

## Part2

### 人

#### 有趣的邻居

Describe an interesting neighbor.  
Some instructions that you can follow:  
Who the neighbor  
How you met this neighbor  
How often you see this neighbor  
And explain why you find this neighbor interesting.

My neighbor is a **super** cool person, he is an influencer! His name is CongMingXueZhang, which can be loosely translated as Mr. Smart. He is an influencer on DouYin, the Chinese version of TikTok. He creates videos about his studying methods and experience.

Actually, I first saw him not in person, but on the Internet. You know, Douyin's system would show you the videos whose creators are near you, and one night, when I was browsing videos on DouYin, I saw his video. The video, I still remember, was about how to memorize difficult vocabulary in English. It was so interesting, so intriguing, and it captivated me at once, and I started following him since then. And the other day, I met him in person. I was surprised, no, I was more than surprised, I was stunned.

Basically, he shares videos about his studying experiences, studying methods, and even life lessons, sometimes. From his video, you can totally tell that he is so smart, it's like everything in studying is just a piece of cake to him, he is almost, how to put it, omniscient, I guess. So in several months, **by day**, I saw him in person; **by night**, I saw him on Douyin. That was so amazing.

I still remember his most impressive video, it **was shot** when I was there, at his place. It was

how he managed to remember 1000 words in three days. I mean, come on, that's more than difficult, it's very difficult, it's a daunting task. But, he did it! He shared how he divided these words into different groups, and how he adopted various ways to memorize them, and even how he took advantage of different locations to consolidate the memories. And you know what, I even showed myself a little bit at the end of the video. I am still worried his fans would be **freaking jealous**, because he was so famous!

**主题词汇和亮眼表达：**

**super:** 超级 (=very)

**by day, by night:** 白天的时候，晚上的时候

**be shot:** (短视频) 被拍摄

**freaking:** 非常。是很口语的说法。

**jealous:** 羡慕嫉妒的

## 聊得来的朋友

Describe a friend you enjoy talking with.  
Some instructions that you can follow:  
How you first met this friend  
What kind of person this friend is  
What you talk about with this friend  
And explain why you enjoy talking with this friend.

His name is CongMingXueZhang, which can be loosely translated as Mr. Smart. He is an influencer on DouYin, the Chinese version of TikTok. He creates videos about his studying methods and experience.

Actually, he was my classmate in high school. We were very **close**. But we went to different universities in different cities. And my sister was browsing videos on DouYin the other day, and shared his videos with me. The video, I still remember, was about how to memorize difficult vocabulary in English. It was so interesting, so intriguing, and it captivated me at once,

and I started following him since then. It's amazing; it's like you re-know someone you have already known. And that night, I called him and told him I saw him on DouYin.

From then on, we talked a lot, about the past, and about the videos he was working on. Basically, he shares videos about his studying experiences, studying methods, and even life lessons, sometimes. I gave him a lot of advice about what we audience need, you know, as English learners.

And, after several talks, his most impressive video came out. It was how he managed to remember 1000 words in three days. I mean, come on, that's more than difficult, it's very difficult, it's a daunting task. But, he did it! He shared how he divided these words into different groups, and how he adopted various ways to memorize them, and even how he took advantage of different locations to consolidate the memories. And, I am very proud to say, I contributed many ideas in that video, I still remember, we talked for three nights in a row, that was crazy but totally worth it.

**主题词汇和亮眼表达：**

**close:** 亲密；关系很好

**work on:** 专注

**three nights in a row:** 连续三晚

## 国内名人

Describe a well-known person in your country who is very popular.

Some instructions that you can follow:

Who this person is

What you know about this person

Why he/she is so popular

And explain how you feel about this person being so popular.

I guess this person is not like super-star famous, but he is prestigious among someone at my age. His name is CongMingXueZhang, which can be loosely translated as Mr. Smart. He is an influencer on DouYin, the Chinese version of TikTok. He creates videos about his studying methods and experience. He has nearly 1 million fans.

Actually, I found out about him by accident. My friend was browsing videos on DouYin the other day, and shared his videos with me. The video, I still remember, was about how to memorize difficult vocabulary in English. It was so interesting, so intriguing, and it captivated me at once, and I started following him since then.

Basically, he shares videos about his studying experiences, studying methods, and even life lessons, sometimes. Almost every video is extremely prevalent. From his video, you can totally tell that he is so smart, it's like everything in studying is just a piece of cake to him, he is almost, how to put it, omniscient, I guess. The most impressive video was how he managed to remember 1000 words in three days. I mean, come on, that's more than difficult, it's very difficult, it's a daunting task. But, he did it! He shared how he divided these words into different groups, and how he adopted various ways to memorize them, and even how he took advantage of different locations to consolidate the memories. I was surprised to see this, no, I was more than surprised, I was stunned. This video received, I remember, more than 1 million likes.

This is him, a superman in the academic field. I guess he is so popular not only because he is smart, but also because deep deep down, he resonates with the fans, we want to become smart, become brilliant, and become omniscient as well. And I believe his videos are going to go viral not only on DouYin, but everywhere on the Internet.

主题词汇和亮眼表达：

super-star famous: 如巨星般有名的（此处的 super-star 相当于副词，修饰 famous）

prestigious: 著名的

prevalent: 流行的

receive XX likes: 收获了 XX 个喜欢（即社交媒体上的“赞”）

## 想一起工作的家人

Describe a family member you might like to work with in the future.

Some instructions that you can follow:

Who this person is

Whether you have worked with this person before

What kind of work you might like to do with this person

And explain why you might like to work with this family member in the future

This reminds me of my cousin, I want to work with him so much. He is an influencer.

His name is CongMingXueZhang, which can be loosely translated as Mr. Smart. He is an influencer on DouYin, the Chinese version of TikTok. He creates videos about his studying methods and experience.

I wanted to work with him since I saw his first video. The video, I still remember, was about how to memorize difficult vocabulary in English. It was so interesting, so intriguing, and it captivated me at once, and I started following him since then. And I kept wondering, what if I could work with him, and create videos like this? That would be so cool, and a lot of people can learn from our videos.

Basically, he shares videos about his studying experiences, studying methods, and even life lessons, sometimes. From his video, you can totally tell that he is so smart, it's like everything in studying is just a piece of cake to him, he is almost, how to put it, omniscient, I guess. He will be a great colleague, and a charismatic leader, I think. His most impressive video was how he managed to remember 1000 words in three days. I mean, come on, that's more than difficult, it's very difficult, it's a daunting task. But, he did it! He shared how he divided these words into different groups, and how he adopted various ways to memorize them, and even how he took advantage of different locations to consolidate the memories. I was surprised to see this, no, I was more than surprised, I was stunned. Right after I saw that video, I called him, to see whether it's possible to work with him in the future, I said I could start from being a little assistant. And he said yes, that's so cool, so great, that's awesome!

主题词汇和亮眼表达：

colleague: 同事

charismatic: 富有人格魅力的

right after+句子: 就在发生了 XXX 事情之后 (right 在这里强调后面的 after, 可以理解为加深程度, 而不是“右边”或者“正确的”)

a little assistant: 小助理

awesome: 极好的 (是 good 的程度加深版的口语说法)

## 地

### 安静的地方

Describe a quiet place where you like to spend time.

Some instructions that you can follow:

Where this quiet place is

How you found this quiet place

How often you spend time in this quiet place

And explain why you like spending time in this quiet place.

Somewhere quiet and I like, I think it's somewhere in the countryside, just like my hometown: NanJiang. Well, I have always been very attached to the countryside. My grandparents live there and I went there last summer. It is just so peaceful and quiet, or you may say, it is tranquil. It slows everything down, and blocks out all the hustle and bustle of the city.

I go to the countryside every summer. It is easier for me to feel the beauty of nature when I am there. You can always find peace there. It's not a cliché, I really feel so. I do. In the countryside, you don't need someone else to tell you spring is here. Instead, you get to see the little buds and the sprouting flowers. I mean, you can see the change of seasons, and it's with your own eyes. Everything can be so natural, so real, and so tangible.

Last summer, when I was in the countryside, I found something even more meaningful: the

bonds between people. I mean, people living in the city are always so busy. They are always buzzing around, never willing to spare a second to say hi. You can feel the distance between people. We are separated by endless traffic jams, by all the tall, fancy but boring buildings. But when I was in the countryside, things were totally different. The community there is quiet, small but close-knit. People know each other, care about each other, and sympathize with each other. It's good to know there is always a quiet and lovely place for you.

## 适宜居住的地方

Describe a place you have visited – not your home town – that you would recommend as a good place to live.  
Some instructions that you can follow:  
Where this place is  
How well you know this place  
What people can do in this place  
And explain why you would recommend this place as a good place to live.

Well, I have always been very attached to the countryside. So I would recommend somewhere in the countryside, and I know a place called NanJiang, like a paradise. My grandparents live there and I went there last summer. It is just so peaceful and quiet, or you may say, it is tranquil. It slows everything down, and blocks out all the hustle and bustle of the city.

I go to NanJiang every summer. So I know it very well. It is easier for me to feel the beauty of nature when I am there. You can always find peace there. It's not a cliché, I really feel so. I do. In the countryside, you don't need someone else to tell you spring is here. Instead, you get to see the little buds and the sprouting flowers. I mean, you can see the change of seasons, and it's with your own eyes. Everything can be so natural, so real, and so tangible. So I guess it would be a great resort for urban residents, you know, to escape from the daily pressure.

Last summer, when I was in the countryside, I found something even more meaningful: the bonds between people. This is another reason why I would recommend this place as a good place to live. I mean, people living in the city are always so busy. They are always buzzing around, never willing to spare a second to say hi. You can feel the distance between people. We are separated by endless traffic jams, by all the tall, fancy but boring buildings. But when I was in the countryside, things were totally different. The community there is small but close-knit. People know each other, care about each other, and sympathize with each other. It's good to know there is always a place for you.

主题词汇和亮眼表达：

paradise: 天堂

resort: 度假圣地

urban residents: 城市居民

## 国内的重要水域

Describe an important river, lake or area of water in your country.  
Some instructions that you can follow:  
Where in your country it is  
How big it is  
What it looks like  
And explain why this river, lake or area of water is important for your country.

Actually, there is a river in my hometown called NanJiang. I am not very sure whether it's important for the country or not, I mean, **in terms of economy or politics**, but it's quite famous.

**I have always been very attached to** the river. My grandparents, my parents and I, we all live near the riverside. **It is just so peaceful and quiet, or you may say, it is tranquil. It slows everything down, and blocks out all the hustle and bustle of the city.**

Actually, I don't know how big or how long the river is. But when I am facing it, it seems to be really wide, really long, really **spectacular**. **It is easier for me to feel the beauty of nature when I am there. You can always find peace there. It's not a cliché, I really feel so. I do. You can see the change in river flows,** and it's with your own eyes. Everything can be so natural, so real, and so tangible.

Nowadays, a lot of people come to see the river because it's beautiful, but for me, it's just a river, a river I grew up with. Near it, I can feel **the bonds between people. I mean, people living in the city are always so busy. They are always buzzing around, never willing to spare a second to say hi. You can feel the distance between people. We are separated by endless traffic jams, by all the tall, fancy but boring buildings.** But when we are near the river, **things are totally different.** It seems near the water, in the wind, people begin to slow down, begin to **know**



each other, care about each other, and sympathize with each other.

主题词汇和亮眼表达：

in terms of economy or politics: 关于经济和政治

spectacular: 雄伟的

river flows: 河流的流动

## 物

### 喜欢的传统物品

Describe a traditional product made in your country which you like.

What this product is

When you first tried this product

How this product is made

And explain why you like this traditional product.

We Chinese have that kind of little thing, made by ourselves, and can protect us...how to say...like an amulet? That's very traditional, and almost everyone likes it. My mother made one for me.

I think it was my 19<sup>th</sup> birthday. My mother was being mysterious all day. She told me she had a big surprise for me. We met at a nice little restaurant as planned. She gave me a beautiful bracelet made of string. She told me, she spent the whole day making it. I felt so excited, so happy, so, how to say, exhilarated to receive such a present.

She was not a professional handicraftsman. But this is a unique present. One of a kind! Think about it, she had to search for the string, design the look, and all the other stuff! After all, she could just buy one, right? But she did not. That made the present so special and so precious.

And I still remember the end of that day, we talked a lot, from the bracelet to other stuff, it seems that there used to be a line, I mean, a boundary, between us, but because of the bracelet, the boundary was gone. We became much closer, and that's great.

I think this is the point of giving handmade amulet. It's for protection, of course, but it also represents sincere relationship. When you think about relationship between parents and kids, or any other interpersonal relationships, it is always about loving and caring for each other. I mean, no one is an island. Sending a handmade amulet is the best way to say: we are bonding. When someone receives something so kind, so personal, so genuine, they will be touched.

主题词汇和亮眼表达：

amulet: 护身符

string: 绳子

handicraftsman: 手艺人

bracelet: 镯子

represent: 代表

## 帮助你集中注意力的物/事

Describe something that helps you to concentrate on work/study.

Some instructions that you can follow:

Where it is you do

Where and when you do this

Whether you always do the same thing

And explain how much this helps you to concentrate on work/study

Recently, I've learned a method, it's very effective and efficient, it helps me to concentrate on my study, especially on my IELTS studying. That is, to set a small goal in a short period of time.

Actually, I learned this method from an influencer. His name is CongMingXueZhang, which can be loosely translated as Mr. Smart. He is an influencer on DouYin, the Chinese version of TikTok. He creates videos about his studying methods and experience. I learned a lot from him, it helps me to concentrate on my study.

In his first video, he showed how to memorize 10 difficult words in 10 minutes. That was a small goal, and you only need to concentrate for 10 minutes, it's quite easy. This video

received a lot of likes. It was so interesting, so intriguing, and it captivated me at once, and I started following him since then.

And last week, I used this method to challenge myself. I managed to remember 1000 words in three days. I mean, come on, that's more than difficult, it's very difficult, it's a daunting task. But, I did it! 1000 words is a big goal, but I made some changes. I divided these words into different groups, and adopted various ways to memorize them, and even took advantage of different locations to consolidate the memories. Actually, every day I only spent 4 hours, it was not tiring, and I could easily focus, and finally, I nailed all the words. At last, I was surprised, no, I was more than surprised, I was stunned.

So you see, once we have very big goals, there may be some distraction; but if we divide the goal into smaller ones, it's easier for us to concentrate. This is what I learned from Mr. Smart.

**主题词汇和亮眼表达：**

**effective and efficient：**有效而高效（用在作文里也可以）

**receive a lot of likes：**收获了很多赞

**nail：**搞定（是一个很口语的说法）

**distraction：**让人分心的事物

## 改变世界的发明

Describe an invention which you think has changed the world in a good way.  
Some instructions that you can follow:  
What this invention is  
What it does  
How popular it is with people of different ages  
And explain how you think this invention has changed the world in a good way.

I have to say it's the VR technology. VR is short for...I guess...virtual reality, maybe? I am not sure about the term, but I am quite certain it has changed, and will go on to change the world.

With a pair of VR glasses, you can go anywhere you like. For example, I have always been very attached to the countryside. My grandparents live there and I went there every summer. It is

just so peaceful and quiet, or you may say, it is tranquil. It slows everything down, and blocks out all the hustle and bustle of the city.

Basically, I can go there once a year, but with the help of the VR glasses, I can go there, and anywhere I like. I bought a VR service, it gives me access to different natural sights in China. With the glasses on, it is easy for me to feel the beauty of nature, as if I were there. I can see the little buds and the sprouting flowers. I mean, you can see the change of seasons, and it's with your own eyes. Everything can be so natural, so real, and so tangible.

And more amazingly, VR is called virtual reality, and it helps me to escape from the reality I hate. I mean, people living in the city are always so busy. They are always buzzing around, never willing to spare a second to say hi. You can feel the distance between people. But with the VR glasses on, I can escape from the city and fly all the way to the countryside. In the countryside, things are totally different. The community there is small but close-knit. People know each other, care about each other, and sympathize with each other. It's good to know there is always a place for you. Even though you know, this place is not real.

Maybe one day, with the help of VR, I will not be sitting here taking the exam, I will be at home, with glasses on, and the exam will be taken.

**主题词汇和亮眼表达：**

**VR (Virtual Reality)：增强现实**

**term: 术语**

**give sb access to: 让某人拥有/给某人 XX 的权限**

# 事

## 被人询问意见

Describe a time when someone asked you for your opinion.  
Some instructions that you can follow:  
Who asked you for your opinion?  
Why this person wanted to know your opinion  
What opinion you gave this person  
And explain how you felt when this person asked for your opinion.

This reminds me of the times when my classmates asked me how to memorize English vocabulary. Actually, my English is not perfect—I guess you can totally tell too, right?—but I like memorizing English vocabulary and **accumulated** some experience in that area.

Once in an English class, **I still remember**, I shared **how to memorize difficult vocabulary in English**. **I think my performance was just mediocre**, but I was really surprised to find that some classmates gave me such comments: **"It was so interesting, so intriguing, and it captivated them at once"**.

From then on, I was asked to give regular presentations about something. **Basically, I shared my studying experiences, studying methods, and even life lessons, sometimes**. I still remember one of the presentations. My classmates asked how to memorize a lot of words in several days. So I shared **how I managed to remember 1000 words in three days**. I mean, **come on, that's more than difficult, it's very difficult, it's a daunting task**. But, **I did it!** So I would like to share my experience. **I shared how I divided these words into different groups, and how I adopted various ways to memorize them, and even how I took advantage of different locations to consolidate the memories**. **It seems at the end of the presentation, everyone was surprised to know this, no, they were more than surprised, they were stunned**.

I know I still have a lot to learn in English studying, but I like the feeling of sharing something useful, and I think I will keep doing that.

**主题词汇和亮眼表达：**

mediocre: 平庸

accumulate experience: 积累经验

## 让你惊喜又开心的事情

Describe something that surprised you and made you happy

Some instructions that you can follow:

What the surprise was

How you found about the surprise

What you did after you found out

And explain why the surprise made you happy.

This reminds me of a cake made by my best friend. I think it was my 19<sup>th</sup> birthday. My best friend was being mysterious all day. She told me she had a big surprise for me. We met at a nice little restaurant as planned. She carefully placed a beautiful cake on the table. It was a handmade mousse cake, my favorite flavor! She told me, she spent the whole day making it. I felt so excited, so happy, so, how to say, exhilarated to receive such a present.

She was not a professional chef. But this is a unique present. One of a kind! Think about it, she had to search for the recipe, collect all the ingredients, and all the mixing and stirring! After all, she could just buy one, right? But she did not. That made the cake so special and so precious.

And I still remember the end of that day, we talked a lot, from the cake to other stuff, it seems that there used to be a line, I mean, a boundary, between us, but because of the cake, the boundary was gone. We became much closer, and that's great.

When you think about friendship, or any other interpersonal relationships, it is always about loving and caring for each other. I mean, no one is an island. Sending a handmade gift is the best way to say: we are bonding. When someone receives something so kind, so personal, so genuine, they will be touched.

## 积极的改变/节约时间的改变

Describe a change you made in your life recently that was positive

Some instructions that you can follow:

What the change was

Why you decided to make this change

Whether anyone helped you to make this change

And explain why it was a positive change to make.

Describe a change you made in your daily life that saved you a lot of time.

Some instructions that you can follow:

What the change was

When you made this change

How easy it was to make this change

And explain how making this change in your daily life saved you a lot of time.

This reminds me of a change I made in learning English. In the past, I used to study English in my own way, because I thought no one knows me better than myself, so their ways wouldn't **work out** for me. But recently, I started to follow an influencer and learned his English studying methods.

His name is CongMingXueZhang, which can be loosely translated as Mr. Smart. He is an influencer on DouYin, the Chinese version of TikTok. He creates videos about his studying methods and experience.

I used to **struggle a lot in** memorizing English vocabulary and wasted a lot of time, until I saw his video. The video, I still remember, was about how to memorize difficult vocabulary in English. It was so interesting, so intriguing, and it captivated me at once, and I started following him since then.

Basically, he shares videos about his studying experiences, studying methods, and even life lessons, sometimes. From his video, you can totally tell that he is so smart, it's like everything in studying is just a piece of cake to him, he is almost, how to put it, omniscient, I guess. **After seeing his video, I really started to think, think about my ways and his ways, and started to study his video.** The most impressive video was how he managed to remember 1000 words

in three days. I mean, come on, that's more than difficult, it's very difficult, it's a daunting task. But, he did it! He shared how he divided these words into different groups, and how he adopted various ways to memorize them, and even how he took advantage of different locations to consolidate the memories. I was surprised to see this, no, I was more than surprised, I was stunned.

I have to say I changed a lot after following him, and it was in a good way, his methods saved me a lot of time. I think his videos are going to go viral on the Internet and a lot of people will change because of him, just like I did.

**主题词汇和亮眼表达：**

**work out:** 起效果

**struggle a lot in...**：在某方面很挣扎

**in a good way:** 朝好的方向

**go viral:** 爆火

## 忙碌的时刻

Describe a time you were very busy.  
When this time was  
Why you were so busy  
What you did to deal with the situation  
And explain how you felt about being so busy

This reminds me of last month, I challenged myself to memorize 1000 English words in three days. I was totally crazed.

This is a long story, and it began when I started to follow an influencer.

His name is CongMingXueZhang, which can be loosely translated as Mr. Smart. He is an influencer on DouYin, the Chinese version of TikTok. He creates videos about his studying methods and experience.

I followed him because I wanted to improve my English. Basically, he shares videos about his



studying experiences, studying methods, and even life lessons, sometimes. From his video, you can totally tell that he is so smart, it's like everything in studying is just a piece of cake to him, he is almost, how to put it, omniscient, I guess. And, he seems very busy. And I adore that. I mean, I want to become busy too, busy, happy, and efficient.

And I did. I challenged myself to remember 1000 words in three days. I mean, come on, that's more than difficult, it's very difficult, it's a daunting task. But, he did it! And I would like to try! That was three busy days, I mean, it was more than busy, it was like torture. I divided these words into different groups, and adopted various ways to memorize them, and even took advantage of different locations to consolidate the memories.

In the three days, it was about words, words, and words. I was like memorizing words in the classroom, memorizing words when I was eating, and even memorizing words when I was in the restroom. At last, I nailed it. I spent the busiest, and the most productive three days. It was totally worth it.

**主题词汇和亮眼表达：**

**challenge oneself to do sth:** 挑战自我去做某事

**crazed:** 形容忙到发疯（也可以用 crazy，是很口语的说法）

**adore:** 崇拜、非常喜欢

**torture:** 折磨

**sb was like doing sth:** 这里的 like 不是“喜欢”，而是很口语的说法，表示回忆过去所作的事情，如果真要翻译，可以翻译成“好像”

**nail:** 搞定

**productive:** 充实的

## 庆祝的事情

Describe an important event in your life that you celebrated.

What this event was

Who celebrated the event with you

How you celebrated the event

And explain why the event was important to you

This reminds me of my 19<sup>th</sup> birthday. I celebrated it with my best friend.

My best friend was being mysterious all day. She told me she had a big surprise for me. We met at a nice little restaurant as planned. She carefully placed a beautiful cake on the table. It was a handmade mousse cake, my favorite flavor! She told me, she spent the whole day making it. I felt so excited, so happy, so, how to say, exhilarated to receive such a present.

She was not a professional chef. But this is a unique present. One of a kind! Think about it, she had to search for the recipe, collect all the ingredients, and all the mixing and stirring! After all, she could just buy one, right? But she did not. That made the cake so special and so precious.

And I still remember the end of that day, we talked a lot, from the cake to other stuff, it seems that there used to be a line, I mean, a boundary, between us, but because of the cake, the boundary was gone. We became much closer, and that's great.

When you think about friendship, or any other interpersonal relationships, it is always about loving and caring for each other. I mean, no one is an island. Sending a handmade gift is the best way to say: we are bonding. When someone receives something so kind, so personal, so genuine, they will be touched.

This was my 19<sup>th</sup> birthday, not a big celebration, but I still remember it.

## 用手机做重要的事情

Describe a time when you used a phone to do something important.

Some instructions that you can follow:

When and where you used the phone

What you used the phone for

Why it was important to do this

And explain what happened as a result of using the phone

Recently, I used my phone to browse videos on DouYin, the Chinese version of TikTok, that's very important. I know this sounds **weird**, I'll explain.

I followed an influencer. **His name is CongMingXueZhang, which can be loosely translated as Mr. Smart. He creates videos about his studying methods and experience.** Because I wanted to watch his video for my English studying, so I had to use my phone.

**Actually, I found out about him by accident. My friend was browsing videos on DouYin the other day, and shared his videos with me. The video, I still remember, was about how to memorize difficult vocabulary in English. It was so interesting, so intriguing, and it captivated me at once, and I started following him since then.** And since then, I used my phone much more than before.

Every night, around 9:00, he would release a new video, and I would **grab my phone** and watch it. **From his video, you can totally tell that he is so smart, it's like everything in studying is just a piece of cake to him, he is almost, how to put it, omniscient, I guess.** I still remember, I sat in front of the phone for three hours to watch one of his impressive videos. **It was about how he managed to remember 300 words in three hours. I mean, come on, that's more than difficult, it's very difficult, it's a daunting task. But, he did it! He shared how he divided these words into different groups, and how he adopted various ways to memorize them, and even how he took advantage of different locations to consolidate the memories.** Usually, three hours watching my phone, I would be crazy or just fall asleep; but this time, **I was surprised to see this, no, I was more than surprised, I was stunned.**

So I guess the phone, and the Internet, **is not all bad**, or all for pleasure, we can still learn something through it.

**主题词汇和亮眼表达：**

weird: 奇怪的

grab my phone: 抓起我的手机

sth is not all bad: sth 也不全是坏的（是很地道、口语的说法）

## 经济实惠的一天

Describe a special day out which didn't cost very much.  
Some instructions that you can follow:  
Where and when you went  
What you did  
What the you spent money on  
And explain why you enjoyed this special day out.

This reminds me of the day when I went to the countryside. It cost me nothing, but on the contrary, I earned a lot, I mean, mentally.

I have always been very attached to the countryside. My grandparents live there and I went there last summer. It was just so peaceful and quiet, or you may say, it was tranquil. It slowed everything down, and blocked out all the hustle and bustle of the city.

Actually, I go to the countryside every summer. It is easier for me to feel the beauty of nature when I am there. You can always find peace there. It's not a cliché, I really feel so. I do. In the countryside, you don't need someone else to tell you spring is here. Instead, you get to see the little buds and the sprouting flowers. I mean, you can see the change of seasons, and it's with your own eyes. Everything can be so natural, so real, and so tangible.

Last summer, when I was in the countryside, I found something even more meaningful, you don't have to pay for it, it's free, but it's valuable: the bonds between people. I mean, people living in the city are always so busy. They are always buzzing around, never willing to spare a second to say hi. Sometimes we spend a lot of money on various things, but we can't feel any happiness. But when I was in the countryside that day, things were totally different. The community there was small but close-knit. People know each other, care about each other, and sympathize with each other. It's good to know there is always a place for you. The place won't cost you any penny, but it's so cozy, valuable, and even luxurious.

主题词汇和亮眼表达：

penny: 便士 (英国货币单位)

luxurious: 奢侈的

## 交通拥堵的时刻

Describe a situation when you had to spend a long time in a traffic jam.  
Some instructions that you can follow:  
When and where the traffic jam happened  
What you did while you were in the traffic jam  
How you felt about having to spend time in the traffic jam  
And explain what problems the delay caused you.

Last Spring Festival, my father decided to drive all the way back to my hometown: XX, and we spent 4 hours in a traffic jam. But interestingly, it was not that bad, it was kind of fun.

The traffic jam happened two hours after we began our driving journey. Everyone in the car was kind of bored, my sister was browsing videos on DouYin, and shared a video with me. The video, I still remember, was about how to memorize difficult vocabulary in English. It was so interesting, so intriguing, and it captivated me at once, and I started following the influencer since then.

The traffic jam went on, and I started to check out the influencer's homepage. Basically, he shares videos about his studying experiences, studying methods, and even life lessons, sometimes. From his video, you can totally tell that he is so smart, it's like everything in studying is just a piece of cake to him, he is almost, how to put it, omniscient, I guess.

Then, I decided to take a nap because the traffic jam seemed to last forever. But my sister wouldn't let me, she found the influencers' most impressive video, it was how he managed to remember 100 words in 1 hour, and my sister challenged me to do that, in the car, during the jam! I mean, come on, that's more than difficult, it's very difficult, it's a daunting task.

But, at last, we did it. We divided these words into different groups, and adopted various ways to memorize them, and even took advantage of different body postures to consolidate the memories. When we nailed the task, I was surprised, no, I was more than surprised, I was stunned.

The jam lasted for 4 hours, but it was not that long for me, after all, I managed to remember 100 English words, that's super cool.

主题词汇和亮眼表达：

check out: 查看

take a nap: 小睡一下

nail: 搞定（是很口语的说法）

## 被赞扬的时刻

Describe an occasion when somebody said something positive about some work that you did.

Some instructions that you can follow:

Who said something positive?

What kind of work you did

Why this person was positive about your work

And explain how you felt when you heard this positive comment.

This reminds me of my last **date**, I made a cake for my boyfriend/girlfriend.

I think it was **her** 19<sup>th</sup> birthday. **I** was being mysterious all day. **I** told **her** **I** had a big surprise for **her**. We met at a nice little restaurant as planned. **I** carefully placed a beautiful cake on the table. It was a handmade mousse cake, **her** favorite flavor. **I** spent the whole day making it. And **she** felt so excited, so happy, so, how to say, exhilarated to receive such a present.

And I still remember the end of that day, we talked a lot, from the cake to other stuff, it seems that there used to be a line, I mean, a boundary, between us, but because of the cake, the boundary was gone. We became much closer, and that's great. Actually, if I am to recall something positive she said, no, I think she even didn't say thank you. But it was not necessary, we are too **close** to say that. And I **could totally tell** she was really happy. And that was the best **compliment** for me.

When you think about **boyfriend and girlfriend relationship**, or any other interpersonal relationships, it is always about loving and caring for each other. I mean, no one is an island. Sending a handmade gift is the best way to say: we are bonding. When someone receives something so kind, so personal, so genuine, they will be touched.

主题词汇和亮眼表达：

date: 约会

close: 亲密的

could totally tell: 可以轻易发现

compliment: 表扬

## 帮助小孩

Describe a time when you helped child.  
Some instructions that you can follow:  
Who the child was  
When and where you helped the child  
How you helped the child  
And explain how you felt about helping this child.

Actually, I don't have a lot of children around me. The last time I helped a child, I guess, was when I had a tutor job, teaching a 10-year-old child English. But we were in different cities, so I mainly taught him online and made some videos for him sometimes.

The first video I made for him, I still remember, was about how to memorize difficult vocabulary in English. It was just 10 words, but he told me it was so interesting, so intriguing, and it captivated him at once.

Since then, I began to share more videos about my studying experiences, studying methods, and even life lessons, sometimes. I have made, let me see, over 20 videos for him. The most impressive video -- can I say my video is impressive? -- was how I managed to remember 1000 words in three days. I mean, for a child, come on, that's more than difficult, it's very difficult, it's a daunting task. But, he did it! He divided these words into different groups, and he adopted various ways to memorize them, and he even took advantage of different locations to consolidate the memories. When he nailed those words, I was surprised to see this, no, I was more than surprised, I was stunned.

This is how I helped him, or can I say, how I imparted my wisdom? I guess he liked me not only because of the methods I shared, but also because deep deep down, we resonate with

each other, that's very important for our communication.

主题词汇和亮眼表达：

nail：搞定

impart wisdom：传授智慧

## 困难的决定

Describe a difficult decision you made that had a very good result.  
Some instructions that you can follow:  
What the decision was  
Why it was difficult to make the decision  
What helped you to decide  
And explain why the decision you made had such a good result.

This reminds me of something kinda embarrassing but also romantic. Last year, I decided to ask my boyfriend/girlfriend to make a DIY cake with me.

Actually, my best friend had done the same thing with his boyfriend/girlfriend and had a great time. They spent the whole day making it, and felt so excited, so happy, so, how to say, exhilarated. But my boyfriend was not that excited about the idea. He said we had to search for the recipe, collect all the ingredients, and all the mixing and stirring. He was afraid we would mess it up.

But I would never give up, I was very decisive, sometimes even a little stubborn I guess. Finally, I persuaded him. We messed it up a little, but the cake was really good. And I still remember the end of that day, we talked a lot, from the cake to other stuff, it seems that there used to be a line, I mean, a boundary, between us, but because of the cake, the boundary was gone. We became much closer, and that's great.

When you think about boyfriend and girlfriend relationship, or any other interpersonal relationships, it is always about loving and caring for each other. I mean, no one is an island. Making a handmade gift is the best way to say: we are bonding. When someone receives something so kind, so personal, so genuine, they will be touched. That's why I decided to



make the cake with my boyfriend, and I am glad I made the decision.

主题词汇和亮眼表达：

kinda: =kind of, 有点

mess it up: 搞砸

decisive: 坚定的

stubborn: 固执的

## 丢东西

Describe an occasion when you lost something in a public place  
Some instructions that you can follow:  
What you lost  
When and where you lost this thing  
What you did to try and find it  
And explain how you felt about losing this thing in a public place.

This reminds me of my 19<sup>th</sup> birthday. It should be romantic and perfect, but I lost my wallet, and the whole event was ruined.

I remember vividly that my best friend was being mysterious all day. She told me she had a big surprise for me. We met at a nice little restaurant as planned. She carefully placed a beautiful cake on the table. It was a handmade mousse cake, my favorite flavor! She told me, she spent the whole day making it. I felt so excited, so happy, so, how to say, exhilarated to receive such a present.

And the next stage was just romantic, I still remember we talked a lot, from the cake to other stuff, it seems that there used to be a line, I mean, a boundary, between us, but because of the cake, the boundary was gone. We became much closer, and that's great.

And, I had the feeling that something would come up, and it did. I couldn't find my wallet. That was really embarrassing, no, it was more than embarrassing, it was super awkward! If my wallet was gone for good, then I had to let my best friend pay for the dinner, that was a big no in my world!

At last, all the waiters helped us to look for my wallet, but still **no luck**. And, as I said, my best friend paid for the dinner. Actually, she was totally okay with it, but I kind of sensed that, after that night, the boundary between us was back...

**主题词汇和亮眼表达：**

**remember vividly:** 清楚地记得

**the next stage:** 下一个阶段

**something would come up:** 有事会发生

**super awkward:** 尴尬到扭曲的那种感觉

**be gone for good:** 永远消失（是一个很口语的说法）

**a big no:** 坚决不

**in my world:** 在我的价值观里

**no luck:** 没成功（是一个很口语的说法）

## 想参加的比赛

Describe a competition (e.g. music, cooking, sport) you would like to take part in.  
Some instructions that you can follow:  
What the competition is  
Where and when it happens  
What you have to do to win the competition  
And explain why you would like to take part in this competition.

（注意本题的时态）

I would like to take part in an English-vocabulary-memorizing competition, I mean, **if there is any**. The reason is totally because of an influencer. **His name is CongMingXueZhang, which can be loosely translated as Mr. Smart. He is an influencer on DouYin, the Chinese version of TikTok. He creates videos about his studying methods and experience.** He often holds small contests in his DouYin live shows and invites his fans to join.

Last month, in one of his videos, he shared how to memorize difficult vocabulary in English. And he later challenged his fans to compete with him. The competition was fierce but fun. It was so interesting, so intriguing, and it captivated me at once.

Last week, he released another video, sharing how he managed to remember 1000 words in three days. I mean, come on, that's more than difficult, it's very difficult, it's a daunting task. But what if there is a competition to challenge myself? I would use his methods. I would divide these words into different groups, and adopt various ways to memorize them, and even take advantage of different locations to consolidate the memories.

Actually, he said maybe one day he will hold a three-day competition like that. If that day comes, I will be the first one to take part in the competition.

**主题词汇和亮眼表达：**

**if there is any:** 如果真的有的话

**compete with him:** 和他竞争

**fierce:** 激烈

## 保持健康的方法

Describe something you do that you think is important for keeping fit and healthy.  
Some instructions that you can follow:  
What you do  
How often you do it  
Who you do it with  
And explain why you think this activity is important for keeping fit and healthy.

I think a very important and effective way of keeping fit and healthy is: following some sports influencers on social media, like, Douyin, the Chinese version of TikTok. But don't get me wrong, not just browsing videos, I mean, follow them and do the exercise as they do.

Recently I followed someone: his name is TiYuGeGe, which can be loosely translated as Mr. Sports. He is an influencer on DouYin. He creates videos about his working-out methods and experience.

The first video that I followed, I still remember, was about how to keep exercising for 1 hour and make all the movements according to the rhythm of different songs. It was so interesting, so intriguing, and it captivated me at once, and I started following him since then.

I followed him and tried different kinds of exercises every day: running, of course indoors, Burpees, that's quite intense, and sometimes yoga, you know, to relax. From his video, you can totally tell that he is so energetic, it's like he can keep running forever, he is almost, how to put it, inexhaustible, I guess. The most intense exercise I have done with him was to do 100 Burpees in 10 minutes. I mean, come on, that's more than difficult, it's very difficult, it's a daunting task. But, I did it! Of course, it was like hell and I almost wanted to rest in peace after that. But amazingly, I lost ten pounds that month.

This is how I keep fit and healthy: to follow energetic influencers and exercise with them. It's not only healthy, it's also fun. You'll know what they will do in the next video.

**主题词汇和亮眼表达：**

**Don't get me wrong:** 别会错意

**Burpees:** 波比跳

**intense:** 激烈

**yoga:** 瑜伽

**it was like hell:** 像地狱一般痛苦

**rest in peace:** 字面义是“宁静地躺下”，引申义为“去世”。原文中一语双关，既说明“我真的想躺下休息”，又表现出了“我运动之后太累，几乎原地去世”。