

安小雅 雅思口语素材

第一套 Part2

(简单版串联)

适合学生党及上班族使用

关于素材使用方法和答疑

客服的微信提供素材售后服务，有疑问都可以在微信上询问哦！在微信通讯录搜：安小雅。即可找到客服~

店主开通的福利微信公众号：安小雅

公众号会在每场考试后发布考试答案回忆，还有最新考试资讯，雅思技巧等等福利哦！

串联版 Part2 目录以及使用说明

串联版 Part2 指的是一篇范文回答多个话题。具体分类看看以下目录就知道了。

但是有些话题问的方向不一样，如果用同一篇范文来回答的话会有跑题嫌疑。所以有些串联的话题我们还是写了 2-3 篇范文，根据问题的问法稍作了一些修改。但是大体上的内容和思路都是一致的~

翻译里标黄的部分是与其他文章相同的句子，共用的。

如果我觉得素材有错怎么办？

我们的素材都是经过店主和外教一起编写和检查过的哦！您可以放心！

其实外国人在生活中有一些常用的口头上的表达，看起来很奇怪但实际并没有错的，国内老师也不会懂这些。所以呀！如果你觉得素材有错，我们是非常欢迎您来询问我们滴！千万不要觉得不好意思哦！下面举两个例子：

"Anna is two years my elder." 安娜比我大两岁。**"She is four months my younger"** 她比我小四个月。

这是一种比较现代的说法，当然我们平时都会讲 **"Anna is two years older than me"** 和 **"She is four months younger than me."** 但其实外国人都会用前者多一些的。

"the majority of the girls were content discussing about how handsome or how affluent their boyfriends were." 女孩子们都在热烈地讨论他们的男朋友有多帅。

这是现代英语的另一个特征，就是外国人在口头上都常常会省略掉介词。这里就把 **were content with discussing** 的 **with** 去掉了。这在口语上是完全没问题的，但大家在写作中就尽量要避免哦。

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（一）万宁旅游

这是我们的核心大素材，讲述核心就是去了一个小众的海边城市万宁旅游。

无论问到什么类型的题目，你都往这上面套用。地点可以替换为其他你所了解的小众城市，反正你说一个中国人都很少知道的地方，考官就更不知道了，然后你吹得天花乱坠都没关系~

这样的好处就是，学生们可以用一个思路应对足够多的话题。在时间有限的情况下，这样就能尽可能多地覆盖更多的话题。避免在 Part2 没话说，跟考官大眼瞪小眼。

但这样也有弊端，因为毕竟是模板套用，会略显得僵硬以及废话略多。如果准备时间有半个月以上的话，建议看其他几套 Part2 的答案。

事件类的话题，你就说在旅游期间发生的事，比如堵车，错过约定，出海旅游等等

人物类的话题，你就说在旅游中遇见的导游，或者当地的人，酒店的老板等等

物品类的话题，你就说在旅游中买的礼物，纪念品

地点类的话题，你就直接说这一个小众海边城市。

下面就是具体的串联方式介绍：

开头万能段：

I would like to talk about During my last summer holiday, my boyfriend and I went to Wanning for a vacation. Wanning is a small seaside city with beautiful scenery and no bustling crowds. We had a wonderful time there.

我想说一下我旅游时发生的事情（遇见的人、买到的物品.....回应主题）。去年暑假的时候，我和我的男朋友去了海南万宁旅游。万宁是一个海边小城市，风景秀美，没有熙攘的人群，我们在那里度过了一个美好的假期。

中间论述段：

论述段不必用一个完整的故事论述，你要做的就是针对每一个小问题，回答 1-2 句话。

因为我们 Part2 的小问题是跟考试问的一模一样，所以这部分是可以提前准备的。

下面打一个比方：

《美丽的物品》

Describe an object that you think is very beautiful.

Some instructions you can follow:

What the object is

Where you first saw the object

What it looks like

And explain how you feel about this beautiful object.

(1) What the object is

在这次旅行中，我的男朋友给我买了一条美丽的项链。

(2) What it looks like

这是一条由很多小贝壳串成的项链。每个小贝壳的颜色形状都不一样，这使得它非常与众不同。

(3) Where you first saw the object

这是我们一起在一家当地的纪念品店买东西的时候看见的。从我看见的第一眼，我就喜欢上了它。我男朋友也很有眼色，立刻就买下来给我。

(4) And explain how you feel about this beautiful object.

我觉得这条项链非常适合在海边度假时佩戴。带上这条项链，还有太阳帽，太阳镜，碎花裙子，我感觉我就像美人鱼公主一样。男朋友给我拍的每一张照片都非常美丽。虽然这条项链只需要几十块钱，但我觉得它真的很好看。

结尾万能段 1（赞美）：

In a nutshell, it was a fantastic trip. I not only …… , but also enjoyed the stunning sea view and participated in the incredible water activities on offer in the city. I would travel there again if I ever have the chance.

这一趟旅行真是太棒了，我不仅……（回应主题），还欣赏到了这里绝美的海景和参加了新奇的水上活动。有机会的话我还会再来一次。

结尾万能段 2（转折）：

In a nutshell, it was a wonderful trip. Although …… , I not only tasted some delicious seafood, but also enjoyed the stunning sea view and participated in the incredible water activities on offer in the city. I would travel there again if I ever have the chance.

总的来说，这是一趟美好的旅程。虽然……（回应主题），但我不仅品尝到了美味的海鲜，还欣赏到了这里绝美的海景和参加了新奇的水上活动。有机会的话我还会再来一次。

完整范文：

I would like to talk about the necklace which my boyfriend bought me. During my last summer holiday, my boyfriend and I went to Wanning for a vacation. Wanning is a small seaside city with beautiful scenery and no bustling crowds. We had a wonderful time there.

During this trip, my boyfriend bought me a beautiful necklace. It was a special item made of many small shells different in color and shape. We found it when we were shopping at a local souvenir store. For me, it was “love at first sight”, and, right on cue, my boyfriend bought it for me without hesitation.

I found the accessory perfect for our holiday at the seaside. With my new necklace, sun hat, sunglasses and floral skirt, I felt like a mermaid princess and looked good in every photo my boyfriend took. It may have been cheap, but in my eyes, it was absolutely beautiful.

In a nutshell, it was a fantastic trip. I not only received a pretty necklace, but also enjoyed the stunning sea view and participated in the incredible water activities on offer in the city. I would travel there again if I ever have the chance.

我想说一下我男朋友送给我的一条项链。去年暑假的时候，我和我的男朋友去了海南万宁旅游。万宁是一个海边小城市，风景秀美，没有熙攘的人群，我们在那里度过了一个美好的假期。

在这次旅行中，我的男朋友给我买了一条美丽的项链。这是一条由很多小贝壳串成的项链。每个小贝壳的颜色形状都不一样，这使得它非常与众不同。这是我们一起去一家当地的纪念品店买东西的时候看见的。从我看见的第一眼，我就喜欢上了它。我男朋友也很有眼色，立刻就买下来给我。

我觉得这条项链非常适合在海边度假时佩戴。带上这条项链，还有太阳帽，太阳镜，碎花裙子，我感觉我就像美人鱼公主一样。男朋友给我拍的每一张照片都非常好看。虽然这条项链只需要几十块钱，但我觉得它真的很好看。

这一趟旅行真是太棒了，我不仅收到了一条美丽的项链，还欣赏到了这里绝美的海景和参加了新奇的水上活动。有机会的话我还会再来一次。

1-2: 收到急需品的时刻（新题）& 见过的有趣老人（新题）

Describe a time when someone gave you something that you really wanted. Some instructions you can follow: Who this person was What this person gave you Why you wanted this thing And explain how you felt when you got this thing.	Describe an interesting old person you have met. Some instructions you can follow: How you met him/her Who the person is What kind of person he/she is And explain why you think this old person is interesting.
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《收到急需品的时刻》

I would like to talk about the medicine I received during a medical emergency on my trip to Wanning. During my last summer holiday, my boyfriend and I went to Wanning for a vacation. Wanning is a small seaside city with beautiful scenery and no bustling crowds. We had a wonderful time there.

We booked a B&B for our excursion to Wanning, which was run by an older lady. After we had checked into the B&B, I suddenly began to feel a sharp pain in my stomach late at night. I tossed and turned for a long time but did not feel any better. I thought it was because of the unhygienic seafood I had eaten the night before, so my girlfriend quickly went downstairs to ask the B&B host where she could get some medicine.

The host was very considerate. She told us that she often saw customers get sick after eating something unhygienic, and she had prepared the appropriate medicine in advance. Without hesitation, she gave me some medicine that relieves stomach pain and diarrhea, and I felt much better shortly after taking it.

It is my good fortune to have met this lovely and warm-hearted lady on our trip. She was an empathetic and responsible host. Afterwards, I wrote a long recommendation post on the booking website. Best wishes for her business!

中文思路：

我想说一下我在万宁旅游时收到一些急用的药物的经历。去年暑假的时候，我和我的男朋友去了海南万宁旅游。万宁是一个海边小城市，风景秀美，没有熙攘的人群，我们在那里度过了一个美好的假期。

在万宁旅游的时候，我们预定了一家民宿入住。民宿的老板是一位年纪偏大的女士。她是一个非常热情非常健谈的人。就在入住的当天深夜，我突然觉得肚子剧痛。我在床上翻来覆去了许久都没有好转。我觉得我是晚上吃的海鲜不卫生导致的。于是我女朋友就赶紧下楼询问民宿老板哪能买药。

老板很贴心，她说她的顾客经常有吃坏肚子的情况，所以她常备了对应的药。二话不说就给了我一些治疗腹痛腹泻的药。我服下后不久就感觉舒服多了。

能在旅程中遇到这位热心的女士，我觉得我很幸运。她是一个有同理心和负责任的民宿老板。事后我在订房网站上给她写了一个大大的推荐帖，希望她以后生意越做越好！

《见过的有趣老人》

I would like to talk about an interesting old woman I met in Wanning. During my last summer holiday, my boyfriend and I went to Wanning for a vacation. Wanning is a small seaside city with beautiful scenery and no bustling crowds. We had a wonderful time there.

We booked a B&B for our journey in Wanning, which was run by an older lady. She was very enthusiastic and talkative. I found her to be very interesting.

As soon as we arrived at the B&B, she kindly introduced us to nearby attractions and affordable restaurants. She prepares local specialties for her customers' breakfast every morning, and is so talkative that every time we chat, she always has plenty to say. I could feel her passion for her B&B and life in general. From my point of view, running a B&B seems boring, because one has to do the same thing over and over again. But obviously, this old lady finds pleasure in it.

It is my good fortune to have met this lovely and interesting old lady during this trip. She recommended many great spots and restaurants to us. We had a memorable time there.

中文思路：

我想说一下我在万宁旅游时遇见的一个有趣的老人家。去年暑假的时候，我和我的男朋友去了海南万宁旅游。万宁是一个海边小城市，风景秀美，没有熙攘的人群，我们在那里度过了一个美好的假期。

在万宁旅游的时候，我们预定了一家民宿入住。民宿的老板是一位年纪偏大的女士。她是一个非常热情非常健谈的人，我觉得她非常有趣。

我们刚到酒店的时候，她就热情地给我们介绍附近的景点和性价比高的餐馆。她每天早上都会给住客做当地的特色食物当早饭。每次跟她交谈，我总觉得她有着说不完的话。而且我能感受到她对于经营旅馆以及对于生活的热爱。在我看来，经营一个旅馆是一件很无聊的事情，因为旅馆主每天都在重复做相同的事情。但这位老女士则乐在其中。

能在旅程中遇到这位有趣的女士，我觉得我很幸运。她给我们推荐的景点和餐馆都很好，我们度过了一个美好的假期。

3-4: 一个空气不好的地方（新题） & 一个嘈杂的地方（新题）

Describe a place you went to where the air was not clean. Some instructions you can follow: Where the place was When and Why you went there Why the air was not clean And explain how you felt about being in a place where the air was not clean.	Describe a place you went to that was very noisy. Some instructions you can follow: Where this place was What you did there Why it was very noisy And explain how you felt about this place being so noisy.
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《去过的一个空气不好的地方》

I would like to talk about a terrible restaurant that I visited in Wanning. During my last summer holiday, my boyfriend and I went to Wanning for a vacation. Wanning is a small seaside city with beautiful scenery and no bustling crowds. We had a wonderful time there.

While holidaying in Wanning, we made a dinner reservation at a famous local seafood restaurant. But when we arrived at the restaurant, we found the atmosphere to be too unpleasant. It was noisy and full of smoke, and the air quality was very poor.

The restaurant was small yet packed. Many diners smoked while talking loudly, and the waiters didn't even try to stop them. So, the restaurant was absolutely filled with smoke. Perhaps it was because all of the windows in the place were kept closed, with only the air conditioning keeping it cool. Despite its tasty food, the noisy environment of the restaurant made me feel very uncomfortable. So, we finished our meal quickly and left.

I think it's important to offer diners a quiet dining environment. The restaurant should control the number of diners and prohibit smoking, or it may fail to offer its customers a good dining experience no matter how delicious its food.

中文思路:

我想说一下我在万宁时去过的一个糟糕的饭馆。去年暑假的时候，我和我的男朋友去了海南万宁旅游。万宁是一个海边小城市，风景秀美，没有熙攘的人群，我们在那里度过了一个美好的假期。

在万宁的时候，我们在一家当地很出名的海鲜餐厅预约了晚餐。但当我们到达了餐厅后，我们发现这个餐厅的环境实在是太差了。不但嘈杂，而且还满屋子的烟味，空气质量非常差。

餐厅不大，但里面坐满了人。很多人边大声交谈边抽烟，服务员也不制止。与此同时，估计是因为餐厅只开了空调，没开窗，导致了满屋子烟雾缭绕。虽然这家餐厅的食物味道不错，但嘈杂的环境，糟糕的空气让我非常难受。我们迅速地用完餐就离开了。

我认为一个舒适的就餐环境对顾客来说是很重要的。这家餐厅应该控制就餐人数，禁止吸烟。不然即便它的食物再美味，顾客也得不到良好的就餐体验。

《去过的一个嘈杂地方》

I would like to talk about a noisy restaurant that I visited in Wanning. During my last summer holiday, my boyfriend and I went to Wanning for a vacation. Wanning is a small seaside city with beautiful scenery and no bustling crowds. We had a wonderful time there.

While holidaying in Wanning, we made a dinner reservation at a famous local seafood restaurant. But when we arrived at the restaurant, we found it very noisy. The tables in the restaurant were placed too close to each other, leaving less room for customers to walk by. I guess the owner arranged the tables in this way to accommodate more customers, but this only ensured that the small place was overcrowded with diners.

In addition, a lot of people were drinking and speaking in a loud voice in the hall. Despite its tasty food, the noisy environment of the restaurant made me feel very uncomfortable, so we finished our meal quickly and left.

I think it's important to offer diners a quiet dining environment. The restaurant should properly place its tables and control the number of diners allowed in at once, or it may fail to offer its customers a good dining experience no matter how delicious its food.

中文思路：

我想说一下我在万宁时去过的一个嘈杂的饭馆。去年暑假的时候，我和我的男朋友去了海南万宁旅游。万宁是一个海边小城市，风景秀美，没有熙攘的人群，我们在那里度过了一个美好的假期。

在万宁的时候，我们在一家当地很出名的海鲜餐厅预约了晚餐。但当我们到达了餐厅后，我们发现这个餐厅实在是太嘈杂了。我估计是餐厅老板想尽可能地让更多的人就餐，餐厅里每张桌子之间的间隔很窄，可供顾客走动的过道也很窄。这导致了小小的一个餐厅里全挤满了人。

不但如此，大厅里还有很多人在喝酒、大声交谈。虽然这家餐厅的食物味道不错，但嘈杂的环境让我非常难受。我们迅速地用完餐就离开了。

我认为一个安静的就餐环境对顾客来说是很重要的。这家餐厅应该合理布局餐桌，控制就餐人数。不然即便它的食物再美味，顾客也得不到良好的就餐体验。

5-6: 想短暂停留的城市（新题）& 会推荐给游客的我国某处地方

Describe a city you would like to visit for only a short time. Some instructions you can follow: Where the city is Who you would visit the city with What you would like to do there And explain why you would like to visit this city for only a short time.	Describe a part of your country that you would recommend to visitors. Some instructions you can follow: Which part of your country you would recommend How you know about this part of your country Whether many visitors go there And explain why you would recommend this part of your country to visitors.
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《想短暂停留的城市》

I have always wanted to pay a short visit to Wanning, and during my last summer holiday, my boyfriend and I went to Wanning for a vacation. Wanning is a small seaside city with beautiful scenery and no bustling crowds. We had a wonderful time there.

Since it is not particularly well known, there aren't many tourists in this seaside town. But it would actually make for a nice little tourist destination with stunning beaches and breathtaking views that can rival those of Sanya; a tourism mecca. As everyone knows, it is hard for people to enjoy a tourist attraction, however spectacular it is, when it is packed with people.

If I have another chance to travel to Wanning, I wish to go with my boyfriend. We can walk on the beach at sunset, look for shells and take some photos. If we get tired, we can have a meal at the local seafood stall.

The reason why I only wanted to make my visit to Wanning a short one is because it is a small city. Although it is beautiful, there are not many activities to do for fun there. A three-day's journey was nice, but if we had stayed here for a week, we might have become a bit bored.

中文思路:

我想短暂停留的城市是海南万宁。万宁是一个海边小城市，风景秀美，没有熙攘的人群。去年暑假的时候，我和我的男朋友去了海南万宁旅游，我们在那里度过了一个美好的假期。

万宁不是一个著名的旅游景点，这里的游客并不多。但它的海滩和自然风光一点也不输著名的三亚。所以这是一个非常适合旅游的海边城市。你要知道，当游客过多的时候，无论这个地方的风景有多壮观，人们都不会感到愉悦。

如果我以后还会去万宁旅游的话，我希望跟我的男朋友一起。我们可以一起在夕阳下漫步海边，可以沿着沙滩寻找各种贝壳，迎着夕阳拍照片。逛累了可以去当地的海鲜大排档吃饭。

我只想短暂地来万宁旅游，是因为万宁是一个小城市，虽然它风景很美，但我在万宁能参加的娱乐活动并不多。我认为短短的三天足以让我满足了。如果在这里呆上一个星期的话，我们可能会觉得有点无聊！

《会推荐给游客的我国某处地方》

I would heartily recommend the small seaside city of Wanning to visitors and my friends alike. During my last summer holiday, my boyfriend and I went to Wanning for a vacation. Wanning is a small seaside city with beautiful scenery and no bustling crowds. We had a wonderful time there.

This was our first trip to Wanning, and it was a happy accident that I got to know the town in the first place. I was visiting Xiaohongshu, a lifestyle platform popular with the young, when I came across a post promoting tourism in Wanning. Needless to say, I was immediately drawn to the spot by its enchanting island scenery.

There aren't many tourists in this seaside town since it is not particularly well known. But it is actually a nice little tourist destination with stunning beaches and breathtaking views that can rival those of Sanya, a tourism mecca. As everyone knows, it is hard for people to enjoy a tourist attraction, however spectacular it is, when it is packed with people. And that is a key reason why I am recommending Wanning to you and to all potential tourists.

In a nutshell, my boyfriend and I had a wonderful time there. I have also tried hard to sell my friends the idea of setting off on a peaceful, comfortable and enjoyable journey to Wanning. After all, it is no easy task to find a scenic spot that is not thronged with people in a country as populous as China.

我会推荐海南的万宁给其他地方的游客。万宁是一个海边小城市，风景秀美，没有熙攘的人群。去年暑假的时候，我和我的男朋友去了海南万宁旅游，我们在那里度过了一个美好的假期。

这是我们第一次去这个地方。之所以我会知道这里，是因为之前我偶然地在小红书上看到一个推荐万宁旅游的帖子。帖子里晒出了很多美丽的海岛风景，让我对这个地方产生了兴趣。

万宁不是一个著名的旅游景点，这里的游客并不多。但它的海滩和自然风光一点也不输著名的三亚。所以这是一个非常适合旅游的海边城市。你要知道，当游客过多的时候，无论这个地方的风景有多壮观，人们都不会感到愉悦。所以，这是我推荐万宁给游客和朋友最重要的原因。

总的来说，我和我男朋友去过万宁，在那里度过了一个美好的假期。我也给我的好朋友们安利了万宁，希望他们能去万宁旅游，享受一次安静的，舒适的旅游。毕竟中国人实在太多了！我们很难找到一个少人的景点！

亮点词汇和表达：

heartily recommend 诚信推荐

the young 年轻人（名词）

be drawn to 被…吸引住了（be interested in）

a tourism mecca 旅游胜地

7: 投诉并得到满意结果（新题）

Describe a time you made a complaint about something and were satisfied with the result.

Some instructions you can follow:

Who you complained to

Is it easy to complain

What you complained about

And explain why you were satisfied with the result of the complaint.

I would like to talk about the time I made a complaint about the terrible room service at a hotel. Anna During Yasi my last summer holiday, my boyfriend and I went to Wanning for a vacation. Wanning is a small seaside city with beautiful scenery and no bustling crowds. We had a wonderful time there.

But when we checked into the hotel we had reserved in Wanning, we found that the room was too dirty. There were not only yellow stains on the pillow, but also some hairs on the quilt. And to think that we booked Sheraton; a famous five-star hotel chain!

So, I angrily called the front desk to make a complaint. A girl with a gentle voice answered the phone. I furiously informed her how dirty the room was and asked her to call housekeeping to clean it up quickly. She immediately apologized to me and upgraded us to a sea-view room free of charge.

The complaint process was simple. All it took was one call to resolve my problem. The way the hotel staff solved this problem was also satisfactory. We got to stay in a clean new room, which was not only spacious, but also had an excellent view of the seascape.

In a nutshell, it was a wonderful trip. Although we were initially given a terrible room, we ended up with a larger and cleaner room after complaining. We had a wonderful time in Wanning and I would travel there again if I ever have the chance.

中文思路:

我想说一下我投诉了糟糕的酒店客房服务的时刻。去年暑假的时候，我和我的男朋友去了海南万宁旅游。万宁是一个海边小城市，风景秀美，没有熙攘的人群，我们在那里度过了一个美好的假期。

但是，当我们入住在万宁预定的酒店时，我们发现房间实在是太脏了。不但枕头上有黄色的污渍，被子里还夹带这一些毛发。要知道我们预定的可是喜来登酒店，著名的五星级连锁酒店品牌。

于是我气急败坏地打电话去前台投诉。接电话的是一个声音很温柔的小姐姐。我怒气冲冲地告诉她房间卫生是有多差，让她迅速叫服务员来打扫干净。前台小姐姐立即向我道歉，并免费帮我们升级到看海的房间。

投诉过程很简单，我只打了一个电话就解决问题了。酒店人员的解决问题方式也很令人满意。我们住进了干净的新房间，而且房间很大，还能看海。

总的来说，这是一趟美好的旅程。虽然酒店房间很脏，但通过投诉我们还是住进了更好的更干净的房间。我们在万宁度过了一个美好的假期，有机会的话我还会再来一次。

8: 跟别人一起做事的经历（新题）

Describe something you did with one or more people (e.g. an activity, a piece of work).

Some instructions you can follow:

What you did

Who you did it with

How long it took

And explain how you felt about doing something with one or more people.

I would like to talk about the experience my girlfriend and I had on a bike along the seaside during a trip to Wanning. During my last summer holiday, my girlfriend and I went to Wanning for a vacation. Wanning is a small seaside city with beautiful scenery and no bustling crowds. We had a wonderful time there.

There is an Internet-famous seaside trail in Wanning, and I often flicked through its photos on Xiaohongshu. On the final afternoon of our trip there, my girlfriend and I rented a tandem bicycle. We rode along the trail for more than an hour and chatted with each other. When we were tired, we stopped to drink water and rest. It was amazing! We also took many photos along the way. Riding alongside the setting sun over the blue sea, we could take beautiful pictures at any time.

I imagine that it might be a little boring to ride a bicycle alone, because you have no partners to talk to amid the beautiful scenery. I'm not a loner, so I don't like living or traveling alone.

In a nutshell, it was a fantastic trip. I not only had a wonderful seaside bike ride, but also enjoyed the stunning sea view and participated in the incredible water activities on offer in the city. I would travel there again if I ever have the chance. 中文思路:

我想说一下我和我女朋友在万宁骑单车的经历。去年暑假的时候，我和我的男朋友去了海南万宁旅游。万宁是一个海边小城市，风景秀美，没有熙攘的人群，我们在那里度过了一个美好的假期。

万宁有一条网红的海边步道，我经常在小红书上看到相关的照片。在万宁旅游的最后一天下午，我和我男朋友租了一部双人单车，沿着这条海边步道骑了足足一个多小时。我和我男朋友边骑车边聊天，骑累了就停下来喝水休息，好不惬意。安娜沿途雅思我们还拍了很多照片。迎着夕阳和蓝蓝的海水，随手一拍就是一张绝美的照片。

如果是自己一个人骑车的话可能会有点无聊。因为虽然景色很美，但你却没有可倾诉的对象。我不是一个孤僻的人，我不喜欢单独生活或者独自旅游。

这一趟旅行真是太棒了，我们进行了一次快乐的单车游，还欣赏到了这里绝美的海景和参加了新奇的水上活动。有机会的话我还会再来一次。

9: 不寻常的一顿饭（新题）

Describe a time when you had an unusual meal.

Some instructions you can follow:

When you had this meal

Who was with you

Where you had this meal

And explain what was unusual about this meal.

I would like to talk about an unusual seafood meal I had in Wanning. During my last summer holiday, my boyfriend and I went to Wanning for a vacation. Wanning is a small seaside city with beautiful scenery and no bustling crowds. We had a wonderful time there.

While holidaying in Wanning, we made a dinner reservation at a famous local seafood restaurant. When we arrived at the restaurant, what took me by surprise was that, unlike any seafood restaurant that I had been to before, this establishment had a wide and unusual range of seafood choices. We saw a lot of unknown fish, palm-sized abalones, as well as a myriad of strange crabs and prawns.

In contrast to other restaurants, the seafood here was displayed pretty much the same way as at a farmer's market on the side of the road. The guests could scoop up the seafood for themselves before having it weighed and prepared in a manner of their choosing. The variety of food and the unique way of ordering were so out of ordinary that we found it all very refreshing and interesting. The cooking there also impressed us and all the seafood we ordered was super delicious.

In a nutshell, it was a fantastic trip. I not only had a wonderful seafood meal, but also enjoyed the stunning sea view and participated in the incredible water activities on offer in the city. I would travel there again if I ever have the chance.

我想说一下我在万宁吃的一顿不同寻常的海鲜晚饭的时刻。去年暑假的时候，我和我的男朋友去了海南万宁旅游。万宁是一个海边小城市，风景秀美，没有熙攘的人群，我们在那里度过了一个美好的假期。

在万宁的时候，我们在一家当地很出名的海鲜餐厅预约了晚餐。在预定的那天，我们按时到达了餐厅。出乎我意料的是，这里的海鲜种类也太多了，跟我以前去过的海鲜餐厅都不一样。我们看见了很多不知名的海鱼，还有跟巴掌一样大的鲍鱼，各种千奇百怪的螃蟹，虾。

最不同寻常的就是这里的海鲜展示方式跟菜市场一样，在路边摆一排，需要由客人自己把海鲜捞起来，然后去称斤和挑选制作方式。这家餐厅的海鲜种类和点餐方式是那么的不同寻常，让我们感到非常新奇有趣。同时，他们的烹饪水平也很高，我们点的所有海鲜都非常美味。

这一趟旅行真是太棒了，我不仅吃到了一顿海鲜大餐，还欣赏到了这里绝美的海景和参加了新奇的水上活动。有机会的话我还会再来一次。

10: 迟到（新题）

Describe a time when you were late for something important

Some instructions you can follow:

When and where it happened

What you were late for

Why you were late

And explain how you felt about being late for this important thing.

I would like to talk about the time I missed a reservation with a restaurant. During my last summer holiday, my boyfriend and I went to Wanning for a vacation. Wanning is a small seaside city with beautiful scenery and no bustling crowds. We had a wonderful time there.

While holidaying in Wanning, we made a dinner reservation for 6:00 pm with a famous local seafood restaurant. This restaurant is so famous that we booked almost a week in advance to get a table. So this reservation is important. But since we were having such a good time out on the sea during the day, the arrangement completely slipped our minds until we received a call from the diner.

We arrived at the dinner spot as soon as we could, but were informed that our table had been taken since it was already past 7:00 pm. It was indisputable that it was our oversight which had led to the situation in the first place, so we decided to stay and wait to be seated anew. It wasn't until about one hour later that we finally got to fill our empty stomachs. The whole experience turned out to be a valuable lesson for us: in the future, I will most definitely set a reminder on my cellphone for all upcoming appointments and events.

In a nutshell, it was a wonderful trip. Although we forgot our reservation at the restaurant, we still had a wonderful time in Wanning. I would travel there again if I ever have the chance.

我想说一下我错过了跟饭店约定的时间，迟到的时刻。去年暑假的时候，我和我的男朋友去了海南万宁旅游。万宁是一个海边小城市，风景秀美，没有熙攘的人群，我们在那里度过了一个美好的假期。

在万宁的时候，我们在一家当地很出名的海鲜餐厅预约了晚上 6 点的晚餐。这家餐厅很著名，我们几乎提前了一周预定才有位置。所以这次预定很重要。但那天我们白天出海玩了，大家都玩得很开心，以至于完全忘了我们晚上还约了晚餐的。直到餐厅的服务员给我打电话，我们才想起来。

于是我们迅速地赶到餐厅。不过那时候已经 7 点了，服务员跟我们说我们预约的位置已经让给别人了，我们需要等待一阵才能用餐。由于这是我们的疏忽，所以我们决定等待。大概过了 1 个小时，我们才吃上了晚饭。这对我们来说是一个教训，以后我一定会把预约好的或者重要的事情记录在手机里，设个闹钟提示。

总的来说，这是一趟美好的旅程。虽然我们忘记了跟饭馆的预定，但我们还是在万宁度过了一个美好的假期。有机会的话我还会再来一次。

（这篇跟《忘记约定的时刻》几乎一模一样）

11-12: 决定等待的时刻 & 忘记约定的时刻

Describe a time when you made a decision to wait for something. Some instructions you can follow: What you decided to wait for What you did while you were waiting How you felt while you were waiting And explain why deciding to wait was a good/bad decision.	Describe a time when you forgot an appointment (e.g. a doctor's appointment or meeting a friend). Some instructions you can follow: When and where the appointment was Why you forgot the appointment What happened after you forgot the appointment And explain how you felt about forgetting the appointment.
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《决定等待的时刻》

I would like to talk about the time I chose to wait in line for a table at a restaurant in Wanning. During my last summer holiday, my boyfriend and I went to Wanning for a vacation. Wanning is a small seaside city with beautiful scenery and no bustling crowds. We had a wonderful time there.

While holidaying in Wanning, we made a dinner reservation for 6pm with a famous local seafood restaurant. However, due to traffic, we ended up arriving at the restaurant at 7pm only to find that our table had been taken. Seeing that it was our oversight that had led to the situation in the first place, we decided to stay and wait to be seated anew. It wasn't until about an hour later that we finally got to fill our empty stomachs. We were bored to death while waiting and had to resort to browsing the web on our phones to kill time. Fortunately for us, the food that we were served proved that it was definitely worth the wait.

In a nutshell, it was a wonderful trip. Although we had to wait a long time for a table, I not only tasted some delicious seafood, but also enjoyed the stunning sea view and participated in the incredible water activities on offer in the city. I would travel there again if I ever have the chance.

我想说一下我旅游时决定在一家餐馆排队等位置的时刻。去年暑假的时候，我和我的男朋友去了海南万宁旅游。万宁是一个海边小城市，风景秀美，没有熙攘的人群，我们在那里度过了一个美好的假期。

在万宁的时候，我们在一家当地很出名的海鲜餐厅预约了晚上 6 点的晚餐。但因为堵车，我们到达餐厅时，已经 7 点了，服务员跟我们说我们预约的位置已经让给别人了，我们需要等待一阵才能用餐。由于这是我们的疏忽，所以我们决定等待。大概过了 1 个小时，我们才吃上了晚饭。等待的时间很无聊，我们只能刷刷微博，看看新闻。不过我觉得我们决定继续等待是正确的！因为这家餐厅的海鲜非常好吃！

总的来说，这是一趟美好的旅程。虽然我们不得不排队等位，但我不仅品尝到了美味的海鲜，还欣赏到了这里绝美的海景和参加了新奇的水上活动。有机会的话我还会再来一次。

亮点词汇和表达：

oversight 疏忽 (mistake)

in a nutshell 总的来说 (All in all)

anew 重新

be bored to death 太饿了

fill our empty stomachs 吃饭 (have meals)

kill time 打发时间

《忘记约定的时刻》

I would like to talk about the time I missed a reservation with a restaurant. During my last summer holiday, my boyfriend and I went to Wanning for a vacation. Wanning is a small seaside city with beautiful scenery and no bustling crowds. We had a wonderful time there.

While holidaying in Wanning, we made a dinner reservation for 6:00 pm with a famous local seafood restaurant. But since we were having such a good time out on the sea during the day, the arrangement completely slipped our minds until we received a call from the diner.

We arrived at the dinner spot as soon as we could, but were informed that our table had been taken since it was already past 7:00 pm. It was indisputable that it was our oversight which had led to the situation in the first place, so we decided to stay and wait to be seated anew. It wasn't until about one hour later that we finally got to fill our empty stomachs. The whole experience turned out to be a valuable lesson for us: in the future, I will most definitely set a reminder on my cellphone for all upcoming appointments and events.

In a nutshell, it was a wonderful trip. Although we forgot our reservation at the restaurant, we still had a wonderful time in Wanning. I would travel there again if I ever have the chance.

我想说一下我忘记了我跟饭店的约定的时刻。去年暑假的时候，我和我的男朋友去了海南万宁旅游。万宁是一个海边小城市，风景秀美，没有熙攘的人群，我们在那里度过了一个美好的假期。

在万宁的时候，我们在一家当地很出名的海鲜餐厅预约了晚上 6 点的晚餐。但那天我们白天出海玩了，大家都玩得很开心，以至于完全忘了我们晚上还约了晚餐的。直到餐厅的服务员给我打电话，我们才想起来。

于是我们迅速地赶到餐厅。不过那时候已经 7 点了，服务员跟我们说我们预约的位置已经让给别人了，我们需要等待一阵才能用餐。由于这是我们的疏忽，所以我们决定等待。大概过了 1 个小时，我们才吃上了晚饭。这对我们来说是一个教训，以后我一定会把预约好的或者重要的事情记录在手机里，设个闹钟提示。

总的来说，这是一趟美好的旅程。虽然我们忘记了跟饭馆的预定，但我们还是在万宁度过了一个美好的假期。有机会的话我还会再来一次。

13-14: 需要寻找信息的时刻 & 购物时发生的问题

Describe a time when you had to find some information. Some instructions you can follow: What information you had to find Where you looked for the information How much you enjoyed looking for the information And explain why you needed the information.	Describe a problem you had when you bought something in a shop/store or online. Some instructions you can follow: What you bought Where and when you bought it What problem you had with it And explain how you felt about having this problem.
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《需要寻找信息的时刻》

I would like to talk about the time I booked to go island-hopping online in Wanning. During my last summer holiday, my boyfriend and I went to Wanning for a vacation. Wanning is a small seaside city with beautiful scenery and no bustling crowds. We had a wonderful time there.

During the vacation, I tried to book an island-hopping adventure with a local tourist agency. I checked with several travel services near the hotel we were staying at, but found the fees they charged to be exorbitantly high. At around 1000 yuan for a one-day trip for two people, it was simply too much for students like us. I had no choice but to go online and look for other tourism packages that would be better value for money.

To be honest, I don't much enjoy looking up information on the internet, but it is only when we take the time to find and compare different deals online that we can get the best products and services for ourselves. After a night's hard work, I finally managed to land a better deal for an island-hopping tour on Taobao; China's largest online shopping platform. And the next day, we were already having fun on another island, scuba diving and enjoying delicious seafood. The minute we returned from the boat trip, I gave the tour operator a rave review on their Taobao page.

In a nutshell, it was a wonderful trip. Although we spent a lot of time searching for information online, we still had a wonderful time in Wanning. I would travel there again if I ever have the chance.

我想说一下我在网上预定跳岛游的时刻。去年暑假的时候，我和我的男朋友去了海南万宁旅游。万宁是一个海边小城市，风景秀美，没有熙攘的人群，我们在那里度过了一个美好的假期。

在万宁旅游的时候，我本想在当地的旅行社报名跳岛游。但是咨询了酒店附近的几家旅行社后，我发现他们报价实在是太贵了，两个人一天就需要 1 千多块钱。因为我们还是学生，并没有很多钱。于是我不得不自己在网上找有没有性价比更高一些的旅游产品。

说实话，我并不喜欢寻找信息。但往往人们需要花费时间寻找信息对比，才能获取更好的产品和服务。后来经过了一个晚上的咨询，我在淘宝上订了一个价格更便宜的跳岛游。第二天，我们坐船去了另一个海岛，玩了浮潜，吃了海鲜。回来后我立刻在淘宝给了个好评。

总的来说，这是一趟美好的旅程。虽然我们寻找信息预定行程花费了不少时间，但我们还是在万宁度过了一个美好的假期。有机会的话我还会再来一次。

《购物时发生的问题》

I would like to talk about the time I booked to go island-hopping online in Wanning. During my last summer holiday, my boyfriend and I went to Wanning for a vacation. Wanning is a small seaside city with beautiful scenery and no bustling crowds. We had a wonderful time there.

Things didn't go as smoothly as expected when I tried to book an island-hopping adventure with a local tourist agency. I checked with several travel services near the hotel we were staying at, but found the fees they charged to be exorbitantly high. At around 1000 yuan for a one-day trip for two people, it was simply too much for students like us. I had no choice but to go online and look for other tourism packages that would be better value for money.

After a night's hard work, I finally managed to land a better deal for an island-hopping tour on Taobao; China's largest online shopping platform. And the next day, we were already having fun on another island, scuba diving and enjoying delicious seafood. The minute we returned from the boat trip, I gave the tour operator a rave review on their Taobao page. This experience was a lesson that it often takes time to find the cheapest bargains. In other words, money or time, you can't have it both ways.

In a nutshell, it was a wonderful trip. Although we spent lots of time trying to book the island-hopping tour, we still had a wonderful time in Wanning. I would travel there again if I ever have the chance.

中文思路：

我想说一下我在网上预定跳岛游的时刻。去年暑假的时候，我和我的男朋友去了海南万宁旅游。万宁是一个海边小城市，风景秀美，没有熙攘的人群，我们在那里度过了一个美好的假期。

在万宁旅游的时候，我在当地的旅行社报名跳岛游时遇见了问题。在咨询了酒店附近的几家旅行社后，我发现他们报价实在是太贵了，两个人一天就需要 1 千多块钱。因为我们还是学生，并没有很多钱。于是我不得不自己在网上找有没有性价比更高一些的旅游产品。

后来经过了一个晚上的咨询，我在淘宝上订了一个价格更便宜的跳岛游。第二天，我们坐船去了另一个海岛，玩了浮潜，吃了海鲜。回来后我立刻在淘宝给了个大好评。我认识到了一点，那就是性价比高的产品是需要人们花费时间寻找的。也就是说，要么就多花钱，要么就花时间。

总的来说，这是一趟美好的旅程。虽然我在预定跳岛游时花费了不少时间，但我们还是在万宁度过了一个美好的假期。有机会的话我还会再来一次。

15: 与某人意见不合的时刻

Describe a time when you disagreed with somebody about something.

Some instructions you can follow:

Who you disagreed with

What you disagreed about

What the result of this disagreement was

And explain how you felt about disagreeing with this person.

I would like to talk about the time I had big fight with my boyfriend about which restaurant to eat at. During my last summer holiday, my boyfriend and I went to Wanning for a vacation. Wanning is a small seaside city with beautiful scenery and no bustling crowds. We had a wonderful time there.

But the food was one area where we could never find common ground since I preferred seafood while he was more into pasta or cakes. My point was that, as long as we were holidaying at the seaside, we should try the local seafood which was not available in our hometown. To him, however, seafood smelled and tasted funny, and was absolutely unacceptable. Anna We Yasi were arguing every day over what to eat and, as a result, I found him tiresome, stubborn and completely insensitive to my feelings.

Perhaps sensing my obsession with seafood, he caved in in the end and joined me in trying out the dishes at quite a few seafood restaurants. I was positively delighted by this gesture as it showed how he cared for me and respected my opinions.

In a nutshell, it was a wonderful trip. Although we had an unpleasant argument, I not only tasted some delicious seafood, but also enjoyed the stunning sea view and participated in the incredible water activities on offer in the city. I would travel there again if I ever have the chance.

我想说一下我和我男朋友因为去哪家餐厅吃饭的问题大吵了一架的时刻。去年暑假的时候，我和我的男朋友去了海南万宁旅游。万宁是一个海边小城市，风景秀美，没有熙攘的人群，我们在那里度过了一个美好的假期。

但关于吃饭的问题，我们两总是意见不合，我偏向于吃海鲜，但他更喜欢吃披萨和蛋糕。我想着，既然我们都来了海边玩，就应该尝试下当地的海鲜，这是我们在家乡吃不到的。但他总觉得海鲜食物有股怪味，实在接受不了。我们每天都因为吃饭的问题发生争执。我觉得他这个人太无趣了太固执了，而且一点也不照顾我的感受。

后来，他可能感受到了我对海鲜的执念，最后还是跟我一起尝试了许多海鲜餐厅。对此我感到非常开心，因为我觉得他重视我的想法，是关心我的。

总的来说，这是一趟美好的旅程。虽然我和我男朋友有一次不愉快的争执，但我不仅品尝到了美味的海鲜，还欣赏到了这里绝美的海景和参加了新奇的水上活动。有机会的话我还会再来一次。

亮点词汇和表达:

find common ground 找到共同点

cave 屈服

insensitive to my feelings 对我的感受毫不在意
(don't care about me)

sensing my obsession 感受到我的困扰

gesture 姿态

16: 分享某物的时刻

Describe a time when you had to share something with another person or other people

Some instructions you can follow:

What you had to share

Who you had to share with

Why you had to share

And explain how you felt about sharing something with another person other people.

I would like to talk about the time I had to share a table with strangers. During my last summer holiday, my boyfriend and I went to Wanning for a vacation. Wanning is a small seaside city with beautiful scenery and no bustling crowds. We had a wonderful time there.

When we were in Wanning, we went for dinner at a famous local seafood restaurant. It was such a popular place that we were told to either wait around an hour for a table of our own or, if it was acceptable to us, share a table with others and dine immediately. To be honest, I am a bit shy and do not normally feel comfortable sharing a table with people I don't know. But, considering the time we could save, my boyfriend and I decided to go with the second option. Luckily, the people at the table were very polite. We spoke quietly, kept our distance, and managed to make it through dinner without disturbing each other.

In a nutshell, it was a pleasant dinner. Although we had to share a table with strangers, we got to try the tasty seafood. I would travel there again if I ever have the chance.

中文思路:

我想说一下我不得不跟陌生人共用一个餐桌的经历。去年暑假的时候，我和我的男朋友去了海南万宁旅游。万宁是一个海边小城市，风景秀美，没有熙攘的人群，我们在那里度过了一个美好的假期。

在万宁的时候，我们去了一家当地很出名的海鲜餐厅吃晚餐。但这家餐厅太火爆了，服务员告诉我们需要等待接近一个小时才能用餐。但如果我们不介意跟别人拼桌的话，我们可以立刻就餐。说实话，我是个比较害怕尴尬的人。跟不认识的人在一张桌子上吃饭会让我局促不安。但是考虑到不拼桌就得等一个小时，我和我男朋友最终还是决定拼桌。幸运的是，跟我们拼桌的陌生人很有礼貌，我们在用餐过程中互不干扰。我们双方说话都很小声，尽量避免干扰到别人。同时我们也互相保持一定的距离。

虽然我不得不跟陌生人拼桌吃饭，但这家餐厅的海鲜还是很美味的。有机会的话我还会再来一次。

亮点词汇和表达:

Share a table 拼桌

go with the second option 采取第二种选择

in a nutshell (All in all) 总的来说

17: 户外看到塑料污染的时刻

Describe a time when you saw a lot of plastic waste in a natural environment

When and where you saw this plastic waste

How you think this plastic waste got there

Why you noticed it

And explain how you felt about seeing plastic waste in this natural environment.

I would like to talk about the time I saw plastic waste by the seaside when I was travelling in Wanning. During my last summer holiday, my boyfriend and I went to Wanning for a vacation. Wanning is a small seaside city with beautiful scenery and no bustling crowds. We had a wonderful time there.

The only fly in the ointment was that, we went out for a walk, I found tons of plastic waste like bottles, bags and food packaging left on the beach. Honestly, at that moment I was disappointed.

When the tide went out at night, some plastic bottles were washed back on to the shore by the waves. It was hard to ignore that. Most of the plastic waste was left by tourists in the day. They came to the beach to have a good time on their vacation, but they forgot to take their own garbage away with them when they left. I believe that most tourists are conscientious, but unfortunately, there are always some selfish people. They may have just forgotten and probably didn't mean to, but I still think this act was unpardonable.

Wanning is a beautiful city. I feel that the government should take measures to stop people from littering on the beach and clean up the rubbish in time. In this way, the local natural environment can be protected and tourists can have a better experience.

我想说一下我旅游时在海边看到塑料污染的时刻。去年暑假的时候，我和我的男朋友去了海南万宁旅游。万宁是一个小众的海边城市，风景秀美，没有熙攘的人群，我们在那里度过了一个美好的假期。

美中不足的是，到了傍晚，我们在海边散步时，我发现沙滩上残留了大量的塑料垃圾。比如塑料水瓶，塑料袋以及一些食品的包装袋。实话说，那一刻我感到很失望。

当晚上退潮时，一些塑料瓶就会随着海浪被冲回岸边，这很难不让人注意到。这些塑料垃圾大多是白天的游客留下的。他们来海边享受度假的快乐时光，走的时候却忘了把自己生产的垃圾带走。我相信大部分的游客还是自觉的，无奈的是总有一些自私的人。他们也许只是忘了并不是故意的，但我依然觉得这种行为是不可原谅的。

万宁是一个美丽的城市，我认为政府应该出台措施阻止人们在海边乱扔垃圾和及时清理海边的垃圾。这样才能保护当地的自然环境以及给旅客更好的体验

亮点词汇和表达：

The only fly in the ointment 美中不足的是… (However)

Conscientious 有责任心的 (responsible)

Unpardonable 不可原谅的 (unforgivable)

18: 收到钱作为礼物

Describe a time when someone gave you some money as a gift.

Some instructions you can follow:

Who gave you the money

Why they gave it to you

What you did with it

And explain how you felt about receiving this money.

I would like to talk about the time I received some money from my mum ahead of a vacation I took with my boyfriend. During my last summer holiday, my boyfriend and I went to Wanning for a vacation. Wanning is a small seaside city with beautiful scenery and no bustling crowds. We had a wonderful time there.

To save her from worrying, I gave my mum a detailed itinerary of our trip before setting off. Still a bit concerned, she gave me 2000 yuan cash in a red envelope for good luck and to use as rainy-day money.

Since I booked the flights and hotels online well in advance, I was able to get them at huge discounts. Besides, my boyfriend and I are not in the habit of throwing our money around, so we were able to cover the costs of the trip with our own savings without recourse to the gift from my mum.

Mum has always cared about me dearly and, more importantly, she genuinely respects my ideas and decisions. Rather than trying to talk me out of holidaying with my boyfriend, she offered me valuable travel advice and generous financial support. I couldn't help but feel immensely touched and incredibly grateful.

我想说一下去年我和我男朋友去旅游前，我妈妈给了我两千块钱作为零花钱。去年暑假的时候，我和我的男朋友去了海南万宁旅游。万宁是一个海边小城市，风景秀美，没有熙攘的人群，我们在那里度过了一个美好的假期。

临出发前，为了不让家里人担心，我跟妈妈说了下我们的具体行程。妈妈似乎有点担心，所以在我出门前，用红包装了两千块钱现金给我，以便不时之需。

因为我提早在网上订好了机票和酒店，所以我都拿到了很低的折扣。同时我和我男朋友并不是花钱大手大脚的人，所以一路上我们都没用到妈妈给我的钱。用我们平时存下的零花钱就足够这趟旅游的支出了。

妈妈总是一个特别关心我的人，更难能可贵的是，她非常尊重我的想法和决定。她并没有阻拦我和我男朋友去旅游，还告诉我很多旅游需要注意的事情和给了我一笔不少的钱。对此我感到非常的暖心和感动。

19: 美丽的物品

Describe an object that you think is very beautiful.

Some instructions you can follow:

What the object is

Where you first saw the object

What it looks like

And explain how you feel about this beautiful object.

I would like to talk about the necklace which my boyfriend bought me. During my last summer holiday, my boyfriend and I went to Wanning for a vacation. Wanning is a small seaside city with beautiful scenery and no bustling crowds. We had a wonderful time there.

During this trip, my boyfriend bought me a beautiful necklace. It was a special item made of many small shells different in color and shape. We found it when we were shopping at a local souvenir store. For me, it was “love at first sight”, and, right on cue, my boyfriend bought it for me without hesitation.

I found the accessory perfect for our holiday at the seaside. With my new necklace, sun hat, sunglasses and floral skirt, I felt like a mermaid princess and looked good in every photo my boyfriend took. It may have been cheap, but in my eyes, it was absolutely beautiful.

In a nutshell, it was a fantastic trip. I not only received a pretty necklace, but also enjoyed the stunning sea view and participated in the incredible water activities on offer in the city. I would travel there again if I ever have the chance.

我想说一下我男朋友送给我的一条项链。去年暑假的时候，我和我的男朋友去了海南万宁旅游。万宁是一个海边小城市，风景秀美，没有熙攘的人群，我们在那里度过了一个美好的假期。

在这次旅行中，我的男朋友给我买了一条美丽的项链。这是一条由很多小贝壳串成的项链。每个小贝壳的颜色形状都不一样，这使得它非常与众不同。这是我们一起去一家当地的纪念品店买东西的时候看见的。从我看见的第一眼，我就喜欢上了它。我男朋友也很有眼色，立刻就买下来给我。

我觉得这条项链非常适合在海边度假时佩戴。带上这条项链，还有太阳帽，太阳镜，碎花裙子，我感觉我就像美人鱼公主一样。男朋友给我拍的每一张照片都非常好看。虽然这条项链只需要几十块钱，但我觉得它真的很好看。

这一趟旅行真是太棒了，我不仅收到了一条美丽的项链，还欣赏到了这里绝美的海景和参加了新奇的水上活动。有机会的话我还会再来一次。

20: 拍过的一张满意的照片

Describe a photo you took that you are proud of.

Some instructions you can follow:

Who or what was in your photo

When you took the photo

Why you took it

And explain why you are proud of this photo you took.

I would like to talk about a photo which I took with my boyfriend on our travels together. During my last summer holiday, my boyfriend and I went to Wanning for a vacation. Wanning is a small seaside city with beautiful scenery and no bustling crowds. We had a wonderful time there.

The evening we arrived at Wanning, my boyfriend and I took a photo of us together by the dock. In it, we were beaming against the backdrop of the sun setting over the sea. It was such a stunningly beautiful picture that we immediately set it as the screensavers of both our cellphones to mark this trip. To us, this was especially memorable and meaningful given that we hadn't had much of a chance to holiday since the onset of COVID-19. Among the many photographs we took for posterity in the port city, this particular selfie turned out to be the absolute best.

I am not typically the most talented photographer, but I am truly proud of this one shot which I rate among the best I have ever taken. It was a fantastic trip. I would travel there again if I ever have the chance.

我想说一下我旅游时和我女朋友拍的一张合照。去年暑假的时候，我和我的男朋友去了海南万宁旅游。万宁是一个海边小城市，风景秀美，没有熙攘的人群，我们在那里度过了一个美好的假期。

就在我们到达万宁的第一天傍晚，我和我男朋友在码头旁边自拍了一幅合影。照片里，我们洋溢着灿烂的微笑，背景则是海上的落日。这张照片简直好看极了，我们当即就把它设为了我们手机的屏保，作为此次旅行的纪念。因为新冠疫情，我们真的很少有机会在假期出门旅游。而这次来自不已的旅行则显得如此的难得和有意义。所以我们在万宁拍了很多纪念照，这一张自拍是其中最好看的一张。

其实我是一个拍照技术很差的人，但这张照片是我为数不多的佳作，所以我非常为之自豪。这一趟旅行真是太棒了，有机会的话我还会再来一次。

亮点词汇和表达:

Beam 微笑 (Smile)

Screensavers 屏保

turned out to be 最终成为了...

talented photographer 优秀的摄影者 (be good at taking photos)

(二) 打羽毛球

这是我们第二个大素材，这个串联主题就是打羽毛球，亦或者改成自己喜欢的运动也可以。

该主题可以套用在事件类，地点类和人物类的话题上

下面是一些通用的材料，在回答不同的话题时，灵活运用以下素材即可。

1) 如何接触打羽毛球这项运动的，平时在哪里打，跟谁打，多久打一次

今年以来，我为了保持健康，开始每周打 2-3 次羽毛球，这是我的舍友 Anna 提议的。她经常去我们宿舍附近的羽毛球场打羽毛球的习惯，现在她都会叫上我一起去打。

Earlier in the year, I decided to play badminton 2-3 times per week in order to keep healthy. It was an idea proposed by my roommate Anna. She has been regularly playing badminton at the court near our dormitory and now she always asks me to join.

2) 为什么要打羽毛球，打羽毛球有什么好处

(1) 最近我的学习压力比较大，经常感到疲惫。听说运动能够释放压力，并且让人更有精神，所以我决定试一试。

I have encountered great pressure from my study recently and have been vulnerable to fatigue, and I heard that doing sports can help to let off steam and make me lively.

(2) 打羽毛球则是一项流行的体育运动。我很容易就能在学校里约上几个同学朋友一起打羽毛球。此外，羽毛球也不是一项对身体要求很高的运动。这意味着，这是一个人们更容易进行锻炼的方式，而没有过度劳累或伤害自己的风险。

Badminton is a very popular sport in our country. It is easy to find locations to play badminton and friends to compete against. It is also not a very physically demanding sport. Thus, it is an uncomplicated way for me to exercise without the risk of overexerting or injuring myself.

3) 对于打羽毛球这件事情，你有什么感想

自从我开始打羽毛球后，我整个人都变得更有活力了。每当我感到疲倦或缺乏激情时，只要 30 分钟的简单运动就能使我恢复活力。我现在每天都能保持一个良好的精神状态。而且自从开始运动后，我感觉我变瘦了，变得更健康了。

Since I started to play badminton, I have turned into a more vigorous person. Whenever I feel tired or lack enthusiasm, a simple 30-minute workout helps me energetic. I am able to keep a good mental state every day and I have lost weight and become healthier than before.

4) 要开始运动的原因

I haven't really taken any interest in sports since I was a child. I prefer to listen to music or do some reading in my room. Even though I'm in college now and have more free time, I don't get much exercise because of my laziness. Meanwhile I also enjoy all kinds of junk foods and bubble teas. In fact, I find that I've put on a lot of weight, and can't go upstairs without heavily gasping for breath. So, I want to start doing some exercise now.

我从小就不太喜欢运动，我更喜欢呆在房间里听音乐或者看书。虽然我现在上了大学，相对于高中，我有了很多自由的时间。但因为懒惰，我还是很少运动。而且我喜欢吃垃圾食品和喝高热量的奶茶。事实上，我发现我比以前胖了许多，而且上楼都会喘气了。所以我现在想开始做一些运动来保持健康了。

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21-22: 年轻时的空闲活动（新题） & 一个享受的生活习惯（新题）

Describe an activity you enjoyed doing in your free time when you were younger. Some instructions you can follow: What activity you did Who you did it with Where you did this activity And explain why you enjoyed doing this activity in your free time when you were younger.	Describe a routine you have in your life that you enjoy. Some instructions you can follow: What the routine is When and why you started to follow this routine How easy it is to follow And explain why you enjoy having this routine in your daily life.
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《年轻时的空闲活动》

Earlier in the year, I made exercise part of my daily routine in order to keep healthy. To be more precise, I started playing badminton 3-4 times per week. It was an idea proposed by my roommate Anna. She has been regularly playing badminton at the court near our dormitory and now she always asks me to join.

I have encountered great pressure from my studies this year and have been vulnerable to fatigue. I heard that doing sports can help to let off steam and make me more energetic. Badminton is a very popular sport in our country. It is easy to find locations to play badminton and friends to compete against. It is also not a very physically demanding sport. Thus, it is an uncomplicated way for me to exercise without the risk of overexerting or injuring myself.

I have found it very easy to stick to this routine because playing badminton is fun. Besides, my roommate Anna will always ask me to play with her.

I very much enjoy following this routine. Since I started to play badminton, I have turned into a more vigorous person. Whenever I feel tired or lack enthusiasm, a simple 30-minute workout helps me to reenergise. I am able to keep a good mental state every day and I have lost weight and become healthier than before. 中文思路：

今年以来，我为了保持健康，我保持了每天运动的习惯。准确来说，我每周都会打 2-3 次羽毛球。这是我的舍友 Anna 提议的。她经常去我们宿舍附近的羽毛球场打羽毛球的习惯，现在她都会叫上我一起去打。

最近我的学习压力比较大，经常感到疲惫。听说运动能够释放压力，并且让人更有精神，所以我决定试一试。打羽毛球则是一项流行的体育运动。我很容易就能在学校里约上几个同学朋友一起打羽毛球。此外，羽毛球也不是一项对身体要求很高的运动。这意味着，这是一个人们更容易进行锻炼的方式，而没有过度劳累或伤害自己的风险。

保持这个习惯是一件简单的事情，因为打羽毛球很快乐。除此之外，我的舍友 Anna 每次都会叫上我一起打。

自从我开始打羽毛球后，我整个人都变得更有活力了。每当我感到疲倦或缺乏激情时，只要 30 分钟的简单运动就能使我恢复活力。我现在每天都能保持一个良好的精神状态。而且自从开始运动后，我感觉我变瘦了，变得更健康了。

《一个享受的生活习惯》

A couple years ago, I made exercise part of my daily routine in my free time. To be more precise, I started playing badminton 3-4 times per week. It was an idea proposed by my roommate Anna. She has been regularly playing badminton at the court near our dormitory and now she always asks me to join.

Badminton is a very popular sport in our country. It is easy to find locations to play badminton and friends to compete against. It is also not a very physically demanding sport. Thus, it is an uncomplicated way for me to exercise without the risk of overexerting or injuring myself.

I very much enjoyed playing badminton. Since I started to play badminton, I have turned into a more vigorous person. Whenever I feel tired or lack enthusiasm, a simple 30-minute workout helps me to reenergise. I am able to keep a good mental state every day and I have lost weight and become healthier than before.

But now I am busy with my essays and an internship. I am too exhausted to make time to play badminton. I hope I can learn to balance study and daily life and make more time for leisure activities.

中文思路：

一到两年前，我在空闲的时候都会去运动。准确来说，我每周都会打 2-3 次羽毛球。这是我的舍友 Anna 提议的。她经常去我们宿舍附近的羽毛球场打羽毛球的习惯，现在她都会叫上我一起去打。

打羽毛球则是一项流行的体育运动。我很容易就能在学校里约上几个同学朋友一起打羽毛球。此外，羽毛球也不是一项对身体要求很高的运动。这意味着，这是一个人们更容易进行锻炼的方式，而没有过度劳累或伤害自己的风险。

自从我开始打羽毛球后，我整个人都变得更有活力了。每当我感到疲倦或缺乏激情时，只要 30 分钟的简单运动就能使我恢复活力。我现在每天都能保持一个良好的精神状态。而且自从开始运动后，我感觉我变瘦了，变得更健康了。

但现在繁重的学习压力和每天的实习耗尽了我的精力，我已经很久没有打羽毛球了。希望接下来我能平衡好学习和生活，抽出时间来休闲运动。

23-24: 别人的好消息（新题）& 完成的骄傲事情（新题）

Describe a time when you heard good news about someone you know well. Some instructions you can follow: Who the person is What the good news was When and how you heard the good news And explain how you felt when you heard the good news about this person.	Describe something you achieved that you are proud of. Some instructions you can follow: What you achieved How you did it How difficult it was to do And explain why you are proud of this achievement.
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《别人的好消息》

At the beginning of this semester, I met my roommate in the dormitory whom I had not seen for a long time. I was surprised that she looked much slimmer. She had managed to lose 15 kilograms after a period of exercise and dieting, which was such excellent news! I was so astonished by her dramatic change that I couldn't wait for Anna to share how she did it.

Anna told me the moment she decided to shed some pounds was when she put on a pair of old pants one day and found that they no longer fit her. She was so anxious about it because being overweight is not only unattractive, but also a serious health risk. She then made up her mind to lose weight as quickly as possible. So, she began to regularly play sports and follow a strict, healthy diet. She frankly admitted that this was a difficult goal for her to achieve, because she is the kind of person who easily becomes fat. She seldom does exercise, and enjoys all kinds of junk foods and high calorie bubble teas.

I felt more than happy for her and was proud of what she had achieved. The process of losing weight was painful, but she still succeeded in the end. She was visibly thinner! And she became more attractive and self-confident. I am incredibly inspired by her example, and now firmly believe that as long as a person works hard, they can accomplish many seemingly impossible things. AnnaYasi.

这个学期开学的时候，我在宿舍见到了许久未见的舍友。其中 anna 的变化让我大吃一惊，她简直像变了一个人一样。Anna 说经过一段时间的运动和节食，她成功地减掉了 15 斤。这真是一个好消息。Anna 的巨大变化让我感到无比惊喜，我迫不及待的让 anna 分享她是如何做到的。

Anna 告诉我，之前的某天早晨，当她整理换季的衣物，发现去年的裤子都变小了的时候，她开始无比焦虑。肥胖不仅难看，对健康也有很大的风险。于是在这个假期，她决定开始运动，并且严格遵循一个健康的饮食方式。Anna 一直强调减肥这件事对她来说并不容易，原因是她是个特别容易变胖的人。她很少做运动，而且她喜欢吃垃圾食品和喝高热量的奶茶。

听完 anna 的话，我发自内心的为她感到开心。减肥实在是太痛苦了，但她最终成功地减肥了！她肉眼可见的变瘦了，变得更漂亮和更自信了。这让我相信 anna 是一个有潜力的人，只要她下定决心，就没有什么事情是她做不到的。

《完成的骄傲事情》

This year, I successfully managed to lose some weight, which I take pride in. The moment I decided to shed some pounds came when I tried to put on a pair of old pants one day. I found that they no longer fit me, which made me so anxious.

So, considering that I was overweight, which was not only unattractive, but also a serious health risk, I made up my mind to lose weight as quickly as possible. I began to regularly play sports and follow a strict, healthy diet. To be honest, this was a difficult goal for me to achieve, because I am the kind of person who easily becomes fat. I seldom do exercise, and enjoy all kinds of junk foods and high calorie bubble teas.

I began playing badminton whenever I had time. It is easy to find locations to play badminton and friends to compete against. At the same time, I had to make proper dietary adjustments to aid me in my weight loss, such as eating fewer late-night snacks and junk food.

I have to admit, the process of losing weight was so painful that I almost gave up several times. Thanks to all my friends' encouragement and support, I succeeded in the end. I was visibly thinner! And I became more attractive and self-confident. It made me feel like I am actually a person with great potential, and that as long as I work hard, I can accomplish many seemingly impossible things. 中文思路：

今年夏天，我做出了一件引以为豪的事情，那就是我成功的减重了。

某天早晨，当我整理换季的衣物，发现去年的裤子都变小了的时候，我开始无比焦虑。但是考虑到我现在真的很胖，这样不仅难看，对健康也有很大的风险。我决定开始运动，并且严格遵循一个健康的饮食方式。减肥这件事对我来说并不容易，原因是我是个特别容易变胖的人。我很少做运动，而且我喜欢吃垃圾食品和喝高热量的奶茶。

我开始尝试利用空闲时间打羽毛球。我很容易就能在学校里约上几个同学朋友一起打羽毛球。同时，我也进行适当的饮食调整来帮忙减肥，例如少吃宵夜和零食。

我不得不说减肥实在是太痛苦了，好几次我都差点坚持不下来。幸亏有朋友的鼓励和支持，我最终成功地减肥了！我肉眼可见的变瘦了，变得更漂亮和更自信了。这让我相信自己是一个有潜力的人，只要我下定决心，就没有什么事情是我做不到的。

25: 教朋友或亲戚的时刻（新题）

Describe a time when you were teaching a friend or a relative to do something.

Some instructions you can follow:

Who you taught

What you taught him/her to do

How easy it was to teach him/her

And explain how you felt about teaching this friend/relative.

Last summer I went to stay with my sister for a few weeks during the holidays. My sister has a young niece called Jane. One day Jane told me that she felt very bored and wanted to go out and do something. I asked her if she would like to play badminton, but she replied that she had never played it before and had no idea how to. So, I decided to teach her.

Personally, I think badminton is a very good sport to play as it is a very popular sport in China and it is therefore very easy to find places to play badminton and people to play with. So, we went to a sports centre and I began to teach her. I have to say that Jane was an extraordinarily receptive student, and seemed to have a natural talent for it. After I taught her the basic rules of badminton, she seemed to know everything and we played badminton all afternoon.

It was a lovely experience to teach my young niece this new skill. Especially since Jane told me she really loves playing badminton and also thinks it a good way to improve her studies. Since then, she has begun playing badminton with her friends every week. So, it is clearly a skill that she values. It is such a rewarding experience to pass on knowledge to people younger than you.

中文思路:

去年暑假，我去和我姐姐家里住了几个星期。我姐姐有一个小侄女叫简。有一天，简告诉我她觉得很无聊，想出去做点什么。我问她是否愿意去打羽毛球，但她告诉我她以前从未打过，也不知道怎么打。所以我决定教她。

我觉得羽毛球是一项非常好的运动，因为它在中国是一项非常受欢迎的运动，因此我们很容易找到打羽毛球的地方和人一起玩。所以我们去了一个体育中心，然后我就开始教她打羽毛球了。不得不说教她打羽毛球是一件非常简单的事情，因为她很有天赋！在我给她讲述了羽毛球的基本规则后，她一下子就学会了，然后我们就在那里打了一个下午的安娜球雅思。

我很开心我可以教小侄女这项新技能。我们在一起玩的时候，她玩得很开心，一直都很兴奋。从那时起，她开始每周和朋友们一起打羽毛球。所以这显然是她所看重的技能。把知识传授给你比年轻的人是一种非常值得且有益的经历。

26: 住所附近的变化（新题）

Describe a recent development which has improved the area where you live

Some instructions you can follow:

What the new development is

What was there before this development

How long it took to complete

And explain how it has improved the area where you live.

Several months ago, a sports stadium was built only five blocks from my home. Actually, I don't remember exactly what the land was previously used for, but if I remember correctly, it seemed to be some sort of warehouse. The stadium was under construction for about one or two years.

It was a huge all-inclusive gymnasium. The facility is meant to be state of the art, with swimming pools, gym areas and large sports courts to play games such as badminton and basketball in. This is very special because unlike private courts, which often come with very expensive membership fees, this sports centre will be open to the public at a very low price.

Before, my parents and I often played badminton in the community garden. But it is impossible to play there whenever it is a windy day. So, whenever I can no longer suffer the bad weather conditions, I can now go to that stadium to play badminton with my mum and dad!

People living nearby particularly enjoy playing sports here. Partly because the venue and equipment are new, and partly because the lights are turned on at night, which means local residents can continue to play sports outdoors even after dark. Everyone enjoys playing sports here.

中文思路:

几个月前，在离我家只有五个街区的地方修建了一所全新的体育馆。事实上，我并不确切的记得那片地之前是干什么用的，如果我没有记错的话，似乎是一片仓库。这个体育馆从有到无大概用了 1-2 年的时间吧，我也不太确定。

它是一个超大的综合性体育馆。这个设施是最先进的，有游泳池、健身房和大型的运动场地，可以打羽毛球和篮球。这是非常特别的，因为不像私人球场，往往有非常昂贵的会员费，体育中心将以很低的价格供公众使用和享受。在以前，我的家人和我只能在空地上打羽毛球，但有风的时候会把球吹飞。但体育馆开业之后，无论刮风下雨，我们都可以去打球了。

在这里运动是非常开心的，一方面是因为它的场地和设备都是非常新的，另一方面是它晚上还会开灯，充足的光线让居民们在晚上也可以在户外进行运动。人们都喜欢在体育馆运动！

27-28: 受欢迎的运动场 & 去过的一个户外活动场所

Describe a popular place for playing sport (e.g. a stadium, a sports centre) that you know about. Some instructions you can follow: Where this place for playing sport is How you know about this place Whether you have visited this place And explain why you think this place for playing sport is popular.	Describe a place you went to do an outdoor activity. Some instructions you can follow: Where you went and when What outdoor activity you did at this place Why you did this outdoor activity And explain how you felt about doing the outdoor activity at this place.
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《受欢迎的运动场》

The badminton court is a popular open-air space, and it is known by everyone in the school. It was constructed adjacent to the student dormitories, which was most likely a cunning design choice to encourage and facilitate the daily exercise of the students.

I regularly frequent the badminton court. Earlier in the year, I decided to play badminton 2-3 times per week in order to keep healthy. It was an idea proposed by my roommate Anna. She has been regularly playing badminton at the court near our dormitory and now she always asks me to join.

Badminton is a very popular sport in our school. It is easy to find locations to play badminton and friends to compete against. It is also not a very physically demanding sport. Anna Thus Yasi, it is an uncomplicated way for me to exercise without the risk of overexerting or injuring myself.

Therefore, a lot of people enjoy going to the badminton court to play badminton. The badminton court is so popular that if I come a little late, I won't be able to find a venue to play in. I am sure even someone who doesn't like sports would have a good time here. Almost all the big school events are held in the stadium, such as the campus singing competition. I believe that everyone has made good memories here, and that is the reason why this stadium is so popular.

中文翻译:

我们学校的羽毛球馆是非常受欢迎的一个地方，没有人不知道这里。可能是出于方便学生日常运动的目的，场地就建造在我们学生宿舍的边上。

我经常去羽毛球馆。今年以来，我为了保持健康，开始每周打 2-3 次羽毛球，这是我的舍友 Anna 提议的。她经常去我们宿舍附近的羽毛球馆打羽毛球的习惯，现在她都会叫上我一起去打。

打羽毛球是一项我们学校非常流行的体育运动。我很容易就能在学校里约上几个同学朋友一起打羽毛球。此外，羽毛球也不是一项对身体要求很高的运动。这意味着，这是一个人们更容易进行锻炼的方式，而没有过度劳累或伤害自己的风险。

我们学校有非常多的人去羽毛球馆打羽毛球，羽毛球馆非常火爆，平时我如果晚一点到都找不到场地打。即使是不喜欢的运动的人，相信他也会喜欢这座体育场。因为我们学校几乎所有大型活动都会在体育场举办。相信每个人都在这里留下过美好的记忆。这就是这座体育场如此受欢迎的原因。

《去过的一个户外活动场所》

I often go to the stadium at our school. It is a popular outdoor space and everybody knows it. The stadium is built next to student dormitories, probably to facilitate students' daily exercise.

I was a freshman when my roommate first invited me to the stadium to play basketball. After that, I often came here to work out. The stadium is spacious, and there are many sports facilities inside. We can run, play soccer and badminton. I like to play sports, and I usually invite my classmates to come here after school to play badminton.

Badminton is also not a very physically demanding sport. This means it is an easy way to exercise and get the blood pumping without the risk of overexerting myself. Thus, if I am ever struggling to study, I go to the stadium and play a short round of badminton. After this, I will feel much more energized which helps me to focus on my studies.

I particularly enjoy playing sports here. Partly because the venue and equipment are new, and partly because the lights are turned on at night, which means I can continue to play sports outdoors. Anytime I see so many people around me playing sports here, I feel energised again.

我们学校的体育场是我经常去的一个户外场所。它是我们学校里非常受欢迎的一个地方，没有人不知道这里。可能是出于方便学生日常运动的目的，体育场就建造在我们学生宿舍的边上。

我第一次去体育场是大一的时候，我的舍友约我来这里打篮球。之后我经常来这里运动。体育场很大，里面有非常多的运动场所和设施，我们可以在里面跑步，踢足球和打羽毛球。我是一个喜欢运动的人，平时经常在放学后约同学过来打羽毛球。

羽毛球也是一项体力要求不高的运动，没有过度劳累的风险。因此，如果我专注学习了一段时间，晚，我会和我的朋友在宿舍楼下打羽毛球。每周我都会运动 2-3 次。在这之后，我会感到更加地专注和精力充沛，这有助于我集中精力学习。

在这里运动是非常开心的，一方面是因为它的场地和设备都是非常新的，另一方面是它晚上还会开灯，充足的光线让我在晚上也可以在户外进行运动。这里有非常好的运动氛围。每次我看到身边有这么多人和我一起努力的时候，就会重新充满了能量。

29-30: 鼓励你做有趣事情的人 & 完成的难事

Describe a person who inspired you to do something interesting. Some instructions you can follow: Who the person is What interesting thing you did How this person inspired you to do this thing And explain how you felt after this person inspired you to do something interesting.	Describe a time when you succeeded in doing something that was difficult. Some instructions you can follow: What you succeeded in doing Why it was difficult to do How much help you needed And explain how you felt when you succeeded in doing this difficult thing
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《鼓励你做有趣事情的人》

Last year, I was under great pressure from my studies and was often fatigued. In order to let off some steam and pep myself up, my roommate Anna encouraged me to regularly play badminton with her.

To be honest, I haven't really taken any interest in sports since I was a child. I prefer to listen to music or do some reading in my room. So, I believed it would be worthwhile to give it a shot. However, I was afraid that it would be boring for Anna to play with me since I was totally inexperienced.

Anna told me that badminton is very easy to learn, and that she would be more than willing to teach me. It is also not a very physically demanding sport. Thus, it is an uncomplicated way for me to exercise without the risk of overexerting or injuring myself.

I find it enjoyable to play badminton. Anna and I will usually cheer and praise each other, which strengthens our friendship. Since I started to play badminton, I have become a more active person. Whenever I feel tired or lack enthusiasm, a simple 30-minute workout helps me to feel more energetic. I am able to keep in a good mental state every day. I owe it all to Anna, who encouraged me to do this sport.

去年的时候，我的学习压力比较大，经常感到疲惫。我的室友安娜鼓励我平常跟她一起打羽毛球，这样可以缓解压力，并且让人更有精神。

说实话，我从小就不太喜欢运动，我更喜欢呆在房间里听音乐或者看书。所以，羽毛球这项运动来说很有趣，值得一试。但我担心 Anna 跟我一起打的话会很无趣，因为我从来没打过。但是 Anna 跟我说，打羽毛球是一项简单上手的运动。她很愿意教我打。而且羽毛球也不是一项对身体要求很高的运动。这意味着，这是一个人们更容易进行锻炼的方式，而没有过度劳累或伤害自己的风险。

打羽毛球是一项有趣的体育运动。我们会为对方欢呼，会受到赞扬，这一切都让我们的友谊更进一步。自从我开始打羽毛球后，我整个人都变得更有活力了。每当我感到疲倦或缺乏激情时，只要 30 分钟的简单运动就能使我恢复活力。我现在每天都能保持一个良好的精神状态。这一切都要感谢 Anna，是他鼓励我进行这项运动的。

亮点词汇和表达：

Be fatigued 感到疲惫 (feel tired)

《完成的难事》

Last year, I made up my mind to play badminton 2-3 times a week. It was a difficult decision for me.

I haven't really taken any interest in sports since I was a child. I prefer to listen to music or do some reading in my room. Even though I'm in college now and have more free time, I don't get much exercise because of my laziness. At the same time, I also enjoy all kinds of junk foods and bubble teas. In fact, I find that I've put on a lot of weight, and even walking upstairs leaves me out of breath. So, I decided to start exercising.

Sticking to regular weekly exercises has proven to be a tall order. On the one hand, I tend to be on the lazy side, and on the other, my schoolwork can often be quite time-consuming. Luckily, my roommate Anna is always there for me, and takes me to every badminton session she has. Thanks to her help and my perseverance, I have managed to hang on.

Since I started playing badminton, I have become a more active person. Whenever I feel tired or lack enthusiasm, a simple 30-minute workout helps me to feel more energetic. I am able to keep in a good mental state every day and I also believe that I have become more self-confident and attractive. It has made me feel that as long as I work hard, I can accomplish many seemingly impossible things.

中文思路：

去年我做出了一个困难的决定，那就是我下定决心要每周打两到三次羽毛球。

我从小就不太喜欢运动，我更喜欢呆在房间里听音乐或者看书。虽然我现在上了大学，相对于高中，我有了很多自由的时间。但因为懒惰，我还是很少运动。而且我喜欢吃垃圾食品和喝高热量的奶茶。事实上，我发现我比以前胖了许多，而且上楼都会喘气了。所以我想开始做一些运动来保持健康了。

开始坚持每周运动真的是一件困难的事情。一方面我就很懒，另一方面是因为我的课程耗费了我大量的时间。幸亏我的舍友 Anna 非常支持我的想法，她每次打羽毛球的时候都会叫上我。有了她的帮助，以及我自身的毅力，我最终还是坚持下来了。

自从我开始打羽毛球后，我整个人都变得更有活力了。每当我感到疲倦或缺乏激情时，只要 30 分钟的简单运动就能使我恢复活力。我现在每天都能保持一个良好的精神状态。我变得更自信，更有魅力了！这让我相信自己是一个有潜力的人，只要我下定决心，就没有什么事情是我做不到的。

亮点词汇和表达：

taken any interest in 感兴趣 (be interested in)

time-consuming 花费时间

put on a lot of weight 胖了 (become fat)

(三) 网红博主

这是我们第三个大素材，这个串联主题就是一个网红博主，这个博主可以是教育类的，也可以是搞笑类的，具体可以根据题目要求变换。

该主题主要是用于人物类的话题上，也可以用于部分技能类的话题

下面是一些通用的材料，在回答不同的话题时，灵活运用以下素材即可。

1) 这人是谁

I follow a well-known influencer on Weibo who is called Anna.

我在微博上时常关注一个知名网红，她就是 Anna。

2) 描述长相

建议各位同学只需记住一种长相的描述，遇见任何描述长相的题目都网上套用即可。

男生：

He is quite tall, standing about 1.8 meters in height. Although his looks are quite plain, he possesses a perfectly charming and humorous personality.

他挺高的，大概有一米八的样子，虽然长相一般，但特别幽默，有人格魅力。

女生：

She is quite tall, standing about 1.7 meters in height. I have to say she is attractive and possesses a perfectly charming and humorous personality.

她身体高挑的，大概有一米七的样子。她长得很漂亮，而且特别幽默，有人格魅力。

3) 如何认识他/她的

I first discovered her after my roommate introduced me to her content and recommended her to me. She is very popular online and has loads of followers on her Weibo and Tiktok, including many of my classmates.

我第一次知道她是因为我舍友把她推荐给我的。她在微博和抖音上有很多粉丝，很多我的同学也关注了她。

4) 为什么喜欢看他/她的节目？（通用理由）

Her brief videos only last a minute or two, so watching her content is an undemanding and pleasant experience.

I enjoy watching her videos on my smartphone when I have time to myself in the dormitory. This way I can make the most of my day when I have time to kill.

她录的视频时长很短，往往只有一两分钟，所以每次看她的视频都是一件轻松且愉快的事情。我很喜欢一个人在宿舍用手机看她的视频。这样可以把碎片化的时间充分利用起来。

31: 喜欢打扮的人

Describe a person you know who enjoys dressing well.

Some instructions you can follow:

Who the person is

What job/studies the person does

What sort of clothes the person wears

And explain why you think this person enjoys dressing well.

I follow a well-known influencer on Weibo called Anna. She is fairly tall, standing at about 1.7 meters in height. I have to say that she is quite attractive and possesses a perfectly charming and humorous personality. I first discovered her after my roommate introduced her content to me. She is very popular online and has loads of followers on her Weibo and Tiktok accounts, including many of my own classmates.

She is a fashion blogger, and so often posts a variety of short videos on her social medias. She thusly doesn't have any one particular dressing style, but wears different clothes for each video. I have learned a lot of fashion tips from her videos; she has led me to understand that I should choose appropriate clothes to make up for the disadvantages in my figure. Not only has she taught me how to dress better, but she has also boosted my confidence.

I believe that she has a genuine talent for fashion because only people who enjoy dressing up can be that good at it. At the same time, her self-produced videos are clearly made with her heart and are intended to share her own personal experience.

Her videos only last a minute or two in length, so watching her content is never too long of a commitment. I enjoy watching her videos on my smartphone whenever I have time to myself in the dormitory. This way I can make the most of my day when I have time to kill.

中文思路:

我在微博上时常关注一个知名博主，她就是 Anna。她身体高挑的，大概有一米七的样子。她长得很漂亮，而且特别幽默，有人格魅力。我第一次知道她是因为我舍友把她推荐给我的。她在微博和抖音上有很多粉丝，很多我的同学也关注了她。（男生可以用本套素材大纲的内容替换该段关于女生的描述）

她是一个时尚博主，经常在社交媒体上发布不同穿衣风格的小视频。她没有特定的穿衣风格，因为她拍摄每条视频时都会用穿不同风格 and 不同款式的衣服。我从她的视频中学到了很多穿衣服的技巧。选择合适的衣服，可以遮盖自己的身材的缺点，她不仅教会我如何穿着更加得体，同时也让我更加自信。

我认为她非常很喜欢打扮。因为我相信只有喜欢穿搭的人才能擅长于此。同时，她的每条小视频都是用心制作的，所以我相信她是喜欢打扮的人，并乐于分享她的经验。

她录的视频时长很短，往往只有一两分钟，所以每次看她的视频都是一件轻松且愉快的事情。我很喜欢一个人在宿舍用手机看她的视频。这样可以把碎片化的时间充分利用起来。

32: 校外学习的某种重要东西

Describe something important that you learned, not in school or college.

Some instructions you can follow:

What you learned

How you learned it

How easy/difficult it was to learn

And explain why learning this was important to you.

After enrolling university, the most important thing I learned outside of academia was how to dress myself stylishly. I believe it's an important skill for any girl to have.

I follow a well-known influencer on Weibo called Anna. I first discovered her after my roommate introduced her content to me. She is very popular online and has loads of followers on her Weibo and Tiktok accounts, including many of my own classmates. She is a fashion blogger, and so often posts a variety of short videos on her social medias. She thusly doesn't have any one particular dressing style, but wears different clothes for each video.

Her videos generally only last a minute or two, so watching her content is never too long of a commitment. I enjoy watching her videos on my smartphone when I have time to myself in the dormitory. This way I can make the most of my day when I have time to kill. Her advice is never too difficult to follow as I'm always very interested in learning how to dress well and it's always fun.

I have learned a lot of fashion tips from her videos; she leads me to understand that I should choose appropriate clothes to make up for the disadvantages in my figure. Not only has she taught me how to dress better, but she has also boosted my confidence. I believe it is very important to dress appropriately whether at the office or in daily life. All in all, I think that knowing how to dress is an important skill for anyone to learn outside of school.

进入大学之后，我在校外最大的收获就是学会了如何打扮自己。我认为对于一个女孩子（男孩子）来说，这是很重要的一项技能。

我在微博上时常关注一个知名博主，她就是 Anna。我第一次知道她是因为我舍友把她推荐给我的。她在微博和抖音上有很多粉丝，很多我的同学也关注了她。她是一个时尚博主，经常在社交媒体上发布不同穿衣风格的小视频。

她录的视频时长很短，往往只有一两分钟，所以每次看她的视频都是一件轻松且愉快的事情。我很喜欢一个人在宿舍用手机看她的视频。这样可以把碎片化的时间充分利用起来。我认为学习穿搭并不难，我对这件事情很有兴趣。所以总是乐在其中。

我从她的视频中学到了很多穿衣服的技巧。选择合适的衣服，可以遮盖自己的身材的缺点，她不仅教会我如何穿着更加得体，同时也让我更加自信。我认为无论在工作或者生活中，保持一个得体的形象是非常重要的。所以我认为穿搭是我在校外学到的一种重要技能。

亮点词汇和表达:

well-known influencer 知名网红

boosted my confidence 提高自信

After enrolling university 上大学后

33: 喜欢的节目

Describe a programme that you enjoyed very much (e.g. on TV or the internet).

Some instructions you can follow:

What the programme was about

Where you watched this programme

Who you watched it with

And explain why you enjoyed this programme so much.

I love watching English language content produced on the internet by an influencer named Anna. She has many followers on her Weibo account, including many of my classmates. I first became a fan of hers after my roommate recommended her content to me.

She is a blogger who produces English videos. As a Chinese woman, she is beautiful. She previously studied in the UK and now works there fulltime, so she speaks English very well. She often shares common English expressions and her own entertaining experiences living abroad.

Her short video programmes only last a minute or two, so watching them is a quick and relaxing way to spend my free time. I like watching her videos on my smartphone alone in the dormitory. This way I can enjoy whatever time I have available to myself.

Learning English through short video programmes is an efficient method that anyone can fit into their schedule. The sort of colloquial English she shares is usually something one cannot learn through textbooks alone. For example, she will interpret many English phrases from movies and explain to everyone how to speak like natives in a certain situation. In addition, she will interview passers-by at random and ask some hot button issues to make her English vlogs. I think the way the British answer questions is interesting, and their ideas are quite different from those of the Chinese. I often watch her videos in my free time, which improves my English level. I also recommend Anna to my friends, and they all like her very much.

我很喜欢在网上看一个网红博主的英语节目，她就是 Anna。她在微博上有很多粉丝，很多我的同学也关注了她。我第一次知道她是因为我舍友把她推荐给我的。她是一个分享英语视频的博主。她是一个中国人，长得很漂亮。她之前在英国留学，现在还在英国工作，所以他英文讲得很好。她经常会分享一些英语的日常用语，还有一些国外的有趣见闻。

她录的视频时长很短，往往只有一两分钟，所以每次看她的视频都是一件轻松且愉快的事情。我很喜欢一个人在宿舍用手机看她的视频。这样可以碎片化的时间充分利用起来。

通过短视频来学习英语是一种高效的，不受时间空间限制的学习方法。她分享的英语知识通常是我在书本上学不到的。比如她会截取很多电影中的英文短语，告诉大家某种情境下说什么才更加地道。除此之外，她还会随机采访一些路人，问一些热点问题。做成英文 vlog。我觉得英国人回答问题的方式很有趣，想法也和中国人很不同。我经常在我的一些碎片化时间里看看她的视频，提升了我的英语水平。我也把 Anna 推荐给了我的朋友，她们都很喜欢她。

亮点词汇和表达:

colloquial English 英语口语

hot button issues 热点问题

34: 常用网站（新题）

Describe a website that you use regularly.

Some instructions you can follow:

What the website is

How often you use it

How you found out about this website

And explain why you use this website regularly.

I frequently browse the website Bilibili.com. It was my roommate Anna who first introduced it to me. Bilibili.com is a massive and well-known website in our country. It hosts all kinds of content like cartoons, TV series and funny videos.

I follow several English education influencers on Bilibili.com and regularly watch their short videos. Learning English through short video programmes is an efficient method that anyone can fit into their schedule. Such short video programmes only last a minute or two, so watching them is a quick and relaxing way to spend my free time. I myself enjoy watching them on my smartphone alone in the dormitory. This way I can enjoy whatever time I have available to myself.

The sort of colloquial English imparted by these videos is usually something one cannot learn through textbooks alone. For example, some videos will take English phrases from movies and TV shows and explain to everyone in which situations to use them in order to sound more like native speakers. Another sort of video will present English interviews with random passers-by on some hot button issues. I think the way the British answer questions is interesting, and their ideas are quite different from those of the Chinese. Watching these short video programmes in my free time really helps to improve my English level.

中文思路：

我经常使用的一个网站是 B 站。我第一次知道它是因为我舍友把它推荐给我的。B 站是一个非常大的，非常著名的视频网站。你可以在网站里找到各种动漫视频，生活趣事的视频，电视剧等等。

我关注了几个著名的教英语的网红博主，我基本上每周都会登录这个网站看她们的短视频。通过短视频来学习英语是一种高效的，不受时间空间限制的学习方法。网站上的视频时长很短，往往只有一两分钟，所以每次看她们的视频都是一件轻松且愉快的事情。我很喜欢一个人在宿舍用手机看 B 站的视频。这样可以把碎片化的时间充分利用起来。

B 站上博主们分享的英语知识通常是我在书本上学不到的。比如有些博主会截取很多电影中的英文短句，告诉大家某种情境下说什么才更加地道。除此之外，视频还会随机采访一些路人，问一些热点问题。做成英文 vlog。我觉得英国人回答问题的方式很有趣，想法也和中国人很不同。我经常在我的一些碎片化时间里看看她的视频，提升了我的英语水平。

35: 以后想学习的事情（新题）

Describe something you would like to study in the future.

Some instructions you can follow:

What you would like to study

Where you would like to study

How easy or difficult it would be to study this

And explain why you would like to study this in the future.

An understanding of the English language is a useful skill that I will definitely study towards in the future.

I like to watch English short videos on Bilibili.com to study English. Learning English through short video programmes is an efficient method that anyone can fit into their schedule. Such short video programmes only last a minute or two, so watching them is a quick and relaxing way to spend my free time. I myself enjoy watching them on my smartphone alone in the dormitory. This way I can enjoy whatever time I have available to myself.

Studying English is no easy task. Improvements are only possible in incremental steps and through continuous efforts. On the one hand, I will need to build up my vocabulary by watching videos or TV dramas in English. On the other hand, I must practice my spoken English through various means such as talking to native speakers. Both these endeavors call for commitment and perseverance.

As English is the most widely spoken language in the world, it is essential that I learn it, and learn it well. If I were to study abroad someday, I could find myself in an all-English environment where English is a must in the classroom and in life in general. Failure to master the language could mean that I wouldn't be able to graduate with a degree. Proficiency in English could also very well boost my prospects of career progression. These are the reasons why I want to continue learning English.

中文思路：

我以后想继续学习英语这种语言。

我会选择在 B 站看英语短视频学习英语。通过短视频来学习英语是一种高效的，不受时间空间限制的学习方法。网站上的视频时长很短，往往只有一两分钟，所以每次看她们的视频都是一件轻松且愉快的事情。我很喜欢一个人在宿舍用手机看 B 站的视频。这样可以把碎片化的时间充分利用起来。

学习英语不是一件简单的事情，需要长时间的学习和积累。一方面我需要通过看英语视频或者电视剧来积累词汇，另一方面我需要多开口练习，亦或者跟英语母语者谈话。这都是需要花费时间的，而且需要持之以恒。

英语是世界上应用最广泛的语言，学好英语是非常重要的。我日后想出国留学，那我面对的就是一个全英语的环境，上课，书籍和日常生活都需要用到英语。如果我没有学好英语，我可能无法顺利毕业。在我以后的工作中，精通英语大概率会让我获取更多的升职机会。这些都是我想继续学习英语的理由。

(四) 哈利波特

36-37: 想再看一次的电影& 读过的有趣书籍或故事

Describe a film/movie you enjoyed and would like to see again. Some instructions you can follow: What the film/movie was When and where you saw the film/movie What the film/movie was about And explain why you would like to see this film/movie again.	Describe a novel or a story you have read that you thought was particularly interesting. Some instructions you can follow: Why you read the novel story What the novel/story was about How long it took you to read it And explain why you thought this novel/story was so interesting.
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《想再看一次的电影》

Harry Potter is my favorite movie that I want to watch again! To be honest, I have watched it many times. It was extremely popular and the whole world already loved the story. When I was in primary school, I first watch the first movie of the series of Harry Potter in cinema. I still remember that I was so excited that I could hardly sleep the day before. I couldn't wait to see what happens next in the following movies!

Harry Potter is a story about a young orphan boy named Harry who finds out he is a wizard and has to go to a magical wizard school called Hogwarts. The film is full of crazy magic, beautiful friendships, and exciting events.

I am eager to watch it again because this movie is full of all kinds of wild imaginings and ups and downs of the plot. It also talks about friendship and trust. In this film, Harry tries to be kind and honorable to everybody he meets, but sadly, not everybody is so kind in return. The movie taught me that it is important to know who you can trust and who you can rely upon. Furthermore, it taught me how important it is to have good friends that support and protect you.

中文思路:

『哈利波特』是我最喜欢的电影，我想再看一次！（安娜雅思）事实上我已经看过很多次了。哈利波特的电影非常受欢迎，全世界都喜欢这个故事。在我小学的时候，我第一次在电影院看到哈利波特系列的电影。我记得我看得时候非常兴奋，事实上，那一晚我几乎都兴奋地失眠了，我迫不及待的想知道后面几部电影发生了什么！

这部电影是一部关于一个名叫哈利的孤儿的故事，他发现自己是一名巫师，于是去了一所叫做霍格沃兹的魔法学校。整部电影充满了各种神奇的魔法，动人的友谊，和令人兴奋的事件。

我很想抽空重新看一次哈利波特，因为这部电影充满了各种天马行空的想象和跌宕起伏的情节。故事中，哈里试图对他遇到的每一个人都友好而尊敬，但遗憾的是，并不是每个人都回报他。这部电影告诉我，知道你可以信任谁，可以依靠谁是很重要的。此外，它让我懂得了拥有支持和保护你的好朋友是多么重要。

亮点词汇和表达:

could hardly sleep 失眠

《读过的有趣书籍或故事》

I'm a crazy fan of Harry Potter. The Harry Potter Series was extremely popular and the whole world already loved the story. When I was in primary school, my dad bought me a copy of them and it was the first time I read this book. I still remember that I was so excited that I could hardly sleep the day before. I couldn't wait to see what happens next! Well, I guess it took me only two days to read this book.

Harry Potter is a series of seven fantasy novels written by the British author JK Rowling. This series is a story about a young orphan boy named Harry who finds out he is a wizard and has to go to a magical wizard school called Hogwarts. The film is full of crazy magic, beautiful friendships, and exciting events.

This book is very exciting to me because this book is full of all kinds of wild imaginings and ups and downs of the plot. It also talks about friendship and trust. In this book, Harry tries to be kind and honorable to everybody he meets, but sadly, not everybody is so kind in return. The book taught me that it is important to know who you can trust and who you can rely upon. Furthermore, the book taught me how important it is to have good friends that support and protect you.

中文思路：

我可是一个标准的哈迷。哈利波特的书非常受欢迎，全世界都喜欢这个故事。在我小学的时候，我爸爸买了其中一本给我，这是我第一次读到这本书。我记得我看得时候非常兴奋，事实上，那一晚我几乎都兴奋地失眠了，我迫不及待的想知道后面发生了什么！我记得我大概两天就看完了这本书

哈利波特是由英国的 JK 罗琳创作的魔幻系列小说，一共有 7 部。这部小说是一部关于一个名叫哈利的孤儿的故事，他发现自己是一名巫师，于是去了一所叫做霍格沃兹的魔法学校。这部电影充满了各种神奇的魔法，动人的友谊，和令人兴奋的事件。

我觉得这本书非常让我兴奋，因为这本书充满了各种天马行空的想象和跌宕起伏的情节。在这本书中，哈里试图对他遇到的每一个人都友好而尊敬，但遗憾的是，并不是每个人都回报他。这本书告诉我，知道你可以信任谁，可以依靠谁是很重要的。此外，这本书让我懂得了拥有支持和保护你的好朋友是多么重要。

38: 喜欢的演员（新题）

Describe an actor who you admire for playing a particular character in a film/movie.

Some instructions you can follow:

Who the actor is

Where and when you watched this person

What kind of character this person played

And explain why you admire the actor for playing this character in a film/movie.

Daniel Radcliffe is a famous actor of whom I am a fan. I particularly enjoy his performance as the title character in the film, Harry Potter.

I was in primary school when I first saw the first movie of the Harry Potter series in the cinema. I still remember that I was so excited I could hardly sleep the night before. Afterwards I couldn't wait to see what would happen next in the following movies!

Harry Potter is the story about a young orphan boy named Harry who finds out he is a wizard and must attend a magical wizard school called Hogwarts. In the movie, Harry is a tenacious boy who always believes in justice. He constantly fights evil wizards, and finally defeats the villain Voldemort through wisdom and the help of his friends. Harry tries to be kind and honorable to everybody he meets. It taught me how important it is to have good friends that support and protect you.

I admire Daniel for his performance on the big screen because he successfully brought Harry Potter to life in exactly the way the character was depicted in the novel: a sharp wizard student whose eyes shone with a steely determination to win when confronted with his nemesis, Lord Voldemort. It is Daniel's performance, alongside the dazzling display of magic and witchcraft, that makes the movie great.

中文思路:

丹尼尔·雷德克里夫是非常著名的一名演员，我非常喜欢他在电影《哈利波特》中扮演的 Harry。

在我小学的时候，我第一次在电影院看到哈利波特系列的电影。我记得我看得时候非常兴奋，事实上，那一晚我几乎都兴奋地失眠了，我迫不及待的想知道后面几部电影发生了什么！

这部电影是一部关于一个名叫哈利的孤儿的故事，他发现自己是一名巫师，于是去了一所叫做霍格沃兹的魔法学校。在电影中，Harry 是一个坚忍不拔，始终相信正义的人。他不断地与邪恶的巫师战斗，最终凭借着智慧和朋友的帮助战胜了伏地魔。哈里对他遇到的每一个人都友好而尊敬，他让我懂得了拥有支持和保护你的好朋友是多么重要。

我非常喜欢丹尼尔在电影中的表演，我觉得他非常传神地还原了哈利波特小说中的样子。平时他是一个机灵的学生，但当遇上伏地魔时，他的眼神便会变得异常坚毅。他传神的表演和电影中酷炫的魔法成就了《哈利波特》这部电影的精彩。

(五) 英语外教

39-40: 与其他文化的人共度时光& 享受的一节英语课

Describe someone from another culture (e.g. a friend, a teacher) who you enjoy spending time with. Who this person is What his/her cultural background is When and where you met this person And explain why you enjoy spending time with this person from another culture.	Describe an English lesson that you really enjoyed. Some instructions you can follow: Where the lesson took place What the lesson was about What the teacher did And explain why you enjoyed this lesson so much.
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Frankly speaking, it's quite difficult for me to find the opportunity to communicate with foreigners in my daily life. But it happened to me recently that I met Cathy, a one-on-one English teacher that I found online.

In preparation for the IELTS test, I've been looking for a foreign teacher who can help me with my speaking. My roommate AnnaIELTS introduced her teacher, Cathy, to me once she knew about my trouble. So, I immediately scheduled sessions with Cathy and started our seminars on Zoom soon after. The way Cathy speaks is so genuinely British, even the way she teaches is different from what I had in China.

I still remember the first class we had clearly. Cathy was so enthusiastic when seeing me and made me feel quite comfortable. At that seminar, she was just like a friend to me and encouraged me to try my best to speak more in English. As for my speaking, many problems that she pointed out were not even noticed by me, such as repeating words and incorrect pronunciations. It made me feel so lucky that I could find her, as there's no doubt as to her professionalism.

It's truly enjoyable practicing speaking with her. On the one hand, her professionalism indeed helps me a lot. On the other hand, I don't know if I can expect all British people to share her enthusiasm and consistently encourage me in class. Even though I am hardly fluent, she would recognize my efforts and give praise, which significantly helped me on building my confidence.

中文思路:

说实话,我在日常生活中很少接触到来自其他文化的人。最近我碰巧接触到一个英国人,她就是我在网上找的一对一英语外教 Cathy。(在回答《享受的一节英语课》时,把第一段删掉即可)

最近我在备考雅思考试,一直想找个外教练习口语。我的舍友 Anna 知道了之后,介绍了她的英语老师 Cathy 给我。我和 Cathy 约好了时间,之后就在网络平台 Zoom 里上课了。Cathy 是个地道的英国人,说着一口流利的英式英语。她的上课方式和中国的英语老师完全不一样。

我还清楚地记得我们之间的第一堂英语课。Cathy 一见到我就非常热情地跟我打招呼,让我这个内敛的人感到很友好。在这节英语课上,她像朋友一样和我聊天,我也尽我所能地用英语回答她的问题。针对我的表现,她指出了我非常多的我没注意到的问题,比如重复用词,发音不标准。我觉得 Cathy 非常地专业,我很庆幸我能找到她。

我很享受跟她练习英语口语的时间。一方面是她很专业,对我的帮助非常大。另一方面不知道是否所有的英国人都如此热情,每次上课她都会不断的鼓励我。哪怕我说的很不流畅,她也一直夸我讲的很好。这给了我很大的信心。

(六) 童年好友 Mike

41-42: 喜欢一起工作/学习的人（新题）& 印象深刻的童年朋友

Describe a person who you enjoyed working or studying with. Some instructions you can follow: Who this person is How long you worked or studied together What work or studies you did together And explain why you enjoyed working or studying with this person.	Describe a friend from childhood who you remember very well. Some instructions you can follow: Who the friend is How you met him/her What you used to do together And explain why you remember this childhood friend so well.
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《喜欢一起工作/学习的人》

My cousin Michael and I were classmates in high school. Since he lived close by, I got to know Michael pretty well when we were little.

When we were young, we often played together. Later, when we were in high school, we became classmates, and studied together for three years. It was pleasant to study with him not only because we had known each other for so long, but also because he is the smartest, most earnest person I have ever met. He played around a lot, but also had good grades, and was commended all the time by the teachers. Whenever I encountered difficulties, he was always there to help me.

I was very much a careless student and often gave wrong answers in exams because I had failed to read the questions closely. Michael shared his academic experience with me, which greatly improved my math. Besides this, Michael was always punctual at school. He arrived early for group activities and never broke our appointments. These qualities are hard to find in children and I rarely saw them in my other classmates or friends.

All in all, Michael is a truly worthy friend whom I very much enjoyed studying with. I have learned so much from him.

中文思路:

我有个关系非常要好的表弟，他的名字是 Michael。我们不仅是高中同班同学，还是表兄弟。我们两家住的很近，所以我在很小的时候就认识他了。

小时候我们经常会在一起玩耍，后来上了高中，我们成为了同班同学。我们一起学习了三年时间。跟他一起学习是一件妙事，不单单是因为我们认识了很久，而是因为他是我最聪明和认真的人。他虽然贪玩，但是学习成绩很好，经常受到老师的表扬。每当我有不会的问题，他总是很耐心的解答我的疑惑。

因为我本身是一个粗心大意的人，考试的时候总是因为不认真审题而丢分。Michael 把自己的学习经验分享给我，这使我的数学成绩有了提高。除此之外，他上学时从不迟到早退，每当有集体活动时，他总会提前一阵子到。我跟他约好的事情他从来都不会忘记。这些习惯对于一个小孩子来说是很难得的，我在其他同学和朋友身上很少见到。

总的来说我认为他是一个非常靠谱的朋友，跟他一起学习让我很享受。

《印象深刻的童年朋友》

I had a buddy called Michael when I was in elementary school and together, we were thick as thieves. In addition to us being classmates, our dads were colleagues. Since he lived close by, I got to know Michael well when we were little.

We used to play together a lot after school. Michael was lively and full of novel ideas. He liked football, so we played that game often.

Michael has left a deep impression on me not only because we've known each other for so long, but also because he is the smartest, most earnest person I have ever seen. He played a lot, but had good grades and was commended by our teachers all the time. One time he was asked to come up to the front of the class and share the secrets of his academic success. He said that he would check each question and answer at least three times to make sure that he had not misread the question or made a calculation error. That came as quite a shock to me as I was very much a careless person and often gave wrong answers in exams because I had failed to read the questions carefully.

Besides, Michael was always punctual at school. He arrived early for group activities and never broke our appointments. These qualities are hard to find in kids and I rarely get to see them in other classmates or friends.

All in all, Michael is a truly worthy friend. We still keep in touch these days. And I count myself lucky to have known Michael since childhood.

中文思路：

在我上小学的时候，有个关系非常要好的朋友，他的名字是 Michael。不仅我们是同班同学，我的爸爸和他的爸爸也在同一个单位工作。我们两家住的很近，所以我在很小的时候就认识他了。

放学后我俩经常在一起玩耍。Michael 是个活泼好动的人，经常会有一些新奇的主意。他很喜欢踢足球，因此我们经常一起踢球。

之所以我对他印象深刻，不单单是因为我们认识了很久，而是因为他是见过最聪明和认真的人。他虽然贪玩，但是学习成绩很好，经常受到老师的表扬。有一次他上台分享学习经验的时候，他说自己做完每道题目都会检查三次以上，确保自己没有看错题目或者算错数。这让我感到很吃惊，因为我本身是一个粗心大意的人，考试的时候总是因为不认真审题而丢分。

除此之外，他上学时从不迟到早退，每当有集体活动时，他总会提前一阵子到。我跟他约好的事情他从来都不会忘记。这些习惯对于一个小孩子来说是很难得的，我在其他同学和朋友身上很少见到。

总的来说我认为他是一个非常靠谱的朋友，直到现在我们依然有联系。我很庆幸能在小时候遇到 Michael 这样的朋友。

(七) 投影仪

43-44: 家里舒服的某处地方 (新题) & 难用的科技产品 (新题)

Describe the part of your home where you most enjoy relaxing. Some instructions you can follow: What part of your home this is When you usually relax there How you relax there And explain why you find this part of your home an good place to relax in.	Describe a piece of technology that you find difficult to use. Some instructions you can follow: What you use it for When you got it How often you need to use it And explain why you find this piece of technology difficult to use.
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《家里舒服的某处地方》

My bedroom is the most relaxing place of my childhood home. I like my bedroom because it is a space that belongs to me entirely.

I am attending a college far away from my hometown, so I only get to return home during winter and summer vacations. Most of my time at home, I like to spend in my bedroom. My bedroom is spacious, with large French windows and decent lighting. Whenever I'm staying in my bedroom, I can sleep until I wake up naturally and then lie in bed to check my smartphone. I like to sit by the window and bask in the sun when the weather is fine. Besides, I like watching TV shows very much, so I especially enjoy staying at home. I can lie comfortably in my bed, eat snacks and watch TV on the projector my mother bought for me last year as my birthday gift. I installed it on one of my bedroom walls.

I live in a dormitory most of the time. Besides me, I have three roommates, so I am not free to do whatever I like. If I want to watch TV, I must wear headphones. When we get up in the morning, we will all scramble to be the first to use the bathroom. Although my roommates are very kind, it is a bit of an inconvenience. However, staying in my bedroom, I can do whatever I want without worrying about disturbing others, which makes me feel comfortable and relaxed.

中文思路:

我的卧室是我们家里最令人放松的地方。我喜欢我的卧室，因为这里是完全属于我一个人的空间。

我在外地上大学，只有在寒暑假的时候才能回到家，宅在家的大部分时间，我都会选择呆在卧室里。我的卧室面积很大，拥有大面积的落地窗和很好的光线。呆在卧室的时候，我可以睡到自然醒，然后躺在床上玩手机。天气好的时候我喜欢坐在窗边晒太阳。除此之外，我是个非常喜欢看电视剧的人，所以我特别享受呆在家的时候，我可以舒舒服服地躺在我的床上，边吃着零食边用投影仪看电视剧。投影仪是去年我妈妈作为生日礼物买给我的。我把它挂在了我卧室的一边墙上。

大多数的时间我都住在宿舍里，除了我之外我还有三位室友。我并不能自由的做自己喜欢做的事。如果我想看电视剧，我必须戴上耳机。早上起床的时候大家还会抢着用洗手间。虽然我的舍友都很善良，但总有一些不方便的地方。当我呆在我自己卧室的时候，我可以做任何我想做的事而不必担心打扰到别人。这让我觉得非常自在和放松。

《难用的科技产品》

Last year, my mother bought a projector for me as a birthday present. I installed it up on my bedroom wall and use it a lot. But it doesn't work all that well. I am a big TV fan. I enjoy staying at home, because I can lie comfortably in bed, eating snacks and watching TV. At first, I used the projector almost daily.

However, the good times didn't last long. Over the next six months, my projector began to encounter errors. Although I love the big screen, I don't think it is a particularly well-made product. Recently, the projector has broken down twice. Either it has no sound, or I can't turn it on. Having it repaired each time takes at least a week. The maintenance is free, but the frequent failures annoy me. I am worried that I will have to pay for the expensive repairs after the warranty period. At the same time, every time I turn on the projector, I have to watch an advertisement for half a minute no matter how I set it up, which makes me very irritable.

This projector does not function well, but buying a new one would cost a lot. It is a real dilemma.

中文思路：

我家的投影仪是一个我经常用，但的确不好用的科技产品。投影仪是去年我妈妈作为生日礼物买给我的。我把它挂在了我卧室的墙上。我是个非常喜欢看电视剧的人，所以我特别享受呆在家的時候，我可以舒舒服服地躺在我的床上，边吃着零食边用投影仪看电视剧。一开始，我几乎每天都会使用它。

然而好景不长，在之后的半年时间里，我的投影仪开始出现故障。虽然我很喜欢大屏幕，但我不认为这是一个优秀的产品。最近，它已经坏了两次了。不是没有声音，就是无法开机。每次送去维修都要花费至少一周时间。虽说维修是免费的，但经常性失灵真的很让人烦躁。我很担心过了保修期之后，我需要承担昂贵的修理费。同时，每次我打开投影仪的时候，我都得看一段几十秒的广告。无论我如何设置都不能跳过这段广告。这也让我非常暴躁。

重新买一个投影仪得花不少钱。但这台投影仪用着又很麻烦。这真的令人感到进退两难。

（八）开学遇新同学

45-46: 开学的第一天（新题）& 派对里交谈甚欢的人（新题）

Describe something you remember about your first day at a new school. Some instructions you can follow: Where the it was What you remember well How you felt about your first day at the school And explain why you remember this about your first day at the new school.	Describe a person who you enjoyed talking to at a party. Some instructions you can follow: Who the person was When and where the party was What you talked about And explain why you enjoyed talking to this person at the party.
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《开学的第一天》

I still remember meeting my roommate on the first day of university. We hit it off immediately and became good friends thereafter.

Our campus is near the student village, far from downtown. I checked into my new dormitory after I completed the admission procedures on the first day and my roommate Anna helped clean up for everyone before they arrived. I was deeply impressed by her cordiality.

I had never lived in a dormitory before going to university. It was a novel experience to live with several other people for the next four years. I was even a little nervous when first meeting them. I didn't know what to say. To my surprise, everyone was very talkative and friendly. When we had dinner, we talked about everything from our lives before university to our dreams for the future and dating prospects as if we had been friends for years. We enjoyed talking so much that we forgot the time until the restaurant owner told us that they were closing. My unease and anxiety about the new school disappeared completely with our laughter.

My first day at university is still a beautiful memory for me as I not only became a college student but also made some of my closest friends that day.

中文思路：

我至今记得我大学开学的第一天，那天我认识了我的新舍友，我们兴趣相投交谈甚欢，成为了非常好的朋友。

我们学校是在离市区很远的大学城。开学第一天的下午，我办完入学手续后就入住了我的新宿舍。我的舍友 anna 在大家到达宿舍之前，就已经帮所有人打扫了卫生。她的友善给我留下了深刻的印象。

上大学前，我从来没有住过宿舍。要在大学四年跟其他几个舍友住在一起，对我来说是一件很新奇的事情。刚见面时我甚至有点紧张，不知道该怎么跟她们搭话。令我没想到的是大家都很健谈，很友善。晚上吃饭时，我们就像打开了话匣子一样，从以前的生活，聊到自己的梦想，还聊到自己的择偶要求。我们聊得太嗨了以至于忘了时间，餐厅老板都过来告诉我们他们要打烊了。我对新学校的陌生和不安，也在我们的笑声中消失不见了。

开学的第一天对我来说是一段美好的回忆。因为这一天，我不仅成为了大学生，还认识了我生命中最重要的好朋友。

《派对里交谈甚欢的人》

I still remember the time I met a new friend, Anna, during a student union party while I was in college. We hit it off immediately and became good friends thereafter.

The party was organized by our college last semester. It was held in a western restaurant near our school and students from different colleges could attend it. I was nervous at first because I hardly knew anyone. I wanted to make new friends through this opportunity but I didn't know how.

To my surprise, everyone was very talkative and friendly. We talked about everything from our lives before university to our dreams for the future and dating prospects as if we had been friends for years. We enjoyed talking so much that we forgot the time until the restaurant owner told us that they were closing. My unease and anxiety about the new school disappeared completely with our laughter.

I am typically quite a nervous person and strange environments usually makes me anxious. Anna's appearance at the party quickly calmed my nerves. Although our two personalities are quite different, we had a lot to talk about because we have similar life experiences. Anna is very charming and chatting with her makes me feel comfortable and relaxed.

中文思路：

我至今还记得在大学生活里，我在一次联谊派对中认识了一个新朋友 Anna，我们兴趣相投相谈甚欢，成为了非常要好的朋友。

这次联谊派对是上个学期我们学院组织的。不同学院的同学都可以参加，地点选在我们学校附近的一个西餐厅。一开始我很紧张，因为我几乎不认识其他人，我很想通过这次机会认识新朋友，但不知道该怎跟她们搭话。

令我没想到的是大家都很健谈，很友善。Anna 主动和我打招呼，并且和我聊了起来。我们就像打开了话匣子一样，从以前的生活，聊到自己的梦想，还聊到自己的择偶要求。我们聊得太嗨了以至于忘了时间，餐厅老板都过来告诉我们他们要打烊了。我对这次聚会的陌生和不安，也在我们的笑声中消失不见了。

生活中我是个容易紧张的人，陌生的环境通常会使我焦虑。聚会上 anna 的出现，恰好使我紧张的情绪迅速平静下来。虽然我们两个的性格不同，但相似的生活经历让我们有说不完的话。anna 是个非常有魅力的人，和她聊天让我感到舒适和放松。

单独话题

47: 喜欢种植的人

Describe a person you know who enjoys growing plants (e.g. flowers, vegetables, fruit trees).

Some instructions you can follow:

How you know this person

What plants this person enjoys growing

Where this person grows plants

And explain why you think this person enjoys growing these plants.

My mom is crazy about gardening. She has filled our balcony with all kinds of flowers. I often see her pruning her flowers for the entire afternoon. Obviously, planting flowers makes her very happy. Of course, I know that since we have always lived together.

My mom grows all kinds of potted plants, such as roses, jasmines, and some green plants I can't name. Since our house has no yard, she can only plant flowers in pots on the balcony. She has even hung iron frames on the windows for holding flower pots. Thus, plants can be seen on the windows and in the corners of the living room. Most of the plants though are on the balcony. One reason is that the balcony is spacious enough; another reason is that most plants need sunshine to survive. Anyway, the balcony is a suitable place for potting flowers.

My mom loves growing flowers. She spends most of her free time with her beloved flowers. Every time she buys a new variety of flowers, she looks like a happy child. She often enthusiastically introduces to my dad and me what is this and what is that. Whenever a plant dies, she seems very depressed. My mom cherishes those plants as she does her own child.

中文思路:

我的妈妈是个很喜欢种植的人，她在我们家的阳台上种满了各种各样的花。我经常看到她自己一个人在阳台上摆弄她的花，一弄就是一下午。很显然种花让她感到很开心。因为我们一直生活在一起，我自然是认识她的。

我的妈妈喜欢种各种各样的盆栽植物，比如玫瑰花，茉莉花，还有一些我叫不出名字的绿叶植物。因为我们家没有花园，所以她只能在阳台上用花盆种花。她甚至在我家的窗户上悬挂了铁架，用来放花盆。因此，我家的窗户，客厅的角落都能看到各种各样的植物，当然大部分的植物还是放在阳台上。一方面是因为阳台地方宽敞，有充足的位置，另一方面，大部分的植物是需要阳光照射的。因此阳台是个很适合种花的地方。

我妈妈喜欢种花是非常显而易见的，她把自己大部分的空闲时间都留给了她心爱的花草。每次她买了新品种的花，都会开心的像个孩子似的。她会热情的给我和爸爸介绍这是什么花。偶尔有植物死亡，我妈妈就会非常失落。我们家的花草就像是我妈妈的另外一个孩子一样珍贵。

48: 朋友的家

Describe the home of somebody who you know well.

Some instructions you can follow:

Whose home this is

How often you go there

What this home looks like

And explain how you feel about this person's home.

I'd like to talk about the family of my good friend, Anna. She was my high school classmate. We had a very good relationship, so I would often go to her home to hang out with her. Anna's home was very big and had 4 rooms. I visited her home nearly once a month, so I became well acquainted with her family members.

Anna has a big family. Her grandparents lived together with her and her parents. They also raised two dogs! At the weekends, Anna's uncle and aunt would come home for dinner with their children. Therefore, the atmosphere of her house was very lively. Her grandparents were very hospitable and prepared lots of tasty food for me each time we met. Anna's mum was very gentle. I was always happy while staying at her home.

My family has only 3 members, my father, my mother and me, which makes me feel a bit desolate sometimes. Even when the Chinese New Year came, my home was not as lively as that of Anna's. I like small animals, and have wished to keep a dog since I was very little. However, my mother dislikes animals and will not allow me a pet. Actually, I adore Anna's family. That's what my ideal family would look like.

中文思路:

我想谈谈我的好朋友 anna 的家。她是我的高中同学，我们两个关系非常要好，因此空闲的时候我经常去她的家里玩耍。Anna 的家很大，足足有四个房间。我大概每个月都会至少去她家一次，因此我和我的家人都非常熟悉。

Anna 的家是一个大家庭，除了她们一家三口，她的爷爷奶奶也住在她家。他们还养了两条狗！周末的时候，anna 的叔叔婶婶会带着孩子一起回来吃饭。因此，她们家非常热闹。她的爷爷奶奶是非常热情的人，每次见到我都会给我做很多好吃的菜。Anna 的妈妈也很温柔，呆在他们家我的心情总是很好。

我们家只有我和爸爸妈妈三个人，很多时候我会觉得有点冷清。即便是过年，我们家也没有 anna 家那么热闹。我是个喜欢小动物的人，从很小的时候我就想养一条狗。但我的妈妈讨厌动物，她不允许我养宠物。事实上，我很喜欢 anna 的家。那是我理想中家庭该有的样子。

亮点词汇和表达:

I become well acquainted with sb 我跟她关系很好 (I get along with sb)

desolate 孤单 (lonely)

49: 不喜欢的广告（新题）

Describe an advertisement you have seen that you did not like.

Some instructions you can follow:

Where and when you saw this advertisement

What it was for

What you could see in the advertisement

And explain why you did not like it.

I really hate one particular ad on Pinduoduo. I saw it when my mother texted it to me several weeks ago. She had asked me to download Pinduoduo onto my phone and clicked a referral link in the process. I know many of you must have been introduced to this same ad in this way. It's annoying beyond description!

Pinduoduo is a popular shopping App in China. All users will see this ad when they open the App for the first time. According to the ad, you'll have a chance of winning a ¥300 reward for inviting your friends to click this link. It's actually a means to entice its users into recommending Pinduoduo to those around them.

The fact is, it's no easy task to win the money. When you first click the link and get to the page, it'll tell you that you've completed 99% of the whole process. This gives you the impression that you can easily claim the reward after inviting a friend to click the link. But the page won't show you how many friends you need to invite. Unfortunately, you may need to invite more than 50 friends to click the link so that you can claim the reward!

In my opinion, this is nothing less than a big con, but my elders are keen on it. For some reason though, the market regulators haven't done anything about it yet!

中文思路:

我非常讨厌拼多多的一则广告。我大约是几周前看见的这个广告（安娜雅思），是我妈妈发给我的。她让我下载拼多多 app，并且帮他点击某个链接。我相信很多人都知道这个广告，因为它实在是太令人讨厌了

拼多多是一个非常流行的购物 APP，所有用户第一次打开 APP 都会看到这个广告。广告里写着，只要你邀请好友帮忙点击这个广告，你就很有概率获取 300 块钱现金。这则广告主要是为了宣传拼多多这个 app。

事实上，人们要想获得这 300 块钱奖励并不容易。你点击链接进入宣传页面后，页面就会显示你已经完成了 99% 的进度。这让人觉得只要再邀请一个好友点击即可获得奖励！但是，这个页面不会告诉你还需要多少次的点击。事实上你可能需要邀请 50 个以上的好友才能完成任务！

我认为这个广告妥妥的是欺诈行径，我身边的很多长辈都热衷于此。不知为何市场监管部门至今还置之不理！

50: 想了解更多的历史（新题）

Describe a period in history that you would like to learn more about.

Some instructions you can follow:

When this period in history was

How you first became interested in this period in history

What you already know about this period in history

And explain why you would like to learn more about this period.

A historical period that I want to know more about is the mid-twentieth century, especially World War Two. I want to know more about this period as it was a devastating and horrific tragedy that occurred in the modern era and changed the face of international relations forever.

I first studied this period in my history classes at school. I was curious about the reasons why so many countries declared war on each other. There were both European and Asian theatres of war. Europe was at war against Nazi Germany whilst in Asia, China was at war with Japan.

I would love to learn more about this period in history as it will no doubt give me much food for thought. There is no denying that this war wreaked unprecedented havoc around the world and claimed many precious lives. But viewed objectively, wars have traditionally been catalysts for booms in industry and technological innovation. With every war, there has been a giant leap forward in the tech space. More than 70 years after its end, we are still reaping the technological rewards of the Second World War: jets, rockets, computers, and penicillin, to name just a few.

Overall, I think this period plays a very important role in human history as it totally changed the face of international relations. It sent Europe into chaos, marked the rise of America and China, and the fall of the Soviet Union, which is the reason why I want to know more about it.

中文思路:

我非常感兴趣的一个历史时期是 20 世纪中期，尤其是第二次世界大战。第二次世界大战是历史上一个具有纪念意义的时刻，它极大地改变了国际关系的面貌。

我是在学校的历史课上第一次认识这个时期的，我很好奇是什么原因，让世界上如此多的国家同时发动战争。这是一场反对法西斯政权和军国主义极权主义的战争。当时有欧洲和亚洲两大战场，欧洲和纳粹德国交战，而在亚洲，中国与日本交战。

我很想更多的了解这个历史时期，因为这个过程会带给我很多思考。不可否认，这场战争给世界人民带来了前所未有的灾难，很多人因此失去了宝贵的生命。但是客观上说，战争也促进了科技的迅猛发展。人类历史上每打一次仗，科技就跳跃发展一次。二战过去已经七十多年了，但是直到今天我们还享受着众多二战带来的科技成果：喷气式飞机、火箭、计算机、青霉素等等。

总的来说，我认为这段历史非常有意义，因为大部分现代发展都受到了战争的影响。