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本季度新题 (2022 年 9-12 月新题, 2023 年 1-4 月保留题):

人物类:

Describe a person who likes to dress fashionably/well (时尚爱美人士)

You should say:

Who he/she is

What job he/she does

What kind of clothes he/she wears

And explain why he/she likes fashion

知识点:

和服装时尚 fashion 相关表达:

- fashionable/stylish/tasteful: 时尚的、有型的、有品位的
- a fashion snob: 时尚势利眼 (表示那种一心追求时尚, 看不上普通服装的人)
- fashion freak: 时尚狂人
- sb. is dressed up: 盛装打扮; sb. is dressed down: 往朴素方向打扮
- a person with a great/outstanding/unique/special/different/ offbeat (标新立异的) sense of fashion: 一个有着极棒的、与众不同、特别的时尚品位之人
- She is a fashionable/unique/ elegant/tasteful dresser:

dresser 一般表示橱柜、梳妆台的意思, 但在这个具体语境下, 表示 “穿衣之人”

- She is not afraid to break the rules, take risks, try new trends (尝试新的趋势), be totally over the top (过分夸张), when it comes to fashion. 她不怕打破常规、冒险、尝试新的时尚趋势, 过分夸张完全不怕。
- You can see incredible freedom in her choice of outfits. 你能在她的穿搭选择上看到全然的自由不羁
- clothes with fabulous fashion designs: 有卓越设计感的衣服
- clothes that can make you raise your eyebrows: 能让你瞠目结舌的衣服
- can't say that I would agree with her taste/fashion sense, but at least her outfits are memorable. 我不敢说自己真的欣赏她的时尚品味, 但至少她的打扮很令人印象深刻。
- In her world, there's no limit when it comes to fashion.

- She's very experimental (具有实验性的) in fashion. / She experiments with fashion but can still maintain her personal style. 她可以做到既保留个人风格又能做到各种实验尝试。
- edgy: 前卫的; bold: 张扬的; creative: 有创造力的; original: 原创性的; artistic: 有艺术性的; stylish: 有型有款的; fashionable: 时尚的; chic: 时髦优雅的; vintage: 复古风格的; sassy: 时髦 (女王范儿的); flashy: 艳俗的

- 上衣: top (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

裤子: pants (英式英语用 trousers); 运动裤: sweat pants; 布袋裤: baggy pants; 牛仔裤: jeans; 短裤: shorts; 裙子: skirt; 连衣裙: dress; 连体衣: jumpsuit; sportswear: 运动类服装总称;

- This high-waste (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: revealing/provocative clothes; 保守的衣服: modest clothes
- loose-fitting: 宽松的; slim-fitting: 修身的; tight: 紧身的
- 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

I don't like neon colours. They make my skin look dark.

So, I want to talk about my friend Xin. She's definitely a person with an unique sense of fashion.

We met each other in university. The first time I saw her, I saw bright colours. She's the kind of person who's not afraid of trying bold colours (张扬的颜色), even sometimes it might be a little over the top (过分). I remember she was wearing neon yellow, bright orange and green, and the colour contrast (撞色) really made her stand out from the crowd (鹤立鸡群). (讲相遇的故事还是可以和主题相连)

And after graduation, now she's working for a PR company (公共关系公司). At work, she definitely needs to "dress to impress" (惊艳众人). Every day, she dresses up nicely in order to look professional, presentable and also memorable (看起来职业化、体面且令人印象深刻) in front of her clients.

In terms of what kind of clothes she wears, well, she is very brave with edgy and less common (小众的) designs. She's not afraid of taking risks, breaking the rule, and trying new trends. Just to give you an idea, **sometimes** she'll wear a neon pink jumpsuit (连体裤) with sexy high heels (高跟鞋); **sometimes** she'll wear a black men-suit (男士西服套装) with a red beret hat (贝雷帽); **sometimes** she'll wear a vintage dress (复古连衣裙) with a pair of white sneakers (白色板鞋) ...It seems that in her world, there's no limit when it comes to fashion.

And finally, to answer the question of why she likes fashion so much, I guess, first, she is in an industry where "the look" is heavily emphasized (她处在一个外表被非常重视的行业中); and then, Xin herself is very into fashion. I remember, once she told me that she really enjoyed expressing herself through the way she dressed (她非常享受通过着装方式来表达自己). I feel inspired by her. And I should also try to come out of my comfort zone (走出舒适区) from time to time, and have some fun.

So, yeh, that's my friend Xin. Thank you!

Part3:

1. Do you think online shopping will replace in-store shopping in the future? Why?

Nowadays, more and more people prefer shopping online, as it's easier, faster and less effort. Especially since the pandemic, many people have been trying to avoid crowds (避免人群) . Shopping online is such an ideal way to buy things. Physical stores (实体店) are losing its consumers to online stores, and many of them have been closed permanently (永久关店) . However, I wouldn't say that online shopping will completely replace (完全取代) in-store shopping, and the reasons are, A, some people still enjoy browsing around between stores (在店和店之间闲逛) and at the mall. It's not just about buying things, it's also about passing their time (消磨时光) . Sometimes you see friends kicking back (百无聊赖) at the mall. For them, it's a spot for meet-ups (见面地点) . And B, some people, especially older people, don't know how to shop online. They still prefer going to a physical store, seeing and touching the product for real. (转折, 分群体)

2. Why is fashion very important to some people?

Well, I think, for some people, fashion helps them make a good first impression (制造好的第一印象) , especially in the workplace (在职场) . A person who dresses up nicely and with a good sense of fashion (有好的时尚品味) usually earn more trust (获得更多信任) and gain more favour (更受欢迎) . I guess, people's mindset behind it is, "If you can take care of yourself so well, you probably can take care of other things" (人们背后的想法是, 你既然把自己照顾的这么好, 你应该能顾好其他事情吧) . And then, for some people, they express themselves through the way they dress (通过穿衣方式表达自己) . They make a statement (发表宣言) through clothes. For example, different colours can show different emotions or personalities. And in the 1920s in China, women started abandoning lose-fitting clothes

(宽松版本的衣服) and wearing a type of slim-fitting dress (紧身连衣裙), called Qipao. Qipao really highlighted their curves (突出曲线). It's a symbol of freedom and independence (是自由和独立的象征) in modern women in China. **And lastly**, I guess, fashion can also help people build their self-esteem, their confidence. If you are a nice dresser, you feel good about yourself. That means you love and respect yourself. (罗列分群体+举例子)

3. Are older people as fashionable as young people? Why?

Some older people are just as fashionable as young people. For example, my aunts and my mom. They love the most on-trend (流行的) clothes. In their world, they will never let age become a problem (让年龄变成问题). Age will never stop them from being fashionable and stylish. But I have to say, I also see many older people start dressing down (穿衣降级, 朴素) once they are older. They are very old-fashioned. They think older people should keep a low profile (保持低调), wear darker colours, and more loose-fitting clothes. (分群体+举例子)

4. Are women more fashionable than men? Why?

In general, on the whole, I would say so (总的来说, 我觉得是的). Most women love keeping up with the latest fashion trends (紧跟时尚潮流). I guess, it's a cultural thing (文化所致). In most societies, women are the ones who are supposed to be beautiful, charming and attractive (在大部分社会, 女人是应该美丽动人的群体). Just look at those Hollywood movies. The leading actresses (女主角) are always super gorgeous, whereas the actors sometimes are just some average-looking guys (普通平均颜值男的). And on top of that, there're so many more options for women than for men in the stores when it comes to fashion. It's easier for women to be more fashion-minded (有时尚头脑的). It's all about cultural education. However, nowadays I see more and more men breaking the social

stereotype (打破社会成见) , and embracing fashion as much as women. I feel happy for them. (主流情况, 特殊情况补充)

Describe a person who inspired you to do something interesting (激励你做有趣事情的人)

You should say:

Who he/ she is

How you knew him/her

What interesting thing you did

And explain how he/she inspired you to do something interesting

可以是某个有趣的人启发你也去做了有趣的事, 可以是小事比如潜水、蹦极、滑雪、上台表演, 也可以是人生事件, 出国上学、辞职、跨国搬家。

知识点:

启发他人的人的形容词:

- **Inspirational** adj. 启发人心的

“You don’t have to be an inspirational speaker for somebody to look up to you as an inspirational person. Sometimes, your actions are more than enough for most people. If you really want people to look up to you in that way, it mostly comes down to how you live your life.”

- **Motivational** adj. 给人提供动力的

In life, we always want to find someone who is motivational enough to keep us engaged, and we can use them as a great way to stay motivated.

- **Source of inspiration** 启发的来源

My mom has been a true source of inspiration for me over the past few years. Without her, I wouldn't be here.

- **Motivator** n. 给人带来动力的人

You're a motivator for all those who can't speak for themselves, and I truly admire that spirit.

- **Mentor** n. 同上。人生导师，启发着。（也值得是研究生博士生导师）

You've been the best mentor I could ever ask for, and I hope you never forget me!

- **Muse** n. 缪斯，灵感来源

He is my muse, and I look up to him and everything he does.

Picasso is my muse. Without his famous artwork, I never would have picked up a paintbrush.

- **Role model** 榜样

So, today I want to talk about my cousin. She is a few years older than me, and she has always been my source of inspiration. I look up to（仰视） her a lot.

We've been best friends since very little. And when we were little, she was always the braver one（更勇敢的那个），the daredevil（冒险鬼）. She was never afraid of taking risks. For example, she loves sports, including extreme sports（极限运动）. So, she is good at skateboarding, skiing, surfing, all kinds of cool sports. And she was the reason why I went Bungee jumping（蹦极）. She's truly motivational and inspirational for me.

And, one thing she inspired me to do which was truly interesting and brave was, traveling alone. So, my cousin travels by herself from time to time, and one time, she told me that "Only when you are on the road alone, can you truly learn things about yourself. Traveling is a journey

inward. (内在方向的精神世界旅行) ” That speech really hit me (打击点击到我) . I never saw it that way. Traveling for me, was always about being with family and friends, and going to places. But the way she put it was so cool (她当时的形容方式真的很酷) . And that’s why I decided to go on a trip on my own/take a solo trip!

I went to Yunnan Province alone, and spent 1 month there. During that time, I talked to so many people. Travellers like me, local people, so many of them. I found it easier to make friends with people when I traveled alone, as I was lonelier, more desperate and thereby braver. And through those conversations and interactions, I did learn more about myself. I learned things I enjoyed talking about and didn’t enjoy talking about. What kind of people I liked and disliked. My cousin was right, it WAS a journey inward.

So, yeh, that’s my cousin, and that was the interesting thing I did thanks to her. Thank you!

Part3:

1. What qualities make a role model?

First, a role model should be talented and skillful in a field. They need to be good at something, so that people admire them, and look up to them. **And then**, they should be influential, inspirational and positive. They have the kind of quality that inspire people to become better. They are the muse for people, a ray of sunshine (一缕阳光) . **And next**, a role model is honest and reliable, meaning, they do what they say they will (他们说到的事会做到) . They are doers (做实事的人) rather than talkers (说空话的人) . A role model always set good examples for people. **Finally**, a role model should also be empathetic (有同理心) . They can listen and pay attention to people. They care about others. (罗列)

2. Why should children learn from role models?

Children are not born to be able to tell right from wrong (孩子不是生来就会明辨是非对错的) . They need positive influences. A role model for a child is a

person that serves as an example and inspires the child for a lifetime (跨越一生的时间) . Children should look up to (仰视崇拜) their role models and learn from them in order to pick up good habits and manners (培养好习惯和礼貌) , to become a stand-up and countable person (堂堂正正、靠得住的人) in the society. If children didn't learn from their role models, or the people who're supposed to set good examples for children didn't behave well, that would result in really negative outcomes. For example, children whose parents smoke are more likely to smoke themselves. (原因, 反向假设, 举例子)

3. Who can influence children more, teachers or parents?

I would say, in the early years of children (早期) , parents as the number one (第一重要的) caregivers, they serve as the main role models. Children are more influenced by their parents because they spend more time together. Parents mean everything (意味着一切) to their children. And later, when children go to school, they learn things from their teachers, and that's when teachers start influencing the thinking of children. Sometimes you can see a child respect the teacher so much to the point that they only listen to what the teacher says. But I have to say, later on, when children become teenagers, they become much more attracted to their friends. That's when their friends will be the major influences. (分情况分时间段)

4. What kind of international news inspires people?

I think news about grass roots (草根) is inspirational for people. Stories like, how a father chasing down a criminal (追赶抓住犯罪分子) , a mother running a small business and becoming successful, those stories of ordinary people (普通人) can encourage us to work harder and become a better person ourselves. (举例子)

Describe a friend from your childhood (发小)

You should say:

Who he/she is

Where and how you met each other

What you often did together

And explain what made you like him/her

知识点:

1. 一些感情好的表达:

- hit it off 投缘

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

- get along: 相处愉快

She and I get along well.

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

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

- mind-twins 思想上的双胞胎
- inspiring/inspirational: 有启发力的

She's an inspirational person. She inspires me on so many levels. I learned so much from her.

- She really opened my mind with her life experiences.

2. 搞笑的, 有趣的, 积极的

- funny 搞笑的滑稽的
- hilarious 超级搞笑的
- witty 诙谐智慧的
- have a good sense of humour 幽默感很强
- always crack me up 总是能把我逗笑

She can always crack me up with her jokes.

- a joker 一个爱开玩笑的人
- a cheerful person 一个很乐呵呵、欢快的人
- a happy camper 一个乐天派
- She can always see the silver lining behind cloud/everything. 总是能看到事物的积极一面（每一朵乌云后面都有阳光雕琢的银线）

3. Sociable 形容善于社交的人：

- a party animal 派对动物（夜夜笙歌那种）
- social butterfly（交际花，不属于贬义词，但是的确带着一点调侃语气成分）
You are going out tonight again? Such a social butterfly!
- seems to know everyone 感觉谁都认识
She seems to know everyone. Such a social butterfly!
- people person 很会和人打交道的的人
- popular and well-liked 很受欢迎，很多人喜欢
- talkative, chatty 很健谈的
- a little bit know-it-all（know-it-all 指的是那种觉得自己什么都懂的人，信息大拿）

She's a very nice and sociable person. Very chatty and outgoing. The only thing is, she's a little bit know-it-all, sometimes that could be annoying.

4. Nice and friendly 形容热心肠的人：

- Have a heart of gold 拥有金子般的心

My neighbour has a heart of gold. She's like a ray of sunshine (一缕阳光) .

- Be there for someone 一直支持着某人
She's been there for me through out the years.
- You can count on someone 你可以信赖某人
You can definitely count on Tara. She's very trustworthy.
- Help someone live through all the struggles 帮助某人度过生活里的一切苦难
- A positive influence 一个积极的影响
- Kind, generous, warm-hearted, warm, caring, loving 一些近义词

5. 之前几个季度素材里提到关系好的表达：

“We also enjoy just chatting, have a nice and long conversation. She can always give me a lot of useful suggestions, and help me keep my head on straight (让我保持头脑清醒) and avoid making silly decisions. My friends all feel very jealous of our relationship, as we always have endless topics to talk about.”

“So, yeh, that's my mom. We have fun together, we enjoy spending time with each other, and she is the anchor (船锚, 定海神针) in my life.”

“We get each other's jokes, and we enjoy each other's sense of humour. We are always on the “honeymoon phase”. I guess, it has a lot to do with the fact that we always try new things together, like learning a musical instrument, learning drawing, playing golf, ...We always learn and advance ourselves together, so the new version of me and the new version of her can never get bored with each other.”

“We understood each other's jokes, and we shared same views towards a lot of things in life. Talking with him was like the easiest thing, as we totally got each other (懂彼此) . There were no conflicts or anything. We were like mind-twins (思想上的双胞胎) .”

I want to talk about my childhood bestie/best friend (儿时最好的朋友) Wei. We've known each other since primary school, and she's like a sister, a family member to me.

And moving on the reasons why I liked her so much, well, **number one**, she was so comfortable to be with (相处起来很舒服). She was the most down-to-earth (接地气), chill (放松的, 松弛的) and easy-going (随和的) person. I felt like I didn't need to change who I am when I was with her (我和她在一起的时候不需要改变我是谁). I felt very relaxed and at ease (放心) when she was around. **And number two**, she and I were very similar. We were like mind-twins (思想上的双胞胎), on the same wavelength (一个波长频道上). We really thought alike (想法相似), and we got each other's jokes (懂彼此的笑点). Talking to her was like the easiest thing on earth (和她聊天就像是世界上最简单的事情). **And finally**, she was a kind and generous person. She had a heart of gold (金子般的心). She was the kind of person that I could count on (我能指望得上的人). I remember one time (举例子, 有一次), my mom went on a business trip (出差), and I didn't have my snacks for school as she was the one who prepared it. So, Wei got extra snacks for me every day for two weeks. I was very touched by that gesture (举措、姿态).

And finally, in terms of what we did together, well, we did everything. We did homework together, we hit the books (考试复习) together, we did sports together. Oh yeh, we spent so much time playing at the school playground (小孩子玩儿的操场) and the sports field (体育操场). We played pingpong, volleyball, and basketball. And we swung on the monkey bars (在双杠/猴架上荡来荡去). And sometimes we just talked. We didn't need to do things. We talked about kids things, like, which snacks tasted better, which barbie doll (芭比娃娃) was prettier, which cartoon was the most interesting, things like that. And oh yeh, boys, we talked about boys, just like all the girls. Sometimes we could lose hours and hours of time on chitchatting (叽叽喳喳聊) and talking nonsense (胡说八道). Now when I

think about it, that is something only kids can do, which is endless talking.

Anyway, that's my best friend from childhood. And we are still very good friends today. Thank you!

Part3:

1. Do you still keep in touch with your friends from childhood? Why or why not?

Some of them, not all of them. I'm still keeping in touch with some of my best friends from childhood. We are in the same city, and we meet up from time to time to catch up. And the rest, we just lost contact with each other. I guess this is very normal. Friends drift apart gradually in life. We grow up, go to different schools, have new circles of friends, move to other cities. We just grow apart from each other. (分群体)

2. How important is childhood friendship to children?

friendship 既是可数又可以是不可数。可数的时候表示具体的一段又一段友谊，不可数的是抽象整体概念的友谊。比如：**Friendship never ends.** 友谊长存。用的就是单数不可数形式。

-Friendship is a vital part (至关重要的部分) of children's physical, mental and social development. **From a physical perspective**, when children play together, they learn to use their bodies to compete in games. They can challenge their physical strength and push the boundaries (做游戏，挑战自我，突破极限) . **And then, from a mental and social perspective**, they form bonds of friendship (建立友谊的纽带) , and at the same time, gain a sense of belonging, security and community (收获归属感、安全感和团体感) . They learn to be a part of a bigger group. Through friendships, children learn about social cues (社交暗示/信号，比如什么时候该说什么话，不该说什么话) and how to interact with others. And what's more, they learn how to think for others (为他人着想) . Children learn empathy (同理心) through

friendships. A child without any friends would be most likely socially awkward (社交尴尬的) and lacking empathy. (分角度分类讨论+反向假设)

-Well, everybody needs friendship, including children. A child without friends will feel very lonely in this world. They won't know how to socialize with people as they lack the experience. They will be socially-awkward. Also, a child without friends won't be able to develop empathy because children learn empathy through friendships. (反向假设)

3. What do you think of communicating via social media?

My mind is conflicted (我很矛盾). On one hand, social media helps people better connect with their friends. They can communicate with friends more easily, especially with friends who are far away. And social media provides online platforms where people can share their lives with friends. People get to conveniently share their tears and laughter with people through social media, so they feel emotionally supported. But on the other hand, social media is killing friendships as people don't have the motivation to see each other face to face in real life anymore. When you see a photo of your friend popping up in your social media feed (当你在社交媒体界面上看到朋友的照片弹出来时), when you press the "like" button (点赞), you think you have communicated with that friend, but have you really (你真的有吗)? I don't think so. That's why I think social media sometimes makes people even lonelier. (分头讨论)

4. Do you think online communication through social media will replace face-to-face communication?

I hope not! But, like I just mentioned, people are increasingly reluctant to (抗拒) get out of their homes and meet people face to face, as communicating through social media is too easy, too effortless (不费力气的), it's at your fingertips (动动手指). So, yeh, I definitely have seen this trend of more cyber communication (网络沟通) and fewer physical meetups (线下见面), especially after the pandemic. So, in the future, I don't see why this trend won't continue. With that being said, will social media completely replace the good old style of communication (曾经美好

又老派的交流方式) ? I don't think so either. I still have hope on people!
Nowadays, I see some of my friends cutting down on social media and going back to physical communication. I think some people still cherish (珍惜) these face-to-face moments. (时间分层, 主流现象, 自己观点)

Describe a person you know who is from a different culture (认识的不同文化的人)

You should say:

Who he/she is

Where he/she is from

How you knew him/her

And explain how you feel about this person

首先 “know”表示认识的人, 其实 **different culture** 指的是外国文化。如果实在不认识外国人, ①可以编一个外国人出来 ②可以说实在不认识, 所以说外国明星。

知识点:

1.比较社交、外向的性格 (更多参考 QQ 群文件 “音频版词汇集” 第五节内容)

-outgoing, easygoing (随和的), extroverted (外向的), an extrovert, people person, passionate, fun (特有趣), funny, talkative, chatty, hilarious, sociable, good communicator, charming, charismatic, full of charisma, trustworthy (可靠的), reliable, honest, trusting (信任的), down-to-earth (接地气的), grounded (接地气儿的), real (真实的), transparent (透明的), not fake (不虚伪), rational (理性的), emotional (情绪化的, 敏感的), strong-minded (有主见的), open-minded (开明的), approachable, sincere, open, self-possessed/self-collected (很有自我很酷很有操控力的)

-get along with everybody; very fun to be with; you will never get bored when you are with him/her; very easy to talk to;

- have tons of friends; very popular; have strong inter-personal skills;
- She's the go-to person (首选的人) when you feel bored.

Well, the person I want to talk about today would be my English teacher when I was in primary school. His name was Mike, he was from the US (过去式表示你印象里的信息), and he definitely made a deep impression on me.

Mike was probably the first foreigner that I've met. I still remember how amazed I was (被惊艳到了) when I saw his face for the first time. I mean, his face was so different from everybody else, like blonde hair, very fair-skinned (白皮肤) and blue eyes, and that was something very rare to see. Haha! And then, when he opened his mouth, I heard fluent Chinese! That was even more special.

Mike was a very fun, outgoing and down-to-earth person. He was so easy to talk to and very fun to be with. He was a joker with endless children's jokes. Everybody at school liked him. Teachers would say Hi to him when they saw him in the hallway, kids would stop him and hug him when they saw him at school. He taught us not just English, but also western culture (欧美文化). Like Hollywood movies, food culture, and differences between Chinese and American kids.

He knew a lot about China. We used to call him the Mr.Know-it-all (百事通先生, 什么都知道) of China. Sometimes I felt that he even knew more than us. When he shared with us his experiences in China or his opinions about Chinese culture, it really provided us with more angles/perspectives to see our own country. And later, he married a Chinese girl, officially became a Chinese husband. We all felt very happy for him and his wife.

So far I've seen many foreigners in China, and not a lot of them are like Mike. Mike was an interesting, fun and respectful person. He loved China, he knew China, and he tried to fit in. It was him who made me want to live in another country one day and explore a different life.

So, yeh, that is Mike. Thank you!

(以上不用都说, 挑选内容来说)

Part3:

1. Where and how can we get to know people of different cultures better?

Nowadays we can know people from another country through social media. We can have a direct conversation with a foreigner at our fingertips. Prior to this (在这之前), people got to know people of different cultures mainly through traveling. And also, by reading foreign books or watching foreign movies, people could learn about foreign cultures and people. (时间分层)

2. What are the advantages and disadvantages of cultural diversity?

The pros of cultural diversity are, **number one**, it provides people with wider experiences. It's educational for people. People get to learn about different cultures, traditions and customs (风俗). They become more knowledgeable, educated and open-minded. **And number two**, that results in more tolerance and acceptance (宽容与接受度) between people.

Without knowing diversity, people are ignorant and narrow-minded (傲慢又狭隘的). **Number three**, cultural diversity also brings more creativity, innovation and productivity, especially in the workplace. When there're multiple cultures in one place, people can inspire each other through cultural exchange. Learning different values, perspectives, and interpretations in life and at work (对生活和工作解读) will create unexpected outcomes (意想不到的结果). Those are the pros of diversity, ideally (理想角度来说). In the reality, sometimes the pros turn into cons. For example, cultural exchange might cause tension and conflicts, as people oftentimes prefer to be with their own people. Especially, different cultures have different languages, therefore chances are (很有可能), people will experience language barriers and cultural barriers at the same time. It's hard to expect people to accept one another easily. Therefore, the cost of communication will be higher; and there might be more conflicts. When people have conflicts, it might generate cultural tribalism (部落抱团文化, 高分词汇). (分类罗列讨论)

3. How can traditional culture and other cultures coexist?

That's a tricky question. It's hard to keep the traditional culture, as most people only care about the time they live in. That's why we are losing our own traditions and root. However, when I look around, I see some inspirations. For example, in China, some fashion designers have successfully combined traditional elements and modern elements together. Because of them, it has become super on trend to wear "Hanfu" nowadays, which is a type of ancient clothing originated from Han dynasty. Or, there're competition shows on TV that are about ancient Chinese poetry recitation (中国古诗背诵). People go to those shows and recite poetry, and win big prizes. Those TV shows make traditional cultures fun to watch. I guess these are the main tricks, A, to make it close to our lives, like things you can use or wear on a daily basis; and B, to make it fun and rewarding. (举例子)

4. Which traditions are disappearing?

There're so many! **First thing**, traditional foods are disappearing around the world. Nowadays people have very little time and patience for cooking. They buy pre-cooked food from grocery stores, or order takeout food. Traditional cuisines are too delicate and time-consuming for most people today. **And then**, traditional handicrafts (传统手工). Again, those handmade products are very energy-consuming and time-consuming. Therefore, in a time when most products are mass-produced (大宗生产), people are losing the culture of handmade products. **What else**, festival traditions are dying out (灭绝) as well. Nowadays, only a few people know how to celebrate festivals in a truly traditional manner (真正的传统方式). Festivals are purely about food and family. People don't care about respecting traditions anymore. (罗列)

Describe a person you know who loves to grow plants (e.g. vegetables/ fruits/ flowers etc.) (喜欢养植物的人)

You should say:

Who this person is

What he/she grows

Where he/she grows them

And explain why he/she enjoys growing plants

知识点：

很喜欢、擅长养植物的人：

- **a gardener** 喜欢在自己家后院养花养草的人、同时也表示园丁。（职业植物养育的人属于 **farmer**，不属于 **gardener**）
- **a plant lover/person/freak** 植物爱好者、狂人
- **a plant lady/ a plantsman** 植物女士、植物先生
有一个表达是 **a (crazy) cat lady**，家里养很多猫的那种视猫如命的女人、老太太；这几年疫情关系，很多人在家养植物，延伸出了一个新的表达 **a plant lady**，表示家里养很多很多植物的女人、老太太。**Plantsman** 是更正统的表达，表示特别专业且有天赋喜欢植物的男人（或女人）。
- **a person who's good at caring for plants** 一个很会照顾植物的人
- **a person who has a knack for making any type of plant grow well** 一个天赋异禀可以让任何植物长的很好的人 (**have a knack for sth.** 有某方面天赋)
- **have a green thumb** 有一个绿色大拇指。表示很会照顾植物的人。
(因为给植物施肥照料会产生一种绿色物质，不戴手套容易手指也绿绿的，因此出处在此。)
- **a botanist** 植物学家（也可以夸张地方式来使用这个表达）
My mom knows so much about caring for plants. She's like a botanist or something.
- **Common houseplants** 常见的家养植物



- Vegetables that do well in containers or gardens include beans, beets, carrots, collards, cucumbers, eggplants, garlic, kale, leeks, lettuces, mustard greens, peas, peppers, potatoes, spinach, squash, and tomatoes.

So, my grandma is a typical plant lady, so to speak (所谓的) . She definitely has a green thumb. And she has this special knack for making

any type of plant grow well. I think she's incredibly gifted when it comes to growing plants. She's a natural (天生的天才) .

In terms of what plants she grows and where, well, my grandma lives on the first floor of her apartment building, so she has a small garden. She plants things in her garden and in her apartment as well.

In her small garden, she mainly plants vegetables and fruits, such as tomatoes, potatoes, lettuces, cucumbers, peppers, eggplants, carrots, strawberries, raspberries, and grapes. Oh yeh, she also has a rose fence (玫瑰覆盖的围墙) that is full of red and pink roses. It looks stunning when all the roses are blooming (绽放) in the summer. And the fragrance (芬芳) , oh my god, that's what I imagine the smell of heaven (我想像的天堂的味道) . Haha!

And then in terms of the indoors, she has a lot of ivy plants, especially devil's ivy. Because ivy plants are long and can trail (蔓延) . My grandma loves hanging plants (悬挂式的植物) that can trail down (往下延伸) . So, she often puts them high up on the shelves (放在置物架上) , or on top of the fridge (冰箱顶上) , so that they can drape over (坠下来) and look like a plant waterfall (看起来像植物瀑布) . And what else, there're also bigger plants like snake plants, ferns and aloes.

And finally, regarding why she enjoys taking care of plants. Actually, I've asked her this question. And her answer was, **first**, plants make her happy, plain and simple (简单又直白) . **And then**, it's healthier and more economical (划算的) to have homegrown (自家种的) vegetables and fruits. **And what else**, they're beautiful to look at, and they are decorative for the home. They make a home look cozy (让一个家看起来很温馨) . **And another reason was**, plants give her something to take care of other than herself (给她除了自己之外的事物去照料) . You know, she's retired and has nothing much to do at home. Therefore, caring for those plants is the best way to while away her time. Which I totally understand.

So, yeh, that's my grandma, the best gardener that I know. Thank you!

Part3:

1. Are there many people growing their own vegetables now?

I think so, I've read somewhere that (引经据典时的句型) especially ever since the pandemic, there has been a "gardening boom" (园艺风潮) around the world. I guess, people today are stressed out and anxious for all kinds of reasons. Lockdowns could be one of the main reasons. Growing plants and vegetables in the backyard, garden or balcony can get them distracted, and find inner peace. Especially growing vegetables, there's a lot of physical work involved, you need to turn over the soil (翻土), dig holes (挖洞), put fertilizer (施肥), water the plants (浇水), all kinds of things. When people immerse themselves in gardening (把自己淹没在种地里), they forget about their depression and worries. They gain a great sense of joy (很强的喜悦感). Some even say that gardening is their salvation (救赎). And on top of that, once people have their own homegrown veggies (家养小蔬菜), they have created an easy access to healthy green food. That's a big bonus (奖励, 好处)! (原因, 补充)

2. Do you think it's good to let kids learn how to plant?

OH my god there're SO MANY, numerous benefits of teaching kids how to plant. I don't even know where to start. First, it can foster a love of nature in kids. And then, it can also help kids develop a sense of responsibility. Because they need to water the plants from time to time, check on them (检查植物), care for them (照料植物). And next, they learn things about science as well, for example, the concept of photosynthesis (光合作用). And moreover, watching a plant grow taller and bigger and thrive, gives kids a sense of confidence and achievement (自信感和成就感). They feel competent (感到有能力), like they can take control over things (能操控事情走向). And what else, oh yeh, sometimes there can be teamwork involved, and that can foster the idea of cooperation in kids (培养合作意识). I remember when I was little, my grandma always asked me to help

her move pots (搬盆), dig holes, and water plants. I enjoyed helping her. It was a good teamwork training (团队合作训练) for me as well. (罗列+举例子)

3. What do you think of the job of a farmer?

Farmers are very important people in the society, as they're the ones who provide food for us. Without farmers, people would starve to death (饿死). Especially in the old days, before industrial revolution, before the invention of agricultural machines (在工业革命之前, 在农业机器被发明之前), farmers grew everything with their bare hands (徒手). That's why in China, the first poem/ children's rhyme we learn is about respecting and empathizing with (共情) farmers. It goes something like, every grain of rice (一粒米) comes from a lot of work and sweat. So, yeh, farmers play an essential role in the society. (原因, 反向假设, 举例子)

4. What are the differences between traditional and modern agriculture?

Wow, that's a tricky question. I'm not an expert on this, but...the way I see it, in terms of tools and machinery (工具和机械), nowadays there're a lot of new and advanced technologies invented. They're transforming and boosting the agriculture industry. As far as I know, the farming systems around the world, especially in developed countries (发达国家) are mostly automated (机械化的). And that's why, in terms of the number of farmers in the field (农田), nowadays, there're far fewer farmers working and sweating in the field. Whereas in the past, like I said, farmers used to work so hard with their bare hands to grow food for us. (分类分角度讨论)

经历类:

Describe a time you received positive feedback (收到积极的反馈)

You should say:

What you did

Who gave you the feedback

Why he/she gave you the positive feedback

And explain how you felt about it

可以套用本季度，“信息搜索”，找菜谱给爸妈做菜，收到表扬；或者学校学习，收到老师的肯定；或者来自朋友的正向赞扬 都可以

知识点：

Feedback 不可数 不能说 a feedback, or feedbacks

可以说：a piece of feedback, some feedback, a lot of feedback, a bit of feedback, your/her/his/their feedback, positive feedback, negative feedback, the feedback...

收到正面评价后的感受：

- I feel/am encouraged. 感到被鼓励到
- made my day 让我的一天完美了
Her encouraging words really made my day .
- I feel blissful. 非常快乐，极度狂喜
- I am over the moon. 月亮之上，我上天了，太快乐
- I am thrilled/pumped/excited/overjoyed 同上，非常快乐
- I am on cloud nine for the rest of the day. 同上
- I am smiling from ear to ear 嘴裂到耳朵根了
- My cheeks hurt from smiling so much. 笑得脸蛋子都疼
- I feel better than ever. 感觉好极了
- I feel brand new. 感觉焕然一新
- No one could wipe the smile off of my face that day.
那天谁也没办法把我脸上的笑容抹掉

- **My heart feels full. 我感到很圆满**

When I was in high school, I used to hate math (这里可以替换成任何你恨过的科目) . I was never a math person (I was never good with numbers). And my first math teacher in high school was very strict with us, and she always gave us a lot of hard questions on tests. I remember that my math grades used to be terrible. For the longest time (很长一段时间) , I felt very unconfident and frustrated with math, until I met my second math teacher in high school, Miss Zhao.

Miss Zhao was a very patient, friendly and approachable (好接近的) teacher. She knew how to teach math in a fun way, by using real-life examples (现实生活中的例子) and playing games. Her class was very easy to understand and very fun to take. Because of her, I started to develop some interest in math (发展出对数学的兴趣) . One day, I had a question related to math, and I decided to ask Miss Zhao. I went to her office, feeling stupid and insecure (感到很傻很没安全感) . After I explained my question, the first thing Miss Zhao did was to praise (表扬我) me. She said, "I'm very glad that you've come to me to ask this question. And this is a really good and smart question. I'm glad you've noticed such details. I think you have a knack for (有天赋) math." Me? Having a knack for math?

When I heard Miss Zhao's comment on my question, I couldn't believe my ears (不敢相信自己的耳朵) . I felt like a brand-new person (焕然一新) . I was on cloud nine for the rest of the day. Her feedback really made my day (让我一天都很开心) . I began to think, maybe I AM good at math? I felt extremely encouraged by her words. And after that, I became motivated and determined to improve my math grades. I gave 100% (拼尽全力) . And gradually, my math grades went up a lot. That's the magic a good teacher can do.

So, yeh, that was the story, thank you!

Part3:

1. Do children need encouragement as they grow up? Why?

Absolutely, 100%. Encouragement helps children build self-esteem (建立自尊) and self-confidence (自信), and help them become a capable and independent person one day. Children are born to this world feeling vulnerable (孩子来到这个世界带着与生俱来的脆弱感), for they need to learn a lot of skills along the way as they grow up. For a child, it's vital that they receive positive feedback from their parents and those closest to them. A child who is constantly discouraged by parents will feel very insecure all the time. (原因, 反向假设)

2. Which kind of feedback to people tend to believe, positive or negative feedback?

Normally, people respond better to positive feedback. They feel appreciated, valued, supported and motivated. Most people perform better (表现更好) with compliments, encouragement and support. People usually don't take criticism well (对批评接受无能). They feel judged (被评头论足) and even attacked (被攻击). It triggers a stress response (会导致应激反应). Some people even get really defensive (进入防御状态). Very few people can put a positive spin on negative feedback (很少有人可以以积极的角度去解读负面反馈). That's why it's so important to know how to give constructive feedback (建设性反馈) without hurting others' feelings. (主流情况, 少数情况)

3. Do you think public recognition is important for people nowadays?

如果从网络上搜索 **Public recognition 的定义, 大多指的是“组织、公司给员工的公开认可和奖赏, 以感谢员工的努力工作”。相对 **private recognition**, 老板私下表扬员工, **public recognition** 指的是公开认可、奖赏奖励员工。这一点和我之前的理解不一致。之前我认为 **public recognition** 指的是社会角度的关注和肯定 (名人的公众认可), 这种更广义的理解, 而不是从企业角度更狭义的定义 (网络上大部分定义都是后**

者)。问了两个朋友，都是没有概念。认为是广义的，但看了 google 后，又觉得 public recognition 针对的是职场上的表达。所以，我也很糊涂.....

① (广义) Well, to be honest, I'm not really sure about the definition of public recognition (这里可以考官会主动告诉你) . I assume (我自己假设) it means, people getting recognized by the society for the contribution they've made in their fields (人们在自己领域所做出的贡献) . By this definition, I do think that public recognition is important for most people. The reason is that it motivates people to keep up the good work and perform well continuously. People feel rewarded, supported and appreciated for who they are and what they can offer to the world (他们对社会所能提供的一切能力) . Especially in these days, the internet has become a great tool to make announcements and give public recognitions. People love being mentioned and rewarded that way. So, yeh, it means a lot to people (很重要) .

② (狭义) I'd say so. It's essential for organizations or companies to show their appreciation to their employees by giving them recognition. Employees can feel that their efforts are appreciated. And that can motivate them to keep up the good work. Public recognitions such as (列举) , bonuses, awards, gifts, or even handwritten cards, are all great ways to encourage people to work harder. And if the employer wants to go big (搞得更大更正式一点) , they can even give a shout-out (公开致谢、致敬) on the company's website or social media account, to congratulate the team member for a job well done. Giving public recognition is very prevalent (流行) today. People appreciate that nice gesture. (原因、举例子)

4. Do you think those who have received public recognition should take on more social responsibilities?

I agree. More recognition means more responsibilities. When you're recognized by the public, you've naturally become a role model. And a role model should be socially responsible for people around. (原因)

5. Do you think positive feedback is more useful than negative feedback?

这题和第二题几乎一样。

Describe a time when you made a decision to wait for something (决意等待)

You should say:

When it happened

What you waited for

Why you made the decision

And explain how you felt about the decision

后面的 part3 主题都是在说 **patience** 耐心相关的话题，part2 我们也可以朝着这个方向去。可以是等待一个产品发布（预定+等待）；可以是等明星演唱会售票；可以是决定理智消费，在购物车里躺两天再说；可以是等待某个网红小吃店开门；可以是为了一个重大的人生决定进行观望+等待；可以是等待合适时机去宣布某事、表达自己观点、看法、意见；等待合适自己的感情；等待存钱存到可以出去旅行……

在这里如果说等待“某人”，不太合适，因为题干明确说了“**wait for SOMETHING**”。

知识点：

Wait for something/delay making decision 相关表达：

- **Sleep on (it):** 表示睡上一晚，理智决定

It's a big decision to make. Let's sleep on it, and tomorrow we'll make a final decision.

- **Hold your horses** 先把马稳住，等一会儿的意思

Just hold your horses, Tara! Let's think about this for a moment.

- **Don't rush into making a decision/ Don't rush your decision**

Rushing your decision makes you more likely to end up with short-sighted or superficial solutions.

- Sit on 拖延做决定

They've been sitting on my application for over a month now.

- Hold off doing sth.故意拖延时间做决定

She held off calling him until the last possible moment.

- Play for time

We can't sign the agreement yet - We'll have to play for time.

- Put off doing sth.拖延做某事/延期做某事

He was glad to have an excuse to put off telling her the news.

- Give myself a waiting period 给自己一个等待时间
- Rome wasn't built in one day 罗马不是一天建成的（耐心制胜）
- We must learn to walk before we can run 先学会走再学会跑
- I have all the patience in the world 我有全天下的耐心（超极有耐心的意思）
- Patience is virtue. 耐心是美德
- Control the urge/impulse of doing sth. 控制自己做某事的冲动
- cultivate an attitude of patience 培养耐心的态度
- shift focus/get distracted 转移注意力

上季度和“积极改变”主题相关的一些表达，学会存钱，建立储蓄账号 Learning to save money and establish a savings account （储蓄账号，savings 存款，复数）

- Impulsive spending/buying/purchasing 冲动购物
- a big spender/ a spendthrift 狂爱花钱的人

A person who spends money in an extravagant and careless way.

- “I swipe my card like there’s no tomorrow” 我像是世界末日要到了一样疯狂刷卡

“I have to leave my wallet at home when I go for walks around the city because I swipe my card like there’s no tomorrow”

- hit a savings goal 实现了一个存钱的目标 (hit 的过去式还是 hit)

(for travel, to make a purchase, to give back to your parents 回报父母)

“I hit my savings goal for the week/month/year!” 我实现了本周/月/今年的存钱计划

- a penny pincher (铁公鸡, 一个 penny 还要掰开来花); be cheap (在这里不再是很便宜的意思, 而是很抠门。很难听, 一般用来形容那种不舍得给别人花钱的人比如说自己男朋友很 cheap, 或者形容自己, 自嘲); be stingy (也是抠的意思); frugal (节俭的, 不属于贬义词); money conscious (很有用钱意识的); hold on tight to someone’s money (钱抓得很牢)

My grandma never wants to spend her money! She is such a penny pincher. But after all of these years of her telling me to save money, I am finally learning from her saving methods.

My boyfriend is such a cheap person. He hasn’t given me any gifts ever since we started dating.

I’ve been so cheap/so stingy with my money since I decided to save up more for my future

I’m not stingy, I’m just very money conscious, because I know that money doesn’t grow on trees (相当于, 钱不是大风刮来的)。

So, today I want to talk about a time when I decided to wait to buy a very expensive dress/shirt (男孩女孩内容可以调整)。

It was about a month ago, I was browsing around at the mall aimlessly (漫无目的地) . And then, I saw a very beautiful/(cool) dress/(shirt) in one of the stores. It's was totally my style (完全是我的风格) , very elegant but effortless at the same time (既优雅又毫不费力的感觉) . I tried it on, and it looked SO good on me. It was like it had my name on it (写着我的名字) . I checked the price tag (价签) , and it was very very pricey, like, over-the-top pricey (过分的贵了) . I thought about it, and I decided to sleep on it, and not to rush my decision of buying it.

The reason why I decided to control my impulse was that I wanted to make a change. I used to be a big spender. I would swipe my card left and right, like there was no tomorrow (介绍过去的花钱习惯) . But I wanted to make a change, and stop this impulsive buying behavior (冲动消费的习惯) . I decided to give myself a waiting period before each purchase, and to see if I really really needed that item. So, I slept on it. And the next day, I asked myself, do I still need that dress/shirt? And the answer was, no, not really. I had plenty of clothes in my closet. I could have saved that money for something bigger and more meaningful, like a trip or something.

Finally, in terms of my feeling about this decision, well, I felt very proud of myself, or course. I controlled my impulse. I cultivated an attitude of patience. And I believe that patience is like a muscle memory (肌肉记忆) , the more you practice it, the more patient you will be. I'm practicing this new muscle, and I hope I can really make a change soon.

老素材改编 (以下来自于去年“等待特殊的事情”素材, 可以对原素材进行修剪)

原素材 (记得修剪改编) :

I want to share with you the time I went to an Instagram-famous restaurant in my city not long ago (不久前) , and ended up standing in the line for 2 hours. (国内的网红店在英语里没有特别对应的, Instagram-famous 是最接近的, 可以入乡随俗使用, 不用担心在中国没有 ins 这事儿, 不重要。)

My friend told me about the place. She said that this hot pot restaurant (火锅店) was so famous that people even traveled from other cities to try the food. They had the best fresh ingredients, and they had their top-secrete special dipping sauce (最高机密特殊的沾酱, dipping sauce 沾酱) that could blow people's mind (把人震撼住). So, that was why we went there. And she also told me that there would be a big line for sure. So, we decided to arrive at the restaurant two hours earlier.

We went to the hot pot place around 3pm, and we saw a long long line in front of the restaurant. The line was so long that it turned back and forth in a zigzag shape. That was the first time I waited in a crazy line. It was funny and somehow exciting (不知怎么还有点令人激动) to join a line like that. I even took a selfie with my friend while waiting, haha!

Some people seemed to be very impatient to spend that much time standing there doing nothing. One guy tried to push in, but failed. People started scowling at (怒视) him, some even yelled at him, him left with an embarrassed face, haha... Anyway, I didn't mind too much to wait, as long as the food was worth the wait (值得一等), and it was. The hot pot was amazing, and the dipping sauce was very impressive. I had a good time chatting with my friend in the line. It was all good (一切都很好).

So, yeh, that was the story. Thank you!

Part3:

1. Do people in your country like to take public transportation?

① I would say, people in big cities tend to choose public transport over private cars more than people from small towns or the country (乡村). And the reasons are very obvious, parking is a huge issue in those big cities, and also, if you use public transport like the subway, you won't be stuck in traffic during the rush hour. But in those smaller cities or towns in China, you see a lot of people driving their private cars or riding their motorbikes or bikes. It's not that popular to use public transport. (分群体)

② Some do and some don't, just like everywhere else in the world. There are always people who are big supporters of public transport. They take the bus or the subway as much as they can. They know that it's a win for all (多赢局面), they save the money and the time on the road, and it's better for the traffic and for the environment as well. They can see the bigger picture (有全局观). At the same time, there are always people who feel lazy to walk to the bus station, subway station, they just want to hop in their cars and go to places directly (跳上车, 直接去不同的地方). So, it's hard to generalize. (分群体)

2. Why do some people like slow-paced life?

Some people are tempted to (被诱惑, 想要做某事) leave the busy world and live a simple and easy life because they have overworked and felt overwhelmed before. They just want to drop everything (放下一切) and find a real life again (重新找到生活). Nowadays, you see some people moving from the city to the country, and living in a small farm house (农村民宿), taking care of vegetables in the garden. That's because they're tired of the hustle and bustle in the city, and they want to find their inner peace (找到内心平静). And for some elderly, they move slower, and they become more sensitive to noises, therefore they prefer a peaceful and slow lifestyle. (分群体分情况)

3. Is being patient good for people? Why?

100% yes! Patience is virtue. Just like that old saying (那句老话), Rome wasn't built in one day. If you want to have or build something great, chances are (更大可能是) you need to be patient and wait. You need to take your time, work on it, and make the decision later. Rushing your decision makes you more likely to end up with short-sighted solutions and unsatisfying outcomes (冲动做决定会让你更有可能得到目光短浅的解决方案或者令人不满意的结果). However, that being said, over-waiting (过度等待), being over-patient (过度耐心), could also be a problem. If you don't make

the right decision at the right moment, if you keep waiting and waiting, that's called being indecisive (犹豫不决, 缺乏做决定的能力) . You might end up missing out on good opportunities (错过好的机会) . (反向思考)

4.Are people less patient now than people in the past? Why?

Yes definitely. People today are so much less patient; we are so irritable (急躁的, 易怒的) and frustrated (挫败的、无助又焦虑的) all the time. And I blame the technologies today (我要怪就怪罪如今的高科技) . Today, we have our smartphones, the internet, social media, and live streams, we do everything in an instant. We don't need to wait anymore. For instance, we shop online at our fingertips, we click and buy and have the item delivered to our doors the next day; we scroll on the phone and get instant information within a second; our world is flooded with short messages, articles and videos. A two-hour movie is too much, let alone reading a book (一部两小时的电影已经太长了, 更别提花时间读一本书) ! Our attention spans (注意力周期) are getting shorter and shorter. So, yeh, we are less patient. (原因, 举例子)

Describe a disagreement you had with someone (争论)

You should say:

Who you had the agreement with

What the disagreement was

What happened

And explain how you felt about it

这道主题, 2022 年 5-8 月老题 “有趣的讨论” 就可以拿来参考

其实，任何经典的 p3 话题就可以被改编成不同意见的争论。什么时候生孩子最佳，未来还会有纸质书吗，人工智能会全面取代人类劳动者吗.....找一个自己比较熟悉，比较有的能说的内容来编。

知识点：

- talk about/over: =discuss
- debate about: 就.....而辩论
- exchange ideas and thoughts: 交换观点和想法
- come to an agreement: 同意彼此
- see eye to eye: 同上
- share the same position: 想法一致
- on the same page: 同上
- 吵架的表达：

argue; have a fight; fall out; have a fallout; have a quarrel; have words

- can't agree to each other; can't agree to disagree; fail to agree
- A and B don't see eye to eye: 不同意彼此（看彼此不顺眼）
- give someone the silent treatment: 吵架后一方对另一方冷战
- A and B are not on speaking terms: 冷战
- give someone a cold shoulder: 对某人不友好

素材一：

So, I remember not long ago, my roommate and I had an interesting debate about when is the best age to become a parent (什么年纪做父母最合适) . And after the debate, we still couldn't be on the same page.

My roommate held the opinion that the best age to become a parent is below 25. She believed that raising a child is physically challenging, that's

why below 25 years old is the best age to become a parent. You can play with your child without feeling tired. You are capable of waking up multiple times at night and not having enough time to sleep. Your whole energy level is still high enough to support you to go through this tough time.

I, on the other hand, was of the opinion that actually the best age is after 30, like 33 years old. My roommate was very surprised about my answer, but I made my opinion very clear. For me, having a child is mentally draining (思想上使人透支的). Babies are needy and demanding, 24/7. You don't have the chance to take a break. Your life will make a 180-degree change. You have to be mentally strong and independent in order to go through the hardship in life. And not to mention, bringing up a child is also very financially challenging. You would suffer if you didn't have enough money. Therefore, when people are over 30, they are more or less mentally mature and financially independent. And they are not that old yet. So, it's the perfect age.

We exchanged our thoughts completely but couldn't come to an agreement. Even though we disagreed with each other, it was still a very interesting discussion. Because before this debate, I didn't know that my roommate and I would hold such different opinions. We are the same age, and with very similar backgrounds, and yet we think completely different. And to be honest, I got inspired by some of her thoughts. That's the purpose of having discussions, to listen to other people, to see things from a different perspective.

So, that was the disagreement I had with my roommate. Thank you!

素材二:

Off the top of my head, I don't know why, but I remember this very silly argument I had with my best friend Rui. It was when we were in high school. One day, Rui said that, in her opinion, this celebrity singer A (sorry I don't even remember the name) was much better than celebrity B. And I had a different opinion. I thought it was the other way around (正相反). B was a much better singer than A. I know, it was so stupid, right?

And maybe we were too young and too childish at that age, we just couldn't agree to disagree, and it kept escalating (升级), at the end, we were even not on speaking terms (冷战). It doesn't make any sense to me now, but we both couldn't let it go (罢休), and ended up on bad terms (关系很僵) at that time.

And several days later, we decided to go to another friend Ran for help. He was a mutual friend of Rui and I. We asked what his opinion was, and that really put him in an awkward situation (把他陷入尴尬境地). Ran told us that A and B were both amazing musicians, and it was impossible to pick a better one, because they were equally good. And obviously, we weren't happy with the answer. And eventually, Ran came up with the idea of asking the whole class to vote on it (投票).

We were 40 people, 36 voted. And the result was, celebrity B got 23 votes, she was a better artist. Hahahah! So, I won! I know, how silly is that.

I guess, that's the kind of silly arguments you would have at a young age. So yeh, that was the nonsense (无厘头) disagreement I had with a friend. Thank you!

Part3:

1.What do you do if you disagree with someone?

① It depends on the individual. If it's someone I'm really close to and care about, I will try my best to communicate and exchange thoughts and ideas, try to meet in the middle (在中间相遇, 互相理解) with that person. And if it's just a stranger or someone I know, I don't really care if they agree or disagree with me. Usually I'll just play along (应付了事, 假装很合作), sometimes even pretend that I have changed my mind, just to save the argument (省了吵架的精力). (分群体)

② I hate confrontations (对峙冲突). So, most of the time, I will just play along and nod along (点头称是) to avoid arguments. The older I get, the

less aggressive and opinionated (观点很强的人) I become. I've learned that it doesn't matter what others think. As long as I know what I think, that's what matters the most. There's no need to force people to agree with me. when I was younger, I was much more stubborn (固执), and I had a lot of fights with people around me. (时间分层)

2.How can we stop an argument from escalating into a fight?

I think, **first**, we need to relax and chill out. Take a deep breath and try to clam down. Don't get carried away by pure emotions. **And then**, we need to keep being rational, rather than saying things in an emotional way. Because words can really hurt people, especially when we are emotional. **And next**, don't let your ego get in the way (别让“小我”成为阻碍). If you walk into a discussion with the mindset of proving yourself right and better (如果你走进一场讨论是带着证明自己的心态), that you are superior to the other person, then you're not sincere. **And finally**, having empathy (有同理心) is also key. Being able to put yourself into other person's shoes (换位思考) can allow you to understand others more, and be more openminded. (罗列)

3.Who do you think should teach children to respect their teachers?

Parents should teach children to respect their teachers, as it's basic education. Not just teachers, everybody in this society deserves respect, and parents should make sure children are respectful to people. And then, teachers themselves should also instill the concept of respect in (灌输) children. Parents and teachers should work together on this one. (分群体)

4.What disagreements do parents and children usually have?

There're so many types of disagreements and conflicts between parents and children. And most of them are related to boundaries and respect. Parents often attempt to set limits with their children. But, setting limits can create tension, resulting in conflicts. Especially with older kids, when they want to practise their autonomy (实践自主权) and get rejected, they

get really frustrated and mad. For example, curfews (宵禁) , hairstyles, cellphone use, and what to wear. Or things related to bad habits, like, smoking, drinking, drug use, thing like that. (举例子)

往年关于争论的老题 (有时间可以简单看一遍有个印象) :

1. Do you think arguments are important?

I'm definitely of the opinion that arguments have a lot of value in people's relationships, therefore it's important to be able to argue. Some people would avoid having any kinds of arguments, because they hate confrontations and conflicts, and they find it too awkward to patch things up after the fight. But I think those conflicts can help us exchange our true feelings and ideas, as long as we are for the purpose of communication, not hurting others. (让位驳斥)

2. Do you think people should change the way they think when having arguments?

Yes, for sure, like I said, that's the whole point of having an argument (吵架的根本目的就是这个人), right? Having a quarrel is also a way of communicating, only it's in a more intense way. The way I see it, we should be ready to be flexible, and be willing to change our views. Many of us get into a fight with expectations about how things should turn out, but we should be open to change our perspective as well, based on the new information we get from other people. However, this doesn't mean that we should always bend to the will of others. We should be open to the possibility. (反向思考)

Describe a time when you received money as a gift (收钱做礼物)

You should say:

When it happened

Who gave you the money

Why he/she gave you money

And explain how you used the money

知识点:

- 红包: red envelope/red pocket/hongbao
- Hongbaos are small red envelopes that are filled with lucky money and given during holidays in China.
- Giving hongbao to people is a way to send good wishes.
- The envelope is red and really ornate (华丽的) /delicate (精致的) .
- The color red symbolizes energy, happiness and good luck in Chinese culture.
- On Chinese New Year's Day, young children and grandchildren give their best wishes to their parents and grandparents. In return, they're given red envelopes with money, wishing them good luck in the new year.

So, I know it might sound weird, but in China, getting money as a gift is a very common thing. We call this kind of monetary gift (货币化的礼物) Hongbao, in English, it would be called "red pocket" or "red envelope", because the money is put in a red envelope. (西方文化, 给钱做礼物其实是很奇怪甚至没有礼貌的行为)

Every year, during Chinese New Year, I would receive red pockets from my parents, grandparents, and even uncles and aunts. It's a cultural thing. Basically, on Chinese New Year's Day, or other traditional festivals, young children and grandchildren give their best wishes to their parents and grandparents. In return, they're given hongbaos, wishing them good luck in the new year. And, in addition, when it's somebody's birthday, or on someone's wedding day, they also get hongbaos. You get the idea, right?

I remember, one year during Chinese New Year, my grandmother gave me a huge hongbao. The red envelope was extra big and extra thick!! I mean, my grandmother has always been giving me a lot of money as a gift, but that year the hongbao was exceptionally big (额外的大) . And the reason was that it was the year I graduated from high school and became

a university student. My grandmother was so proud and happy for me, therefore she decided to reward me with a big and fat hongbao!

I opened the envelope, it was 5000yuan in total! That was a huge amount of money for me. I didn't even know how to use the money. So, I asked my parents what I should do with it. They suggested me to buy something meaningful and save up the rest. And that's what I did. I spent about 500yuan on books and some music CDs that I liked. And I put the rest of the money in the bank. Eventually, I saved up 10000yuan in two years, and spent that money on a trip to Japan! That was the first time I learned to manage my money and save up to do something bigger.

So, yeh, that was the story, thank you!

Part3:

1. Why do people rarely use cash now?

Our society has been becoming increasingly cashless (无钞票化的) .

People, especially young people, have stopped using cash on a daily basis. Instead, they are using credit cards or mobile wallets. It's faster to pay in a cashless way, and plus, credit cards allow you to borrow money from future. And not just the individual, all the banks in the world are encouraging people to use credit cards rather than real money, and they are offering credit cards without credit scores (银行们在不需要信用记录的情况下发放信用卡) . Studies suggest that people are more likely to spend money with a credit card, and banks would want people to spend more money. And in addition, after the pandemic, many people have a little germaphobia (病菌恐惧症) . They see cash as a tangible piece of paper (一张可以抓住的纸) that has a lot of germs (病菌) on it. (原因, 分角度, 补充)

2. When do children begin to comprehend the value of money?

I don't know exactly when, maybe around 5 or 6? I'm saying this number because I remember when I was around 5, my parents would ask me to buy snacks for myself, in order to teach me about money and math. It was from that time that I started to realize that almost everything came with a price (几乎所有事物都是有价格的) . I even saved up for a doll when I was 6.

So, I guess, it would be around this age. It could earlier or later, as every child is different. (举例子)

3. Should parents reward children with money?

Many people are saying rewarding children shouldn't be about money, as money is evil, and money makes people greedy. But here's an unpopular opinion (我的想法可能是要唱反调了, “不流行不主流” 的观点), I actually think it's a good idea. Children can learn the value of money (钱的价值) at an early age, so they will be more conscious/mindful (有意识的、谨慎的) when spending money, and can comprehend how hard it is for parents to earn money. Many parents have the mentality of “You're just a kid. Don't you worry about money. It's my job to provide for you.” But why cut children off this topic (把孩子隔离在这个话题之外)? Why put them in a bubble? They're also a part of the family. I think rewarding children with money can allow them to learn how to manage money (理财) and control their desires (控制欲望). It's a really good practise to prepare them for the future (是一个很好的为未来做准备的实践). (主流观点, 自己观点)

4. Is it good and necessary to teach children to save money?

和上题差不多

Describe a time when you forgot/missed an appointment (失约)

You should say:

What the appointment was for

Who you made it with

Why you forgot/missed it

And explain how you felt about the experience

知识点:

形容很丢三落四的人:

- forgetful 健忘的

My dad is such a forgetful person. He's always looking for his car keys.

- unmindful 不注意的; mindful 是注意的
- absent-minded 大脑不在场, 表示很心不在焉的

I'm sorry, I'm a little absent-minded today. What did you say?

- distracted 被分散注意力的

I'm always distracted, and that's why I keep losing things.

Why are you so distracted today? What has got into you? 你吃错药了?

- disorganized 没有组织条理性的, 乱七八糟的
- scatterbrain 名词·表示头脑乱七八糟的人

I'm such a scatterbrain. I always leave my bag behind.

- always loses things 总是丢东西: She always loses her things.
- forget things easily 总是忘东西

I'm the kind of person who forgets things easily.

- messy 乱糟糟的

I'm such a messy person.

My life is a mess.

I remember one time I missed a dental appointment (预约), and that was an embarrassing experience.

也可以说各种预约

-massage appointment 按摩预约,

-appointment with a specialist to solve my hair loss issue 脱发咨询,

-facial treatment appointment 美容预约

As for what the appointment was for, well, it was just a regular check-up (常规检查) for the teeth and plus a teeth cleaning (洗牙). I had reserved the date with my dentist (牙医) and hygienist (洗牙师) one month prior to the appointment. But then, I completely forgot about it!

Normally, I'm not a super forgetful person. I mean, sometimes I get a little distracted but I'm a responsible person in general. I almost never miss those important appointments and events. But the reason why I completely forgot about that dental appointment was that I didn't set the reminder on my phone.

That same month, I was extra busy with my work/studies. I was completely snowed under with all the tasks. Therefore, I wasn't mindful enough to set a reminder on the phone in the first place. And then of course I would miss the appointment. I'm not a computer!

On that day, I almost jumped out of my skin (吓到诧异到灵魂出窍) when getting a phone call from the dental clinic. "Oh shoot!!!" I said on the phone. I felt so embarrassed and guilty as I kept the doctor and the hygienist waiting for me. That is the last thing I want to do, which is wasting other people's time.

So, that was the story, thank you.

Part3:

1. How do people who are busy remember things they need to do?

Normally people who have a full schedule (=busy) will have a planner with them. It could be a mobile app, or some software on the computer, or even a paper planner (yeh some people are more old-fashioned). They write down a to-do list every day and set reminders for themselves. And some very busy and important people will have their assistants whose main job is to remember their bosses' schedules and make sure they follow those schedules. (主流情况+特殊情况)

2. Do you think people should remember family history?

Yes, remembering your family history brings you a sense of identity (自我定位认同感) . Family history tells you who you are, where you come from, and what your ancestors did. It helps you embrace your family culture and gain more self-confidence. A person who doesn't care about or remember their family culture and history will appear rootless (看起来无根化的) and feel lonely. That's why those kids who are adopted would always want to find who their real parents are. They want to find their own root, and build a connection with the past. (原因+反向假设+举例子)

3. If someone doesn't really like who they are going to meet, they may deliberately miss their appointment. Is that true? Why?

I wouldn't be surprised to see that happen (发生这样的事情不属于少见, 我不觉得意外) , as I have done it myself a couple of times in the past. I've made up excuses (编造理由) to avoid seeing someone I dislike. I know, making up a story, or you might call it "lying", sounds really bad, but I guess the pain of spending time with someone you really don't like is worse than the guilt of lying (和不喜欢的人相处带来的痛苦要差于撒谎带来的负疚感) . I'm not saying that it's the right thing to do, but I understand why people would do that. (原因)

4. Which is more important, a work-related appointment or an appointment with a friend? Why?

In most cases, work-related appointments are more important. If you miss a work-related appointment, you will appear untrustworthy and unprofessional. Your client will be disappointed, and your boss will put a hug question mark over your ability and professionalism (在你的能力和职业能力上放一个大大的问号) . Friends normally are more understanding and can wait. I'm not saying that you can stand your friends up (stand sb. up 等于放鸽子) all the time. But friendships are more relaxed and easygoing than work tasks. However, in some special cases, for example, when a friend is in the hospital, or it's their wedding day, or they're in a big trouble and

really need your help, then you still should put them first (把.....放在第一位)。(主流情况+特殊情况)

Describe a time when you overcame difficulties in doing something and succeeded (克服困难终成功)

You should say:

What the difficult task was

How you overcame the difficulties

Whether you got help

And explain how you felt when you succeeded

上季度的“积极的改变”，“外出没花钱的经历”都可以改变。侧重点放在改变怎么困难。不花钱如何痛苦。

知识点：

和努力有关的一些表达：

- Where there's a will, there's a way. 有志者事竟成
- Blood, sweat and tears 汗水心血努力

It took my blood, sweat and tears to finish this project.

- **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
- **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 pull an all-nighter.

- **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!

- **give 100%. 全力以赴**
- **roll up one's sleeves 袖子卷起来 开干! 战斗模式!**
- **get into the zone 找到状态, 全身心投入**

素材一 (减肥) :

So, I want to talk about the time when I decided to slim down/shed weight/lose weight (减肥减重) and get back in shape (恢复状态). It was indeed a difficult task, but I'm happy that I made it happen.

I was not happy with my body a few years ago. I put on 20 pounds. That's why I really wanted to get back on track (回到正轨), but it was very difficult to succeed.

At first, I tried to go on a diet, but it didn't work out. I mean, I did lose some weight/shed a few pounds (甩了一点点重量) in the beginning, but once I stopped the diet, my weight just bounced back (反弹). And I had to go back to square one.

Then, I realized that there was no cutting corners (捷径) when it came to losing weight. I had to sweat and fight for it. So, I tried harder by going to the gym almost every day. I gave 100%, my blood, sweat and tears. I really went at it. I felt like a soldier, a warrior at the gym every day (每天我在健身房感觉都像是战士、勇士). It was very hard to get rid of the habit of being a couch potato, and meanwhile, say no to all the evil temptations, like chips, fried chicken, chocolate and coke.

Gradually, I started to see the good results. I'm in much better shape now. I feel confident about myself, and my mood is always good now. When

there's a will, there's a way. I feel that I can achieve anything as long as I set/put my mind to it (只要想到就能做到). So, I'm very happy with the result. Thank you!

素材二 (提分手) :

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

We had been together for about three years, and during that period of time, I was in two minds (犹豫, 纠结) all the time. On one hand, he was funny and charming. He could really make me laugh. I loved his sense of humour and his charisma. On the other hand, he was a control freak. He always wanted me to listen to him, and say yes to him. He really put a lot of pressure on me. I mean, I'm an independent woman with an independent mind, so I couldn't just blindly follow his commands (跟随他的指令), like a slave. He was very bossy (霸道的) and macho (大男子主义的).

I was torn between (很纠结) leaving him and being with him. I didn't want to rush into the decision, so I waited long enough, because I wanted to give it a chance. After being together for three years, I was very unhappy, so I finally made up my mind (彻底下决定) to leave him. I told him about my decision. It wasn't easy for me. I was crying and having a meltdown when I saw him for the last time. And he refused to take it. We were not on the same page at all.

After the breakup, in the beginning, he was still trying to influence my decision by constantly calling me and trying to see me. I was very sad because I still missed him. It was extremely difficult for me to not pick up the phone. But I pulled myself together (振作起来). I didn't give him any chances to talk to me. And eventually, after 6 months, he gave up.

I'm now feeling so much better without him. Everything is water under the bridge (事情都过去了). Even though I still miss him sometimes, I know

it will all be over one day. Time will heal everything. It was a tough decision to make, but it was the right thing to do.

So yeh, that was the story, thank you!

Part3:

1. Should people set goals for themselves?

Absolutely yes. When we set goals, it creates a sense of direction (一种方向感) . We would have a goal to fight for/strive for (朝着一个目标去努力) . We would have better focus (更好的聚焦) in life. Goals help us take control of our lives (控制生活命运) . Having a goal is especially powerful when we are not in a good place (人生低潮处) . It motivates us and sends us positive energy. If a person didn't have any goals, then he/she would be sleepwalking (梦游) /slacking off (摆烂) through life, not achieving anything. We all want to prove our own values, and we all want to leave a mark (留下一些印记) in this world. (原因+反向假设)

2. How do you define success?

That's a good question, and also a very philosophical one. Uhm, many people would say that success is being wealthy, famous and powerful. But I see this word in a broader sense (广义来看) . The way I see it, a successful person is someone who knows who they are, and what they want, and is happy with themselves. They can live the life in a way they desire. That's the best life. Let me give you an example, if a guy's dream is to be a surfer (冲浪者) . And if he manages to stand on his own feet (自食其力) without any help, and he can surf every day, then good for him (我为他开心) ! He's a successful person according to my definition. (主流观点, 自己观点, 举例子)

3. How do we judge whether young people are successful?

I try not to be the kind of person who passes judgment on other people (我努力不做对他人评头论足的人) . Therefore, I don't know how to answer

this question, really. It's not my place to judge (轮不到我来说三道四, 不是我的地盘) .

4. Are successful people lonely?

Maybe, maybe not. I've seen and heard famous and successful people complain how lonely they feel. So probably some of them feel lonely. I guess it makes sense that successful people need to fight and work a lot in their fields. Instead of spending time with family and friends, they need to travel to another city for a meeting, or work on a new project. But I'm sure there are also successful people who manage to strike a balance between their business life and personal life. Some people can't live without people and crowds. (分群体)

Describe a time when you needed to search for information (信息搜索)

You should say:

What information you needed to search for

When you searched for it

Where you searched for it

And explain why you need to search for it

这个主题和上季度新题“手机做的重要事情”可以合并

So, I want to share with you the time when I managed to cook a difficult dish (做一道复杂的菜) by finding the recipe online on my phone.

(背景故事) It was on my dad's birthday, about 6 months ago. My mom and I wanted to surprise him by making some delicious homemade food (家常菜) . We split the job (我们分了工作) , my mom took care of two dishes, and I took care of one. I was very ambitious, as I really wanted to impress (惊艳) my parents. I knew my dad liked chicken and also spicy

flavour (辣味) . So I decided to cook a Sichuanese cuisine (四川美食) , called Laziji 辣子鸡, “diced chicken with spicy chillies”.

I asked my mom how to prepare for the dish, she didn't really remember the recipe in detail by heart (靠记忆) , and we didn't have a cook book (烹饪书) at home. Therefore, I turned to my phone for help. I went on Baidu, and searched “Laziji”, and then I found multiple recipes from different websites. One of the websites had an app, so I downloaded the app. The recipe was so easy to understand and follow (特别好理解以及跟着操作) , and there were even loads of pictures to show me how the dish looked like in each step (告诉我每一步过程中菜长什么样) . The whole cooking process was like a walk in the park (俚语, 走在公园里一样, 表示轻松) , easy peasy (小菜一碟) !

Eventually, at the birthday dinner, my food blew my parents away (把父母吹飞, 意思是被震撼了) . They were so impressed by my cooking skill (被我的厨艺惊艳到了) . My dad even said that I should become a chef one day! Who knows (谁知道呢) , maybe he was just trying to please me. I was very flattered (受宠若惊) for sure.

So yeh, that was the story, thank you.

Part3:

1. How can people search for information now?

Well, mainly through the internet. If people need to write academic papers or reports, they can go to online research databases (在线数据库) and find references; there're academic search engines (搜索引擎) like Google Scholar and Worldwide Science, etc. And if it's for non-academic purposes, like, finding a recipe, learning a skill, getting some tips for doing things, people can go to all sorts of websites, apps, or social media

platforms to get the information they need at their fingertips. And, there're still the traditional ways. For example, going to the library, reading books, reading newspapers to get information. (分情况讨论+举例子)

2. What information can people get from television?

From TV, people can get both useful information and useless information. If you watch TV shows like documentaries, the news, or financial shows, you can actually learn a lot of useful things through watching TV; but if you're watching soap operas (肥皂剧), comedies (喜剧) or reality shows (真人秀), you will mostly learn nothing. But learning nothing is not necessarily a bad thing, you know? Sometimes we need to chill out, get distracted by some light-hearted (轻松的) TV shows in order to unwind. (分类分角度讨论)

3. Do you think libraries are still important in the digital age?

I would say that libraries will still stay relevant (保持重要性, 保持知名度) in this digital age, even though they are facing severe challenges (面对严酷的挑战). Here're the reasons. **First**, libraries are not only places where people go and read paper books. They also provide easy access of computers and the internet to the public. Therefore, people like students, or travellers still rely on libraries to get online and find information. I can't tell you how many times (我没办法告诉你有多少次, 指的是经常发生) when I travelled to a new place and went to the local library to find some information I needed, and even printed things out at the library. **And next**, libraries also serve as community hubs (社区枢纽) that connect people together. They offer (提供) /facilitate (组织) all kinds of cultural and social activities that nurture local communities (滋养当地社区). **And finally**, believe it or not (信不信由你), there're are still some people, especially students and the elderly who love spending time in libraries, reading and studying. They are important for some people. (罗列原因)

4. Does the development of the internet have any impact on some disadvantaged people?

I can see some positive impacts on disadvantaged people. For people who are physically challenged (残疾人). The web allows them to experience fairness and liberty (公平与自由). They can interact in a place where they're no barriers that single them out (把他们排除在外). They gain a stronger sense of control over the access of information and also how they're perceived by the world (他们在获取信息的途径上和如何被世人看待的方式上都获得了更强的操控感). For example, for people who are mute and deaf (聋哑人), they can read information and then type down their feelings or ideas to express themselves on the internet. And for blind people, they can hear the audio from the website in order to receive information. (原因, 举例子)

Describe a time when you saw a lot of plastic waste (e.g. in a park, on the beach, etc) (看见很多塑料废品的场合)

You should say:

Where and when you saw the plastic waste

Why there was a lot of plastic waste

What you did after you saw them

And explain what your thoughts were about this

知识点:

和垃圾分类有关的表达:

- **waste** 垃圾、多于无用、不想要的东西 (是一个更大范围概念的词)

有的时候 waste 不见得很垃圾 很脏, 衣服、纸只要是不用, 都可以叫 waste

We need to find ways to recycle unwanted waste.

- rubbish (英式表达) 垃圾;
- garbage/ trash (美式表达) 垃圾
- rubbish/trash/garbage 都可以形容垃圾的人或者事物

This project is rubbish.

He's a trashy guy.

He's garbage.

- rubbish bin/trash bin/ garbage bin: 街上的垃圾箱或者家里的

强调街上的可以加 public: public trash bin on the street

- trash can/garbage can 同上 (美语里更常见)



- recycling bins: 垃圾分类箱 (几个一组那种, 所以常用复数)



- dumpster: 大垃圾箱 (国外比较常见)



- litter 丢垃圾的动作、丢在街上的垃圾 (不可数) 注意! 不是 little, 是 litter

Let's pick up the litter on the street.

The beach was littered with paper and plastic bags.

Don't litter on the street. That's really bad!

- litterbug 乱丢垃圾的人
- junk 没有价值的东西（可能有些是垃圾）

junk food 垃圾食品

junk store/shop 二手商店

junk Email 垃圾邮件

- debris / debri:/ 绝对的高分词汇!!!
- 表示残骸，碎片



Everything was covered by dust and debris.

- Marine debris 海洋垃圾



- recycle 废物循环
- upcycle 变废为宝（把家里的不要的东西改造成新的东西。比如旧的玻璃瓶，简单装饰后变成笔筒）
- separate/sort 分类
- waste sorting 垃圾分类

- 常见的可分类物品:

paper 纸, cardboard 硬板纸, plastic 塑料, glass bottles 玻璃瓶子, cans 瓶
瓶罐罐, batteries 电池

even in some places 有些地方甚至可以回收:

clothes, shoes, electrical items 电器, mobile phones 手机

- landfill 垃圾填埋场
- decompose 分解、腐烂
- deforestation 去森林化

“Keeping producing items made from wood, card and paper is causing deforestation, which not only destroys the habitat (栖息地) of animals and makes them endangered (濒危的), but also increases carbon dioxide (二氧化碳) in the atmosphere. Recycling paper and card can help prevent this.”

- reusable 可循环利用的/ recyclable 可循环利用的
- disposable 可以任意处理的 (往往指的是一次性的)
disposable food container 一次性饭盒
disposable chopsticks/ towel
- One-use 一次性的
This is a one-use towel. 一次毛巾
- Unrecyclable 不可循环利用的
- What can we do? 我们能做什么?

- ① Learn to reduce 学会减少使用:

Bring reusable bags to the grocery store. 去超市带自己的塑料袋; Say no to bottled water. 对瓶装水说不; Buy products with less packaging (包装). 买包装少的产品。

② **Learn to reuse** 学会重复使用、变废为宝：

Give your old clothes to people around you. 把旧衣服给身边的人；**Share your toys.** 把不要的玩具分享出来；**creative reuse/upcycling** (变废为宝) **transforming waste materials, useless or unwanted products into new materials or products.** 把不要的、不喜欢的材料、产品转化为新的产品。

③ **Learn to recycle** 学会废物循环

Learn to sort waste and put it into the right recycling bin.

So, I want to talk about the time when I went to a park and saw a lot of plastic trash.

It was about a year and a half ago, during spring time. I went to a big park called Yuyuantan. This park is famous for its cherry blossoms (樱花) .

Every year in spring, they have a big cherry-blossom festival where there are food trucks for people to see the blossoms and enjoy some nice food and drinks. The idea sounds really good, but the reality is not so good.

Last time when I was there, I didn't enjoy the experience at all. **First**, it was jam-packed (特别挤) . I could hardly move my feet. It was like the whole world was there (感觉像是全世界的人都去了) . I saw not just cherry blossoms, but also an ocean of people (人山人海) , which wasn't cool at all. **And then**, I saw trash everywhere. Plastic packaging (塑料包装) , bags, bottles, and paper napkins. The whole park was littered with plastic waste and food garbage. It looked so dirty and messy.

In terms of what I did, well, I wish I could tell you that I picked up all the litter, nice stories like that, but I can't (我倒是希望可以告诉你好听的故事, 比如我把所有垃圾都捡起来了, 但是我并没有) . I didn't do anything, as it was too much garbage. But I made sure that I didn't throw any trash to the ground.

I felt very sad and angry to see things like this right in front of my very eyes (就在我眼前发生) . I find it very selfish to litter in public. I'm shocked

to see people don't have the basic decency (起码的素质礼貌) to hold their trash until seeing a trash bin. It adds more work to city cleaners, and it ruins the view (这种行为给清洁工带来更多工作, 也会毁坏了景色). Especially in my city, you can find trash bins everywhere. So, it's even worse when people just litter like that. I really wish that there will be harsher penalties in the future to solve things like this (我希望将来可以有更严厉的处罚来解决这样的问题).

Thank you!

Part3:

1. Do you think we should use plastic products?

No, everybody knows that plastics (各式塑料) are very pollutive to the environment. We should try to reduce plastic use/consumption (塑料使用、消耗). Today, all the seas are filled with marine debris (高分词汇, 海洋垃圾残骸, 见“知识点”), mainly plastics, and all the landfills are running out of space (所有的垃圾填埋场已经没有空间了). That's why people are trying to use recyclable and reusable products more, and consume fewer plastic products. But I have to say, it's very hard to stop using plastics completely, as most of the product packaging wrappers (包装纸) are still plastic. There's a long way to go (路还很漫长, 任重道远). (原因+转折)

2. How can we reduce our use of plastic?

Well, **first**, we can bring reusable bags to the grocery store; **and then**, say no to bottled water; **and**, when we choose products to buy, try to mindfully pick out (有意选出) products with less plastic packaging. **And what else**, we can also learn the concept of upcycling (变废为宝). It's basically about transforming unwanted and useless products and materials into something useful. So, for example, we can upcycle those disposable food containers into home organization containers (家庭收纳容器). We can put grains, cookies, and dry nuts (干果) into those

containers and keep our home organized. And as a matter of fact, nowadays I know that there're artists who would only use recyclable materials like plastics, glass and cardboard to create modern art. These are all things we could do. (罗列+举例子)

3. What kind of plastic waste are often seen in your country?

I would say, the most common type is plastic bottles. I see plastic bottles at bus stations, in the subway, in parks, on the street, everywhere. Plastic bags are also pretty common, but perhaps not as much as plastic bottles. I guess, they are lighter and foldable (可折叠的), so sometimes people fold them and put them in their handbags, and reuse them later. (罗列)

4. Why do people like to use plastic products?

Plastic is very durable, strong, cheap and light. That's why it's the most popular and common material in the world. On top of that, often times, people keep using plastic products because they have no option (没得可选). When you go to a supermarket or grocery store, 99% of the products there are either made of plastic or wrapped with plastic packaging. Like, water bottles, soft drink bottles, shampoo bottles, disposable food containers (一次性饭盒), etc. It's extra difficult to be the special one, to be responsible enough to NOT use any plastics. (罗列原因)

Describe a problem you had while shopping online or in a store (糟糕的购物)

You should say:

When it happened

What you bought

What problem you had

And explain how you felt about the experience

讲网上购物比较容易一些。比如物品寄来和照片不符合、质感很差、或者大小尺寸都不对，等。

知识点：

- **come across a website** 偶遇一个网站
- **click on the website** 点击了网站
- **leave the website** 离开网站
- **order** 下订单
- **confirmation email** 下单确认邮件
- **parcel/package** 包裹
- **branded clothes** 有牌子的衣服
- **looks nothing like the picture.** 一点都不像照片里的

This shirt looks nothing like the picture on the retailer's website.

- **The quality of fabric is so disappointing.** 布料的质量很令人失望
- **The shirt is stiff and uncomfortable.** 衬衫很硬很不舒服
- **receive the wrong thing** 收到错误的商品
- **receive the wrong size** 收到错误的尺寸
- **shipping fee** 运费
- **free shipping** 免运费
- **true to size** 尺码很正

Clothes on that website are all true to size.

- **ask for a refund.** 申请退款
- **return** 寄回
- **ask for an exchange.** 申请换货
- **review** 客户评价
- **customer service** 客服

That retailer's official website has really poor customer service.

- **customer service representative 客服代表**

So, I consider myself an expert on online shopping (我把自己视为在线购物的小专家) . It's easy, fast and convenient. You can order almost anything you like at your fingertips and have it delivered to your door just in a few days. But even an expert like me could get burned (吃亏、上当、受损、受骗) sometimes.

(get burned 也有在恋爱里受伤的意思。I got burned so many times in relationships. 另外 get burned out 是工作上透支、燃烧殆尽、累觉不爱的状态)

It was a month ago. I was browsing online and trying to find some clothes for work. I came across an online shop that seemed legit (正规的) , and I loved everything they were selling. I very quickly ordered some shirts/blouses/pants for work. The prices were incredible. It was like a steal (便宜得跟偷来的似的) ! And what was even better was that it was free shipping! I love websites with a free shipping policy!

The package arrived at my door in two days, which made me very happy. I tore the package open (tear sth. open 撕开) with my bare hands (不用工具, 纯粹用手撕) . Yeh! That was how excited I was! And I started to try the clothes on. However, I was very disappointed.

All of the clothes were of bad quality. The shirts/blouses were stiff and uncomfortable. The fabric looked and felt cheap (布料看着和摸着很廉价) . They look nothing like the pictures online. And the pants were not true to size at all. I mean I usually wear size L, and I couldn't fit in their size L at all.

Luckily, I called their customer service and asked for a full refund, they said no problem. So, I returned everything, and got my money back eventually. This experience told me that I need to be more careful when shopping online. It's not always a good experience.

That was the story, thank you!

Part3:

1. What kind of customer service do you think is good?

In my opinion, in pre-sales customer service (售前客服), the customer service advisors should be patient, polite, and always with a positive attitude. The service needs to be prompt (即使快速的). And also, the advisor should have expansive knowledge (很丰厚的知识量) of their products so that they can answer all kinds of tricky questions. And in after-sales service, customer service still needs to be patient and responsive. And on top of that, they need to have great problem-solving skills (解决事物的能力). Everything is aiming at solving problems and shooting troubles, and making the customer happy. (分类分角度讨论)

2. What are the differences between shopping online and in-store?

Like I said, shopping online is easier and faster. You can shop anytime and anywhere, even when you are doing something else, you can still be multi-tasking. It's definitely less time-consuming and energy-consuming. And in addition, the prices online are normally lower. Meanwhile, in-store shopping is more time and energy consuming. But the upside is, there's no waiting around for the product to arrive (不需要等). You buy, you pay and you get the item right there (就在那里) at the store. And also, for some people, they feel more confident when they can actually see and touch the product by themselves, which makes sense. My online shopping experience just now would be a case in point (正好说明了这一点). (对比讨论)

3. What problems do customers often have while shopping?

Usually, it's either related to the product, or the customer service. Things are out of stock (缺货), or of poor quality (质量很差), or things not working. And later when they pay, there might be payment issues (支付问题). And after buying, customers might not be satisfied with the things

they buy, and that's when there might be problems related to after-sales customer service. (分类分角度讨论)

4. What do you think customers should do when there are problems with products bought online?

One thing they can do is to contact the customer service of the online store, and tell them what the problems are and their expectations on how to solve the problem. If the problems are minor (很小的问题), and the customer feels lazy to communicate one on one, they can write a short product review (产品评测) to help the brand grow better (帮助品牌成长的更好). (分情况讨论)

事物类:

Describe a program you like to watch (喜欢看的电视节目)

You should say:

What it is

What it is about

Who you watch it with

And explain why you like to watch it

知识点:

主要的节目种类 Types of TV shows/genres:

sitcom: 情景喜剧; **soap:** 肥皂剧; **cartoon:** 动画; **documentary:** 纪录片;

sports show: 体育节目; **travel show:** 旅游节目; **children's show:** 儿童节目;

TV-series: 美剧英剧连续剧 (一集一集那种); **news show:** 新闻;

reality show: 真人秀; talk show: 脱口秀; comedy show: 喜剧类节目;

dating show 婚恋约会节目; trivia show/game show 答题闯关赢大奖那一类

(trivia 表示那种冷门类的小知识, 犄角旮旯里的知识)

- TV host 电视主持人
- TV anchor 电视主播 (一般是新闻类节目)
- host a show: 主持一档节目(host v.)
- contestant 参赛选手
- get hooked on a show/ be obsessed with/ be addicted to/ be crazy about the show: 为了这个节目痴迷成瘾
- binge-watch: 刷剧 (狂看无节制)
- season: 电视剧的每个季度
- episode: 电视剧的每一集

I'm now on episode 10, season 5. (第五季的第十集)

- line 台词
- scene 场景
- prop 道具

素材一:

So, today I'd like to share with you my favourite trivia game show in China, called "Who's still standing?" 一站到底。

Basically, the TV host would ask all kinds of trivia questions, and the contestants that answer the questions wrong would fall through a trap door right beneath them. And the winner would get all kinds of prizes and rewards. You know, a typical game show.

It had been such a popular show in China until 2021, the show stopped airing (停播) due to Covid-19. Which was a shame (这一点很遗憾), but

anyway, I used to be a huge fan of this show, and so were my parents. My whole family loved the show.

It was on JiangsuTV channel. Every Thursday and Friday night, my parents and I would sit in front of the TV and watch the show together.

The reasons why I loved this show were, first, I learned a lot through watching it. I got to learn so many things that I wouldn't be able to learn from school. Some of the questions were so random (随机) and bizarre (怪异). It was really informative and educational. And then, at the same time, it was entertaining, as the TV host was very funny and witty (诙谐). And also, seeing those contestants falling down and just disappeared was very fun. I always laughed when I saw that happen. And finally, each time when I watched this show with my parents, we really enjoyed each other's company (享受彼此陪伴) and the quality family time (高质量家庭时光) together. It was like our little schedule every week. That was something really beautiful to have.

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

素材二:

So, I'm a die-hard fan (死忠粉、骨灰粉) of Friends.

It's one of the most classic American TV series (可以讲别的美剧). The whole show is about 6 friends who live together in downtown Manhattan. The show, 10 seasons, 240 episodes, is about their everyday life (日常生活). Their jobs, friendships, romantic relationships (恋爱), adventures and challenges in life in adulthood (成人世界的). Every episode is an independent story; in every episode you can learn something about love, friendship, and life.

I used to watch Friends with my roommate Jessica. She was the one who introduced me to this show. And thanks to her, I fell in love with this show. Now I don't live with her anymore. I'm living by myself. Still from

time to time, I will turn on the TV, choose one episode and just rewatch it.
(时间分层)

The reasons why I like this show so much are, **first**, it was my first English TV series. I learned so much English through watching it. I learned all the idiomatic expressions. I learned all the jokes and western sense of humour. This show is a bridge that connects my world to English world. **And then**, because I've watched it over and over again, so many times, it's become something so familiar and soothing (安抚人心的) for me. I know every line, every scene, every facial expression, even every prop, every piece of furniture in that show. Watching it is like revisiting an old friend; it can calm me down and lift my mood. **What else**, I'm very jealous of the friendships in Friends. I wish I could have friends who are that interesting, kind and loyal in my life. This show gives me hope. And it's like a breath of fresh air in my life.

So, yeh, that's my favourite show. Thank you!

Part3:

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

Dating shows, reality shows and talent shows are very popular in China. I guess Chinese love TV shows that are highly entertaining. Dating shows can satisfy people's needs of gossiping (八卦需求). They are super dramatic (戏剧化的), almost like soap operas (肥皂剧). And then reality shows provide people with a chance to take a peek at celebrities' lives. Talent shows let people see all kinds of talents. They are all great stress-relivers (减压器). (列举+原因)

2.Do people in your country like to watch foreign TV programs?

For young people, yes, I would say so. It's very trendy to watch HBO shows, Netflix shows, like, Stranger Things, Game of Thrones, and West world. They are all very popular among the young in China. And competition shows like, American's Got Talent, and The Great British Bake Off, shows like that are also very on trend. Meanwhile, for the old, not so much (不是很多). I guess, A, it's mainly because of the language, and B, older people are not very used to the western way of thinking (西

式思维方式) and western culture (西方文化) . Therefore, there's a cultural gap (文化鸿沟) there. So, yeh, young people are definitely loving foreign shows more than the old. (分群体)

3.What's the benefit of letting kids watch animal videos than visiting zoos?

I guess, when we show kids animal videos or documentaries, those animals are in the wild, free in nature. Kids get to see how they look when they run, hunt, play and live their wild lives (过自己的野生生活) . But when we show kids animals in the zoos, they are trapped in the cage and looking very unhappy (被困在牢笼里看起来很不开心) . It's sad to see animals like that. They shouldn't lose their freedom. (原因, 转折)

4.Do teachers play videos in class in your country?

Yes for sure! Videos are part of teaching tools. In China, most classrooms are equipped with computers and projectors. Therefore, teachers can play videos in class in order to help students have a better understanding on things. Maybe in some of the underdeveloped villages and towns, playing videos would still be a luxurious thing to do, but in urban areas, I would say, it's quite common. (原因, 主流情况+特殊情况)

Describe a story or novel you have read that you found interesting (有趣的小说、故事)

You should say:

When you read it

What the story or novel was about

Who wrote it

And explain why it was interesting

知识点 (以下内容摘自付费课 QQ 群 2 号文件夹 “音频版词汇集”) :

1. types of books

Novel/fiction 小说; **documentary literature** 纪实类文学; **science fiction** 科幻小说; **Autobiography** 自传; **biography** 传记; **memoir** 回忆录 (比自传更随意, 文学性更强); **poetry book/anthology/collection of poems** 诗集; **crime book** 犯罪小说; **suspense and thriller fiction** 悬疑小说; **horror fiction** 恐怖小说; **romance fiction** 言情小说; **cookbook**: 烹饪书; **short stories** 短篇小说; **self-help book** 心灵、头脑、理财、管理方面看了可以自我提升的书; **tool book** 工具书; **handbook** 手册; **study book** 学习的书; **textbook** 教科书

2. 相关表达

① **bestseller**: 畅销书

This book was the bestseller last year.

② **classics**: 经典名著 (又作 **a classic/ a classic book**)

I love classics. They are the best.

③ **best-known book** 成名作

④ **highly recommended**: 被高度推荐的

This book was highly recommended by my teacher.

⑤ 爱看书的人和不爱看书的人:

- **I'm a bit of a bookworm.**
- **I enjoy reading.**
- **I read for pleasure.**
- **I'm a keen/avid reader.**
- **Reading in my free time is my biggest hobby.**
- **My dream is to have a home library so that I can indulge myself in the ocean of books every day.**
- **A well-read person= 由于爱看书导致的 knowledgeable 博学多闻**
- **A very cultured and educated person.**

- I'm not really into books. I find books quite heavy-going (难懂). I much prefer to see a film.
- Nerd/bookish: 也都是书呆子气, 爱看书的人。但往往存在贬义。

⑥ (from) cover to cover: 从书的封面读到了封底 front cover and back cover
Once I start reading, I can finish a book from cover to cover in one day.

⑦ This book tells the story of (故事讲的是) (the downfall of a man called XXXX..)

3. 形容一本书:

- a page turner 好看到停不下来的书

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

- unputdownable 放不下来的 a book that you can't put down

- 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

- hear-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

-mind-blowing: 颠覆性的

I was blown away by the book./ This book blew my mind./ The book is mind-blowing.

- tear-jerking 催泪的

- tear-jerker 催泪弹 This book 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

- with a charming story/with a beautifully crafted story

This is a novel with a beautifully crafted story. 这本书包含了一个写的非常有趣的故事

-uplifting 提升一个人的思想境界、情绪，振奋人心的

This book is uplifting and inspiring. I feel very encouraged after reading it.

-fast-paced 节奏很快的

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

- action-packed: full of activities, events and excitement. 令人激动的，充满各种情节的

- suspenseful 悬疑的

Last month, I took a flight from Beijing to Sanya. And, I was reading a very exciting novel on the plane.

(以下红色字体是一些细节，可以说) I bought this book in the bookstore at the airport while I was killing my time at the boarding gate. The book is called The Glass Lake. It is written by an Irish writer whose name I can't remember now. Anyway, It's a very interesting suspense fiction (悬疑小

说) . To be honest, I'm usually not the kind of person who is into suspense fictions. I find them too action-packed(各种情节). I don't really enjoy the tensions (张力) or the conflicts (矛盾冲突) in the story. They give me anxiety.

But that day, I don't know what had got into me (不知道自己怎么了), I just wanted to give it try/read (试一把) when I saw the book. It was a three-hour flight, and I was totally immersing myself in the book the whole time. It is such a good book, a total page-turner.

(小说情节介绍, 用一般现在时)

The book tells the story of a little girl, her name is Kit. Kit's mother Helen disappears when Kit is only 12 years old. It is suspected that Helen drowned in the local lake. But the truth is, Helen runs off (私奔) with her lover, and they spend many years living in London. The whole story is about how Kit struggles to grow up without her mother and years later finds out the big secret.

I love this book. It's captivating, suspenseful and unputdownable. The reason why I think it is so exciting for me is that I was totally empathizing with Kit and Helen. I understood both of them from their own perspective. Therefore, I was excited! I wanted to know what happens to them at the end. The writer builds so much tension in the story, and like I said, normally I don't like tension as it creates anxiety in me. But surprisingly, this book is so well-paced and well-written that I was interested enough to stick it to the end (坚持到最后) .

I finished the book from cover to cover in three days. So, that's the book. Thank you!

Part3:

1. How does technology help people tell stories?

Storytelling 除了父母给孩子讲故事，其实有更广泛的含义。指的是信息的传递。比如最早古人在岩洞里绘画，就是一种 **storytelling**，小说书籍、电影都是 **storytelling**。现在的 **social media** 更是给 **storytelling** 带来了更多的方式。

The way I see it, due to the use of technologies, such as the camera, the internet and social media, the way we tell stories has shifted to a more all-encompassing/all-inclusive (全方位的、全面环绕包围的) experience. Thousands of years ago, humans used to tell stories through cave drawings (岩洞绘画), then it shifted to printed books (纸质书籍), later on radio and TV. And these days, digital storytelling (数码信息传递) is the most popular form among people. Social media platforms such as Twitter, Facebook and Instagram have grown in popularity (变得受欢迎). Users get to express their ideas and tell their stories on the internet with everyone. In the past, only famous writers, radio hosts, TV producers and movie producers could tell the story, whereas nowadays everyone can tell their own version of story in a public manner (以公开的方式). (时间分层)

2. Do you prefer to read E-books or paper books?

① I prefer reading E-books from an E-reader (电子阅读器). An E-reader is so light and easy to carry around. I can stock up on E-books in my E-reader. Additionally, E-books are usually cheaper, so it's less pressure for the wallet. And what else, oh yeh, I can read an E-book without light because there's the screen light on my E-reader. (原因)

② I prefer paper books. I love the feeling of holding a book with my hands and smelling the earthy and woody book-smell (泥土味道的、木质味道的书香). I love scribbling (随便写写划划) in a book, writing down my thoughts while reading, and leaving a bookmark (放一个书签) in the book. Everything is so tangible (可触摸的), tactile (有触觉的, 高分词汇). And I love collecting books. It creates a sense of achievement when I see my books on the shelves. (原因)

③ Neither, as I listen to audio books nowadays. The thing is, I rarely have the time to sit down and read/peruse[pə'ru:z] (表示很仔细地阅读, 高分词汇) . Therefore, I choose to listen to podcasts or audio books when I commute to work every day. As long as I can learn new things and receive useful information, the form doesn't matter (形式不重要), I'm happy with it. (原因)

3. Why are mystery novels so popular nowadays?

Mystery novels 指的是侦探小说、犯罪类小说。

Because these kinds of novels, like detective novels and crime novels, offer suspense (悬疑), thrill (惊悚兴奋), and a vicarious experience (代入感的经历) . When readers indulge in the novel, they can step out of themselves and their daily lives, and forget about their own worries. It's a way to escape from real world and unwind. (原因)

4. What kinds of novels are suitable for film adaption?

Recent years, it's been very trending to make film adaptations based on fantasies (魔幻类小说) such as Lord of the rings, Harry Potter. People love the splendid imagination. It's like playing a video game. And also, mystery novels. Like I said, people want to escape from the reality by feeling worried and scared in a suspenseful crime movie. What else, oh yeh, science fictions also have grown into popularity. And it's my favourite movie genre (电影类型) . I like movies that are imaginative, but at the same time, still standing on a scientific ground (站在科学基础上) . (罗列)

Describe a movie you watched recently and would like to watch again (喜欢的电影)

You should say:

What type of movie it was

Where you watched it

What it was about

And explain why you would like to watch it again

知识点：（来自群文件“音频版词汇集”电影篇文本）

① See 和 watch a movie 的区别

see 表示的是一个客观动作，打卡似的动作。例如，Have you seen that movie already? 回答，Yes, I saw it last week.

I watched that movie 3 times. 我（认真）看了这个电影三遍。

I saw that movie 3 times because my gf loves it. 我因为要陪女朋友看了这个电影三回。

② film 和 movie 是一个意思，前者是英国表达，后者是美国表达

③ movie genres: 电影的种类

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

④ 相关表达：

- 演员阵容：cast 卡斯**

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

- 角色: character

I really like his character in this movie.

- 情节 plot

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

- 场景片段: scene

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

- special effect: 特效
- visual effects: 视效:
- soundtrack: 原声背景; sound effects: 声效
- A-lister: 大腕儿, 一线明星。 B-lister, C-lister...18 线明星
- Cameo: 客串。 An A-lister did a cameo in a movie.
- Extra: 临时演员-
- Box office: 票房

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

- premiere: 首映

the first night when a movie is starting to show

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

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

The movie was released in October 2020.

⑤形容一部电影 (和形容书有很多共用的):

- I can totally relate to that movie. 我对这部电影很感同身受

- **This movie inspired me on so many levels.** 这部电影从很多层面启发了我
- **This movie resonated with me on a personal level.** 这部电影和我很有共鸣
- **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/**heartfelt:** 走心的、真诚的/**hearty**
- **heart-wrenching:** 令人悲伤的/**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
- **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**
- **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

素材一：

Recently, I watched a comedy (喜剧) called "Eurovision Song Contest", and really enjoyed watching it.

I watched it at home, with several friends. At first, it was just a random choice by one of my friends, and later, the movie got more and more interesting, so we ended up finishing the whole movie. We all had a good laugh (笑得很开心) and liked it a lot.

(故事的情节，用一般现在时来讲述。因为故事是虚构架空的，没有时间性。)

The comedy talks about the story of two aspiring (有抱负有理想的) musicians, Lars and Sigrit. And one day, they are given the opportunity to represent their country, Iceland, at the world's biggest song competition, called Eurovision Song Contest. So, they fight really hard for the opportunity, and prove to everyone that they have real talent and deserve true respect. (如果讲别的电影，可以 Google 海外的影评介绍，然后转化成简单的口语风格，不能逐字照搬。也别花大量时间讲情节，很容易显得很假很照搬)

When the movie started, within just a few minutes, I was already cracking up (大笑), and that laughing continued on throughout the whole movie.

The movie was hilarious and hearty (走心的). I loved every minute of it (每一分钟我都爱). The two main characters Lars and Sigrit in the movie are both very naïve and goofy (天真无邪). They behave like two giant kids. That's why people don't take them seriously, that's why they need to prove themselves. And somehow (不知怎么的), they reminded me of myself. I'm also a child-like adult (像孩子一样的成年人) who fights alone in this world, trying to prove myself to everybody else (一个人在这个世界孤军奋战，想要向世人证明自己) .

That's why I'd like to watch this movie twice. It was an entertaining movie, and at the same time, it resonated with me on a personal level. It was positive and uplifting.

Thank you!

素材二：

Ok, today, I'd like to share with you this movie I recently watched called 'Inception' (盗梦空间). I know, it's an old and very famous movie, but I didn't watch it until recently.

Inception is a sci-fi/suspenseful movie("/在英文中叫 "slash"), and it stars (由...主演) Leonardo DiCaprio as a professional thief who can get into people's dreams, reaches their subconsciousness (潜意识), and makes them change their decisions on the conscious level (从主观意识层面).

(语法：电影故事都用现在时)

I watched it at home, just by myself. And my mind was blown away (被震撼、颠覆了) after watching it. I remember myself searching reviews (点评) online about this movie, and trying to figure out all the details.

I liked it a lot. **First**, I liked the whole concept of this movie, about dreams, sub-consciousness, and consciousness. Those things have been fascinating me since I was a little kid. That's why it was so attention-grabbing for me as it talks about everything I wondered about dreams. **And second**, this movie was so action-packed. I had to fully concentrate every second. I always love this kind of fast-paced movies. They are very exciting to watch. I was on the edge of my chair the whole time. **And finally**, the movie was full of imagination, and it really hit me with its breath-taking special-effects (特效). I think the special-effects team (特效团队) of the movie really did a good job creating the scenes in the movie. Some of the scenes about dreams seemed so real that they made me feel a little uncomfortable, like I was in my own dream (有些关于梦境的场景非常真实，以至于都让我感到些许不适，因为让我觉得我在做梦). It gave me the creeps. (罗列)

(以上展开的思路和内容可以复制在很多科幻 sci-fi 电影中)

That's why I'd like to rewatch it, and discover more details in the movie. I'm pretty sure there are things that I missed out in the first time. This is definitely a movie that is worth watching several times (值得看多次的) .

Part3:

1.Where do people normally watch movies?

I feel that nowadays, more than half of people choose to watch movies at home, on TV, or their smart devices (智能设备) . Because people are getting lazier, and also movies today are so accessible (易得的) . You can easily find movies on online streaming platforms (网络播放平台) , such as Netflix, HBO, Amazon Prime. You can be sitting in your couch and in pajamas (穿着睡衣坐在沙发上) , and watching a movie with homemade popcorn (自制爆米花) . That's why people love saying "Netflix and chill" (流行语, 表示“晚上在家快乐肥宅看 Netflix”) . However, people still go to the movies, don't take me wrong (别误会我) . Normally when it's a new movie freshly coming out (新鲜上市的电影) , and if it's with a lot of visual effects and sound effects, people still go to the cinema to see the movie on big screen (大屏幕) to have a watching experience/viewing experience (观看体验) beyond memorable (比难忘还难忘的超乎寻常的体验) . (主流情况+特殊情况)

2.What are the differences between watching movies at home and in a cinema?

Well, watching movies at home is more comfortable (更舒服) . Like I said, you can be in your pajamas and laying in the couch, with wine and popcorn, and just binge-watching (猛看剧, 猛刷) movies. It's so effortless (毫不费力地) and easy. Meanwhile, you need to dress up and travel to the movie place, and sit up (坐姿坐正) in a chair, and you can't really move around (动来动去) during that two-hour period of time. If you need to go

to the washroom, you need to ask people in the same row to stand up for you. Those kinds of things are annoying. It's just more energy-consuming (能花费精力的) . **And in terms of the price** (就价格来说) , of course going to the movies is more money-consuming (费钱的) . These days (如今) , movie tickets are very pricey, I would say. And watching movies at home doesn't cost a lot of money at all, so, less pressure on your wallet (钱包的压力更小) . **And finally**, regarding watching experience, going to a movie theatre, seeing the movie from the big screen, enjoy the mind-blowing visual effects and sound effects, it's a lot more exciting/ exhilarating/ engaging. Whereas seeing a movie at home is less engaging, but more relaxing. It feels cozier. (分角度对比讨论, 从舒适度和价格角度去说)

3.Are actors or actresses important to movies? Why?

Oh yeh! Absolutely! Actors and actresses are the life and soul (血脉、核心) of a movie. If you think about it, they are the storytellers (说故事的人) . So, if they didn't know how to tell a story in an amazing way, they didn't have the acting skills, the movie would be so bland (枯燥的) and terrible. We've all had the experience of seeing a blockbuster movie (大片) with a big budget (高预算) and the best director (最棒的导演) , but the only problem was the cast (演员阵容) . A terrible cast can ruin the whole movie. For example, years ago I watched a movie called XXXX, and it was the perfect example to show how important actors are. (反向假设, 举例子)

4.Why are there fewer people going to the cinema to watch movies nowadays?

参考第二题答案

总体思想: It's more comfortable and cheaper.

往年关于电影的老题 (有时间可以简单看一遍有个印象) :

1. Are foreign movies popular in China?

Oh yeh, for sure. China has been one of the biggest markets in movie industry. Hollywood blockbusters are the most popular ones; French art movies are welcomed among the young, especially girls; and Indian movies are also standing out in recent years. I remember there was this Indian movie 5 years ago released in China, and it smashed the box office.

(列举)

2. Is it important that a country has its own movies?

Absolutely yes. If a country has its own movies, it helps people embrace their cultural identity. The movies tell the stories of a country and its people. A country without any movies, or any forms of art would be rootless. People can get united through watching movies about their own countries. Especially under the trend of globalization, countries and regions have been losing its culture and uniqueness, movies can help people find their own identity. (正向假设、反向假设+补充)

Describe an impressive English lesson you had and enjoyed (印象深刻的英语课)

You should say

What it was about

When you had it

What the teacher did

And explain why you enjoyed the lesson

知识点:

- **take a course** 修、学一门课程 (跨时更长)

I've been taking Tara's class lately.

- **take/have a lesson** 上一堂课 (更短)

I took Tara's lesson once, and I loved it.

- **have a class: 上一堂课**

I have to go now. I have a class in 10 mins.

- **sign up for a course 注册了一门课, 选择了一门课**

I signed up for Tara's English course.

- **taking classes/take a class 非正式的表达在修一门课, 和 course 一样**
- **face-to-face course 实体课程**
- **online course 线上课程**
- **one-on-one course 一对一课程**
- **teaching style/approach 教学风格、方式**
- **Students can get the most out of it. 学生们可以最大程度利用好这门课**
- **engaging, interactive, fun, challenging, effective, efficient, inviting**
- **The course involves a lot of practice/ captures student's interest and attention/challenges students to enhance their knowledge and skills/ invites students to participate.**

One month ago, I have two English one-on-one lessons with a famous online English teacher, her name is Tara (换个名字吧宝宝们, 我太红啦!), and I was very impressed by the lesson.

One day, I accidentally clicked on a live-stream lesson on a free app that I was using to help me prepare for IELTS exam. It was a free lesson, and I was impressed by the teacher when I heard her English. She sounded so natural, just like a native. That's how I got to know Tara. Turned out (原来) she is a very famous online IELTS teacher. I really liked her teaching style. There was something about her class that really captured my interest. I immediately paid for another two one-on-one lessons with her, after the free lesson.

After those two one-on-one lessons, I believe that I've found the right teacher. I really enjoyed her lessons, and I will pay for more in the future. **First**, Tara had a great sense of humor. She could always crack me up during the class. Sometimes listening to her was like listening to a comedian. I feel that she could definitely host a talk show by herself. **And**

then, Tara's was a really engaging and interactive teacher. **In class**, she asked me to really think with her and open my mouth. **After class**, she would talk to me again to see what my problems were and give me some good advice. **And finally**, I was impressed by how well-organized and functional her classes were. It really changed my opinion towards online classes. Before I signed up for her lesson, I was kind of skeptical about it (持怀疑态度), as I doubted if it would be effective. And now I know some of them could be really effective. And online classes are indeed very convenient, flexible and more affordable.

So yeh, now, I can say that I'm a big fan of Tara. I highly recommend her online English classes. Thank you!

Part3:

1. Why do people learn foreign languages?

Some people learn foreign languages as a hobby (出于兴趣) because it feels good to know other languages. And plus, they can make international friends and travel to other countries with less effort. Like (比方说), I have a good friend, she is a polyglot (5 门及以上语言使用者). She can speak 5 languages and she's learning a sixth one! Some people learn foreign languages out of necessity (出于必要性). Say (你比如说), if they are living or studying in a new country, they have to learn the local language in order to survive. And some other people choose to learn a new language to earn more opportunities. You can never go wrong with knowing multiple languages (会说多国语言总是错不了的选择). It can increase your job prospects (增加就业前景), and even add your salary. (分群体)

2. What makes a good foreign language teacher?

Speaking from my own experience as an English learner (英语学习者), the way I see it, a good foreign language teacher should be, **first**, of course, very knowledgeable in both the language and teaching. Many times (很多时候), a good language user doesn't equal to a good language teacher.

Knowing how to speak a language is totally different from teaching a language. **And then**, a good language teacher should be very **encouraging** (鼓励人的). And the reason is that most students are very unconfident to use a new language, especially when they need to **open their mouths** to speak. A good teacher should be **inviting enough** (足够亲和) to encourage students to **chime in** (加入进来) and speak with confidence. **And this goes hand in hand with** (一起走, 手拉手, 表示同样重要) **patience** (这一点和耐心是同样重要的). When a student is **reluctant to** (不愿意) speak, the teacher should be patient enough to guide the student and wait for them to speak one day. **These are the things that I can think of for now** (我现在能想到的就是这些). (罗列)

3. Do you think grammar is important when learning foreign languages?

I think so, especially if you are an **adult student** (成人学生). I mean, grammar is the foundation when you want to **structure a sentence correctly** (正确地组织句子). Without knowing **the proper grammar** (地道的语法), the sentence you're saying might **sound wrong and funny** (听起来又错又可笑), and **in a worst case/scenario** (最糟糕的是), **incomprehensible/not understandable** (不可懂的). **However, this doesn't mean that you should over-focus on grammar** (过度关注语法). Because that will **put you under a lot of pressure**. Sometimes, trying to be perfect will frustrate you **so much to the point that you won't be able to open your mouth** (试图完美会让你焦虑紧张以至于不敢张口). **After all** (毕竟), the purpose of learning grammar is to be able to use a language, not to **get intimidated** (受到恐吓惊吓) by it. Just think about kids, they speak a language without knowing any grammar. Sometimes they say it right, and sometimes they say it wrong. It doesn't matter. **What's more important is to be able to communicate.** (原因+反向假设+反向思考+举例子)

4. Is it interesting to be a foreign language teacher? Why?

I like the idea, yes. It sounds cool. Being a foreign language teacher means that you are very fluent in another language, and you can share your knowledge and skills with your students. That definitely can bring you a strong sense of achievement (带来成就感) . And, on top of that, you will have more opportunities to work in another country, and make friends with people from other countries. This kind of experiences are priceless (无价的) /You can't put a price on this kind of experiences. (原
因, 补充)

Describe an outdoor activity you did in a new place recently (新地点的的户外活动)

You should say:

What the activity is

Who invited you to participate in it

Whether you asked for help in the activity

And explain what changes you made in the activity

知识点:

这道题可以讲去新的岛屿体验 **water sport** (**snorkelling** 浮潜, **scuba diving** 深潜, **surfing** 冲浪, **bodyboarding** 趴板, **water skiing** 滑水, **canoeing** 划独木舟) . 或者以下任一户外活动:

1. 受欢迎的 outdoor activities 有:

- **Biking** 骑自行车慢慢悠悠逛 (**cycling** 往往是通勤骑车或者体育项目)
- **Camping** 露营
- **Having a picnic** 野餐

- Fishing 钓鱼
- Hunting 打猎（射野鸭野鸟一类的）
- Hiking 徒步远足

“hike up a mountain” 爬山，或者 “go for a hill walk”。而不是 “climb a mountain” 这个指的是专业攀岩

- Rafting 冲锋舟
- Birding/birdwatching 观鸟
- Photography 摄影

2. 户外活动的好处：

- You can exercise more and burn more calories. Whether it's hiking up a mountain, doing a water sport, or just going for a walk in the park, every outdoor physical activity can improve your well-being.
- It's beneficial for your mental health as well. When You're out and about（在外面闲逛） in nature, you can clear your head and switch off（关掉开关） from the rest of the world. Spending time in the natural light can boost/lift your mood and reduce stress and depression. And plus, your Vitamin D levels will also go up.
- You will gain more self-esteem. Outdoor exercise impacts the brain in a positive way, making you feel better about yourself.

3. 其它相关表达：

- 原生态的地方：secluded, unspoiled, hidden place
- 没什么人知道的宝藏：hidden gem
- 安静宁静的地方：Quiet, tranquil, peaceful, serene place
- get away from the hustle and bustle
- get away from the tight schedules and hurdles in life
- It's a place where I can blow off the steam and unwind.
- It's a place where I can feel cozy and at ease.
- It's a place where I can be me（做自己）.

- It's my healing retreat. 我治疗自己的休息场所。
- a getaway: 一个可以逃离的地方，引申为可以远离现实、旅行放松的地方
动词词组: get away
- my spot: 我爱的地点。 "This park is my favorite spot in the city."
- It's just far enough from the hustle and bustle of the city that allows you to loosen up a bit, but it's also close enough to appreciate the incredible beauty of the city skyline.

4. 感到劳累的表达可以使用:

- exhausted/ knackered (英式俚语): 精疲力竭
- 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 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.

- tired to the bone

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

- dead on my feet.

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

Two months ago, I went for a hill walk (爬山) on the outskirts of my city with a couple of friends, and it was such a refreshing experience.

Before this walk, I'd never been to that area in my city. It is located in the north part of my city, a hilly area (山区) . Normally I'm not into hiking up a hill as I'm not a super outdoorsy person (喜欢户外的人) . But on that day, my best friend Jessica tried to invite me in a way I couldn't refuse (以一种无法拒绝的方式邀请我) , and now I feel very glad that I said yes to her. (时间分层)

Jessica knew a very secluded trail (原生态的小众的徒步的路线) in that area, so we didn't cross paths with (遇见) anybody the whole time. I liked it because I hate being stuck in crowds (被卡在人群里) when I'm trying to enjoy nature.

In terms of whether I asked for help, not really, as the trail was an easy-going one, very relaxing and tranquil. We spent a lot of the time enjoying the scenic views. We laughed and sweated, burned up energy, cleared our heads, and totally got away from the city life, forgot about our daily worries and hurdles, just disappeared into nature, and unwind. It was like we switched off from the rest of the world.

After we got to the top, the view was spectacular, breathtakingly stunning. We could see the entire city from a bird's eye view (鸟瞰角度) . And the city line was stretching out in the back, looking cool and incredible. This place is far enough from the hustle and bustle of the city that allows you to loosen up, but it's also close enough to appreciate the gorgeous city views.

It was a really good experience for both my body and mind. After this hike, I changed my mindset for outdoor activities. I will for sure go back to that place again. Thank you.

Part3:

1.What outdoor activities are popular in China?

Well, I feel that in China, people love hiking and jogging the most. Hiking and jogging are go-to exercises because they're not too strenuous (奋力的, 费力的) and is more intensive (剧烈) than taking a walk (散步) . **And**

next, people love picnicking (野餐) outdoors, under the tree, next to the lake, in the park, you see people picnic everywhere. **And then, what else**, outdoor swimming in the summer time is very popular as well. In summer, you see people swimming, playing in the water to beat the heat (消暑). In China, we have a funny way to describe this kind of scene (形容这类场面), we call it “cooking dumplings” (煮饺子), as there're so many people floating in the water at the same time, next to each other. It's like a sea of people (人山人海), a pot of dumplings (一锅饺子). (罗列)

2.Are those people who like dangerous activities more likely to be successful?

Yes and no. Yes, people who like extreme sports and dangerous activities are more risk tolerant (对风险更有包容力). They are not afraid of taking risks. And when you look at successful people in life, many of them are very brave. They are like daredevils, and make big decisions with full confidence. No, sometimes taking too many risks all the time is a sign of irrationality (非理智). The thing is, we need to take calculated risks (计算过的风险), instead of making emotional and intuitive decisions (情绪化又直觉性的决定). For example, if you don't have any experience in scuba diving, and the first time you dive, you choose to go really deep and dive alone, that's not called brave, that's called stupid. (分头讨论+举例子)

3.Do you think it's better for people to change jobs when there are new chances?

①It depends on the new opportunity, whether it's worth the risk (值得冒这个险). Some new opportunities are so rare and precious, they're like “once in a lifetime” (一辈子只有一次的机会). Then, yes, I say, go for it (去追求吧). Change is inevitable (不可避免). Don't miss the chance before it's too late (别等为时已晚). But sometimes a new chance is just another chance, not a better one. People should stay calm and rational before they take the risk, and make the decision. (分情况)

②I'm torn. On one hand, staying put (保持静止, 不动窝) in one company over a long period of time can help you make deeper connections and prove your loyalty (证明你的忠诚度). You will earn trust from your employer and potentially gain more favour in the company. Your life will be changeless, but very stable, which could be a big pro (优势) if what you're looking for is stability. Changing your job, getting out of your comfort zone could be exhausting and scary (累人又可怕). But on the other hand, job hopping (跳槽) allows you to learn new things, challenge yourself and widen your world. And you might climb up the ladder (爬梯, 晋升) even fast. Because sometimes staying in one company for too long can result in the ignorance from your boss and coworkers, as you've been there forever, and people might take you for granted (把你视为理所当然). I see that happen to many young people. They come to a company right after graduation, and they are forever the "new graduates" (永远的大学生, 永远的小年轻). (分头讨论)

4.Should young people try as many new activities as possible?

Yeh, definitely! And not just young people, older people as well. Life is too short to wait around and hesitate. Only through doing new things can we learn about this world and ourselves. What we like and dislike, what we are good at and bad at. However, we should also be consistent, and doing things in-depth (有深度的). Life is horizontal and vertical (水平+垂直) at the same time. (原因, 转折)

Describe an important thing you learned (not at school or college) (学到的重要事情)

You should say:

What it was

When you learned it

How you learned it

And explain why it was important

这道题完全可以套用上个季度新题“一个积极的改变”. 通过积极的改变学到重要的新技能、新理念、新的生活方式, 学会“如何更好地照顾自己”, 学会独立。

以下为“一个积极的改变”全文, 自行修剪:

知识点:

积极的改变可以分为以下几个方面:

1. 改掉一些坏习惯 Getting rid of bad habits

When you are addicted to a bad habit, getting rid of it is definitely a positive change.

1) Quit smoking 戒烟

- I was an avid smoker when I was in my 20s. 我在 20 来岁的时候曾经是一个老烟枪 (抽很多烟的人)
- nicotine 尼古丁
- nicotine patch 那种戒烟的时候可以贴在手臂上的小贴纸 (我也不知道什么原理)
- nicotine gum 同理, 戒烟的时候可以嚼的口香糖

I was chewing the nicotine gum and using the nicotine patch every day.

- lung cancer 肺癌 I definitely don't want to get lung cancer one day.

2) Stick to a healthy life routine 坚持一个良好的生活作息

- Stick to sth 坚持某事 stick to the plan; stick to the routine
- I used to be a night person/night owl(夜猫子) .
- stay up 熬夜晚睡; pull an all-nighter 通宵熬夜

I was never an early bird/ morning person (喜欢早起的人) . I stayed up late every night. But one day I decided to change my lifestyle and form a healthier routine. And now, I go to bed early and wake up every morning at 7am, work out 3 times a week.

- “Consistency is key!” 这是你可以说的一句话“坚持很重要！”
- Ever since (自打.....以来) I started my new routine, I've seen a bunch of (不少) changes in me. I feel more energetic, I feel less tired, my mind is not drowsy (昏昏沉沉的) anymore in the morning, I have better concentration (注意力更好) , I have a better memory (记忆力好) , my mood is always good...I'm in great shape (状态体能颇好) . I used to be so out of shape (状态差) .

2. 学会存钱，建立储蓄账号 Learning to save money and establish a savings account (储蓄账号, savings 存款, 复数)

- a big spender/ a spendthrift 狂爱花钱的人

A person who spends money in a extravagant and careless way.

- “I swipe my card like there's no tomorrow” 我像是世界末日要到了一样疯狂刷卡

“I have to leave my wallet at home when I go for walks around the city because I swipe my card like there's no tomorrow”

- hit a savings goal 实现了一个存钱的目标 (hit 的过去式还是 hit)

(for travel, to make a purchase, to give back to your parents 回报父母)

“I hit my savings goal for the week/month/year!” 我实现了本周/月/今年的存钱计划

- a penny pincher (铁公鸡, 一个 penny 还要掰开来花); be cheap (在这里不再是很便宜的意思, 而是很抠门。很难听, 一般用来形容那种不舍得给别人花钱的人比如说自己男朋友很 cheap, 或者形容自己, 自嘲); be stingy (也是抠的意思); frugal (节俭的, 不属于贬义词); money conscious (很有用钱意识的); hold on tight to someone's money (钱抓得很牢)

My grandma never wants to spend her money! She is such a penny pincher. But after all of these years of her telling me to save money, I am finally learning from her saving methods.

My boyfriend is such a cheap person. He hasn't given me any gifts ever since we started dating.

I've been so cheap/so stingy with my money since I decided to save up more for my future

I'm not stingy, I'm just very money conscious, because I know that money doesn't grow on trees (相当于, 钱不是大风刮来的)。

- I'm always on the hunt for a bargain/good deal. 我总是在寻找各种折扣、便宜货
- It hurts my pockets. 很伤我钱包 (口袋)

Buying a coffee everyday is hurting my pockets. So I am going to start making my coffee from home.

- Be short on cash 缺钱的状态

At that moment, I was short on cash. That's when I realized that I had to start saving money.

3. 决定换个环境, 搬到新地方 Moving to a new place

- New chapter in my life 生活里新的篇章

I have just arrived in London where I will spend the next 4 years for university. I am excited for this new chapter of my life.

- Take a leap (of faith)/take the leap 做出一个重大决定 (往往是带风险的)

(leap 是大跳、纵身一跃的意思)

I took a leap of faith, quit my job at the age of 28, and moved to Canada.

- A scary move 一个可怕的举动/动作

It was a scary move as I barely knew anyone in that city. But it ended up being one of the best decisions I made in my life.

- Spread my wings 张开翅膀 (表示成长)

Only when I started living in another country, did I get the chance to spread my wings and really grow.

- Get in touch with my inner self 和我的内在自我取得真正的联系

Being in a new environment gives me the chance to get in touch with my inner self, and learn more about myself.

- Have the opportunity to explore the world, and get to know different people
- Venture out 向外冒险

I'm a daredevil (冒险鬼), and I love venturing out. I love exploring the world.

- Break/step/get out of your comfort zone 走出舒适区、打破舒适区
- Nothing pushes you more than moving to a new place 什么也比不了搬到一个新地方来得更锻炼你的能力了 (推着你走, 等于提升) .Getting out of your comfort zone allows you to grow fast.

- support system 家人朋友后盾等组成的一个扶持系统

I didn't have my support system anymore, but it was good to know that I could do it all myself.

- Make new friends/ make new connections/ building a new network 结识新人

- **stuck** 被卡住的状态，上下前后动弹不得 (**stick** 这个词的过去分词形式，形容词词性)

My life is stuck in the middle. It's not going anywhere.

- **Home is not a specific location, it is where I AM.** 家不是一个具体的地点，家是我在的地方。

4. 其他总体表示积极乐观的表达：**overall positive outlook (from a negative one)**

- **“Grass isn't always greener on the other side”. 原话是 Grass is always greener on the other side (of the fence), 意为隔壁家的草总是更绿。也就是类似于别的地方的月亮更圆。我们总是羡慕别人的生活和境况。反过来用，就是表示，也不是别人的境况就一定比自己好。调整心态，少做比较。**

I felt myself constantly comparing my life to the people around me. I've decided to switch my mindset because the grass isn't always greener on the other side and I have a lot of good things going on in my life 我自己的生活中有很多好事儿正在发生!

- **It's looking up** 有上扬趋势，在变好 After receiving some bad news about my mother's health condition, my family and I weren't sure what was going to happen. And finally, lately mom's health condition has been looking up.
- 类似的说法 **It's coming along!** 表示事情正在有进展，一步步来，差不多了

-How's your paper going? 你的论文写的怎么样了?

-Oh it's coming along! 差不多啦!

- **The glass is half full.** 杯子是半满的，表示那种很积极看待事物的人

I'm the kind of person who always thinks the glass is half full. I can always look on the bright side of things, a typical happy camper (乐天派) .

- Every cloud has a silver lining. 每一片乌云背后都有一条银色的线 (指的是阳光藏在乌云背后)。这是一句很常见的鼓励他人的话。表示“把坏事变好事儿”，从失败/不如意的境遇中看到积极的一面。

I can always see the silver lining in tough situations.

- see the light at the end of the tunnel 看到隧道尽头的亮光

It was a really tough time in my life. Eventually I saw the light at the end of the tunnel, and I turned my life around.

- a ray of sunshine 犹如一缕阳光

I love being around Tara. She is like a ray of sunshine.

- a breath of fresh air 一股新鲜空气

After doing some spring cleaning, being in my clean room is like a breath of fresh air!

So, several years ago I decided to become a better saver (一个更好的存钱小达人) . Then, I set a savings goal, I worked hard on it, I made some positive changes, eventually, I hit my goal. And now, I feel very proud of myself.

Before I made up my mind to make the change, I was a big spender. I was extravagant (非常奢侈的) . I was spending money left and right (接二连三地花钱) , swiping my card like there's no tomorrow (没完没了了刷卡) . (上班党还可以说 I was living paycheck to paycheck every month.表示月光族, 工资花光) I went shopping almost every week, in physical stores, online, everywhere. I had tons of meaningless and useless things, some of them I

even never had the opportunity to wear or use. I just enjoyed the feeling of spending money. I was NEVER worrying about money or my future, as I was in my early 20s (二十出头) and I didn't have the capacity to see the bigger picture (看不到更大的画面，即缺少全局观的能力).

In terms of who helped me see more and see further, well, one day, my parents sat me down (让我坐下来), and had a heart-to-heart conversation with me (心贴心的对话). They told me that they were very concerned with my habit of spending money, and they wanted me to realize that "money doesn't grow on trees". One day, they wouldn't be there for me, I would be all by myself, and if I couldn't learn the value of having some savings in my life, I would be in a dangerous place.

That conversation really hit me hard (强烈地击中我的心底). Because, I'd always seen myself as a little kid, footloose and fancy-free (在生活或者感情里了无牵挂、来去自如的状态), free of responsibilities. But after that conversation, I finally realized that I WILL be all alone (完完全全的一个人) in this world one day. So I'd better start planning for my future now. That's when I set a goal of saving money. My plan was to save just a little bit every month, and at the end of the year, I can hit a target. I wouldn't bore you with the specific numbers, but you get the idea.

Once I set the plan, I became a totally different person. It was like a game between me and myself. I really wanted to win!! Haha! So I stuck to the plan 100%. I spent money much less than before. I formed a new habit of being money conscious and not spending money carelessly. At some point, I think I even became a little bit of a penny pincher. Because I enjoyed following my plan. At last, I hit my goal and got rid of the bad habit.

This new habit, this change, has been like a breath of fresh air in my life. It taught me how to be a more matured person, a wise spender, a more

responsible human. I learned how to NOT build my happiness on spending money and owning things. I learned to find my happiness on other things, things that are more meaningful. 这个改变让我学习到如何不把自己的快乐建立在花钱和有用很多东西这件事上，而是建立在别的更有意义的事情上。我成为了一个更成熟的人，更理智的花钱者，一个更有责任感的人类。

That's the story. Thank you!

或者，2022 年 1-4 月“向长者学习的技能”也可以进行套用。以下为原文：

知识点：

-掌握某个技巧：get the/a hang of it; master the skill; learn the skill; learn the art of sth...; become skilled at...; grasp the skill...

-强化技能：strengthen/improve the skill

-pick up a new skill: 学会一门新技巧

-hone a skill: 打磨一门技巧

-Practice makes perfect: 熟能生巧

-hands-on experience: 实操经验

So, today I want to shared with you how I learned cooking.

My dad taught me how to cook. And actually, in the beginning, he talked me into (说服我) learning cooking. He's my cooking "mentor" (导师), haha.

He told me that it was a basic survival skill that everybody should know. And plus, cooking at home is super healthy and it saves a lot of money. At that time, I was about to graduate from university, so what he said actually made a lot of sense to me. I thought it was a very good idea to become skilled at cooking.

In terms of how I learned cooking. First, I stood aside and observed a lot when my dad was cooking. I saw how he prepared all the ingredients, cut and chopped food, how he put seasonings and spices, all that kind of things. And I asked loads of questions whenever I got confused. He answered my questions right there, so it was very clear and easy communication. And later, when I had more confidence, I started cooking by myself, but with my dad standing next to me. He would correct me when he saw me doing something wrong.

Therefore, that's how I gained hands-on experience of cooking. I feel very proud of myself. I can cook, meaning, I won't starve in the future. Nowadays many young people don't know how to cook at all. The most they can do is making instant noodles (方便面). Me, on the other hand, can cook all kinds of dishes, veggies and meats, you name it (你随便点). So, yeh, that's the skill I learned from my dad. Thank you!

Part3:

1. What can children learn from parents?

Parents are role models (榜样) of their children. Children learn everything from parents. First thing that comes to mind (一个想到的), children learn about health from parents. When parents make eating healthy, working out regularly and getting enough sleep a priority (make something a priority 把...视为最重要), children will pick up on the message themselves. And second, parents should teach children about responsibility. Responsibility is key to earning the trust and confidence of others, and it's an important part of growing up. There're other good qualities (好的品质) that children learn from parents, such as honesty, empathy, confidence, bravery (勇气), being respectful to others...Parents should set good examples for (以身作则) their children, and teach them about ethics and values (各种人生中的伦理和价值理念). And what else, interpersonal skills (人际交往能力) are also things children can learn from their parents. How to listen to others, communicate properly, express

thoughts in a respectful and empathetic way. These are all precious skills children can learn from parents. **And finally**, parents can pass on valuable life lessons to next generation (把人生课堂的心得传给下一代) . These practical lessons can later benefit children their whole lives. (罗列)

2. Do you think some children are well-behaved because they are influenced by their parents?

① This is a typical nature or nurture question (这是一个典型的先天还是后天的问题) . I would go for (选择) nurture. Parents are children's role models. Children look up to (崇拜、仰望) their parents, and would copy everything they do. They want to please (取悦) their parents so much. Parents who pay a lot of attention to children's education will shape their manners and behaviour, and raise (抚养) more wholesome children. (原因)

② Many people would say that children's behaviour is heavily influenced by their family. Family education is key (家庭教育至关重要) . But I don't see it that way. An example would be, if you look at families with more than one kid, all the siblings (兄弟姐妹) can be very different in terms of personality, manner and behaviour. They're supposed to grow up in the exactly same environment, and yet they can be completely different. Take my family for example, my aunt has two kids, my older cousin is a very respectful, polite and calm person, and my younger cousin is the opposite. She is reckless (鲁莽的) , rude and impatient. From my cousins, I realize that a person's personality and behaviour is mainly genetic, and partially influenced by parents. (主流观点, 自己观点)

3. Is it necessary for adults to learn new things?

Definitely yes! Adults, no matter what age we are, should never give up on learning new things and advancing ourselves (提升自己) . I see some people completely stop trying to learn more and become better. They think learning is for kids, and they've learned enough at school. And plus, their main jobs are working, making a living and taking care of their

families. But I really don't like this mentality (心态). Learning new things makes a person happier and feel fulfilled. Having more skills can increase a person's job prospects, and help a person stand out from the job market. And on top of that, it's a wonderful spirit that can impact their kids. Inspire them to never stop learning and improving. Adults should set good examples for the next generation. (让位驳斥)

4. How can people learn new things?

Nowadays there are so many ways to learn new things. **Some people** learn by watching free online tutorials (教程) and learn a new skill on their own. I know so many self-taught (自学成才) painters, guitar players, dancers and bakers around me. And then, **some people** learn new things from people around them who are skillful in something. For example, I learned cooking from my mother. **Some people** prefer taking classes to learn. And today they can choose between online classes and face-to-face classes. Online classes are more and more favoured as they are usually much more affordable than traditional classes. (分群体)

Describe an object that you think is beautiful (漂亮的物品)

You should say:

What it is

Where you saw it

What it looks like

And explain why you think it's beautiful

上个季度 p1 手表主题或者 p2 “传统产品”里的玉，扇子、旗袍、甚至茶具，都可以改造一下使用

其他可以说的主题太太太多了：

a piece of art 一件艺术品, a building 一栋建筑物, some jewellery 珠宝, a gift you received 收到的礼物, a vintage dress 复古连衣裙, 甚至 something in nature 大自然里的植被, a car 一辆车, a piece of technology 高科技产品

知识点:

1. 美的同义词

gorgeous, pleasant, pretty, attractive, catches the eye 抓住眼球, special, one-of-a-kind 独一无二, unique 独一无二, charming 有魅力的, artistic 艺术性的

2. 相关表达:

- to have a good eye for something (when you have a knack for finding nice things) 有发现美的眼睛, 独具慧眼

I have a good eye for finding vintage clothing in second-hand shops.

- a window shopper 只看不买

I love window shopping, as I'm a frugal (节俭的) person.

- shop until you drop 买到倒下 (买一堆)
- Shopping brings me joy. 购物使我快乐
- My heart leaped for joy when I saw it. 我看到它的时候心都快乐地跳起来
- It lifts my spirit/mood. 它让我快乐
- I could hardly wait to buy it. 我等不及要买了
- I couldn't resist the urge to buy it. 我忍不了想要买它
- I was in heaven in that store. 我在那家店里时候感觉像在天堂
- It was a steal! 价格特别划算便宜 (跟偷来一样, 不花钱似的)

3. 形容一件物品

- **art: stimulating** 引发兴趣, **vivid** 生动的, **vibrant** 有活力的, **colourful** 色彩丰富的, **to stand out** 非常显眼的, 鹤立鸡群的感觉, **thought-provoking** 引人思考
- **a piece of clothing/accessories** 一件衣服、饰品: **a flowy skirt** 很飘逸的裙子, **a silky shirt** 一件丝绸衬衫, **a wicked/cool/an awesome pair of sneakers** 一双很酷的板鞋, **a stunning dress** 一条靓丽的裙子, **old-fashioned** 老牌的风格, **a stylish hat** 一个很有型有款的帽子, **fun socks** 有趣的袜子, **an elegant watch** 一只优雅的手表, 等等。可查看本季度新题 “一个时尚爱美人士里的相关表达”
- **technology: up-to-date** 紧跟时代的, **ahead of its time** 走在时代前沿的, **state-of-the-art technology** 最先进的科技, **cutting-edge** 最先进的科技

4. 形容一个建筑（如果不说建筑，可以不看以下内容）

① 当描述建筑的周围环境 (Outside surrounding), 我们可以说:

- **It's surrounded by (被环绕) a residential area (住宅区) / shopping district (商业区) .**
- **It's located in a nice neighbourhood. The whole area is quiet and safe.**
- **There's a lovely and beautiful park/garden right next to (紧邻) it.**
- **The area is vibrant and bustling (充满活力又热闹的) . Restaurants, stores, street markets, bars, it's a nice location.**
- **As you approach the city center, you can easily see the building from far away.**

(当你走进市中心的时候, 你能老远就一眼看见那栋楼。)

- **It really stands out (鹤立鸡群) from all the other buildings in that area.**

② 当描述建筑的外立面(façade)时, 我们可以说:

- **Stunning** (迷人的), **spectacular** (壮美的), **symmetrical** (对称的), **inviting** (亲和的), **original** (原创风格的), **eclectic** (不拘一格的, 兼容混搭), **elegant**, **beautiful**, **tasteful**, **strikingly beautiful**
- **ugly**, **shabby** (破旧的), **broken**, **abandoned**, **awful-looking** (看起来丑的不行), **old**, **hideous** (可怕的), **tasteless** (没品味的), **graceless** (粗野的)
- **in modern style**, **colonial style**, **Victorian style**
- **the tallest building in the city; it resembles/looks like A** (该建筑长得像.....) .
- **Roof**, **window**, **window frame**, **door**, **gate**, **balcony**, **wall**, **chimney**, **attic**, **driveway**, **garage**, **porch...** (建筑物的主要外部结构名称)
- **It's made of brick**, **glass**, **stone**, **wood**, **concrete...** (建筑材料)

③ 当描述建筑内部 (interior look) 时, 我们可以说:

- I love how warm and inviting (温暖又亲和的) this building is.
- Every part of this building is perfectly arranged.
- Everybody can have a good time here. You see beautiful art, you learn things, you enjoy the atmosphere. It's a place that you can come back 100 times and see something different each time.
- Decoration style: **fancy-looking**, **rich-looking**, **in bad taste**, **in good taste**, **tasteful**, **elegant**, **ornate**, **simple but tasteful**, **stunning**, **breath-taking**, **eye-catching**, ...
- You can see the beauty of simplicity in this building, you will understand the meaning of less is more.

素材一:

So, it might sound a little weird but I love our city library a lot. I think it's a very good-looking and functional building.

It's located in the south part of the city, right next to a big park and a lake, and it's also very close to the big shopping district in my city.

The library has a very modern look from the outside: window wall from top to bottom, very big and tall, about 15 floors; you can easily see it from far away. It really stands out from all the other buildings in the area. I love how symmetrical it looks. It's definitely an eye-catcher (吸人眼球的东西).

I love the interior look of this building as well. It's simple, modern, elegant and beautiful all at once. Inside the building, you could truly see the beauty of simplicity. And, all the rooms are filled with natural light. It's a perfect place for reading. Another reason why I like this building is that, it's super functional and inviting. You'll never have the feeling of getting lost in this building as the layout is so simple and clear.

I really love spending time there. It's such a lovely place to be.

So, yeh, that's the charming library in my city. Thank you!

素材二：

So, in my eyes, I find Apple computers very good-looking. I know, I'm talking about a piece of technology now. Haha!

As a tool for both work and pleasure, it truly stands out from the rest of the competition, and also, the Apple company has been designing tech products that are state-of-the-art and ahead of our time. Anyone could point out an Apple computer because of its characteristics, all white keyboard design (键盘设计), and smooth (柔滑的), glossy (闪亮的), and sleek (柔滑又闪亮的) monitor design (显示屏设计). They're one-of-a-kind. 任何人都能认出一部苹果电脑因为它招牌的全白键盘，还有平滑又闪亮的显示器。

Although I've never personally owned an Apple computer, I've seen them a countless number of times (无数次) at the Apple Store at the local shopping centre. I keep telling myself, "It would look so good in my workspace". It just has that effect that it blends in well anywhere (有那种放在哪里都好看都很入景的效果)。

The only thing is that I don't necessarily agree with its price tag (价签, 价格). But it doesn't surprise me that people all over the world want to have one. As a matter of fact, Apple computers and other products have

become a status symbol (地位象征) , which is why I feel compelled to buy it (感觉被迫要买它) . It almost makes me think that I'd work better if only I had one of those fancy and beautiful computers!

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

Part3:

1. Do you think there are more beautiful things now than the past?

① Definitely! I consider myself very modern, which is why I'm always drawn to (被.....吸引) things and products of today. For example, you wouldn't catch me in a second-hand shop looking for vintage clothing. I prefer to buy trendy clothes that are currently in style. There're endless eye-catching and mind-blowing things today that can always catch my eye (锁定我的目光) . (原因)

② I find things in the past more beautiful and elegant. Like, vintage clothing, vintage furniture, even vintage cars. I know some people will say that things nowadays are new and shiny. But I think things from the past have a certain quality that you can't find in most objects today. In a way, you could say my tastes are a bit old-fashioned. (让位驳斥)

2. What beautiful scenery spots are there in your country?

There're numerous beautiful natural attractions in China. To name a few (简单说几个例子) , on the east coast of China, we have beautiful coastal views in cities like Qingdao, Xiamen. And in the west of China, we have beautiful plateaus (高原) such as Qinghai-Tibet Plateau and Inner Mongolia Plateau. And then, we have Mongolian Grassland and the winding rivers (蜿蜒的河流) in that area. And in the south of China, you can enjoy island views. Hainan is an island province in China. There you can see beautiful beaches, palm trees and blue skies. China is such a huge country, there're so many different types of sceneries you can enjoy. (分地点讨论)

3. Where do you think people usually come into contact with beautiful things?

Beauty is all around us (美无处不在) , so I'd say that you can come across something beautiful intentionally (有意地) , such as when you visit an art museum, or run into (意外撞见) it by chance while going about your day

(打法你的一天) . However, I have to say, most of the time, we're not paying enough attention to our surroundings, and we tend to miss a lot of details around us. In reality, we find beauty mostly in superficial things (肤浅的事物) like our cars, phones and jewelry, rather than in nature, in people or moments. (转折)

4. Why do you think people create beautiful things?

I think people have this desire to express themselves in a beautiful way. The most common example I can think of is art. And without beautiful things, the world would be full of not beautiful, super practical and even ugly things. Who would want that (谁乐意这样呢)? Seeking beauty is like a human instinct (人类本能). (原因+反向假设)

Describe something you had to share with others (曾经不得不分享的东西)

You should say:

What it was

Who you shared it with

Why you had to share it with others

And explain how you felt about it

知识点:

一些和分享有关的表达和句型:

- **Sharing is a sign of compassion (同情), humility (谦卑) and generosity (慷慨).**
- **To give is actually to receive. 给予就是获得。**
- **We should feel grateful (感到感恩) when people share something with us.**
- **Sharing helps children make and keep friends (交到朋友并且留住朋友) and cooperate with people.**
- **Sharing is fundamental (至关重要) to human relationships.**

- **Shared joy is a double joy. 分享快乐，快乐双倍**
- **Sharing helps build trust 建立信任.**
- **Sharing encourages cooperation 促进合作.**
- **Happiness gets doubled when you share.**

So, I remember, when I was little, my parents always tried to instill the habit of sharing in me (灌输分享的好习惯给我). And one thing I shared that I remember the most was my favourite dress.

The story was, I have a cousin, and she and I are almost the same age. When I was little, we spent a lot time playing together. We were almost the same height and weight at that time (well, now she's much taller than me, haha). And one day, she saw me wearing a new dress, and she loved it so much.

She asked her mom, my aunt, to buy her the same dress, but that dress was a gift from my dad, and he bought it when he went on a business trip to England. So basically, there was no way that my aunt could buy the same dress.

Then, my mom wanted to cheer her up (哄她高兴，给她打气), so she told my cousin that I would LOVE to share that dress with her, which I didn't at all!! I was just a kid. And kids hate sharing. I was forced to share that dress!

In terms of how I felt about it, well, in the beginning, I said NO, of course. And I even put on a drama show (戏精表演) by crying my eyes out (大哭特哭). I told my mom things like, "why don't you love me anymore". Haha, I know, how dramatic was that! And then, my mom patiently talked me into sharing the dress (talk someone into doing sth.说服某人做某事). She told me that sharing was the most beautiful thing in the world. It built love, trust and generosity. And also, if I shared my dress, I would get dresses from my cousin as well. That sounded really tempting (听起来很诱人)! Haha! Therefore, at the age of 7, I learned the concept of "to give is actually to receive".

That was the story, thank you!

Part3:

1. Do you think kids like to share? Why?

Most kids don't like to share, especially younger kids, because they are too young to grasp the concept of sharing. The power to possess (占有的力量) is a natural part of their growth. They haven't fully developed empathy yet, thereby not being able to see things from other kids' perspective/side. I have to say that there're still some kids who are naturally generous and with a sharing spirit. But in general, I would say, kids hate sharing. (主流情况+特殊情况)

2. How can parents teach their children to share?

① **First thing**, parents need to validate/recognize (认同) their kids' unwillingness (不愿意抵触的情绪) to share. Parents need to show understanding to kids and make them feel heard and connected (让他们感到被听到理解到). **And then**, parents can show kids how to share and model generosity (示范慷慨) in front of their kids. Parents are role models (榜样) for their kids, therefore, kids might feel inspired by their parents when seeing the behaviour of sharing. **And finally**, parents can create games of sharing to instill the concept in (灌输概念) kids. For example, ask kids to share their friends, their food. Things like that. (罗列)

② Here's an unpopular opinion (我的想法可能不受欢迎, 小众想法), but I don't think we should force kids to learn share if they are not ready to. So, I say, we don't teach them about sharing. And I know people would say that sharing can built trust and encourage cooperation. I do agree, but forcing kids to learn to share could send wrong messages to them (给他们带来错误信息). For example, "My parents are always in charge of (操控、主管) who gets what and when they get it." Or "Whoever cries louder will get what they want." I think, sharing is not something you can really teach, it's

something you demonstrate (示范) /show (展示) /model in daily life. (让位驳斥)

3. What do you think is the benefit of sharing for children?

以上答案里都有提到

4. Is there anything that parents should persuade children to share with others?

① Well, **first**, books should be shared. Books are information and knowledge. And these are the things that are just meant to be shared (本该分享) . **And then**, food is also destined to be shared (命中注定被分享) . When kids share food together, that's the happiest and most beautiful moment. Shared joy is a double joy. And **what else**, maybe friendship? Kids should never be stingy with (小气) their friends. The more friends they have, the more they can learn and feel happy. (罗列)

② Well, like I said, I don't vote for persuading or forcing kids to share, so the only answer that I can think of is sharing feelings, emotions and thoughts (分享感受情绪和想法) . Kids should be open to people, especially to their parents. Therefore, sharing their inner world with the outside world is an essential thing to do. (原因)

Describe a photo you took that you are proud of (让你自豪的照片)

You should say:

When you took it

Where you took it

What is in this photo

And explain why you are proud of it

可以是拍了一张很美的风景照，然后很自豪；也可以是摄影获奖作品；也可以是照片背后的故事很令你骄傲。你去支教，给学生们拍了一张照片；你给家人做了一餐饭，给家人和餐食拍了一张照，大事小事都可以。

知识点：

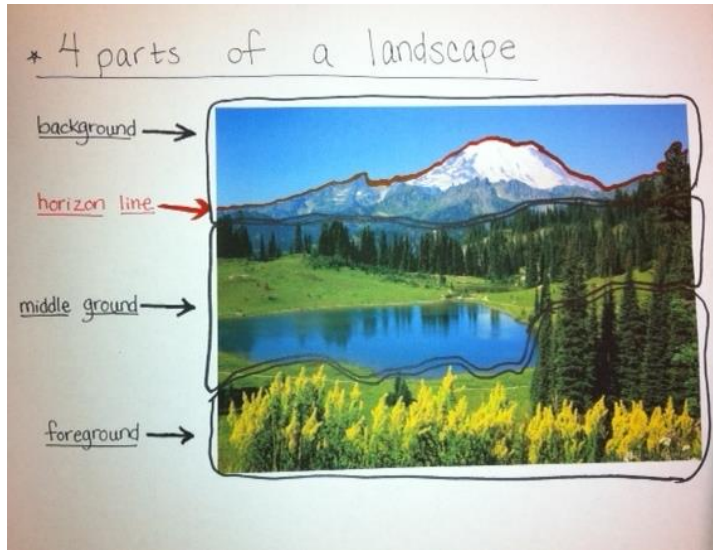
如何介绍一个照片里的内容？

1. 主要情况和具体动作

- In the picture you can see ...介词是 in，如果用 on 则表示物理层面上照片上，如 There's fly on the picture.照片上停了一只苍蝇。
另外，形容照片里的事实情况，用一般现在时。
- There's / There are ...
There's a big house in the picture.
- There isn't a ... / There aren't any ...
- I am doing...
In the picture, I am waving my arms.
形容具体动作的时候，用现在进行时。强调画面定格感。
- The people are doing...
- It's raining...
形容天气时，也用现在进行时

2. 方位：

- At the top/bottom of the picture ...
- In the middle of the picture ...
- On the left/right of the picture ...
- In the foreground 前景, in the middle ground 中景, in the background 背景, horizon line 地平线...



(网图，不是我画的, haha)

3. 介词使用

- next to
- in front of
- behind
- near
- on top of
- under

Ok, today I want to talk about a photo I took three years ago and I feel very proud of.

It's a selfie (自拍) I took with a tripod (三脚架) when I was traveling alone in Southern China. Three years ago, I was brave enough to take a solo trip (独自旅行) to the south of China at the age of 19. I went to Yunnan province, and I visited Kun Ming, Da Li, Shangri-la, and Li jiang. And during the whole trip, I was taking photos of the beautiful sceneries and local people, but it was difficult to take photos of myself (take photos of sth./sb.用的是介词 of, 表示照片的内容是关于什么的). So one day, I bought a tripod from a camera equipment store and started taking selfies. This photo was the first selfie I took during that trip. (大家可以说不

同的城市甚至国家)

In the photo, you can see beautiful mountains in the background. You see the beautiful blue sky with fluffy white clouds (白绒绒的云) at the top of the photo. And then, in the middle ground, you can see a beautiful lake. The water resembles/looks like a mirror (湖水看起来像镜子), so tranquil and serene. And finally, in the foreground, you can see me waving my arms in the air (举手在空中), and smiling from ear to ear (咧嘴大笑), looking super happy! Haha! That's the kind of smile you can see from a cover page girl in a magazine (是那种能在杂志封面女孩脸上看到的笑容)!

And finally, in terms of why I feel so proud of this photo, well, there're two reasons. **First**, I'm proud of the fact that I was smart enough to buy a tripod and was able to take selfies during my trip. That's called thinking out of the box, right? **And then**, more importantly, it was the first time that I traveled alone. Therefore, each time, when I see the picture, it reminds me of how brave and independent I am. That is to say (也就是说), the background story of this picture is also the reason why I feel proud of it. Thank you!

Part3:

1. Why do some people like to record important things with photos?

It's a personal habit, I guess. Some people like to take photos and make videos of important things and moments, so that later they can go back and relive/ revisit/ recall the memory. After all, you can't really trust your memory, and you might forget about some details. Photos and videos can provide you with all the details. Take my mom as an example, she's like a photoholic (照相狂人), and therefore she has photos of every moment in our lives. Sometime I feel grateful for that because when I see those old photos, I realize that I've forgotten about a lot of good memories. But sometimes she could be really annoying when she points the camera at me all the time. (原因, 举例子)

2. What can people learn from historical photographs?

Old photographs are like vivid historical books, they can provide a glimpse into people and their lives in the past, old events, traditions and stuff. They can help us better understand our culture, history and

traditions. They are an amazing source of information, I would say. Through them, we can learn history in a visual way. (原因)

3. Is taking photos the best way to remember something?

① For many people yes. Nowadays, you see people, especially young people, taking photo of everything, everybody, every moment. For them, it's the best way to hold on to the memory. And also, they love sharing those moments with people on social media. So, it's been a new digital lifestyle, I would say. However, I personally do not like the idea of using photos as a major way to remember things. I want to use my eyes to see everything, and use my mind and my heart to hold all the good memories. Sometimes, when I take too many photos, I find myself not paying enough attention to the things in front of me. I'm NOT genuine (真诚) in that moment. Instead of seeing and feeling things, I'm thinking about how to take a better picture from a better angel. And I don't like it. (主流观点, 自己观点)

② I'm a photoholic (照相狂人), so if you ask me, I'd say yes! I'm very diligent and organized with my photos. I upload/transfer my photos from my cellphone to my computer every month, and I have a new file for every month. I feel very proud of my habit. I can see all my history on the computer. It's the best feeling. (原因, 细节)

4. Which is better, talking photos or keeping a diary?

① They are two different ways to document your life (记录生活). Photos are visual and detail-oriented (细节之上). They are more objective than diaries, in my opinion. Diaries focus on your personal emotions and feelings. You can use beautiful and artistic words to record your day and your inner feelings and thoughts. It's more subjective and it takes more time. (对比讨论)

② I haven't written a diary in years. It's too much time and effort, and I don't have the luxury of time to keep a diary anymore. And plus, I don't trust my memory. It's not my strongest suit. I'd rather snap a photo (咔嚓)

一张照片) in a split second with all the details, and later have the access to go back and revisit these moments in life. (原因, 补充)

地点类:

Describe a place in your country that you would like to recommend to visitors/travelers (向旅行者推荐你们国家的一个地方)

You should say:

What it is

Where it is

What people can do there

And explain why you would like to recommend it to visitors

知识点:

一些形容城市的表达:

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

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

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

素材一：

I'd like to recommend Beijing, my hometown. In my eyes, it's definitely a charming, fun and interesting city.

Beijing is located in the northeast of China. It is famous for its fast-pasted lifestyle. It's a city that never sleeps/it's a 24-hour city. I mean, there's always something going on. It's got an amazingly rich culture that attracts people from all over China. It's famous for its countless museums and galleries. It's like a paradise for people who are into history and art.

People can visit all the museums and art galleries, and see all the historical sites and modern landmarks. Such as Great Wall, Forbidden city, Temple Heaven, etc. There're plenty of touristy things to do. It's such a culturally diverse city with lots of cultural and social opportunities.

And not just that, many people come to Beijing mainly for the food. Food options are crazy/mind-blowing in Beijing. You can find any type of food there. From world-class Michelin star fancy restaurants (世界级米其林三星华丽餐厅), to casual affordable hole-in-the-wall hidden places (随意又便宜、隐藏在小巷子里的小馆儿), you can find anything. It has thousands of cafés where you can just spend the day sitting on the street patio (街边露天餐区), sipping coffee, and watch the world go by.

And, what attracts me the most is people in Beijing, and that's the reason why I recommend this city to everybody. "Beijingers" are super friendly, welcoming, chatty (爱聊天) and open. You will feel a sense of belonging in Beijing.

Anyway, that's my hometown. I feel that I will never get bored with it, as it always has so much to offer (have a lot to offer 提供很多美好的东西). And it's a friendly city waiting for people to explore. Thank you!

素材二:

I love Shanghai, so that's the city that I'm going to talk about today.

Shanghai is located in the southeast of China. It's a world-famous city. People call it "Paris of the East". It's definitely a metropolitan, a 24-hour city. There's a classic and famous song in the 1920s called "the sleepless Shanghai". Just to give you an idea of how busy and bustling it is. It's a financial centre, a cultural leader, a creative powerhouse. Definitely a city where you can see a great cultural diversity.

For me, what attracts me the most about Shanghai is the beautiful contrasts you see everywhere in the city, and that's what makes it an interesting and lively place. It's a city where you can see old and new, cheap and fancy. I think that's what people who visit Shanghai should do, which is to explore the beautiful contrasts there.

It's a city with a rich history. Therefore, you can see many historical buildings. But at the same time, you can also get to enjoy some of the most modern and coolest architecture in the same area. Another great thing about Shanghai is that you can always go cheaper and you can

always go fancier, more expensive. You can easily find a little hole-in-the-wall, spend only 20 yuan and get the best tasting food in the world. You can also flash your cash (显摆你的钱) at a posh restaurant (有格调的餐厅) at 5000 yuan per person. You can be down-to-earth (接地气), and you can have your nose in the air (趾高气昂, 自命不凡, 鼻孔朝天的) .

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

Part3:

1.Is it important to take photos while traveling?

I love taking photos, and I'm of the opinion that (认为) taking photos while traveling can highlight the memorable moments, and keep the beautiful memories, so that later we still have the access to go back and revisit those moments. It's a way to record the trip. However, if we only pay attention to those photos, we focus too much on how to capture the perfect image, rather than immerse ourselves in that moment (把自己沉浸在那个时刻中) . We end up not enjoying the trip itself and detracting from the experience (从经历中分离分心) . I see some people have their cameras on (把相机开着) the whole time while traveling. It's like they are living the moment through the lens (镜片) of the camera. That's very wrong. (反向思考)

2.Can you trust other people's travel journals on the internet?

Not really anymore. Nowadays, people love to show-off (显摆) their lives and experiences through online content. People write blogs, make vlogs or post photos when they are traveling. But from my experiences, often times, those contents are heavily edited and tailored (被严重编辑和剪裁) .

People show you the beautiful sceneries, but they won't show you, at the same time, there're also an ocean of people, and you can hardly move around. For example, if you go to Great Wall, especially during holidays, chances are (很有可能) you will be pushed around by people and feel very anxious. (原因, 举例子)

3.What factors affect how people feel about travel?

First thing that comes to mind, transportation expenses. How much you spend on the **flight ticket** or **train ticket**, stuff like that. And then, **accommodation**. Are you staying in a fancy hotel or a dirty motel. **The level of comfortableness** during traveling is a big factor. And then, people in your destination. If there're a lot of people at your destination, and with very **bad manners**, your mood will be ruined. There're a lot of factors. (罗列)

Describe the home of someone you know well and that you often visit (常去的熟人家)

You should say:

Whose home it is

How often you go there

What it is like

And explain how you feel about the home

好朋友的家、亲戚的家、对象的家.....甚至客户的家

知识点:

① 形容 home 的一些表达:

- 尺寸: **big, large, huge, spacious, small, tiny,...**
- 样貌: **beautiful, gorgeous, stunning, lovely, cute, shabby chic...ugly, shabby** (破旧的), **broken, abandoned, awful-looking** (看起来丑的不行), **old, hideous** (可怕的), **tasteless** (没品味的), **graceless** (粗野的)
- 采光: **light-filled, bright, full of natural light...dark, dim**
- 舒适度: **comfortable, cozy** (温馨的), **homely** (宾至如归的), **inviting** (吸引人的, 亲和的) ...**uncomfortable, uninviting, unpleasant**

② 如何夸一个 home:

- room layout (房间布局) ; interior layout; the layout of the apartment
The apartment has the best interior layout.
- Functional 功能性很高, purposeful 充满目的的设计, thoughtful 考虑周全, precise 很精准, family-friendly 家庭友好型...
- There's a lot of consideration in this home. You can see the whole subtlety in here.
这个家内部每个细节都有所考量。你能看到整体的精细微妙之处。
- There's a lot in the details. Everything is so precise.
这里细节很多。一切设计都是那么精准。
- Every part and every corner of this home is so purposeful.
每一个部分每一个角落都充满着目的性设计。
- I love how warm and inviting (温暖又亲和的) this home is.
我喜欢这个家的温暖与亲和
- Every part of this apartment is perfectly arranged.
这个公寓的每个部分都是完美地分布着。
- You can see the beauty of simplicity in this house, you will understand the meaning of less is more.
在这栋房子里你能看到简约之美。你能明白少即是多的含义。

③ 如何吐槽一个 home:

- I could smell dust and age when I entered the house. 我一进屋子就闻到了灰尘和年代感。
- The stairs are sagging and broken. 楼梯都破旧下垂着。
- The room is jam-packed with furniture and things. 房间里塞满了东西
- The house is so tacky (俗气的) and tasteless (没有品位的) .
- It is too much/ over the top. 太过了
- The paint colour in the living room is awful-looking, like it has some skin problems. 客厅里的墙漆颜色太难看了, 象是有皮肤病一样。
- It is an eyesore. 形容建筑物很丑, 辣眼睛 (眼睛酸痛) 。
- It's not attractive to look at. 令人不忍直视。
- The orientation of the house is really bad. 房子的朝向很不好。

I love my aunt's home. She's a very tasteful person. That's why her home is beautiful, elegant and unique.

In terms of how often I go to her place, well, not very often now since I'm studying in another city. At present, probably once or twice per year, prior to it, I went to her home at least once per month, as my mom and my aunt are very close to each other. So, I'm very familiar with that apartment.

As for what her apartment is like, well, **first**, it is a very spacious place, with four bedrooms, one giant living room, three washrooms, and an open-concept kitchen linked to the dining area (一个连接餐区的开放式厨房) . Lots of living space (生活空间) and storage space (储藏空间) . **And then**, the orientation (朝向) of the apartment couldn't be better (不能再好了) . Most of the rooms in that apartment are filled with natural light. Therefore, it feels warm and cozy (温馨的) everywhere. **Moreover**, the interior layout (布局) is purposeful, precise and functional. For example, the master bedroom (主卧) has full privacy and quietness as it's at the end of the hall way (走道的尽头) . And the big living room is facing the main street so that you can enjoy the nice street view through the big windows, and at the same time, the room can absorb all kinds of sounds from the street. **And what else**, the best part about my aunt's apartment is the interior design (室内设计) . My aunt is a successful business woman, which means she's very wealthy. And on top of that, she has the best taste (品位绝佳) . Therefore, her home is full of taste. It's not one of those super flashy (肤浅闪亮的) , ornate (华丽的) and tacky (俗气的) rich people's home. Actually, on the contrary, you can see the beauty of simplicity (简约之美) in her home, you will understand the meaning of less is more. She doesn't use a lot of things in her home just to show off. The home has a minimalist look (极简的风格) to it, but it doesn't appear boring, cold or stark (刻板的、荒凉的) . It feels warm and inviting (有亲切感的) . And at the same time, it's rich-looking (看起来贵贵的) . Haha! I guess, that's because there's a lot of attention-to-detail (细节之上) .

So yeh, that's my aunt's home. I really love it. And I wish one day my home will be like that, sincerely. Thank you!

Part3:

1. What are the differences between buildings in the city and in the countryside?

Well, the city is more densely populated than the countryside. Therefore, buildings in the city are usually bigger and taller so that they can accommodate more people. In addition, the distances between those buildings are also smaller in the city, again, due to the larger population in the city. Buildings in the countryside are smaller and shorter. Many people in rural area live in an independent house with a big yard. (对比讨论)

2. Do you prefer to live in the city or in the countryside?

① My mind is conflicted. On one hand, I love how convenient it is to live in the city. I mean, easy access to public transportation, stores just around the corner, food delivery 24/7, things like that. And also, more social and cultural activities, more job opportunities, more schools and better educational resources. But on the other hand, I also love how peaceful and tranquil it is in the countryside. People are more laidback (悠闲慵懒的), life is more slow-paced. Not to mention (更不要说), the beautiful natural views. They are both very attractive for me. (分头讨论)

② I prefer the countryside, a thousand times more. The city is overcrowded with people, buildings, factories and cars. The air is polluted, and it's really chaotic and noisy everywhere. My biggest dream is to live in the countryside and taking care of my back yard. I'm the kind of person who can definitely live off the grid (过隐居生活). (偏好, 原因)

③ For me, at this stage in life, I still prefer city life. I want to be able to find a good job after graduation. And also, enjoy my life as an adult. The city can offer so much (城市可以提供太多好东西了). Events, parties, shows, games, all sorts of social and cultural opportunities. And also, one day when I have a family, I'll want to send my children to the best schools.

And those best schools are usually in the city. Maybe one day, when I'm older and retired. I will consider moving to somewhere more peaceful and slow-paced. But for now, I'm still a typical city girl/boy (都市女孩/男孩) .

(原因, 时间分层)

3. What safety risks are there in residential buildings in cities?

First thing comes to my mind, fire safety. If the building catches on fire, and if there're too many people trying to escape at the same time, it could become a big issue. And also, residents who live on higher floors might find it more difficult to evacuate (撤离) the building in the emergency; and then, same thing goes for natural disasters (自然灾害) like, earthquakes (地震), tornadoes (龙卷风), and hurricanes (飓风), evacuation could be an issue. What else, accidentally falling from the window could be another potential danger for the residents. Especially for the young children living in the building. They don't have a concept of height. Therefore, parents need to be extra careful with falling. And next, the elevator could also be a potential safety risk. In those older buildings, those elevators should be checked on every year in order to make sure they're safe to be used. (罗列)

4. Is it expensive to decorate a house or an apartment in the place where you live? (这题好奇怪)

Of course it's more expensive to decorate a house than an apartment, as houses usually are much bigger than apartments. There're more washrooms, bedrooms, and more walls and floors, so, definitely decorating a house will be more expensive. (原因)

Describe a popular place for sports (e.g. a stadium) that you have been to.
(去过的受欢迎的体育场馆)

You should say:

Where it is

When you went there

What you did there

And explain how you felt about this place

知识点:

1. Names of facilities 体育场馆、设施名:

changing room 更衣室, gym 健身房, basketball court 篮球场, tennis court 网球场, football pitch (or soccer field) 足球场, track and field 田径场, cycling track 室内自行车比赛赛道, golf course 高尔夫球场, boxing ring 拳击场 (一个圈), ice rink 滑冰场 (一个圈圈), ski slopes 滑雪的雪坡, swimming pool 游泳池, race track 赛车跑道...

2. expressions 形容体育场所的表达:

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

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

4. verbs and collocations 动词和一些固定搭配:

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

5. 形容各种体育动作:

- Tennis 网球: to play singles (1 vs. 1)单打 or doubles (2 vs. 2)双打, to run from one side of the court to the other, to serve 发球/return 回球 /bounce the ball 弹球, tennis ball and a racket 网球的球和球拍
- Badminton 羽毛球: the birdie or shuttle (the ball used in badminton) 羽毛球的球, to hit the net 打到网子, to go over the net 过网, to win/lose the match, to twist your ankle 扭到脚踝, to be disqualified 出局
- Basketball 篮球: to slam dunk 灌篮 (He slam-dunked a ball.), to beat the buzzer 最后几秒赢球, to pass to another player 传球, to intercept the ball 截球, to shoot from the free-throw line 从罚球线投球, commit a foul 犯规, out of bounds 出界
- Soccer 足球: to warm up 热身, when the referee blows the whistle 裁判吹哨, to receive a warning or a yellow/red card 收到警告、黄牌、红牌, to commit a foul 犯规, to kick the ball 踢球, to score 得分, 赢球, goalie 守门员, to save/block a goal 守门员救了一球, to defend your area 守卫自己的区域, to huddle /a team huddle 球员们围成一圈讨论战术
- Swimming 游泳: to jump into freezing water 跳进冰冷的水, to shiver 发抖, to dive in 跳水, to wear a swim cap 戴泳帽, to kick with all the strength 竭尽全力踢水, to float 漂浮, to drown 沉没, 溺水
- running 跑步: to be at the starting line 起跑线上, to arrive at the finish line 跑到终点线, to have/keep a slow pace 保持慢速, to jog 慢跑, to feel adrenaline in your veins 感受血管里的肾上腺素, to feel a layer of sweat

on one's neck/forehead/back 感到后背、额头、脖子上的一层汗, to feel the air in your lungs 感到肺部的空气（大口呼吸带来的）, to feel breathless 上气不接下气, to feel out of shape 状态很差, to feel your heart pumping 心跳很快, to be gasping for air/breath=try to catch the breath 大口喘气, 氧气不够, to feel your muscles burning 感到肌肉在燃烧, to fly past other runners 飞一般超过其他跑步运动员, to sprint 冲刺

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

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

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

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

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

“I ran like mad/crazy.” 我发疯了一样跑

6. 一些常见句型和表达:

- The game is at a tie./ It's a tie! 平局
- The teams are neck and neck right now. 平局
- They're going head-to-head tomorrow 明天要一决高下=the teams/athletes are going to be competing against each other tomorrow
- Team A is up by 10 (points)! A 队领先 10 分!
- Team A is winning by 10 (points)! A 队领先 10 分!
- Our team is down by 5 (points). 落后 5 分

- **Out team is losing by 5 (points). 落后 5 分**
- **a cut-throat/nail-biting match 残酷无情的、甚至不择手段的比赛**

It was a very cut-throat match today.

- **“Fair game” Something a referee might say after making a call**
- **JumboTron + scoreboard 大屏幕+得分板**

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



Today, I'd like to talk about the big stadium in my university. I've only been there once to support my university's basketball team XXX. To be honest, I'm not a big sports fan, which is why I was surprised when I found myself cheering like crazy for XXX.

Let me give you some context. So, it was in 2020 October; I was at the final game (总决赛) of the University Basketball Championship in Jiangsu Province. My school team XXX (自己编一个名字) was playing against (和某队打比赛) YYY. It was hard not to get excited about this match because it was hosted in our school stadium, and also, nobody could believe that our school team had made it that far into the final game (我们谁也想不到自己的大学会走到最后一步) !

Together with a group of friends, I went there to support our team. The stadium was newly built at that time. It was very big, spacious and bright, very impressive. I felt very small when I was sitting in the stadium. I was sitting very close to the court. I could see everything up close. And on top of that, our university was kind enough to set up a huge JumboTron outside of the stadium for everyone to watch the game.

It was a nail-biting/cut-throat game until the end. The whole crowd was on edge of their seats (坐在椅子边缘, 随时会因为紧张掉下去). When the final buzzer rang, everyone went nuts/crazy (全体都疯了)! It felt incredibly satisfying that our school team, the underdog team (比赛中不被看好的队), had won.

I enjoyed the exciting/exhilarating atmosphere in the stadium. Each time when our team scored, we all bursted into a roar. The whole stadium was vibrating with emotion. It felt incredible when the stadium was full and the crowd was excited! Even for me, someone who's NOT a sports fan, it was an amazing experience.

So yeh, that was the stadium that I've been to. Thank you!

Part3:

1. Do young people like to do sports?

① Generally speaking, I would say that most young people enjoy practising/doing sports. Probably because they are full of energy and need a way to spend that energy. Several of my peers either play sports on a regular basis or participate in a professional sports club (效力于职业俱乐部). It's helpful if you start playing a sport when you're young, as you're most likely to stick to it as a hobby (作为爱好坚持下来) once you get older.
(原因+举例子)

② Some do and some don't. there're young people who enjoy doing sports on a day-to-day basis to burn up calories and get relaxed. But I also see some young people (for example, me) who would hate to practise sports! I feel like they often view sports as punishment. Maybe because in high school, all of us hated running laps (跑圈儿). It truly felt like punishment! (分群体)

2. What are the benefits of sports for children?

There are numerous advantages for kids to play sports. **A**, they can have fun and blow off the steam while getting some exercises done; and **B**, they can learn how work together/collaborate as a team. If children don't practice any kind of sports, they will run the risk of becoming overweight

(有超重的风险) due to being sedentary (久坐的方式) . That's why most parents and schools encourage children to take part in an after-school sport. (原因罗列+反向假设)

3. Is it necessary to build public sports spaces?

① For sure! I'm all for/I vote for/I root for the idea of building more sports facilities for people to stay physically active (保持运动积极的状态) , both indoors and outdoors. In fact, it should be every government's priority to promote healthy lifestyles (推动积极的生活方式) . What's more is that when you create these spaces, you create/foster a greater sense of community (创造了更多的团体感) for sports facilities are also gathering places (聚集地点) . (原因)

② Absolutely not. What I mean is that there are plenty of public sports facilities that already exist. It seems like a waste of money when public money is spent on building new infrastructure. For instance, when a football championship or the Olympics are hosted in a new country. They spend so much money on building the stadium, and what's worse, the stadiums tend to be built far from residential areas. In the end, the people who live there rarely get to take advantage of these spaces (几乎没有机会利用这些场地) . (原因+举例子)

4. What do you think of companies donating sports venues for poor children?

That would be very a generous gesture (慷慨的举措) . Not only would the company be helping children in need (有困难的孩子) and giving them the chance to play safely, they would also be creating a positive image for themselves (给自己树立积极的形象) . It'd be a win-win situation for everyone. (分角度)

本季度保留题 (2022 年 5-8 月新题, 9-12 月保留题) :

人物题:

Describe an interesting neighbour (有意思的邻居)

You should say:

Who he/she is:

How you knew him/her

What you do together

And explain why you are interested in him/her

可能是神秘低调的邻居、有很多社交活动的邻居、很热心帮助他人的邻居

知识点:

1. Mysterious 形容神秘的人:

- **A closed book:** 一本闭合的书, 表示很难读懂 (对应的, 相反的情况, 那种很开朗简单的性格, 就可以说 an open book)
She's like a closed book, very hard to read.
- **Heard but not seen** 听到过但是没见过, 只闻其声不见其人
My neighbour is like a mystery. She's been heard but never seen by anybody.
- **Theories and rumours** 理论和谣言
There are all kinds of rumours and theories about this new neighbour among all the rest of us. Some say he's a criminal on the run (在逃的罪犯), some say he's a drug dealer (毒枭), some say he's a writer and that's why he needs his privacy and peace.
- **Can't put a finger on something** 说不出来哪里不对, 哪里奇怪
There's something rather strange about my neighbour, but I can't put a finger on what it is exactly.
- **Nocturnal animal:** 夜行动物
He's like a nocturnal animal, leaves home at night and comes back in the morning.
- **We can't keep up with what she is doing** 我们追赶不上她的行程, 不知道她每天都在干嘛 (can't keep up with sth./sb. 跟不上脚步)

- **not known** (不为人知的), **low key** (低调的), **private** (在这里表示讲究隐私的)
- **shady** 鬼鬼祟祟神秘不可靠 (一般形容那些偷鸡摸狗的人)

2. Sociable 形容善于社交的人:

- **a party animal** 派对动物 (夜夜笙歌那种)
- **social butterfly** (交际花, 不属于贬义词, 但是的确带着一点调侃语气成分)
You are going out tonight again? Such a social butterfly!
- **seems to know everyone** 感觉谁都认识
She seems to know everyone. Such a social butterfly!
- **people person** 很会和人打交道的的人
- **popular and well-liked** 很受欢迎, 很多人喜欢
- **talkative, chatty** 很健谈的
- **a little bit know-it-all** (**know-it-all** 指的是那种觉得自己什么都懂的人, 信息大拿)
She's a very nice and sociable person. Very chatty and outgoing. The only thing is, she's a little bit know-it-all, sometimes that could be annoying.

3. Nice and friendly 形容热心肠的人:

- **Have a heart of gold** 拥有金子般的心
My neighbour has a heart of gold. She's like a ray of sunshine (一缕阳光).
- **Be there for someone** 一直支持着某人
She's been there for me through out the years.
- **You can count on someone** 你可以信赖某人
You can definitely count on Tara. She's very trustworthy.
- **Help someone live through all the struggles** 帮助某人度过生活里的一切苦难
- **A positive influence** 一个积极的影响
- **Kind, generous, warm-hearted, warm, caring, loving** 一些近义词

Ok, so, today I'm going to talk about my new neighbour. She's like a closed book (叮叮叮, 上来就是一个漂亮的比喻), so mysterious. And that's why I'm very interested in her.

In terms of who she is, well, she's my new neighbour, and that's all I know about her. I mean, I don't know her name or what she does for a living (做什么工作), nothing. And to be honest, I don't even know if she knows about me (知道我的存在), or anybody in our apartment building, as we've never said hi to each other. But everybody in our apartment building knows about her. And we have a group chat (群聊), of course she's not in it (yet) 当然了, 她 (还) 没在里面, sometimes we secretly discuss her behind her back (背地里讨论她). You know, just gossiping (八卦议论), and being nosy (非常八卦的, 鼻子像狗一样闻来闻去), like everybody else (玩笑的语气).

She seems to be a well-liked person, as sometimes she will host parties (办派对) in her apartment. I know that because I can hear it. She never invites us (带着酸酸的语气说这句), but normally a lot of people will show up. And they seem to have a lot of fun, a whale of a time (玩得很高兴). Sometimes her party goes too loud, and that's when the rest of us will complain in the chat (在群聊里抱怨), hahaha. She's definitely heard much more than seen in this building (她在这座楼里被听到的时候要远多于被看到的时候, 只闻其声不见其人).

She's like a nocturnal animal. Quite often, she would leave home late at night, and come back early in the morning. We have many theories. Some say she works at a bar, some say she looks kind of shady so maybe she is criminal on the run (在逃犯), which I don't think so, and some say she might be a spy (间谍)! Hahaha. That's a little too much (有点太夸张).

Anyway, that's my mysterious, not known (不为人知的), very low key (低调的), very private (讲究隐私的) new neighbour. Thank you!

Part3:

1. Do you think people are familiar with their neighbours?

-I'm very familiar with most of my neighbours, but I don't think that's the case for everybody(我不觉得每个人都是那种情况). I mean, it depends on the neighbourhood. In a neighbourhood where people usually don't just come and go, move in and move out (来来去去, 搬进搬出) all the time, people usually know each other pretty well. They can take care of one another (彼此), and help each other out. It's always nice to have someone that you can count on (指望) near home. But in a neighbourhood where people are constantly changing, moving in and moving out. That will build a cold and unfriendly culture. People will just ignore each other. (分情况)

接下来两个版本的答案和 part2 的基调并不符合。所以如果想要采用以下两版，需要调整 part2 内容。

-Some are and some aren't. People like my mom would know everybody in the neighbourhood (在街道附近范围). And not just their names! What do they do for a living, how many kids do they have, what are their problems in life, that kind of "deep knowledge" (深度知识), you know? But some people, mostly young people, are just too lazy and too shy to know their neighbours (too...to...) . Our generation are a little bit anti-social (社恐的). (分群体)

-Frankly speaking, nowadays, I don't think so...I mean, our social circles (社交圈) are getting smaller and smaller. We are more living in our own small bubble (生活自己的小泡泡里). So, often times, we just stop trying (不再努力尝试). Not like in the good old days (过去美好的岁月里) when people used to have a much closer relationship with their neighbours. And the reasons could be, A, people are so busy today, and B, people move to new places all the time, so it's very hard to settle down (安家)

and have a life-long neighbour (一生的邻居) anymore, and there're more reasons behind it that I can't figure out now. But I'm sure there're more to it (还有更多原因)。(时间分层)

2. How can people improve the relationship with neighbours in a community?

There're several things we can do. First, we can start by being more friendly and respectful to our neighbours. We can say hi to (打招呼) them, ask them about their lives, and do some small things for them, things like that. And then, on some special days, like New Year's Eve, or some other national holidays, we can do a little gift, for example, just knock on the door, and bring some pastries or cupcakes. Or at least send a text message. And what's more, once you know your neighbour, you can do things together. For example, go to the park, walk the dog, or visit the local market, stuff like that can definitely bond people together (这一类的事情特别能增进人和人之间的感情)。(罗列)

3. How do children build relationships with others in a community?

When it comes to kids, they're so simple, they just get to know each other by talking and playing together. Have you seen kids on the playground or a basketball court (你有看过操场上或者篮球场孩子吗)? They just meet and play. They can start a conversation without knowing each other before. Just like that (就是那样简单)。And the more they play and spend time together, the stronger their relationships become. I wish we could be like kids。(举例子)

4. Is it beneficial to get along well with neighbours?

I would say, absolutely yes. Having someone you can count on near home is a very good thing. Say (比如), you're going on a business trip (准备出差), and you're worrying that somebody might break into your apartment (入室), you can ask your dearly beloved neighbour (最亲爱的邻居) to keep an eye on (留意) your home, and perhaps they can take your letter and newspapers from the mailbox for you. You know, neighbours can take care one another, that's something nice to have。(举例子)

Describe a friend you like to talk with (喜欢一起聊天的朋友)

You should say:

Who he/she is

What you like to talk about

Why you like to talk with him/her

And explain how you feel about this person

知识点:

这道题可以和“想要一起共事的家人”主题共享局部内容，

也可以和上季度老题“喜欢共处时光的人”主题局部串联：

“We also enjoy just chatting, have a nice and long conversation. She can always give me a lot of useful suggestions, and help me keep my head on straight (让我保持头脑清醒) and avoid making silly decisions. My friends all feel very jealous of our relationship, as we always have endless topics to talk about.

So, yeh, that's my mom. We have fun together, we enjoy spending time with each other, and she is the anchor (船锚，定海神针) in my life.”

“We get each other's jokes, and we enjoy each other's sense of humour. We are always on the “honeymoon phase”. I guess, it has a lot to do with the fact that we always try new things together, like learning a musical instrument, learning drawing, playing golf, ...We always learn and advance ourselves together, so the new version of me and the new version of her can never get bored with each other.”

上季度老题“一见且想再见的人”：

“We understood each other's jokes, and we shared same views towards a lot of things in life. Talking with him was like the easiest thing, as we totally got each other (懂彼此) . There were no conflicts or anything. We were like mind-twins (思想上的双胞胎) .”

- 一些感情好的表达:
- hit it off 投缘

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

- get along: 相处愉快

She and I get along well.

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

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

- inspiring: 有启发力的

She's an inspiring person. She inspires me on so many levels. I learned so much from her.

- She really opened my mind with her life experiences.
- 形容有趣幽默的:
- funny
- hilarious
- witty
- have a good sense of humour
- always crack me up 总是能把我逗笑

She can always crack me up with her jokes.

- a joker
- a cheerful person

I want to talk about my best friend Jessica. We met each other over a party, and hit it off immediately.

She's a few years older than me. I see her as my best friend, and also someone who can inspire me and teach me about many things, like a

teacher. I like this kind of friendship. I feel that I can learn a lot from our conversations.

In terms of what Jessica and I like to talk about, well, basically anything!

We are on the same wavelength (同一个频道), and we totally get each other (特别懂彼此). Talking to her is like the easiest thing in the world.

We both love working out, so we talk about fitness, diet, how to train better, and also different sportswear brands (运动服品牌), things like that.

We both are members of the same gym, so sometimes we work out together at our gym. I really enjoy those chitchats at the gym. And what else, we are foodies and love cooking, so sharing recipes and talking about the food we like, is another thing we love to do. Sometimes, we talk about our future, our career goals, and life, She really inspires me with her wisdom and rationality (理智). I really admire the fact that she knows

what she wants, and what she doesn't want, so self-collected (自持力, 主心骨), so confident. Sometimes she can really open my mind (打开我的眼界头脑) with her ideas. And what else do we talk about? Oh yeh, of course, we talk about boys. That's like the most universal topic that girls would love to talk about. Jessica is so cool with boys. She made me realize that "you need to love yourself first before loving others". When we talk about boys, she can always crack me up with her sense of humour (她的那份幽默感). She definitely helped me become more confident in front of boys.

I feel so lucky to have her in my life. Thank you!

Part3:

1. Where do young people like to meet?

Some young people who like sports will normally meet at places where they can do sports, like the tennis court, basketball court, football court.

Some young people are into drinking and chitchatting, then a bar, a restaurant, a karaoke bar would be their favourite spot to meet up. Young people also like to meet at a big mall with a movie theatre and arcade centre (电玩中心) so that they can have a lot of options to get

entertained. They can go shopping, have some icecream, watch a movie, and play some arcade games. (分群体)

2. What do young people talk about when they meet up?

They talk about anything, everything. Big things and small things. Big things like, their career paths, their future plans, life decisions, marriage decisions, investment. Small things like, gossips, funny stories, dating stories (约会趣闻), food, workout, movies, all kinds of things. Lately, my friends love talking about.... (可以顺便讲讲最近你和你身边的朋友流行讨论什么具体的热门话题) (分类讨论)

3. Do you think people should be honest when talking with friends?

-That's a good question! I want to be honest when I'm with my friends. I think people should try to be honest when talking to friends. This also includes calling them out (质疑) when they're making mistakes without feeling afraid of losing them. True friends should be able to correct each other, keep each other's heads on straight (保持清醒). That being said, I don't think people should be radically honest (彻底的诚实). Because sometimes we need to tell a little white lie (撒一个白色谎言) in order to protect our friends' feelings. For example. If your friend is sick, and asks you how they look, instead of saying "Oh you look terrible", you should say "You look good!" to encourage them. (反向思考)

-It depends on the situation. If a friend comes to you and asks your opinion about a thing, if your friend is seeking information and advice, then yes, of course you should be sincere and honest. Honesty is the foundation of a friendship. People earn trust (获取信任) from being honest with each other. However, sometimes, even between friends, people still tell white lies to avoid unnecessary conflicts or to protect each other's feelings. For example, it's usually a very bad idea to tell your friend that they've gained weight. It's rude and hurtful, and it's also none of your business. (分情况)

-It depends on how close you are (关系有多近). If it's a close friend, I think it's better to be honest. As a true friend, you need to be brave enough to

call your friends out (质疑朋友), correct their wrongs (修正他们的错误), keep them in check (对他们保持监督). Especially when you see them going down the wrong path (走错路), you need to stop them from making mistakes. True friends don't just have fun, they also teach each other, guide each other to be a better person. But if it's just a regular friend, someone you know, not your bestie (最好的朋友), then you don't have to be the most honest with them. You just need to be respectful and polite. Because sometimes being radically honest can be very hurtful, you don't need to take the risk of hurting someone if they are not your good friends. (分群体)

4. On what occasions do people talk with strangers?

First thing comes to mind (第一个想到的), when we ask for or give directions (问路或者指路的时候), or ask for the time (问时间), we talk to strangers. And then, people who work in customer service industry always need to talk to strangers as their customers are almost always someone they don't know. And what else, in some social settings, like a party, a gathering, people who share mutual friends (有共同朋友) might start talking to one another to make new friends and expand their social circle. (罗列)

Describe a family member who you want to work with in the future (未来想要一起共事的家人)

You should say:

Who he/she is

Whether you worked together before

What kind of work you would like to do with him/her

And explain how you feel about this family member

这个家庭成员可能是一个很有责任心的人、很有创造能力的人、很有艺术细胞、很会处理解决事物，可以挑选一个或者多个特质来进行深入阐述

知识点：

1. 有责任感、靠谱的人：

- a responsible, reliable, countable, honourable, sound person
- a person with great integrity
- a person you can trust
- a person you can count on
- a model citizen
- set good examples for other citizens
- a standup guy
- a man of good character
- socially responsible

2. 有创造力的人

- 有想象力的：imaginative, full of imagination
- 有创造力的：creative, inventive, ingenious, innovative
- 有原创力的：original
- 很有艺术创造力的：artistic
- 有才华的：talented, gifted
- a person who can think outside the box: 发散思维的人
- a person with endless ideas: 有各种层出不穷的点子的人
- have a creative/unique mind
- have a light-bulb moment: 恍然大悟的一刻（灯泡时刻）

3. 很会处理问题的人

- rational 理智的

- **resourceful** 足智多谋的，资源丰富的
- **a problem solver/fixer** 一个解决问题的专家
- **a person who can think outside the box**: 发散思维的人
- **a person with endless ideas**: 有各种层出不穷的点子的人
- **a person who can always find the root of the problem** 一个总是能看到问题本质的人
- **a person who can see the bigger picture** 一个有全局观的人
- **the go-to person** 一有问题，大家第一个求助的人 (**go-to** 表示首选, **my go-to snack** 我的首选小零食, **my go-to music** 我的首选音乐)
- **wizard (a computer wizard, math wizard...)** 巫师，很聪明很会处理事情的人
- **a can-do person** 一个愿意做事、愿意解决事情的人
- **a troubleshooter** 能把问题都射下来的人，解决问题小能手
- **He can always make it happen** 他能让一切发生

So, I would love to work with my cousin one day. I'm pretty sure I could learn a lot from working with her.

She's a very artistic person, definitely a person with a unique mind. She is studying Visual Art (视觉艺术) in university. I've seen her works (作品), they are mind blowing. She's so talented and original in art. It's like she knows exactly how to use art as a tool to express her inner emotions and thoughts. I really enjoy talking to her about art, music and life in general. Her way of seeing the world is always so different from mine, which is definitely an interesting thing for me. During COVID, when we were all under the lockdown, she created several paintings to document this whole process. You see how artistic she is? People complain and complain, she just paints and paints.

We've never worked together before, this is just something I'd like to experience one day. One day, if we could work together, it would be the most fun experience. Since I'm studying Advertising, and she's studying

Visual Art, our fields definitely could cross paths (道路相遇) somewhere. I can definitely pick her brain (从他人那里获取信息、想法、灵感) and get some inspiration.

And you might assume that working with her might be a painful experience as many artists are very irresponsible and untrustworthy, but not with my cousin. She is like the perfect combo (完美的套餐), creative and reliable, talented but not cheeky (得意洋洋, 有点目中无人的感觉), she can definitely think out of the box, but she doesn't daydream (做白日梦), definitely someone you can count on.

On top of that, she's a problem solver! Not like some artists who only know how to create art but very clumsy in other things in life, my cousin is a fixer. She's a creative engineer, always can see the root of the problem.

Now, I guess, after my description, everybody wants to work with my cousin! Haha! She's the best!

Part3:

1. What kinds of family businesses are common in China?

The most common ones are related to food, I think. Food is a big thing/a big deal in China, and also, it doesn't require a lot of high-end technologies (高端科技). When I look around, I see many family-owned restaurants around me. Hot pot restaurants, breakfast places, noodle restaurants, there're so many family-owned restaurants in China. (举例子)

2. Is it good to work with family members? Why?

Yes and no. Yes, it always feels very safe and comfortable to work with your family. You know that you can trust your coworkers, they always think for your own good. No, when family members are involved, sometimes you might end up losing boundaries. You might feel not treated with full respect, and also, you don't know exactly what your role

is. When the line between business and family becomes blurry, that can cause conflicts and counter-productivity (低产) . And imagine, if you were the boss, you wouldn't be able to fire your family member that easily if you are not happy with them, and that's just really annoying. (分头讨论)

3. Why do people want to do family business?

I don't know, to be honest. Maybe they think it's nice to work with family. The working environment will always be loving, caring and relaxing. And also, they can trust their family members. That's another big perk of working with family members. And on top of that, the profit they make will go to the whole family. Many people like the idea of keeping the money within the family. (罗列原因)

4. What benefits are there when working for big companies?

(以下不用都说, 挑一些内容来说)

-**Stability:** It's more stable to work for a big company. Big corporations don't lay off people easily. Assume you are a competent employee; you don't need to worry about getting fired. Large companies are more likely to survive the bad economy. Small companies and start-ups (创业公司) can easily go under (破产), therefore not being able to provide stability to their people.

- **Personal growth:** large companies usually have better training systems to help you grow better as an employee. And plus, you get to work with a lot of smart people, you will learn so much and have the opportunity to advance yourself.

- **Resources:** Massive corporations usually don't have budget limitations, so they don't have problems providing employees with the resources they need.

-**Perks (the extras) (福利) :** Big companies have on-site gyms (单位健身房), child care, cafeterias, free beverages and snacks, free trainings, things that add to the comfort and enjoyment of the workplace.

-**Slower-paced (节奏更慢) :** This could be a good thing or a bad thing, depends on what you want. I personally like the fact that compared with

small businesses, big companies do not move at such a crazy pace. You don't feel that stressed out at work, and you will have some time to learn new things and summarize your work, reflect on what you have done.

Describe a popular/well-known person in your country (你们国家受欢迎的名人)

You should say:

Who this person is

What he/she has done

Why he/she is popular

And explain how you feel about this person

这道题可以用社交媒体名人来串联，可以进行一些修改

Today I want to share with you a popular online celebrity (网络明星) in my country, XXX. She's super famous in China now, on her social media account, she has all together (加起来) probably 30 million followers (关注者, 粉丝), Maybe even more? Anyway, I feel that (我感觉, 我有这样的印象) almost everybody knows her, especially among young people.

In terms of what she had done, well, that's a good question. As you know, social media celebrities (自媒体明星) are different from those traditional famous people. Conventionally (惯例来说), you need to be talented in a certain field, so that you earn your popularity (挣得你的欢迎度), your fame and your reputation (你的名誉). Say (比如), you're a great actor, an incredible singer, a fantastic writer, things like that. You need to do things (做实事). But things are a little different for those so called "influencers" (网红). Many of them don't have a specific talent, they're famous just because they create interesting videos or photos online. So, for XXXX, she does the same thing. You can call her an "online content creator" (网上内容制作者). Sounds fancy and ambiguous (听起来高大上又有点模糊), but it

just means she posts videos and photos of her life and herself online. So, if you ask me, what has she done, my answer is, nothing much, hahah.

But I like her, and I guess that's why she is popular. She's a very likeable/adorable (讨喜的) person. I started following her because she posted something about English learning. And later, every now and then, I see her posting on social media. And gradually I like her more and more. XXX is more of a life style influencer (生活方式网红). She is extremely positive in life. I see her posting photos of her decorating the house, vlogs of how she works out at the gym, and tutorials (教程) of how to DIY little fashion accessories (手工制作小时尚配件), things like that.

And that's why I keep following her. I started following her because I wanted to learn English, and I keep following her because who she is, and how she lives her life. I like her personality and her attitudes towards life (对待生活的方式). Sometimes when she shares with her followers about her thoughts and ideas in life, I feel like we are friends, and we are having a very nice conversation. The way she sees things is very inspiring for me (她看问题的方式对我很有启发性). She knows what she wants, and what she doesn't want. She is really clear about her mind. And that self-collected side of her (她那特别有自持力、有想法的一面) is what attracts me the most.

So, yeh, that's the famous person I'd like to share with you. Thank you!

Part3:

1. What kinds of people are popular at work?

Well, first, people who are a great problem solver (问题解决者) are well-respected and loved at work. They can always find a solution in every problem. They are always the go-to person (首选人选) in the workplace. People love how creative they are, and how they can always think out of the box (发散思维). Having someone like this in the team is a blessing (一种幸运, 一种祝福). And then, every team needs a person who can see the bigger picture (眼光长远, 格局更大). Visionary (有视野的) people are always the ones who can lead the team, and think in decades rather than

weeks and months (能想到几年后, 而不是几周几个月后) . They provide team members with a sense of direction (方向感) . Because of them, people feel that there's something bigger behind everything. That makes people feel calm and confident. What's more, people always appreciate a "doer" rather than a "talker" (做实事的人而不是光说不做的人) . People who are trustworthy and keep their word (遵守承诺) , people who can get things done on time (按时完成事情) are more respected. Sometimes you hear people promise the whole world (许诺全世界) but nothing is done later. Finally, people who have a fun personality (性格有趣的) are usually well-liked at work. Nobody wants to work with a stressful and serious coworker. Working with this kind of people is always a pleasant experience. (罗列)

2.Are bosses more popular than employees at work?

-Uhhh, it depends on the individual, right? I mean, some bosses are friendly and humble (谦卑) , they listen to their people, and some bosses are self-centred (以自我为中心的) and disrespectful to people, basically, jerk (混蛋) . Those good bosses are usually very popular at work, I don't know if they are MORE popular than their employees, but definitely very loved and appreciated at work. (分群体)

- It seems to me that (印象中我感觉) bosses are always so popular at work, much more than their employees. For example, when they show up at work, people can't wait to say hi (迫不及待要打招呼) to them. Everybody is smiling from ear to ear (笑到耳朵根) . But is this the truth? I doubt it.

There's a lot of power relation (权力关系) involved. People naturally want to please the boss, and that's why they show a lot of friendliness. And also, there's peer pressure (集体压力) . If everybody is being super nice and friendly to the boss, you feel like you have to do the same thing. (主流观点现象, 自己观点)

3.Which one is more important, keeping a good relationship with colleagues or doing well at work?

I would say, both. If you want to be truly respected, you need to perform well at work. Respect doesn't come from nowhere (不是空穴来风), you earn it (是你挣来的). And at the same time, having a good relationship with colleagues is also very important. We are all social animals (社会动物), and our working environment is like a small society. There're usually team works which require people to work together happily and effectively. Getting along with one another (相处愉快) makes communication easier, and avoids misunderstandings. Imagine (试想), a person is very talented and competent (有能力的) in the workplace, BUT he/she is a terrible communicator (糟糕的沟通者). Others wouldn't care how well he/she performs, they just don't want to work with this person. (原因, 反向假设)

4.What benefits are there when a child is popular at school?

Normally we see that popular kids at school are very confident, that's the first benefit. Having the feeling of being valuable (有价值), worthy (值得被爱), adorable (可爱) makes those kids very confident and secure (有安全感) about themselves. And then, popular kids, of course, have a lot of friends. They always have someone to talk to (有人可以聊几句) so they don't feel lonely easily. And probably, they don't get stressed out (紧张, 压力大) that much, as the world is a perfect place for them. (罗列)

经历题、事件题:

Describe a time when someone asked for your opinion (别人向你征求想法)

You should say:

Who asked for your opinion

Why she/he wants to know your opinion

What opinion you gave

And explain how you felt about it

可以是建议朋友健身、减肥；可以是建议别人学习某个技能；可以是工作上、感情上、家庭关系上的宏观想法（这季度有趣的讨论里的内容也可以用）；也可以是旅行、做饭、兴趣爱好上的具体小意见。

知识点：

语法上 advice 是不可数，所以不能说 advices 或者 an advice

正确说法：a piece of advice; some advice; your advice/my advice/ his/her...; the advice; a lot of advice

advice 动词近义词：

- recommend (recommend sb. to do sth.)
- urge: 强烈建议 “I strongly urge you to stay at home during the pandemic.”
- suggest: 建议 (suggest sb./ give sb. suggestions)
- give sb. a steer: 给某人提供信息/建议
- give (one's) two cent 给别人自己的小想法（谦卑的说法）

Here's my two cents. Take it or leave it.这是我的几点小想法，听不听随你。

- counsel 和 consult 的区别：

counsel /'kounsəl/

①有“建议”的意思 “My advisor counselled me to do nothing.”

A counsels B (to do sth.) , A 是给建议的人

②也有“提供专业的心理学、法律学方便的意见和建议”的意思：“She has been counselling people with eating disorders for years.”

③也有名词词性，表示“法律顾问”或者“忠告”

consult /kən'səlt/

①寻求专业的观点、意见、建议或者准许（往往是法律、金融、生意或者医学上）

“Consult your doctor before taking the medicine.”

A consults B, B 是给建议的人

② 商议

counsel 主要关注点在于寻求建议，获得情绪上心理上的释放和平静

consult 主要关注点是获取信息和专业观点，往往是通过雇佣关系来寻求专业的顾问建议。所以 **consultant** 是顾问的意思。

So, I'm generally not a person who loves giving my opinions or advice to people in life. But recently my best friend Jing came to me and asked for my opinion after a bad break-up（很糟糕的分手）. I gave her some suggestions and helped her move on.

Jing recently just got out of a long-term relationship, and she had been devastated（痛苦万分） since then. She had basically given up on herself（放弃自己）. She hadn't got out of her room for a month.

Last month, I visited her, and I was shocked to see how bad she was doing（她的状态有多糟糕）. She looked miserable. She asked for my opinion about the relationship she had, her ex-boyfriend, the break-up, and what she should do in the future.

I honestly told her that, I had never thought that relationship could have gone anywhere because I had seen how her ex-boyfriend treated her. He had always been very disrespectful to her. And She had lost herself in that

toxic relationship (有毒的恋爱) long time ago. I thought that the break-up was for the best for both of them (分手对两个人都好) .

Then, I strongly urged her to get out of her room, and pull herself together again (振作起来) . And I told her: “You need to love yourself before someone can love you. If you give up on yourself, nobody will love you.” I recommended her to sign up (注册) at the gym to start working out again. I’m a strong believer that working out can boost people’s confidence and lift their mood.

Jing took my suggestion, and joined in my gym. Now, we are going to the gym together, almost every day. And I can already see the big changes in her. She looks much happier. And I feel very proud of her.

So, yeh, that was the time when I gave my honest opinion to my best friend. Thank you!

Part3:

1. Why do people dislike giving their opinions?

Well, some people dislike giving their opinions because they don’t feel very confident with those opinions, or they don’t want to offend others by accident (意外冒犯到别人) . For example, when you talk about religions or political views (政治立场) , you need to be extra mindful, as you don’t know if the things you say will hurt others’ feelings or not. That’s why many people avoid talking about things like, religions, races, politics nowadays. And when it comes to giving opinions about other people, many people (including myself) don’t like to express those opinions because it’s none of their business. (分群体分情况)

2. Are there any apps designed for collecting opinions about products or services?

I don’t know if there are apps designed specifically for collecting products’ reviews and service’s feedback, but I’ve seen those customer service sections (客服一栏) in almost every app. Normally you need to go to “settings” in an app, and find “help and customer service”, and there

you can send a message and give your honest opinion and feedback about a product or a service.

3. Why do people like to express their opinions on the internet nowadays?

Because people can leave a comment online completely anonymously (匿名地), meaning, nobody will know who they are. That's why people feel more confident, comfortable and more invited to express their opinions, good or bad, nice or rude, as there're no consequences (没有需要承担的后果) of doing so. That's why nowadays there're so many trolls (喷子) roaming around on the internet, seeking chances (寻找机会) to attack people. Sometimes, they're not even saying their most honest opinions, their real goal is to upset and hurt people. So yeh, the internet is a safe place for people to communicate. This is a good thing, but at the same time, so many people get trolled (被喷) online. It's always a double-edged sword (双刃剑). (原因, 举例子)

4. What are the disadvantages of sharing opinions on the internet?

Well, like I just said, when you share your thoughts on the internet, you never know if your opinion will offend, annoy or upset anybody. That could cause arguments, conflicts and hatred (痛恨). You might experience some really negative energy, and that's the downside of doing something like that. People might misunderstand you, over-read your words, or even start a fight with you. Nobody likes conflicts, nobody likes negative feelings, right? And then, privacy is also another problem. If you think about it, your opinion is also private. And nowadays many influencers (网红) are sharing their thoughts in videos, showing their faces at the same time. The moment they post those videos, they have lost a little part of their privacy. That could potentially become a problem. (罗列)

Describe a time when you stuck in a traffic jam (交通堵塞)

You should say:

When it happened

Where you were stuck

What you did while waiting

And explain how you felt in the traffic jam

这道题可以参考 Part1 boring things 里面的很多表达！

- **stuck in traffic** 卡在交通堵塞里，**traffic** 在这里就代表堵塞
- **traffic jam** 交通堵塞

There's a huge traffic jam.

- **road congestion** 道路堵塞
- **congested** 堵塞的

The main roads are so congested during the rush hour.

- **busy** 忙，在这里表示堵塞

The road is so busy today!

- **jammed** 同上

Traffic is jammed up for miles and miles.

- **gridlock** 极度堵塞到瘫痪的情形 n./v.

A car breaking down at rush hour could cause gridlock across half the city. 一辆车半路抛锚可以导致半个城市瘫痪。

Chicago is one of the most gridlocked cities in America.

- **in/during the rush hour** 高峰小时
- **in/during peak hours** 同上（但是往往复数形式）
- **bumper to bumper** 车碰车（车多到挨着）**bumper** 代表车头车尾保险杠

The traffic is bumper to bumper.

I hate driving in bumper-to-bumper traffic.

感到无聊的表达：

- **I'm bored. / I feel bored. / I get bored.**

注意，bored 是被动状态，当你感到无聊的时候要用 bored

boring 是使人感到无聊的、枯燥无趣的 This is so boring!

I'm bored. 我感到很无聊； I'm boring. 我是无趣之人。

- **I'm bored to death (无聊到死) / bored to tears (无聊到哭) / bored stiff (无聊到僵硬) / bored silly (无聊到傻掉) / bored to distraction. (无聊到分心)**
- **I'm dying of boredom. (死于无聊)**
- **I almost fell asleep. 差点睡着**
- **There's nothing much I can do about it. 啥也做不了**

Last month, I got stuck in traffic, and it was such a tedious experience.

I think it was because there was a car breaking down on the main road during the rush hour, and that caused the whole traffic. At the beginning the traffic was slower, then it became bumper to bumper, at the end, we couldn't move at all. Half of the city was gridlocked (堵死了) !

I was stuck 5 KM away from home, which wasn't a lot, but it took me 1 hour to get home.

In order to while away my time, I did several things. Well, it's not like I could do a lot of things, I mean, I was trapped in the traffic. So, there was nothing much I could do about it. First, I turned on the car radio, and listened to some comedy. Meanwhile, I took some time scrolling on the phone, going through some online news, reading some online articles, and watching some videos. That was about 30 mins. And after that, the road was still very congested. So, I decided to call a friend. She is a good friend of mine, and we hadn't talked on the phone for a while. Therefore, I called her, and we

caught up with each other on the phone for about 20 mins. And then, the traffic went back to normal.

Finally, in terms of how I felt about it, well, I was feeling bored to death in the first 30 mins. I almost fell asleep. And I hated being stuck in a small space. My neck, my back and my arms were so sore (酸痛). But later I felt happy that I called my friend. I wouldn't have called her if there hadn't been this traffic. And because of this experience, I decided that in the future, I would call old friends each time when I get stuck in traffic.

假设情况与过去事实相反, if 从句谓语用 **had done**, 主句谓语用 **would/ should/ could/ might have done**.

Part3:

1. How can we solve the traffic jam problem?

First, I don't think we can ever completely solve the traffic problem, as there're no traffic-free cities in this world (我觉得交通问题是不可能彻底解决的, 这个世界没有无交通问题的城市). What we can do as citizens are, A, use public transport as much as possible, and B, do carpooling (汽车分享) more often, in order to decrease the number of cars on the road. From the government's perspective, they can improve the infrastructure of the city by building wider roads, and more lanes (更多车道). They can build more roundabouts (环状交叉路口). At the same time, they should also find ways to discourage people to drive cars in the city. For example, charging drivers during the rush hour (高峰小时收费), increasing parking fees (停车费) in the city, things like that. (特殊分群体讨论)

2. Do you think developing public transport can solve traffic jam problems?

Oh yeh, for sure, 100%. That's what everybody is talking about, using public transport can improve the situation a lot. I'm totally on the same page. I went to London and New York City where most people would take the subway or the bus to get around (转悠) the city. Traffic isn't a big issue there. People have already accepted the fact that it's almost impossible to drive in the city, as parking fee is crazily high and there aren't enough

parking spots (停车车位) . At the same time, public transport is very accessible in these big cities. That's why people are more willing to hop on the subway train (跳上地铁) to go here and there. Therefore, developing public transport is key (是核心) . (主流观点, 自己观点, 举例子)

3. Do you think the high ways will help reduce traffic jam?

I don't think so. Maybe a little, but they're not magical. I mean, I'm not an expert on city traffic or road development at all. The reason why I said no was that I've seen high ways jammed up during peak hours. It's impressive to look at. So, if I can see that happen, that means high ways are not that helpful. (原因)

4. What are good ways to manage traffic?

Nowadays, I know that there's more technology involved in traffic management. For example, many traffic signals (信号灯) are much more intelligent, as they are working based on real-time data (实时数据) . And also, technology like real-time traffic monitoring can tell us where the bus, taxi, or subway are located, and also, things like available parking spaces, real-time traffic reporting (实时交通报告) . This kind of useful information can help drivers save so much time and avoid getting into traffic. (举例子)

Describe a difficult decision that you made and had a good result (困难决定终成功)

You should say:

What the decision was

When you made that decision

Why it was difficult to make

And explain how you felt about the good result

可以利用本季度“积极的改变”改编, 艰难决定改掉花钱习惯, 最后存了一大笔钱。

也可以说 lose weight, run a marathon, do a school project, cook for the first time, climb a mountain, move to a new country...

知识点:

1. 一些和艰难做决定相关的表达:

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

I'm torn between A and B.

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

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

- rush into sth. 快速做决定

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

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

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

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

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

- up in the air 悬而未决

My promotion is still up in the air.

- turn to sb. 向某人寻求意见与建议

- do the right thing 做出了正确的决定
- make the right/good call
- on the same page 达成一致，达成共识
- a done deal 已经决定，不再反悔

2. 一些和困难以及相关的表达：

- the last straw 最后一根稻草
- above water 凑合（平均线以上）

We're not rich, but we're keeping our heads above water.

- cut corners 抄近路，找捷径，节省预算

You can't cut corners if you want to be a top student

- scaling a mountain/climbing a mountain 登山
- once in a lifetime opportunity 一生只有一次的机会
- jump at the chance/opportunity 立刻拥抱机会
- be the making of you 造就了今天的你

It is how you face the challenge that can be the making of you.

- hit rock bottom 掉入谷底、人生最失意的时候
- go south/head south 情况变差、急转直下

The stock market went south all of a sudden.

- in a jam/in hot water 困境中
- start with a clean slate=start again with a fresh beginning 重新再来
- back to square one 同上，重新再来，回到原地
- reach a dead end 走到死胡同

We've reached a dead end with this project. I think it's best to wait until next week and start with a clean slate.

- come a long way 取得很多进步

The IT industry has come a long way in the last 20 years.

- live up to one's expectations 正如所期一样成功
- Where there's a will, there's a way. 有志者事竟成
- Blood, sweat and tears 汗水心血努力

It took my blood, sweat and tears to finish this project.

- 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
- 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 pull an all-nighter.

- 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！

素材一（减肥）：

So, I want to talk about the time when I decided to slim down/shed weight/lose weight and get back in shape. It was indeed a difficult decision to make, but I'm happy that I made it happen.

I was not happy with my body, a few years ago. I was a little depressed. And when my ex-boyfriend broke up with me, it was like the last straw. I hit rock bottom in my life. I started binge eating junk food, and I stopped working out. I put on 20 pounds in two months. I really wanted to get back on track (回到正轨), but it was very difficult to get rid of those bad habits.

It wasn't easy at all. I tried to go on a diet, but it didn't work out. I mean, I did lose some weight/shed a few pounds (甩了一点点重量) in the beginning, but once I stopped the diet, my weight just bounced back (反弹). And I had to go back to square one.

Then, I realized that there was no cutting corners when it came to losing weight. I had to sweat and fight for it. So, I tried harder by going to the gym almost every day. I gave 100%, my blood, sweat and tears. I really went at it. I felt like a soldier, a warrior at the gym every day (每天我在健身房感觉都像是战士、勇士). It was very hard to get rid of the habit of being a couch potato, and meanwhile, say no to all the evil temptations, like chips, fried chicken, chocolate and coke.

Gradually, I started to see the good results. I'm in much better shape now. I feel confident about myself, and my mood is always good now. When there's a will, there's a way. I feel that I can achieve anything as long as I set/put my mind to it (只要想到就能做到). SO I'm very happy with my decision. Thank you!

素材二 (提分手):

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

We had been together for about three years, and during that period of time, I was in two minds all the time. On one hand, he was funny and charming. He could really make me laugh. I loved his sense of humour and his charisma. On the other hand, he was a control freak. He always wanted me to listen to him, and say yes to him. He really put a lot of pressure on me. I mean, I'm an independent woman with an independent mind, so I couldn't just blindly follow his commands (跟随他的指令), like a slave. He was very bossy (霸道的) and macho (大男子主义的).

I was torn between leaving him and being with him. I didn't want to rush into the decision, so I waited long enough, because I wanted to give it a chance. After being together for three years, I was very unhappy, so I

finally made up my mind to leave him. I told him about my decision. It wasn't easy for me. I was crying and having a meltdown when I saw him for the last time. And he refused to take it. We were not on the same page at all.

After the breakup, in the beginning, he was still trying to influence my decision by constantly calling me and trying to see me. But I was very tough and strong-minded. It was a done deal. I didn't give him any chances to talk to me. And eventually, after 6 months, he gave up.

I'm now feeling so much better without him. Everything is water under the bridge (事情都过去了). Even though I still miss him sometimes, I know it will all be over one day. Time will heal everything. It was a tough decision to make, but it was the right thing to do.

So yeh, that was the decision, thank you!

素材三 (出国上学) :

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

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

也可以说, I was having "FOMO" (the fear of missing out) 最近几年的时髦用语, 表示年轻人很害怕自己没玩儿够, 没经历够多的事情。

I'd had the idea of studying abroad since long time ago, but I was scared. I was scared of living in another country just by myself, and also, I wasn't confident with my English. I was weighing up all the positives and negatives of living abroad.

And then, COVID started, and it made everything even more complicated. I was in two minds, very indecisive (犹豫不决). I still wanted to go, but I was afraid of leaving China. I was sitting on the fence for months until I talked to my cousin. She changed my mind.

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

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

Part3:

1. What kinds of decisions do young people have to make?

Young people make all kinds of decisions in life, big ones and small ones. Bigger ones like choosing a university, making study plans, finding a job, getting married; smaller decisions like friendships and social life, boyfriends or girlfriends, what to eat, when to sleep, where to go. So, yeh, they're facing a lot of challenges when it comes to making decisions. (分类讨论)

2. Do you think young people are easily influenced by others while they make decisions? Why or why not?

The way I see it, young people are at an age when they don't have a lot of life experience yet, so they tend to listen to people around them, especially people who are more experienced. However, there're still some young people who are very strong-minded (有想法的、主心骨的) and decisive (果断的). They know what they want, and they don't easily get influenced by people. (主流情况, 特殊情况)

3. Do you think some people can make decisions without asking for advice from others?

Some can, not everybody. Some people are very confident with their decisions. They have good control over their lives (有很好的对人生的控制), and they think that they don't need to rely on anybody's help. And, some other people are too proud to turn to others (太骄傲, 不好意思问). They

think too highly of themselves (自视甚高), thereby feeling embarrassed to ask for advice. (分群体)

4. Do you think it's necessary for kids to make as many decisions by themselves as they can?

I think so. I think parents should encourage their kids to make decisions by themselves **at an early age**. Starting by giving them several options to choose from (一开始给他们一些选择). That's an easier way to make a decision. For example, "Do you want to go to the park today or tomorrow?" If the kid chooses "today", then he/she has made the decision of going to the park today. And later when they are older, parents can let their kids make decisions themselves, but they should remember giving them full information to **take into consideration** before the decision-making (在做决定之前, 家长要给出足够信息让孩子去考虑). Like, what are the consequences of each decision, pros and cons, things like that. **One thing I have to add here is that**, I don't think letting kids make decisions means ignoring them, not paying attention to them, letting them choose freely without any guidance (让他们做决定不意味着忽视, 冷漠, 任由他们自己做决定而没有任何引导). Parents should always provide information and guidance. That's very essential. (罗列, 举例子, 反向思考)

Describe a time when you used your cellphone/smart phone to do something important (用手机做重要的事情)

You should say:

What happened

When it happened

How important the cellphone was

And explain how you felt about the experience

手机可以做重要的事情有:

pay things through mobile payment app (手机支付 app) ; get directions somewhere using navigation app; join a Zoom meeting on the phone; get a recipe (找到一个菜谱) on the phone while cooking; search for very important information on the phone when the computer isn't working...

知识点:

- dumb phone 只能用来打电话和收发短信的原始手机
- flip phone 翻盖手机
- smartphone 智能手机
- swipe left and right 向左向右滑
- scroll on the phone 刷手机
- charge the phone/ battery 充电
- My phone is charging.
- charger 充电器
- My phone is out of battery. / My phone is dead. 完全没电
- My phone is running out of battery. 还有一点电, 快没电了
- My phone is running slow. 我的手机很慢
- My phone is not working. 我的手机不工作了
- feature 特性

I love the new features on iPhone 12.

- I can live without my phone.
- I have "nomophobia". Nomophobia=no mobile phobia 无手机恐惧症
- I love the feeling of reaching into my pocket and find my phone there. 我喜欢那种把手伸进口袋、发现我的手机在里面的时候的感觉
- My phone is like my digital security blanket (安抚毯) .
我的手机就像是我电子版的心理安抚毯。
- I feel nervous, stressed out, incomplete and cut off without my phone. 我在没有手机的时候会感到紧张、鸭梨山大、不完整和被切断。
- I compulsively check for updates, messages and battery life.

我强迫症一般地查看更新消息、别人发来的短信和剩余电量。

battery life 指的是剩余电量，什么时候需要充电，不是电池寿命的意思

battery lifespan 才是电池寿命，表示还有多久该更换电池了

App 的主要种类：

① **gaming apps** 游戏类

② **educational apps** 教育类

The modern society is more cautious about self-education, which brings in the role of educational apps. Even some educational apps are useful for teachers and support their teaching process.

③ **shopping apps** 购物类 (Taobao, Jingdong, eBay)

④ **fitness/workout apps** 健身类

From fitness, shopping, workout, to weight loss, virtual trial room, and more, applications falling under this category are meant to enhance the personal lifestyle experience for users. These apps are related to offer users ideal solutions related to their working tasks, fun, or other lifestyle problems.

⑤ **video sharing apps** 视频类 (YouTube, TikTok, Facebook Watch)

⑥ **social media apps** 社交媒体类 (Facebook, Twitter, Instagram)

(以上④-⑥类，也可以统称为 **entertainment apps**)

⑦ **travel apps** 旅行类

⑧ **utility apps** 生活日杂类 (滴滴打车、美团、水电煤房租支付)

These apps are mostly used by us on a daily basis. From booking a cab, to hiring a home repair service, to undertaking healthcare, utility apps are ideal to display the shortest user sessions times. Users love these apps as it helps them to get things done early and easily.

⑨ **navigation apps** (或者就叫 **map apps**) 导航类、地图类

⑩ communication apps 沟通软件 (messaging apps)

So, I want to share with you the time when I managed to cook a difficult dish (做一道复杂的菜) by getting the recipe online on my phone.

It was on my dad's birthday, about 6 months ago. My mom and I wanted to surprise him by making some delicious homemade food (家常菜). We split the job (我们分了工作), my mom took care of two dishes, and I took care of one. I was very ambitious, as I really wanted to impress (惊艳) my parents. I knew my dad liked chicken and also spicy flavour (辣味). So I decided to cook a Sichuanese cuisine (四川美食), called Laziji 辣子鸡, "diced chicken with spicy chillies".

I asked my mom how to prepare for the dish, she didn't really remember the recipe in detail by heart (靠记忆), and we didn't have a cook book (烹饪书) at home. Therefore, I turned to my phone for help. I downloaded an online recipe app (菜谱 app), and without any effort, I found the recipe for that dish on the app. The recipe was so easy to understand and follow (特别好理解以及跟着操作), and there were even loads of picture to show me how the dish looked like in each step (告诉我每一步过程中菜长什么样). The whole cooking process was like a walk in the park (俚语, 走在公园里一样, 表示轻松), easy peasy (小菜一碟)!

Eventually, at the birthday dinner, my food blew my parents away (把父母吹飞, 意思是被震撼了). They were so impressed by my cooking skill (被我的厨艺惊艳到了). My dad even said that I should become a chef one day! Who knows (谁知道呢), maybe he was just trying to please me. I was very flattered (受宠若惊) for sure.

Finally, regarding how I felt about the experience, well, thank god (谢天谢地, 幸亏) I found the recipe on my phone, it made everything so easy. I never needed a cook book, just my phone and the internet connection (网络连接), I could get any information I needed at my fingertips (指尖). And, it was completely FREE. I felt grateful to be able to live in a time like this where information is so easy to access and so effortless to get. So yeh, that was the story, thank you.

Part3:

1. What do you usually do with a cellphone?

I do a lot of things on my cellphone. I set the alarm on my phone every night before bed, and in the morning, the alarm will go off at 8 am to wake me up. I listen to podcast (听播客) while commuting to work/school every day. It's my chicken soup for the soul moment (我的心灵鸡汤时刻), very important for me. I use my phone to contact people, my supervisor (上司), coworkers (同僚) and clients (客户) / professors and classmates. When I have some time to spare (有额外时间) during the day, I always enjoy getting on my social media accounts, and taking a sneak peek at (偷窥) what my friends and family are doing. Social media is a big part of my life. I also use my cellphone to play music when I work out. Now come to think of it (现在想来), I almost do everything using my phone. (罗列)

2. What are the differences between young people and old people when using a cell phone?

Well, I can't speak for all the young and old. From what I see, young people are much more addicted to the phone. Young people use phones for life (用生命在看手机), including myself. We stare at our phones almost 24/7 (全天全周在盯着手机). Sometime I feel that we 're not paying attention to the real world anymore. Whereas old people use their phones more wisely, in my opinion. They also use the phone to read, talk to

people, find a recipe, get directions, but they're not that dependent on their phones. Maybe it's because mobile phones are something that came to their lives later (手机对老年人的生活来说是比较晚进场的东西)。(对比讨论)

3.Which one is more important, using a cell phone to make phone calls or to read messages?

They are equally important, the way I see it. Making phone calls is the major feature of all the phones. We use phones to contact people. And also at the same time, getting messages, receiving information, is also very essential. I don't know, I don't really understand this question, to be honest. 这题出的真的很无语

Maybe, for some young kids, they will say reading and sending text messages is so much more important than making a phone call, as nowadays they don't make phones calls anymore. For some reason, young kids today hate calling other people. They are very socially awkward (很社交尴尬症的) when they're on the phone.

4.Do you think there should be a law to stop people from making phone calls in public?

Many people hate it when people talking loud on the phone in public. I totally get it. Actually, it's one of my pet peeves (让我讨厌的事情) . Having said that, I don't think there should be a law to ban (禁止) this behavior. That's a bit of a stretch (这就有点夸张了吧) . What if there's an emergency? Someone needs to call for help, or the police? Who are we to say "you can't make phone calls in public?" (我们算老几?) . We can either kindly remind those people to lower their volume (要么礼貌提醒对方降低声音) , or just put on headphones ourselves (要么自己戴上耳机) . (主流观点, 自己观点)

Describe a time when you helped a child (帮助小孩的经历)

You should say:

When it was

How you helped him/her

Why you help him/her

And how you felt about it

可以说帮助孩子完成某件事，做饭、穿衣服、修东西、学英文、拼拼图、跳舞；也可以帮助孩子完成某个心愿；帮助孩子找到家长（走丢的话）

知识点：

寻求帮助的表达：

- **ask someone for help**
- **turn to** 有困难的时候求助

I always turn to my parents when I'm in trouble.

- **run to** 在这里指寻求帮助（尤其当你不应该找这个人寻求帮助的时候）

Are you a little too old to run to your mom? 你现在还出事儿就跑着找你妈，是不是太老了

- **beg** 祈求

Stop begging me for help.

- **look to someone for help** 望向某人寻求帮助

Kids always look to their parents for guidance.

- **reach out to** 在这里表示寻求帮助（但有时候在不同场景下，也表示给予帮助，我知道！很乱！很烦！）

We reached out to some experts and solved the problem.

- **recruit** 本身有招兵买马，雇人的意思；但也可以表示找人帮忙

The church has recruited volunteers to help.

- **call in a favour** 表示找人帮忙，找的人是你曾经帮过的人，相当于回报型帮忙

I really need a vacation. I'm going to call in some favours, and ask people to cover for me. 我真需要休假，我要找人替我带班，找过去我帮过忙的人

- **come running** “跑过来” 找人帮忙，很急切又讨人厌的样子

You made this decision yourself. Don't regret and come running to me later, I won't help you.

- **give someone a hand** 给人帮个忙（往往是简单搭把手的事情）

Could you give me a hand with those suitcases?

- **offer/give/lend a helping hand** 热心地提供帮助
- **feel grateful/thankful** 很感恩
- **couldn't thank someone enough** 谢不完的谢，非常感谢

A while ago, when I was visiting my cousin and his family, I helped my little nephew assemble his jigsaw puzzle. (可以把这道题和老题“童年的玩具”里的内容结合)

拼拼图的动词: **assemble, solve, put together**, 甚至 **do a jigsaw puzzle**

So, my little nephew was only 8 or 9 years old at that time, and he just got a new puzzle for his birthday. It was a big one, probably 200 pieces. So, obviously, it was a bit of a challenge for him.

My cousin and his wife were cooking in the kitchen, and they left me and my nephew in the living room. At the beginning, the little boy was trying to show off (显摆) by putting the puzzle together all by himself. But very soon, he realized that it was a “mission impossible” (不可能的任务). So, he turned to me. I refused at first because I wanted to watch some TV. But then, he begged me. I think he was very desperate (很急切，很绝望). I saw those puppy eyes (狗狗眼，可怜巴巴的)，I couldn't say no anymore, and I decided to give him a hand.

I told him to always start from finding the corner pieces (四角的块块) and the edge pieces (四条边线上的块块) on the 4 sides of the picture. That would make things much easier. So, I helped him find the four corner pieces first, and started from there, we found all the edge pieces. And gradually, with a little bit of my help, my little nephew put together all the pieces and formed a beautiful picture.

He couldn't thank me enough (非常感谢). He thought I was so smart. I was a genius in his eyes. I felt quite happy that I helped him when he ran to me. I enjoyed the feeling of helping my little nephew and also being the super hero for him.

So, yeh, that was the story.

Part3:

1. Do you often help kids? How?

-Uhhmm, not really, I mean, I don't have kids around me. I live in my school dorm, and sometimes when I visit my relatives, I might see some kids in the family, like my nephew, but in general, I don't see kids, let alone help them (总的来说见不到孩子, 更别帮助他们了)。(原因)

-Oh yeh, all the time. I see my little nephew and niece almost every weekend. I always help them with their homework, teach them how to do things, show them how to play games, things like that. I'm like a babysitter (临时看孩子的保姆). I've been babysitting (临时看孩子) them since I was 15. (原因, 细节)

-I'm a teacher, so helping kids is a part of my day-to-day job (每日工作的一部分). At school, I need to help my students with their homework, talk to them when they're in trouble or in a bad mood, help them feel better, sometimes I even help them tidy up. One time, I remember I helped a little girl do a ponytail (梳一个马尾)。(原因, 细节, 举例子)

2. Why is it necessary to do volunteer services?

Because people need people (人需要人) . And it works both ways (两头都有效) , it's beneficial for both the volunteers and the people helped (对志愿者和被帮助者都很好) . Volunteers can help a community develop and thrive (蓬勃发展) . They can take care of old citizens in the neighbourhood, they can help people who are physically challenged (残障人士) to enjoy a better life, they can clean up the environment, the range (范畴) of volunteering services is endless (无止境的) ; and for the volunteers themselves, volunteering work keeps them in regular contact with people, which in turn (作为回报) protects them from depression and anxiety. Just like I said, people need people.

3.What can schools do to develop students' awareness of volunteering?

Showing documentaries to students about volunteering services is the first thing schools can do. I mean, the first thing is to learn the idea, the concept of helping people. And then, schools can organize volunteering activities that enable students to experience and enjoy helping people, and giving back to the society (回报社会) .

4. Who benefit more from the volunteer services, the volunteers or the people helped?

见问题 2 答案

Describe an occasion that you lost something (丢东西的经历)

You should say:

What you lost

When and where you lost it

What you did to find it

And explain how you felt about it

知识点:

形容很丢三落四的人:

- forgetful 健忘的

My dad is such a forgetful person. He's always looking for his car keys.

- unmindful 不注意的; mindful 是注意的
- absent-minded 大脑不在场, 表示很心不在焉的

I'm sorry, I'm a little absent-minded today. What did you say?

- distracted 被分散注意力的

I'm always distracted, and that's why I keep losing things.

Why are you so distracted today? What has got into you? 你吃错药了?

- disorganized 没有组织条理性的, 乱七八糟的
- scatterbrain 名词·表示头脑乱七八糟的人

I'm such a scatterbrain. I always leave my bag behind.

- always loses things 总是丢东西: She always loses her things.
- forget things easily 总是忘东西

I'm the kind of person who forgets things easily.

- messy 乱糟糟的

I'm such a messy person.

My life is a mess.

开头可以总结一下自己, 引出故事, 顺便展示一下词汇量。可以强调自己健忘或者不怎么健忘。

Normally I'm not a scatterbrain. I don't lose things easily. I'm always double checking my stuff before I leave a place, super mindful. That's why

I remember this experience so well, that was one of the only few times that I lost my stuff.

或者

Oh my (感叹语, 艾玛呀), I don't know where to start (我都不知道从何讲起) as I have so many stories in my mind. Unfortunately, I'm a very distracted person in general. My friends all call me a scatterbrain (管我叫大马虎). I'm the kind of person who will look for their keys when the keys are in their hand (我是那种手里拿着钥匙还在找钥匙的人)! That's how absent-minded I am. My life is a mess. I'm always looking for my things. Recently, I lost something again!

It was my dear iPad (我最亲爱的 iPad). Last month, I took the train to another city to visit a friend. And in order to kill the time(为了更好地消磨时光) on my way, I brought my iPad with me. At the beginning, I was watching a movie. And then, later, I started playing some games on my iPad, I believe it was Candy Crush (消消乐), the most classic game, yes...and then, I started to feel very sleepy. It was a long trip, and that's why I decided to take a nap.

I felt lazy (犯懒) to put the iPad back into my suitcase, as I knew later I would use it again after the nap. So I put the iPad in the pocket in front of me. You know, there's always a thin pocket in the seatback in front of you (你前面座位的后方的薄薄的口袋)? So, yeh, I put it there. The pocket was not big, so I could still see the tip of my tablet (平板电脑的上方一角). I thought that would remind me that there was my tablet in the pocket. But NOOOOO, I completely forgot my iPad after the nap. Like it was never there. I just removed the memory out of my brain.

After I got off the train, several hours passed by, and suddenly I jumped out of my skin. "Where is my iPad?!" And that was when I remembered it was still on the train!!!! I called the lost and found office (失物招领办公室)

at the train station, told them about my tragedy (悲剧) . The customer service representative (客服代表) comforted me (安抚了我) , and helped me call the head of the train (火车的车长) / the conductor of the train (一个意思, 车长) , anyway, he said he would search it for me.

Several days later, I got a phone call from him and was told that he found the iPad! I felt so lucky and grateful to get my baby back. And at the same time, I felt very guilty for being so unmindful. I hate troubling people (我讨厌麻烦别人) .

So, yeh, that was the story.

Part3:

1. What kind of things do people usually lose?

Normally people lose things that they use all the time, on a daily basis, and also it's normally something small (个头小的东西) . Like, their keys, phones, tablets, water bottles, wallets. You know, things that they carry around in their hands all the time, but are not easy to find when left behind (被丢下) , because they're small. (原因, 列举)

2. What do people often do when losing things?

Some will get crazy, and go back to places to find it. They still have high hopes for getting it back; some will just give up, learn the lesson, and try to be more careful next time; some will go to the police station to ask for help from them if it's something very expensive. (分群体)

3. Is it an effective way to use rewards to find lost things?

-It depends how big the reward is. If the reward is tempting enough (足够诱人) , that might encourage more people to join in and help find the lost item. If the reward is not big enough, people might just ignore it. So, sometimes it could work, but not always. And also, it depends on what the thing is. Sometime you don't need to use rewards at all if it's something special and meaningful. For example, I remember a couple years ago, I saw it in the news that a young girl lost a teddy bear

somewhere, and the teddy bear was the last gift from her late mom (已故的母亲) . And when she asked for help on the internet, the whole city was on the mission of finding that teddy bear for the girl. Eventually, the teddy bear was found and returned to her. So, rewards are good strategies but aren't always needed (奖励是很好的策略但是不是总是有必要的) . (分情况, 补充, 举例子)

4. What kinds of people may lose things often?

Kids lose things pretty often. They are less experienced and responsible in life, and that's why they're more distracted and unmindful about their things; and some adults are also very forgetful. Some of them are born this way (生来如此) , and some of them just couldn't be bothered to use their brain power on remembering small things (有些人就是懒得运用脑力在记忆事情上) ; and what else, old people tend to be a little bit more absent-minded. It is because they're ageing, and they're losing abilities and skills, including their memory. (分群体)

Describe a positive change that you made in your life (做过的积极改变)

You should say:

What the change was

When it happened

How it happened

Who helped you

And explain why it was a positive change

可以参考上个素材里提到的丢三落四的性格, 然后现在改过来了。I used to be absent-minded, and lost things easily. And now I'm really working on it. I double check everything. I made a change. 可以进行简单的“串题”。

知识点:

积极的改变可以分为以下几个方面：

1. 改掉一些坏习惯 Getting rid of bad habits

When you are addicted to a bad habit, getting rid of it is definitely a positive change.

3) Quit smoking 戒烟

- I was an avid smoker when I was in my 20s. 我在 20 来岁的时候曾经是一个老烟枪（抽很多烟的人）
- nicotine 尼古丁
- nicotine patch 那种戒烟的时候可以贴在手臂上的小贴纸（我也不知道什么原理）
- nicotine gum 同理，戒烟的时候可以嚼的口香糖

I was chewing the nicotine gum and using the nicotine patch every day.

- lung cancer 肺癌 I definitely don't want to get lung cancer one day.

4) Stick to a healthy life routine 坚持一个良好的生活作息

- Stick to sth 坚持某事 stick to the plan; stick to the routine
- I used to be a night person/night owl(夜猫子) .
- stay up 熬夜晚睡; pull an all-nighter 通宵熬夜

I was never an early bird/ morning person (喜欢早起的人) . I stayed up late every night. But one day I decided to change my lifestyle and form a healthier routine. And now, I go to bed early and wake up every morning at 7am, work out 3 times a week.

- “Consistency is key!” 这是你可以说的一句话“坚持很重要！”
- Ever since (自打.....以来) I started my new routine, I've seen a bunch of (不少) changes in me. I feel more energetic, I feel less tired, my mind is not drowsy (昏昏沉沉的) anymore in the morning, I have better

concentration (注意力更好), I have a better memory (记忆力好), my mood is always good...I'm in great shape (状态体能颇好). I used to be so out of shape (状态差).

2. 学会存钱, 建立储蓄账号 Learning to save money and establish a savings account (储蓄账号, savings 存款, 复数)

- a big spender/ a spendthrift 狂爱花钱的人

A person who spends money in a extravagant and careless way.

- “I swipe my card like there’s no tomorrow” 我像是世界末日要到了一样疯狂刷卡

“I have to leave my wallet at home when I go for walks around the city because I swipe my card like there’s no tomorrow”

- hit a savings goal 实现了一个存钱的目标 (hit 的过去式还是 hit)

(for travel, to make a purchase, to give back to your parents 回报父母)

“I hit my savings goal for the week/month/year!” 我实现了本周/月/今年的存钱计划

- a penny pincher (铁公鸡, 一个 penny 还要掰开来花); be cheap (在这里不再是很便宜的意思, 而是很抠门。很难听, 一般用来形容那种不舍得给别人花钱的人比如说自己男朋友很 cheap, 或者形容自己, 自嘲); be stingy (也是抠的意思); frugal (节俭的, 不属于贬义词); money conscious (很有用钱意识的); hold on tight to someone’s money (钱抓得很牢)

My grandma never wants to spend her money! She is such a penny pincher. But after all of these years of her telling me to save money, I am finally learning from her saving methods.

My boyfriend is such a cheap person. He hasn't given me any gifts ever since we started dating.

I've been so cheap/so stingy with my money since I decided to save up more for my future

I'm not stingy, I'm just very money conscious, because I know that money doesn't grow on trees (相当于, 钱不是大风刮来的)。

- I'm always on the hunt for a bargain/good deal. 我总是在寻找各种折扣、便宜货
- It hurts my pockets. 很伤我钱包 (口袋)

Buying a coffee everyday is hurting my pockets. So I am going to start making my coffee from home.

- Be short on cash 缺钱的状态

At that moment, I was short on cash. That's when I realized that I had to start saving money.

3. 决定换个环境, 搬到新地方 Moving to a new place

- New chapter in my life 生活里新的篇章

I have just arrived in London where I will spend the next 4 years for university. I am excited for this new chapter of my life.

- Take a leap (of faith)/take the leap 做出一个重大决定 (往往是带风险的)
(leap 是大跳、纵身一跃的意思)

I took a leap of faith, quit my job at the age of 28, and moved to Canada.

- A scary move 一个可怕的举动/动作

It was a scary move as I barely knew anyone in that city. But it ended up being one of the best decisions I made in my life.

- Spread my wings 张开翅膀 (表示成长)

Only when I started living in another country, did I get the chance to spread my wings and really grow.

- Get in touch with my inner self 和我的内在自我取得真正的联系

Being in a new environment gives me the chance to get in touch with my inner self, and learn more about myself.

- Have the opportunity to explore the world, and get to know different people
- Venture out 向外冒险

I'm a daredevil (冒险鬼), and I love venturing out. I love exploring the world.

- Break/step/get out of your comfort zone 走出舒适区、打破舒适区
- Nothing pushes you more than moving to a new place 什么也比不了搬到一个新地方来得更锻炼你的能力了 (推着你走, 等于提升) .Getting out of your comfort zone allows you to grow fast.
- support system 家人朋友后盾等组成的一个扶持系统

I didn't have my support system anymore, but it was good to know that I could do it all myself.

- Make new friends/ make new connections/ building a new network 结识新人
- stuck 被卡住的状态, 上下前后动弹不得 (stick 这个词的过去分词形式, 形容词词性)

My life is stuck in the middle. It's not going anywhere.

- Home is not a specific location, it is where I AM. 家不是一个具体的地点, 家是我在的地方。

4. 其他总体表示积极乐观的表达: **overall positive outlook (from a negative one)**

- “Grass isn’t always greener on the other side”. 原话是 Grass is always greener on the other side (of the fence), 意为隔壁家的草总是更绿。也就是类似于别的地方的月亮更圆。我们总是羡慕别人的生活和境况。反过来用, 就是表示, 也不是别人的境况就一定比自己好。调整心态, 少做比较。

I felt myself constantly comparing my life to the people around me. I’ve decided to switch my mindset because the grass isn’t always greener on the other side and I have a lot of good things going on in my life 我自己的生活中有很多好事儿正在发生!

- It’s looking up 有上扬趋势, 在变好 After receiving some bad news about my mother’s health condition, my family and I weren't sure what was going to happen. And finally, lately mom’s health condition has been looking up.

- 类似的说法 It's coming along! 表示事情正在有进展, 一步步来, 差不多了

-How’s your paper going? 你的论文写的怎么样了?

-Oh it’s coming along! 差不多啦!

- The glass is half full. 杯子是半满的, 表示那种很积极看待事物的人

I’m the kind of person who always thinks the glass is half full. I can always look on the bright side of things, a typical happy camper (乐天派)。

- Every cloud has a silver lining. 每一片乌云背后都有一条银色的线 (指的是阳光藏在乌云背后)。这是一句很常见的鼓励他人的话。表示“把坏事变好事儿”, 从失败/不如意的境遇中看到积极的一面。

I can always see the silver lining in tough situations.

- **see the light at the end of the tunnel** 看到隧道尽头的亮光

It was a really tough time in my life. Eventually I saw the light at the end of the tunnel, and I turned my life around.

- **a ray of sunshine** 犹如一缕阳光

I love being around Tara. She is like a ray of sunshine.

- **a breath of fresh air** 一股新鲜空气

After doing some spring cleaning, being in my clean room is like a breath of fresh air!

So, several years ago I decided to become a better saver (一个更好的存钱小达人) . Then, I set a savings goal, I worked hard on it, I made some positive changes, eventually, I hit my goal. And now, I feel very proud of myself.

Before I made up my mind to make the change, I was a big spender. I was extravagant (非常奢侈的) . I was spending money left and right (接二连三地花钱) , swiping my card like there's no tomorrow (没完没了刷卡) . (上班党还可以说 I was living paycheck to paycheck every month.表示月光族, 工资花光) I went shopping almost every week, in physical stores, online, everywhere. I had tons of meaningless and useless things, some of them I even never had the opportunity to wear or use. I just enjoyed the feeling of spending money. I was NEVER worrying about money or my future, as I was in my early 20s (二十出头) and I didn't have the capacity to see the bigger picture (看不到更大的画面, 即缺少全局观的能力) .

In terms of who helped me see more and see further, well, one day, my parents sat me down (让我坐下来) , and had a heart-to-heart conversation

with me (心贴心的对话). They told me that they were very concerned with my habit of spending money, and they wanted me to realize that “money doesn't grow on trees”. One day, they wouldn't be there for me, I would be all by myself, and if I couldn't learn the value of having some savings in my life, I would be in a dangerous place.

That conversation really hit me hard (强烈地击中我的心底). Because, I'd always seen myself as a little kid, footloose and fancy-free (在生活或者感情里了无牵挂、来去自如的状态), free of responsibilities. But after that conversation, I finally realized that I WILL be all alone (完完全全的一个人) in this world one day. So I'd better start planning for my future now. That's when I set a goal of saving money. My plan was to save just a little bit every month, and at the end of the year, I can hit a target. I wouldn't bore you with the specific numbers, but you get the idea.

Once I set the plan, I became a totally different person. It was like a game between me and myself. I really wanted to win!! Haha! So I stuck to the plan 100%. I spent money much less than before. I formed a new habit of being money conscious and not spending money carelessly. At some point, I think I even became a little bit of a penny pincher. Because I enjoyed following my plan. At last, I hit my goal and got rid of the bad habit.

This new habit, this change, has been like a breath of fresh air in my life. It taught me how to be a more matured person, a wise spender, a more responsible human. I learned how to NOT build my happiness on spending money and owning things. I learned to find my happiness on other things, things that are more meaningful. 这个改变让我学习到如何不把自己的快乐建立在花钱和有用很多东西这件事上，而是建立在别的更有意义的事情上。我成为了一个更成熟的人，更理智的花钱者，一个更有责任感的人类。

That's the story. Thank you!

Part3:

(1) Is it easier for young people to change?

I think, compared with older people, in general, young people are more willing to make changes. They are still at the age when they want to learn and improve. Don't take me wrong (别误会), I'm not saying that older people don't want to learn. I'm just saying that, most young people are still figuring out who they are (他们仍然在搞清楚自己是谁), and what kind of life they want. They haven't really settled down yet. So, they have more flexibility to embrace the difference, and enjoy the difference. The young are not afraid of uncertainties and the unknown (未知的一切). They are more fancy free and footloose (无忧无虑, 了无牵挂). They can afford to try and fail. (原因)

(2) Is it easy for old people to change?

For some old people, they still want to challenge themselves, make changes, and learn new things. But I would say, from what I can see, old people around me, they are more reluctant to (更抵触) change compared with the young. And the logic behind this is very understandable. Making changes means getting out of your comfort zone (跳出舒适圈), be vulnerable (展示脆弱), and feeling unconfident. Older people have so much more life experience, they have their supportive families, established careers, and life routines. It takes much more energy and effort to change. The resistance is higher (阻力更大). Sometimes I feel that old people are more narrow-minded (思维狭窄) and stubborn (执拗) when it comes to learning and accepting new things. They have fears and doubts. So yeh, it's normally not that easy for old people to change. (主流情况, 特殊情况)

(3) How can people change their daily routine if they want to?

First off, don't be ambitious. If it's a big change, they need to take baby steps (迈小步子). Step by step, little by little. And then, the second thing is to follow the new routine completely. No back and forth (不要来来回回)

变) . Stick to (遵守) the new routine, give it time (加以时间) , and then they will form a new habit. And once it becomes a habit, it will be easier. (罗列)

(4) What are the disadvantages when people keep making changes? There're always pros and cons when you do things. Making changes is taking risks (冒险) , so obviously, there're downsides (缺点) . First thing comes to mind, you will have a feeling of losing control (失去掌控的感觉) . Like I said, making changes is jumping out of your comfort zone. It feels scary (感觉很恐怖) . Some people like it, some people don't. That sense of insecurity could be intimidating (令人感到恐怖的) and nerve-racking (令人神经紧绷的) . And then, it's more work (要做的工作更多) . Each time when you make a change, you need to adapt to the new way of doing things, and get rid of the old way. During this transition, you need to do more work than before. Sometimes it even looks like the new change is not working as you are doing more work. And next, when you take the risk, there's always a chance of failing. Not every change can lead to a happy ending (快乐结局) . So, be aware of that, and be prepared. (罗列)

Describe a special day out that cost you little money/no money (花钱甚少的活动)

You should say:

When it was

Where you went

How much you spent

And explain how you felt about the day

可以利用好上题里的素材，因为想要省钱，而克制自己没花钱。

One day, I remember I went to a local handmade market (手工集市) with my friend, and I didn't buy anything. I was so proud of myself on that day.

In terms of when it was, well, to be honest, I don't remember the date. But I remember it was two years ago, on a Sunday morning, we decided to pay a visit to the local handmade market.

One thing you should know about me is that (你要知道关于我的一件事儿就是), I love handmade things, and I love spending money, hahahah! But two years ago, I decided to become a better saver (一个更好的存钱小达人). Before I made up my mind to make the change, I was a big spender. I was extravagant (非常奢侈的). I was spending money left and right (接二连三地花钱), swiping my card like there's no tomorrow (没完没了刷卡). Finally, one day, I realized that I should start planning for my future. I needed to become more money conscious.

And then, fast forward to (快进到) the day when we were at the market (跳过中间的七七八八快进到去市场的那一天). There was SO much cute handmade stuff at the market. I was suffering a lot (很痛苦). My friend bought loads of goodies (一堆好东西). Like, a clay mug (粗陶的杯子), a little figurine (小塑像) for her living room, a painting, a handmade bag, some handmade soaps (手工肥皂), and so on and so forth (诸如此类), a lot of things.

I felt very jealous at the beginning. (一看到 *beginning* 这个词, 你就该想到, 课上讲的“时间分层”来了!) I wanted to stick to my plan (遵守计划), and be strong-minded (主意很正, 很坚定) about it. But I was very attracted to many things at the market. It was extremely hard for me to NOT throw my money there. But then, I started to see it from a different angle. I had everything at home. I didn't need a new handmade bag, I didn't need any new soaps, I didn't need a new mug. Why would I waste my money just because they were cute? I had my goal, and I should proudly follow my plan and achieve my goal. Once I changed my way of thinking (思维方式), it was like a breath of fresh air. I felt happy and free. It was almost like

playing a game with myself: how little money could I spend?! And the final answer was: 0! I didn't spend ANY money.

I left the market with a full pocket. I was impressed by the new me, a penny pincher (一个崭新的我: 铁公鸡) . Haha!

That's the story. Thank you!

Part3:

1. Do people like to spend their leisure time out in your country?

-Yes people love going out to socialize and network with friends in their leisure time. Where I'm from (就我生活的地方来说) , people love going to the restaurant, the movies, or the karaoke bar to have some fun. We are famous for our karaoke culture around the world, which is true, we DO love karaoke. So, people love spending the night with their friends at a karaoke place, singing, talking and drinking. It's like a bar for us, but more private. (列举, WH 法)

-Some do and some don't. People in my country are like people everywhere, some Chinese are more sociable and outgoing, whereas some are more introverted (内向的) and prefer to be alone. So, some Chinese are into parties, dinners, and all kinds of social gatherings with their friends. Some would rather spend the time alone at home, and enjoy the solitude (享受独处) by watching some TV, reading a book, listening to the music, people also can unwind (放松) . (分群体)

2. How do people spend their leisure time in your country?

People have SO many different preferences (偏好) . Old people like going to the park, doing some Tai Chi, or playing MaQiang (麻将) with friends, or practising Chinese calligraphy (练书法) . Younger people enjoy staying at home and chilling, or going out and seeing friends, or taking up a hobby (做点兴趣爱好的事) , or doing physical activities (锻炼一下) . There're endless ways (无穷无尽的方式) when it comes to relaxation. Some are

more main stream (主流的), some are more unconventional (非主流的). I can't speak for everybody (我不能替所有人回答). (分群体)

3. How does technology affect the way people spend their leisure time?

There're for sure all kinds of impacts of technology, good ones and bad ones (有好的影响也有坏的影响). On one hand, I DO see the trend of people getting addicted to their screens, their phones, tablets, and laptops. So, definitely people, including me, have been spending more time on screen, rather than on those traditional leisure activities. For example, some kids are starting to be referred as the "iPad kids". They've spent a lot of time on technology and have a sort of dependency on it. On the other hand, I also see examples of people utilizing technology in a way to help us enjoy our leisure time better. For example, we have full HD screens that can provide us with the best watching experience. We have VR(virtual reality 虚拟现实技术) technology that creates VR video games that are just incredibly good. (分头讨论)

4. Do you think only old people have time for leisure?

No, I don't think so. I mean, old people, in general, DO have more time for leisure. But it doesn't mean that (并不代表) people of other age groups (其他年龄段的人) don't have any time for relaxation. Maybe they have less, but everyone needs some time for leisure. Otherwise, younger people would work till they drop (工作到趴下). And it would be an unthinkable situation (无法想象的局面). The way I see it, to relax is actually to work better (好好休息是为了更好工作). Only when a person can strike a balance between work and life (在工作和生活中找到平衡), can they feel truly happy. (转折, 反向假设)

Describe an important event you celebrated (庆祝过的活动)

You should say:

What the event was

When it happened

Who attended the event

And explain how you feel about the event

知识点:

-different types of party/dinner/event:

Birthday party/dinner (生日派对、晚宴), wedding dinner (婚礼晚宴), house-warming party (暖房派对), karaoke party (K 歌派对), charity dinner (慈善晚宴), personal art show (个人艺术展)

-动词的使用

① plan: plan a party/dinner/an event

I'm planning a party for my mom's 60th birthday.

② have 和 organize 一样, 组织派对

I'm having a party tonight. Do you want to come?

③ throw: 带着随意之感 办派对 (甚至 do a party 都可以用, 和口语)

I'm throwing a little party next week. Wanna come?

④ host/organize a party 组织一个派对

I'm hosting a dinner.

I'm organizing a karaoke night.

⑤ go to/come to a party (不要用 attend)

I'm coming to your party tonight!

I went to a party last week.

-其他相关表达:

①the host: 主人

The host of the party tonight is my best friend.

②guest: 客人

All the guests tonight will be our close friends.

③have a great time/ a lot of fun/ blast/ a whale of a time

We had a lot of fun last night.

We had a great time at the party.

We had a blast. 玩的极其愉快

We had a whale of a time at Monica's party.

④ enjoy the party

We all enjoyed the party.

⑤ a wild party 超野的 (很尽兴的派对) / a crazy party/ a fun party/ a boring party/a laid back party (节奏很慢的, 没啥意思的)

⑥ Nothing really happened. 啥也没发生

-party 上会做的事儿

① Dance all night long

② Have a couple of drinks

③ Chat with friends

④ Play party games/play cards

④ meet new people/ expand social circle

-俚语

- ① **The life and soul of the party** 给派对带来活力的人，灵魂人物
She's the life and soul of the party.
- ② **paint the town red** 玩儿疯了，玩儿到尽兴
Let's paint the town red!!!
- ③ **a party animal** 派对动物（非常活跃于各大派对的人物）
- ④ **a social butterfly** 交际花，认识很多人的人（往往带有一点点调侃色彩）
- ⑤ **party-pooper/ a wet blanket**: 派对上令人扫兴的不尽兴之人
- ⑥ **burn up the dance floor** 疯狂跳舞/**dance the night away** 整夜跳舞“**Those two danced the night away.**”

素材一：

这道题可以和上季度新题“组织过的一场快乐的活动”串在一起。

在这里大家自己调整一下素材内容就好。

素材二：

So, not long ago, about two or three months ago, I went to my best friend's house warming party, and we had a blast.

My best friend Jessica and I are both same age, more or less. But she has been always a little bit more independent and mature than me. She started working a few years earlier than me. And now, she makes good money and she's ready to spread her wings（展开翅膀，成长）。（如果你是在校大学生，可以说 Jessica 兼职打工赚钱）

So she moved out from her parents' place, and moved into a rental apartment. I'm so happy for her, as that's definitely a new chapter in life（生命力新的一个章节）。And that's why we need to celebrate!

Jessica threw a little house warming party in her new place. She invited all her close friends over. We were all together, about 4, 5 people? Something like that. Not a lot of people for sure, I mean, A, the apartment is very small. It can't fit too many people at the same time; and B, Jessica is a very low key, very private person, so she didn't want everybody to know about this.

And finally, to answer the question of how I felt about this event. First, I had a whale of a time! We had some drinks, ate some pizza, played some party games, and later we danced a little. Jessica's new place is tiny but it has everything, and it's super cozy (超级温馨). That's why I felt like home, very relaxed. And then, I felt happy for my best friend. Maybe a little jealous (有点小嫉妒) as I'm still living with my parents. But jealous in a good way. I want the same thing to happen to me. I want this independence as well.

So yeh, that was the house warming party I went to. Thank you!

Part3:

1. Do you like to celebrate important events? Why?

-I do! I'm the kind of person who has a strong sense of ritual/sense of ceremony (仪式感). I'd like to make my life more memorable. And I think, by celebrating we can remember those special moments in life better. And it doesn't have to be extravagant. It's more about putting your heart and thought into something, and relishing (品味) this moment. (原因)

-No, not really. I'm not a very romantic person. I don't have a strong sense of ritual. And plus, even if sometimes I want to do something special, I'm too lazy to take action. And I'm also very clumsy (笨拙的), I don't know how to really celebrate an event. Like, how to plan a party, how to set up everything, how to make a cake, I don't know... (原因, 补充, 举例子)

2. What kinds of event do people usually celebrate?

Normally, people would celebrate traditional and national holidays, or personal events like, weddings, birthday parties, anniversaries (纪念日), baby shower (生孩子前的派对), bridal shower (结婚前的派对), etc. Special occasions like this are always worth celebrating. People want to hold on to the good memories of those special moments, and also celebrate them with their families and friends, so that they can share the happiness. (举例子, 原因)

3. Do people often celebrate events with a large group of people or just a few people?

It's really hard to generalize! Some people are like my friend Jessica, meaning, they **don't like crowds** (人群). They are very **low key**. Therefore, they enjoy celebrating events with **a small circle of friends**, just a few people. Whereas, some people are more like a **social butterfly**. For them, **the more the merrier** (人越多越好, 越多越开心). I've been to parties that had 100 people, and I've also been to **small gatherings** that only had a few people. They are all interesting, in different ways. Big parties are more exciting, and small gatherings are more relaxing and intimate. (分群体)

4. Do people often celebrate festivals with families?

Yes, I would say so. Traditional festivals, especially Spring Festival is just like Christmas. It's **family time**. It's **the time of the year when families gather together**, have nice meals, **catch up with each other**, just **spend family time together**. Of course, you can also see your friends during festivals, but it's more for your family. (原因)

Describe something that surprised you (让你惊讶的事情)

You should say:

What it was

How you found out about it

What you did

And explain whether it made you happy

可以讲任何让你惊讶意外的事情, 不一定要是惊喜。朋友给你举办的生日惊喜派对, 另一半给你做的手工礼物、或者做的衣服围巾帽子, 发现身边人的秘密, 甚至对自己产生的新发现! 原来我这么厉害! 还比如, 发现自己当妈了, 也是很好的故事。

知识点:

Surprised 有“意外、震惊”的意思，表示“惊讶”，有时候也表示“惊喜”，也有时候表示很“惊吓”

1.一些和惊喜（惊讶、惊吓）有关的表达：

- I was in shock. 我当时非常震惊
- I was flabbergasted.
I was flabbergasted when I saw my mom came back home with green hair. 很夸张的用法。用 flabbergasted 比 in shock 更夸张
- I'm gobsmacked. gob 有嘴巴和吐痰的意思，smack 是快速地抽打，gobsmacked 快速把嘴捂住，表示非常瞠目结舌
- I was in awe.我当时非常震惊、震撼（也可以形容感到美景美物之后被惊艳到）
- I was speechless. 我当时哑口无言（激动、兴奋、无语、气愤都有可能）
- My jaw dropped. 我当时下巴掉了（特别惊讶）
- I had no idea 我完全不知道咋回事（很当局者迷）
- I was under the impression that we were actually going to我当时还以为我们是要去.....干嘛（被蒙在鼓里的状态）
I was under the impression that we were going to buy a gift for my boyfriend's mother, and then suddenly he proposed to me.
- I was blind-sided. 我一点防备都没有，没蒙在鼓里（往往是不好的结果）
Blind side 表示盲区盲点，作为动词表示蒙蔽他人，通过他人盲点来进攻
Just when I thought I had a great day, I was blindsided by the terrible news. 正当我觉得自己度过了很棒的一天的时候，我被一条超级糟糕的消息突然袭击了（完全没有想到）。
- I was blown away. “被吹飞”既可以表示“特别惊讶”，也可以表示“被留下深刻印象，被惊艳到”
I was blown away when I got the offer from Cambridge. 收到来自剑桥的录取通知让我非常喜出望外
I was blown away by Peter's speech. 我被 Peter 的演讲惊艳到了
The dance performance really blew me away. 这个舞蹈表演太令我震撼

- I was knocked off my feet. 和上面差不多，被惊艳到
- I was bamboozled. 我傻眼了
bamboozle v. 使迷惑，欺骗。bamboozled=傻眼了，不知所措的
- I was astonished/astounded 我当时很吃惊
- catch sb. off guard: 猝不及防。
I caught him off guard when he was sleeping in the bedroom.
- jump out of sb.'s skin: 吓尿了，灵魂脱壳。
I almost jumped out of my skin when I saw a stranger in my own house.
- all of a sudden/ out of the blue: 突然间地
- do a double take 确认性地看了两次。
I did a double take when I saw my ex-boyfriend at the wedding.
- take sb. by surprise 让人意外，没有思想准备
He took me by surprise when I saw him in another city.

2. 收到惊喜、惊吓之后的反应：

- I felt like a fish out of the water. 浑身不自在，尴尬的状态
When everyone in the room started singing the “happy birthday” song to me. I felt like a fish out of water. I was so embarrassed. Couldn't feel happy at all.
- I felt blissful. 非常快乐，极度狂喜
- I was over the moon. 月亮之上，我上天了，太快乐
- I was thrilled/pumped/excited/overjoyed 同上，非常快乐
- I was on cloud nine for the rest of the day. 同上
- I was smiling from ear to ear 嘴裂到耳朵根了
- My cheeks hurt from smiling so much. 笑得脸蛋子都疼
- Feel better than ever 感觉好极了
- Feel brand new 感觉焕然一新
- No one could wipe the smile off of my face that day.
那天谁也没办法把我脸上的笑容抹掉
- Made my day 让我的一天完美了

My friends really made my day by throwing a surprise party for me.

- **I was at peace.** 我感到很平静很满足
- **My heart felt full.** 我感到很圆满

Seeing all of my closest friends in one room really made my heart feel full. It had been a while since we were all together because we went away for university

- **Break the secret** 把秘密说出去

I couldn't believe that none of my friends break the secret since they knew it for so long.

- **It was hidden in plain sight** 隐藏在众目睽睽之下（指的是把一些东西或者人藏在不该藏的、最显眼的地方，反而让人意想不到）

The gift was hidden in plain sight but I just didn't notice. It was right in front of me the whole time.

Last year, my boyfriend surprised me by throwing a birthday party for me. That really took me by surprise, I was totally knocked off my feet. He really made my day.

So, right before my birthday, my boyfriend gave out some misleading clues（给了一些误导的提示）on purpose about how he was going to celebrate my birthday. For example, he asked me if I wanted to go on a trip together（一起旅行）. So I thought we might go traveling together.

And, when my birthday came. He told me we were going to a fancy new restaurant in the city. It was a total red herring（a red herring 红色鲱鱼，表示烟雾弹，转移注意力的做法）. He made it sound so true that I didn't doubt him for a second（他让一切听起来那么像回事儿以至于我一点没怀疑）. I was really under the impression that we were celebrating my birthday at that restaurant.

So, we went to his apartment, he said he needed to pick up something. And when we entered, all of a sudden, I heard screaming and laughing. I was flabbergasted, shocked, speechless, my jaw just dropped. I was in awe!! I saw my best friends, and my boyfriend's best friends, a lot of people. I couldn't believe that none of my friends broke the secret. That was very cute of them. I got so many gifts and so many birthday wishes. I

was smiling from ear to ear the whole time, eventually my cheeks hurt from smiling so much. My heart felt full because of all the love I received on my birthday. This was so much better than going to a restaurant.

I really appreciate what my boyfriend did for me. All the planning, organizing, setting up, and trying to hide from me, all the effort. That was a very unforgettable day. It was an unexpected but a wholesome day (圆满的一天) .

Part 3

1. How do people express happiness in your culture?

Just like most people in this world, Chinese will smile, laugh, clap their hands, hug each other, even dance a little when they are happy. And each individual might have their own unique way of expressing happiness. Take my mom for example, she loves cooking for us when she's in a good mood. She will be humming songs (哼着小曲) in the kitchen, and with a big smile on her face. You know she's happy when she does things like that. (列举, 举例子)

2. Do you think happiness has any effect on people? How?

If a person is happy, it definitely brings many good things to this person. First, they will have a less chance of getting diseases, as good mood brings good health. And then, when people are happy, they are more willing to apply themselves to a task, so they get more things done, they are more productive. And also, everybody loves a happy person, so they will have more friends. So, yeh, absolutely happiness has several positive "side effects" (积极的“副作用”) on people. And When a person is unhappy and depressed, they are lonely, they are more prone to illness (更倾向于生病), they can't get anything done, they are at a really bad place. That's why everybody wants to be happy, nobody wants to be unhappy forever. (正向假设, 罗列, 反向假设)

3. How can people be happy?

-I read a book several years ago. It was about a study on why some people are happy. And I remember that the conclusion was something like: happiness is determined by several aspects in life, A, your job, B, your family (or your partner), C, your social life (your friends), and D, your lifestyle, something like that. So, basically, after reading that book,

I came to the conclusion that if people want to be really happy, they need to, have a career that they like and feel proud of; have a beautiful family, and feel happy and in love with their life partner; have good friends to share laughter and tears, and meet new people every now and then; live an interesting life that they are happy with. (罗列)

-Different people have different definitions on what happiness is. Their needs and expectations vary (期待和需求各不相同) . For some people, happiness is being wealthy and successful. Having a lot of money makes them happy. For some people, they feel blissful when they are with their families. And for some people, their happiness is based on the things they like, nice food, beautiful art, wonderful music. They feel the happiest when they are doing things they like. So, really, I don't know the answer to this question. (分群体)

4. Is it good for people to be unhappy? Why?

I think the question should be, what should we do when we feel unhappy, as feeling unhappy is unavoidable, it's the norm (问题应该是, 我们在不快乐的时候该做什么, 因为不快乐是无法避免的, 是常态的) . Nobody can be happy forever, all the time. There're always ups and downs in life (生活中的起起伏伏) . And all the downs help us realize how precious the good moments are in life. We need those bad days in order to cherish the good days. Just like, after I went camping in a tent in winter, after suffering from the cold weather, my warm and soft bed at home was like HEAVEN (正如我在冬天在帐篷里露营之后, 我那温暖又柔软的床就成了天堂) . We should learn to live with unhappiness (与不快乐共存) , knowing that it will pass one day, nothing lasts forever. And let this unhappiness become the motivation for us to cheer up, and conquer the difficulties, and feel happy one day. (原因, 举例子)

Describe a time when you were very busy (一次非常忙碌的经历)

You should say:

When it happened

Where you were

What you did

And explain why you were busy

过年过节给家人帮忙，结婚当天，给人当伴郎伴娘，去逛街采购，去新公司上班的第一天，做志愿者，照顾生病的家人.....

知识点：

1. 形容很忙的状态

- **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 have bigger/other fish to fry** 还有更重要的事情要做，忙着呢

It's really not worth my time. I've got bigger fish to fry!真的不值得我去花时间，我还有别的更重要的事儿呢！

- **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.

- **all over the place** 混乱、没有思绪没有组织的状态

I'm so swamped with my work today, I'm working like crazy, all over the place.

- **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。

2. 形容很疲倦的表达

- exhausted/ knackered (英式俚语) : 精疲力竭
- barely keep my eyes open:

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 瞌睡的

I was feeling so drowsy after taking the pill.

- fatigue/fatigued 劳累的 I'm fatigued.
- tired to the bone

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

- dead on my feet.

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

So, several months ago, my best friend 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 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, 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, knock on the door, with all the best men and also loads of gifts, and pick up the bride. But it's definitely not an easy task. People will put on a show (演一出戏) , the bride and bridesmaid 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) . For example, asking the groom to walk on his hands (倒立走路) , or put on lip colour (抹上口红) and kiss all the best men on the face (涂上口红亲吻所有伴郎) , that kind of things.

And later during the wedding ceremony, I was as busy as a bee! 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) , tidying/fixing her hair (整理头发) ,

holding up the wedding dress train (托起婚纱的大裙摆), things like that. I was up to my neck at the ceremony.

After that, at the dinner, I made a wedding speech in front of everyone, which was a little overwhelming for me, as I'd never made a public speech before that wedding. Therefore, I felt that I almost passed out during the speak. Maybe I bit off more than what I could chew, maybe.

Anyway, at the end of the day. I could barely keep my eyes open as I was totally wiped out. That was an intense day that I had. Thank you!

Part3:

1. Are you often busy?

-Sometimes, not always. When I have deadlines or final exams coming up, I'll burn the candle at both ends, and just be up to my neck during that whole week. But when I don't have crazy tasks like that, I'll be pretty chill (悠闲平静), living my life, enjoying my life and paving my way to the next busy season (过我的生活, 享受我的生活, 为下一个忙碌季铺路). (分情况)

-Yes, I'm all the time being hectic. I always have my hands full, juggling different things. Right now, I have three school projects (3 个学校项目课题) happening at the same time, and I'm also preparing for a provincial singing contest (准备一个省级歌唱比赛), and on top of everything, I'm part-time working at a café, twice per week. I'm as busy as a beaver. (细节)

-At the moment, I'm pretty chill for most of the time. I hate being swamped with things. I definitely don't perform well under pressure (我绝对对压力下发挥不好). And I don't like the feeling of getting burned out. That's why I left my previous job a year ago, and now I'm taking my time to recover. (原因)

2. What are the advantages and disadvantages when people keep busy?

I think, keep busy, but not too busy, could actually be a really good thing. Because, first, you always have something to do, so it's easier to stay energetic and positive, as you have a goal to work towards. You don't feel

bored or a sense of being directionless. And then, it's nice to get out of your comfort zone from time to time (时不时的跳出舒适区是件好事), and challenge yourself (挑战自己) a little. it can help you grow and develop more. Meanwhile, talking about negative effects, well, like I mentioned, being TOO busy is not a good thing anymore. When you are swamped with things, and couldn't take a breather, that can cause a lot of stress. That's bad for both your mental and physical health. And also, when you're completely overwhelmed with work, the quality of your work will go down (你的工作质量会下降). When you lose the balance between life and work, you will end up becoming the opposite of being productive (这会成为高产状态正相反的状态). And what's more, if you keep being snowed under like that, you will get burned out eventually. (对比罗列讨论)

补充表达: When you are busy and juggling several things at the same time, you need to be more organized, and you will improve your skills, like time management skills, problem solving skills, communication skills, things like that.

3. Do you think children should learn through playing games or under pressure?

I choose playing games a thousand times. Learning through playing is the most natural way to learn. When children are happy, they naturally and voluntarily remember more knowledge (自然地、自愿地学习知识). Some people may say that playing isn't learning, it's not serious enough. But I say, we need to see the difference between children and adults. We need to know how they're wired (他们是如何被编程设置的, 表示天生是什么样的). Kids are wired/designed/programed to play and learn at the same time (孩子天生就是学着玩, 玩着学). Think about younger kids, toddlers (幼儿), they don't sit down and learn things, they all learn through playing games with their parents and teachers. But later, once we send our kids to primary school, we forget that they're still so young, and they are playful. (让位驳斥)

4. What kind of pressure people may experience at work?

There are different types of pressure, in my opinion. Pressure from work, from your clients, from your boss, and from your coworkers (同事) .

Pressure from work, like long hours (工作时长很长) , heavy workload (工作量很大) , lack of autonomy (缺乏自主权) , tight schedules (行程紧) , and tight deadlines (截止日期时间很紧) , things like that. And second, if you have clients that are really picky and rude, and impossible to please, you'll be under a lot of stress. And then, if your boss is not supporting you enough, or he/she is doing the opposite, by being untrusting (不信任) , unsupportive (不支持) , and disrespectful (不尊重的) . You will feel even more stressed out. And then, if you are working in a toxic environment (有毒的环境) where the people around you are resentful to you, that just makes things even worse (雪上加霜) . (分类讨论, 罗列)

Describe an occasion when someone gave you positive advice or suggestions about your work/study (工作、学习中的积极建议)

You should say:

Who the person is

What he/she said

How the advice/suggestion affected you

And explain how you felt about the advice/suggestion

知识点:

advice 不可数, 和 information 一样

没有 advices 或 an advice 这样的说法, 可以说 a piece of advice 或 some advice

1. 一些生活中也可以用到的鼓励人心的话语:

- **“Keep your head up” 把头抬起来, 振作积极起来**
- **“Keep your chin up” 把下巴抬起来, 同上**

- “You are going to crush it!” 你会发挥很好的! crush 表示碾压
- “Take the high road” 用积极、道德的高姿态去做事情
- “Don’t worry, be happy!” 这句话很长听到, 因为有押韵到
- “Everything works out in the end” 船到桥头自然直
- “The only way out is up!” 唯一的出路就是往上看, 积极面对
- “You’re going to reap the blessings soon” 你很快就会收获好运的
- “You’re doing the best you can and that’s all that matters” 你只要尽力而为就是最重要的
- rocky time/ hard time/ tough time/tough water/ rough patch 形容困境的比喻

Keep you chin up when you’re going through tough waters in life.

2. 提出、接受或者拒绝一些建议以及听到建议之后的感受

- get sharp with someone: 和某人说狠话
- give criticism to someone: 批判某人
- criticize someone: 同上
- can’t take/handle criticism well: 听不得批评

She can’t take criticism well. 她听不得反对声音

- get sensitive to 很敏感

My boyfriend gets really sensitive to my words.

- not a good sport 输不起的人, 听到反对声音、失败的时候就气急败坏

She’s a not a good sport.

- Take it or leave it. 要么听要么走, 听不听随你
- Look, here’s the deal. 听着, 这事儿就是这样的。

Look here’s the deal, you either break up with him or you don’t, but I can’t keep listening to this!

- **This is your only option.** 这是你的唯一选择。
- **feel humiliated** (被侮辱到) / **offended** (被冒犯) / **degraded** (被降级的感觉, 被践踏) / **embarrassed** (尴尬) / **unhappy/ angry**
- **accept criticism with grace** 用优雅的姿态接受批评
- **feel grateful/thankful for the advice** 感到感恩
- **feel motivated** 感到有动力

So, I went through a tough time right after I entered my university.

(背景故事) I was in a “party mode” every day (每天都是派对模式), and I didn't want to put any effort into my studies. I felt that I had a burn-out in high school when I was preparing for the college entrance exam (高考). So, in the first year in university, I didn't try at all, and then my grades were terrible (分数都很糟糕) in the second year. I freaked out (吓坏了), didn't know what to do. I felt very clueless (没有头绪) and helpless. Eventually, I turned to (求助于) my father for some advice.

My father is always like my mentor (导师), my role model (榜样), my best friend. When he heard about my situation, the first thing he did was to support me 100% mentally. He didn't get harsh with me at all, quite the opposite (正相反), he told me that he completely understood me. I was still just a kid, so of course I got carried away (得意忘形) when I got my freedom back.

He gave me two pieces of advice, first off, keep my chin up and try to look up. Stay positive. The only way out is up. That was what he said to me. And then second, work harder. He taught me a bunch of very specific tactics (一系列非常详细的具体策略). For example, always prepare for the class beforehand (提前准备课程). Preview (预习) every thing, even take some notes. And during class, record the lecture (录下整个课堂) with the permission from the professor, and later review (复习) everything again. Go to the library on a daily basis. Things like that.

Finally, regarding how I felt about his advice and suggestions. I felt very warm and safe after that conversation. As a matter of fact (事实上), I had already known what I needed to do before that conversation, but sometimes, you know, we just need reassurance from other people to validate our own feelings and thoughts (有的时候, 你懂的, 我们就是需要别人的安慰和确认去进一步证实自己的感受和想法), even if it's something very obvious (即便是很显而易见的事儿). That's the power of reassurance. I felt very grateful for the advice and very motivated for the future. It helped me turn my life around (扭转我的生活) and keep going forward (继续向前).

So yeh, that was the story.

Part3:

1. When should parents encourage their children?

Parents should encourage their children all the time, when children need the encouragement. I believe that daily activities such as eating, showering, reading, walking, cleaning, can build confidence for what children will face in the "real world" outside (外面的真实世界), like, team games, school things, conquering a difficulty. Therefore, if parents are constantly instilling this confidence in children (浇灌自信给孩子), they might believe in themselves more when they really need it one day. (举例子, 正向假设)

2. Should parents always encourage their children?

Having said that parents should encourage their children all the time, however, over-encouragement could be a problem. That's why I said, parents should encourage children whenever THEY NEED the support, and with the right amount of (适量的) support. Too much support and too many compliments might boost children's the self-esteem so much to

the point that they become ego-centric (太多支持和肯定可能会导致孩子自信心爆棚而成为自视甚高者) . Kids who grow up with too much inflated encouragement (过度膨胀, 夸大其词的鼓励) could be really ignorant and fragile (脆弱) at the same time. (反向思考)

3. Do you think negative feedback is more important than positive feedback? Why?

4. Why is negative feedback as important as positive feedback at work or in study?

以上两道题都差不多的感觉

feedback 也是不可数名词!

I don't think negative feedback is MORE important than positive feedback. I think they are EQUALLY important, because, without darkness there is no sunlight (没有黑夜就没有之后的阳光, 万事都是两面的) . I would say it could be a better approach (更好的做法) if we can give people negative feedback first and then encourage them with positive feedback (先给出负面的反馈, 再用正面的反馈去鼓励) . (or the other way around also works, give positive feedback first, make people happy, and then get into the negative comments. 或者反过来也行, 先给积极反馈, 哄人开心, 再给负面的评价). Both of them are important because positive feedback gives you confidence and courage (给你信心和鼓励) , and negative feedback corrects you (纠正你) , keeps your head on straight (让你保持头脑清醒) , and helps you improve (进步) . No matter how good you are, you ARE going to make mistakes in life (不管你多棒, 都是会注定犯错) , and if you want to continue getting positive feedback you must take the corrections from the negative ones. Also, only telling children or people positive fantasies (积极的幻想) about life will give them a false perception of reality (给他们一个关于显示的错觉) . There are negatives and positives in life, ups and

downs, highs and lows, and we must be prepared to handle that. (原因, 补充)

事物题:

Describe an invention that has changed the world in a positive way (改善世界的发明)

You should say:

What it is

What benefits it has brought

How it influences people of different ages

And explain how it changed people's lives

知识点:

1. 著名的世界发明:

- **Gunpowder 火药**
- **Paper 纸**
- **Printer 打印机**
- **Phone 电话 Cell phone 手机**
- **Lightbulb 电灯泡**
- **Electricity 电**
- **Penicillin 盘尼西林 (青霉素)**
- **Wheel > led to a car > now Tesla 从车轮到车到如今的特斯拉**

- Radio 收音机
- Television 电视
- Washing machine 洗衣机
- Dish washer 洗碗机
- Internet (Worldwide Web) 英特网

2. 相关表达:

- gadgets 小装置、小发明,
- household appliances and electronics 家用电器
- ancient times 古时候
- back in the old days 同上
- brighter than a bulb 聪明得像电灯泡一样

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

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

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

- The internet has accomplished amazing things in more areas of life than we realize.
- The internet brings knowledge and information of the world to our fingertips (把知识和信息带到我们的指尖) .
- Penicillin was one of the most famous discoveries made in the field of medicine.
- This laid the foundation work for another revolutionary invention, which is...
这个发明给另外一个革命性的发明奠定了基础
- The invention of train has broadened the world's horizons, and has been cheapening the cost of international trade.
火车的发明拓宽了世界的眼界, 也降低了国际贸易的成本。

There're so many amazing and life-changing (改变生活的) inventions in the world throughout the human history (整个人类历史中) . And the one I want to talk about today is: the internet.

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

Talking about how it influences people of different ages, well, no matter what age you are, everybody loves and needs the internet. Some people, especially the young use it for educational purposes. Easy internet access means easy access to knowledge and information. "World Wide Web" allows education to take place anywhere and anytime. Students don't have to go to physical classes (实体班级) anymore, they can just turn on the computer, get online and learn like a sponge! There're all kinds of online courses and free online information accessible. The cost of education has definitely been cut down thanks to the internet.

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

And what else, nowadays, no matter what age, people use the internet to connect with one another (连接彼此) . The internet laid the foundation work for another revolutionary invention, which is social media (自媒体) . Social media indeed has changed our personal space, the way we interact

with our loved ones (我们的爱人), our friends and family, and even with strangers online. We rely heavily on the internet to connect with people, communicate with each other, and network with new people. Face to face communication is still important, but sometimes it seems that people prefer to check in with each other (关心、询问彼此) online in this fast-paced modern time. It's less time and less effort. We're getting lazy on socializing with people.

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

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

Part 3:

1. What is the most helpful innovation at home?

-The way I see it, you cannot have a home without a TV. Maybe this is just my personal opinion, but I really think that the television is the best and most helpful invention in modern history. Almost everybody loves watching TV. It's relaxing and highly entertaining. I can be slumping in front of my TV (瘫坐在电视机前) and binge-watching shows (刷剧) all night, like a typical couch potato (沙发土豆, 就是整天葛优躺在沙发里的人). (原因, 细节)

-The most helpful innovation at home that I've seen is the dishwasher (洗碗机), ahahah! I think loading the dishwasher (装盘) after a long day and not having to physically wash the dishes is a blessing (是一种幸事). Also, the dishes are cleaner, and the dishwasher consumes less water. (原因)

- For me, as a cat owner (养猫人士), the most helpful innovation at home that I've seen is automatic litter cleaners (自动猫屎处理器) that will take out the cat's feces so you don't have to clean it manually. I believe that this machine also helps with the odor of the feces (能清洁气味). (原因)

可以说点和自己特别息息相关的，不一定是最热门的发明

2. What household appliances make us lazy?

The type of household appliances that make us lazy are things like “the Alexa” where you can tell it to set an alarm (设置闹钟), set a timer (定时), play a song (播放歌曲), ask the time (询问时间), things like that, just by saying “Hey Alexa”. They are the kinds of inventions that do things for us, free us from chores (把我们从琐事中解放出来), but at the same time, when things are too easy for us, we become lazy. We don't want to do anything. (细节)

3. What kind of invention can be used at school?

Well, inventions that can be used at school include: computers, iPads, SMART boards, etc. My little nephew who is only 12 years old, is using an iPad to take notes and do homework already. I remember when I was little, we only had computers in the computer room. We learned everything from the blackboard, and wrote everything down by hand. It's a different world now (是不同的世界了)。(举例子，时间分层)

4. Do you think AI will replace human teachers? Why?

I don't think AI will replace human teachers. Especially after the pandemic, I think people have seen the difficulties of online learning and not having that face-to-face contact and interaction with other students and teachers. At least from what I can see, many people were ready to get back to in-person-learning. While AI might be convenient and a fast way to learn, I don't believe it will ever replace human teachers, at least not fully. What's more, in fact, I think AI teaching and real teachers can work together hand in hand (在一起携手工作), help each other out (互相帮助)。

For example, some IT companies are creating custom textbooks (量身定制的课本) to address the different needs that students have, and helping teachers to get rid of the one-size-fits-all method (摆脱千篇一律的教学模式)。(时间分层，现在看未来，补充，举例子)

Describe a traditional product in your country (传统产品)

You should say:

What it is

When you tried this product for the first time

What it is made of

And explain how you feel about it

可以讲 tea sets 茶具, ceramics 陶瓷, Chinese fans 中国扇, handicrafts 手工艺品, silk 丝绸, 甚至 jade 玉器。食物可不可以说? 有点擦边。如果是那种在商店里买的月饼、甜点, 还算过关, 但是饺子面条这种家常菜, 就显得有点不属于 product 的范畴了, 更属于 food、cuisine 的范畴。因此, 建议尽量不要打擦边球。

知识点:

1. Tea sets 茶具:

- Drinking tea is a big thing in China, and has been a part of Chinese culture for hundreds and thousands of years. Tea is not just a kind of drink/beverage in my country, it's a kind of culture, a lifestyle.
- Types of teas:
white, green, oolong (乌龙), and black (红茶), along with several other less common types including yellow and pu-erh (普洱).
当然还有 flower teas (花茶): jasmine, 等
- A Chinese tea ceremony/ritual/banquet 中国茶道仪式
- Tea drinking is a sign of respect in Chinese social life, whether in ancient or modern times.
- Today, when someone comes for a visit, offering tea is a way of showing the host's warm welcome and hospitality to the guest.
- make tea; brew tea 泡茶
make a pot of tea; brew a pot of tea 泡一壶茶

offer tea 提供茶饮

- I'm not a tea artist (品茶大师), I prepare my tea on a very casual level (很随意). I normally just brew my tea in a big mug (大水杯子).
- There are normally a tray (托盘), a teapot (茶壶), and a bunch of tea cups (几个茶杯) in a tea set. / A tea set consists of...
- Some tea sets are more complicated and exquisite (更复杂精美), some are simpler. The main idea is more or less the same (主要概念是大同小异的). Oh yeh!!! There's also a little clay figurine (小泥巴塑像), called tea pet (茶宠) in the tea set. It's just something cute to look at and also people believe it brings good luck. Like, the most popular tea pet is an imaginary creature in China called Piqui, that looks like a mix between a dragon and a lion (看起来像是龙和狮子的混合物). And it's a symbol of wealth.
- In order to fully enjoy a cup of tea, it needs to be properly made. And Chinese tea sets are the best tools for enhancing the taste and the fragrance of tea.
- A professional tea set is the perfect kind of gift for those who're truly passionate about tea art.
- The teapot for a professional set is usually rather expensive and is made of either ceramics (陶瓷做的) or clay (陶土). A whole tea set can go from 200yuan to 2000yuan or even more!

2. Chinese fans 中国扇:

- hand fan/holding fan 手上拿的扇
- folding fan 折扇 (foldable)
- Chinese fans are exquisite and also practical! 美丽又实用
- If you travel to China during the summer time, you can see people in the street moving their arms and fanning away the striking heat (摇动着胳膊, 把炎热扇走! fan 有动词词性). They are beating the heat with their fans!

- When I was little, I remember that everyone had a hand fan in the summer time. When I took a nap, or went to bed at night, my mom would lie down with me together, and she would be moving her arm and fan away the heat for me, so that I could sleep better. So, even now, whenever I see a hand fan, somehow that still reminds me of my mom. It's just a very fond memory of my childhood.
- Chinese fans have been noted for (被熟知) their exquisite workmanship (手艺) .
- Chinese hand fans are normally made of feathers, silk, or paper. They're very light and easy to carry around.
- They don't occupy any space as they're foldable, perfectly fit in your pockets, bags or anywhere.
- Traditional fans were mainly made of feathers, so they are also called feather fans (羽毛扇) . They were mainly popular among the rich and nobility (有钱人和贵族) .

3. Chinese Jade 玉

- In China, jade is not just a type of stone, it is also the symbol of kindness, wisdom, justice, beauty, durability and wealth (善良、智慧、公正、美丽、持久和财富的象征) .
- For some people, they love wearing jade because they believe that jade possess healing powers (具有修复能量的作用) .
- Jade comes in three colours (有三种颜色) , green, white and purple. And green jade is the most popular type, also the best type.
- Jade is valued not only as a beautiful piece of jewelry, but also as an essential symbol of local culture.
- Jade necklaces, bracelets, earrings are all well-liked among Chinese women.
- I personally love jade accessories. I have several jade necklaces. One in white, one in purple, and two in green. I especially love wearing them in the summer time. Because they are gemstones, it feels very cool on the skin, which is really nice.

- My parents bought me those jade necklaces. Each time when I put them on, I will remember when they gave me the gift, and feel loved and appreciated. So, yeh, they definitely hold a lot of sentimental value.

4. Qipao 旗袍

- Qipao is a traditional close-fitting garment (修身的服饰) /dress that originated in 1920s (起源于.....) in Shanghai.
- It quickly became a fashion trend (时尚潮流) that was adopted by movie stars and young women in China. The history of Qipao reflects the rise of the modern Chinese woman in the 20th century (旗袍的历史反映了中国女性在上世纪的地位上升) .
- Young intellectual women fought against (对抗) traditional customs (传统习俗) , such as foot binding (裹小脚) , by showing off their bodies and curves (炫耀自己的身材和曲线) .
- At that time, traditional gender roles were being questioned and challenged (传统的性别角色职责被收到了质疑和挑战) , and women wanted to go to school, have careers, drive cars, have more voices (有更多的声音) , things like that.
- A qipao is normally made from embroidered silk (刺绣绸缎) , featuring (以.....为特色) a high collar (高领) and delicate buttons (精致的纽扣) on the front.
(embroidered 刺绣的, 这个词很高阶, 记住最好, 记不住就说 silk)
- A Qipao can perfectly accentuate a woman's curves (强化女性的曲线美) . It's a celebration of beauty and freedom (是对于美和自由的庆祝) .

所有的以上传统产品, 都可以在最后讲一讲自己和身边的人有没有这样的产品。从自己角度出发去讲, 可以降低难度, 同时也可以有更多可说的。

Today, I'd like to talk about Chinese tea sets.

I don't remember when I saw a tea set for the first time. I just remember that my grandparents used to own several tea sets at home when I was little, and my mom had one, and also, I saw them at my friends' homes all the time. The tea set is such a common thing to see in China. Because, drinking tea is a big thing in China. Tea is not just a kind of drink/ beverage in my country, it's a kind of culture, a lifestyle. In China, when someone comes for a visit, offering tea is a way of showing the host's warm welcome and hospitality to the guest.

And in terms of what tea sets are made of, normally they're made of either ceramics or clay. Usually, a tea set consists of a tray (托盘), a teapot (茶壶), and a bunch of tea cups (几个茶杯). Oh yeh!!! There's also a little clay figurine (小泥巴塑像), called tea pet (茶宠) in the tea set, which I think is SO CUTE. It's just something cute to look at and also people believe it brings good luck. Like, the most popular tea pet is an imaginary creature in China called Piqu, that looks like a mix between a dragon and a lion (看起来像是龙和狮子的混合物). And it's a symbol of wealth. So, when people drink tea, they will pour the leftover tea over the tea pet (把剩茶浇到茶宠上), it's like nourishing the pet (滋养小宠物), and giving it a soul (赋予它灵魂). And years after years (年复一年), you will be able to smell the tea fragrance from the pet (你能闻到茶香). It's just lovely, isn't?

Finally, to answer the question of how I feel about this product, well, I'm not a tea artist (品茶大师), I prepare my tea on a very casual level (很随意的水平). I normally just brew my tea in a big mug (大水杯子). But having a tea set at home is a very common thing. They're very beautiful to look at, and they're the best tools for enhancing the taste and the fragrance of tea. So, I think it's a good investment for the home (是值得买的家居小投资).

Part3:

1. Why are traditional products important?

First, tradition is the root of one's culture. It teaches people about their self-identity (自我定位). In a country where tradition was not valued or celebrated, people wouldn't know who they are and where they come from (虚拟假设). And traditional products are the media that carry the culture (传统产品是承载文化的媒介). And that's why they play an important role in society. And second, when we value (重视) traditional products, buying the product is actually supporting the local community (支持当地发展). For example, a traditional bakery (传统糕点店) can provide healthy and tasty local traditional pastries to the local people, and they are contributing to the local economy (为当地经济做贡献) at the same time.

(罗列, 反向假设, 举例子)

2. Do you think tradition is important for a country?

Absolutely 100% yes. Like I said, tradition tells us who we are. It teaches us about our self-identity. It is the culture that passes from generation to generation (一代一代传承下来的文化). Without tradition, we don't have our root (根基). Some people nowadays only care about modern culture, pop culture. They don't care too much about tradition anymore. But guess what, tradition will disappear if it's not well protected (你猜怎么着, 传统一旦不被好好保护, 就会消失). And once it's gone, it's gone forever (一旦消失了, 就永远消失了). It won't come back. How can you let your root just disappear like that (你怎么就能够让你的根基这么消失了呢)? (反向假设, 让位驳斥)

3. What are the traditional Chinese products?

参考 part2 拓展知识点。

4. Why is it important for children to learn about traditional products?

learn 和 **learn about** 的区别。前者是学会了, 后者是浅学就行, 接触一下

Because our children is our future. Children today are adults tomorrow. Therefore, if we didn't raise the awareness of paying attention and respecting our traditional culture, very soon, the next generation would forget about our tradition. (反向假设)

Describe an important river/lake in your country (你们国家的重要河流、湖泊)

You should say:

Where it is located

How big/long it is

What it looks like

And explain why it is important

可以讲自己去过的著名的河流湖泊，也可以讲自己家乡的小河，不一定要真的对整个国家特别重要，可以说对自己家乡特别重要。而且小河汇入大河，肯定也是有自己的重要性的。

知识点:

- **A body of water 水体**

We have tons of bodies of water in my hometown. 我们家乡水体很多。

- **Freshwater lake 淡水湖; salt lake 咸水湖**
- **Shoreline 海岸线，水体岸线 (形容湖边岸线也可以)**
- **Harbour 港口**
- **Water weed 水草**
- **River rushes 河边的各种高低芦苇野草**
- **形容好看的景色:**

Striking, strikingly beautiful, breathtaking, breathtakingly beautiful, stunning, picturesque, scenic, exquisite, splendid,

- Awe 震撼

I am in awe...; It makes me in awe...

- The sunlight bounces off/reflects off the water, leaves beautiful sun glitter on the surface of the lake. 阳光反射在水面上，在湖面上留下了一片金灿灿的光辉。

- Crystal clear water 特别清澈的水

- Winding river 弯弯曲曲的河；对应是 straight 很笔直的河

- Skip rocks 打水漂

- Go right down in the middle of the city 穿过城市的正中心

Run through 穿过

The river runs through many cities.

- In the middle of nowhere 在荒芜之地，三不沾的地方，前不着村后不着店
- The river is to the east of my city. 在这条河在我所在城市向东的位置。
- The river is in the east of my city. 在这条河在我所在城市的东部。
- 如何形容长度？

以长江为例：

表达方式一： Yangtze River is the longest river in Asia, with a length of XXXX km (kilometers).

表达方式二： Yangtze River is the longest river in Asia, running XXXX km (kilometers). (run 表示奔流，动词 ing 表伴随状态)

表达方式三： Yangtze River is the longest river in Asia, flowing XXXX km (kilometers). (flow 表示流淌，动词 ing 表伴随状态)

- The river flows through (流过) a lot of regions and terrains (地区和地势), including mountainous regions (山区), high plateaus (高原) and lowland plains (低地平原). Starts from (开始) the west of China, Qinghai province, ends in (结束) the East China, near Shanghai.

- **The Yangtze plays a significant role in Chinese agriculture and industry. It is the primary waterway in the country.**
- **Extremely vital to the lifeblood of the city/the country**
对于这座城市、国家的命脉极其重要

Ok, so, I'm guessing that (我猜) a lot of students probably will talk about Yangtze River, which is the longest river in China, even in Asia. But, today, I really want to talk about a small river in my hometown, called XXXX. It is a very important river to the lifeblood of my city, and it's my favorite river.

In terms of how important it is to the whole country, well, not so much (不是那么重要了) nowadays, but it used to be a vital waterway (重要的水运道路) in the whole region, in the sense of transporting food and goods between different cities. And plus, it joins into (汇入) a bigger river at some point, and that bigger river eventually flows into Yangtze River, so I guess, XXX still is doing its job, making some contribution to the country, haha!

And, moving on to where this river is and how long it is, well, XXX is located in my city, in the southeast of China. I can't really wrap my head around how long it is (我怎么抓耳挠腮都搞不清楚这条河有多长). I just know that it runs through the entire city.

And to answer the question of how it looks like, well, it looks like a normal river, ahahaha. Kidding! It's a very beautiful and winding river (弯弯曲曲的河), with crystal clear water. People in my city just love to take a stroll along the river, and watch the sunset. I love seeing the sun bouncing off the water, and leaving splendid sun glitter on the surface of the river. It's just breathtakingly beautiful, stunning. Some people go fishing by the river, some kids throw rocks and skip rocks on the river, people love spending time and chilling near the water. These days, XXX is definitely for recreation (有娱乐意义的) .

It plays an important role in my city. Everyone loves the river.

Thank you!

Part3:

2. How can rivers/lakes benefit local people?

Hmmm, off the top of my head, rivers with fresh water can provide people with clean water and maybe fish. In China, we love eating little fish, shrimps and even crabs from freshwater lakes. And then, it's always nice to have water in the city. A river or a lake can be the perfect kind of place for people to spend the day, have a picnic, get some sun (晒晒太阳), and get some fresh air. Some of the rivers and lakes even have a beach where people can play beach volleyball, do beach yoga, or just walk in the sand. A city with water is always more interesting and vibrant as people have more things to do for recreation. And finally, if the river or the lake is rather famous, it becomes a tourist attraction. That will bring a lot of extra income and job opportunities to the local. (罗列)

3. Do you think rivers/ lakes attract tourists?

If the water is gorgeous and stunning enough, for sure! I can give you so many examples of how a river or a lake makes a whole place famous. Even in some of the cases, the whole area has become a tourist trap (坑人经典, 骗钱, 其实没什么可看的那种地方). An example would be, West Lake in Hangzhou. The lake is so well-known to the point that EVERYBODY wants to go and see the lake. You can't imagine how crazily crowded the place is during national holidays. So, yeh, tourists definitely love rivers and lakes. (举例子)

4. How do rivers/lakes affect local tourism?

不知道和上题有啥大区别

Like I said, having rivers or lakes can boost local tourism as people love seeing rivers, lakes, seas, mountains, valleys, all kinds of the natural scenes.

5. Are rivers/lakes good for transport? Why?

It depends on what you are looking for. If you want to transport something fast, then airway is definitely a better option. Sometimes, it could take months to transport goods from one country to another by water, while it will only take a couple of days by air. If you want to control

the cost, then waterway is for sure the one. Waterways are more suitable for carrying heavy and bulky goods (大宗物品) .

Describe something you do to keep fit and healthy (保持健康的方式)

You should say:

What it is

When you do it

Who you do it with

And explain why you think this method is important

可以说健身、跑步、游泳、做瑜伽、普拉提，等锻炼方式。甚至可以说冥想，强调给你带来的 **mental fitness** 心理健康也很重要。这里可以用到时间分层对比前后改变。

知识点:

(QQ 群文件 2 号文件夹“词汇集”第三集有大量和做运动有关的表达，请查看。以下为局部节选)

健身的好处:

-Helps you control weight 控制体重/ keep in shape 保持好的状态/ keep fit 保持健康

-Prevents heart diseases/ prevent a wide range of health problems

-Improves muscle strength 增加肌肉强度/ increases endurance 增加耐力

-Blows off the steam after work/after a stressful day/decompress 减压

-Makes you feel happier, less anxious, and more relaxed 让你更快乐放松

-Boosts your confidence and improves your self-esteem 增加信心

-Promotes better sleep/ helps you fall asleep faster/ improves sleep quality 提高睡眠质量

-It gives you a chance to unwind, enjoy the outdoors or simply engage in activities that make you happy.

-Physical activity can also help you connect with family or friends in a fun social setting.

-Doing sports can allow you to meet up new people/ socialize with new friends

素材一：

So, one thing I enjoy doing is going to the gym on a regular basis (规律地) .

In terms of when I work out, well, not on a daily basis (每日) , 2-3 times per week, something like that (类似这样吧) . There's a gym close to my place, takes about 5 mins to get there from home. It's not the fanciest gym. It's not big, and it doesn't have a lot of advanced machines. But As long as the gym is close, it's good enough for me. For me, the most important thing is the location.

I normally hit the gym (去健身) quickly after work. I'll work out for about 1 hour, and then hit the shower (去冲澡) . Keep it short and sweet (保持时间不长但是质量很高的状态) , as I don't have a lot of extra time. But sometimes, on weekends, when I have much more time on hands, I'll go with my friends. I have a couple of friends who are gym freaks/ gym rats (健身狂人) . So on weekends, we would train together and catch up (互通有无) .

Being able to working out from time to time (时不时地) is vital for me, not just physically, mentally as well, it's definitely a great stress reliever (减压器) . It promotes better sleep, gives me a chance to unwind and blow off the steam, boosts my confidence, and stabilizes my mood (稳定我的情绪) . Plus, I've lost 20 pounds since I started working out regularly. I'm in much

better shape now, and I feel great about myself. I can't imagine a life without it.

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

素材二:

I love doing yoga after work.

I normally go to the yoga class in my gym, and practice yoga with all the classmates and the instructor. And sometimes we will go to the beach together on weekends, and do beach yoga at sunset. It feels absolutely refreshing to be in nature and connect with my own body. Sometimes when I don't have the time to go out and do yoga, I'll still do it on a mat in my living room or on my balcony. It's been a habit for me, a self-discipline.

Before I started doing yoga, I used to be so out of shape (体能状态很差). I was overweight, feeling tired all day long, and couldn't concentrate well. I forgot things easily. And the worst part was, I was feeling down (情绪低落) all the time. Nothing could really lift my mood. My friend suggested that I should try doing yoga, and I took her advice. At the beginning, it was definitely challenging, as I didn't have any flexibility (没有柔韧度) / I was very inflexible. I couldn't even stretch my legs. But I didn't give up. Gradually, I've gained much more flexibility and strength by doing yoga. I'm now feeling so much lighter and stronger. I'm in great shape, and my mood is always good. I enjoy connecting with my body, challenging it, training it, and making it better.

So, yeh, that's something that I do to keep fit, thank you!

Part3:

1.How do children and old people keep fit and healthy?

Well, I don't think children spend too much time thinking about how to keep fit and stay healthy, as they are so young and most of them are so healthy, they don't need to worry about things like that yet. All they care about is having enough food, getting enough sleep and having a lot of fun; older people, on the other hand, pay much more attention on their health condition. Some of them go out for a walk every day, some of them

go swimming every week, some of them do Tai Chi (做太极). And many old people would try to have a healthy diet, get all the nutrition they need, go to bed early, and wake up early. They do things like that to keep healthy.

2. What do people normally do to keep fit in your country?

-People love taking a stroll. It's not intense (剧烈), and at the same time it's very relaxing. One thing I find very interesting is that, in China, we have this culture of taking a walk together as a family after dinner. We call it the "after dinner walk". Normally the whole family will go together, parents and kids, sometimes even grandparents. It helps digest the food (帮助消化食物), and meanwhile the whole family can bond over the walk (通过散步来促进感情). I've shared this culture with some of my foreign friends, they all found it very interesting. (补充细节)

-In China, younger people enjoys doing exercises like jogging, running, tennis, badminton. And also there are more and more people going to the gym. It wasn't the popular 20 years ago, but now it's getting really trendy (流行的). Older generation enjoy something less intense, for example, taking a walk, swimming, or doing tai chi in the park. (分群体)

3. How can parents help and guide their kids to keep healthy?

First off, parents should teach the importance of keeping healthy to their kids. Tell them the importance of having a health diet, encourage them to exercise on a regular basis, things like that. There are some children's books talking about health and hygiene. Parents can read to their kids, and guide them to keep fit. Or, watch some related cartoons together, and learn the ideas through watching TV. The format is not important, as long as kids can get the information. And then, parents are the role models (榜样) to their kids, doing the same thing, setting the good example (以身作则) is key. Kids copy everything their parents do. You can't expect a kid to eat healthy vegetables when his/her parents only eat junk food every day. (罗列, 举例子)

4. Do you think it is a good way for governments to use the power of idol to help people build health awareness?

I think so. We are now living in a society with an "idol culture". Young people praise their idols. They worship everything they do. Idols nowadays have incredibly powerful influence over their fans. And if we

can utilize this influence wisely to achieve something really positive, we shouldn't be too reluctant to do it. Some people may say that those idols who try to help the public build health awareness are all money-oriented

(以钱为本). They just want to make money. But why should we care about the true motivation behind these super stars' behaviour? As long as their words can touch some people's hearts, and help them raise the awareness, it's what governments want. (让位驳斥)

Describe a contest/competition you would like to participate in (想要参加的比赛)

You should say:

What the contest/competition is about

Where it will take place

When it will be held

And explain why you would like to participate in it

才艺比赛、体育竞赛都可以

singing competition 歌唱比赛, fashion design contest 时尚设计比赛, memory competition 记忆力比赛, chess competition 国际象棋比赛, programming challenge 编程挑战赛, marathon 马拉松

知识点:

- The game is at a tie./ It's a tie! 平局
- The teams are neck and neck right now. 平局
- They're going head-to-head tomorrow 明天要一决高下=the teams/athletes are going to be competing against each other tomorrow
- Team A is up by 10 (points)! A 队领先 10 分!
- Team A is winning by 10 (points)! A 队领先 10 分!

- Our team is down by 5 (points). 落后 5 分

- Our team is losing by 5 (points). 落后 5 分

- make a comeback 又杀了回来，反转局势

In the last quarter, team B made a comeback!

- rival 竞争对手 rival team 竞争队

- opponent 也是对手，和 rival 差不多。opponent 更针对比赛，rival 可以是长期的竞争对手，生活里的劲敌，类似于 enemy，但是没那么严重

- keep someone on his/her toes 让人时刻保持警惕的状态

- It's an intense/ a tense game./ I can feel the tension in the room or between the two teams. 很激烈令人紧张的比赛、我能感觉到紧张的氛围

- That was a close call. 很侥幸赢了，差点就输了。

The team had a close call in the semi-final (半决赛) .

- crush the competition 发挥出色，碾压全场

That athlete crushed the competition!

- a cut-throat match 残酷无情的、甚至不择手段的比赛

It was a very cut-throat match today.

- "Fair game" Something a referee might say after making a call

- have one's game face on 拿出“比赛脸”很严肃的样子

- Don't hate the player, hate the game! 别恨选手，要恨就恨比赛！选手只是在努力比赛，要怪就怪比赛规则。

- the G.O.A.T=the greatest of all time 历史上最佳选手

Tom Brady is the G.O.A.T. hands down! He scores at least 50 points each football game.

- be on one's game/ be on one's A game 比赛状态最佳

She's really on her A game tonight. 她今晚表现太棒了！

- running against the clock= running out of time. 没时间了

We are running against the clock! Come on!

- **make it to the finish line** 跑到终点
- **up for grabs** 还有机会，还可以抓到，还没结束，没被认领

Since the score is 5-5, the winner is up for grabs.大家都有机会

The last piece of cake is still up for grabs. Who wants it?最后一块蛋糕还没人认领，谁想吃？

- **a die hard fan of...**骨灰粉

She's a die hard fan of Guo'An football club.

So, I really want to participate in a marathon race. I don't have a specific name in mind, any marathon competition will be a good experience for me.

I want to run in Boston Marathon, as it's the oldest one and also the most world-famous one. Obviously it takes place in Boston, and it's held in April every year. Also, I'm very curious about Great Wall Marathon, because A, it's in Beijing, which is my hometown. And B, it's one of the toughest marathons (最艰难的马拉松) in the world, as it challenges runners to climb over 5000 steps of the Great Wall (它挑战选手们爬上 5000 个长城台阶) .

That's insane! And it's in May each year. There's one more marathon that I'd like to try, and it's the Great Ocean Road Matharon in Australia, which is also in May. And the reason is that, I just love Australia, it's such a beautiful country. And, I love a good ocean view, and running along the stunning ocean road would be such a unique experience. Perhaps that can help me forget that my legs are dying (可以帮我忘记我的腿疼到要死的事实) . Haha!

(你也可以不说这些国际知名的马拉松比赛，就说说自己家乡或周围城市的比赛)

And finally, moving on to why I would like to participate in a marathon run. Well, it's such a big thing in China now, its so trendy (很流行) . It seems to me that almost everybody around me has tried it. I'm having the fear of missing out (英语中要叫 FOMO=fear of missing out, 指的是怕自己没有

尝试很流行的事情，最后错过了一些很有意思的人生体验) . And plus, I'm a die hard fan of Jennifer Anniston, and she's a marathon lover (我瞎编的，你们随便换任何明显都行) . So, that gives me the motivation as well. And I'm not saying that I will crush the competition by any means (以任何方式) , my real goal is, as long as I can make it to the finish line (只要我能跑到终点) , that's a win for me already (对我来说就已经赢了) . And when the day comes, I will try my best, put on my game face, and give 200% (拼尽全力，200%的努力) .

Part3:

1. What are the contests commonly seen on TV programs?

The common contests we see on TV are (不用都说) :

- World Cup (football 足球世界杯) -Possibly popular because it isn't specific to just one country, it involves the world. I assume people like it because it is an intense game.
- Olympics (summer/winter 夏季、冬季奥运会) – Doesn't happen every year (only happens every 4 years). So the excitement builds up for the competitions. There are so many competitions to watch. Uniforms are also fun to look at each time (每次比赛的各国队服也是看点) . Also, I think the changing of the location is cool to see for everyone. You can see a lot of cultural differences in the opening ceremony (开幕式) each time. I personally like the Ping-pong team in China. Watching them win is the best feeling.
- Grand Slam (tennis 法国网球公开赛) To be honest I have no idea why it is so popular. Maybe people follow players (Williams sisters, Naomi Osaka).
- NBA games (basketball 美国国家篮球协会) Intense game, your eyes are always moving around following the ball. Lots of betting in this sport (很多赌球) . Many famous people go to the games and sit courtside (坐在场边) and steal a lot of thunder (抢尽风头) .

- Superbowl (American football 美式足球) - Popular because of the halftime show (中场表演) that always features a great artist (中场表演总是请来很棒的艺术嘉宾表演) and a whole performance. Also because of the advertisements in between the game. Some people say the best part of the Superbowl is the ads.
- Reality competition shows (真人秀竞赛节目) :
Survivor, the Great British Bake Off (cooking competition show) ,
American's Next Top Model (美国超模 super model competition show) , Britain's got talent (英国好声音) ...

2. Why are competition shows popular?

I think, it is because the people who go on the show are nobody (谁也不是) , just like us, we feel really close to them. And, wait till they're seen, heard, or found, they go from nobody to somebody overnight (一夜之间从谁也不是变成了家喻户晓的明星) . We all have dreamed of what it might be like to be super stars (我们都梦想过成名是怎么样的) .

Competitions shows like this can open doors for no-names (给无名小卒一扇门, 一个机会) , ordinary people who have dreams and talents. So, when we watch this kind of shows, we get to imagine ourselves on stage as well. We love seeing these "dreams come true" moments. And on top of that, it's highly entertaining to watch. Sometimes the judges' reactions are the most interesting part. I love seeing their dramatic facial expressions (夸张的面部表情) . Like, the jaw just dropped, and then, they would stand up, clapping and smiling, with tears in the eyes, it's just really emotional and entertaining. (罗列原因)

3. What kinds of industries need competition? Why?

Many industries need competition, for example, food industry, hotel industry, retail industry (零售业) , customer service industry (客服业) , car industry, etc. Competition inspires companies to offer their

customers and clients products with lower prices, higher quality, and greater variety. However, having said that, too much competition can lead to bankruptcy. Small companies might be driven out of the market by big companies. That's the sad truth to face. (反向思考)

4. Do you think it is necessary to encourage people to compete with others in companies?

I don't agree with that. Maybe a little bit of competition can motivate employees, inspire them to make more effort at work, and achieve more things. But, truth to be told (真相就是), the best way to encourage people is never by threatening them, making them feel anxious. Too much competition will make people lose direction. Instead of feeling motivated to work harder and be creative, employees will spend most of their time worrying about getting laid off (被解雇), losing their bonuses (丢掉奖金), or being looked down upon (被看不起). When all they can think of is how to survive in the workplace, they will never thrive at work (survive 和 thrive 是一组押韵梗。Survive 表示求生, thrive 表示大放光彩). (反向思考)

Describe something you do that can help you concentrate on work/study
(帮助你集中注意力的事物)

You should say:

What it is

How it helps you concentrate

When you do it

And explain how you feel about it

知识点:

make time for exercise 挤时间锻炼; **get enough sleep** 睡眠充足; **play video games** 玩游戏 (转移注意力, 放松身心, 从而提升专注力); **train my brain to improve my concentration** 锻炼专注力, 通过玩儿拼图、文字猜谜等益智类游戏; **meditation** 冥想; **spend time in nature** 在大自然里多花一些时间...

1. 状态很好，注意力很集中

- My eyes are glued to...我的眼睛被用胶水粘在.....

I was studying for 2 hours straight and I didn't realize! My eyes were glued to my studying materials.

- 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
- 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/work 投入工作学习任务中

Tonight, I really need to throw myself into the task, maybe I'll pull an all-nighter (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！
- like a sponge 像个海绵一样吸收所有信息，集中注意力的状态

My brain was like a sponge today, soaking up all of the information in class

- I was so productive today. 我今天状态特别好，特别高产

- Efficiency is key. 高效率是关键
- I'm locked in. 被锁定的状态
- I have tunnel vision on my goal. 视野变得只有隧道那么宽，心无旁骛
- She's so hard at work she didn't even see us waving to her. 她专注到我们跟她打招呼都没看见
- My head is in the books. 我的头都埋在书里了
- 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.

- 2. 注意力不集中
- I can't sit still. 我都坐不直了
- I have some loose screws today. 我今天脑子里的螺丝松了，状态不对
- I spaced out/zoned out. 我刚才发呆了
- I'm in a daze today. 我今天头脑昏昏的
- I can't seem to wrap my head around this topic. 我怎么理解不了这个话
题
- I have such a small/short attention span today. 我今天的注意力周期很短

I have the attention span of a ____ today

最常见的是用“松鼠”的注意力周期来形容自己今天很容易分心

I have the attention span of a squirrel today!

- I'm going to wrap up my studying for the day. 我要给今天的学习打包收尾了
- lose sight of the goal 失去目标感

One thing I do almost every day to keep my concentration better is taking a nap.

I find myself much more focused after a power nap (能量小盹). My energy level is high, my mood is boosted, I'm in a go-go mode and I become very productive (我的能量值很高, 心情很爽, 我进入一个干事的状态, 变得很高产). I always love to read and learn after my nap as that's when I'm the most efficient. I'll be locked in, and my brain will be like a sponge, just soaking up all the information. It really feels good when I can unlock my brain's full potential. Well, maybe not 100% of it, but at least my brain becomes much more efficient after the nap.

In terms of when I do it, well, I normally take a nap after lunch. I go back to my dorm/I go back home at lunch break (午歇), and quickly get some shut-eye (闭会儿眼, 睡觉) for about 30 mins. It doesn't have to be a long nap, in fact when it's too long, sometimes I get drowsy (昏昏沉沉). 30 mins is the perfect length, not too long, but not too short either. After the nap, I feel rested, refreshed and ready to go.

Taking a nap is my secret weapon (我的秘密武器), my energy booster (我的能量充电器). It's already part of my daily routine. A few years ago, I was never a "napper". I thought napping was for babies. But every day, after lunch, I would have a food coma (食物之后导致的困倦). And in the afternoon, sometimes I couldn't sit still, it was like I had some loose screws. I was very unproductive in the afternoon. Since I developed this new habit, I've been feeling so much better. I can easily throw myself into my studying/my work and get in the zone in the afternoon. I never need to drink coffee nonstop just to stay concentrated anymore. Now I feel fantastic!

So, this is something I do to help me concentrate. Thank you!

Part3:

1. Why is it more difficult for children to concentrate nowadays than in the past?

我们的 80 后, 90 后, 00 后在英语对应的是:

- baby boomers: 1945-1964

二战后新生儿热潮的一批人, 享受好的资源, 竞争小, 资产多

- Generation X: 1965-1981

X 一代 相对于 baby boomer 来说资源变少了, 生活更辛苦一些

- Generation Y/ millennials: 1982-1996 Y 一代 电脑背景下长大一代

- Generation Z: 1997-2010 Z 一代 互联网一代

Because there're too many distractions. And those distractions are mainly coming from the internet. Generation Z is a group of young people that are marked by the internet. It's part of their DNA. The internet breaks into their homes, their education and their way of making friends and socializing. Children nowadays have access to all information at their fingertips (手指点点就能获得信息). They like to get everything they want immediately. That's why their attention span is becoming very limited 他们的注意力周期正变得越来越短. Not like children in the past, they didn't have too much to do. Gen X and Y grew up in a much simpler world. They had less things and better concentration. (时间对比)

2. Do you think technology will harm children's ability to concentrate?

I think technology has already decreased the concentration of kids. Especially with the access to TikTok or Instagram short videos, everybody wants access to quick and fast information, especially for children, as their attention span is even shorter than adults. If the video did not catch their eye in the first 7 seconds, they will probably get bored and skip to the next one. So, yeh, in the future, technology will continue bringing a negative impact on children's concentration. And that's why we need to help children use the internet wisely. (时间分层, 通过现在看未来)

3. What kinds of jobs require high concentration at work?

Surgeons need to be 100% focused when they're on the operating table (在手术台上). Every tiny mistake they make could be vital to the patient.

Teachers need to stay concentrated when teaching otherwise they will confuse their students. Cooks need to pay full attention when cooking. Customers will stop coming if the food is not tasty enough. Almost all jobs in the world require concentration. (罗列)

4. Can exercise help people improve concentration?

Certainly yeh! I read somewhere that physical activities can boost the brain's dopamine level, which affects attention and concentration. That's definitely my case. I always find it easier to knuckle down and get things done after going to the gym. And If I stop going to the gym for a while, my anxiety level will go up, and it'll be much harder for me to stay focused. (举例子, 反向假设)

Describe a way/change that helps you save a lot of time (节省时间的方法、改变)

You should say:

What it is

How you implement it

How difficult it is

And explain how you feel about the way/change

节省时间的几种做法:

1. Make a to-do list 每天都有一个做事清单

Having a to-do list every day gives you a clear goal to work for. If you stick to that list strictly, you will be a master of efficiency.

2. Learn to prioritize your day 学会优化你的一天, 什么最重要

Knowing what things are more important, what things could wait is very essential. If you spend most of your day solving minor problems, you will end up having 0 time for the real issue.

3. Take breaks to keep your energy levels up 能量值高了做事情效率高，变相省时间

4. Meal preparation 提前准备好一周的食材，做饭比较省事

Menu planning in advance speeds up the meal preparation process and simplifies grocery shopping.

5. Hire a house cleaning service to clean up the house 找家政服务

6. Learn to have a routine 规律作息

A routine frees the brain for other things, it's definitely a time-saver.

和时间有关的一些表达：

1. Clock

- beat the clock 紧着截止日期交东西

I managed to beat the clock and finished my paper.

- work against the clock 和上面差不多，努力战胜时间

Scientists are working against the clock to come up with a new vaccine.

- Around the clock 24 小时连轴转

I've been working around the clock lately.

2. Time

- time-consuming 很耗费时间的
- add hours back to my week/day 给我的一周、一天多出来一些时间

(因为省时间，所以感觉是额外多出来时间)

- time-saving 很节省时间的

- a time-saving hack: 省时间的小技巧
- a time-saver: 很节省时间的事物

This is such a time-saver!

- run out of time 没时间了
- a race against time 和时间赛跑 没时间了
- no time to lose = no time to waste 没有多余时间了
- have all the time in the world 时间特别多

You don't need to hurry. We've got all the time in the world!

- have time on your hands / time to kill 手头时间很富裕
- take your time 慢慢来，别着急
- make good time 事情做得特别快，省出了很多时间

We made good time. It only took us an hour to get here.

- time is on my side 我有大把时间

I finished my assignment 6 hours before the deadline. Time is on my side.

I'm only 20, I have time on my side, so I'm not worried about my career.

- Time flies! 时光飞逝

Look how fast our children grew up, how time flies.

So, my time-saving hack (节省时间小妙招) is having a more or less (或多或少) fixed routine (固定的作息) every day.

Every morning, I wake up at the same time, then I take a shower, get dressed (换好衣服). I always have my outfit ready the night before, so that the next time I don't need to think and choose. This saves me tons of time (节省我大把的时间).

And then, I'll make myself a cup of coffee in the morning during breakfast. It's always latte with vanilla syrup (香草口味拿铁), again, I don't need to think about it. And, I always have the same breakfast during the

week, a fried egg and some whole wheat toast (全麦吐司), a yogurt with some fruit in it. While having my breakfast, I always listen to some podcast or some news, to get ready for the outside world.

When I'm at work/at school, the first thing is to do a brain dump (dump 表示被丢弃的垃圾, 在这里 brain dump 表示想到什么就些什么, 不一定有价值的东西) of the things I want to do, need to do, and have to do, and I will go through the whole thing (把写下来的东西看一遍), prioritize my day (优化我的一整天), and then make a final to-do list (做一个最终的做事清单). I will always highlight the things that are urgent or very very important, so that I won't procrastinate these things (把重要的事情高光出来, 这样不会拖延). I try to be strict with myself, and follow my list diligently.

After finishing my day and come home, my evenings are more relaxed and flexible. I go to gym on a regular basis, Mondays, Tuesdays and Thursdays, so rest of the week, in the evening, I will do things spontaneously (除了健身的这几天晚上我会即兴做事情). For example, meeting up with my friends, seeing a movie, having a drink in the bar, things like that.

In terms of how difficult it is to implement this routine, well, in the beginning, it was a little bit hard, as I used to be a pretty disorganized person. I didn't like repetition. But gradually I started to realize the positive sides of having a routine. Having a routine sounds boring and seems more work, but in the reality, it frees my brain, reduces my level of stress and anxiety, and makes me much more efficient and productive

(做这些事情看似枯燥而且更琐碎, 但是解放了我的大脑, 让我不去想, 有了更多安全感, 压力也下降, 效率也提高). Eventually it adds hours back to my day! And I can have more time for something more interesting and fun. Sometimes I feel that I have all the time in the world. (时间分层)

So, yeh, that's one way to save time. Thank you!

Part3:

1. What can people do to save time?

Some people do a lot of prep work (做很多准备工作) to save time; some people make plans and create schedules to be more efficient; some people delegate work to others (把工作下发给别人) so that they don't need to do everything themselves; some people hire services to help them. For example, some people hire a cleaning service to clean up the house. It's definitely a time-saver. (分群体)

2. Does technology help people save time? How?

Generally speaking, yes. All the household appliances, like washing machines, dishwashers, microwaves, rice cookers (电饭煲), they are all helping us decrease the stress of doing household chores and the amount of time we spend on doing them. Other inventions like vehicles, trains and airplanes, also help us reduce the time for traveling. So, yes, technologies definitely are saving our time in life. But the reason why I said "generally speaking" is that, I couldn't help but thinking about how we also waste a lot of time on the internet, on social media. We spend a lot of time watching meaningless content online. In this case (从这个角度来说), we are also losing time because of technology. (主流情况, 特殊情况)

3. Do you think parents should be responsible for teaching children to save time?

Yes, definitely! It's not something they can learn by themselves at an early age! We are all born to be lazy and procrastinative (我们都生来就懒和爱拖延). Kids are even more so (孩子们更是如此). I've seen my little nephew lingering away his time on eating his meal (我有看过我的小外甥慢慢悠悠吃饭), or getting ready to go out (或者准备出门). They don't have the concept of time (没有时间概念)! So, parents should teach and guide their kids to learn time management skills, such as, making a plan beforehand, making a to-do list, keeping track of time, things like that. (原因, 列举)

4. Do people who can manage time well become successful more easily?

I want to say yes. People who can manage time well tend to have a higher chance of becoming successful in their own field, whatever that means. I

mean, people have difference definitions of “being successful”. For me, you don’t have to be super wealthy or famous to be called successful. As long as you feel powerful and (feel) in control in life, you feel happy with who you are and how your life is, you ARE successful. People who have good time management kills can manage their time more wisely, they’re able to meet deadlines (能遵守截止日期) and avoid last-minute surprises (避免最后时刻的“惊喜”惊吓时刻). They’re more relaxed and less stressed out. They accomplish more with less effort. And that leads to having more free time to themselves. They can utilize this extra time to enjoy the life, or learn more skills, or try new projects, it’s up to them. Being able to save more time allows them to take a breather, and focus on advancing themselves(提升自己). That’s why they tend to become more successful than average. There’re so many people trying hard just to keep their heads above water (挣扎着把头露出水面, 就是差点就负债或者陷入困境), just to survive. But those time-masters (这些时间大师们), they thrive in life. (原因)

Survive 和 thrive 是一对押韵的小词儿, 很流行。前者是苟活, 后者是绽放异彩。对比的一组词。经常被拿来用在职场上。 “How to not just survive, but thrive in the workplace?”

地点题:

Describe a quiet place you like to go (安静的地方)

You should say:

Where it is

How you knew it

How often you go there

What you do there

And explain how you feel about the place

室内：图书馆、自习室、咖啡馆.....；户外：小花园，自家后院，山区

知识点：

- 原生态的地方：secluded, unspoiled, hidden place
- 没什么人知道的宝藏：hidden gem
- 安静宁静的地方：

Quiet, tranquil, peaceful, serene place

- get away from the hustle and bustle
- get away from the tight schedules and hurdles in life
- It's a place where I can blow off the steam and unwind.
- It's a place where I can feel cozy and at ease.
- It's a place where I can be me (做自己) .
- It's my healing retreat. 我治疗自己的休息场所。
- -a getaway: 一个可以逃离的地方，引申为可以远离现实、旅行放松的地方

动词词组：get away

- my spot: 我爱的地点。 "This park is my favorite spot in the city."
- It is the place where I take my morning walks every day.
- People can do all kinds of things in this park.
- This park has many different areas, and they're all suited to different age groups.
- Sometimes I just sit on a bench in the park, and watch the world go by (看人来人往) .
- There're a lot of hidden spots/ secret attractions (隐藏景点) in this area.
- It's just far enough from the hustle and bustle of the city that allows you to loosen up a bit, but it's also close enough to appreciate the incredible beauty of the city skyline.

素材一：

So, whenever I feel stressed out (压力山大) and burned out (被烧光了热忱) from work/school, I'll get away to my secret retreat, called XXX, to find my inner peace again.

XXX is a mountainous area on the outskirts of my city. Fortunately, it's not a very popular destination (受欢迎的旅游目的地), so you don't really see any tourists there 因为不火, 所以看不到游客; sometimes during the week, you don't even see the locals. That's why it's so peaceful and tranquil. It's a place where I can blow off the steam and unwind.

I go to that area every once in a while, whenever I feel like going and have enough time on my hands, about once per month. Sometimes I'll go hiking with my friends, we'll get into the woods, burn up our energy, and enjoy the feeling of being physically exhausted; sometimes I go there just by myself with a book, and I'll find a quiet spot, spending several hours there, reading and chilling; Sometimes I'll even take a nap under a tree, enjoying the breeze on my face and the coolness from the shade.

I love that place. It's my little getaway in my city. A place that allows me to get rid of the hustle and bustle in life. It's a place where I can take some "me" time, and be me. Thank you!

素材二：

Ok, so, I'd like to talk about my all-time-favourite (一直最爱) café, called Miss Café.

I found this place several years ago, thanks to my friend Xiao Lin. She took me to this café, and she told me it was like her secret retreat (秘密的休息场所) where she could unwind and run away from her daily worries.

(室内装潢不一定要说) It's a very tasteful (有品位的) place. Everything is decorated beautifully. Red brick walls, concrete flooring (水泥铺地), rustic

wooden tables (粗糙的原木桌子) and chairs with metal legs (带金属腿的椅子) . You know, typical industrial style (工业风) . And plus, it looks so spotlessly clean (一尘不染) everywhere. It's definitely a plus-point (加分项) for a clean freak like me.

Miss Café is such a unique and cool place. There's always nice music, but it's never loud, it's the kind of chilling and instrumental background music (那种很悠闲的纯乐器背景音乐) that you can enjoy and clear your mind. There's a turntable/vinyl record player (唱片机) with headphones at the corner, and next to it there's a whole wall full of music records (音乐唱片) . You can buy records there, and also if you are interested in listening to some of the records, you can ask the server to play the record for you. They have a big collection (收藏量很大) there, from classical to pop, from jazz to blues, from Asian to Western. It's like a heaven for music buffs/lovers (音乐爱好者的天堂) .

I love spending the whole afternoon in the café. Sometimes I'll be just myself, sitting next to a big floor-to-ceiling window (落地窗) , sipping my coffee (抿着我的咖啡) , savouring my pastry (品尝我的点心) , and reading a book. I love seeing the sunlight pouring through the big window, touching every corner with a layer of golden colour. It feels so peaceful and cozy (温馨) . Sometimes I'll share this moment with a friend, with a cup of coffee in hand, catching up with one another (叙旧, 互通有无) , listening to the serene music, and watching the world go by (看人潮在眼前走过) in front of the window. It's the best way to while away the time (打发时光) , on a lazy Sunday afternoon (慵懒的周日下午) .

Miss Café is a hidden gem (宝藏) , it's quiet and peaceful. And I know it sounds selfish, but I'd like to keep it that way (我知道这听起来很自私, 但是我想让她保持低调, 不为人知的状态) . Thank you!

Part3:

1. Is it easy to find quiet places in your country? Why?

Well, generally speaking, it's not that easy. I mean, China is a very densely populated country, especially in the city. But it doesn't mean that it's impossible to find quiet places either. I mean, you can always find a quiet spot, like a café, a library or a park where you can enjoy the tranquility. In addition, it's different from one place to another. Some cities are busier, noisier and more bustling; some are more tranquil and peaceful. It's hard to generalize. (主流情况, 特殊情况, 补充观点)

2. Why do old people prefer to live in quiet places?

I guess, older people, the majority of them are living a simple and peaceful lifestyle. They go to bed early, and get up early. They don't party (动词, 参加 party) like young people. They just want to live in a quiet environment where there're no noises or other distractions. I guess, older people find it harder to filter out distractions. For example, my grandma just hates to go to crowded places, she would rather spend her time taking care of her flowers in the yard. (解释原因, 举例子)

3. Why are there more noises made at home now than in the past?

That's a good question! I guess we always criticize the noise pollution (噪音污染) outside on the street, but we totally ignore the crazy noises at home. And nowadays, we are using all kinds of household appliances (家用电器), the rumbling washing machine (轰隆隆的洗衣机), the whirling dryer machine (不断旋转的烘干机), the buzzing dish washer (嗡嗡作响的洗碗机), the humming microwave (哼哼唧唧的微波炉), ...and forever on TV and speakers (永远开着的电视和音响), we have so much going on at home (家里一堆东西正在进行时). In the past, people only had the radio, haha... of course it was quieter at home back then. (时间分层)

补充表达: The quality of apartment buildings nowadays is lower, and the walls are not sound proof. You can hear your neighbours all the time.

4. Why do some people like to use noise as background sound when they are working or studying?

This kind of noise is called "white noise" (白噪音). I don't know the science behind it (背后的原理是什么我并不了解), probably I read about it before and then forgot again, but white noise DOES soothe people (但是白噪音的确能安抚人们的情绪), and help people stay calm. That's why you see some people study or work at a café, or little babies sleep with the white noise machine (yes, they sell things like that). Personally, I'm not a big fan of white noises, I'd rather listen to some soothing background music (安抚人心的背景音乐). But I know that some people like it. (原因, 举例子)

Describe a city you would recommend as a nice place to live(not your hometown) 你推荐的宜居之地

You should say:

What it is

Where it is

What you know about this place

And explain why you recommend it

知识点:

一些形容城市的表达:

- Beijing tends to attract a lot of people because of the job opportunities there. Many of them are NGOs and government centered jobs (NGO 非营利性组织和面向政府的工作).
- It's got amazing and rich culture, all kinds of social, cultural and arts activities, it's a city that never sleeps (不夜城).

- It's also a little bit more laid-back (慢节奏的、慵懒的) than other big cities in China, like Guangzhou or Shanghai. Life seems to move slower in Beijing (北京的生活似乎会过得更慢一些) .
- One thing I love the most about Beijing is the local people there. They are very outgoing and friendly, very willing to communicate with others. Last time when I was there, I had a great time.
- Shanghai is one of the most dynamic and exciting cities in the world. It is constantly changing (总在不断变化) , there's always something going on (总有事情在发生) , and there are new people moving to the city, from all over China and the world, every day. For me, it's a city that's full of adventure and hope. I visited Shanghai several times. Nightlife there was amazing. Food choices were mind-blowing. It's a paradise for a foodie (吃货) like me.
- Dali just a different world in comparison to costal cities in the east part of China. It has so much to offer to people who live there (能给人们带来太多好东西) , like, super clean air, great weather all year round (四季如春的地道表达) , and stunning natural sites everywhere. People there are so friendly and laid-back. It's an ideal place to enjoy the life.
- There're a lot of hidden spots/ secret attractions (隐藏景点) in this city.
- The food options (食物的选择性) are crazy here.
- Night life in this city is mainly about outdoor beers and street food, and accompanied by live music and the like (等等) .
- I especially love XXXX in this city. It's a beautiful neighbourhood that is full of beautiful homes and brick apartment buildings (砖墙公寓楼) , along with art galleries, delicious restaurants, and antique stores (古董店) .

Well, a city that I would highly recommend as a really nice place to live is NYC, New York City.

Regarding its location, well, I doubt if there's anybody who DOESN'T know where NYC is, as it's so famous. It's located in the northeast of the US. I've known NYC since I was a little kid through Hollywood movies and TV series. In my mind, I feel like I already knew this city pretty well. I've been to NYC once, and I loved it there. That's why I want to recommend this city.

New York City is famous for its fast-paced lifestyle. It's a city that never sleeps/it's a 24-hour city. I mean, there's always something going on. It's got an amazingly rich culture that attracts people from all over the world. It's famous for its countless museums and galleries. It's like a paradise for people who are into history and art.

Not just that, it's also the heaven for foodies. Food options are crazy/mind-blowing in NYC. You can find any type of food there. From world-class Michelin star fancy restaurants (世界级米其林三星华丽餐厅), to casual affordable hole-in-the-wall hidden places (随意又便宜、隐藏在小巷子里的小馆儿), you can find anything. It has thousands of cafés where you can just spend the day sitting on the street patio (街边露天餐区), sipping coffee, and watching the world go by (看世界与人潮).

And, what attracts me the most is the people there. When I was there, New Yorkers seemed super friendly and welcoming. People were very chatty (爱聊天) and open. They were very easy to talk to. It was so effortless to start a conversation with them. The whole city made me feel that I was so welcomed.

(以上三段，不是都要说，可以选择其中两段，或者减少每段的重复表达，缩减篇幅)

That's why I think it is a very liveable place! It's vibrant and bustling; food is amazing; people are nice and fun...Even though the cost of living (生活成本) is pretty high in NYC, still it's so cool to live and explore the charms of this city. Even if it's just a period of time, a couple of years, the experience of living in such a culturally and historically rich city is precious. You can't put a price on that (你没有办法给这个经历贴上价格，表示“无价”，很珍贵).

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

Part3:

1. Where do people like to live in your country?

Well, people have different preferences, but generally speaking, Chinese people love living in the city. Because life in the city is easier and more convenient, as there're more public resources, as well as job opportunities. Especially in big cities, they're full of young people who are looking for jobs and opportunities. For example, those coastal cities like Shenzhen, Shanghai, Xiamen, Qingdao, Dalian, they attract people from all around China. But of course, there're also some people who enjoy living in a small town or the countryside where they can enjoy solitude and peace. (主流情况+特殊情况补充)

2. Why do many people move to the city?

Like I said, many people think that life in the city is easier and more convenient. First, you have easier access to public transport. You have the subway, the bus, the taxi, even maybe, shared bikes, when it comes to public transport. And also, public resources such as schools, hospitals, and libraries are easier to reach in the city. And then, the city is the place with more cultural opportunities. Especially in a big city, there's so much going on every day. It's a better place if you're into seeing and learning new things. And finally, the job market is more vibrant in the city. More people, more opportunities. This is also one of the major reasons why people, especially young people, move to the city. (罗列原因)

3. What are the advantages of living close to the workplace?

Well, off the top of my head, having a home near the workplace saves a ton of time on commutes (通勤). And therefore, it also saves the money on commutes, for instance, fuel costs (燃料费), toll fees (过路费), or public transport fares (公共车票). And then, it lowers your stress level, as you don't need to worry about the traffic. You can even choose to walk to the workplace, so that you can get some extra exercise done, two birds one stone (一石二鸟)! Finally, all the time and energy you save can be put into doing some other things that are more meaningful and interesting! For example, spending time with your family, working out, going out with

friends, doing some fun activities. You will have a better work-life balance for sure. (罗列)

4. What kinds of places do older people prefer to live in?

It's hard to generalize, as there's no such place that fits every senior. I know that, generally speaking, they prefer somewhere quieter and more peaceful, but at the same time, this place needs to have easy access to public transport, supermarkets, stores, pharmacies, and the hospital. And in terms of the housing itself, it shouldn't be a place that is super big, as it'll be really difficult to clean up. And also, there shouldn't be a lot of stairs to climb (爬楼梯) . And if so, then, there should be an elevator.