沙发上的懒人。我的沙发太舒服了, 把我逼成一个葛优瘫的懒人). It's a place where I spend most of my time when I'm at home. I've had so many parties and get-togethers

(小型聚会) in this room. It holds so many beautiful memories. It's my cozy retreat where I can just put my feet up and unplug.

问题: -What's the difference between where you're living now and where you have lived in the past?

-Mostly just the size difference. I mean, the living space I have now is much bigger than before. Before I moved to where I live now/ my current apartment, I was living with my parents, and I only had a very small bedroom. But now, I have my own apartment, I have a big living room, and a big bedroom, and I even have a dressing room/walk-in closet for myself.

-Nothing much, it's just the people I share my space with are different. I was living with my parents, and now I'm living with my roommates.

-Everything is different! I'm now sharing the dorm room with my roommates. I don't even have a bedroom now. And I used to have plenty of storage, whereas now, I almost have none.

问题: - How long have you lived there?

-For about two years, not for too long.

-Oh I was born in that apartment, so, XXX years.

-I moved to that place 5 years ago, and I absolutely love living there. I can totally see myself spending many more years there.

问题: -Do you plan to live there for a long time?

-不打算, why: Not really. I mean, it's kind of small, and it's jammed with furniture. I need bigger space to do stuff/ things (做事情), right now the space is too tight for me. I've been thinking about moving to somewhere bigger.

-No, actually I'm planning to move. I'm not a big/massive fan of that place, to be honest. It's just too remote, too far. Even ordering a taxi will take me forever. It's in the middle of nowhere.

- 打算, why: Oh yeah, absolutely. I love that place. I can't imagine any other place that suits me better. It's in a great location/ perfectly located. And it's so spacious and cozy. The windows are huge, so the whole place is filled with natural light. And the rent is totally affordable. I can totally see myself spending many more years there.

关于 area you live in

问题: - Are the transport facilities to your home very good?

-Absolutely! The transport facilities to my home are excellent/super good. Everything is within walking distance, including the subway station and

the bus station, making it incredibly convenient to commute every day and get around in the city.

-No, it's really bad actually. There're very limited options when it comes to public transport. I have to either ride my own bike or walk to get around, since I don't have a car. And that's why I really want to move.

问题： - Do you like the area you live in?

-Absolutely, I do. I think it's the perfect area to live in. It's not right at the city centre, but it's close enough. There I have subway stations and bus stations to get around in the city. And at the same time, it's not that busy and noisy. I like it.

-I don't like it very much, to be honest. It's just too remote, too far. Even ordering a taxi will take me forever. It's in the middle of nowhere.

It takes forever to do sth.

问题： -What do you like the most about the area you live in?

-I would say that I truly appreciate the beautiful environment in my neighbourhood. Lush greenery, scenic views, and clean and well-kept streets. The neighbourhood is tidy-looking, peaceful and safe. It's a delightful area to live in.

-I love the people there. My neighbours are so thoughtful, educated and friendly. They always say hi to me, and offer a helping hand to me whenever I need them. And they don't do parties very often as they're respectful people. It's just a very very nice and family-friendly area to live in.

关于家乡

问题： - What's (the name of) your hometown?

讲城市名字，简单提尺寸和位置：

-small, tiny, quaint, compact

-medium-sized, average-sized

-big, major, metropolitan

-huge, massive, cosmopolitan

-Nanjing is my hometown which's a densely populated city located/situated in the Southeast of China/ my country. It's the capital of Jiangsu Province.

-Beijing is my hometown. The capital of China. I've been living there for XXX years.

-My hometown is called Sanya, a coastal city on the South end of Hainan Province, in China.

问题：- **Is it a big city or a small place?**

-Actually, it is a quite big city with about XX million people, a typical international/ metropolitan/ cosmopolitan city, a concrete jungle, I would say. Very busy and bustling.

-No, It's not big at all, it's a small town/ it's a quaint little town, about 100,000 people. (And it's scenic and peaceful. Not like those big cities with tons of tourists, busy and congested all the time. I love my town.)

问题：- **Can you describe your hometown a little?**

简单，**30-40 秒**，接地气，自然，带有真情实感。不要傻乎乎地说：**welcome to my hometown.** 或者 **you should definitely come to my hometown, and my people will welcome you with their open arms.**

重庆：

山城，**hilly city, lots of hills, lots of ups and downs,**

美食：辣味

It's a big city located in the southwest of china. It's a beautiful, gorgeous city. It's in a very hilly area, lots of hills in the city, lots of ups and downs. That's why we hate driving or riding a bike in the city, instead, we walk a lot. Maybe that's why we are all in great shape. Almost all of us have really

nice and beautiful legs. One thing I really love about my hometown is the local cuisine. Chongqing is famous for its local delicacies, especially spicy food. I can't live my life without spicy food. So, it's like the heaven for spicy-food lovers.

呼和浩特:

My hometown is Huhehaote. It's located in inner Mongolia. And the name, Huhehaote, actually is Mongolian, which means “green city”. I guess, it's because we have many endless grasslands, the whole city is beautiful and green. There are two ethnic groups in here, Mongolian and Han. Han culture means the modern Chinese culture. So, the city is a mixture of both cultural heritages. It's really interesting to see the two cultures growing, blending and thriving together.

-XXX is famous for many things,...its landmarks and food.

-We have.... beautiful/ stunning sea views; natural sceneries; mountains and lakes; gorgeous views of nature...

-People there are... pretty laidback, friendly, hospitable, welcoming. They know how to enjoy their life/lives.

-Food is amazing in my city,..

Food is everything in my hometown.

-One thing I love about my city is that...

-It's a very livable city/ place.

来学学形容 city 的说法:

1. ancient/historic/old: a place that has a long history.

Rome is an ancient city, which was established thousands of years ago. 对应现代化的就是 **modern city**

2. dull/boring/sleepy 无趣无聊的

My hometown is boring/ sleepy. As a young person, I always feel that there's nothing much to do.

3. bustling: a crowded and busy place 热闹的

It's a busy and bustling city.

Hustle and bustle (noun phrase) 小心

It's a hustle and bustle city.

还可以说 **fast-paced/ lively**

Shanghai is a busy and bustling city, one of its nicknames is "The City that Never Sleeps".

4. compact/small: 小小的、很拥挤的

Santorini is a very compact town. You don't need transport to get around (转悠) .

5. expensive 生活成本高的(**costly**)/ **inexpensive** 生活成本不高的 (**cheap, not costly**)

6. picturesque: 独特美的，如画的; 也可以说 **scenic, quaint, charming,**

7. touristy/ tourist city: 游客颇多的 **a shopping paradise** 购物天堂

Lijiang is beautiful and scenic, but it's just TOO touristy for my taste.

8. There's always something going on in the city.

It's a city that never sleeps.

9. vibrant: 充满活力的/exciting/ lively

10. it's got such a rich culture.

11. It's a real 24-hour city, and you can meet people from all over the world.

12. It's such a small place that you can get to know your neighbors and easily have a sense of community.

13. The cost of living is really high. You have to think about how to make (both) ends meet.

14. Air quality is an issue there.

15. There's nothing much going on/ not much night life.

16. It's a little isolated. It feels a bit cut off from the wider world.

打卡作业第一次（不限时间，准备好就来）：

1. 工作或学习。

统一回答：① **Do you study or do you work?**

*工作者，介绍自己的工作性质，并回答问题：

What do you like about your job?

*大学生党，

Do you like your major?

*高中生，简单介绍一下自己的年纪和状态就好了。

*辞职的人，简单介绍一下自己的现状和计划。

2. 住宅: Can you describe the place you live?

Which room is your favorite?

如果住宿舍: **What's the difference between where you're living now and where you have lived in the past?**

3. 家乡: What's the name of your hometown? Please describe your hometown a little.