

2022 年 5-8 月雅思口语 Part2 考题参考资料 (第四套故事<共五套>)

感谢小伙伴使用雅思过过过淘宝店铺口语素材！

在您使用过程中，有以下几点注意事项，请您在复习中留意：

1. 提供素材的目的，旨在帮助大家高效积累可用的地道口语表达，以及帮助各位同学扩展回答思路。我们在编写素材时，原则是接地气、符合大众生活情境。但是，任何素材无法全部完美适合所有人，因此建议练习中结合自身实际情况做素材调整，达到更高效复习的状态。调整内容时，如有疑问欢迎联系 Penny 解答。
2. 截至目前跟踪考生反馈情况，2022 年 5-8 月 Part2 考题共 50 个。
3. 每一套 Part2 的故事角度不同，请大家根据个人喜好选择参考；第四版为非串题版，可通过第二页表格查询每个考题的故事简介。
4. 文中黄色高亮的内容，是高分地道表达；加粗内容则是建议重读的地方；
5. 所有口语题目均为多次核实确定的考题，接下来我们仍将继续跟进核实，如有需补充题目或有需要更新的资料，会及时补充添加至“补充更新文件夹”。您在复习中有对题目的疑问，也欢迎随时联系 Penny 解答；
6. Part2 题目四小问有参考考生回忆和雅思哥来写。但请注意，Part2 题卡四小问是在考场上引导考生现场组织答案用的，不是必须回答的。你如果在准备 Part2 过程中，有自己想说的内容，不必在意是否和四小问内容完全一致，只要和主 Topic 相关即可；
7. 复习时，请您根据自己喜好来灵活运用故事及加分表达，切勿逐字逐句死记硬背；
8. 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。
9. 您现在打开的口语素材全部为雅思过过过淘宝店铺原创，已作国家知识产权登记保护，禁止盗版转卖，如有侵权将走法律程序。

2022 年 5-8 月雅思口语 Part2 考题故事列表 (第 4 套故事)

类别	题目 Topic	故事简介
事件类	1. 忙碌的经历	给姐姐当伴娘的经历
	2. 庆祝过的活动	和家人庆祝自己获得奖学金
	3. 让你惊讶的事情	朋友为我准备惊喜生日派对
	4. 困难但有好结果的决定	留在家乡工作还是去大城市工作
	5. 别人向你寻求意见	朋友工作中遇到困难不知如何处理
	6. 积极改变	让自己逐渐变得更自律
	7. 想参加的比赛	马拉松比赛
	8. 外出花费甚少的一天	去郊区小镇旅游和野餐几乎没有花钱
	9. 丢失东西	在去旅游的火车上丢了墨镜
	10. 堵车的经历	大堵车困在路上吃吃喝喝和他人聊天
	11. 用手机做重要的事	用手机给学校新年晚会拍视频
	12. 帮助小孩	教小侄子系鞋带
	13. 工作/学习中的积极建议	领导教会我如何做好课堂管理
	14. 未实现的志向	读研究生
	15. 准备过的开心活动	为哥嫂即将出生的宝宝开派对
	16. 远距离步行	国家公园徒步旅行
	17. 别人讲述的故事	姐姐滑雪出事故的经历
	18. 有趣的讨论	远程办公和面对面办公选哪个
事物类	19. 保持健康的方法	学习搏击
	20. 帮助提高专注力的东西	听纯乐器演奏的音乐
	21. 让生活变得更好的发明	飞机
	22. 传统产品	筷子
	23. 节约时间的方法	同时做多个家务活节约时间
	24. 想要送朋友的礼物	禅意花园 (摆件)

	25. 别人送你的衣服	嫂子怀孕太胖穿不下的衣服
	26. 特别的蛋糕	朋友在送别我的派对上买的蛋糕
	27. 不喜欢的规则	高中时妈妈要求晚上 10 点前回家
	28. 印象深刻的一节课	兼职工作第一天培训课
	29. 有趣的歌曲	Coldplay 演唱《Viva la Vida》
	30. 帮助学习语言的工具	学习法语使用的变位工具书
	31. 坏掉又修好的东西	自己动手修好了被狗狗撞坏的门
	32. 向长者学习技能	向叔叔学习木工技能
	33. 生活中不可或缺的东西	收藏的书籍
	34. 免费物品	表姐给我的二手沙发
	35. 小时候喜欢的玩具	遥控直升飞机
地点类	36. 推荐他人居住的地方	青岛
	37. 安静的地方	乡下爷爷奶奶住的地方
	38. 重要河流/湖泊	太湖
	39. 一个去过的地方	台湾新北市
	40. 有趣的城市	澳门
	41. 乡村一隅	浙江城杨村东钱湖
	42. 想要的公寓或房子	有后院的大房子
人物类	43. 想共事的家人	希望和表姐一起从事国际商务谈判的工作
	44. 有趣的邻居	兴趣广泛的夜店歌手
	45. 享受的聊天对象/喜欢一起聊天的朋友	认识多年有很多共同爱好的朋友
	46. (国家/家乡)有名的人	毛不易
	47. 想共度时光的人	幽默又博学的当历史老师的舅舅
	48. 对社会有贡献的人	帮助问题少年及其家庭的社会服务人员
	49. 一见且想再见的人	跨年聚会上认识的新朋友
	50. 社交媒体上常刷的人	分享猫咪有趣视频的博主

Describe a time when you were very busy.

You should say:

When it was;

What you had to do during that time;

How you managed it;

And explain how you felt about being so busy.

1. 忙碌的经历

I'm going to talk about the day when my sister got **married**. It was **May 1st**. I was my sister's **maid of honor**¹. And I was asked to get up before **6 am** because there were **tons of** things that we needed to **prepare** for the wedding, and my **whole** family **had a tight schedule**² on that day. So it was a **super** busy day.

As a **bridesmaid**³, I had to do **whatever** my sister asked me to do, like helping her to get **ready** and welcoming the **guests**. What's more, the **wedding planner**⁴ said that we had to arrive at the wedding hall at **exactly 12 pm**.

So it means that I had to finish lots of little things **on time**. I was so **afraid** that I might **screw it up**⁵. So, a **week** before the wedding, I started to **plan** everything for the wedding ceremony with my sister. We **wrote out the schedule in details**, like **getting up** at 6am, taking the bride's **photo** at 8am and so on.

Actually, I still **felt rushed**⁶ when it came to the wedding day. **There was little time to rest** between all the tasks that needed to be completed. But the **good** news is that **everything went smoothly**⁷ that day. Honestly, I **hate** being busy because it makes me so **exhausted**. But I **didn't** feel tired that day because it was the most **important** day of my sister's life. As her little **sister**, I wanted to help her do **anything**!

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¹ maid of honor: 伴娘

² had a tight schedule: 日程安排的很紧张，很忙

³ bridesmaid: 伴娘

⁴ wedding planner: 婚礼策划师

⁵ screw it up: 把它搞砸

⁶ felt rushed: 感觉到很匆忙，感到做事情是急急忙忙地

⁷ everything went smoothly: 一切进行的都很顺利

Describe an important event you celebrated.

You should say:

What the event was;

When it happened;

Who attended the event;

And explain how you feel about the event.

2. 庆祝过的活动

I'm going to talk about the time I celebrated winning a **scholarship**⁸. It was **one of the best days of my life, to be honest**. If I remember right, this happened **two** years ago. I was in my **second** year of university and I had just gotten news that I won a **fancy** scholarship. **It turns out that** I was among **a handful of students**⁹ who achieved very **high** marks the year before. The scholarship was worth **a hefty amount of money**¹⁰, so I was **over the moon**¹¹ when I won it. Plus, it looks **great** on a resume.

My parents were also **thrilled** when they heard about my **big win**. They decided to take me out for a **nice** dinner. They even said I could **invite** a **friend** to come along with us. So I asked my best friend **Emma**, who said yes right away. She **cleared her schedule**¹² just so she could **make it**. I was really **touched** that they all **made such an effort to** celebrate with me.

The dinner itself was to die for¹³. It's such a **treat** to **enjoy a high-quality meal** with your **loved** ones. My parents also ordered a fancy **dessert**. I don't remember what it was **called**, but it was basically a really **elaborate cake**. It tasted **amazing**.

I felt really **grateful** that night, not just for the **scholarship** but for my **family** and my best **friend**. I appreciated their **support** so much. It made winning the scholarship **all the more exciting**¹⁴.

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⁸ scholarship: 奖学金

⁹ a handful of students: 极少数的学生

¹⁰ a hefty amount of money: 一大笔钱

¹¹ over the moon: 非常开心

¹² cleared her schedule: 取消了她的日程安排

¹³ The dinner itself was to die for: 那顿晚餐超级好吃

¹⁴ all the more....: 更加的...

Describe something that surprised you

You should say:

What it is;

How you found out about it;

What you did;

And explain whether it made you happy.

3. 让你惊讶的事情

Well, speaking of things I've experienced that have **surprised** me and made me **happy**, the **first** one that **comes to mind** is the time my friends **threw me a surprise party** for my **birthday** a few years ago. In order to keep it a **surprise**, they had to **lie** to me about it. At the time I was really **confused**, but it all **worked out in the end**¹⁵.

Basically, my friends had been **planning** this party for a few **weeks** before my birthday. On the day of my birthday, I asked my best friend **Sarah** if she could come over, but she said she was busy with **homework**. I tried not to get **too upset** about it. After all, people **lead busy lives**¹⁶.

Anyway, Sarah's **mom** is **friends with my mom**, which is **how** I heard that Sarah was planning to **have people over**¹⁷. That really **came as a blow to me**¹⁸. I was really **hurt**, to be honest. I didn't understand why she would **blow me off**¹⁹ and **lie** about what she was doing. It was my **birthday**, after all.

But **it turns out that** Sarah was actually getting the **surprise party** ready at her home. While I was upset with her, one of my friends **invited** me over, and I found that **all** my friends were at Sarah's house. That's **how** the party began, and I was **over the moon** when I figured out the **whole** truth. I'm really **thankful** to have such amazing friends. They really **made my day**²⁰.

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¹⁵ worked out in the end: 最后都搞明白了

¹⁶ lead busy lives: (每个人) 生活都很忙碌

¹⁷ have people over: 邀请人到 (她家)

¹⁸ came as a blow to me: 对我来说是个打击

¹⁹ blow me off: 回绝我

²⁰ made my day: 让我很开心

Describe a difficult decision that you once made but had a good result.

You should say:

- What the decision was;
- When you made your decision;
- How long it took to make the decision;
- And explain why it was difficult to make.

4. 困难但有好结果的决定

One **difficult** decision I made that had a **good** result is when I decided to move to **Shanghai** to teach for **two** years. This decision was difficult because I **had the option to**²¹ stay in my **hometown** and get a job near my friends and family, or go to Shanghai where I had **never** been before. I made this decision **shortly after**²² graduating from my education degree about **5** years ago. I had been offered a job at a school just in the **downtown** of Shanghai, and I decided to **take** it.

It took me a couple of **weeks** to really **consider all my options** and make this decision. **The biggest con**²³ for me was being so **far** away from my family for **an extended period of time**²⁴. I was also very **worried** about how I would meet **new** people and make friends. **In terms of the pros**²⁵, I knew that teaching in a **bigger** city with more **educational** resources would be an **amazing** opportunity and would **improve** my teaching skills overall.

Anyway, this decision was difficult to make because it **wasn't** a small decision like what to order or **dinner** or what to do on my next **holiday**; I was deciding where I would **live** for the next **2-3 years** of my life, **a decision that carried a lot of weight**²⁶. In the end, the years I spent in **Shanghai** were some of the **best** of my life. My teaching skills were **greatly enhanced** there, and it became **a great resume component for my subsequent job search**²⁷ back home. So I'm very **glad** that I went.

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²¹ had the option to: 我可以在(A 和 B 中间)做选择

²² shortly after: 在...不久之后

²³ The biggest con: 最大的弊端

²⁴ an extended period of time: 在很长一段时间里

²⁵ In terms of the pros: 至于优点...

²⁶ a decision that carried a lot of weight: 是一个很有分量的决定

²⁷ a great resume component for my subsequent job search: (这段经历成为了) 我之后找工作写简历时候一个重要的(出彩的) 部分

Describe a time when you were asked to give your opinion.

You should say:

When it was;

Why you were asked to give your opinion;

What opinion you gave

And explain how you felt about giving your opinion.

5. 别人向你寻求意见

Honestly, I've given my opinions to others **a ton of times** in my life. But one time I can think of right now is the time I gave my friend **Tom** a piece of advice.

It was about **a year** ago. When we were **hanging out** at a mall, he mentioned that he was really **frustrated** about work. I was **surprised** because he often says he **loves** his job of being a **programmer** at a big company. But he said he had a very **difficult** problem. He **was promoted to be**²⁸ a **team leader** of a project, which **was supposed to be** good. But he had to make the team **work overtime** very often for the project. So lots of the members were **pretty passive aggressive**²⁹ to him, which caused the project to be **behind schedule**³⁰.

I genuinely felt really **sorry** for him because I've experienced a **similar** situation before. So I told him that all of the **conflicts** actually **derived from**³¹ the **tight** schedule. I suggested that he should **stand up for**³² **himself** and his **team members** and talk with his boss about having a **less** stressful deadline. Otherwise, the **whole** team would **burn out**³³. I even helped him **plan out** how he should **present** the problem to his boss.

The **next** week when we met again, he told me **happily** that my advice **worked** and his boss agreed to **postpone the deadline**³⁴. So the team chemistry improved **a lot** as well. I was **over the moon** that I **could** help him out.

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²⁸ was promoted to be: 被提升为...

²⁹ passive aggressive: 消极攻击性的, 消极对抗性的

³⁰ behind schedule: 落后于预定计划

³¹ derived from: 来源于

³² stand up for: 站出来坚持、支持

³³ burn out: (精力) 耗尽

³⁴ postpone the deadline: 推迟截止日期

Describe a positive change in your life

You should say:

What the change was about;

When it happened;

Who helped you;

And explain how it affected you later in life.

6. 积极改变

Well, I have to say that I used to **lack self-control**³⁵, which was an obvious **weakness** of mine before. So the **positive** change I would like to talk about is that I started being **more self-disciplined**³⁶.

In the past, I **couldn't** control my **emotions** and **behavior** **in the face of**³⁷ temptations and impulses. For example, I love **online shopping**, but I **was always easily addicted to it**, which actually led me to waste a **great** deal of money. What's **worse**, I was bad at **time management**. As a result, I spent too much time on **entertainment** rather than **studying**. So the exam results were often **not** very satisfactory. **It really became a headache for me**³⁸.

Because of this, my parents used to **remind** me to **improve my willpower**³⁹, and I gradually noticed that I had to **change things up**⁴⁰. So I decided to do something **different** and **positive**. I began to work hard on **changing** myself **bit by bit**⁴¹. For example, I started to make a specific **daily schedule** every morning, and I also checked whether I'd **finished** all scheduled tasks every night.

I think it's a really **positive** change because I'm **way more productive** now. I have the ability to **focus** my mind and energy on my **goals** and **persevere until they are accomplished**⁴². And I became more **confident** as well. I believe I can do things **well**. You know, self-control is one of the most **important** factors for **achieving** my goals, whether they're **big** or **small**.

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³⁵ lack self-control: 缺乏自制力

³⁶ self-disciplined: 自律的, 严格要求的

³⁷ in the face of: 面对...

³⁸ It really became a headache for me: 这真的让我很头疼

³⁹ improve my willpower: 提高意志力

⁴⁰ change things up: 做出一些改变

⁴¹ bit by bit: 一点一点, 逐渐地

⁴² persevere until they are accomplished: 保持 (这个状态) 直到做完该做的事情

Describe a contest/competition you would like to participate in

You should say:

- What the contest/competition is about;
- Where the contest/competition will take place;
- When it will be held;
- And explain why you would like to participate in it.

7. 想参加的比赛

Well, I'm not a **super** competitive person, but **when it comes to** a **competition** I'd like to take part in, I'd have to say the **marathon** at my university **is my top choice**.

It takes place every **September**, when the weather's still **nice** outside, and even though it's open to **amateur**⁴³ runners, the competition is pretty **fierce**. My university is also by a local **gym**, so the invitation is open to **anyone** who works out there. That means you get **a wide variety of** people participating. For example, some are just **normal**, **everyday people**⁴⁴, but others are basically **professional** athletes. Plus, there are **tons** of people at my university who **love** running, so they can be pretty **ruthless**⁴⁵ when it comes to getting **first** place.

Anyway, I've **never** participated in a marathon before, but I know that to **prepare** for one, you have to practice **running** every day. You run a little farther **every time** so that you can **build up your endurance**⁴⁶. It's also a good idea to **do some strength training**⁴⁷.

As for **why** I'd like to take part in it...it's mainly because I'd love to experience what it's like to stick with a **group** of people on a **long** run. **It should be a thrill**⁴⁸. Besides, in order to participate in this **competition**, I have to keep **exercising** every day. Whether I will eventually **win** or not, it will definitely help me to **develop a good fitness routine**⁴⁹.

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⁴³ amateur: 业余的

⁴⁴ everyday people: 小市民

⁴⁵ ruthless: (说到夺冠)冷酷无情, 毫不退让

⁴⁶ build up your endurance: 锻炼 (提高) 忍耐力

⁴⁷ do some strength training: 做力量训练

⁴⁸ It should be a thrill: 应该会很刺激

⁴⁹ develop a good fitness routine: 养成良好的健身习惯

Describe a special day that you went out but didn't spend much money

You should say:

What day it was;

Where you went;

What you did;

And explain how you felt about it.

8. 外出花费甚少的一天

One day I went out but **didn't** spend much money was when two of my **friends** and I went to a **small town** about **forty minutes outside the city**⁵⁰ for the day. We **drove** so we didn't need to **pay** for a train or a bus, and we went on the **weekend** so **parking was half-price**⁵¹. We spent **most** of the day walking around the very **picturesque**⁵² little town, and we had **packed a picnic lunch**⁵³ to have in the park. We did pay for **coffees** when we arrived, but **beyond that**⁵⁴ we **didn't** need to spend any money at all.

Anyway, this town is called **Dongyi**. Although it was very **close** to where we lived, we had **never** visited before. We decided to make a **day** trip of it since we all had **no** plans on the weekend, and it was a **great** trip. We **started out by getting coffees** and going for a **walk** along the lakefront. It was the beginning of **summer**, so the weather was **perfect** for a walk. Then we **headed to**⁵⁵ the park for our **picnic lunch**. The park had a **big gazebo**⁵⁶ as well as a piano, which was **really** cool. Finally, we headed to the **main street** and **did some window shopping**⁵⁷ and **people-watching**⁵⁸ and just relaxed.

I felt very **happy** that we decided to take this day trip. I was also **impressed** that we did so without spending **too much** money. All in all, I had a **great** time and **I'd go back in a heartbeat**⁵⁹.

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⁵⁰ forty minutes outside the city: 出城到那里需要花 40 分钟

⁵¹ parking was half-price: 停车费半价

⁵² picturesque: 风景如画的, 独特的

⁵³ packed a picnic lunch: 提前打包好了野餐 (带过去吃)

⁵⁴ beyond that: 除此之外

⁵⁵ headed to: 前往

⁵⁶ gazebo: 眺望台

⁵⁷ did some window shopping: 随便逛逛 (只看不买)

⁵⁸ people-watching: 闲看, 看来来往往的人们

⁵⁹ I'd go back in a heartbeat: 我会想要很快再去那里玩

Describe an occasion that you lost something in a public place.

You should say:

What you lost;

When and where you lost it;

What you did to find it;

And explain how you felt about it.

9. 丢失东西

Speaking of a time that I **lost** something in a **public** place, the first one I can think of is when I lost my favorite pair of **sunglasses** while I was traveling through **Xinjiang**. I was on **summer** vacation and had **booked a trip through the south of Xinjiang by train⁶⁰** with my sister. We were **in the last stretch of our journey⁶¹**, which was a **train** ride from Ürümqi to Kashgar where we would stay for **four** days. When we **boarded the train⁶²**, I had my **sunglasses** on. During the train ride, I **took them off to take a nap⁶³**, and **at some point⁶⁴** they must have **fallen** to the floor because I **couldn't** find them as we were leaving.

These sunglasses were not only my **favorite** pair, but they also **cost me an arm and a leg⁶⁵**. I was **really** upset when we had to leave the train **without** them. I ended up calling the **train station** after we arrived at our hotel, and they said that they would **report** any found sunglasses to me. Unfortunately, **I never got a call**, so someone else on the train must have **taken** my sunglasses.

I felt very **disappointed** when I lost my sunglasses. I had to buy **new** ones **for the remainder of my trip⁶⁶**. I also **felt disappointed in myself**, because I'd **never** lost something that **expensive** or **important** before. **From that point on**, I have been a lot **more** careful about where I leave things when I travel.

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⁶⁰ booked a trip through the south of Xinjiang by train: 预定了一趟穿越新疆南部的旅程

⁶¹ in the last stretch of our journey: 在旅途的最后一段

⁶² boarded the train: 登上火车

⁶³ took them off to take a nap: 把眼镜摘下来打个盹

⁶⁴ at some point: 在某个时候

⁶⁵ cost me an arm and a leg: 花了我很多钱

⁶⁶ for the remainder of my trip: 在接下来的旅程

Describe a time when you had to wait in a traffic jam.

You should say:

When and where it happened;

How long you were stuck due to bad traffic;

What you did while waiting;

And explain how you felt when you were stuck in that traffic jam.

10. 堵车的经历

One time I had to wait in a **traffic jam** is when I was returning **home** from a **festival** I had attended in the **downtown** area of my city. My friends and I were there for the **whole weekend** and traveled back **Sunday afternoon**. There was an **accident** on the highway where a large truck had **jackknifed across four lanes**⁶⁷. Traffic was at a complete **standstill**⁶⁸ for miles while medical and emergency teams worked to **help** those involved in the accident and **clear the vehicle**⁶⁹.

We were stuck for about **three** and a **half** hours, so **what should have been a two-hour drive home became a five-hour drive**. Luckily, this was in the **summer**, so the weather was very **nice** and we were able to **turn the car off to save gas and sit outside**. Since everyone was **stuck**, we ended up **chatting** with the people in the cars stopped around us. We played some **music**, shared **drinks** and **snacks** and tried to **make the best of a bad situation**⁷⁰.

After around **two** hours, people started to get **tired** and **antsy**⁷¹. I felt quite **frustrated** but I also realized that **there was nothing to be done**⁷²; we just had to **wait** for the traffic jam to clear. My friends and I tried to play **games** and talk to **pass** the time, but **we were all exhausted by the time we were finally able to continue our drive**. The **rest** of the trip home was **uneventful**⁷³, and we needed a **lot** of coffee to stay awake, but we **made it** home.

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⁶⁷ jackknifed across four lanes: 横冲直撞穿过四条车道

⁶⁸ standstill: 停顿; 停止

⁶⁹ clear the vehicle: 清理车辆

⁷⁰ make the best of a bad situation: 在最坏的情况下要做到最好; 意指接受一个糟糕的情况, 并以最好的方式处理它

⁷¹ antsy: 坐立不安

⁷² there was nothing to be done: 没有什么可做的

⁷³ uneventful: 平安无事

Describe a time you used your cellphone to do something important.

You should say:

What happened;

When it happened;

How important the cellphone was;

And explain how you felt about the experience.

11. 用手机做重要的事

One time I used my cellphone to do something **important** is when I was **filming videos of the New Year show**⁷⁴ at school last year. The **gym** teacher Andrew usually does all the **filming** and **takes all the yearbook photos**⁷⁵, but at the **last** minute he **had a family emergency**⁷⁶ and **couldn't** come to the show. Luckily I had my **phone** and offered to **help out**. It was a **new** phone with a very **high-quality** camera, so **it worked out very well**⁷⁷. The end-of-year show involves performances from **every** grade level as well as **speeches** from the teachers. For **each** performance, I took 3-5 **pictures** and one **video**. Once we were **back** at school, I sent the files to **Andrew** and he **edited** them into a short video of highlights⁷⁸.

The phone was **important** because it was necessary to **document the show**⁷⁹. **Without** it, **I don't know what we would have done**, since some teachers **didn't** bring their phones to the event and others had **older phones with poor quality cameras**⁸⁰. Recording the end-of-year show is **very** important, because there are some **parents** and **family members** who **can't** attend **due to work or other commitments**⁸¹. The recording is a **way** to make people feel like they were **there** even if they couldn't be. I'm very **glad** that I had my cellphone on **me** and was **able** to **help out in this way**. The families and students were also very **pleased** when they **received** the videos.

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⁷⁴ filming videos of the New Year show: 拍摄新年晚会的视频

⁷⁵ takes all the yearbook photos: 拍摄所有 (人) 的年鉴照片

⁷⁶ had a family emergency: 家里有急事

⁷⁷ it worked out very well: 效果非常好

⁷⁸ edited them into a short video of highlights: 剪成一段简短的精彩集锦视频

⁷⁹ document the show: 记录这个演出

⁸⁰ older phones with poor quality cameras: 相机效果很不好的旧手机

⁸¹ due to work or other commitments: 因为工作或其他事情

Describe a time when you helped a child

You should say:

When it was;

How you helped him/her;

Why you helped him/her;

And how you felt about it.

12. 帮助小孩

One time I helped a child is when I was looking after my **4-year-old nephew**, Freddie. At the time, I was about to **take him out to play**. Then he said he **needed help tying his shoes**⁸². Actually, his parents had been trying to **teach** him to **tie his shoes** at home, but he **couldn't** remember exactly **how** to do it. I helped him by teaching him a **method** that my mom taught me when **I** was a child, which basically just involves **making bunny ears with the laces**⁸³ and then **having one lace go down the rabbit hole**⁸⁴. This is a **great** way to teach kids because it's **easy** for them to **remember**. **It took a few tries**⁸⁵, but after about **two weeks** Freddie was an **expert** and he could tie his shoes **without** help.

I **helped** Freddie because he needed someone to explain tying his shoes to him **in a way that is easy to understand and easy to remember**. I knew that if I **didn't** help him, he would **lose confidence in himself**, but by helping him I allowed him to feel **successful** and **confident** in his skills. Actually, I believe that **teaching** someone how to do something is always better than just **doing** it **for** them. I felt **happy** that I was able to **help** Freddie with this task. I also felt very **proud** of him when he **showed** me **just a short time later**⁸⁶ that he was **able** to do it **all** by himself.

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⁸² needed help tying his shoes: 需要别人帮忙给他系鞋带

⁸³ making bunny ears with the laces: 用鞋带做 (两个) 兔子耳朵

⁸⁴ having one lace go down the rabbit hole: 让一条鞋带跳进兔子洞

⁸⁵ It took a few tries: 试过几次

⁸⁶ just a short time later: 没过几天, 没过多久

Describe an occasion when someone gave you positive advice or suggestion about your work/study

You should say:

Who the person is

What he/she said

How the advice/suggestion affected you

And explain how you felt about the advice/suggestions

13. 工作/学习中的积极建议

One person who gave me **positive** advice about my work was **Zoey**, my first **teaching mentor**⁸⁷. Zoey was my **supervisor**⁸⁸ when I taught at the **first** school I worked at in Shanghai. She was **head of the languages department**⁸⁹ and I **worked under her**⁹⁰ when I taught French. Actually she was everyone's **favorite** teacher at that school. She was able to **push** students to do their **best** while still keeping them **happy and thriving**.

Anyway, Zoey gave me **lots** of advice over the years, but I think the one piece of advice that really **stuck with me**⁹¹ is when she told me one of her **secrets** of classroom management. She said that the **best** way to ensure your class **well-behaved** is to **start the year off very strict**⁹², and then **loosen up as time goes on**⁹³. Her reasoning was that if you set strict **boundaries** right from the **start**, students will learn **how** to behave. If their behavior is **consistently** good throughout the year, **only then can you**⁹⁴ loosen up and be **less** strict with them.

This advice affected me for **years** and **still** affects me today. When I meet a **new class**, I always **hear Zoey's voice in my head**⁹⁵ telling me to be strict, **stricter** than I think I should be. So far her advice has **never steered me wrong**⁹⁶, and I owe a **lot** of my classroom management skills to her. I'm **very** grateful to Zoey for **sharing** her wisdom with me.

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⁸⁷ teaching mentor: 教学指导老师

⁸⁸ supervisor: (教学) 主管

⁸⁹ head of the languages department: 语言系主任

⁹⁰ worked under her: 在她手下工作

⁹¹ stuck with me: 让我一直记着

⁹² start the year off very strict: 非常严格的开始新的一(学)年

⁹³ loosen up as time goes on: 随着时间的推移再逐渐的放松(放宽)

⁹⁴ only then can you: 只有这样你才可以...

⁹⁵ hear Zoey's voice in my head: 她所教会我一直萦绕在我耳边

⁹⁶ never steered me wrong: 从来没有导致我犯错

Describe an ambition you haven't yet achieved

You should say:

- What your ambition is;
- How long you have had this ambition;
- How you plan to achieve it (or what you have done);
- And explain why you haven't achieved it yet.

14.未实现的志向

When it comes to an **ambition** I haven't achieved yet, the first thing that comes to mind is going to **graduate school**⁹⁷. I'm not sure if I want to do a **two-year** degree or something longer, but I know that I want to **continue** my studies. I've always been passionate about **biology**. It was my **favourite** subject in high school, and it was also my major in **university**. I always did really **well** in it. But after graduating, I **wasn't** sure what to do with my life.

It's **not** too hard to find jobs in my field, but it would be **easier** if I had a graduate degree. The only problem is that I have to **take the postgraduate entrance examination**⁹⁸, which is **really** hard. There are a few schools I would **love** to go to. But for some of the **programs**, I would have to go to the **foreign** universities that provide them. It's a **pretty daunting**⁹⁹ idea. So I've been **putting it off**¹⁰⁰ for a year now.

However, I really do want to keep **studying** biology and **expand my knowledge**. In the last few **months**, I've **put together a solid plan**¹⁰¹ to make this dream come true. First, I need to **get in touch with my professors to get references**¹⁰². Plus, I've been lucky enough to study with some **great** researchers, so I'm sure that **having them in my corner**¹⁰³ would be really **helpful**. Secondly, I need to **save up** so that if I have to study **abroad**, I'll be able to **take some of the financial burden off Mom and Dad**¹⁰⁴. It'll take **some time** to make this plan work, but I'm **dedicated**.

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⁹⁷ going to graduate school: 读研究生

⁹⁸ take the postgraduate entrance examination: 考研

⁹⁹ daunting: 令人生畏的, 望而却步的

¹⁰⁰ putting it off: 延后, 推迟

¹⁰¹ put together a solid plan: 制定出一个可靠的计划

¹⁰² get in touch with my professors to get references: 和教授们联系获得推荐信

¹⁰³ having them in my corner:

¹⁰⁴ take some of the financial burden off Mom and Dad: 为爸妈减轻经济负担

Describe a happy event you organized.

You should say:

What the event was;

Where you had it;

Who helped you to organized it;

And explain how you feel about it.

15. 准备过的开心活动

I'm going to talk about the **baby shower**¹⁰⁵ I organized for my **sister-in-law**. **If memory serves correctly**, this event happened a few **months** ago. I decided to have the shower at my brother's **home**, since his house is **huge** and it's **easy** to decorate. My sister-in-law and I have been **close** ever since she started **dating** my brother. When they told me that they were having a **baby**, I was **over the moon**¹⁰⁶. I **volunteered to organize** the baby shower right away.

Of course, my brother and my other siblings **pitched in**¹⁰⁷ to make it **happen**. I **delegated**¹⁰⁸ tasks to **everyone** and made sure that we **got everything in place**¹⁰⁹ before the big day. We got **lots** of cupcakes and other cute desserts for the event. Plus, we thought of some **games** that we could all play together. **When it came time for the event**, we were all **bouncing off the walls with excitement**¹¹⁰. I even made **predictions** about what their **baby** will look like based on the new parents' **photos**, which made everyone **bust a gut**¹¹¹. Anyway, all the games went over **well**, and everyone enjoyed the sweet desserts we had. All in all, it was such a **fun** day hanging out with family and enjoying each other's **company**.

I was **happy** that I could help **put together** such a **great** event. It was **wonderful** to spend the day **celebrating** my sister-in-law and **the new family member that's on their way**. I hope I can organize **more** events like this in the future.

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¹⁰⁵ baby shower: 在孩子出生前举办的派对

¹⁰⁶ over the moon: 非常开心

¹⁰⁷ pitched in: 出一份力，参与，提供帮助

¹⁰⁸ delegated: 下放权力；意指给每个人分配了任务

¹⁰⁹ got everything in place: 一切就绪

¹¹⁰ bouncing off the walls with excitement: 兴高采烈

¹¹¹ bust a gut: 爆笑，笑翻了

Describe a long walk you had.

You should say:

When this happened;

Where you walked;

Who you were with;

And explain how you felt about this long walk.

16. 远距离步行

One really **long** walk that I took was when I was **hiking** with my friend. We had done a **cross-country road trip**¹¹², and we stopped at **different** places to walk, hike, or just sit and enjoy the view. This particular hike was in a place called **Mountain Lu** National Park. The hike starts with an **easy** walk through **slightly rocky terrain**¹¹³ and into the **forest**. Then you have to hike **uphill**¹¹⁴ for quite a while, until you end up at the **top** of the mountain. The view was **absolutely stunning**. On the way **back**, you walk **downhill** the same way you came.

My friend Penny and I **completed this hike as part of our vacation**, and **in total**¹¹⁵ it took about **five** hours. We stopped **halfway** through for a break and lunch, and some **squirrels** looked at us from the trees, which was so **cute**. In the forest, we saw many **different** types of trees and vegetation, and **crossed rivers and streams**¹¹⁶. It was very beautiful, and luckily we went in the **springtime** so the weather was nice too.

Penny and I really **enjoyed** this walk, even though we were both **exhausted** by the end of it. By the time we got up to the **top** of the mountain, we needed to take a **break** since our legs were **sore** and **tired**. **Nonetheless**¹¹⁷, we felt very **accomplished** for having completed such a difficult hike, and we were **happy** that we decided to go.

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¹¹² a cross-country road trip: 越野公路旅行

¹¹³ slightly rocky terrain: 有稍多岩石的地形

¹¹⁴ uphill: 向上的, 上坡

¹¹⁵ in total: 总共

¹¹⁶ crossed rivers and streams: 跨越了河流和小溪

¹¹⁷ Nonetheless: 尽管如此

Describe a story someone told you and you remember.

You should say:

- What the story was about;
- Who told you this story;
- Why you remember it;
- And explain how you feel about it.

17. 别人讲述的故事

One **story** that someone told me is when my **sister** told me about her **skiing accident**. My sister went to a **different** college than me, and they got to **go on a yearly overnight ski trip**¹¹⁸. **Everyone** really looked forward to this trip, and my sister talked about it **every** year. She was so **excited** to go, and she always had a really **good** time with her friends at college.

One year, **the ski trip didn't go so well** for my sister. She wanted to try some more **difficult runs**¹¹⁹ that she hadn't skied before, and her ski instructor advised her to **be extra cautious**. My sister is **not someone who would ever be described as cautious**, and this ski trip **was no exception**¹²⁰. She **went at this run full speed**¹²¹, and ended up skiing straight into a **tree**! She broke both of her **legs** in the accident.

I always **remember** this story because even though it was **scary** to hear the first time, my sister is **a really good sport**¹²² and she talks about it now mostly as a **joke**. I also like this story because I think it can teach people a **good** lesson about **knowing your limits**¹²³, and **not taking unnecessary risks**. My sister was **lucky** because she healed completely and was back to skiing within a year, but some people unfortunately **are not as lucky**. This is a story that hopefully reminds people to **always** be cautious.

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¹¹⁸ go on a yearly overnight ski trip: 每年一次通宵滑雪的旅行

¹¹⁹ runs: 滑道

¹²⁰ was no exception: ...也不例外

¹²¹ went at this run full speed: 全速前进

¹²² a really good sport: (形容人) 输得起的人, 看得开的人

¹²³ knowing your limits: 清楚自己的极限

Describe an interesting discussion you had with your friend (as part of your work or studies).

You should say:

- What the discussion was about;
- What opinions you and your friend had;
- What was the result of the discussion;
- And why you think the discussion was interesting.

18. 有趣的讨论

One **interesting** discussion I had with my **friend** was when we were discussing **remote vs. in person work**¹²⁴. This is a very interesting topic that has **gained a lot of international attention** lately due to the increasing number of people who are working remotely as a result of the **COVID-19 pandemic**¹²⁵.

This topic came up when my company asked **all** the employees to complete a questionnaire. My **coworker**, who is also my **friend**, **debated with me about the pros and cons of** working online compared to working in an office.

According to my friend, working from home **offers many more advantages** than working from an office, **namely**¹²⁶ **flexibility** and better work/life **balance**. In my opinion, I would say that working from the **office** is actually better than working from home. Working from an office gives you an opportunity to **collaborate with** your coworkers and contact your **superiors**¹²⁷ when you need them. I also enjoy **the social aspect** of working from an office. My friend argued that you can still **contact** your coworkers very **easily** from home, and she **doesn't** care as much about the social aspect.

In fact, I've noticed **many** companies that have been **conducting surveys of their staff**¹²⁸ to see how many people want to **return** to the office, and the responses are just about **split down the middle**¹²⁹. It seems like people all over the world have been having the **same** debate as us. I think this was an **interesting** discussion because we had **very** different perspectives. Personally, I really hope to get back to work at an **office** one day where I can meet my coworkers **in person**.

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¹²⁴ remote vs. in person work: 远程办公和面对面办公的比较

¹²⁵ COVID-19 pandemic: 新冠疫情大流行

¹²⁶ namely: 即, 也就是说

¹²⁷ superiors: 上级, 上司

¹²⁸ conducting surveys of their staff: 对员工进行调查

¹²⁹ split down the middle: (回答) 一半一半; 两种观点各占一半

Describe something you do to keep fit and healthy

You should say:

- what it is
- how often you do it
- how you do it (or, how easy or difficult it is to do)
- and explain how it helps to keep you fit.

19. 保持健康的方法

One thing I do to keep fit and healthy is **kickboxing**¹³⁰. I started taking kickboxing classes **three** years ago. I used to go **as often as 2-3 times a week**, but now I am so **busy** at work that I only go **once** every two weeks. I **first** started taking kickboxing classes because I wanted something **fun** to do to keep fit that was also **a form of self-defense**. Kickboxing seemed like **the perfect fit**¹³¹.

Kickboxing can be **difficult**, but I signed up for a **beginner** class where everyone **works at their own level**¹³². Every exercise they teach you **has modifications available**¹³³, so that if something is too **advanced** or too **easy** for you, there is **another** option readily available. The classes did get more **challenging** **as time went on**, but I **appreciated** this because it helped me get **stronger** and more **skilled**.

Kickboxing helps keep you fit because **it incorporates aspects of both cardio and weight training**¹³⁴. The classes **get your heart rate up**¹³⁵, but they also teach you how to work your **muscles**. When I was doing it **multiple** times a week, **I was probably the most fit I have ever been in my life**¹³⁶. Now that I do it **less often**, **I don't feel the effects as much**¹³⁷, but I really **enjoy** it nonetheless. I also really like the **structure** of the class; I don't know a lot about **personal fitness**, so having an **instructor** tell me exactly what to do and how is **super** helpful.

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¹³⁰ kickboxing: 搏击

¹³¹ the perfect fit: 最适合的, 最佳选择

¹³² works at their own level: 每个人根据个人实际水平进行不同等级的学习和锻炼

¹³³ has modifications available: 都有修改的余地, 有可调整的余地

¹³⁴ it incorporates aspects of both cardio and weight training: 将有氧运动和力量训练结合了起来

¹³⁵ get your heart rate up: 让你心跳加速

¹³⁶ I was probably the most fit I have ever been in my life: 我觉得那时候我的身体状态是最佳的

¹³⁷ I don't feel the effects as much: 那种 (最佳的) 身体状态我感觉得不是那么明显了

Describe something that can help you concentrate on work/study.

You should say:

What it is;

How does it help you;

What do you think about it;

And explain why you think it is helpful

20. 帮助提高专注力的东西

One thing that helps me **concentrate** on work and studying is **instrumental music**. I find that if I try to **study in complete silence**¹³⁸, **my thoughts start racing**¹³⁹ and I get **easily** distracted. If I listen to the **radio** or **regular** music, I get **too** distracted and I end up **singing along to the words**¹⁴⁰ instead of focusing on what I am studying. So, instrumental music is the **perfect** solution because **it fills the silence**¹⁴¹ but it is **not** distracting.

I usually choose an instrumental music **track** that **creates ambiance**¹⁴², such as **classical** music or modern music in a **classical** style. I also like to choose a track that includes either **rainfall** sounds or **ocean** sounds. I like to create a very **relaxing** atmosphere when I'm working or studying because it makes me feel **less** stressed. If I **have a big deadline coming up**¹⁴³ and a **lot** of work to do, I feel better about it in a **calm** environment. Instrumental music helps me create **that** environment.

I think that music is helpful because it **activates an important part of your brain**¹⁴⁴. **There are even studies that have been done that** indicate the **benefits** of listening to **classical** music while studying. For me, it is something that I have been doing for **years** and will **continue** to do, because as **far** as I can tell, **it works like a charm**¹⁴⁵. It helps me concentrate **when my mind might like to wander elsewhere**¹⁴⁶.

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¹³⁸ study in complete silence: 在完全安静的环境下学习

¹³⁹ my thoughts start racing: 我思想开始开小差

¹⁴⁰ singing along to the words: 听着歌词跟着开始一起唱

¹⁴¹ it fills the silence: 它填补了沉默, 意指不会让你觉得周围环境太过于安静

¹⁴² creates ambiance: 营造氛围

¹⁴³ have a big deadline coming up: 有很重要的事情需要收尾

¹⁴⁴ activates an important part of your brain: 激活大脑的某个重要的部分

¹⁴⁵ it works like a charm: 效果很好, 起到了很好的作用

¹⁴⁶ when my mind might like to wander elsewhere: 当我心不在焉的时候

Describe an invention that has changed the world in a positive way.

You should say:

What it is;

What benefits it has brought;

How it influences people of different ages;

And explain how it changed people's lives.

21.让生活变得更好的发明

One **invention** that changed the world in a positive way is the **airplane**. I don't think that when they were playing around with **the first ever prototype of the modern airplane**¹⁴⁷, the **Wright brothers**¹⁴⁸ could have imagined the **impact** that their invention would have on the world. Airplanes have **made a huge impact in**¹⁴⁹ both the **military** and **public** sectors. They **have been a huge asset in**¹⁵⁰ both **world wars**, and they can also **provide disaster relief and evacuations**¹⁵¹.

In our **daily** life, everyone knows someone who flies **frequently** or works for an **airline**. Traveling by **plane** has **become the norm**¹⁵² these days. In the past, crossing an **ocean** would take **months** by ship, and often the journey **was wrought with shipwrecks**¹⁵³, storms, and disease. Now, crossing an ocean takes just one **short** plane ride. So, since the **invention** of the airplane, life has become **very** convenient.

Anyway, people of **all ages** can benefit from planes, because they are a way to **bring people together**. Families who live **far apart** can visit each other **whenever** they want. People can also **take vacations to far off locations**. Although there are some **drawbacks** to air travel, such as the **environmental** impact and the spread of **disease**, overall I think **there are more benefits than drawbacks**¹⁵⁴. Many people now rely on **air travel** for business, study, or travel, and cannot imagine their lives **without** it. It is definitely one of the most **important** inventions in the **history** of humankind.

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¹⁴⁷ the first ever prototype of the modern airplane: 第一架现代飞机的原型机

¹⁴⁸ Wright brothers: 莱特兄弟

¹⁴⁹ made a huge impact in: 在...产生了巨大的影响

¹⁵⁰ have been a huge asset in: 在...是非常有价值的东西

¹⁵¹ provide disaster relief and evacuations: 提供救灾和疏散撤离人员方面 (的帮助)

¹⁵² become the norm: 成为常态; 变成常事

¹⁵³ was wrought with shipwrecks...: 伴随着沉船 (等其他灾难事故)

¹⁵⁴ there are more benefits than drawbacks: 好处多过缺点

Describe a traditional product in your country

You should say:

- What it is;
- When you tried this product for the first time;
- What it is made of;
- And explain how you feel about it.

22. 传统产品

One traditional product in my country is **chopsticks**. Chopsticks are made of **wood**, **bamboo** or **plastic**. Traditionally, they were also made of **ivory** and precious **metals**, and could be very **valuable**. Chopsticks are **used for many different types of cuisine** in China. They are a **staple**¹⁵⁵ in many **households**, and, if used **properly**, are much more **efficient** than **the fork and knife method**¹⁵⁶ used by many **Western** countries.

If memory serves correctly, the **first** time I tried this product, I was only **4** years old. My mother had made a **huge** dinner to **celebrate the Lunar New Year**¹⁵⁷, and I wanted to **be like the grown-ups**¹⁵⁸ and use chopsticks. My older **brother** had been using chopsticks for **years**, and I felt **ashamed** that I didn't know **how** to use them. My mother warned me that it might be **difficult** at first, but I was determined to try as **soon** as possible. **As it turns out**¹⁵⁹, she was **right**; it was really **tough** to use them. To use chopsticks, you **hold** them between your **thumb** and **fingers**, and open and close them to **pick up** food. Although it is very **easy** to do once you're **used to** it, sometimes **it takes a while to learn**. For me, **I wasn't fully comfortable** using them until I was about **five**.

Now chopsticks are the **cutlery**¹⁶⁰ I use the **most**. I basically use chopsticks for **every** meal. They are very important in my **culture**, and they are now a part of my **everyday** life.

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¹⁵⁵ staple: 主要物品; 常用品

¹⁵⁶ the fork and knife method: 刀叉法; 指用刀叉吃饭的方法

¹⁵⁷ celebrate the Lunar New Year: 庆祝农历新年

¹⁵⁸ be like the grown-ups: 像大人一样

¹⁵⁹ As it turns out: 结果证明

¹⁶⁰ cutlery: 餐具

Describe a way/change that helps you save a lot of time

You should say:

What it is;

How you implement it;

How it helps you save time;

And explain how you feel about the way (about your change)

23. 节约时间的方法

One **shortcut**¹⁶¹ that I have come up with to save **time** is **doing multiple** household chores at once¹⁶² in order to get **more** done. It's basically just **multitasking**¹⁶³, but **for whatever reason**¹⁶⁴, I had **never** thought to do it until **recently**. It used to take me **all** day to do my chores, or even **two** days, but now I do them more **efficiently**. One way that I save time on chores is to **have the dishwasher running**¹⁶⁵ while **cleaning** the kitchen. That way when the **dishes** are finished and ready to **put away**¹⁶⁶, the whole kitchen is **already** clean. I will also **do the laundry** while I'm cleaning the **bathroom** or **mopping the floors** to save time. Finally, if I'm **taking out the garbage**¹⁶⁷, I will take out the **recycling** at the same time. All of these **little** things help me save time.

I started **implementing**¹⁶⁸ this change a few **weeks** ago when I moved into a **new** apartment **on my own**. Before, when I lived with **roommates**, we would always **share** the chores and housework so it **didn't** feel too **overwhelming**¹⁶⁹. Once I started living **alone**, I found that I was spending more of my **free** time than I would like on **housework**. I needed to find a more **efficient** way to do things, and I'm **glad** I did. Overall, this way of doing things has saved me **countless** hours and helped me reduce a **lot** of stress.

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¹⁶¹ shortcut: 捷径

¹⁶² doing multiple household chores at once: 同时做多件家务

¹⁶³ multitasking: 多任务处理; 一心多用; 同时处理几件事

¹⁶⁴ for whatever reason: 不管什么原因

¹⁶⁵ have the dishwasher running: 让洗碗机运作起来

¹⁶⁶ put away: (把洗好的碗筷) 收起来

¹⁶⁷ taking out the garbage: 扔垃圾

¹⁶⁸ implementing: 实施; 使用

¹⁶⁹ overwhelming: 繁重; (心理) 疲劳

Describe a gift you would like to buy for your friend.

You should say:

What gift you would like to buy;

Who you would like to give it to;

Why you would like to buy a gift for him/her;

And explain why you choose that gift.

24. 想要送朋友的礼物

One gift that I would like to buy for my friend is a **zen garden**¹⁷⁰. I have seen **lots** of people buy little indoor zen gardens. Sometimes these include a **rock garden**, a **bonsai tree**¹⁷¹, or other types of plants. Some even have **lights** or **water fountains**¹⁷². I would like to give this gift to my friend **Penny** from work, because she is leaving soon to **pursue a new career**. Penny has been an **amazing** coworker and friend, and I wanted to get her something **special** to celebrate her new job.

I chose a zen garden because I know that Penny is really **nervous** about her new job, and I wanted to choose something that would be **relaxing** for her and **bring her comfort**¹⁷³. She can decide whether she brings the garden into her **office** or keeps it at **home**. Penny **loves** plants, so I know that she will be **happy** about this gift. I am not sure **where** I want to buy the zen garden yet; I'll have to **look around at** a few **different** local shops and choose one that I think **suits her best**¹⁷⁴.

My **parents** have always had plants and zen gardens around our home because it makes us feel **relaxed** and **creates a calm, peaceful ambiance**¹⁷⁵. I hope that by purchasing a garden for **Penny**, her home will **feel tranquil**¹⁷⁶ and **relaxing** as well. As she told me, this is a very **stressful** time for her, so I want to help her feel **better** as she **embarks on this new chapter of her life**.

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¹⁷⁰ zen garden: 禅宗花园

¹⁷¹ bonsai tree: 盆栽

¹⁷² water fountains: 喷泉

¹⁷³ bring her comfort: 让她觉得舒适

¹⁷⁴ suits her best: 最适合她的

¹⁷⁵ creates a calm, peaceful ambiance: 创造一种平静安宁的氛围

¹⁷⁶ tranquil: 平静的, 宁静的

Describe a piece of clothing you have that was given by someone.

You should say:

What it was;

Who gave it to you;

When you got that;

And whether you liked it or not.

25. 别人送你的衣服

I'm going to talk about a **coat** that my **sister-in-law**¹⁷⁷ gave to me. **If my memory serves me right**, I **visited** my brother's family in the same month last year, when my sister-in-law just got **pregnant**. I even lived there **for a short while**.

Because my brother and I live in the **different** cities, we actually don't meet **on a regular basis**¹⁷⁸. So, **that** time was the **2nd** time I met his wife, we talked a lot and we really **hit it off**¹⁷⁹. While we were **talking**, she took a piece of clothing out of the **drawer** and asked me to take it. She **cannot** wear it because of pregnancy.

It is a **Korean** style long **jacket** and it looks **simple and elegant**. She said she only wore it **once** and **now she's too big to wear it anymore**¹⁸⁰. I happened to **appreciate** that **style**, so I **accepted** this gift. **In addition**, I was wearing that jacket for the **whole** autumn and some of my friends even asked me **where** I bought it, so it seems it's **worthy** to have this jacket with me.

As for my **feeling**, firstly, it is a **good** thing that friends and family members **exchange** their clothes, which **brings people closer together**¹⁸¹ and we trust each other **very much**. Besides, it shows the spirit of **frugality**¹⁸² to give the items you **don't** need to others, and **it reveals the value of the item again**. So why not?~

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¹⁷⁷ sister-in-law: 嫂子

¹⁷⁸ on a regular basis: 定期的, 经常的

¹⁷⁹ hit it off: 合得来

¹⁸⁰ now she's too big to wear it anymore: 现在她太胖穿不下了

¹⁸¹ brings people closer together: 拉近人们之间的距离

¹⁸² frugality: 节俭

Describe a special cake you received from others.

You should say:

When it happened;

Where it happened;

Who you got the cake from;

And explain why it's a special cake.

26. 特别的蛋糕

One **cake** I received from others that I really **appreciated** was when my **friends** got me a cake at my **going away party**¹⁸³ a few years ago. I was moving from my **hometown** to **Beijing**, and they **threw me a surprise party to say goodbye**¹⁸⁴. My friend Penny took me out to dinner, and when we got to the restaurant it **had been booked out just for us**¹⁸⁵, and **all** my friends were there.

The restaurant was called The **Sweet Palace**, and it has always been one of my **favourite** restaurants. They serve a variety of **different** types of food, and they are very **well known** for their **desserts**, which I think is **why** my friends chose it for the party. Penny had requested a **special** cake for me with my favourite flavours: **chocolate** and **hazelnut**¹⁸⁶! It was a chocolate **sponge cake**¹⁸⁷ **layered with hazelnut buttercream filling**¹⁸⁸, and **covered in a dark chocolate ganache**¹⁸⁹.

On the cake, my friends asked the restaurant to **write Bon Voyage in beautiful calligraphy**¹⁹⁰, to wish me **well** on my trip. We took **many** pictures that night so that we would remember what a **fun** going away party it was, and the cake is in **most** of the pictures. It was so **pretty**, and **delicious**. **Everyone** loved it. When the restaurant staff **brought it out**, they had even **put sparklers on it**¹⁹¹! Anyway, I will **always** remember that party, and whenever I have to throw a party I remember that The **Sweet Palace** is a great place to order a cake.

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¹⁸³ going away party: 欢送会

¹⁸⁴ threw me a surprise party to say goodbye: 给我办了一个意外惊喜的派对来欢送我

¹⁸⁵ had been booked out just for us: 餐厅已经被我们自己人定光了

¹⁸⁶ hazelnut: 榛子

¹⁸⁷ sponge cake: 海绵蛋糕

¹⁸⁸ layered with hazelnut buttercream filling: 多层榛子奶油的夹心

¹⁸⁹ covered in a dark chocolate hazelnut buttercream ganache: 涂上了黑巧克力榛子酱

¹⁹⁰ write Bon Voyage in beautiful calligraphy: 用漂亮的字体写着一路顺风

¹⁹¹ put sparklers on it: 在(蛋糕)上面放烟花

Describe a rule that you don't like

You should say:

What it is;

Why you don't like it;

How others feel about the rule;

And explain whether you've followed the rule.

27. 不喜欢的规则

One rule that I **don't** like is when I was in **high** school, my mom had a rule that I **had to be home** every night by **10:00pm**. If I was **late**, she wouldn't let me see my **friends** for two weeks. I really **hated** this rule because sometimes I **didn't** even **get to see** my friends until 8:30 or 9:00, because I often needed to study at the **library** after school. So by the time I **met up with** my **friends**, I could only spend **an hour or so**¹⁹² with them until I had to come home for **curfew**¹⁹³.

The **worst** part about this rule was that it was for **weeknights** and **weekends**. Most of my friends had a curfew of **12:00am** on weekends, so I **felt left out**¹⁹⁴ when they would hang out later than I could hang out. Now that I'm **older**, I **understand** my mother's point of view **a bit more**; she was **overprotective**¹⁹⁵, and she wanted to protect me and make sure that I **stayed on track**¹⁹⁶ with my studies and my social life. She thought that the **more** time I spent at home, the **safer** I would be. To be **honest**, she was probably **right**.

I always **followed** that rule even though I hated it, because I **respected** my mom and trusted that **she would always do what was best for me**. Some rules you just **have to** follow, even if you **don't** agree with them.

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¹⁹² an hour or so: 一个小时左右

¹⁹³ curfew: 宵禁

¹⁹⁴ felt left out: 感觉自己被冷落了

¹⁹⁵ overprotective: 过度保护的

¹⁹⁶ stayed on track: 保持在正轨上

Describe a lesson you remember

You should say:

What the lesson was about;

Where you had it;

Why you remember it;

And explain how you feel about the lesson.

28. 印象深刻的一节课

One **lesson** I remember is when I learned **how** to do my first job. I **worked part-time at a grocery store and bakery** throughout university, and I was about **18** when I first started working. I **remember my first day of training like it was yesterday¹⁹⁷**, because I was **nervous** about it. I was so **scared** of making a mistake. I learned a **lot** of lessons on the first day, but the one that **stuck with me¹⁹⁸** is when I learned how to make a **cappuccino**.

At the **bakery**, I **had many different responsibilities¹⁹⁹**. The cafe was always **busy**, and so I was trained very early on to make specialty **drinks**, including lattes, cappuccinos, and espressos. At first, I was **terrible** at this job. **Every single task** seemed **impossible**, from steaming the **milk** to **brewing the espresso²⁰⁰**, to **the presentation of the drink**. It took a **long** time, and a lot of **patience** from my coworker who was training me.

I remember this lesson because learning to **make proper specialty coffees²⁰¹** is a skill that I have used **all** my life. I eventually got my **own espresso machine** and made coffees at **home**, just like I **used to** at work. Although at the time I felt **frustrated** and **hopeless**, I'm so glad that I **persevered** and was able to **perfect my skills²⁰²**. In fact, a few **months** later, I even became the person at work who would train **new** staff at the coffee station.

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¹⁹⁷ remember...like it was yesterday: 对...记忆犹新

¹⁹⁸ stuck with me: 让我难忘的

¹⁹⁹ had many different responsibilities: 有很多不同的需要做的事

²⁰⁰ brewing the espresso: 冲泡浓缩咖啡

²⁰¹ make proper specialty coffees: 制作地道的特色咖啡

²⁰² perfect my skills: 完善我的技能

Describe an interesting song.

You should say:
What the song is;
What story the song tells;
Whether the song is popular;
And explain why you think it is interesting.

29. 有趣的歌曲

When it comes to an **interesting** song, the first one that comes to mind is “Viva la Vida” by Coldplay, which is a British **rock** band. If memory serves correctly, the song came out in **2008**. It was a **huge hit**²⁰³ that year. There are **lots** of layers to the song²⁰⁴ that make it really **captivating**.

The title actually means “**Long Live Life**” in Spanish. Basically, the song tells the story of a **king** who’s **lost** his kingdom. He’s singing about losing his place in **life** and how the **best** days of his life have passed. He mentions how even though he had so much **status**, it **didn’t** really matter. It sounds really **depressing**, but it actually **makes some good points**²⁰⁵. The lyrics point out how you **can’t become obsessed with material things**²⁰⁶. In the end, we’re all just **human beings** who have to deal with our **emotions** and focus on what’s really **important**.

Like I mentioned²⁰⁷, the song was **really** popular. It’s one of Coldplay’s **best-known** songs. Even though it’s been **years** since it came out, I can still remember **every word** when I hear it on the radio. They still play it at their **concerts**, even though it’s around **fourteen** years old. I think the song is so popular because even though it’s really **moody**²⁰⁸, it makes people think about what they **value** in life. That’s why it’s **interesting**. Plus, the melody is really **catchy**²⁰⁹. It just **gets stuck in your head**²¹⁰.

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²⁰³ a huge hit: 大受欢迎

²⁰⁴ There are lots of layers to the song: 这首歌很有层次感, 有很多层次

²⁰⁵ makes some good points: 提到一些很好的观点

²⁰⁶ can’t become obsessed with material things: 不能沉迷于物质

²⁰⁷ Like I mentioned: 如我所说

²⁰⁸ moody: 令人悲伤的

²⁰⁹ catchy: 悦耳的

²¹⁰ gets stuck in your head: 一直在你脑海中挥之不去

Describe something that helped you learn a language.

You should say:

What it is;

What language you learned;

How it helped you learn the language;

And how you felt about it.

30. 帮助学习语言的工具

One tool that helped me learn a language is the **Bescherelle**²¹¹ that I used when learning **French**. **Originally**, Bescherelle was **a book of verb conjugations**²¹², but nowadays there is a **website** and even an **app**. As a tool, Bescherelle is very **useful** for helping people **perfect their French verb conjugations**²¹³ and **expand their skillset**. I **used it in combination with**²¹⁴ a **dictionary** the entire time I was learning French, and I recommend it to my **friends** to use as well.

When learning a **new** language, I find that it is really **important** to **have my different strategies and tools at your disposal**²¹⁵. The Bescherelle was one of my **favourite** tools because it took my **writing** and **grammar** skills **to the next level**; without it, I would have probably **never progressed very much in** my French language learning. Verb conjugations are really **difficult** to learn, especially in French because they have so many **irregular verbs**²¹⁶ that do not follow the usual grammar rules. With the Bescherelle, I never had to **guess** what the correct verb conjugation should be.

I felt very **relieved** when I figured out **how** to use the Bescherelle and understood how **easy** it was. It helped me for **years**, and I think I would have had a much more **difficult** time learning the language **without it**. **Not everyone is cut out to**²¹⁷ learn **another** language, **but for the few that are**²¹⁸, finding the **right** tools is absolutely crucial.

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²¹¹ **Bescherelle**: **Bescherelle** 法语动词变位词典

²¹² **a book of verb conjugations**: 讲动词变位的书

²¹³ **perfect their French verb conjugations**: 更好的完善 (人们对) 法语动词变化的理解

²¹⁴ **used it in combination with**: 与...搭配使用

²¹⁵ **have my different strategies and tools at your disposal**: 有适合自己的不同的学习策略和工具为你所用

²¹⁶ **irregular verbs**: 不规则动词

²¹⁷ **Not everyone is cut out to**: 并不是每个人都适合做某事

²¹⁸ **but for the few that are**: 但对于那些适合 (学习外语的人来说)

Describe something in your home that you broke and then repaired.

You should say:

What it is;

How you broke it;

How you repaired it;

And how you felt about it.

31. 坏掉又修好的东西

One thing that I broke in my house is the **screen door**²¹⁹. I **had some friends over** for a **barbecue** last summer, and one of their **dogs** ran straight into the screen door, thinking it was **open**. The dog was **perfectly fine**²²⁰ and everyone thought it was **hilarious**, but my screen door was **broken**. When the dog ran **into** it, it **bent** and **fell right out of the doorframe**²²¹. At the time we just put the screen door **aside** and continued the party, but **the** next day my brother and I got to work trying to **fix** it.

The screen was pretty **easy** to **bend back into shape**²²², but getting it back into the **door frame** was **tricky**. We **struggled with it for a good half an hour**²²³ before we eventually decided to do some research **online** to see if anyone had encountered the **same** problem before. Luckily, dogs running through screens is **a fairly common problem**. As **adorable** as they are, dogs are not the **smartest** animal out there. So, my brother and I watched a few **videos** on how to **fix** a screen door.

In the end, what worked for us was using **a butter knife**²²⁴ to **hold the wheels on top in place**²²⁵ while we **slid the wheels on the bottom back into the groove**²²⁶. We then **removed** the butter knife and **slid** the top back into the groove as well. We were so **happy** that our solution worked, and thrilled to have **a working screen door**²²⁷ **again**.

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²¹⁹ screen door: 纱门; 纱网门; 纱窗门

²²⁰ perfectly fine: 没有问题, 非常好

²²¹ fell right out of the doorframe: 从门框上掉下来了

²²² bend back into shape: 弯回原来的形状; 扳回原来的形状

²²³ struggled with it for a good half an hour: 努力尝试了整整半个小时

²²⁴ a butter knife: 黄油刀; 涂抹黄油用的餐刀

²²⁵ hold the wheels on top in place: 固定轮子在顶部的位置

²²⁶ slid the wheels on the bottom back into the groove: 把底部的轮子滑回凹槽里

²²⁷ a working screen door: 一个可以正常工作的纱门

Describe a skill that you learned from older people.

You should say:

What it is;

Who you learned it from;

How you learned it;

And how you feel about it.

32. 向长者学习技能

I'm going to talk about the skill of **carpentry**²²⁸ that I learned from my **uncle**. He's an **older** man who's **in his fifties** now. He **doesn't** even work as a carpenter. It's just a **skill** that he developed in his **free** time. He's actually become **really skilled at it**, which is why I wanted to learn from **him**.

If memory serves correctly, I started to become **interested** in this skill when I was **twelve**. I noticed the **cool** projects that my uncle was working on. I think the project that really **caught my eye**²²⁹ was a **birdhouse** that he made. I **love** watching birds, so I thought it would be **great** if I could learn to make one too. When I asked my **uncle** if he could teach me, he agreed **without hesitation**.

The **first** project we made together was a **small** birdhouse. It took me a **long** time to get **used** to the tools. You have to be really **precise**²³⁰ when you put something together. It takes a lot of **patience** and **coordination**. I'm **not** very good at those things, but with my uncle's **help**, I learned how to **put pieces of wood together**²³¹ and make something **beautiful**.

Since then, my uncle has taught me how to make **everything** from **side tables**²³² to **cabinets**. I'm so **grateful** that **he's taken the time to teach me**²³³. Actually, the skills I've learned from him have **helped** me make **lots** of cool things that I enjoy using **every day**.

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²²⁸ carpentry: 木工

²²⁹ caught my eye: 抓住了我的视线, 吸引我

²³⁰ precise: 精确的

²³¹ put pieces of wood together: 把几块木片拼在一起

²³² side tables: 床头柜

²³³ he's taken the time to teach me: 他花时间教我

Describe the thing that you cannot live without (except phone and internet)

You should say:

What it is;

Why you can't manage without it;

How long you have had it for;

And explain how you felt when you were without it.

33. 生活中不可或缺的东西

One thing that I **cannot** live without is my **book collection**. I love to **read**, and I have been **collecting** books ever since I was a kid. My collection now has nearly **three** hundred books, and every time I move to a **new** place, **my books come with me**²³⁴. If I'm just going away on a **short** trip, then I choose just one or two to **bring** with me. I rely on my books as **an escape from reality**²³⁵, and to **destress**²³⁶ if I'm feeling **overwhelmed**.

Books serve many different purposes²³⁷, but for **me**, they are a way to **expand** my imagination. My book collection has books that I loved when I was **younger**, and sometimes I **re-read** them **out of a sense of nostalgia**²³⁸. I also have some books that I read in **university** that I **didn't** particularly like, but **I kept hold of them** in case I ever **change** my mind and decide to try reading them **again**.

The one time that I was **without** my full book collection **for an extended period of time**²³⁹ is when I moved from my hometown to Beijing for **two** years to work. Of course I **brought** some books with me, but it was **impossible** to bring them all. It would have been **way too expensive** to ship them, and there **wouldn't** have been enough space for them in my **tiny** apartment. Although I **missed** my books a lot, I bought a lot of **new** ones, and when I **returned** home my collection was **bigger than ever**.

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²³⁴ my books come with me: 我会带着我的书一起去

²³⁵ as an escape from reality: 对现实的逃避

²³⁶ destress: 减压

²³⁷ Books serve many different purposes: 书有很多不同的用途

²³⁸ out of a sense of nostalgia: 出于怀旧

²³⁹ for an extended period of time: 很长一段时间

Describe something that you received for free.

You should say:

What it was;

Who you received it from;

Where you received it;

And explain how you felt about it.

34. 免费物品

One thing I received for free was a **couch**. I had just moved into a **new** apartment and I was **slowly getting together my furniture**²⁴⁰ and buying **decorations**. My **cousin** and her husband lived **nearby**, and they were getting **rid** of a few things, including a beautiful couch. They were moving into a **new** house and they said the couch **wouldn't go with their new decor**²⁴¹, so they wondered if I **wanted** it. I went over to have a **look** at it and I **loved** it, so they **brought it over**²⁴² **right away**.

The couch is only **a few** years old, and it is made of a beautiful dark blue **velvet**²⁴³. I was so **excited** when my cousin gave me the couch. **First off**²⁴⁴, I **didn't** have a lot of money for furniture at the time, so I would **not** have been able to buy myself such a **nice** couch. Second, the couch really **suit**²⁴⁵ **my style**. It looked so **nice** with the furniture I **already** had, and really made the space feel **more** like home.

My cousin was a really big help to me when I moved into that apartment, and her giving me the couch for free is just **one small** example of her generosity. I'm so **lucky** to have **supportive** family in my new city, and the couch **has held up very well over the years**²⁴⁵. It is still **as comfortable as ever**, and looks **brand new**.

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²⁴⁰ getting together my furniture: 整理家具, 置办家具

²⁴¹ wouldn't go with their new décor: 和他们的新装修风格不搭

²⁴² brought it over: 把(沙发)带来给我了

²⁴³ velvet: 天鹅绒

²⁴⁴ First off: 首先

²⁴⁵ has held up very well over the years: 这几年保持的很好(没有什么塌陷或损坏)

Describe a special toy you had in your childhood.

You should say:

What it was;

Who gave it to you;

How often (How) you played with it;

And explain why it was special for you

35. 小时候喜欢的玩具

When I was **younger**, my parents bought me my first **remote-controlled helicopter**²⁴⁶. I thought **it was the best thing since sliced bread**²⁴⁷. It came with a small **black** remote with **two** buttons that allowed the helicopter to **move up and around in the sky**²⁴⁸. I loved that toy **so** much, I used to play with it **all** the time.

The helicopter itself had a **navy-blue**²⁴⁹ body with a bright orange **bolt of lightning**²⁵⁰ running through it. When I flew the helicopter on **sunny** days, the lightning bolt would shine so **brightly** that it looked like the helicopter was **on fire**. It was **pretty** cool.

All of my friends wanted to play with my toy as well. I was **the coolest kid in my group**²⁵¹ at the time. I **did** share my toy, but I wouldn't let them play with it for **too** long. Honestly, I didn't want them to accidentally **crash** and break the helicopter. You know, **it's better to be safe than sorry**²⁵².

Anyway, I used to fly the helicopter **every** day. I got **so** good at controlling the remote that I was able to make the helicopter do a few **tricks**, like **spin in a full circle**²⁵³, take a **nosedive**²⁵⁴ and then **come back up** without **hitting** the ground. Whenever I played with this toy, I felt like a **pilot**. I would imagine that I was actually **inside** the helicopter, **running away from**²⁵⁵ the **bad** guys and doing tricks to **avoid** their attacks, ha-ha. So this was literally my **favorite** toy in my childhood.

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²⁴⁶ remote-controlled helicopter: 遥控直升机

²⁴⁷ it was the best thing since sliced bread: 形容很久一段时间以来最棒的发明或者创造

²⁴⁸ move up and around in the sky: 在天空中移动

²⁴⁹ navy-blue: 深蓝色, 海军蓝

²⁵⁰ bolt of lightning: 闪电

²⁵¹ the coolest kid in my group: 我朋友圈里最受欢迎的小孩

²⁵² It's better to be safe than sorry: 注意安全总比后悔强, 小心驶得万年船

²⁵³ spin in a full circle: 360度回旋

²⁵⁴ Nosedive: 俯冲

²⁵⁵ running away from: 逃离

Describe a place (not your hometown) where you would like to recommend living in.

You should say:

Where it is;

How you know there;

What people can do there;

And explain why you would like to recommend the place.

36. 推荐他人居住的地方

One place I would **recommend** living in that is not my hometown is **Qingdao**. It is a big city in the **north** of China that **is renowned for**²⁵⁶ its **beaches** and **relaxed** lifestyle. I first went to Qingdao on **holiday** about **ten** years ago, and since then **I have been back three times** because I love it **so much**. I even considered **moving** there **at one point**²⁵⁷ as well.

Qingdao is a **great** place for people who like the **beach**, and for people who want to live a more **relaxed** lifestyle. It's just **a short train ride away from** **major** cities like Beijing and Tianjin. It is a **great** spot for **people** who are looking for a **summer** home or **cottage**. Plus, Qingdao **has all the charm of northern China**²⁵⁸: people are **friendly**, **the cost of living**²⁵⁹ is pretty **affordable**, and the **food** is amazing. I ate so many types of **seafood** and drank so much **beer** when I was there.

Anyway, I would recommend that people live here because this town has a really **nice atmosphere** and even **nicer people**. Everyone I met was **so** friendly and helpful. I think it would be very **easy** for someone new to town to make **friends** right away. **Add to that the amazing ocean views and delicious food**, and **you couldn't ask for a better place to live**²⁶⁰. I definitely think that anyone who is **looking for a change of scenery**²⁶¹ should consider **Qingdao** as an ideal place to live.

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²⁵⁶ is renowned for: 以... 而闻名

²⁵⁷ at one point: 一度;在某一时刻

²⁵⁸ has all the charm of northern China: 拥有中国北方所有的魅力

²⁵⁹ the cost of living: 生活费用; 生活成本

²⁶⁰ you couldn't ask for a better place to live: 你真的找不到其他比这个更好的地方了

²⁶¹ looking for a change of scenery: 想换换环境; 寻求生活环境改变

Describe a quiet place.

You should say:

Where it is;

How you knew it;

What you do there;

And explain how you feel about the place.

37. 安静的地方

Finding a quiet place in a **busy** city **isn't** exactly **a piece of cake**²⁶². But **when it comes to** a perfectly quiet place I **visited**, **off the top of my head**, the first one I can think of is the **small village** where my **grandparents** live. It's located in the **mountains** not far from the city where I live.

The **last** time I went to the village was last **July**, when I went back to see my grandparents during the **summer** holiday. **Unlike** the **city**, **not only is it** a **quiet** place, **but the weather** there is also much **cooler**.

I stayed with my grandparents for about **a month**. **I was really fond of** doing **farm chores** for them. In fact, a lot of them were actually **intriguing**²⁶³ to me. For instance, they have several **cows** and **a bunch of**²⁶⁴ **chickens** on the farm. **I was never tired of** feeding them.

What I love about the village the **most** is definitely how **quiet** and **peaceful** it is. It's an obvious **contrast** to **the hustle and bustle of the city**²⁶⁵. I found out that when you're **surrounded by nature**, you can hear **different** kinds of sound that you **wouldn't** hear in the city. During the days I lived in the **village**, the most frequent sound I heard everyday was the **mooring**²⁶⁶ of the cows and the **tweets**²⁶⁷ of the birds, which were actually very **pleasing** to me.

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²⁶² a piece of cake: 小菜一碟, 很简单的事情

²⁶³ intriguing: 吸引我兴趣的

²⁶⁴ a bunch of: 一群...

²⁶⁵ the hustle and bustle of the city: 城市的喧嚣

²⁶⁶ mooring: 牛叫声

²⁶⁷ tweets: 小鸟叫声

Describe an important river/lake in your country

You should say:

- Where it is located;
- How big/long it is;
- What it looks like;
- And explain why it is important.

38. 重要河流/湖泊

Well, one **important** lake in my country is **Taihu Lake**, or Lake **Tai**. It's **one of the largest freshwater lakes**²⁶⁸ in China and **stretches across over three hundred kilometers**²⁶⁹. As far as I know, there are **five** major freshwater lakes in China, but **the cities around Taihu Lake have the most developed economies**. Taihu Lake is also an important **habitat** for all kinds of birds, fishes and other wild animals.

The lake itself is very **beautiful**, with many **beaches** and **hiking trails** nearby, as well as **picturesque boardwalks in the heart of the cities that border the lake**²⁷⁰. Many people also have **cottages** on the more **remote parts of the lake**²⁷¹, where they can go **swimming, canoeing, kayaking**²⁷², or **paddleboarding**²⁷³. The views are very **beautiful** and you can often **hear the peaceful call of a seagull** as it swims by.

I think that Taihu Lake is important because it brings a **lot** of people together. It is **an iconic part of the landscape**²⁷⁴, and there is even a **highway** that you can drive across for hours **alongside** the lake to **enjoy** the view. It's also a great place to take **children** for summer camping **trips**, or to teach them about **nature**. Everyone in my country loves the **outdoors**, so living on a lake is **the ideal situation**²⁷⁵ for most people. Our country is full of **rivers** and **lakes**, but Taihu Lake is definitely **one of the most easily recognizable**²⁷⁶.

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²⁶⁸ one of the largest freshwater lakes: 最大的淡水湖之一

²⁶⁹ stretches across over three hundred kilometers: 绵延三百多公里

²⁷⁰ picturesque boardwalks in the heart of the cities that border the lake: 在沿湖的城市中还有 (湖边) 风景如画的木板路

²⁷¹ remote parts of the lake: 沿湖较偏远的地方

²⁷² kayaking: 划皮划艇; 划船

²⁷³ paddleboarding: 桨板冲浪

²⁷⁴ an iconic part of the landscape: 是当地风景中最具有标志性的一部分

²⁷⁵ the ideal situation: 理想的环境

²⁷⁶ one of the most easily recognizable: 最为人熟知的一个

Describe a time you visited a new place.

You should say:

Where it is;

When you went there;

Why you went there;

And explain how you feel about the place.

39. 一个去过的新地方

Speaking of a time I visited a **new** place, the first place **comes to mind** is **New Taipei City**²⁷⁷. I went there during the **summer three years ago** with my friend. Although my friend and I only got to see the city for **one day**, I think **it was totally worth it**.

This trip was very last minute²⁷⁸; I mean, my friend and I woke up and just **randomly**²⁷⁹ decided to check this place out. It **wasn't** the best plan we'd ever made because we were somewhere in **southern** Taiwan at the time. The trip took us **four** hours there, and **four** hours back. So, really, we only got to see the city for like **four** hours before we had to **head back home**²⁸⁰. Despite **all** of that, I would **definitely** go there again. The **Shifen Old Streets**²⁸¹ in this city are **very** famous. The old streets were like **stepping back into time**²⁸². I wished I had **enough space** on my camera to record **every** minute of it. The **railroad tracks**²⁸³, the **bridges**, the **waterfall** and narrow roads covered in little shops and boutiques all created this **perfect artsy**²⁸⁴ moment. I was **completely entranced**²⁸⁵ by it all. Besides, we got to see the **sunset** and watched the **lanterns**²⁸⁶ fly into the air at night. It's such a **picturesque**²⁸⁷ city that **left a strong impression on me**²⁸⁸.

I don't think this would be a **great** place to **live** because it's **too touristy**, but I would definitely come back **again** with my **family**. I think this is the **perfect** place for photos and **fun with loved ones**.

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²⁷⁷ New Taipei City: 新北市 (台湾)

²⁷⁸ This trip was very last minute: 是临时起意决定的旅行

²⁷⁹ randomly: 随机的, 随意的

²⁸⁰ head back home: 回家

²⁸¹ The Shifen Old Streets: 十分老街

²⁸² stepping back into time: 时光倒流, 回到过去

²⁸³ railroad tracks: 铁轨

²⁸⁴ artsy: 有艺术气息的

²⁸⁵ entranced: 着迷的

²⁸⁶ lanterns: 天灯

²⁸⁷ picturesque: 美如画的

²⁸⁸ left a strong impression on me: 给我留下了深刻的印象

Describe a city that you think is interesting

You should say:

Where it is;

What the city is famous for;

How you knew this city;

And explain why you think it is very interesting.

40. 有趣的城市

Well, I'd like to talk about a **unique** city next to **Hong Kong**. It's called **Macau**. It's one of the **two** cities that **runs a capitalist system**²⁸⁹ in China. More **importantly**, it's the most **entertaining** city in China. People also **refer to it as the Oriental Las Vegas**²⁹⁰. It fits the city **properly** because it's the **only** Chinese city that allows **gambling**. **If memory serves correctly**, last **July**, I took a **plane** to Macau with my parents. We stayed in that small city for **an entire week**.

In fact, it's a place I had planned to visit **for ages**. The city **came with glowing recommendations from** my best friend **Lisa**, who was there before. Because of that, when my parents planned the **next** family trip, I insisted on going there **without a second thought**.

Anyway, it's a **fun** city for sure. The **buildings** and entertainment **facilities** there are **stunning**, especially the **casinos**²⁹¹. We visited the **biggest** casino there, and the decorations and **layout inside**²⁹² look **magnificent**. The hotels there are **stylish** too; the one we stayed at even has a giant **swimming** pool on the **roof**.

The **main** reason I think this is an interesting place is that Macau is **truly** a city that exists for **entertainment** and **tourism**. Even if you **don't** like gambling, you can still **have a blast**²⁹³ there. **If possible**, I would love to visit there again next year during the **holidays**.

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²⁸⁹ runs a capitalist system: 实行资本主义制度

²⁹⁰ refer to it as the Oriental Las Vegas: 被称为东方拉斯维加斯

²⁹¹ casinos: 赌场

²⁹² layout inside: 里面的布局, 设计

²⁹³ have a blast: 玩的很开心

Describe a place in a countryside that you visited

You should say:

Where it is;

When you visited this place;

What you did there;

And how you feel about this place.

41. 乡村一隅

One place in the countryside that I visited is the **Dongqian** Lake in Zhejiang province. The lake is located in a **small** village called **Chengyang**, which has recently become an **internet celebrity village**²⁹⁴. It is a **beautiful** place, with fields, forests, lakes, and mountains. I visited this place for my **twentieth** birthday with my sister and my cousins. We stayed in a **small cabin rental**²⁹⁵ that was owned by a nice older couple who lived nearby. For my sister and cousins, it was their **first** time travelling, so they were very **excited** about it.

The most well-known attraction in the village is the **Dongqian** Lake. Once we **arrived** there, we **unpacked our belongings**²⁹⁶ in the cabin and **headed out to**²⁹⁷ find some **food**. We found a nice little **pub overlooking**²⁹⁸ the wonderful lake, and had **lunch** there. **Afterwards**²⁹⁹, we did some **hiking** and took a lot of **photos**. The countryside was very **beautiful**, and we decided that we would try to spend **most** of the trip **outdoors** so that we could really **appreciate** it.

I **felt very at peace**³⁰⁰ the whole time that I was there. It was **nice** to **be surrounded by nature**³⁰¹, with very **few** people around. Those people that we did encounter were much the **same** as us. They were just **appreciating the outdoors**³⁰² and looking for a space to **relax**. I still **remember this trip vividly**³⁰³ even though it was **several** years ago, and I would like to go **back** some day for sure.

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²⁹⁴ internet celebrity village: 网红村落

²⁹⁵ cabin rental: 出租的小屋; 出租的木屋

²⁹⁶ unpacked our belongings: 打开我们的行李

²⁹⁷ headed out to: 出发前往

²⁹⁸ overlooking: 俯瞰

²⁹⁹ Afterwards: 后来

³⁰⁰ felt very at peace: 感觉到非常平和

³⁰¹ be surrounded by nature: 被大自然包围

³⁰² appreciating the outdoors: 喜欢户外 (活动)

³⁰³ remember this trip vividly: 很清楚地记得这次旅行

Describe a house or an apartment you would like to live in

You should say:

What it is like;

Where it would be;

Why you would like to live in this house/apartment;

And how you feel about this house/apartment

42. 想要的公寓或房子

Honestly, **if I ever make it big**³⁰⁴ someday, I'd love to live in a **big** house in the countryside. **It would be even better if** it had a big **garden**.

I'd kill to live in³⁰⁵ a house like that because when I was a **kid**, I often visited my **grandparents** who lived in a small town. They had a **bungalow**³⁰⁶ with a **huge** backyard. They built a **garden** and planted **a variety of** vegetables and fruits, like tomatoes, cucumbers, and even strawberries in there. And they also kept some **animals** they liked in their backyard. When I was a kid, I **always had a blast feeding** the chickens and rabbits they kept and **playing** with their dogs. The happy days living there **really left their mark on me**, and I always **dreamed** to have a garden as **beautiful** as my grandparents' so I could always **enjoy** the flowers, **relax**, and **chat over tea with**³⁰⁷ my family or friends.

On top of that³⁰⁸, the house must have at least **4** bedrooms and a big **living room**, so it will have **enough** rooms when I invite my parents and my friends to **stay overnight**³⁰⁹ and enjoy.

I believe I will **love** living in such a place very much. An environment like that will help me **wind down** and **feel right at home**³¹⁰ every day. Even though a big house like what I said just now could be **pretty** expensive, I will definitely work **hard** for it.

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³⁰⁴ Make it big: 赚大钱

³⁰⁵ I'd kill to live in: 我超级想要住在...

³⁰⁶ bungalow: 平房

³⁰⁷ chat over tea with: 和...边喝茶边聊天

³⁰⁸ On top of that: 除此之外

³⁰⁹ stay overnight: 过夜

³¹⁰ feel right at home: 感觉到舒服自在

Describe a family member who you want to work with in the future.

You should say:

Who he/she is;

What kind of person he/she is;

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

And explain how you felt about this family member.

43. 想共事的家人

One **family member** who I would like to work with in the future is my cousin, **Kate**. Kate works for the government as **a negotiator for international business relations**³¹¹. She is one of the most **intelligent** and **confident** people I know. She speaks **five** languages fluently and has worked for **multiple international companies** before she ended up working for the **government**. She **is an expert in**³¹² both **finances** and **education**, and **her job involves many** different aspects of both sectors³¹³.

I would like to work with her because her job sounds **amazing**. She **travels** all the time, and she gets to work with really **important** people. **Personally**, I would like to **work with her on the international business side of things**³¹⁴. I think it would be very **cool** to be her **assistant** and go **around** the world with her to **deal with various business negotiations**. I don't know much about **finances**, but I know how to **negotiate** and I'm **great** at working with **customers**.

Anyway, **I've known my cousin Kate my whole life**³¹⁵, but I just moved to the city where **she** lives recently. So I'm really **glad** that we got to know each other **better**. We spend a **lot** of time together now and I think that we would work **well** together. Working with family can be really **hard** and **stressful**, but Kate and I **are a lot alike**³¹⁶ and have very **similar** interests. So I think that we would **be a really good fit**³¹⁷ if we ever decided to work **together** one day.

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³¹¹ a negotiator for international business relations: 国际商务关系谈判代表

³¹² is an expert in: 在...方面是专家

³¹³ her job involves many different aspects of both sectors: 她的工作涉及这两个领域的许多不同方面

³¹⁴ work with her on the international business side of things: 与她一起做国际商业方面的工作

³¹⁵ I've known my cousin Kate my whole life: 我已经认识我表姐凯特一辈子了; 我一直都认识她

³¹⁶ are a lot alike: 有很多相似之处

³¹⁷ be a really good fit: 会是非常合适的

Describe an interesting neighbor.

You should say:

Who he/she is;

How you knew him/her;

What you do together;

And explain why he/she is interesting.

44. 有趣的邻居

One interesting neighbor I have is named **Victor**. He lives in an apartment **a few floors above me**³¹⁸. We first met **three** years ago when **I was out for a walk** and I saw him outside with his new **puppy**, Bingo. I **played** with Bingo for a while and Victor and I started talking. He's a **musician** who graduated from **The Central Conservatory of Music**, and he's also a **nightclub singer**. He just got his puppy Bingo a few **weeks** before moving to my neighborhood. He seemed like a really **cool** guy and we decided to be **friends**. I offered to **dog-sit**³¹⁹ Bingo whenever he had to go to another city for **gigs**³²⁰.

Bingo is really what brought Victor and I together³²¹, since I love **dogs**, but after our **initial meeting**³²² we became friends. I **don't** see him very often because we are both **working** all the time, but when we **do** hang out, we usually take Bingo for a **walk** to the coffee shop on the corner, get a **coffee** and walk and talk. Victor has invited me to see his **performance** at the club but I **haven't** gone yet as I **don't** really like big concerts.

I think Victor is **interesting** because he has a **lot** of different interests; **in addition to singing at a club**³²³, he also **juggles in badminton tournaments**³²⁴ and plays in a **volleyball** league. He is always out doing something **exciting** and I like talking to him about **his various interests**. He is definitely one of the most **intriguing**³²⁵ people I know.

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³¹⁸ a few floors above me: 住在我楼上几层

³¹⁹ dog-sit: 照顾狗

³²⁰ gigs: 表演

³²¹ Bingo is really what brought Victor and I together: Bingo 是我和 Victor 能彼此认识走到一起的原因

³²² initial meeting: 初次见面

³²³ in addition to singing at a club: 除了在俱乐部唱歌; 在俱乐部唱歌以外

³²⁴ juggles in badminton tournaments: 尽力同时参加羽毛球比赛 (锦标赛); juggle in 是指尽力对付, 特别是在语境中指想办法同时要去做几件事的时候

³²⁵ intriguing: 有趣的; 吸引人的

Describe a friend you like to talk with

You should say:

- Who he/she is;
- What you like to talk about;
- Why you like to talk with him/her;
- And explain how you feel about him/her.

45. 享受的聊天对象/喜欢一起聊天的朋友

One friend I really like to talk with is my friend **Ava**. Ava and I went to **university** together, and **for a while after graduation**³²⁶ we **worked together** as well. **These experiences have given us a lot to talk about**, since we **have lots in common**³²⁷.

Anyway, I **like** Ava because she is very **kind** and **adventurous**. She always wants to do some **new** activity, which also **influences** me. For example, she's the one who **convinced** me to **go to a paint night**³²⁸, where you learn to do a **specific** type of painting in a big group. I'm not **artistic** at all, but she convinced me that it would be **fun** and she was **right**.

Ava and I **have the same taste in**³²⁹ **music** and **books**, and we both love to **travel**. We can talk for **hours** about our favorite **singers**, or about new **books** we are reading. We also love to talk about **traveling** and **plan trips** and **holidays** together. Even if it's a holiday that we are **never** actually going to be able to take, we still have **fun coming up with the plan**. I feel very **lucky** to have met Ava because she is now one of my **closest** friends. I feel like I can talk to her about **anything**. She's always **a good listener**³³⁰. We can also **talk about nothing at all and somehow not get bored**³³¹. So being with her makes me **feel very at home and relaxed**³³².

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³²⁶ for a while after graduation: 毕业后一段时间

³²⁷ have lots in common: 有很多共同点

³²⁸ go to a paint night: 参加一个绘画之夜 (的活动)

³²⁹ have the same taste in: 在...方面品味相同

³³⁰ a good listener: 一个很好的倾听者

³³¹ talk about nothing at all and somehow not get bored: 我们即使什么都不聊, (彼此呆在一起) 不知为何也不会无聊

³³² feel very at home and relaxed: 感觉很自在和放松

Describe someone who is well known/popular in your town, area or country.

You should say:

What s/he does;

How you know him/her;

Why this person is well known/popular;

And explain whether you like this person or not, and why.

46. (国家/家乡) 有名的人

When it comes to famous people I know, the first person that comes to mind is one of my idols named Mao Buyi. He's a famous singer and songwriter in our country. Since we are from the same city, I know a little more about him.

I discovered him about three years ago when one of his songs called "A Normal Day" went viral on the internet³³³. The song is about his pursuit of a normal life as he struggles to escape his fast-paced and stressful lifestyle³³⁴. I became obsessed with the song because of its appealing melody³³⁵ and its touching lyrics.

It was after hearing that song that I began to familiarize myself with Mao. What really piques my interest about Mao is that he isn't really known for anything but his songs³³⁶. In fact, he's far from handsome. He looks a little chubby³³⁷ and wears glasses. If you don't know him, you might think he's an ordinary IT guy and wouldn't think of him as a musician.

Despite his regular looks, his works are outstanding. This is the main reason for his fame. He's extremely creative and has written tons of beautiful and touching songs, which has helped him gain a following of true die-hard fans³³⁸. I consider myself a loyal fan of his, too, because of his talents. I must say that he's one of the most innovative figures in the field of entertainment. He works hard and always comes up with fantastic ideas, which will definitely help him become the best of the best in the long haul³³⁹.

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³³³ went viral on the internet: 在网上走红

³³⁴ escape his fast-paced and stressful lifestyle: 摆脱快节奏和充满压力的生活方式

³³⁵ appealing melody: 吸引人的旋律

³³⁶ he isn't really known for anything but... 除了(唱歌)出名, 没什么其他出名的地方

³³⁷ chubby: 圆润, 胖胖的

³³⁸ gain a following of true die-hard fans: 获得一群真正的死忠粉

³³⁹ in the long haul: 从长远来看

Describe someone you really like to spend time with

You should say:

Who this person is;

How you knew him/her;

What you usually do together;

And explain why you like to spend time with him/her.

47. 想共度时光的人

I'm going to talk about my **uncle**, who I always love to **hang out with**. We meet up almost every **weekend**. He's a **history** teacher at a high school. Although he is **older** than me, we really get along with each other. And we **have a lot in common**³⁴⁰. For example, we both enjoy reading and traveling, **especially** visiting **ancient sites**³⁴¹.

There's something about his character that really draws me to³⁴² him. First of all, although he teaches history, he's **not old-fashioned** or serious like other teachers. I mean, he is **sociable** and has **a great sense of humor**. Plus, he is quite **gentle** and **caring**³⁴³. If you have any **problems**, he can always **provide a listening ear**³⁴⁴.

As for what we usually do together..., **as I said**, I like spending time with him on **weekends** and **holidays**. Sometimes, we read some interesting **books** or watch a **movie** together. During the holidays, we usually **go on a trip to** some **fascinating places** with the whole family. Since he's a **history** teacher, he often tells us **several** fantastic stories about the buildings or the city. I can **always** learn a lot from him.

Basically **everybody** likes him. Talking with him is a great way for me to **wind down**³⁴⁵. In addition, he always gives me great advice when I **have difficulty doing** something, mostly about my work or study. So I **love** hanging out with him and he is **more like an older friend to me**³⁴⁶ instead of an uncle.

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³⁴⁰ have a lot in common: 有很多共同之处

³⁴¹ ancient sites: 古遗址

³⁴² draws me to: ...吸引我

³⁴³ caring: 体贴的, 关心他人的

³⁴⁴ provide a listening ear: 乐于倾听的

³⁴⁵ wind down: 放松

³⁴⁶ more like an older friend to me: 像是我的老朋友

Describe a person whose work/job is useful to society.

You should say:

Who this person is;

How you knew him/her;

What type of work he/she does;

And explain why you think his/her work is useful to the society.

48. 对社会有贡献的人

One person I know whose work is **useful** to society is my uncle **Rob**. Rob is a **social worker**³⁴⁷ and has been one for **several** years. A social worker is a job that **combines** a lot of different roles, including **counsellor**³⁴⁸, **teacher**, and **mentor**. Rob is a **great** uncle and a really **nice** person. He is very **friendly** and **reassuring**³⁴⁹, so I can **totally** understand why he is a **good** social worker.

His job **has a lot of stressful times**, and he **didn't** tell me much about it when I was a kid. Now that I'm **also** an adult, he is more **comfortable** talking about his work with me. As a **teacher**, I encounter a lot of the **same** problems and struggles in my job as Rob does. Rob works with **vulnerable children and teens**³⁵⁰ who need to be **removed** from their homes because their parents are **unable** to take care of them. Rob also works directly with **parents** to **help them find a solution**, as well as with **victims of drug and alcohol addiction**³⁵¹.

Rob's job is **useful** to society because what he does is basically help people **become their best selves**³⁵², even when they are **at their lowest**³⁵³. Rob **connects** police, medical, and counselling services in order to **help** people. These services can sometimes be **hard** for people to access, so people like Rob work **hard** to make things **easier**. To be **honest**, every society **needs a strong community of social workers**.

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³⁴⁷ social worker: 社会服务人员 (社区服务人员)

³⁴⁸ counsellor: 顾问

³⁴⁹ reassuring: 使人安心的

³⁵⁰ vulnerable children and teens: 易受伤害的儿童和青少年

³⁵¹ victims of drug and alcohol addiction: 毒品和酒瘾的受害者

³⁵² become their best selves: (帮助人们) 成为更好的自己

³⁵³ at their lowest: 在人生最低谷 (的时候)

Describe a person you only met once and want to know more about

You should say:

Who he/she is

When you met him/her

Why you want to know more about him/her

And explain how you feel about him/her

49. 一见且想再见的人

I'm going to talk about my friend's friend, **George**. **It feels like we've known each other forever³⁵⁴**, but it actually hasn't been **that** long.

If memory serves correctly³⁵⁵, I first met him about **a year** ago. I was going to a **New Year's Eve party³⁵⁶** hosted by one of my old friends. **I didn't** think I was going to know anybody **but the host³⁵⁶**, so I was a little **nervous**. When I got there, my friend was **busy** so **I didn't** know what to do with myself. I was **totally a fish out of water³⁵⁷**.

But then I noticed a **boy standing by himself³⁵⁸**. He also **looked a little lost³⁵⁹**, so I **walked over** and **introduced** myself. We started chatting and it turned out we **had a lot in common**. For example, we both love **Marvel** movies. So we discussed our favourite **superheroes** and compared our **opinions** about some of the movies. We spent almost the **whole** night talking to each other. We figured out that we came from the **same hometown**, but somehow **our paths had never crossed³⁶⁰** until that night.

As the party was **ending**, George and I exchanged **phone numbers** so that we could keep in touch. **It's a shame that³⁶¹** we've only seen each other once so far because both of us were **busy** with work. I really hope we can meet up **again** in the future. I bet we will become very **good** friends.

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³⁵⁴ It feels like we've known each other forever: 我们似乎已经认识很久了

³⁵⁵ New Year's Eve party: 跨年聚会

³⁵⁶ but the host: 除了主人

³⁵⁷ a fish out of water: 浑身不自在

³⁵⁸ standing by himself: 独自站着

³⁵⁹ looked a little lost: 看上去一脸懵, 一脸迷茫

³⁶⁰ our paths had never crossed: (在那晚之前) 我们从未遇到过

³⁶¹ It's a shame that: 可惜的是

Describe a person who you follow on social media.

You should say:

Who he/she is;

How you knew him/her;

What he/she posts on social media;

And explain why you follow him/her on social media

50. 社交媒体上常刷的人

Speaking of someone that I **follow** on social media, the **first** one that **comes to mind** is an **internet celebrity**³⁶² I followed on **Weibo**, which is a website like **Instagram**. Since I own an **orange cat**, my friend **strongly recommended that I read** his posts on Weibo.

This blogger is **a cat person**. He had a cat called “**Mako**” for **over a decade**³⁶³, and **tons** of people around him are also cat owners. So during those years, he recorded a **lot** of behaviors and habits of cats. Besides, the person is like a **Cat-pedia**³⁶⁴; he basically knows **everything** you want to know about cats. So **to some extent**³⁶⁵, his posts are pretty **educational** for people who own cats.

If memory serves correctly, I’ve **followed** this blogger for **two** years. When I have some **spare** time, I **often** read his posts, which are often **interesting** and **heartwarming** stories about cats and their owners. Some of the stories are **hilarious**; they **make me bust a gut**³⁶⁶. Plus, he loves explaining his **analysis** of many **weird** behaviours of cats, which **totally pulled me in**³⁶⁷. I actually got **tons** of tips about taking care of cats from him.

I’m **a big fan of**³⁶⁸ this influencer on Weibo, and I’ve also recommended him to many **friends**. Now, it has become a **habit** of mine to read his newest posts every day. Not only have I gained a lot of practical **knowledge**, but the funny and cute **posts** about cats really help me **blow off some steam**³⁶⁹.

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³⁶² internet celebrity: 网红

³⁶³ over a decade: 十多年

³⁶⁴ Cat-pedia: 百科全书, 表示关于猫什么都懂

³⁶⁵ to some extent: 在一定程度上说

³⁶⁶ make me bust a gut: 让我爆笑, 让我捧腹大笑

³⁶⁷ pulled me in: 把我完全拉进了故事里, 让我沉浸其中

³⁶⁸ a big fan of: ...的铁粉

³⁶⁹ blow off some steam: 放松; 舒缓压力