

Part1

1. Work/Study

考官会问：Do you work or study? 我们二选一。

如果选 Study，考官可能会在以下一些问题中选择 3 个左右继续问你：

1) What is your major?

I major in social science. Well, I learned about the role of social media and similar stuff in our society, and I started to re-think our social lives. I think it is a very interesting field.

- 黄色部分：【正面评价】
- social lives: 社会生活
- stuff: 东西，内容（一个很口语化的词）

2) Do you like your major? (Why? / Why not?)

Yes, I do like my major. A lot of people say it is useless, but I don't agree. Social science gives me a chance to meet a lot of inspiring people. I wouldn't exchange this chance for anything else.

- 黄色部分：【他人观点】
- inspiring: 有启发性的

3) Do you prefer to study in the mornings or in the afternoons?

I prefer to study in the afternoons. When I was in high school, I usually got very sleepy in the mornings and could only focus better in the afternoons. So, I decided to be more efficient in the afternoons.

- 黄色部分：【自己的经历】

- efficient: 高效的

4) How do you usually spend your day when you're studying?

I usually divide my day into **several sections**. That is, two hours for studying, then half an hour for relaxing. **This pattern really keeps me energetic.**

- 黄色部分: 【评价】
- several sections: 一些部分
- pattern: 模式

5) Do you find it easy to organize your study time?

Yes, it is easy for me to organize my study time. I like to **plan things beforehand**. I only need to **stick to the plans**. It's not difficult.

- 黄色部分: 【完整句子回应】
- plan things beforehand: 提前计划
- stick to the plans: 遵循计划

6) Who helps you most in your studies?

My professors help me the most. They teach me new knowledge. They also give me new tasks to **challenge myself**. **I really appreciate their help in my studies.**

- 黄色部分: 【评价】
- challenge myself: 挑战自我
- appreciate their help: 感谢他们的帮助

7) Are you looking forward to working?

Yes, I am looking forward to working. **Now my parents pay for everything for me, so I really want to make some money by myself.** I also think working is interesting. I can meet more mature people in a work place.

- 黄色部分：【自己的经历】
- make money: 挣钱

如果选 Work, 考官可能会在以下一些问题中选择 3 个左右继续问你:

1) What kind of job do you do?

I work as a **programmer** at an Internet company. **I write codes and work with my colleagues to develop applications.** I am happy to see people enjoy our applications.

- 黄色部分：【自己的经历】
- programmer: 程序员
- write codes: 写代码
- develop applications: 开发程序
- colleagues: 同事
- applications: 应用

2) Why did you choose to do that type of work (or, that job)?

This is my **dream job**. **When I was in college, I dreamed of working with top programmers in Internet companies.** So I am happy now because my **dream has come true**.

- 黄色部分：【自己的经历】
- dream job: 理想的工作
- dream has come true: 梦想成真

3) How do you usually spend your day at work?

I usually divide my day into **several sections**. That is, two hours for working, then half an hour for discussion with my colleagues and other stuff. **This pattern really keeps me energetic.**

- 黄色部分：【评价】
- several sections: 一些部分

- pattern: 模式

4) Do you find it easy to organize your time at work?

Well, you've got me... Sometimes it is difficult to organize my time perfectly. When I am working, it is hard to predict what will happen next. That may block my plan.

- 黄色部分: 【缓兵之计】
- block: 阻碍。也可以替换成 impede/stand in the way of

5) Who helps you most in your work?

My mentor helps me the most. When I first came to this company, she really helped me to become familiar with the environment. I really appreciate her generous help.

- 黄色部分: 【自己的经历】
- mentor: 导师
- generous help: 无私的帮助

6) Do you miss being a student?

Sometimes. I had plenty of time to read, to travel and to relax when I was a student. But now I am always busy with my job. So I really miss those days occasionally.

- 黄色部分: 【平行结构】
- busy with my job: 忙着工作
- occasionally: 有时。相当于 sometimes 的替换。

2. Hometown/Where do you live

考官会问: where is your hometown? 或者: Where do you live right now?

如果考官问的是前者, 考官可能会在以下一些问题中选择 3 个左右继续问你:

1) What is your hometown like?

My hometown is Beijing and it is a big **metropolitan** city. The seasons here are attractive too: **the flowers in spring, the grass in summer, the leaves in autumn, and the snow in winter.** It is **a perfect combination of modernity and nature.**

- 黄色部分：平行结构
- metropolitan：大都市的
- a perfect combination of modernity and nature：现代与自然的完美结合

2) How long have you been living there?

I have been living here **my whole life.** **Beijing is changing these years, and I am happy to see the changes.** A lot of different people come and meet here. I think it brings **new vibes** to the city.

- 黄色部分：【自己的经历】
- my whole life：一直住在这里
- new vibes：新的活力

3) Do you like your hometown?

Yes, I do like my hometown. I grew up here and I had a lot of **productive time** here. Today my life here is really **convenient**. I am looking forward to seeing new changes in the city.

- 黄色部分：【自己的经历】
- productive time：充实的时光
- convenient：方便

4) Did you learn about the history of your hometown when you were at school?

Yes, I learned a lot. **When I was in primary school, I learned about the profound history of Beijing.** It is the **capital** of China, and there are plenty of attractive things for us to learn about.

- 黄色部分：【自己的经历】

- profound history: 深厚的历史
- capital: 首都

5) What is your hometown famous for today?

Beijing is famous for the Winter Olympics in 2022. The Summer Olympics were also held in Beijing in 2008, so this is the second time. I am really proud of my hometown and I hope it will become better in the future.

- 黄色部分: 【评价】
- the Winter Olympics: 冬奥会
- be held: 举办

如果考官问的是【where do you live】，他接下来会追问：

1) Do you like the area that you live in?

Yes, I pretty much like the area. Life here is convenient. There are several big shopping malls. There are also libraries here, so I can spend some good time with my friends and family.

黄色部分: 【理由】

- shopping malls: 商场

2) What are some changes in the area recently?

Well, there are many changes. Some old buildings were removed, and a new library was built. The government also opened some new public parks. I enjoy walking there in the evenings.

- 黄色部分: 【自己的经历】
- remove: 移除
- public parks: 公共公园

3) Do you know any famous people in your area?

I actually don't know any famous people here. I don't really pay attention to this kind of stuff.

But I think I'd love to meet some famous people in the future.

- 黄色部分：【完整句子】
- this kind of stuff: 这种事情

4) Do you think your area is a good place for children to grow up in?

Yes, I think this is a good place for children. Because there are libraries, book stores, and playgrounds, there are plenty of places for them to study and do exercise. Children need to be strong both mentally and physically.

- 黄色部分：【理由】
- mentally and physically: 心理和生理

3. Watches

1) Did you wear a watch when you were a child?

No, not really. A lot of kids did, but I didn't. I think it's because my parents thought a watch was too expensive, was, maybe, a luxury for a child?

- 黄色部分：【列举理由】
- luxury: 奢侈品

2) Have you ever received a watch as a gift?

No, I haven't. Again, perhaps people at my age would think a watch may be too expensive, too luxurious, so I never gave anybody a watch, and I never received one, either.

- 黄色部分：【列举理由】
- luxurious: 奢侈的

3) Do you usually wear a watch now?

No, **check it out**, no, right? **I just think it's not a necessity for daily use. I mean, I can just turn to my phone for the time, right?** So, why bother to buy a watch?

- 黄色部分：【列举理由】
- check it out: 你看（此时可以搭配一个动作：向考官展示你确实没有戴表）

或者：

Yes, actually, **check it out**, right? **I guess I bought it for revenge, I guess? You know, my parents didn't buy one for me, my friends didn't buy one for me, so I should buy one for myself.**

- 黄色部分：【列举理由】
- check it out: 你看（此时可以搭配一个动作：向考官展示你确实戴表了）
- revenge: 报复（此处不是真正的“报复”，而是一种调侃的说法）

4) Why do you think some people like to wear expensive watches?

Oh, like I just said, **some people think expensive watches are luxurious, match their social status, and make them look good.** But I just think it's too **pretentious**.

- 黄色部分：【列举理由】
- social status: 社会地位
- pretentious: 装腔作势的（就是粗话骂人“装 X”的文雅说法）

4. Personal talents

1) What sort of things do you think you're good at?

I think I am good at cooking, **does that count?** **Because I like eating, you know, kind of like a foodie,** so I learned to cook and became good at it.

- 黄色部分：【列举理由】

- does that count: 这个算吗?
- foodie: 吃货

2) Do you have the same talents as anyone else in your family?

I guess so, my mother cooks well. I mean, she is like a magician in the kitchen, always being able to conjure up a lot of great food.

- 黄色部分: 【个人经历】(自己认识的人的经历也可以算是个人经历)
- magician: 魔术师
- conjure up: 像变戏法一样做出来

3) Is there a talent you already have that you'd like to improve?

Yeah, I guess, I think I have a talent in cooking, but I still need to work on that. One day, I hope to cook a variety of delicious food.

- 黄色部分: 【将来的内容】
- I still need to work on that: 还需要继续努力

4) Do you think you will use your talents in a future job?

Yes, why not? I mean, I want to become a cook. And now I am taking the IELTS exam, so, I guess I can become a cook who also speaks English well, that's super cool.

- 黄色部分: 【将来的内容】
- cook: 厨师
- super: 超级 (=very)

5. Different things you keep

1) Have you kept a lot of things from your childhood?

Yes, I think so. I try to keep them because there are so many memories in them. Every time I feel nostalgic, I will turn to them for comfort.

- 黄色部分：【列举理由】
- nostalgic: 怀旧的
- comfort: 安慰

2) Do you prefer to keep things for a long time, or do you throw them away?

I think that depends. I mean, depends on how much I love the item, how much I am attached to it. If I like it a lot, then I'll keep it; otherwise, I'll just throw it away.

- 黄色部分：【平行结构】
- item: 物品（比“thing”稍微显得有学问一点）
- be attached to: 喜欢

3) Where do you usually keep things that you need every day, like money or keys?

Actually, I don't use cash a lot, so there is no space for money; but as for keys, I will keep them in my bag, that's the safest place for keys.

- 黄色部分：【列举理由】
- cash: 现金（相当于是 money 的替换说法）
- as for: 至于

4) Do you like to keep all the photos you take?

Yeah, definitely. Like I said, I feel nostalgic a lot, and photos can bring back all the memories, the good ones and the bad ones, so I like to keep all the photos.

- 黄色部分：【列举理由】
- nostalgic: 怀旧的

6. Old buildings

1) Have you ever visited any important old buildings?

Yes, I did. Every time I traveled, I tried to pay a visit to those places, sometimes I just dropped by, but still, they were worth the time.

- 黄色部分：【个人经历】
- drop by: 路过

2) Is there an old building you'd like to visit in the future?

Yes, there are millions. I mean, I've been to a lot of old buildings in China, I'd really love to appreciate some exotic beauty overseas.

- 黄色部分：【compare-and-contrast】
- appreciate: 欣赏
- exotic: 有异国情调的

3) Do you think it's important to look after old buildings?

I guess that depends, depends on how valuable the building is, I mean, in terms of culture and history. If it says a lot about the history and the past, then we should try to protect it.

- 黄色部分：【列举理由】(depend on...是一个很好用的表示【理由】的表达)
- in terms of: 关于
- say a lot about: 能够告诉我们很多关于 XX 的信息

4) Where would you prefer to live: in an old building or a modern building?

I love the **ambiance** of old buildings, but I prefer to live in a modern one. **I mean, it's just more convenient.** **I guess people at my age would agree with me.**

- 绿色部分：【列举理由】；黄色部分：【他人看法】
- **ambiance**：氛围

7. Sitting down

1) Do you often have to sit for long periods of time?

Oh, yes. **I have to sit for a long period of time for my IELTS studying. I don't know...since when has studying become a sedentary job, as well. That's weird.**

- 黄色部分：【个人经历】
- **a sedentary job**：一个需要久坐的工作（是一个很高级、很地道的表达）
- **weird**：奇怪的

2) When you were a child, did you like sitting on the floor?

No, I don't think so. **Actually, my mother would never allow me to do that. She said that was not clean. If I did that, I would be grounded.**

- 黄色部分：【个人经历】
- **be grounded**：被禁足；被关在房间里不准出去

3) Can you easily fall asleep when you are sitting in a chair?

Sometimes, I guess. It depends, depends on how tired I am. **I mean, if I am exhausted from all the IELTS studying, then I will probably fall asleep in a chair; otherwise, I prefer a bed for sleeping.**

- 黄色部分：【compare-and-contrast】

- exhausted: 精疲力竭的。(相当于前一句的 tired 的更深程度的改写)

4) Do you have a favorite place where you like to sit?

No, not really. I am not, you know, Sheldon in the Big Bang Theory. He has a seat and he always sits there, but I don't have any, I am more flexible.

- 黄色部分: 【compare-and-contrast】(这里把美剧《生活大爆炸》中的谢耳朵和自己做对比)
- seat: 座位(在《生活大爆炸》剧中是谢耳朵的专属座位: 沙发的一角)
- flexible: 灵活的

8. Feeling bored

1) Do you often feel bored?

No, not really. Actually, since I began my IELTS studying, I didn't have time for being bored. I couldn't afford that. I've been so occupied.

- 黄色部分: 【个人经历】
- occupied: 忙碌的

2) Did you ever find school boring, when you were a child?

Yeah, sometimes, I guess. It depends on the subjects, I think. I used to find math very interesting, but Chinese...kind of dull...I have to say.

- 黄色部分: 【compare-and-contrast】
- dull: 无聊的

3) What sort of things do you find most boring now?

As I said before, I am kind of occupied recently, so I really don't have the time for being bored. But in the past, I used to find reading a little boring.

- 黄色部分: 【过去的经历】

- occupied: 忙碌的

4) What do you have to do to stop yourself from feeling bored?

Actually, I don't know. But my mother used to say I should always establish a sense of accomplishment, I think that may be the key.

- 黄色部分: 【个人经历】(自己认识的人的经历也算)
- establish a sense of accomplishment: 建立成就感 (作文也可以用)

9. Places where people like to meet friends

1) Where do you like to go to meet your friends?

I will go somewhere we can grab a bite, I guess. In that way, we can talk, and we can eat. That's efficient and fun.

- 黄色部分: 【列举理由】
- grab a bite: 撮一顿 (非正式聚餐)
- In that way: 这样一来

2) Why are some places better than others for meeting friends?

Hmm...you got me...I guess that really depends on individual preferences...I mean, different people have different tastes, and some places just better satisfy their tastes.

- 黄色部分: 【缓兵之计的用词】
- individual preferences: 个人喜好
- satisfy tastes: 满足喜好

3) Do you prefer to meet just one friend or a group of friends together?

I prefer to meet just one friend so that we can have some quality time, talking about something really meaningful, that helps the bonding, I think.

- 黄色部分：【列举理由】
- quality time: 有质量的、愉快的时光
- bonding: 加深情感

4) Have the types of places where you meet friends changed since you were younger?

No, not really. As I said, I used to, and I will, choose somewhere I can grab a bite with my friends. I think it's just because when I am surrounded by food, I will feel peaceful...

- 黄色部分：【列举理由】
- grab a bite: 撮一顿（非正式聚餐）

10. Using a computer or tablet (平板电脑)

1) What do you most often use a computer or a tablet for?

I use them for studying. To be more specific, I use the tablet for watching videos, I mean, the videos of online courses, and I use the computer to write the assignments.

- 黄色部分：【compare-and-contrast】
- To be more specific: 具体来说
- assignment: 作业（小学、初高中的作业可以叫 homework; 大学的作业最好用 assignment）

2) Can you remember when you first started using a computer or tablet?

Yes, I can **remember vividly**. My father bought me a computer when I was ten; that was a gift for my birthday. Since then, I have been using it for studying, and other **stuff** sometimes.

- 黄色部分：【个人经历】
- remember vividly: 历历在目
- stuff: 事情; 东西 (thing 的更口语、地道的说法)

3) Do you sometimes find computers or tablets difficult to use?

Yes, some computers and tablets are not very **user-friendly**. That's why I compare the products a lot before I buy a computer or a tablet.

- 黄色部分：【个人经历】
- user-friendly: 用户友好的

4) How would your life be different if there were no computers?

Not very different, I guess. If it **were** ten years ago, I **would say** very different. But now, since we have mobile phones and tablets, sometimes we can just live without computers.

- 黄色部分：【过去和现在的例子】
- were...would...: 虚拟语气 (但不建议大家轻易使用, 因为容易出错。如果直接背这个例子是 ok 的)

11. What do you do in the evening

1) What do you usually do in the evening?

In the past, I studied in the evening. Recently, still, I studied in the evening, you know, for the IELTS examination. I guess I need a break.

- 黄色部分：【过去和现在的经历】
- need a break: 需要喘口气

2) Do you spend your evenings in the same way on weekdays and on weekends?

Unfortunately, yes. Like I said before, I've been studying for the IELTS examination, so my life is kind of revolving around it.

- 黄色部分：【个人经历】
- revolve around it: 围绕着它转

3) How did you spend your evenings when you were younger?

I studied, you know, for the college entrance examination, day and night. And I guess my situation applies to most students in China.

- 黄色部分：【compare-and-contrast】（把自己和其他中国学生作比较）
- college entrance examination: 高考
- apply to: 适用于

4) Is there anything you don't like to do in the evening?

Yes, and based on what I said before, I guess the answer is kind of obvious. I know I need to study, but sometimes I don't feel like studying, I need a break, or, respite, you may say.

- 黄色部分：【个人评价】
- respite: (不快或困难的) 暂缓 (相当于前一句的 break 的更高级表达)

12. Advertisements/commercials

1) Do you often remember advertisements/commercials that you've seen?

Yes, I guess so. But it's not because I have a good memory, but because they are everywhere, they are so common that I am kind of brainwashed.

- 黄色部分：【个人经历】
- brainwashed: 被洗脑的

2) What do you usually do when advertisements/commercials come on the TV or internet?

Actually, I think I can speak for a lot of people: we never pause to watch the commercials. I don't know why……I guess it's because there are so many of them that we become immune to them.

- 黄色部分：【列举理由】
- I can speak for a lot of people: 我可以代表很多人说话。即：我的情况能够代表很多人。
- pause: 暂停
- become immune to: 变得免疫 (即：不受 XX 的影响)

3) Have you ever seen an advertisement/ a commercial that you really didn't like?

Yes, I have to say yes. But it's not because they are boring, or insulting, but because they are so common. I mean, they are here, they are there, they are everywhere. That drives me crazy.

- 黄色部分：【排比】

- insulting: 有侮辱性的

4) Would you like to be in an advertisement/ a commercial one day?

Haha, yes, if I could. I mean, I will be like a star, right? That's super cool. But, again, if the commercial appears everywhere, I guess my face will be kind of irritating.

- 黄色部分: 【一段评价】
- irritating: 招人烦的

13. Learning about science

1) Do/did you enjoy science lessons at school?

Yes, I do. I enjoy them a lot. I think it's because I am good at science lessons, they give me a sense of accomplishment.

- 黄色部分: 【列举理由】
- a sense of accomplishment: 成就感

2) Would you like to know more about science?

Yes, definitely. I am not a scientist, but I would really like to know a lot of scientific stuff, they are super cool.

- 黄色部分: 【个人评价】
- stuff: 事情, 东西 (是一个很口语的说法)
- super: 非常 (=very)

3) Do you watch science programmes on TV?

No, not really. But it's not because I don't like them, it's because I don't watch TV a lot. Actually, I always browse videos about science on DouYin, the Chinese version of TikTok.

- 黄色部分：【列举理由】
- browse videos: 刷视频
- the Chinese version of TikTok: 中国版本的 TikTok

4) Are science museums popular in your country?

Hum...you got me, that's a tricky question...I mean, there are tons of science museums here in China, but whether they are popular among people, I am not sure. At least, I am not a fan.

- 黄色部分：【缓兵之计的用词】
- tricky: 复杂的
- tons of: 很多的
- I am not a fan: 我不是粉丝。即：我不喜欢。

14. Books and reading

1) Do you read more or less now than when you were younger?

I guess the answer is less. When I was younger, I was always forced to read a lot. But now, no one forces me anymore, so I just read for pleasure sometimes.

- 黄色部分：【过去和现在的经历】
- read for pleasure: 为了乐趣而读

2) Have you ever watched a film/movie and then read the book?

No, not really. I think for me, it has been the other way around. I always read the book first, and watch the movie, and of course, sometimes I will be disappointed with the adaptation.

- 黄色部分：【个人经历】
- the other way around: 相反情况 (如果觉得绕口, 可以用 the opposite)

- adaption: 改编

3) When do you have the most time to read?

Every time I have to learn something, I will have the most time to read. Haha...it's true. I mean, if I have to learn something, for example, the IELTS exam, I have to read a lot, right? It's a must.

- 黄色部分: 【个人经历】
- sth is a must: sth 是必须的。(一个很口语的说法)

4) How often do you buy books?

Again, every time I have to learn something, especially right before the exams. When I buy books, I mean, when I finish the purchase, I have a weird feeling that I suddenly own the knowledge.

- 黄色部分: 【个人经历】
- finish the purchase: 完成购买
- weird: 奇怪的

15. Sports

1) Did you learn to play any sports as a child?

Yes, my parents forced me to learn Table Tennis, I mean, Ping-Pong. A lot of people say playing Ping-Pong is good for our eyes, but I just don't get it.

- 黄色部分: 【他人看法】
- I just don't get it: 我不理解。

2) Did you think all children should do sports at school?

Yes, I think so. I think it's good for their health, and in my childhood, sports time at school was always a fun time. I really miss those days.

- 黄色部分：【个人评价】
- fun time: 好玩、愉快的时光（注意，不是 funny time，funny time 指的是这段时光很滑稽、很可笑）

3) Which sports do you enjoy watching or playing?

Umm...you got me...I guess I like something that is not like a sport. For example, skating. Is it a sport? Yes. But it's also very elegant, just like dancing.

- 黄色部分：【缓兵之计的用词】
- elegant: 典雅的

4) Are there any sports you would like to try in the future?

Maybe skating, I guess? But I know it's not very realistic. I mean, it's one thing to watch people skate, but it's totally another to do it myself, right? I think it's too hard.

- 黄色部分：【compare-and-contrast】
- it's one thing to do A, but it's another to do B: 做 A 是一回事，但做 B 就是另一回事了（一个很好的口语表达，形容 B 其实挺难的）