

2022 年 1-4 月雅思口语 Part3 在考旧题高频考题参考资料 (A 难度)

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1. 提供 Part3 素材的目的，旨在帮助大家了解 Part3 高频考题，并在短期内积累可用的地道口语表达，以及通过素材启发考生回答思路。**由于 Part3 考官可以即兴提问，并且提问数量、给出的回答时长各有不同；同时，任何素材思路无法全部完美适合所有人，因此建议练习中结合个人理解方式，做内容的删减、扩充等调整。以达到更高效复习的状态。调整内容时，如有疑问欢迎在售后微信中联系 Penny 解答。**
2. Topic 序号=页码（您可按照 Topic 序号查找对应主题素材）
3. 文中含下划线的内容是高分地道表达。
4. 注意 Part1 和 Part3 考官可以即兴提问（尤其 Part3），并无法覆盖全部考题。
!! 以下均为真实考生回忆高频考题。复习过程中尽可能多的练习各种题目，增强表达能力。
5. 复习时，请根据自己喜好和个人情况，灵活运用参考答案及加分表达，切勿逐字逐句死记硬背；
6. 口语练习方法很重要，**复习过程中对练习方法、素材语法词汇等有疑问，欢迎随时联系 Penny。**

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2022 年 1-4 月雅思口语 Part 3 在考旧题高频考题列表

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Topic1 等待特别的事情

1. On what occasions do people usually need to wait?

People usually need to wait on a number of different occasions, including when they are lining up for¹ something or waiting for an appointment. Sometimes people have to wait in very long lines at stores, especially if it is a busy time to go shopping. Sometimes people need to wait in traffic. Waiting for a medical or dental appointment can also take a long time. Most people need to wait for things very often throughout their lives².

2. Who behaves better when waiting, children or adults?

Usually, adults behave better when waiting than children. Children often do not understand why they have to wait for something, whereas³ adults know why they are waiting. Children get restless very easily⁴, and they usually have more energy than adults, so they don't like it when they have to wait for a long time in one spot, not moving⁵. Adults can wait more patiently than children because they have more experience and they have better self-control⁶.

3. Compared to the past, are people less patient now, why?

I suppose that people are less patient now because it is easier nowadays to do things without having to wait at all. People have become accustomed to instant gratification⁷. You can order packages online that arrive the next day, and you can order food from a restaurant delivered to your home. It is very easy to avoid waiting, so when people do have to wait for something⁸, they are less patient.

见下页

¹ lining up for: 为...排队

² throughout their lives: 一生之中

³ whereas: 然而

⁴ get restless very easily: 很容易焦躁不安

⁵ wait for a long time in one spot, not moving: 在一个

地方很长时间等着不动:

⁶ have better self-control: 有更好的自我控制力

⁷ have become accustomed to instant gratification: 已经习惯了即时满足

⁸ do have to wait for something: 需要为了什么等待

4. What are the positive and negative effects of waiting on society?

Well, a positive effect is that, in some cases⁹, it can teach people patience. When they have to wait in line for a long time, they have to learn how to manage their impatience and still be polite. But a negative effect is that it can make people very aggressive¹⁰. Not everyone can keep their temper in check¹¹. When people have to wait in a long line on the highway, you can often get drivers with road rage¹² who act recklessly¹³ just to get ahead.

5. Is it a good thing to be patient all the time? /Should people be patient all the time?

Yes, I think that for the most part¹⁴, it's good to be patient all the time. There are a few instances where you should act instead of waiting around¹⁵, like if there's an emergency. But in general, patience is a good trait to have. Being impatient can make you feel anxious and irritable¹⁶. Plus, you can't control the things that happen around you. You might get stuck in a long line of cars on the highway, or you might have to wait a long time for your meal. But if the situation is out of your control¹⁷, it's good to be patient instead of losing your cool¹⁸.

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⁹ in some cases: 在某些情况下

¹⁰ aggressive: 好斗; 有戾气

¹¹ keep their temper in check: 控制他们的脾气

¹² get drivers with road rage: 遇到有路怒症的司机

¹³ recklessly: 鲁莽地; 不顾后果的

¹⁴ for the most part: 在很大程度上

¹⁵ should act instead of waiting around: 应该采取行动而不是等待

¹⁶ anxious and irritable: 焦虑和易怒

¹⁷ out of your control: 超出你的控制

¹⁸ losing your cool: 失去冷静

Topic 2 很难但成功完成的事

1. What do children usually find difficult to do?

Children usually find it difficult to concentrate. They have a ton of energy. So they'd rather run around and play with their friends¹⁹ than focus on their homework. They might even have trouble listening in class when they're surrounded by their friends. It's tempting to just talk amongst themselves²⁰ instead of listening to the teacher. It can also be hard for children to master some social skills, like sharing and communicating.

2. How do kids solve problems?

Kids often solve problems by turning to their parents for advice²¹. If they're stuck on a math problem in their homework, they might ask their parents to walk them through it²². Or they might even ask the teacher for more guidance in math class. When it comes to more complex problems, like issues in their friendships, they might work out the problem among themselves. That helps them develop more independence. Generally speaking, it is a good idea for children to try to solve problems on their own because that is how they can develop more resilience²³ and confidence.

3. How can parents guide or help their children to do things that seem difficult?

Parents can help children by providing encouragement and modelling the things that they want their child to do²⁴. So, for example, if a child is learning to tie their shoes, parents can help them by first showing them how to do it, then guiding them to do it on their own. Parents can also help by showing their kids a clear step-by-step process²⁵ to make the task simpler.

见下页

¹⁹ run around and play with their friends: 跑来跑去和朋友玩

²⁰ It's tempting to just talk amongst themselves: (课堂上) 交头接耳对他们来说是很有诱惑力的

²¹ turning to their parents for advice: 向父母寻求建议

²² walk them through it: 给他们讲解一下

²³ resilience: 韧性

²⁴ modelling the things that they want their child to do: 示范一下那些他们想让孩子做的事情

²⁵ a clear step-by-step process: 一个清晰的一步一步的过程; 清晰的分步过程

4. Should children face difficult problems or challenges all by themselves?

I think it is important for children to face some problems on their own so that they develop more confidence. For example, if they get into an argument with their friend, they should try to talk it out²⁶ so they can learn to be more independent. But whenever they are faced with a very difficult or confusing problem they should probably go to an adult for help. Serious problems like bullying or abuse²⁷ should always be dealt with by a responsible adult.

5. Is confidence important?

Yes, I would say that confidence is important in every aspect of daily life²⁸. In order to be successful and to take risks in life, people need to have enough confidence in themselves first. This is true in²⁹ school, work, or social environments. That being said³⁰, there is always a risk of people developing overconfidence, which would be a problem if they start to think that they can never do anything wrong.

6. What jobs require confidence?

I suppose that every job requires confidence, although some require more confidence than others. Jobs where you have to lead a team of people³¹ require the most confidence, because you need to convince your team that you are the right person to take control. You also have to be confident if you're a performer of any kind³². For example, singers and actors need to be comfortable performing in front of other people, which requires a lot of confidence.

7. Is overconfidence good?

Overconfidence is usually a bad thing. People who are overconfident might try to do things that they are not actually qualified or prepared to do. An overconfident driver, for example, is more likely to get into a car accident³³. An overconfident student might not study as hard as they should for an exam. Overconfidence can lead to arrogance and rudeness³⁴, so it is important to be confident, but not too confident.

²⁶ talk it out: 谈个明白; 把事情讲透

²⁷ bullying or abuse: 霸凌和虐待

²⁸ in every aspect of daily life: 在日常生活的各个方面

²⁹ This is true in: 在...方面都是如此

³⁰ That being said: 话虽这么说的

³¹ Jobs where you have to lead a team of people: 需要领导一群人的工作

³² a performer of any kind: 任何形式的表演者

³³ get into a car accident: 发生车祸

³⁴ arrogance and rudeness: 傲慢和无礼

8. On what occasions should children be encouraged? How?

It seems to me that children should be encouraged when they're on the verge of giving up³⁵. If they're genuinely struggling with something, such as learning how to do a new task, then an adult can step in to show them the way³⁶. Plus, children should be encouraged when they do something good or noteworthy³⁷. Parents or teachers can give them praise to encourage them to keep up their good work.

9. How do you help children stay focused?

I suppose that you can help children stay focused by being creative and engaging³⁸. For example, if you're teaching a kid how to do something, you can make it fun by turning it into a game for them. I can't think of a child who doesn't love games. They really enjoy learning that way. Plus, parents and teachers should make sure children always do one thing at a time. For example, they shouldn't talk to children when they are focused on doing homework.

10. What challenges do young people face today?

I think young people deal with a lot of social pressure. They want to seem fun and successful to their friends while keeping up with the latest trends³⁹. Social media adds a lot of stress because it makes them compare themselves to others. Whether it's their friend or a famous celebrity, they might end up feeling inadequate⁴⁰. It's also difficult for young people to find stable jobs. I saw reports saying that young graduates from college have been hit harder than experienced workers in the pandemic job market. So it's a big challenge for young people who are unemployed right now.

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³⁵ on the verge of giving up: 接近于放弃, 快要放弃了

³⁶ step in to show them the way: 介入其中来给他们指明道路 (指明方法)

³⁷ noteworthy: 值得注意的, 值得关注的

³⁸ engaging: 有吸引力的; 此处亦指“能吸引 (学生) 参与的”

³⁹ keeping up with the latest trends: 追赶最新潮流

⁴⁰ feeling inadequate: 感到 (对自己) 不满足, 不满意

Topic3 为家人骄傲

1. When would parents feel proud of their children?

Parents would feel proud of their children after any kind of accomplishment, big or small. If a child learns a new word, takes their first steps⁴¹, learns to ride a bike, or learns to drive a car, parents would be proud. Major life events⁴² such as weddings and graduations also make parents very proud. Overall, parents are proud when their children are living a life that makes them happy and fulfilled⁴³.

2. Should parents reward children? Why and how?

Yes, I think parents should reward children when they accomplish something. Parents can reward children for academic accomplishments like receiving a good grade on a report card, or for personal accomplishments like doing something nice for someone else, or donating to a charity. If parents want to instill good values in their children⁴⁴, offering rewards can be a good way to reinforce good behaviour. That being said⁴⁵, parents should be wary of⁴⁶ giving too many rewards; it is better if children do good things because they want to, not because they expect a reward.

3. Do Chinese parents reward their children?

Actually, most Chinese parents don't reward their children that often. They don't want them to depend on rewards to learn or do their work⁴⁷. Instead, they want their kids to be more competitive. If you reward a kid every time they do something right, they might just do things to get a reward and not because they see the value of their work⁴⁸. So for the most part⁴⁹, Chinese parents don't tend to praise or reward their kids very often.

见下页

⁴¹ takes their first steps: 迈出第一步

⁴² Major life events: 重要的生活事件；生活中的大事

⁴³ makes them happy and fulfilled: 让他们感到快乐和满足

⁴⁴ instill good values in their children: 给孩子树立良好的价值观

⁴⁵ That being said: 话虽这么说

⁴⁶ be wary of: 提防；当心

⁴⁷ depend on rewards to learn or do their work: 依赖于奖励去学习或工作

⁴⁸ see the value of their work: 看到他们工作的价值

⁴⁹ So for the most part: 大多数情况下是这样的

4. Is it good to reward children too often? Why?

No, I think rewarding children too often would be a major problem. Children need to develop intrinsic motivation⁵⁰, but frequent rewards encourage extrinsic motivation⁵¹. Children should want to be successful in their life because it brings them a sense of pride and purpose. These feelings should be reward enough on their own⁵². However, sometimes children deserve a reward if they have accomplished something major. Parents just need to be careful about how often they give rewards.

5. On what occasions would adults be proud of themselves?

Adults might be proud of themselves for a number of different reasons. They may take pride in a new accomplishment or promotion at work that they have been working hard towards⁵³. They also tend to be proud of themselves for personal milestones⁵⁴, like getting married or getting a new apartment. Finally, many adults take pride in their children⁵⁵, and consider their children's successes as their own.

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⁵⁰ intrinsic motivation: 内在动机

⁵¹ extrinsic motivation: 外在动机

⁵² These feelings should be reward enough on their own: 这些感觉本身就应该是一种奖励

⁵³ have been working hard towards: 一直在努力从事的

⁵⁴ personal milestones: 人生里程碑

⁵⁵ take pride in their children: 为他们的孩子感到骄傲

Topic 6 希望养成的习惯

1. What habits should children have? How can they have these habits?

I suppose that children should get into the habit of cleaning their rooms and picking up after themselves⁵⁶. They should be aware of whatever mess they create, and they should take care of it as much as they can. It teaches them to be responsible and proactive⁵⁷. They can develop these habits by doing simple tasks, like making their bed every day. Once they have enough practice, they'll become more cleanly.

2. What are the common habits of adults?

Well, there are some basic habits like having a good sleep schedule, eating balanced meals every day, and having good hygiene by flossing⁵⁸ and brushing your teeth. Most people would consider those essential habits⁵⁹ to develop if you really want to act like an adult. Unlike young people, adults avoid staying out late and partying all the time. Adults also do things like exercising regularly, budgeting⁶⁰, and handling other responsibilities like paying bills.

3. What should parents do to teach their children good habits?

I think that parents should first demonstrate the good habits themselves⁶¹. Children learn from observation⁶², and if they see their parents doing things like regularly flossing or eating breakfast every day, then they'll be motivated to do those same activities. Parents should also explain the importance of developing good habits to their kids. If children understand the importance and the benefits of those habits, they'll be inclined to⁶³ develop them as well.

见下页

⁵⁶ picking up after themselves: 收拾自己的东西

⁵⁷ proactive: 积极主动

⁵⁸ flossing: (用牙线) 清洁牙齿

⁵⁹ essential habits: 必不可少的习惯

⁶⁰ budgeting: 做生活预算

⁶¹ demonstrate the good habits themselves: 亲自展示好的习惯

⁶² learn from observation: 从观察中学习

⁶³ be inclined to: 会倾向于

4. Should adults encourage good habits in children by talking to them or by leading by example?

I suppose that parents need to do both - they should explain why having good habits is important, and they should lead by example⁶⁴. Children need to see good habits in action⁶⁵ in order to develop their own good habits and positive routines, so it is very important that they see their parents demonstrating good habits when they are growing up. Children often mimic their parents' behaviour⁶⁶, so parents need to be very aware of this.

5. What influences do children with bad habits have on other children?

Well, children are heavily influenced by what their peers do. Kids just want to fit in with their friends⁶⁷. So if they see their friends developing bad habits, like skipping school⁶⁸ or being rude to their teachers and parents, they might pick up those habits as well. Children with good habits can easily be swayed by children with bad habits to develop poor behaviour. Plus, if kids with bad habits are seen as cool, children will be even more motivated to imitate them. It's definitely a big concern.

6. Why do some habits change when people get older? How do people's habits change as they get older?

I think that some people just outgrow their habits⁶⁹ because they don't support their lifestyle anymore⁷⁰. For example, young people might get into the habit of staying up late and partying a lot because they don't have a lot of responsibilities. But as they get older and have to manage full-time jobs and other duties, they'll start going to bed early and staying in on the weekends. People's habits grow and change right along with them⁷¹.

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⁶⁴ lead by example: 以身作则

⁶⁵ see good habits in action: 在行动中看到好习惯

⁶⁶ mimic their parents' behavior: 模仿父母的行为

⁶⁷ fit in with their friends: 融入他们的朋友

⁶⁸ skipping school: 逃学

⁶⁹ outgrow their habits: 超过他们的习惯

⁷⁰ they don't support their lifestyle anymore: 他们不再支持（认同）自己的生活方式

⁷¹ grow and change right along with them: 随着他们的成长而改变

Topic7 早起的经历

1. What time do you usually get up? And Do you like getting up early?

I usually get up at 7am so that I can be at work for 8:30. I like getting up early in the spring and summer because the sun naturally wakes me up⁷², but in the winter where I live it is quite dark in the mornings, so I don't like to get up too early in the winter. I like that getting up early gives me time to enjoy a coffee before work, but sometimes I wish I could sleep in⁷³ more often.

2. Do you know anyone who likes to get up early?

My mom has always loved waking up early. She's usually awake by 5am. She likes to go for her morning walk⁷⁴ for about an hour, and then she takes a shower and makes breakfast. I think that the reason she is able to wake up so early is that she also goes to bed early, usually around 9pm. If she went to bed any later⁷⁵ she probably wouldn't be getting enough sleep.

3. Why do some people get up early? Why do some people hate getting up early?

Some people get up early because they have to for work or for school, and some people get up early because they enjoy it. These people might like having some extra time to relax in the morning⁷⁶ before they begin their day. As for why some people hate getting up early, I think it's mainly because they struggle to wake up⁷⁷, maybe as a result of going to bed late⁷⁸. These people may feel tired all day if they get up early.

4. Why do some people like to stay up late?

I think some people like staying up late because they're more energetic at night. Night owls⁷⁹ are really good at being productive late into the night. For whatever reason⁸⁰, they just work better at that time. Personally, I like staying up late because it's quieter in my house since everyone has gone to sleep. Other people like staying up late because there are exciting activities that happen at night, like parties and concerts.

见下页

⁷² the sun naturally wakes me up: 太阳会自然地让我醒过来

⁷³ sleep in: 赖床

⁷⁴ go for her morning walk: 早上去散步

⁷⁵ went to bed any later: 晚一点上床睡觉

⁷⁶ having some extra time to relax in the morning: 早

上有一些额外的时间来放松

⁷⁷ struggle to wake up: 挣扎着醒来

⁷⁸ as a result of going to bed late: 因为睡得晚的原因

⁷⁹ Night owls: 夜猫子

⁸⁰ For whatever reason: 无论出于何种原因

5. Do you think morning is the best time of day?

Personally I think that evening is the best time of day, because it is the end of the work or school day and you have time to kick back and relax⁸¹. I do like mornings, but I wouldn't say that they are the best time of the day because mornings can be quite stressful. If you are getting ready for work or school and you're running late⁸², then your morning isn't very enjoyable.

6. What kinds of occasions need people to arrive early?

Most people try to arrive early for formal ceremonies such as a wedding or a funeral. This is because these events require a large amount of organization and planning, so it is very important that no one arrives late in order to avoid interruptions⁸³. People may also arrive early to an airport or train station when they are travelling. Most international flights recommend that you arrive three hours early⁸⁴ in order to get through airport security⁸⁵, so arriving early is a good idea for travellers.

7. What happens if you arrive early or late?

When you arrive somewhere early, you have lots of time to settle in⁸⁶. If you're there for an event, it's nice to get there early so you can find a seat or use the bathroom if you need to. But if you arrive late, it can be super stressful. It really depends on the event. Being late to a party is fine, but being late to a meeting or a class is really disruptive⁸⁷. You should avoid being late if you can.

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⁸¹ kick back and relax: 放松休息

⁸² you're running late: 你要迟到了

⁸³ in order to avoid interruptions: 以避免被干扰打断

⁸⁴ recommend that you arrive three hours early: 建议提前三小时到 (请注意对 recommend 常用句型做积

累)

⁸⁵ get through airport security: 通过安检

⁸⁶ you have lots of time to settle in: 你有很多时间来适应准备

⁸⁷ disruptive: 引起混乱的

Topic9 咖啡馆

1. What kind of people would like to go to a café?

I think young adults like going to a café. When you're a kid or a teenager, cafés aren't entertaining enough to hang out at. But when you're in your twenties⁸⁸, they're a nice place to meet up with your friends after work or on the weekends. Plus, retired people also like going to cafés because the environment there is super relaxed. It's a nice place to have a chat over coffee or tea.

2. Why do young people like studying in a café instead of at home?

It seems to me that young people like studying at a café instead of at home because it's a nice change of scene⁸⁹. When you're studying at home, you might get sick of being in the same place all the time⁹⁰. Plus, you can get distracted by your roommates or family members. Cafés offer a nice, relatively quiet atmosphere⁹¹ where you can focus on your own thing. It also makes studying a more appealing activity because you can enjoy a nice tea or coffee while you work.

3. Do Chinese people like to go to a café? If not, what are their social places?

Well, although not every Chinese person loves going to a café, there are more young people who have adapted to coffee culture⁹², and enjoy drinking coffee and hanging out with their friends at coffee shops. It's a trend. But honestly, older people in China, like people of my parents' generation⁹³, rarely go to a cafe. They are more used to having a meal with others at a restaurant to socialize.

4. Do older people in China like drinking coffee?

No, I don't think so. As far as I know, most middle-aged and senior people don't have the habit of drinking coffee. Very few of them have taken a liking to⁹⁴ coffee. I think it's mainly because they didn't grow up with a coffee culture⁹⁵. Instead, they were surrounded by a strong tea culture. Plus, it's true that coffee is fairly new in China and just got popular. I bet 30 or 40 years later when young people get older, there will be way more regular coffee drinkers than today.

见下页

⁸⁸ in your twenties: 在你二十多岁的时候

⁸⁹ it's a nice change of scene: 一个很好的地方去换个环境(学习)

⁹⁰ get sick of being in the same place all the time: 总是呆在同一个地方会感到厌烦

⁹¹ relatively quiet atmosphere: 相对安静的气氛

⁹² have adapted to coffee culture: 已经适应了咖啡文化

化

⁹³ people of my parents' generation: 我父母那一代的人

⁹⁴ taken a liking to: 爱好, 喜欢

⁹⁵ didn't grow up with a coffee culture: 没有在咖啡文化中长大; 长大的过程中没有咖啡文化

5. Do young people like to invite their friends to their home? Why?

Yes, I suppose that young people like to invite friends to their home for a few reasons. Inviting friends home is a great way to get to know them outside of school⁹⁶. Sometimes school is too busy to really get to spend a lot of time with your friends, so inviting them home is a great option. Children also like to show their friends their space⁹⁷ and get to know their families.

6. What do you usually do when you come to the house?

When I get home, I usually get changed right away into comfortable clothes⁹⁸ if I know that I do not need to go out again. Then I make a tea, and I will settle down to⁹⁹ read or watch TV. Sometimes if I have friends coming over I will clean the house and prepare a snack or meal for them. I may also study at home or do more work if there is something that I did not get done during the day.

7. What is the difference between a cafe and a restaurant?

Cafés are usually more relaxed. They also tend to be smaller. Instead of full meals, they offer snacks and beverages like coffee and tea. They're designed more for casual outings¹⁰⁰, like catching up with a friend over a hot drink. Restaurants, on the other hand, are usually fancier places where people go to enjoy a nice meal. Sometimes they celebrate special occasions like birthdays or graduations. Plus, restaurants are more expensive since they offer meals instead of snacks.

8. Do people prefer to have parties at cafes or restaurants?

It seems to me that people prefer having parties at restaurants. Cafes are better for more casual hangouts¹⁰¹, like if you're just meeting up with a couple friends. But with restaurants, you can plan ahead and make a reservation for¹⁰² a larger group. In most cases¹⁰³, you can even reserve a whole room for your party. I know lots of people who've had birthday parties or graduation parties at a nice restaurant. It can be really fun.

见下页

⁹⁶ get to know them outside of school: 在学校以外了解他们

⁹⁷ show their friends their space: 给他们的朋友展示他们的空间 (指私人生活空间)

⁹⁸ get changed right away into comfortable clothes: 马上换上舒适的衣服

⁹⁹ settle down to: 坐下来; 安定下来专心去...

¹⁰⁰ designed more for casual outings: 专为在外休闲设计; 专门设计来出门休闲的地方

¹⁰¹ casual hangouts: 休闲场所

¹⁰² plan ahead and make a reservation for: 提前计划并预定座位

¹⁰³ In most cases: 大部分情况下

9. Do coffee shops in China sell tea? Are coffee shops that different in different countries?

Yes, most coffee shops in China sell tea. In fact, selling tea or milk tea is a lot more profitable than selling coffee for many Chinese coffee shops as China has a thousand-year tradition of drinking tea. Coffee culture still has a long way to go to conquer China¹⁰⁴. I also believe coffee shops in different countries have different features, since it's a must to adapt to the local culture¹⁰⁵ and local people's drink preferences. It shows respect to customers of the country and provides a new source of revenue.

10. Do Chinese people like to drink coffee?

I think it's a mixed bag¹⁰⁶. The younger generations like drinking coffee. You can find them enjoying a cup of coffee in the afternoon while they take a break from studying. Or you might see them walking around with a huge cup of coffee to stay awake for an all-nighter¹⁰⁷. But older people don't like coffee as much. They're more used to tea¹⁰⁸, which is definitely the more traditional beverage in China.

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¹⁰⁴ Coffee culture still has a long way to go to conquer China: 咖啡文化要征服中国还有很长的路要走

¹⁰⁵ it's a must to adapt to the local culture: 必须要适应当地文化

¹⁰⁶ it's a mixed bag: 有各种不同的情况; 表示事情需要分情况看

¹⁰⁷ stay awake for an all-nighter: 熬夜, 通宵, 开夜车

¹⁰⁸ They're more used to tea: 他们更习惯喝茶

Topic11 度假胜地

1. What are some popular attractions that people usually like to visit in your country?

Some popular attractions that people like to visit include museums, shopping malls, and national parks. If you are visiting a new city, you are going to want to explore everything that it has to offer¹⁰⁹. It is important to do your research first to find out¹¹⁰ what kinds of things you would actually enjoy doing. Some people love history and visit lots of museums, while others are very outdoorsy¹¹¹ and prefer to hike through national parks.

2. Do old people and young people choose different places to go on vacation? Why?

Yes, I think old people tend to pick more relaxing places, while young people want to have adventures in an exciting setting¹¹². Old people would probably be content to sit on a beach and relax all day. Or they might choose places with a lot of history and just do walking tours¹¹³. But young people are more inclined towards places where¹¹⁴ they can explore a lot and do exciting activities like diving or parasailing¹¹⁵. So they might choose exotic locations to check out.

3. What do young people and old people think about when making travel plans?

I think old people usually consider their personal comfort. They want to know that they won't be too exhausted at the end of each day. So they might choose very low-key trips¹¹⁶ and not put a lot of activities on their itinerary¹¹⁷. But young people are less concerned with comfort and more interested in having adventures. So they'll want to pick somewhere that'll be exciting and they'll probably plan to do a lot of strenuous¹¹⁸ or challenging activities.

4. How do people usually discover a new place to travel?

Most people discover a new place to travel by talking to other travelers or reading reviews online. There are a lot of smaller cities and towns that only locals know about. These places are usually less busy and less expensive than the popular tourist cities, so they can be a great option to explore¹¹⁹. Sometimes a good strategy is to¹²⁰ start your trip in a major city, then speak to some of the locals there and ask them if they know of any good spots nearby¹²¹.

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¹⁰⁹ explore everything that it has to offer: 探索它所提供的一切

¹¹⁰ do your research first to find out: 首先要做调查，去找出..

¹¹¹ outdoorsy: 爱好户外活动的

¹¹² have adventures in an exciting setting: 在激动人心的环境中冒险；在令人兴奋的环境中冒险

¹¹³ just do walking tours: 徒步旅行；步行游览

¹¹⁴ are more inclined towards places where: 更倾向于去...的地方

¹¹⁵ parasailing: 帆伞滑翔

¹¹⁶ low-key trips: 低调的旅行；这里指轻松，活动不多的旅行

¹¹⁷ itinerary: 旅程

¹¹⁸ strenuous: 费力的

¹¹⁹ a great option to explore: 这是一个值得（游览）探索的好选择

¹²⁰ a good strategy is to: 一个好的策略是

¹²¹ if they know of any good spots nearby: 如果他们知道附近有什么好地方

Topic 12 想拥有的自行车/摩托车/汽车旅行

1. Why do more and more people drive private cars ?

More and more people drive private cars because they are a very convenient option for¹²² transportation. Private cars offer more flexibility because you can pack them full¹²³ if you're moving to a new home or packing for a long trip, or you can drive multiple people at once. You can't do that with a motorcycle or a bike. Also, if you don't own a private car, you may have to rely on public transportation or taxis to get around, which can be unreliable because you need to wait for them to come to you.

2. Which form of vehicle is more popular in your country, bikes, cars or motorcycles?

Well, given the traffic of most cities in China, cycling is still the most popular mode of transportation. It's true that a lot more Chinese families can afford cars, but driving a private car can be a pain in the neck¹²⁴ because of things like parking, insurance and the risk of accidents. But if you ride, you won't have most of those concerns, so most people still prefer using bikes to go somewhere if it's not too far. Plus, bike sharing has swept across China¹²⁵, which means it's easy and dirt-cheap¹²⁶ to rent a bike for a trip.

3. Do you think air pollution comes mostly from mobile vehicles?

No, I don't think that mobile vehicles are the leading cause of¹²⁷ air pollution. They definitely contribute a lot to the problem, and we need to cut the use of mobile vehicles down¹²⁸ wherever possible. But I think that a lot of air pollution comes from ships and trains and other forms of transportation as well. Factories also cause a ton of air pollution. You can see all the dark smoke that comes out of them.

见下页

¹²² a very convenient option for: 非常方便的(交通)选择

¹²³ pack them full: 把他们装得满满的

¹²⁴ be a pain in the neck: 是件令人头疼的事

¹²⁵ bike sharing has swept across China: 共享单车已

经席卷了中国

¹²⁶ dirt-cheap: 非常便宜

¹²⁷ the leading cause of: 造成...的主要原因

¹²⁸ cut the use of mobile vehicles down: 减少机动车的使用

4. Do you think people need to change the way of transportation drastically to protect the environment?

No, I don't think it's worth it to change a lot about how people get around. After all, even if all of humanity stops using all kinds of transportation that consume fossil fuels¹²⁹, global warming won't get better because the damage has already been done. Besides, instead of subverting¹³⁰ the current transportation system, some minor improvements of people's choices for transportation will help reduce tons of carbon dioxide emissions¹³¹, like carpooling¹³² more, taking more public transportation and buying electric cars.

5. How are the transportation systems in urban areas and rural areas different?

As far as I know, urban and rural communities are extremely different when it comes to transportation systems. Compared with rural areas, urban areas are densely populated¹³³ and have more developed infrastructure, so urban residents have easier access to a network of public transit¹³⁴. But you'll never see public transportation that good in villages. People who live in the countryside normally ride a bike or just walk places within the territory as the residential area of a rural neighborhood can be very small.

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¹²⁹ fossil fuels: 化石燃料

¹³⁰ subverting: 颠覆

¹³¹ reduce tons of carbon dioxide emissions: 减少大量的二氧化碳的排放

¹³² carpooling: 拼车

¹³³ densely populated: 人口稠密

¹³⁴ have easier access to a network of public transit: 更容易使用到公共交通系统

Topic17 机智解决问题的人

1. Do you think children are born smart or they learn to become smart?

I think that there is a very interesting debate about nature vs. nurture. The central question of this debate is¹³⁵ whether children are born with their personality and skills, or if they develop into these traits. Personally, I suppose that it is a combination of both¹³⁶. Some people are born naturally gifted with a high level of intelligence¹³⁷, whereas others have learning disabilities¹³⁸ that may affect their intelligence. Nonetheless, any child can become more intelligent with the proper supports and education.

2. How do children become smart at school?

It seems to me that children usually become smart at school by applying themselves and being open to learning new things¹³⁹. They have to work hard at a subject in order to master it. That requires doing all the homework and persevering even when it gets hard¹⁴⁰. But they also have to adapt to new material and ways of learning. For example, their teacher might teach them something using a hands-on method. So they have to learn how to work with that method in order to get smarter.

3. Why are some people well-rounded and others only good at one thing?

Being well-rounded or being good at one thing depends on your personality, as well as the amount of effort you put into different aspects of your life¹⁴¹. Some people find one thing that they are good at and throw all of their effort into that one thing¹⁴², becoming experts. Others do not have one passion, but rather prefer to develop many different talents. Either way, most people tend to focus on things they are good at rather than things they struggle with.

见下页

¹³⁵ The central question of this debate is: 这个讨论的核心问题是

¹³⁶ it is a combination of both: 它是两者的结合

¹³⁷ naturally gifted with a high level of intelligence: 天生具有高智商的；天生智力超群

¹³⁸ have learning disabilities: 有学习障碍

¹³⁹ by applying themselves and being open to learning

new things: 因为他们专心于并且乐于学习新事物

¹⁴⁰ persevering even when it gets hard: 即使遇到困难也要坚持不懈

¹⁴¹ the amount of effort you put into different aspects of your life: 你在生活的各个方面所付出的努力

¹⁴² throw all of their effort into that one thing: 把所有的努力都投入到这一件事（一个东西）上

4. Why does modern society need talents of all kinds?

Well, modern society needs talents of all kinds because that is the best way to have a healthy workforce¹⁴³ and consequently a healthy society. If everyone was good at science and became doctors, then no one would become an author or a teacher or a business person. It is much better to have a multitalented society¹⁴⁴ so that everyone can contribute something different. We need just as many artists as we need accountants.

5. Do you think clever people are bad at some things? What things can clever people be bad at?

I think that everybody has weaknesses, no matter how smart or clever they are. But when it comes to what clever people in particular might struggle with, it really depends on what they're clever at. For instance, someone who's really quick with numbers¹⁴⁵ might have a hard time writing a good essay, and vice versa¹⁴⁶. Or someone who's very smart and has a quick wit¹⁴⁷ might be bad at being empathetic¹⁴⁸. There are different ways to measure intelligence.

6. What role can a good teacher play in a student's learning?

Well, a good teacher plays a huge part in¹⁴⁹ a student's education. A good teacher who can effectively teach a lesson can help a student grasp the material quickly. As a result, that student can get a good grade and feel confident about learning. But beyond that¹⁵⁰, a good teacher can encourage a student whenever they have difficulty. That helps the student know that they're worth more than just a grade¹⁵¹.

7. Do the people around you have special skills?

Well, I'm friends with people who¹⁵² have studied other subjects, so to me it feels like they have special skills. I know some people who are science majors, so they're able to figure out complex equations¹⁵³ and solve difficult problems. I have a friend who works in construction, so they're also very handy¹⁵⁴ and are good with tools in a way that I'm not. It's cool to know people with different specialties. It makes me appreciate everyone's differences.

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¹⁴³ have a healthy workforce: 拥有健康的劳动力 (这里是指社会的总体劳动力或人力)

¹⁴⁴ have a multitalented society: 多姿多彩的社会; 有各种才能充斥其中的社会

¹⁴⁵ quick with numbers: 对数字反应很快的人; 算数很快的人

¹⁴⁶ and vice versa: 反之亦然

¹⁴⁷ has a quick wit: 机智敏捷

¹⁴⁸ be bad at being empathetic: 不善于换位思考; 不

太有同理心

¹⁴⁹ plays a huge part in: 起着很大的作用

¹⁵⁰ beyond that: 除此之外

¹⁵¹ they're worth more than just a grade: 他们的价值不仅仅是一个分数

¹⁵² I'm friends with people who: 我和...是朋友; 我的朋友都是...

¹⁵³ figure out complex equations: 解出复杂的方程

¹⁵⁴ handy: 方便

Topic19 小学印象最深的人

1. Why do people always miss their childhood?

I think people miss their childhood because it's often much more stressful and complicated to be an adult. When you're older, you have way more responsibilities than you did when you were a kid. Instead of your main priority being playtime with your friends¹⁵⁵, you have to pay bills, handle a full-time job, and in some cases take care of your own children. So compared to all the stress of adulthood, childhood seems like a much better time of life. It's easy for people to be nostalgic¹⁵⁶.

2. Are kids happier than adults? Why?

I suppose that in some ways¹⁵⁷, kids are happier than adults. When you're a kid, it's not that hard to have all your needs met¹⁵⁸. You don't have to worry about paying bills or working at a full-time job like adults do. Kids are content with¹⁵⁹ simple things, like hanging out with their friends. As an adult, you have way more responsibilities and way more stress. So it's harder to find happiness.

3. What do people generally remember about elementary school?

I would say that people usually remember the friends they made in elementary school. They might remember some cool experiences from a class, or even one interesting lesson. But as time goes by¹⁶⁰, the thing that stands out the most is¹⁶¹ the people that they met. A lot of people might not remember much about their time in elementary school, but they do remember the good friends they had and keep a lifelong friendship with them¹⁶².

见下页

¹⁵⁵ your main priority being playtime with your friends:
首要任务是和朋友玩耍

¹⁵⁶ nostalgic: 怀旧的

¹⁵⁷ in some ways: 在某些方面

¹⁵⁸ have all your needs met: 满足你所有的需求

¹⁵⁹ are content with: 满足于

¹⁶⁰ as time goes by: 随着时间的流逝

¹⁶¹ the thing that stands out the most is: 印象中最突出的还是

¹⁶² keep a lifelong friendship with them: 和他们保持一生的友谊

4. Why do people still remember many of their friends from primary school?

I think it's because primary school is a really formative time of people's lives¹⁶³. When you're young, you're learning about the world for the first time. And the people that you learn with make a huge impression on you¹⁶⁴. It seems to me that most people can remember their childhood friends because they went through lots of important first experiences together. It's really sweet how those childhood bonds can last throughout your lifetime¹⁶⁵.

5. What kinds of primary school teachers will impress students?

I suppose that students are most impressed by primary school teachers who are engaging¹⁶⁶, enthusiastic, and caring. Children in primary school are very young, and they have a short attention span¹⁶⁷, so the teacher needs to be interesting enough and to plan enough engaging activities to keep students focused. Teachers also need to be kind and caring so that students feel comfortable coming to them¹⁶⁸ if they have a problem.

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¹⁶³ a really formative time of people's lives: 这是人们一生中真正形成性格的时期

¹⁶⁴ make a huge impression on you: 给你留下深刻的印象

¹⁶⁵ It's really sweet how those childhood bonds can last

throughout your lifetime: 这些童年的纽带能贯穿你的一生，真是太甜蜜了

¹⁶⁶ engaging: 敬业的

¹⁶⁷ have a short attention span: 注意力持续时间很短

¹⁶⁸ feel comfortable coming to them: 放心地去找他们

Topic21 敬佩的商人

1. What kinds of qualities do people need to run their own business?

I think people need to be intelligent, determined, resilient¹⁶⁹, and enthusiastic in order to run their own business. People need to be smart enough to assess their target market¹⁷⁰ and design a business that is appropriate for their customers. Plus, they need to be determined and resilient because running a business comes with many challenges and ups and downs¹⁷¹. Finally, people need to be enthusiastic in order to inspire their employees and come up with unique ideas.

2. What fields do young people like to engage in when they start a business and why?

I would say that young people like the art and technology sectors¹⁷² when it comes to starting a business. A lot of young people are really creative and want to sell the things they make. I know many people who sell pins, prints, and other art products for a living¹⁷³. If they have a unique style, it's easy for them to become successful. Technology is also a good area to start a business in¹⁷⁴, especially as people come up with more and more new apps.

3. Is it better to start a business alone or start as a team?

Well, it would be better to start a business as a team, because that way you can come up with double the ideas and double the financial capital¹⁷⁵ to make your business a success. On your own¹⁷⁶, you have no one to talk to for advice, which can make it really difficult to make decisions and take risks. Having a partner or a team also means that you can divide up the workload¹⁷⁷ and avoid becoming burnt out¹⁷⁸.

在下页

¹⁶⁹ resilient: 韧性; 对困难的适应性

¹⁷⁰ assess their target market: 评估他们的目标市场

¹⁷¹ ups and downs: 起起伏伏

¹⁷² the art and technology sectors: 艺术和科技领域

¹⁷³ sell pins, prints, and other art products for a living: 以卖装饰别针、版画和其他工艺品为生

¹⁷⁴ to start a business in: 来创业; 一个创业的(好领域)

¹⁷⁵ double the ideas and double the financial capital:

双倍的点子和双倍的资本; 这里是一种形容, 指更多的生意点子和启动资本

¹⁷⁶ On your own: 你一个人的话, ...

¹⁷⁷ divide up the workload: 分配工作; 把工作量分开

¹⁷⁸ burnt out: 心力交瘁; 累崩了

4. What do you think are the key factors that contribute to the success of a business?

I think that creativity, determination, and flexibility are the main factors that make a business successful. In order to make it¹⁷⁹, you need to have a unique approach. Since there are so many businesses out there, you have to be creative enough to set yourself apart¹⁸⁰. Businesses also need to be led by people who are hard-working and determined to meet their goals, no matter what obstacles they face. In today's world¹⁸¹, a business owner should also be flexible to adapt to different situations and needs¹⁸².

5. If you had the opportunity to have your own business, what business would it be? Why?

I would love to open a small shop that sells books and also has a café so that people can sit and enjoy a coffee and a snack. I love to read so I think that I would be able to understand my target market very well¹⁸³ and predict their needs and wants¹⁸⁴, which is an important part of owning a business. I also think that there is always a need for more cafes, so I would have a lot of customers.

6. What do you think is the retirement age for men and women?

I would say that anyone between the ages of 60-75 can choose to retire. Around that time, people are ready to settle down¹⁸⁵, and they usually have the financial means to¹⁸⁶ retire and live comfortably. I don't think it changes too much if it's a man or a woman retiring. Since we've come a long way in regards to gender equality¹⁸⁷, it's normal for either a man or a woman to work all the way into their sixties¹⁸⁸.

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¹⁷⁹ In order to make it: 为了做到这一点

¹⁸⁰ set yourself apart: 让自己与众不同

¹⁸¹ In today's world: 在当今世界

¹⁸² be flexible to adapt to different situations and needs: 灵活适应不同的情况和需求

¹⁸³ understand my target market very well: 非常了解我的目标市场

¹⁸⁴ predict their needs and wants: 预测他们的需求

¹⁸⁵ ready to settle down: 可以准备安定下来; 指过安逸稳定的生活

¹⁸⁶ have the financial means to: 有经济能力去

¹⁸⁷ we've come a long way in regards to gender equality: 在性别平等方面, 我们已经取得了长足的进步

¹⁸⁸ work all the way into their sixties: 一直工作到 60 岁

Topic22 困难的决定

1. What decisions do people usually make in their daily lives?

People make a number of decisions throughout the day. One of the most basic but consistent choices¹⁸⁹ is what to eat every day. Sometimes they might have to choose between cooking a meal or ordering out¹⁹⁰. People also have to decide how they'll spend their time, at least when they're not in work or school. There are lots of options for things to do during leisure time, so they have lots to choose from.

2. Which is easier, making a decision by yourself or making a decision after group discussion?

I think that it really depends on the decision. In some situations, it's better to make a decision by yourself. You don't want to have too many cooks in the kitchen¹⁹¹. If everyone's giving their opinion, it might be harder to figure out what you really want. But in other cases, you might actually want other people to weigh in¹⁹², especially if the decision is something you're unsure about or if it's outside your expertise¹⁹³.

3. Why are many young people unwilling to follow their parents' advice?

I think that young people are unwilling to follow their parents' advice because they want to express their individualism¹⁹⁴. Young people grow up having to do everything their parents say, so once they become teenagers or young adults they are less likely to follow parental advice¹⁹⁵. They want to prove their independence and show that they can make their own decisions about their life. They may even try to lead a life that is completely different than the life their parents want them to have.

见下页

¹⁸⁹ One of the most basic but consistent choices: 一个最基本但要持续做的选择之一

¹⁹⁰ ordering out: 叫外卖

¹⁹¹ You don't want to have too many cooks in the kitchen: 你不想厨房里有太多厨师; 意指你不想一个地方有太多人发号施令

¹⁹² weigh in: 参与进来

¹⁹³ outside your expertise: 在你的专业知识之外

¹⁹⁴ express their individualism: 表达他们的个人主义

¹⁹⁵ less likely to follow parental advice: 不太可能听从父母的建议

4. Why would middle-aged people tend to second-guess their own decisions?

Middle-aged people usually have to make more important decisions than younger people, since most middle-aged people have a lot of family and work responsibilities. This means that any decision they make will affect other people, so they may spend more time doubting themselves and second-guessing their decisions¹⁹⁶ than a young person would. Plus, when you're older, you realize that your instinct isn't always right. Middle-aged people have had lots of experiences where they've made the wrong call¹⁹⁷. So they know to think twice before¹⁹⁸ making a decision.

5. How do people usually make decisions?

People usually make decisions by weighing the pros and cons¹⁹⁹. Whether it's picking what to order off a menu or choosing a job, they'll think about what they might gain from the situation, and then judge if it's worth the potential risks. A lot of people also make decisions by consulting people they trust. They might ask their friends or family for advice in order to make the right call²⁰⁰.

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¹⁹⁶ second-guessing their decisions: 反思他们的决定

¹⁹⁷ made the wrong call: 做出错误的决定

¹⁹⁸ think twice before: 在...前三思而行

¹⁹⁹ weighing the pros and cons: 权衡利弊

²⁰⁰ make the right call: 做出正确的决策

Topic23 搬到新家/学校

1. Why do people move to a new home?

People move to a new home for many different reasons. The most common reason is that they need more space because they have a new addition to the family²⁰¹, whether it be a pet or a child. It can be hard to have multiple kids and pets in a small house. People may also move to a new home if they have to move to a new city for work. Some people who live in a city might choose to move to the country because they want more outdoor space²⁰².

2. What problems will people face after moving to a new place?

People can face many problems after moving to a new place; they might need to do repairs²⁰³, or they might realize that there is a problem with the new neighbours. It is important for people to do a lot of research and complete a house inspection²⁰⁴ before moving to avoid as many problems as possible. People might also realize that things might be more expensive in a new city, especially rent and utilities²⁰⁵. People might have to readjust their budget or spend their money differently.

3. How do people solve these problems?

If people are struggling to adjust to the new neighborhood, it's helpful to befriend the people²⁰⁶ who live close by. In general, it's always beneficial to be on good terms with your neighbors²⁰⁷. If you're new to the area, your neighbors are often the people who can give you good advice when it comes to finding the best restaurants and essential places like hospitals and grocery stores. Dealing with new expenses can be handled by rearranging your budget or saving up beforehand²⁰⁸.

见下页

²⁰¹ have a new addition to the family: 有了新的家庭成员

²⁰² outdoor space: 户外空间

²⁰³ do repairs: 修理

²⁰⁴ complete a house inspection: 完成房屋检查

²⁰⁵ utilities: 水电气费等公共设施或服务的费用

²⁰⁶ befriend the people: 和...人交朋友

²⁰⁷ be on good terms with your neighbors: 与你的邻居和睦相处

²⁰⁸ saving up beforehand: 攒钱之前

4. Is it good to move to a new place frequently? Why?

I don't think that it is a good idea to move to a new place often because it is very stressful, time consuming²⁰⁹, and expensive. Moving requires a lot of research and preparation, so it can be very time consuming especially if you are also working full time. Moving is also very expensive; if you are renting, you need to pay at least two months of rent up front²¹⁰, and if you are buying you need to provide a down payment²¹¹. It is better to move less often.

5. What are the advantages and disadvantages of living in the same place?

If you stay in the same place, you can build long-lasting relationships with the people around you. It's hard to maintain connections with people when you move from place to place. So that's a nice thing to have. But a downside is that you might get bored or even sick of your surroundings. Sometimes people can feel stuck in a rut²¹² if they never live anywhere else. Depending on where you live, it might also get too expensive to cover living costs.

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²⁰⁹ time consuming: 耗费时间的

²¹⁰ up front: 预先; 提前

²¹¹ provide a down payment: 准备首付

²¹² stuck in a rut: 做的事情一成不变, 生活呆板无聊

Topic 24 常做的浪费时间的活动

1. What are the activities that people must do in their daily lives?

Well, there are the basic activities, like eating and working. Every day, you have to decide what kind of food you'll put in your body, and you have to figure out how you're going to support yourself through either a job or education²¹³. But another activity that people should do every day is exercise. It's important to stay fit through working out, whether it's for twenty minutes or an hour.

2. What waste people's time in daily life?

A lot of different things can waste people's time in daily life. Mainly, having to wait on other people is a waste of time. That includes being stuck behind a slow walker²¹⁴ or a slow driver, waiting in line, or waiting for a co-worker to send you a document that you need. All of these things can waste your time and can be extremely frustrating. Another thing that wastes time is scrolling on a cellphone²¹⁵. People often spend an excessive amount of time on apps like TikTok, Wechat and Weibo. They could be more productive in life if they put down their cellphones.

3. How do people balance life and work?

Finding a work-life balance is really difficult, but I think that it comes more naturally over time. People have to figure out what their priorities are²¹⁶. If work is causing them to neglect their family, they should reassess²¹⁷ and figure out how they can handle their responsibilities differently so they can avoid damaging their relationships. Once you know what's really important to you, you can base your work-life balance around that.

见下页

²¹³ figure out how you're going to support yourself through either a job or education: 想清楚你要如何通过工作或教育来养活自己

²¹⁴ being stuck behind a slow walker: 被堵在一个走的很慢的人后面

²¹⁵ scrolling on a cellphone: 刷手机; 玩手机

²¹⁶ figure out what their priorities are: 人们必须弄清楚他们的优先要做的事是什么

²¹⁷ reassess: 重新考虑

4. What (time-wasting) things do people feel stressed out about?

People usually feel stressed out about their commutes. If they have to wait in traffic, they'll get frustrated, especially if they're already running late²¹⁸. Waiting in a long line of cars is a huge waste of time. I don't know anyone who can sit in the middle of rush hour and not feel a little stressed. Actually, I think people hate waiting in line in general, whether it's on the highway or at a store.

5. Why do some people not follow their own plans?

It seems to me that some people abandon their own plans because they don't have enough motivation or dedication. Although they might set clear goals for themselves, they might not follow through because things get hard and they don't have the drive to keep going and push through²¹⁹. But in other situations, people don't follow their own plans because they realize it's not the right plan, or that there's a better choice for them.

6. Will you continue doing something when you are aware that it's a waste of time?

Yes, there are definitely some occasions where I do something even though I know it's a waste of time. For example, whenever I'm procrastinating²²⁰, I'll just scroll through social media on my phone²²¹. I know that it's totally unproductive, but it helps me relax. Plus, social media is designed to be super addictive, so it feels fun. So even though it's a waste of time, I like being on my phone and just doing something mindless²²².

7. Why do some people refuse to abide by rules?

I think some people just believe they're the exception to the rule. They think the rules don't apply to them because they're smarter or special in some way. For example, you often see news about people who flout²²³ and disobey the COVID-19 rules of wearing a mask in public areas. Or, in some cases, they might not understand the reason behind the rule, so they decide that they don't need to follow it. I think that it's very selfish, but some people think they're above the rules²²⁴. It's hard to reason with people like that.

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²¹⁸ running late: 迟到

²¹⁹ don't have the drive to keep going and push through: 没有继续前进的动力

²²⁰ procrastinating: 爱拖延的

²²¹ scroll through social media on my phone: 刷手机上的社

交媒体玩

²²² doing something mindless: 做一些机械简单不需要思考的事情

²²³ flout: 藐视

²²⁴ they're above the rules: 他们凌驾于规则之上

Topic 31 优质服务

1. What do you think of the relationship between companies and customers?

I think that nowadays, customers feel more entitled than ever²²⁵ to a good relationship with a company. And companies definitely want to make customers feel valued because they want their business. Companies will put in extra effort to show that²²⁶ they care about their customers' business. Sometimes they send personalized cards or emails. In return²²⁷, customers usually develop loyalty to a certain company. They'll only do business with them because they feel important.

2. As a customer, what kinds of services would you expect to receive from a company?

I would expect to have a certain degree of familiarity²²⁸. You know, it's nice to at least get emails addressed to my name, and not just addressed to "Dear Customer." When companies take the time to add personal touches, it makes me feel like my business matters more to them. I would also expect to get great customer service. If I have a problem and need to get in touch, I should be able to do that in a quick and efficient manner²²⁹.

3. What kinds of jobs involve coping with the public?

There are lots of jobs in the public sector²³⁰ that involve dealing with the public head-on²³¹. For example, if you work in emergency services as a firefighter or paramedic²³², you have to deal with the public every day. People who work at hospitals or any kind of service job also have lots of face-to-face interactions. Those jobs can often be very demanding²³³ because people can be very unpredictable and hard to deal with at times.

4. What traits do people need to have if they need to provide service to the public?

I think patience is probably the number one trait that people should have if they provide service to the public. People can be very demanding, which might make you tempted to lose your temper²³⁴. But you have to be patient and professional when dealing with difficult people. People can also be unpredictable, so you have to be flexible. You have to stay on your toes²³⁵ and be able to adapt to any situation.

见下页

²²⁵ feel more entitled than ever: 感觉比以往任何时候都更能去...

²²⁶ put in extra effort to show that: 付出额外的努力来表明

²²⁷ In return: 作为报答

²²⁸ have a certain degree of familiarity: 有一定程度的亲近感或熟悉感

²²⁹ in a quick and efficient manner: 以一种快速而有

效的方式

²³⁰ in the public sector: 在公共服务领域

²³¹ head-on: 正面的

²³² paramedic: 急救护理人员

²³³ demanding: 要求很高

²³⁴ lose your temper: 发脾气

²³⁵ stay on your toes: 随时待命

5. Should people receive training before they provide service to the public?

Yes, people should definitely receive training for that kind of job. Even if you're a people person²³⁶, you probably won't be prepared for how demanding working with the public is. Providing services to the public requires a lot of patience and flexibility. You need to be able to deal with a variety of problems, which training can help you prepare for. Besides that, you might have to learn how to deal with emergency situations.

6. What are the common customer service problems that companies often need to deal with?

I suppose that a major customer service problem is when a customer wants to cancel something they've purchased from a company. For example, a lot of people might want to cancel or change their internet plans. So they have to spend a lot of time talking to the internet company's customer service line²³⁷. Companies also have to deal with complaints about their products or services, which aren't pleasant for customer service workers to handle²³⁸.

7. Why should companies react quickly when customers have difficulties?

Well, companies should be quick to respond when customers are having problems because it helps improve their brand²³⁹. If they're known for being fast and reliable, then that customer will probably stay with them even though they're encountering difficulties with their product or service. Customer loyalty²⁴⁰ is super valuable to companies, so they want to make sure that they retain their business²⁴¹. If they're slow and unhelpful, customers will probably move on to another company.

8. Why do some companies respond to customers so slowly when they need to solve problems for customers?

I think that it depends on the situation. Sometimes a company wants to make sure that the customer gets the best service, so they'll go the extra mile to solve the problem²⁴². However, that might result in the customer waiting for a long time for the issue to get resolved. Other times, the company might not have a good protocol in place for²⁴³ dealing with an issue, so it gets fixed at a snail's pace²⁴⁴. They also might not have enough employees to deal with the problem.

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²³⁶ a people person: 善于跟人交往的人

²³⁷ talking to the internet company's customer service line: 与互联网公司客服热线通话

²³⁸ aren't pleasant for customer service workers to handle: 对客服人员来说不是高兴的事

²³⁹ improve their brand: 提高他们的品牌影响力

²⁴⁰ Customer loyalty: 客户忠诚度

²⁴¹ retain their business: 保留他们的业务

²⁴² go the extra mile to solve the problem: 会加倍努力去解决问题

²⁴³ might not have a good protocol in place for: 可能没有一个很好的规程去实施来...

²⁴⁴ at a snail's pace: 非常慢的速度

Topic 33 难学的技能

1. What skills do students /young people need to learn?

I think that students (young people) need to learn time management and organizational skills. When they're in school, they have to juggle lots of different assignments and other responsibilities²⁴⁵. In order to stay on top of their tasks²⁴⁶, they need to know how to spend their time wisely so they don't get too overwhelmed. They should also learn communication skills. They need to learn how to communicate well with not only their peers, but their teachers and bosses as well. Being an effective communicator is one of the best qualities you can have, especially when it comes to the workforce²⁴⁷.

2. Do you think parents nowadays really care about helping their children learn those skills?

Yes, most parents are invested in helping their children gain those skills. They want their kids to succeed, and they know that it'll take more than luck and goodwill for them to do well in life²⁴⁸. So I think that parents are trying to teach their kids how to develop these strengths, or at the very least²⁴⁹ they're showing them the right resources to get there. It's very important to them that their kids can acquire these important skills.

3. Is it hard for students to learn skills?

I don't think it's too hard for students to learn skills. Some people might struggle with skills they aren't naturally inclined towards²⁵⁰. For example, if someone is shy and reserved, they might find it hard to build up their communication skills²⁵¹. But I suppose that as a student, you have access to lots of resources and educators who can help you develop those skills. A student's job is to learn, and they can do that by being open-minded and willing to put in the hard work²⁵².

见下页

²⁴⁵ juggle lots of different assignments and other responsibilities: 应付许多不同的作业任务和其他的责任

²⁴⁶ stay on top of their tasks: 管理好他们的任务; 确保他们的任务井然有序

²⁴⁷ especially when it comes to the workforce: 尤其是涉及到团体工作的时候

²⁴⁸ it'll take more than luck and goodwill for them to do well in life: 要想在生活中过得好, 光靠运气和别

人的善意(帮助)是不够的

²⁴⁹ at the very least: 至少; 起码

²⁵⁰ struggle with skills they aren't naturally inclined towards: 在他们天生不擅长的技能上表现挣扎

²⁵¹ build up their communication skills: 建立他们的沟通技巧

²⁵² being open-minded and willing to put in the hard work: 保持心胸开阔并且愿意付出努力

4. Is it hard for old people to learn new skills?

Yes, I suppose that it can be hard for old people to learn new skills. Some of them might feel too set in their ways to pick up additional skills²⁵³. For example, some old people are wary of computers²⁵⁴ and don't want to learn any computer skills. But I think that if they can stay open-minded and willing to learn, they'll be able to pick up new skills and benefit from them.

5. Is a good teacher very important for students' learning experience? Why?

Yes, I would say that having a good teacher is crucial to having a good learning experience. They can make or break a student's experience of a class²⁵⁵. Without a good teacher, students will feel confused and possibly overwhelmed by all the things they have to learn. They might walk away²⁵⁶ thinking that learning is just a painful and difficult process. A good teacher is there to guide students and make the learning experience a positive one.

6. Which way is faster for people to learn new skills, from books or from life?

I suppose that it is faster to learn a new skill in a real life situation²⁵⁷ than from a book. Books can be very useful to review a new skill, but real life is the best way to learn. You can read all about sewing²⁵⁸, but you will not be able to sew until you actually try. Then, once you have learned a new skill, the best way to become an expert is to practice. Reading can only get you so far²⁵⁹.

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²⁵³ feel too set in their ways to pick up additional skills: 感觉自己的方式太故我或死板，无法学习额外的技能

²⁵⁴ are wary of computers: 对电脑很警惕；意指老年人指对使用电脑很谨慎或有所担心

²⁵⁵ make or break a student's experience of a class: 可

以成就或破坏一个学生的课堂体验

²⁵⁶ walk away: 走开；离去

²⁵⁷ in a real life situation: 在现实生活中

²⁵⁸ sewing: 缝纫

²⁵⁹ Reading can only get you so far: 阅读只能让你走这么远

Topic 34 感兴趣想学的东西

1. Do you think learning new things is important?

Yes, learning new things is really important. If we stop trying to learn, we'll become limited in our knowledge and we might become confined to a narrow point of view²⁶⁰. It's good to branch out and expand our horizons every now and then²⁶¹, even if it's something as simple as learning how to play a new sport or learning about a different cuisine. I just learned how to kayak, which is something I never thought I'd enjoy, but it turned out to be a really fun and memorable experience.

2. Who needs to learn new things?

It seems to me that young people usually need to learn new things. In general, old people have accumulated a whole wealth of knowledge and experiences²⁶². But young people are still having formative experiences²⁶³ and discovering the world around them. So it's important for them to seek out knowledge from lots of different sources. They should be curious about the world and want to learn more about their history and what lies in store for the future²⁶⁴.

3. Where can old people learn new things?

I think old people can learn new things from public places, like libraries or museums. I know that a lot of people learn when there are new exhibits at museums in particular. You can pick up a lot of interesting facts²⁶⁵ about other cultures. Old people can also borrow books from libraries that will teach them about new subjects. Alternatively²⁶⁶, they can learn everyday things from friends or family. Some old people learn how to handle new technology²⁶⁷ by asking their younger relatives.

见下页

²⁶⁰ become confined to a narrow point of view: 局限于狭隘的观点

²⁶¹ branch out and expand our horizons every now and then: 时不时地发散和扩展我们的视野

²⁶² accumulated a whole wealth of knowledge and experiences: 积累了丰富的知识和经验

²⁶³ having formative experiences: 获得成长经验

²⁶⁴ what lies in store for the future: 未来会发生什么

²⁶⁵ pick up a lot of interesting facts: 了解到很多趣事

²⁶⁶ Alternatively: 或者，要不然

²⁶⁷ how to handle new technology: 如何使用新技术；如何使用新科技产品

4. Should government spend more money to help people learn new things?

Yes, the government should definitely invest more money in helping people learn new things. They can establish more trade schools²⁶⁸ that offer free training programs to the public. This is a good way to generate more skilled workers. And generally speaking, if a country's population is more educated, it is more productive overall, which means a stronger economy and more tax revenue for the government. So more investment in public education is definitely a gateway to a better country²⁶⁹.

5. Do you think retired people/80 years old people should learn new things?

Yes, I think that there's always room for people to learn new things²⁷⁰, no matter what their age is. When it comes to people who are retired or over 80, they can keep their minds sharp by²⁷¹ picking up new information. They might choose to learn about countries they've never visited, or facts about ancient history. I suppose that'll help them spend their time in a fun and engaging way.

6. Is it difficult for adults to learn new things?

Well, yes, sometimes it can be hard for adults to learn new things. Adults have a lot of responsibilities to deal with. They usually have to juggle a full-time job with parenting or looking after other people²⁷², not to mention²⁷³ the duties of running a household. So the hardest thing can be finding the time to learn new things. But it can also be difficult to focus on learning something new when they're so stressed with other things.

见下页

²⁶⁸ trade schools: 职业学校; 技术学校

²⁶⁹ a gateway to a better country: 通向一个更好国家的大门

²⁷⁰ there's always room for people to learn new things: 人们总是有学习新事物的空间

²⁷¹ keep their minds sharp by: 保持他们的思维敏捷

²⁷² juggle a full-time job with parenting or looking after other people: 在全职工作时兼顾育儿或照顾他人

²⁷³ not to mention: 更不用说

7. Is it the government's responsibility to assist people to learn?

I think that to some degree²⁷⁴, it's the government's responsibility to help people learn. At the very least²⁷⁵, they should make education accessible. They should work to make sure that public education is free to everyone, no matter what their social status or class is. The government should make sure that the curriculum is helpful and that teachers have whatever resources they need to create a good learning experience for students. And since it's related to public education, we can only count on the government. I don't think private companies have the motivation to help people learn unless it's profitable.

8. What are the differences between education in the past and now?

I suppose that in the past, education was more exam-oriented²⁷⁶. Students were expected to get higher marks on exams, which was the sole purpose of studying. I mean, it's true that students can learn something in the process of studying for exams, but what they learn is limited. And the exam skills are basically useless in real life. But nowadays, there are so many different options when it comes to school. Students can study all sorts of subjects, even if they're not part of the college entrance exams²⁷⁷, like programming and spoken English.

9. What are the advantages and disadvantages of distance learning?

One big advantage of distance learning is that it's really convenient. Instead of having to commute to class, you can learn from the comfort of your own home. You can save a lot of money on transportation. But at the same time, that can actually be really distracting for a lot of people. It's already hard to focus in class. But if you add the daily distractions of²⁷⁸ family members in the house, or even your phone in front of you, you might find it hard to pay attention.

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²⁷⁴ to some degree: 在某种程度上

²⁷⁵ At the very least: 至少，起码

²⁷⁶ exam-oriented: 应试的

²⁷⁷ the college entrance exams: 大学入学考试

²⁷⁸ add the daily distractions of: 加上...的日常干扰

Topic 36 有创造力的人

1. Do you think you are a creative person?

Yes, I would say that overall I'm a creative person. I'm always coming up with new ideas and new ways to do things, because I think that is a good way to keep work interesting. I also really like making art. It's not my profession by any means²⁷⁹, but it's a really fun hobby and it helps me bring out my creative side more²⁸⁰. Plus, I try to be creative with interior design, by adding new decor and furniture to my apartment to make it reflect my personality and creativity²⁸¹.

2. Is it good for children to learn arts? / Do drawing and music lessons in school help children develop creativity?

Yes, it's great for children to study the arts. Children can definitely develop their creativity through activities like drawing and music lessons. Both of these activities teach children to express themselves in creative ways. With drawing, they can use their imagination to create pieces of art. When they take music lessons, they can use different parts of their brain to understand music and express themselves by playing a song. Through these activities, children can learn to see and interact with the world in new ways²⁸².

3. Is children's doodling meaningful?

Well, it depends on the child - some children doodle things that are meaningful to them, while other children just doodle to pass the time. Either way²⁸³, I think doodling is a great way for children to practice their artistic skills and fine motor skills²⁸⁴. They can also practice their handwriting. Doodling is also a good option for hyperactive children²⁸⁵ who need to be doing something and can't focus on just one thing at a time.

4. Do you think music education at school is suitable for all children?

Yes, I suppose that all children could benefit from at least a little music education. They don't have to take music classes all throughout school²⁸⁶, but they should at least have one class. I think that learning about music or learning to play an instrument is really beneficial for children's development. It gets them to use their brain in a different way. Studying music has also been shown to improve children's math skills.

见下页

²⁷⁹ It's not my profession by any means: 这绝不是我的职业; 无论如何, 这都不是我的职业

²⁸⁰ helps me bring out my creative side more: (它)帮助我更多地发挥我的创造力

²⁸¹ make it reflect my personality and creativity: 使它反映出我的个性和创造力

²⁸² see and interact with the world in new ways: 以新

的方式看待世界, 并与之互动

²⁸³ Either way: 无论哪种方式

²⁸⁴ fine motor skills: 精细运动技能; 小肌肉运动技能

²⁸⁵ hyperactive children: 好动的孩子

²⁸⁶ They don't have to take music classes all throughout school: 他们不必在整个上学期间都上音乐课

5. What kinds of jobs require people to be creative?

Many jobs require you to be creative, and I would even argue that you can be creative no matter what your job is. Some jobs are very obviously creative, like being an artist or a writer. In those professions, your entire livelihood²⁸⁷ depends on how creative and original you can be. Some other examples are people who work in graphic design or marketing. They have to figure out creative ways to advertise a product. But if you work in a job where you have to do a lot of problem-solving²⁸⁸, like as a manager or a business-owner, you also need a lot of creativity to succeed.

6. Do you think leaders need to have creative ability?

Yes, I would say that leaders need to be creative. This is because leaders need to take into account²⁸⁹ every single member of their team, and come up with ideas and solutions that work for them. This often requires the leader to think outside the box²⁹⁰ in order to come up with ideas that work for everyone. The more creative a leader can be, the more engaged²⁹¹ and happy their team will be.

7. What age should children start music lessons at school?

I think children should start music lessons when they're six or seven. If they're any younger²⁹², they might not be able to grasp the basic skills you need to play an instrument. But when they're around that age, they can understand simple instructions and begin to read music notes²⁹³ on a page. Plus, if they keep at it, they'll be able to become a strong player²⁹⁴ in a few years. That can help build their confidence²⁹⁵.

8. Should teachers be creative?

Yes, I definitely think that teachers should be creative. They don't have to be artistic, necessarily, but they should be good at problem-solving, which requires creativity. Teachers have to deal with a variety of unpredictable situations when they're in the classroom. They also have to accommodate students who have different learning styles. So teachers need to be flexible and creative when it comes to how they deliver a lesson²⁹⁶ and help their students.

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²⁸⁷ livelihood: 生计

²⁸⁸ do a lot of problem-solving: 要解决很多问题

²⁸⁹ take into account: 考虑; 重视

²⁹⁰ think outside the box: 跳出固有思维模式

²⁹¹ engaged: 投入

²⁹² If they're any younger: 如果他们再年轻一点的话

²⁹³ read music notes: 读乐谱

²⁹⁴ become a strong player: 成为一个很强的乐手

²⁹⁵ build their confidence: 建立他们的自信

²⁹⁶ deliver a lesson: 授课

Topic 37 有趣的外国人

1. How do people know foreign friends?

People usually get to know foreign friends through travel. A lot of people like to travel abroad, so they might meet new friends along the way²⁹⁷. Sometimes it's easier to start a friendship while on a journey than in everyday life, despite the difference of citizenship²⁹⁸. After all, being in a foreign land means you are exotic, which adds your charisma somewhat²⁹⁹. Besides, some people may meet new friends from other countries online. When you play an online game that is open to the world, it's quite easy to team up with³⁰⁰ gamers from other countries and have opportunities to know them.

2. What are the advantages of knowing foreigners?

Well, there are a lot of advantages to knowing foreigners. Firstly, knowing someone from another country will open up your perspective³⁰¹ since you will get to learn about a culture that is different than your own. Secondly, you might be introduced to new food, music, languages, or traditions that you would not have known otherwise. Finally, knowing someone from another country gives you a good excuse to³⁰² travel and visit that country someday.

3. What are the pros and cons of living abroad?

One big pro is that you get to experience a new culture. You might even be able to learn a new language. I think that's a great way to expand your horizons³⁰³ and learn more about the world, or even yourself in the process. You can also try new food and meet new people, which is always exciting. A con is that³⁰⁴ you might find it hard to learn a new language and fit into a new environment. It can also be very expensive to live abroad.

见下页

²⁹⁷ meet new friends along the way: 一路上结识新朋友

²⁹⁸ citizenship: 国籍

²⁹⁹ adds your charisma somewhat: 增加了你的魅力

³⁰⁰ team up with: 和...组队

³⁰¹ open up your perspective: 打开你的视角; 开阔

你的视野

³⁰² gives you a good excuse to: 给了你一个很好的借口

³⁰³ expand your horizons: 开阔视野

³⁰⁴ A con is that: 一个缺点是

4. Do you have any foreign friends and do you think having foreign friends is a good way to know other countries?

Yes, I do have a few friends from other countries who I met on the internet. Specifically, we got to know each other through an online game called PUBG, a trendy online shooting game³⁰⁵. Anyway, I know them pretty well after playing dozens of games together. And I've learned a lot about their countries through our chats. One of them is from the Philippines; she's the one who I'm the closest with and talk the most to. If it wasn't for her, I wouldn't know so many fun facts about the Philippines.

5. Do you think it's important to know the culture and language before going to another country?

I think that it's important to know a little bit about the country's culture, and to know a few important phrases in their language before you visit. This is because some countries have very different attitudes and customs compared to others, and you don't want to offend someone because you don't know the proper attire or customs³⁰⁶. Knowing some key phrases in the language is also very helpful, and the locals will appreciate your effort to speak their language.

6. What do you think of people who work in international companies?

Well, it's really cool for people to work in international companies. I respect them for it because they probably have to take on a ton of challenges. For example, if they have a higher-up position³⁰⁷ in the company, they might have to go on business trips to different parts of the world. They might also have to learn about other cultures when dealing with people from different countries. So I think that it takes a lot of tact and determination to³⁰⁸ succeed at an international company.

见下页

³⁰⁵ PUBG, a trendy online shooting game: PUBG, 一款流行的在线射击游戏

³⁰⁶ the proper attire or customs: 适合的服装或习俗

³⁰⁷ have a higher-up position: 有更高的职位

³⁰⁸ it takes a lot of tact and determination to: 这需要很多技巧和决心

7. What abilities do people need to have when working in an international company?

People working in an international company need to have good language learning skills. Since international companies normally have branches and stakeholders³⁰⁹ in more than one country, their employees need to be able to communicate with other co-workers, suppliers and clients from different countries in an effective manner. So employees who are bilingual or trilingual are definitely assets to an international company. Besides, people skills³¹⁰ are also essential since communication makes up a big part of their job.

8. How can we promote international cultural exchanges?

I think that a great way to promote international cultural exchanges is through study abroad programs. When students go to another country to learn, they encounter a totally new culture and way of life. It helps familiarize them with another country and gives them lots of knowledge that they can bring back to their own country. When they have formative experiences abroad³¹¹, they can also have more empathy and understanding for people from different places.

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³⁰⁹ stakeholders: 利益相关者；和公司有关的人

³¹⁰ people skills: 人际交往能力

³¹¹ have formative experiences abroad: 有留学经历

Topic 38 喜欢的名人

1. What kinds of people are famous in your country?

There are a lot of famous singers and actors. People love keeping up with³¹² those kinds of celebrities because they feel like they know them. When you listen to a song or watch a movie, you feel like you get a sense of the performer's personality³¹³. So it's really easy to become invested in their lives³¹⁴. Singers and actors are famous because people get obsessed with them and want to know everything about them.

2. Why do people care about the private lives of celebrities?

I think it's because a lot of people have the desire to peek into other people's lives³¹⁵. It's not cool to pry into the private life³¹⁶ of people around you, but some people think it's open season³¹⁷ when it comes to celebrities. After all, there's a whole industry based around celebrities that just fuels gossip. I don't think it's healthy, but people definitely care. Besides, everyone is starstruck³¹⁸ to some extent. So it's really easy to become invested in the personal lives of the celebrities they're fond of.

3. Are international celebrities important to a country?

I suppose that to a degree³¹⁹, international celebrities are important to a country. They definitely shouldn't be valued more than government officials or people who do official work for a country, but they bring attention to their country³²⁰ and they can be representatives for their culture³²¹. Some people might not know a lot about a country, but when they see a celebrity from that country that they like, they might be inclined to³²² learn more about it.

见下页

³¹² keeping up with: 追...的动态

³¹³ get a sense of the performer's personality: 感受到了表演者的个性

³¹⁴ become invested in their lives: 对他们的生活投入更多注意力

³¹⁵ have the desire to peek into other people's lives: 有窥探他人生活的欲望

³¹⁶ It's not cool to pry into the private life: 窥探别人的私生活是很不好

³¹⁷ open season: 开放的领域

³¹⁸ starstruck: 被明星迷住; 崇拜明星

³¹⁹ to a degree: 在某种程度上

³²⁰ bring attention to their country: 让人们注意到他们的国家

³²¹ be representatives for their culture: 成为他们文化的代表

³²² be inclined to: 倾向于...

4. Would people in the past become famous for doing good deeds? How about now?

I don't think that people got famous for doing good things in the past. For one, there just wasn't as much media attention. People could do good deeds every day but it wouldn't go viral like it does now³²³. Nowadays, if someone catches something wholesome on camera³²⁴, they can share it on social media and it might get millions of views. People can become famous for simply helping someone out when their good deed is posted online.

5. What kind of person becomes a star? Can you be a star by making videos?

I think that nowadays, social media is so accessible that basically anyone can be famous. All it takes is a bit of luck to post it at the right time³²⁵. Lots of average people get their fifteen minutes of fame³²⁶ by posting a video that happens to go viral. Sometimes they manage to stay famous if they keep making similar videos, like people who do crazy stunts³²⁷ and post them online. But it's hard to hold onto fame that way.

6. Why do people want to be famous? Do you want to be a celebrity?

It seems to me that people want to be famous because they really love attention, to be honest. When you're a celebrity, everyone is obsessed with you. But I don't think that people realize how stressful it is to be constantly observed and talked about³²⁸. That's why I would never want to be a celebrity. I want to have my privacy and not worry about people taking pictures of me whenever I go out in public. I would hate for everyone to be tracking my every move³²⁹.

见下页

³²³ it wouldn't go viral like it does now: 不会像现在这样一下就火起来

³²⁴ catches something wholesome on camera: 用相机拍到了一些积极向上的东西

³²⁵ All it takes is a bit of luck to post it at the right time: 你所需要的只是一点运气, 去在正确的时间发布视频

³²⁶ fifteen minutes of fame: 转瞬即逝的名气; 指每个人都有机会出名, 但名气往往是昙花一现

³²⁷ do crazy stunts: 疯狂的特技

³²⁸ be constantly observed and talked about: 不断的被人观察和谈论

³²⁹ tracking my every move: 盯着我的一举一动

7. What are the pros and cons of being a celebrity?

One big pro is that you get access to really cool things. You get the VIP treatment wherever you go, and you can go to exclusive events³³⁰ in designer clothes. You obviously get a lot of money as well, so you can afford whatever your heart desires. But a big downside is that you basically have no privacy. You get photographed wherever you go and people speculate about your private life³³¹ all the time.

8. What are the disadvantages of being a child star?

Well, being a child star can be really bad for your psyche³³². When you make the most money in your family, you take on a lot of pressure to keep your family supported. You might also have greedy relatives who try to take advantage of you. Plus, if a kid always gets what they want, they'll probably grow up to be vain and spoiled³³³. If they ever stop being famous, they might not be able to adjust to the routine of a normal life³³⁴.

注：以下列出的 5 个小题，是该主题在前两季出现过的其他高频考题：

旧题 1. What are the differences between famous people today and those in the past?

I think famous people today may have more rights than they used to in the past. I've watched a few documentaries about³³⁵ actors and actresses in the past and how poorly the industry treated them³³⁶. Some actors had no rights over³³⁷ their own bodies; if they gained weight they would be fired. Some actresses weren't allowed to have children until their contract was finished. I'm sure it is still tough to be an actor but I feel like actors have more rights and are treated better than they were in the past.

见下页

³³⁰ exclusive events: 独家活动

³³¹ speculate about your private life: 揣测你的私生活

³³² bad for your psyche: 对你的心灵有害

³³³ be vain and spoiled: 虚荣而骄纵

³³⁴ adjust to the routine of a normal life: 适应正常的日常生活

³³⁵ I've watched a few documentaries about: 我以前看过关于...的纪录片（在 Part3 回答中可以引入这类话术）

³³⁶ how poorly the industry treated them: （娱乐）行业对他们的待遇很差

³³⁷ had no rights over...: 对...没有权利

旧题 2. Do you think famous people are necessarily good in their fields?

I think it depends on the person. Some people are extremely talented and deserve the fame they have acquired but others simply got lucky when they became famous. There are actors everyone knows, like Tom Cruise, who is not necessarily a good actor³³⁸ but is able to play a consistent character in his movie franchises³³⁹. He gets tons of movie roles because he is well-known but a lot of audiences don't think his acting is good. Some actors are definitely better than others.

旧题 3. Do you think media are putting too much attention on famous people?

Yes, I personally do think the media puts too much attention on famous people. At the end of the day³⁴⁰ these people are humans just like everyone else and don't need their whole lives broadcasted for the entire world to see. And the new media, especially social media, is often swamped with gossip and even scandals³⁴¹ involving celebrities, which is a bad trend. I'd rather the media focus more on real issues in our society.

旧题 4. Do you think talent is important for fame?

Yes, talent is definitely essential for people to become famous and successful. Some people manage to get famous online without any talent, but their fame rarely lasts long. For someone to have long-lasting fame³⁴², they need to be talented in their field. As far as I know, the singers and actors who can keep being household names are all productive by creating more good artworks. And you need incomparable talent³⁴³ for that. Talent will ensure that they continue to get offered work, whether it be roles in movies, record deals³⁴⁴, or athletic contracts.

见下页

³³⁸ not necessarily a good actor: 未必是好演员

³³⁹ play a consistent character in his movie franchises: 在他的系列电影中扮演始终如一的角色

³⁴⁰ At the end of the day: 说到底, 到头来

³⁴¹ swamped with gossip and even scandals: 充斥着

流言蜚语甚至丑闻

³⁴² long-lasting fame: 持久的名声

³⁴³ incomparable talent: 无与伦比的天赋

³⁴⁴ record deals: 唱片合约

旧题 5. What do you think about celebrities making so much money?

I think it is ridiculous that celebrities make the big bucks³⁴⁵ when so many people in the world are suffering from poverty and hunger. Some celebrities do donate to humanitarian causes³⁴⁶, which is good of them, but I see no reason why³⁴⁷ they should be paid such a large amount in the first place. I don't think they contribute to society a lot more than people like scientists and doctors. And even though they have business value that's equivalent to the amount of money they make, we shouldn't glorify³⁴⁸ it. Otherwise, what does that say about those of us working full-time jobs for five-figure salaries³⁴⁹?

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³⁴⁵ make the big bucks: 赚很多钱；发大财

³⁴⁶ donate to humanitarian causes: 捐赠给人道主义事业

³⁴⁷ I see no reason why: 我看不出有什么理由

³⁴⁸ glorify: 美化；赞美

³⁴⁹ five-figure salaries: 五位数的薪水；此处就是指一般工薪

Topic 39 令人激动的书

1. What kinds of books do Chinese people like reading?

I think that Chinese people like to read a great variety of different books; it really depends on the individual person, since everyone has different tastes³⁵⁰ when it comes to books and movies. Chinese literature has a long history of folklore and legends³⁵¹, so many Chinese people may like to read these traditional stories as a starting point³⁵². Plus, children may prefer fiction books, while adults may prefer nonfiction books such as biographies and history books.

2. Do boys and girls like the same kinds of books?

I suppose that this depends on the person's preferences³⁵³; some girls love the romantic comedy genre, while others love horror novels. The same is true for boys. Honestly, boys are discouraged at a young age from liking³⁵⁴ romantic or dramatic books, and are instead encouraged to read nonfiction or action books. This really limits the kind of things that they read, and I suppose that both boys and girls should explore a wide variety of literary genres³⁵⁵.

3. Do you think it is very important to read the book before watching the movie version of it?

No, I don't think so. Even though I love reading, and personally I like reading the book before seeing the movie, it's fine to just watch the movie by itself³⁵⁶. I suppose that when it comes to movies, it's sometimes better to watch it without knowing anything about the story. Sometimes, you can be disappointed if you watch the movie version because it might not live up to the book³⁵⁷.

见下页

³⁵⁰ everyone has different tastes: 每个人的品味都不同

³⁵¹ has a long history of folklore and legends: 有历史悠久的民间传说和神话

³⁵² as a starting point: 作为起点

³⁵³ depends on the person's preferences: 这取决于个人的喜好

³⁵⁴ discouraged at a young age from liking: 从小就不

被鼓励喜欢...

³⁵⁵ explore a wide variety of literary genres: 探索各种各样的文学流派(文学体裁)

³⁵⁶ watch the movie by itself: 只看电影本身

³⁵⁷ it might not live up to the book: 它可能不符合原著

4. Do you prefer books or movies?

I prefer books. Even though movies are really entertaining to watch, books are just more interesting to me. I like reading a character's thoughts instead of hearing them get narrated on the screen³⁵⁸. When I'm reading a book, I can also picture everything for myself³⁵⁹. It takes a lot of imagination, which is what I find fun about the reading process. I think books are also a more relaxing way to spend time than a movie, which can be loud and intense.

5. Did you read more magazines or books when you were a child?

I definitely read way more magazines than books in my childhood. Honestly, I wasn't fond of books until I grew up. Books, especially textbooks, were just too complicated and tedious for me. But reading magazines was a lot of fun when I was a student. I was a huge fan of sci-fi magazines back then³⁶⁰. I even subscribed to a magazine called The Sci-Fi World. I was really fascinated by it and could read the issues day in and day out³⁶¹.

6. Do you think e-books will eventually replace paper books?

Although e-books are becoming very popular, I don't think that they will ever completely replace paper books. The reason for this is that people who love reading generally prefer paper books. Reading on paper is easier on your eyes³⁶², and it's also great for students because they can highlight, underline, or write notes in the margin³⁶³ if they are using a paper copy. Paper books are also great to wrap up and give as gifts³⁶⁴!

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³⁵⁸ hearing them get narrated on the screen: 听到他们在屏幕上被叙述

³⁵⁹ picture everything for myself: 自己在脑海中想象一切

³⁶⁰ back then: 那时候

³⁶¹ day in and day out: 天天; 夜以继日

³⁶² easier on your eyes: 对你的眼睛更舒服

³⁶³ highlight, underline, or write notes in the margin: 划上高光、下划线或在页边空白处作笔记

³⁶⁴ wrap up and give as gifts: (适合) 包装并作为礼物赠送

Topic 42 花费超过预期

1. Do you often buy more than you expected?

Yeah, I've found that I often buy way more things than I was planning for. I think that happens the most often when I'm grocery-shopping. Everyone says that you shouldn't buy groceries when you're hungry, which I definitely agree with. Even though I always make a list before I go shopping, I get more than I planned for because all the food looks so appealing. It's hard to have any self-control³⁶⁵.

2. What do you think young people spend most of their money on?

I think that young people like to spend their money on new clothes and new technology. A lot of young people are very concerned about what other people think of them, so they want to wear the newest clothes and own the newest phones and devices. Plus, since they don't usually have other responsibilities like paying bills or covering other people's needs³⁶⁶, they're free to spend their money on³⁶⁷ luxury items as well. For example, some young people like buying designer shoes and bags.

3. Do you think it is important to save money? Why?

Yes, it's definitely important to save money. Even if you're comfortable financially, you should be thinking ahead³⁶⁸. Anything could happen, and you might find that suddenly you need money to pay for a damaged car or laptop. In case of emergencies, you should always have some extra money lying around³⁶⁹. So it's good to make plans for your money and try to save up. It's also good to save money for fun things like vacations.

见下页

³⁶⁵ It's hard to have any self-control: 很难有自制力;
很难控制住自己

³⁶⁶ paying bills or covering other people's needs: 支付
账单或照顾他人的生活需求

³⁶⁷ free to spend their money on: 自由地把钱花在...上

³⁶⁸ should be thinking ahead: 应该提前考虑

³⁶⁹ have some extra money lying around: 手头有闲钱

4. Why are some rich people reluctant to spend money on others or even themselves?

Well, sometimes, rich people don't want to spend money because they're very protective of their wealth³⁷⁰. It seems confusing since they could definitely afford to splurge, but I think that the more money you get, the more you want to hold on to it so you can have even more. Plus, some people become rich after being poor or middle-class, so they have the old mindset of needing to save every penny³⁷¹.

5. Do people buy things they don't need?

Yes, people definitely buy things they don't need from time to time. Even when they go grocery shopping, it's easy to pick up ingredients that weren't on their list because they look really appealing in the moment. Plus, some people go out and buy things they don't need as a form of therapy and relaxation³⁷² - this is where the phrase retail therapy comes from³⁷³.

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³⁷⁰ very protective of their wealth: 非常守财；对他们的财产保护欲很强

³⁷¹ have the old mindset of needing to save every penny: 有需要节省每一分钱的旧心态

³⁷² as a form of therapy and relaxation: 作为一种治疗和放松的方式

³⁷³ this is where the phrase retail therapy comes from: 这就是“购物疗法”这个短语的由来

Topic 45 善待不喜欢的人

1. Why are people friendly with people they don't like?

Some people are friendly with people they don't like because they need to maintain a civil, polite relationship with them³⁷⁴. This is especially true in situations where other people are involved. For example, if a husband and wife get divorced, they will likely continue to be friendly towards each other for the sake of³⁷⁵ their children. If two employees have a falling out³⁷⁶, they will continue to be polite since they work together.

2. What kinds of people are usually friendly?

People who are usually friendly are those who are in careers that require them to deal with people on a daily basis. The best example of this would be teachers and nurses. Teachers and nurses work with people of all ages every day, and often these people are vulnerable. They need to be very friendly in order to make people feel at ease³⁷⁷. Plus, some people are more naturally friendly than others if they are more extroverted. They are more outgoing and enjoy being around people.

3. What are the differences between being friendly and being polite?

I would say that the main difference between being friendly and being polite is enthusiasm. People who are being polite may exchange pleasantries and have a conversation, but they will not discuss their personal lives or get too excited. On the other hand, if someone is being friendly they are more likely to share personal details and speak with enthusiasm and emotion³⁷⁸. Being friendly means that you are more comfortable with the person to whom you are speaking.

见下页

³⁷⁴ maintain a civil, polite relationship with them: 与他们保持一种文明礼貌的关系

³⁷⁵ for the sake of: 为了...

³⁷⁶ have a falling out: 大吵一架

³⁷⁷ make people feel at ease: 让人感到轻松自在

³⁷⁸ speak with enthusiasm and emotion: 说话时充满热情和激情

4. What do you think of the people who are always straightforward?

I like people who are always straightforward because I appreciate their honesty and efficiency. These types of people will always tell you the truth, and are never afraid to share their honest opinion. Sometimes straightforward people may be perceived as blunt or rude³⁷⁹, however I would say that is a misconception³⁸⁰. Straightforward people are not trying to be rude, they are trying to be honest. Some people may also have trouble reading social cues³⁸¹, so they act very straightforward all the time.

5. What do you think of a person who seems so nice and friendly no matter what happens?

I suppose that people who can keep their cool³⁸², no matter what's going on, are very respectable. Although to be honest, I'm always a little suspicious³⁸³ when people are nice and friendly even if they're dealing with rude people. It makes me wonder if they're actually that nice, or if they're just being polite. Either way, I really respect people who can continue to be kind even if they're in a tense situation³⁸⁴.

6. When would you be friendly to someone you don't like?

I think I would have to be friendly to someone I didn't like if I was on the clock³⁸⁵. You know, when you're at your job, you're expected to be nice to the people you interact with, no matter what. It's a measure of your professionalism. And it's definitely not professional to lash out at someone³⁸⁶ or lose your temper while you're at work. Otherwise, I would be nice to someone I didn't like if I was trying to make a good impression on the other people around us.

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³⁷⁹ be perceived as blunt or rude: 被认为是鲁莽或粗鲁的

³⁸⁰ misconception: 误解

³⁸¹ have trouble reading social cues: 理解社交暗示方面有困难

³⁸² keep their cool: 保持冷静

³⁸³ suspicious: 可疑的; 怀疑的

³⁸⁴ in a tense situation: 在紧张的情况下

³⁸⁵ if I was on the clock: 如果我在工作的话

³⁸⁶ lash out at someone: 对别人大发脾气

Topic 47 运动员

1. What kinds of exercises do Chinese people like?

Chinese people usually like exercising with others so they can socialize at the same time. Lots of people like to run or bike together. You can also see people doing tai-chi or going for a walk in public parks. It's nice because it's a way to stay fit while also catching up with³⁸⁷ friends or even family. When it comes to sports, I think a lot of Chinese people enjoy football because you get to run in a really large field as well as have a lot of fun playing against the other team³⁸⁸.

2. What's the difference of the sports liked by young people and those liked by the old?

I think young people like more intense sports, like basketball or soccer. They like activities where they have to constantly stay moving. Those kinds of sports require fast reflexes³⁸⁹ and lots of endurance³⁹⁰. But old people tend to like sports that are more relaxed, so they might play something like golf. Badminton and tennis are good options for those who still have a lot of energy and strength.

3. Why do some people like to work out at a gym?

I would say that some people enjoy working out at a gym because there's professional equipment there that they wouldn't have in their own homes. For example, not everybody can afford to get a treadmill³⁹¹. But if they get a gym membership, they can use a treadmill and other types of workout equipment. Other people like going to the gym because they can work with personal trainers or just enjoy other people's company³⁹² while they work out.

4. What characteristics do you think an athlete should have?

I suppose that an athlete should be hard-working, patient, and confident in themselves³⁹³. They need to be dedicated if they're going to train and keep improving their skills as an athlete. They also need to be patient and not give up, even if it takes a long time to achieve their goals. But maybe most importantly, they have to believe in themselves. They have to know that they're capable of working hard and doing well.

见下页

³⁸⁷ stay fit while also catching up with: 既能保持健康, 又能和...相聚

³⁸⁸ playing against the other team: 和其他队(另一个队)比赛

³⁸⁹ fast reflexes: 快速反应能力

³⁹⁰ endurance: 耐力

³⁹¹ treadmill: 跑步机

³⁹² enjoy other people's company: 享受他人的陪伴

³⁹³ confident in themselves: 对自己有信心

5. Why are there so few top athletes?

I think it's because the field of sports is extremely competitive. Many people want to be athletes just because they think they're decent at a sport³⁹⁴. But apart from athletic talents, it takes true grit³⁹⁵, dedication, and hard work to make it as a professional athlete, which is so hard. In a sports game, only one team or one athlete can be the champion. So even among professional athletes, there are only a few who can truly rise above³⁹⁶ and perform the best.

6. What's the best way to become a top athlete?

It seems to me that the best way to become a top athlete is to keep training and setting new goals. If you get too satisfied with where you're at³⁹⁷, you might not be able to keep advancing through the different levels. I think you should definitely get a coach as well. You need someone with advanced expertise to guide you as an athlete and get you to stay on the right path³⁹⁸.

7. Do people often do exercises or sports nowadays?

Yeah, nowadays, people pay more and more attention to their health. So there are actually a lot of people who are really into exercising³⁹⁹, whether that's at the gym or by playing a sport. Young people in particular like being active. They're always looking for new ways to get fit, whether it's by doing some kind of diet or trying a new form of exercise. A lot of older people enjoy sports as well, though they may pick more relaxed activities like golf.

8. What can the government do to encourage people to do exercise?

I think the government could invest more money in sports facilities and gyms. If they can make those places appealing, more people would be interested in going to work out there. To that end⁴⁰⁰, it would be great if they could support gyms and help make memberships less expensive. The government can also support natural spaces like public parks so people can exercise surrounded by nature⁴⁰¹. There's nothing nicer than⁴⁰² doing yoga or tai-chi in the park.

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³⁹⁴ they think they're decent at a sport: 他们认为自己擅长一项运动

³⁹⁵ it takes true grit: 这需要真正的勇气

³⁹⁶ truly rise above: 超越 (其他运动员)

³⁹⁷ get too satisfied with where you're at: 对自己的现状太过满意

³⁹⁸ get you to stay on the right path: 让你走在正确的

道路上

³⁹⁹ are really into exercising: 很喜欢锻炼

⁴⁰⁰ To that end: 为了那个目的

⁴⁰¹ exercise surrounded by nature: 在自然的环境中锻炼

⁴⁰² There's nothing nicer than: 没有比这更好的了