

Describe an activity that made you feel tired (感到累的活动)

You should say:

When and where it took place

Why you took part in it

What the activity was

And explain why it made you feel tired

思路：熬夜学习（这也是一种 activity），旅行，过年过节给家人帮忙，结婚当天，给人当伴郎伴娘，做志愿者、去参加生日 party ……都可以，因为忙碌而感到特别累。

知识点：

1. 形容很疲倦的表达

- **Exhausted**: 精疲力竭
- **knackered** (英式俚语): 精疲力竭
- **barely keep my eyes open**: 眼皮子都睁不开了

The lecture was so boring, at the end, I could barely keep my eyes open.

- **I'm drained.** (think of water or something draining out of a sink, going down the drain, there's nothing left) 精力被透支完
- **worn out** 可以形容衣服鞋子被穿破的状态，也可以形容人精疲力竭

I feel completely worn out. /I'm worn out.

- **I'm beat.** (beat 也有形容词词性，疲惫不堪的，像被人打过一样瘫软)
- **I'm wiped out.** 同上，精疲力竭
- **I'm spent.** 能量被花光了

After pulling an all-nighter/staying up all night (通宵熬夜) before the exam, I was completely spent this morning.

- drowsy / groggy 因为生病、吃药、劳累、喝醉而导致的眩晕无力

I was feeling so drowsy after taking the pill.

- fatigue/fatigued 劳累的 I'm fatigued.
- tired to the bone 累到骨头里

I'm tired to the bone. I can barely keep my eyes open.

- dead on my feet 累到脚都动不了，死了一样

After working all night. I'm now dead on my feet.

2. 形容很忙的状态：（不一定要用上很多，不过很实用的表达）

- tied up (with) 被事情捆绑住，没有到极其忙碌，但也比较忙了

I'm a little tied up with this new project.

- occupied 同上，忙。被占据着。
- hectic 很忙的状态。可以形容人的状态，也可以形容很忙的一天
- over-extended/over-stretched 被过度拉扯的状态，非常忙
- overloaded (with) 超负荷超负担得忙，非常忙

I'm so overloaded with my work. I feel swamped.

- be swamped (with) 犹如深陷沼泽一般，极其忙
- be snowed under (with) 被大雪覆盖，形容很被 overwhelmed 的感觉，极其忙

I'm absolutely snowed under with work at the moment.

- to have a lot /too much on one's plate (at the moment) 此刻某人盘子里东西已经够多

Right now I'm already having a lot on my plate, I can't help you, sorry.

- to burn the candle at both ends 蜡烛两头一起烧

I'll be burning the candle at both ends this weekend to get this project done.

- to get/have one's hands full 手头满了

I've got my hands full with my job and my kids.

- to be up to one's neck/eyeballs in something 忙到脖子、眼球处

Accountants are normally up to their necks in paperwork during tax season. 会计们一般在报税季的时候会忙到昏天黑地。

- to bite off more than someone can chew 咬的比能嚼的多 (没那个金刚钻, 别揽那个瓷器活)

Don't bite off more than you can chew.

- be as busy as a bee/beaver 像蜜蜂、水獭一样忙碌 (都是很勤快的小动物呀)

Today I've been as busy as a bee the whole day. Didn't even stop for a second.

- be burned/burnt out: 透支了, 燃尽了, 累到耗尽了

You can't work like this forever. You'll get burned out very soon.

- Juggle (注意, 不是 jungle) 表示同时平衡多个事物



这个是 juggle 的原意。我们用的是引申义。

So, several months ago, my best friend/ my cousin got married. I was the maid of honour (伴娘) / best man (伴郎) . It was such an honour, but also at the same time, it was the most exhausting day in my life. I was dead on my feet (累瘫了) at the end of the day.

(maid of honour 和 bridesmaid 的区别: 前者地位更高, 主伴娘的意思)

The wedding took place on the outskirts of my city (城市郊区), so it was kind of far. Before we all headed to the wedding venue (婚礼场地), we spent almost 2 hours at the bride's parents' home.

This is the tradition in my country. Before the wedding ceremony (婚礼仪式), we have a little tradition called “Jie Qin” (接亲). Basically, the idea is, the groom will go to the bride's parents' home with all the best men and also loads of gifts (一大堆礼物), and pick up the bride (接取新娘). But it's definitely not an easy task (不是简单的任务). The bride and bridesmaids will give the groom a hard time (给新郎难题, 让他难堪), pretending they don't want to leave, things like that.

So, as you can imagine, as the maid of honour, I was giving my best performance (极力演出)! I was yelling and screaming like a freak (像疯子一样叫喊), giving the groom and his guys all kinds of tasks to test how much he wanted to marry my best friend. I was setting up obstacles and hurdles like crazy (疯狂设立障碍). So, by the time finally the groom picked up the bride and took her to the wedding, I was already wiped out (很累了). **(伴郎自己修改一下内容)**

And later during the wedding ceremony, I got my hands full completely. I needed to standby the whole time, touching up the bride's makeup (给新娘补补妆), fixing her hair (整理头发), holding up the wedding dress train (托起婚纱的大裙摆) / **tidying up his suit** (整理西服, 伴郎版本), things like that. I was up to my neck (忙到疯狂) at the ceremony. I finally got my moment of peace (我的宁静一刻) at the dinner party/ the wedding reception (晚宴上). I didn't really want to socialize with people, just

eating my dinner and letting my hair down (放松). Oh, but at the end, I still had to give a toast (祝酒、发言) to the couple. So, I didn't rest completely after all.

Anyway, it was 2 am when I arrived home, and I could barely keep my eyes open as I was totally spent. Thank you!

Part3:

1. Does studying and learning make people tired today?

It's hard to say really (不好说, 真的). On one hand, I feel that studying and learning things today can actually be less tiring than before as we have much easier access to information these days (如今获取信息的渠道方便多了). It is so much easier for us to tap into/access/get knowledge (获得知识) through the internet. Whereas in the past, the ways to learn things were to go to a physical school or go to the library. But on the other hand, studying and learning nowadays can be pretty exhausting in this fast-paced world (这个快节奏世界). With tight schedules (满满当当的日程) and the mindset of this never-ending grind (永不停止的内卷意识), people constantly feel the pressure to keep learning things. People are afraid of taking a pause (暂停一下) and then being left behind (被落下). So, I think this mentality itself is mentally draining (令人精神内耗的). (分头讨论。如果不冲高分, 可以只说其中一个观点)

2. When do people usually feel tired?

Well, there are several situations where people tend to feel tired. First thing comes to mind, after a busy day of running errands (跑杂活儿) or doing a lot of tasks (完成很多任务), people normally feel physically and mentally drained (生理、精神消耗枯竭), like the wedding story I've just shared with you. And also, after a long day at work people sometimes feel wiped out. Jobs with heavy workload (工作量大) can lead to fatigue (导致劳累). And next, physical activities can lead to exhaustion/tiredness (导致

劳累), especially after an intense/strenuous workout (剧烈、费力的锻炼). And then, a lack of quality sleep (高质量睡眠缺失) can result in tiredness. What else, oh yeah, if you're sick and you're recovering from the illness, chances are (很有可能) you will feel very fatigue because your body is working on healing itself. I remember when I was 25 years old, I had chicken pox (水痘). And after that I was feeling tired constantly for 3 months. (并列罗列, 举例子, 注意以上不用都说)

3. What do you think about striving for learning and striving for sports? The way I see it, striving for learning and for sports are both essential in life. In terms of learning, it's a lifelong journey (一辈子的旅程, 活到老学到老的意思) that can open our horizons, broaden our minds and become a better version of ourselves (成为更好的自己). And it's also a great way to open up more opportunities (开拓更多机遇) in life, and to stay adaptable and relevant in this ever-changing world (在这个不断变化的世界里保持适应能力和重要性). And regarding doing sports, it's also crucial. Sports can balance our moods (平衡我们的情绪). Doing sports promotes physical fitness and mental well-being (生理和精神健康). It teaches us teamwork, discipline and perseverance (教给我们团队合作、自律和坚韧). I think a healthy and wholesome (人格健全的) person should be mentally and spiritually strong and also physically fit. So, you can see them as two things that complement each other (你可以把它们视为相辅相成的两件事) to shape a person into a well-rounded (全面发展的) and happy human being. (分类讨论)

4. Do people have fewer holidays now than in the past?

Uhhmm, it's a bit of a mixed bag (复杂的局面, 不好说), I would say. On one hand/ in some ways, it seems to me that (我感觉是这样的) people have fewer holidays now than before due to the fast-paced modern

lifestyle (快节奏的当代生活) they have. Many people find themselves caught up in the rat race (意识到自己被卷入了激烈的竞争). For then, the grind never stops (内卷自卷永不停止), which makes it difficult to take breaks, to enjoy holidays. On the other hand, / But in other ways, some people nowadays have more flexibility with working hours, especially those digital nomads (数字游牧者。指的是线上工作者). Some can even be fortunate enough/ lucky enough (足够幸运) to have the option to work remotely (远程工作). Whether it's working from home, or working during traveling. They have much more freedom. This allows some people have more short breaks (短假期) throughout the year. So, it's really hard to say. (分头讨论。如果不冲高分, 可以只说其中一个观点)

5. What are the differences between feeling tired after studying and after exercising?

I guess after studying long hours, people mainly feel drained mentally. Whereas when it comes to working out, people feel physically exhausted afterwards. That's the major difference. (对比讨论)

6. How can people solve the problem that old people easily get tired?

First of all, I think it's completely normal for people's stamina/ energy level (精力、能量水平) starts to decline (开始下降) when they get older. In order to improve older people's overall fitness and energy level, encouraging them to engage in regular and moderate exercise (参与规律又强度适中的运动) is necessary. Activities such as, taking a walk, jogging, swimming or doing Tai Chi can all help boost their energy levels. And also, resting is very important. Getting enough quality sleep every day is crucial. what else, having a balanced diet, consuming enough protein, fibers and all kinds of essential nutrients (重要营养元素) is also the key.

(并列罗列)

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