

# 2022 年 5-8 月雅思口语 Part2 考题参考资料 (第一版故事 A 难度·初版)

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. 2022 年 5-8 月 Part2 目前有 50 个考题，第一套故事属于串题类型，所有题目已按故事主线归好类。请您注意通过列表查询自己需要的话题和相关素材。复习时建议同一条主线的题目放在一起复习，提高复习效率；
3. 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；
4. 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，如有新题变动会继续通知。您在复习中有对题目的疑问，也欢迎随时联系 Penny 解答；
5. 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；
6. 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；
7. 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。
8. 本店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。一旦发现盗版者，会即刻停止对其更新一切资料（包括补充更新全部停更）。同时欢迎所有小伙伴督查举报，举报有奖。

—————雅思过过过淘宝店铺

## 2022年5-8月雅思口语 Part2 题目列表

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## 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.



1.未实现的志向(一直想要当律师, 但是还没有考过通过率很低的国家司法考试。本题与“忙碌的经历”、“准备过的开心活动”等题有故事内容重叠。)

I've always dreamed of being a **lawyer**. **If memory serves correctly**, I started having this idea **three** years ago. At the time, a **friend** of mine had just become a professional lawyer. She told me **tons** of benefits of being a lawyer, like **the decent pay**<sup>1</sup> and **respect from others for your expertise**<sup>2</sup>. So I made it my **life's goal** to be a lawyer.

But **it isn't** a piece of cake<sup>3</sup>. First of all, you have to **pass the National Judicial examination**<sup>4</sup>. It's one of the most **difficult qualification exams** in China as the pass rate is only about **10%** every year. Plus, since the exam covers **many** different laws in China, you have to read and study **tons** of law books and memorize **countless legal clauses**, which can **stress you out**.

I actually took the exam **last year**. I took lots of **online** classes and studied law **day in and day out**. I literally **dreamed** about legal cases several times 😊. **To be honest**, I didn't even know I had that kind of **grit** before I **started** preparing for the exam.

However, **it's a shame that**<sup>5</sup> I **didn't** pass the exam. My friend **comforted** me and said that **few people can pass it on their first try**<sup>6</sup>. So I'm **still** working on it. I have to **pull myself together** and **take** the exam until I pass, or I **won't** have a job in the **legal** industry. It **does** put a **lot** of pressure on me, but the prospect of being a **cool** lawyer helps me **stick** to making this dream come true.

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<sup>1</sup> the decent pay: 不错的薪水; 体面的工资

<sup>2</sup> respect from others for your expertise: 因个人专长而受到尊重

<sup>3</sup> it isn't a piece of cake: 不是件容易的事情

<sup>4</sup> the National Judicial examination: 司法考试 (请注意这里的考试只是一个例子, 大家可根据个人实际做内容调整)

<sup>5</sup> it's a shame that: 很可惜

<sup>6</sup> few people can pass it on their first try: 只有个别人能第一次就通过这个考试

**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 much busy.



**2. 忙碌的经历**（忙于准备一场重要考试的经历。本题与“未实现的志向”、“准备过的开心活动”等题有故事内容重叠）

Well, last year when I was a **junior**, I was busy preparing for an **important** exam called the **National Judicial examination**. It's one of the most **difficult qualification exams** in China as the pass rate is only about **10%** every year. Plus, since the exam covers **many** different laws in China, you have to read and study **tons** of law books and memorize **countless legal clauses**, which can **stress you out**.

To pass this exam **once and for all**<sup>7</sup>, I was really **busy as a beaver**<sup>8</sup>. I spent about **half** a year preparing for it. **It's no exaggeration to say that**<sup>9</sup> I **didn't** socialize at all during those six months. I took **lots** of online classes and studied law **day in and day out**. I literally **dreamed** about legal cases several times 😊. **To be honest**, I didn't even know I had that kind of **grit** before I **started** preparing for the exam.

Anyway, I waited about **two** months to get the result. I'd never been so **anxious** and **stressed** before. Fortunately, it turned out that I **passed the exam and by a lot**! I was **over the moon**. It means that I was finally **qualified** to be a **lawyer**! You know, there're **tons** of benefits of being a lawyer, like **the decent pay** and **respect from others for your expertise**. I always made it my **life's goal** to be a lawyer. So, even though I was **burnt out**<sup>10</sup> for half a year, I think all my hard work was **worth** it. I'm glad **my effort finally paid off**<sup>11</sup>.

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<sup>7</sup> once and for all: 一次性; 一劳永逸的

<sup>8</sup> busy as a beaver: 忙的像河狸一样; 指忙得不可开交

<sup>9</sup> It's no exaggeration to say that: 不夸张的说

<sup>10</sup> burnt out: 疲倦不堪的

<sup>11</sup> my effort finally paid off: 我的努力终于得到了回报

### 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.



3. 准备过的开心活动（妹妹努力准备通过率很低的国家司法考试，并高分通过，我代表全家安排了庆祝派对。本题与“想要送朋友的礼物”等题有故事内容重叠。）

A few **months** ago, I prepared an event for my **family**. Specifically, it was a **celebration** party for my sister.

She passed **the National Judicial examination** about **two** months ago. It's one of the most **difficult qualification exams** in China since the pass rate is only about **10%** every year. But my sister **was up for the challenge**<sup>12</sup>. She **was really committed to** preparing for the exam. She spent about **half** a year preparing for it and waited about **two** months to get the result. I'd never seen her be so **anxious** and **stressed** before. Fortunately, it turned out that she **passed the exam and by a lot!**

Since she was finally **qualified** to be a **lawyer**, my father asked me to **throw a party**<sup>13</sup> for the whole family as a celebration. **It was no big deal**<sup>14</sup>, but there were a **lot** of things I needed to take care of, like booking a **restaurant** and choosing the **menu** while **considering my mom and sister's special needs**<sup>15</sup>. I also picked karaoke for after dinner; it's our family's **favourite** fun activity to do together. It took me some time to **check everything off my list**<sup>16</sup> but **it was totally worth it**.

We **had a blast**<sup>17</sup> that day. I gave my sister a **great gift on behalf of**<sup>18</sup> the **entire** family to **celebrate her big occasion**. She was so **grateful** for what I did. Well, I was **glad** that **all her efforts paid off**. So preparing a celebration **party** for her and my family was **definitely** my pleasure.

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<sup>12</sup> was up for the challenge: 打算挑战（法考）；up for 有“打算去...”或“准备去...”的意思

<sup>13</sup> throw a party: 办个派对

<sup>14</sup> It was no big deal: 这不是什么大事；这没什么大不了的

<sup>15</sup> considering my mom and sister's special needs: 考虑到我妈妈和姐姐（饮食方面）的特殊需求

<sup>16</sup> check everything off my list: 把清单上的事情都准备好；也有把所有需要做的事情都完成的意思

<sup>17</sup> had a blast: 玩的非常开心

<sup>18</sup> on behalf of: 代表...

**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.



**4. 庆祝过的活动**（因通过了重要的考试，而邀请好友们一起庆祝。本题与“准备过的开心活动”等题有故事内容重叠。）

Well, a few **months** ago, I held a party to celebrate my **success** in an **important** exam. At the time, I had just passed **the National Judicial examination**. It's one of the most **difficult qualification exams** in China since the pass rate is only about **10%** every year. I **was really committed to** preparing for the exam. I spent about **half** a year preparing for it and waited about **two** months to get the result. To be honest, I'd never been so **anxious** and **stressed** before. Fortunately, it turned out that I **passed the exam and by a lot!**

Passing this exam means that I was finally **qualified** to be a **lawyer**. So, **to commemorate this milestone**<sup>19</sup>, I decided to **throw a party**<sup>20</sup> to celebrate it with my **best friends**. I booked a restaurant that we **all** like and chose the **menu** while **considering some of my friends' special needs**. I also picked **karaoke** for after dinner; it's our **favourite** fun activity to do together. It took me some time to **check everything off my list** but **it was totally worth it**.

We **had a blast** that day. Everyone **congratulated** me. They even gave me a **great** gift to **celebrate my big occasion**. I'm so **grateful** to them for being so **thoughtful**. Anyway, the party really left a **mark** on me. Actually, I have planned to throw **myself** a party every time I reach a **goal**. After all, when **all your efforts have paid off**, you should **definitely reward yourself**.

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<sup>19</sup> to commemorate this milestone: 为了纪念这个里程碑

<sup>20</sup> throw a party: 办一个派对



## 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.



5. 让你惊讶的事情（好友们为庆祝我通过一个重要的考试，悄悄给我准备了惊喜派对。本题与“庆祝过的活动”，“别人送的衣服”等题有故事内容重叠。）

A few **months** ago, several **friends** of mine **threw a surprise party** to celebrate my **success** in an **important** exam. At the time, I had just passed **the National Judicial examination**. It's one of the most **difficult qualification exams** in China since the pass rate is only about **10%** every year. I **was really committed to** preparing for the exam. To be **honest**, I'd never been so **anxious** and **stressed** before. Fortunately, it turned out that I **passed the exam and by a lot!**

Passing this exam means that I was finally **qualified** to be a **lawyer**. So I was **over the moon**<sup>21</sup> and shared this great news with my **best friends** through WeChat right away. But it was **weird** that **no one responded**<sup>22</sup>.

Just when I was getting really **upset**, one of them called me to meet **them**<sup>23</sup> for **dinner** at a restaurant. **What I didn't expect was that**<sup>24</sup> when I arrived there, I found **all** my friends there. They **congratulated** me together and even gave me a **dress** as a gift to **celebrate my big occasion**. They hoped the dress would bring me **good luck** and help me **land my first job as a lawyer at a big law firm**.

Later I **learned** that they had actually **prepared** this party a few days before because they **had faith in me**<sup>25</sup> that I would pass. You know, I was **so** grateful that I could have such a **good** group of friends. I believe my **memory** of this surprise party will **never fade away**<sup>26</sup>.

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<sup>21</sup> over the moon: 兴高采烈，非常高兴

<sup>22</sup> no one responded: 没有人回复

<sup>23</sup> them: 注意这里指的不是“他们”。当所指的人不区分男或女时，统一用“they/them”

<sup>24</sup> What I didn't expect was that: 我没想到的是

<sup>25</sup> had faith in me: 对我有信心

<sup>26</sup> never fade away: 永远不会褪色，（记忆）永远不会消失

**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.



**6.想要送朋友的礼物** (为了庆祝女朋友高分通过司法考试, 我打算送给她一件迪奥的连衣裙作为礼物。本题与“准备过的开心活动”, “别人给的衣服”等题有故事串联)

I was actually planning on giving a **gift** to someone—to be specific, my girlfriend<sup>27</sup>.

About **two** months ago, my girlfriend passed **the National Judicial examination**. It's one of the most **difficult qualification exams** in China since the pass rate is only about **10%** every year. But my girlfriend **was up for the challenge**. She **was really committed to** preparing for the exam. She spent about **half** a year preparing for it and waited about **two** months to get the result. I'd never seen her be so **anxious** and **stressed** before. Fortunately, it turned out that **she passed the exam and by a lot!**

Since she was finally **qualified** to be a **lawyer**, I promised to give her a **fancy** gift. After months of **searching**, I finally **made up my mind<sup>28</sup>** to buy her a **Dior dress** as her first **professional** outfit. It's a **black and white one-piece dress<sup>29</sup>**. The top part is very **slim**, and the lower part is a **big** skirt. **It also comes with<sup>30</sup>** a belt and buttons with Dior's **logo**. Honestly it looks so **elegant** and I believe it would **suit her to a tee<sup>31</sup>** in the office.

I hope this gift can bring her **good luck** and help her **land her first job as a lawyer at a big law firm<sup>32</sup>**. Plus, Dior is her **favorite** fashion brand so I can't think of any reason she won't like it. It will **cost me an arm and a leg<sup>33</sup>**, but I'm really **happy** for my girlfriend so it's a **great** pleasure for me to choose a good gift for her.

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<sup>27</sup> girlfriend: 注意根据每个人不同的情况来选择送礼物的对象~

<sup>28</sup> made up my mind: 下定决心; 拿好主意

<sup>29</sup> one-piece dress: 连衣裙

<sup>30</sup> It also comes with: 它还配有

<sup>31</sup> suit her to a tee: 非常适合她

<sup>32</sup> land her first job as a lawyer at a big law firm: 在一个大公司找到她的第一份律师工作

<sup>33</sup> cost me an arm and a leg: 花了我很多钱; 花了我一大笔钱



**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.



## 7. 别人送你的衣服

♀女生版：(为了庆祝我高分通过司法考试，我的男朋友送给我一件迪奥的连衣裙作为礼物。

本题与“想要送朋友的礼物”有故事串联)

I **did receive** a piece of **clothing** recently from a friend—to be specific, my **boyfriend**. It was a gift from him to **congratulate** me for passing an **important** exam.

About **two** months ago, I passed **the National Judicial examination**. It's one of the most **difficult qualification exams** in China since the pass rate is only about **10%** every year. I **was really committed** to preparing for the exam. I spent about **half** a year preparing for it and waited about **two** months to get the result. Fortunately, it turned out that **I passed the exam and by a lot!**

Since I was finally **qualified** to be a **lawyer**, my boyfriend promised to give me a **fancy** gift. I **was blown away**<sup>34</sup> when I opened the gift box because he gave me a **Dior dress**. He said it could be my first **professional** outfit. It's a **black and white one-piece dress**. The top part is very **slim**, and the lower part is a **big** skirt. **It also comes with** a belt and buttons with Dior's **logo**. Honestly it looks so **elegant** and it really **suits me to a tee**. Plus, Dior is my **favorite** fashion brand so I **was crazy in love with**<sup>35</sup> the dress.

Anyway, my boyfriend hopes the dress can bring me **good luck** and help me **land my first job as a lawyer at a big law firm**. I'm so **grateful** to him for being so **thoughtful**. And I've planned to wear it for my **first** job interview. I believe it will be my “**lucky** outfit”.

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<sup>34</sup> was blown away: 让我大吃一惊

<sup>35</sup> was crazy in love with: 疯狂喜爱的；超爱的

**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.



## 7. 别人送你的衣服

♂男生版: (为了庆祝我高分通过司法考试, 我妈妈送了我人生中第一套西服作为礼物。本题与“想要送朋友的礼物”有故事串联)

I **did receive** a piece of **clothing** recently from others—to be specific, my **mom**. It was a gift from her to **congratulate** me for passing an **important** exam.

About **two** months ago, I passed **the National Judicial examination**. It's one of the most **difficult qualification exams** in China since the pass rate is only about **10%** every year. I **was really committed** to preparing for the exam. I spent about **half** a year preparing for it and waited about **two** months to get the result. Fortunately, it turned out that **I passed the exam and by a lot!**

Since I was finally **qualified** to be a **lawyer**, my mom promised to give me a **fancy** gift. Then a **month** later, I received the first **suit** in my life. My mom said it could be my first **professional** outfit. It's a **double-breasted suit**<sup>36</sup> with **grey stripes**<sup>37</sup>, which **is made of 100% wool**<sup>38</sup>. Honestly it looks so **classic** and it really **suits me to a tee**. Plus, I usually dress in **casual** styles and I don't have **any** outfits suited for an **office**. So I was **over the moon**<sup>39</sup> when I saw this suit, which was exactly what I **needed**.

Anyway, my mom hopes the suit can bring me **good luck** and help me **land my first job as a lawyer at a big law firm**. I'm so **grateful** to her for being so **thoughtful**. And I've planned to wear it for my **first** job interview. I believe it will be my “**lucky** outfit”.

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<sup>36</sup> double-breasted suit: 双排扣西装

<sup>37</sup> grey stripes: 灰条纹

<sup>38</sup> is made of 100% wool: 100%毛呢料子的; 纯羊毛的

<sup>39</sup> over the moon: 高兴极了

### 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.



8. 特别的蛋糕（为了庆祝我顺利考过司法考试，朋友们为我准备了一个律师服的翻糖蛋糕表示庆贺。本题与“准备的开心活动”，“别人送你的衣服”等题有故事串联）

I'd like to talk about a **unique** cake I got from my friends. They bought it to **congratulate** me for passing an **important** exam.

If memory serves **correctly**, about **two** months ago, I passed **the National Judicial** examination. It's one of the most **difficult** **qualification exams** in China since the pass rate is only about **10%** every year. I spent about **half** a year preparing for it and waited about **two** months to get the result. Fortunately, it turned out that **I passed the exam and by a lot!**

Since I was finally **qualified** to be a **lawyer**, my friends decided to **throw a party** for me as a celebration. They ordered a **rectangular** cake, not a **round** one. I thought it was **a folded black robe for a lawyer**<sup>40</sup> when they opened the box. **It turned out that** it was a **fondant cake**<sup>41</sup> that they customized into a **suit** shape. There was even a red **tie** on it. I **was blown away**. The cakemakers did such an **amazing** job. It was definitely **a piece of art**<sup>42</sup>.

And it was the **first** time I tried a cake with **black** cream. I was even a little **hesitant** to eat it at first, but **it tasted heavenly**<sup>43</sup>. My friends said they hoped the cake can bring me **good luck** and help me **land my first job as a lawyer at a big law firm**. I'm so **grateful** to them for being so **thoughtful**. And the cake really **left a mark on me**<sup>44</sup>.

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<sup>40</sup> a folded black robe for a lawyer: 折叠起来的律师袍

<sup>41</sup> fondant cake: 翻糖蛋糕

<sup>42</sup> a piece of art: 一件艺术品

<sup>43</sup> it tasted heavenly: 味道很棒

<sup>44</sup> left a mark on me: 让我印象深刻

**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.



**9. 困难但有好结果的决定**(在准备一场重要考试时生病，因而做出艰难的决定放弃考试。本题与“别人向你寻求意见”、“积极改变”等题有故事内容重叠。)

Last year, because of a **health** issue, I made a **tough** decision to **give up on writing an important exam**<sup>45</sup>, which was **the National Judicial examination**. It's one of the most **difficult qualification exams** in China as the pass rate is only about **10%** every year.

I spent about **half** a year preparing for it. But later, I had to see a **doctor** for my serious **back** pain caused by my **sedentary** lifestyle. The doctor said I had to do **nothing** but rest for a few months. I shared this news with my best friend, **Penny**, and asked for her opinion. She suggested that I **put the exam aside** for a while<sup>46</sup>. She also **talked me into** **cycling** with her in our **spare** time. Quoting her, work and study are just a **part** of our lives. **We work to live rather than live to work**. Her words truly **woke me up**.

So, I made up my mind to **quit** the exam and take care of my **health** first. Since then, I've **kept a weekly routine of** cycling with Penny. We usually go biking about **two** or **three** times a week. After **sticking to this habit for three** months, my back pain is **gone for good**.

Now, I'm **back** for the exam. But I kept a **habit** of cycling regularly. It **doesn't** affect my studies at all. Instead, it makes me more **productive** and **organized**. So, although I **didn't** take the exam, I think **it was the right call**<sup>47</sup>. It taught me a lesson that **health** always comes first and I should **establish a good work-life balance**<sup>48</sup>.

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<sup>45</sup> give up on writing an important exam: 放弃参加一个重要的考试

<sup>46</sup> put the exam aside for a while: 先把考试放一放

<sup>47</sup> it was the right call: 这是一个正确的决定

<sup>48</sup> establish a good work-life balance: 建立工作与生  
活之间的良好平衡

**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.



**10. 别人向你寻求意见** (朋友生病后, 向我寻求意见, 决定是否要放弃正在准备中的重要的考试。本题与“困难但有好结果的决定”等题有故事内容重叠)

Well, once I gave an **opinion** to my best friend, **Penny**. She was hesitant about **giving up** on writing an **important** exam, which was **the National Judicial examination**. It's one of the most **difficult qualification exams** in China as the pass rate is only about **10%** every year.

She spent about **half** a year preparing for it. But later, she had to see a **doctor** for her serious **back** pain caused by her **sedentary lifestyle**. The doctor said she had to do **nothing** but rest for a few months. She **shared** this news with me, and asked for **my** opinion. Although it wasn't a **perfect** solution, I suggested that she **put the exam aside for a while**. I also **talked her into cycling** with me in our **spare** time. I think work and study are just a **part** of our lives. It's **not** worth it to **sacrifice our health for an exam**<sup>49</sup>.

Penny **thought twice**<sup>50</sup> about my opinion and eventually **agreed** with me. Since then, we've **kept a weekly routine of** cycling. We usually go biking about **two** or **three** times a week. After **sticking to this habit for three** months, her back pain is **gone for good**.

Now, she's **ready** for the exam. But she's kept up the **habit** of cycling regularly. She told me that she was very **grateful** to me. **It was my words that helped her realize**<sup>51</sup> that **health** always comes first and she should **establish a good work-life balance**. What she said really **flattered me**<sup>52</sup>. I was **happy** that I could help my friend.

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<sup>49</sup> sacrifice our health for an exam: 为了一次考试而牺牲健康

<sup>50</sup> thought twice: 思虑再三; 仔细考虑

<sup>51</sup> It was my words that helped her realize: 是我的话帮助她意识到...

<sup>52</sup> flattered me: 让我受宠若惊



## 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.



**11. 积极改变**（和朋友一起骑行锻炼身体，改变了我久坐的不健康的生活方式，还让我的工作/学习效率更高了。本题与“困难但有好结果的决定”、“保持健康的方法”等题有故事内容重复。）

Well, I started working out by **cycling on a weekly basis<sup>53</sup>** from about **half** a year ago. Honestly, it was a really **wonderful** change I made in my life.

As for how I **adopted such a healthy habit<sup>54</sup>**, well, **long story short<sup>55</sup>**, several months ago, I had to see a **doctor** for my **back** pain caused by my **sedentary lifestyle<sup>56</sup>**. At the time, my best friend, **Penny**, started trying to **talk me into<sup>57</sup>** cycling with her in our **spare** time. Quoting her, work and study are just a **part** of our lives. **We work to live rather than live to work<sup>58</sup>**. Her words truly **woke me up<sup>59</sup>** to make a change in my **lifestyle**.

So, since then, I've **kept a weekly routine of<sup>60</sup>** cycling with Penny. The **place** where we go biking the **most** is a **park** that was recently built near our apartment. It has a really **good** location because it's next to a beautiful **lake** in our city. We usually go biking there about **two** or **three** times a week. Whenever we get **tired**, we sit on the **lawn** nearby and enjoy the **sunlight**, which is **super cozy!**

Anyway, after **sticking to this habit for three** months, my back pain is **gone for good<sup>61</sup>**. Plus, actually, working out regularly **doesn't** affect my performance at work/school at all. Instead, it makes me more **productive** and **organized**. So, I'm very **grateful** to Penny. She was the one who **encouraged** me to make such a great change. She definitely **brings out the best in me!**

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<sup>53</sup> on a weekly basis: 每周一次

<sup>54</sup> adopted such a healthy habit: 养成了一个如此健康的（生活）习惯

<sup>55</sup> long story short: 长话短说

<sup>56</sup> sedentary lifestyle: 久坐的生活方式

<sup>57</sup> talk me into: 说服我去做...

<sup>58</sup> We work to live rather than live to work: 我们工作是为了生活，而不是为了工作而生活

<sup>59</sup> woke me up: 让我醒悟

<sup>60</sup> kept a weekly routine of: 保持每周惯例的...；指保持一个每周去做某事的习惯

<sup>61</sup> for good: 意指 forever, 永远的

**Describe something you do to keep fit and healthy/Describe an activity you do to stay 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.



**12. 保持健康的方法** (与朋友保持每周几次的骑行来帮助缓解腰背痛的毛病。本题与“积极改变”等题有故事内容的重叠。)

Well, I work out by **cycling on a weekly basis**, starting about **half** a year ago. **It works like a charm<sup>62</sup>** to keep fit and healthy.

Actually I **barely** worked out before that. I always worried that exercising **too often** might **take lots of time away from study/work**. But several months ago, I had to see a **doctor** for my **back** pain caused by my **sedentary lifestyle**. Because of this, my best friend, **Penny**, started trying to **talk me into** cycling with her in our **spare** time. Quoting her, **we work to live rather than live to work**. Her words truly **woke me up**.

So, since then, I've **kept a weekly routine of** cycling with Penny. The **place** where we go biking the **most** is a **park** that was recently built near our apartment. It has a really **good** location because it's next to a beautiful **lake** in our city. We usually go biking there about **two** or **three** times a week. We also like to ride somewhere **far** on weekends and **challenge** ourselves on more **difficult** routes. **It adds a ton of fun<sup>63</sup>** to cycling and we **never** get bored doing this exercise.

Anyway, after **sticking to this habit for three** months, my back pain is **gone for good**. Cycling is **a very good work-out<sup>64</sup>** for my whole body. Now I'm feeling more **energetic**, both mentally and physically, so I've also become more **productive** with work. Apparently, cycling is a **great** form of fitness for me. I believe I will **stick** to it in the future.

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<sup>62</sup> It works like a charm: 非常有效

<sup>63</sup> It adds a ton of fun: 增添了很多乐趣

<sup>64</sup> a very good work-out: 一个非常好的锻炼

### 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.



13. 想参加的比赛 (一直坚持骑行锻炼的我, 很期待参加市区举办的自行车比赛。本题与“保持健康的方法”、“积极改变”、“有趣的邻居”等题有故事内容重叠)

Well, there's going to be a **road bicycle race** held in **autumn** in our city. Anyone who's over **18** can **sign up for the race**<sup>65</sup>. I was **overwhelmed**<sup>66</sup> when I heard about it because I **really** want to join this contest.

Actually, I work out by **cycling on a weekly basis**, starting about **half** a year ago. At the time, I had to see a **doctor** for my **back** pain caused by my **sedentary** lifestyle. Because of this, my best friend, **Penny**, started trying to **talk me into** cycling with her in our **spare** time. So, since then, I've **kept a weekly routine of** cycling with Penny. The **place** where we go biking the **most** is a **park** that was recently built near our apartment. **Coincidentally**<sup>67</sup>, the **starting stage of the race**<sup>68</sup> is at the **park** we often visit 😊. I believe I could **have an edge**<sup>69</sup> in the game because I **know the route there like the back of my hand**<sup>70</sup>.

Plus, there're always **challenging** parts of bike races, like **obstacles** and **hill** climbing. But I **have faith in myself**<sup>71</sup> that I can **handle them nicely**<sup>72</sup>. Penny and I usually ride somewhere **far** on weekends and **challenge** ourselves on more **difficult** routes. So I think those tough practices might be the **key** to win the race.

Anyway, since I started **cycling**, I'm feeling more **energetic**, both mentally and physically. So I really want to **test** my cycling **skills** and **stamina**<sup>73</sup> through this competition. I'm sure I'll **enjoy** the challenge and maybe **expand my circle of cycling friends**<sup>74</sup> as well.

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<sup>65</sup> sign up for the race: 报名参加比赛

<sup>66</sup> overwhelmed: 激动; 心情激荡

<sup>67</sup> Coincidentally: 巧合的是

<sup>68</sup> the starting stage of the race: 比赛的初始段

<sup>69</sup> have an edge: 有优势

<sup>70</sup> know the route there like the back of my hand: 对那里的路线了如指掌

<sup>71</sup> have faith in myself: 对我自己有信心

<sup>72</sup> handle them nicely: 能轻松搞定它们

<sup>73</sup> stamina: 耐力

<sup>74</sup> expand my circle of cycling friends: 扩大我的骑行朋友圈; 交更多喜欢骑行的朋友

### 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.



14. 一个去过的新地方（去年国庆假期去了威海旅行。本题与“有趣的城市”等题有故事内容重叠。）

Speaking of a **new** place I just visited, the **first** one that **comes to mind** is definitely **Weihai**, which is located **in the easternmost part of Shandong** province. That area is close to the sea, which makes it a **hotspot** for lots of people.

I have a **friend** who moved to the city last year, so I **visited** her as well as toured the city during the last **National Day** holiday. It has a really **good** location because it's **surrounded by the sea on three sides**, and there are lots of **terrific attractions** in the city. For example, **Weihai International Beach** is considered one of the **best** beaches in Asia. Plus, I tried **deep-fried yellow croaker**, which is an **iconic specialty** there. **My mouth is watering** just thinking of it(¬¬).

Anyway, if you **go** there, I'd say **it's a must to go cycling** around the sea. My **favorite** part of the city is a long **bike path** that was built **alongside** the sea. We **rented** bicycles to ride along the coast. You can feel **the soft sea breeze** and even enjoy **the sparkling sun on the water** while riding, which is **fantastic**. When we got **tired**, we laid on a nearby **beach** and enjoyed **soaking up the sun**. It definitely made us **feel like a million bucks**.

So, as someone who had **never** been to the sea before, I think that Weihai is definitely a **heavenly place**<sup>75</sup>. It has **breathtaking** views and **fresh** air. You can **easily** find a place to **kick back and relax**. It's **definitely** worth visiting.

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<sup>75</sup> a heavenly place: 一个像天堂一样的地方；形容这个地方非常漂亮

### 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.



15. 有趣的城市 (可以环海骑行的沿海城市威海。本题与“一个去过的新地方”等题有故事内容重叠。)

Well, I'd like to talk about **Weihai**, which is located in the **easternmost** part of **Shandong** province. I think it's one of the most **beautiful** and **attractive** cities in China.

I have a **friend** who moved to the city last year, so I **visited** her as well as **toured** the city during the last National Day holiday. It has a really **good** location because it's **surrounded by the sea on three sides**, and there are lots of **terrific attractions** in the city. For example, **Weihai International Beach** is considered one of the **best** beaches in Asia. Plus, I tried **deep-fried yellow croaker**, which is an **iconic specialty** there. **My mouth is watering** just thinking of it(̄ ̄).

Anyway, if you **go** there, I'd say **it's a must to** go cycling **around** the sea, which I think is one of the most **appealing** parts of the city. There's a long **bike path** that was built **alongside** the sea. We **rented** bicycles to ride along the coast. You can feel **the soft sea breeze** and even enjoy **the sparkling sun on the water** while riding, which is **fantastic**. When we got **tired**, we laid on a nearby **beach** and enjoyed **soaking up the sun**. It definitely made us **feel like a million bucks**.

So, as someone who had **never** been to the sea before, I think that Weihai is definitely **a heavenly place**. It has **breathtaking** views and **fresh** air. You can **easily** find a place to **kick back and relax**. It's **definitely** worth visiting.

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**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.



**16. 推荐他人居住的地方** (海边城市威海空气清新风景秀美, 非常适合居住和养老。本题与“有趣的的城市”等题有故事内容重叠。)

The city I would **highly recommend others to live in**<sup>76</sup> is **Weihai**, which is located **in the easternmost part of** Shandong province. I think it's one of the most **beautiful** and **attractive** cities in China.

I have a **friend** who moved to the city last year, so I **visited** her as well as **toured** the city during the last National Day holiday. It has a really **good** location because it's **surrounded by the sea on three sides**, and there are lots of **terrific attractions** in the city. For example, **Weihai International Beach** is considered one of the **best** beaches in Asia. Plus, I tried **deep-fried yellow croaker**, which is an **iconic specialty** there. **My mouth is watering** just thinking of it(¯ ͡ \_ ͡ ¯).

What's more, you can go **cycling** around the sea, which I think is one of the most **appealing** parts of the city. There's a long **bike path** that was built **alongside** the sea. My friend and I **rented** bicycles to ride along the coast. You can feel **the soft sea breeze** and even **enjoy the sparkling sun on the water** while riding, which is **fantastic**. When we got **tired**, we laid on a nearby **beach** and enjoyed **soaking up the sun**. It definitely made us **feel like a million bucks**.

So, as someone who had **never** been to the sea before, I think that Weihai is definitely **a heavenly place**. It has **breathtaking** views and **fresh** air. You can **easily** find a place to **kick back and relax**. So, it's **definitely** a good place to live for a **long** time or even **retire** in.

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<sup>76</sup> highly recommend others to live in: 强烈推荐他人居住

## 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.



**17. 乡村一隅**（去年国庆假期去了广东石板沙村旅行，这里有可以环岛骑行的自行车道，对我来说是很特别的一次体验。本题与“有趣的城市”等题有故事内容重叠。）

I'd like to talk about a village in **Guangdong** province, which is called **ShiBanSha** Village. I'm **really fond of**<sup>77</sup> the **cycling trail** there. In recent years, this village has become a **hotspot** for lots of people.

I have a **friend** who moved to Guangdong last year, so I **visited** her as well as **toured** the village during the last **National Day** holiday. It has a really **good** location because it's **surrounded by water**. It's a small **island**. And there are lots of **terrific attractions**. For example, you can see tons of beautiful **street art paintings**<sup>78</sup> in the village about the locals and their lives. Plus, I tried the local **clams**<sup>79</sup>, which is an **iconic specialty** there. **My mouth is watering** just thinking of it(¬¬).

Anyway, my **favorite** part of the village is a long **bike path** that was built **alongside** the island. We **rented** bicycles to ride around there. You can **feel the soft breeze** and even enjoy **the sparkling sun on the water** while riding, which is **fantastic**. You can also see some **villagers** fishing on the water in their small boats, which seems like a **lot** of fun. The **slow-paced life**<sup>80</sup> there definitely **helped us recharge**<sup>81</sup>.

It was my **first** time riding around an **island**, so the coastal road really **left a mark on me**<sup>82</sup>. When we rode our bikes there, we loved the **breathtaking** views and **fresh** air. Most importantly, I felt **I was completely free from the hustle and bustle of the city**<sup>83</sup>. It was a **great** experience for sure.

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<sup>77</sup> I'm really fond of: 我真的非常喜欢

<sup>78</sup> street art paintings: 街头艺术画; 街头艺术涂鸦

<sup>79</sup> clams: 蛤蜊

<sup>80</sup> slow-paced life: 慢节奏的生活

<sup>81</sup> helped us recharge: 帮助我们恢复精力（休整身心）

<sup>82</sup> left a mark on me: 给我留下了很深的印象

<sup>83</sup> I was completely free from the hustle and bustle of the city: 我彻底的远离了城市的喧嚣

### 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.



**18. 远距离步行** (去年国庆假期去了广东石板沙村旅行, 这里有可以环岛步行游览的步道。本题与“乡村一隅”等题有故事内容重叠。)

I'd like to talk about a time I went **hiking** at a **tourist attraction** called **ShiBanSha Village**. It's a **small** village in **Guangdong** Province. In recent years, it has become a **hotspot** for lots of people.

I have a **friend** who moved to Guangdong last year, so I **visited** her as well as **toured** the village during the last **National Day** holiday. It has a really **good** location because it's **surrounded by water**. It's a small **island**.

Anyway, my **favorite** part of the village is a **long walking path**<sup>84</sup> that was built **alongside** the island. You can **walk around the island along that path**<sup>85</sup> while enjoying the beautiful views of the **village** as well as the **water**. When you walk on the path, you can **feel the soft breeze** and even enjoy **the sparkling sun on the water**, which is **fantastic**. Sometimes, you can also see some **villagers** fishing on the water in their small boats, which seems like a **lot** of fun. The **slow-paced life** there definitely **helped us recharge**.

It's a really **long** path that took us almost **an hour** to finish. I was so **tired** that I had to **take a few breaks in the middle of the hike**<sup>86</sup>. But **overall**, I **loved** this hiking experience. It was my **first** time walking around an **island**, so the coastal road really **left a mark on me**. I loved the **breathtaking** views and **fresh** air. Most importantly, I felt **I was completely free from the hustle and bustle of the city**. It was a **great** experience for sure.

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<sup>84</sup> a long walking path: 一个很长的步道

<sup>85</sup> walk around the island along that path: 沿着那条小路环岛步行

<sup>86</sup> take a few breaks in the middle of the hike: 在徒步的中途休息了一两次

## 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.



**19. 安静的地方**（去年到一个村子旅行，这里没有嘈杂的交通噪音，人们生活简单安逸，是我见过最安静的地方。本题与“乡村一隅”等题有故事内容重叠。）

I'd like to talk about a **village** I've been to. It's called **ShiBanSha Village**. For someone like me who lives in a **city**, this village is a **perfect escape**<sup>87</sup> since it's the **quietest** place I've visited.

I have a **friend** who lives here, so I **visited** her as well as **toured** the village during the last **National Day** holiday. It has a really **good** location because it's **surrounded by water**. It's a small **island**. There **aren't** many vehicles there. Instead, the villagers prefer to **cycle around**<sup>88</sup>. So you **hardly** hear any noise of **engines and horns**<sup>89</sup>.

My **favorite** part of the village is a long **bike path** that was built **alongside** the island. My friend and I **rented** bicycles to ride around there. I **felt the soft breeze** and even enjoyed **the sparkling sun on the water** while riding, which was **fantastic**. I also saw some **villagers** fishing on the water in their small boats, which seemed like a **lot** of fun. Honestly, during the **day** of my tour, I **didn't hear anything loud other than**<sup>90</sup> the **seagulls**. Most locals there **make their living from fishing**<sup>91</sup>, and they have a very **simple** lifestyle, which **adds a relaxing and peaceful vibe to**<sup>92</sup> the village as well.

Anyway, it was my **first** time experiencing what is like to live in the **countryside**. I felt **I was completely free from the hustle and bustle of the city**. It helped me find some **peace of mind**<sup>93</sup>. So I'm **really** fond of this place.

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<sup>87</sup> a perfect escape: 一个完美的世外桃源；escape 此处做名词，指可以暂时逃离现实的地方或解脱，也有世外桃源之意

<sup>88</sup> cycle around: 四处骑行

<sup>89</sup> engines and horns: 引擎和喇叭

<sup>90</sup> didn't hear anything loud other than: 除了...没听到什么大的声音

<sup>91</sup> make their living from fishing: 以捕鱼为生

<sup>92</sup> adds a relaxing and peaceful vibe to: 给...增添了一种放松和宁静的氛围

<sup>93</sup> peace of mind: 内心的平静

**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.



20. 外出花费甚少的一天 (去乡下一日游, 花费非常少。本题与“乡村一隅”等题有故事内容重叠。)

Well, speaking of a day I **didn't** spend much, the **first** one that **comes to mind** is a **one-day trip** I had. The destination was a **village** in Guangdong province. I have a **friend** who lives there, so I **visited** her as well as **toured** the village during the last National Day holiday.

The village has a really **good** location because it's **surrounded by water**. It's a small **island**. And there are lots of **terrific attractions** to visit for free. For example, you don't have to pay to see tons of beautiful **street art paintings** in the village. Plus, I enjoyed **all** kinds of **iconic specialties** at a street market there but I **only** spent **a couple dozen yuan**<sup>94</sup>.

What's more, there's a long **bike path** that was built **alongside** the island. My friend and I **rented** bicycles to ride around there. **The cherry on top is that**<sup>95</sup> the bike rental was **dirt-cheap**<sup>96</sup>. We cycled **two** hours but were only charged **10 Yuan**(💎~💎). It was such a **nice** ride. We could **feel the soft breeze** and enjoyed **the sparkling sun on the water** while riding, which was **fantastic**.

Anyway, I only spent a little over **100 Yuan** during the **whole** trip, which was **literally** the **cheapest** trip I've ever had. But it was still a very **enriching**<sup>97</sup> experience. It was my **first** time riding around an **island**. And I loved the **breathtaking** views and **fresh** air. Most importantly, I felt **I was completely free from the hustle and bustle of the city**. It was a **great** experience for sure.

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<sup>94</sup> a couple dozen yuan: 几十块

<sup>95</sup> The cherry on top is that: 更好的是... (锦上添花)

<sup>96</sup> dirt-cheap: 特别便宜

<sup>97</sup> enriching: 充实的, 丰富的



### 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.



**21. 重要河流/湖泊** (去年到一个被西江环绕的一个小岛旅行。在这里对我国南方重要河流—西江有了更深入的了解。本题与“乡村一隅”等题有故事内容重叠。)

I'd like to talk about **Xijiang River**<sup>98</sup>, which is in the **south** of China. I learned about it last year when I visited a village in **Guangdong** province, which is called **ShiBanSha** Village. I have a **friend** who lives there, so I **visited** her as well as **toured** the village during the last **National Day** holiday. It's a small **island** just in the middle of **Xijiang** River.

My friend told me a **lot** about the river. I **have a poor memory**<sup>99</sup>, but there are **still** some major facts about it **in my mind**<sup>100</sup>. Like it's the **longest** river in **south China** and it's also an **important water source for multiple cities**<sup>101</sup>. There're dozens of **harbors**<sup>102</sup> along the shores and countless **ships** running **back and forth**<sup>103</sup> on the river. So **it plays an important role as a transportation link**<sup>104</sup> for many cities.

Plus, the river has a **positive** impact on **coastal tourism**<sup>105</sup>. Take **Shibansha** Village as an example. My **favorite** part of the village is a long **bike path** that was built **alongside** the river. My friend and I **rented** bicycles to ride around there. You can **feel the soft breeze** and even enjoy the **sparkling sun on the water** while riding, which is **fantastic**. Many tourists are fond of the **cycling trail** there. Nowadays, this village has become a **hotspot** for lots of people, which definitely **boosts the local economy**<sup>106</sup>.

So, because of **all** these reasons, we have to **protect** the river from **pollution** since it's so **vital**<sup>107</sup> and **it connects everyone's lives there**<sup>108</sup>.

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<sup>98</sup> Xijiang River: 西江 (可以换成你所了解的大部分河流, 其中关于河流重要性的素材基本都可以用到)

<sup>99</sup> have a poor memory: 我记性不好

<sup>100</sup> in my mind: 在我脑海中

<sup>101</sup> important water source for multiple cities: 是多个城市的重要水源

<sup>102</sup> harbors: 码头, 船港

<sup>103</sup> back and forth: 来来回回

<sup>104</sup> it plays an important role as a transportation link: 它 (西江) 扮演着重要的交通枢纽的角色

<sup>105</sup> coastal tourism: 滨海旅游; 河边的也可以称为 coastal

<sup>106</sup> boosts the local economy: 促进当地经济发展

<sup>107</sup> vital: 重要

<sup>108</sup> it connects everyone's lives there: 和每个人的生活息息相关

### 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.



22. 不喜欢的规则（家附近的新公园不允许自行车进入。本题与“一个去过的新地方”等题有故事重叠。）

Speaking of a rule I **dislike**, the **first** one that **comes to mind** is a rule of a **park** that doesn't allow **bicycles**. It sounds **terrible**, right?

I **have a great liking for** recreational **cycling**. About half a year ago, several friends of mine who have the **same** interest decided to cycle at a **park** together. There's actually a park that was built near my **home** last year. It has a really **good** location because it's next to a beautiful **lake** in our city. And there's **a long viewing trail**<sup>109</sup> that has been built **alongside** the lake. So we agreed to meet up at the park at **six** in the morning when it **wasn't** **packed with** people yet.

When we arrived there with our **bikes**, the **security guards**<sup>110</sup> at the gate **stopped** us and said the park **doesn't** allow bikes in it. We were totally **taken aback**<sup>111</sup> because it was the **first** time we heard about this kind of rule. A park is supposed to be a place where people **relax** and **play**, so **it doesn't** **make sense that** people are **not** allowed to bring their bikes into the park.

We ended up **leaving** the park but we were really **pissed**<sup>112</sup>. After all, cycling along the lakeshore could be a very **pleasant** experience. You could breathe in **fresh** air and **enjoy the sparkling sun on the water** while riding, which would be **fantastic**. **It's a shame that**<sup>113</sup> this park has such a rule and I hope they can **remove it**<sup>114</sup> one day.

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<sup>109</sup> a long viewing trail: 一个很长的观景步道

<sup>110</sup> security guards: 保安

<sup>111</sup> taken aback: 大吃一惊

<sup>112</sup> pissed: 很生气

<sup>113</sup> It's a shame that: 太可惜了；非常遗憾

<sup>114</sup> remove it: 去掉它；除掉它

**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



**23. 帮助提高专注力的东西**（买过的蓝牙主动降噪耳机能很好的帮助屏蔽背景噪音，有效提升专注力。本题与“丢失东西”等题有故事内容重叠）

Speaking of something that helps me **focus**, **off the top of my head**, the **first** thing I can think of is a pair of **Bluetooth noise cancelling earbuds**<sup>115</sup>. They're a pair of **JBL** brand earbuds and cost me **1000** Yuan. Even though they **cost me an arm and a leg**<sup>116</sup>, I have to say it was **worth** it.

I bought them as a **birthday gift** for myself. At the time, I **was swamped with**<sup>117</sup> several difficult **exams**, which really **stressed** me out. What's **worse**, I found myself often **distracted** by noise around me, especially **people talking**<sup>118</sup>. I tried to **block out the noise**<sup>119</sup> by wearing **earphones** and listening to some **music**. But it **didn't** work. So I made up my mind to buy this pair of earbuds as they **claimed to be**<sup>120</sup> the best **noise cancelling** earbuds.

Unlike **normal** earbuds, they have a **noise cancelling mode**<sup>121</sup>. Whenever I'm **irritated**<sup>122</sup> by noise and **can't** focus on my work, I **switch** on the noise cancelling mode and the earbuds **filter out**<sup>123</sup> all the background noise right away. So I can keep **focused** on what I'm doing.

I think this is really a **great** product to help me focus. I've become **way more productive** with study/work and it's been **hard** to be distracted since I got them. I'm really grateful to **modern** technology for creating **such an awesome gadget**<sup>124</sup>. I even bought a **security chain**<sup>125</sup> for these earbuds **in case**<sup>126</sup> I lose them. After all, they mean a **lot** to me.

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<sup>115</sup> Bluetooth noise cancelling earbuds: 蓝牙降噪耳机

<sup>116</sup> cost me an arm and a leg: 花了我很多钱

<sup>117</sup> was swamped with: 为了...非常忙; 忙于...

<sup>118</sup> people talking: 人们的谈话（声音）

<sup>119</sup> block out the noise: 隔绝噪音

<sup>120</sup> claimed to be: 据称是

<sup>121</sup> a noise cancelling mode: 一个降噪模式

<sup>122</sup> irritated: 使烦躁或恼火

<sup>123</sup> filter out: 过滤掉

<sup>124</sup> such an awesome gadget: 这么棒的小工具

<sup>125</sup> a security chain: 一个安全链，防丢链

<sup>126</sup> in case: 以防...

**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.



**24. 丢失东西**（在大巴车上不小心丢掉了蓝牙无线耳机，对亏清洁工打扫时找到才得以失而复得。本题与“帮助提升专注力的东西”等题有故事内容重叠。）

Speaking of something I **lost**, **off the top of my head**, the **first** thing I can think of is a pair of **Bluetooth noise cancelling** earbuds. They're a pair of **JBL** brand earbuds and cost me **1000 Yuan**, which really **cost me an arm and a leg**. So it really **got me down**<sup>127</sup> when I lost them.

It happened last year when I was on a **trip** to Weihai. I have a **friend** who moved to the city last year, so I was taking a bus to **visit** her. On the highway, the bus was **stuck in traffic** for a long time. I was annoyed by the **horns** and noise from other **passengers**. So I put on my earbuds and they **filtered out** all the background noise right away. That's how **good** they are!

However, after I arrived at my **friend's** home, I **couldn't** find one of the earbuds. I tried to **recall** where I put it but still **had no clue**<sup>128</sup>. Finally, I had to call the **bus company** to **check their lost and found**<sup>129</sup>. Honestly, I thought it was **impossible** to find such a small item in a **public** place. But **unexpectedly**<sup>130</sup>, the company said their **bus cleaner** found one. You know, **I felt like I won the lottery**<sup>131</sup>. I went **back** and got it right away. I **thanked** them **a lot**!

Anyway, the accident taught me a **lesson** as well. After I found it, I bought a **security chain** for these earbuds **in case** I lose them again. After all, they mean a **lot** to me.

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<sup>127</sup> got me down: 让我沮丧

<sup>128</sup> had no clue: 不知道...

<sup>129</sup> check their lost and found: 检查他们的失物招领

<sup>130</sup> unexpectedly: 出乎意料的

<sup>131</sup> I felt like I won the lottery: 感觉像中了彩票

**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.



**25.让生活变得更好的发明** (降噪耳机的发明给人们的日常生活带来了极大便利。本题与“提高专注力的东西”等题有故事内容重叠)

Speaking of an **invention** that makes people's life **better**, the **first** one that **comes to mind** is **noise cancelling headphones** because they **make people's lives a breeze**<sup>132</sup>.

As far as I know, it was **an MIT professor**<sup>133</sup> who first came up with the **idea** for noise-canceling headphones. One time when he was doing some work during a **flight**, he found himself often **distracted** by all the noise on the plane. He tried to **block out the noise** by wearing **earphones** and listening to some **music**. But it **didn't** work. So he took a **napkin** and drafted a **design** of headphones that could help **reduce** background and surrounding noises.

By now, there have been **tons of generations and types of**<sup>134</sup> noise-canceling headphones. Unlike **normal** headphones, they have **a noise cancelling mode**. Whenever you're **irritated** by noise and **can't** focus on what you're doing, you can **switch** on the noise cancelling mode and the headphones **filter out** all the background noise right away. So you can keep **focused** on what you're doing.

Actually people can use noise-canceling headphones **in many different settings**<sup>135</sup>. For example, when your **baby** gets on a plane, the noise can **freak** them out. Wearing noise-canceling headphones is **a very smart solution**<sup>136</sup>. Besides, for **students** and **workers**, those kinds of headphones are a **great** product to help them focus when they study/work. Plus, they might even **help deepen your sleep**<sup>137</sup>. So it's definitely a **useful** invention. I'm really grateful to **modern** technology for creating **such an awesome gadget**.

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<sup>132</sup> make people's lives a breeze: 让人们的生活变的轻松

<sup>133</sup> an MIT professor: 一个麻省理工大学的教授

<sup>134</sup> tons of generations and types of: 在这里指这类耳机已经更新换代很多种

<sup>135</sup> in many different settings: 在不同的情况下

<sup>136</sup> a very smart solution: 一个聪明的解决方案

<sup>137</sup> help deepen your sleep: 帮助你加深睡眠



**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.



**26. 堵车的经历**（在高速路上遇到道路施工导致堵车, 却让我有机会第一次与陌生人交谈甚欢。本题与“丢失东西”以及“用手机做重要的事”等题有故事内容重叠。本题素材也可以完全使用“用手机做重要的事”的故事内容。）

In the city where I **live**, traffic jams **occur on a daily basis**<sup>138</sup>. But the one that really **left a mark on me**<sup>139</sup> is the time I took a **bus** for a trip.

It happened last year when I was on a **trip** to Weihai. I have a **friend** who moved to the city last year, so I was taking a bus to **visit** her. On the **highway**, the bus was **stuck in traffic** for a **long** time. There was a lane **under construction**<sup>140</sup>, so all the vehicles had to **merge into the remaining lane**<sup>141</sup>, causing traffic to **move at a snail's pace**<sup>142</sup>.

I was annoyed by the **horns** and noise from other **passengers**. So I put on my **earbuds**, which are a pair of **Bluetooth noise cancelling earbuds**, and listened to some **music**. They **filtered out** all the background noise right away, which made me feel **better**. But the traffic **barely**<sup>143</sup> moved in an hour. The young **lady** next to me seemed **bored** as well, so I **started up a conversation with**<sup>144</sup> her. Then I learned that she's actually a **business owner**. She **has great expertise in** marketing. Honestly, I learned a lot about business from **her** during the trip.

So, even though it took me **two extra hours**<sup>145</sup> to arrive at my destination that day, my journey was **delightful** because of my conversation with the lady. It was the **first** time I had such a good talk with a **stranger** on public transportation, which is why I **remember that traffic jam like it was yesterday**<sup>146</sup>.

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<sup>138</sup> occur on a daily basis: 每天都会发生

<sup>139</sup> left a mark on me: 让我印象深刻

<sup>140</sup> under construction: 正在建设中

<sup>141</sup> merge into the remaining lane: 并入到剩下的车道

<sup>142</sup> move at a snail's pace: 以蜗牛的速度移动

<sup>143</sup> barely: 几乎不

<sup>144</sup> started up a conversation with: 开始和...聊天

<sup>145</sup> two extra hours: 多了两个小时

<sup>146</sup> remember that traffic jam like it was yesterday: 记得那次交通堵塞就像昨天发生一样; 意思是我记得很清楚

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

You should say:

What happened;

When it's happened;

How important the cellphone was;

And explain how you felt about the experience.



**27.用手机做重要的事** (由于堵车回不了家, 只好在车上用手机流量上在线网课。本题与“堵车的经历”有故事内容重叠。)

Well, nowadays, cellphones certainly play a very **important** role in our lives. I'd like to talk about a time I used my **cellphone** to go to an **online** class when **I was stuck in a traffic jam**.

It happened **last year** when I was on the **highway**. Unfortunately, the bus I took was stuck in traffic for a **long** time. There was a lane **under construction**, so all the vehicles had to **merge into the remaining lane**, causing traffic to **move at a snail's pace**.

The traffic jam made me **feel like I had butterflies in my stomach**<sup>147</sup>. I had an **online** class in **two** hours and I was supposed to be **ready** for it at **home**. It was a very **important** class about **the National Judicial examination** that I was preparing for. Even though there was only **half** an hour left before class started, I was **still** in the traffic jam. Just when I was getting **desperate**, **a great idea popped into my mind**<sup>148</sup>. I could use my **cellphone** to watch the online class. So I tried to download the **video conferencing app**<sup>149</sup> I needed **through mobile data**<sup>150</sup>. The network was **way better** than I thought. Finally, I **managed** to watch the lecture on the bus.

Anyway, it took me **two** extra hours to arrive at my destination that day. **If I hadn't had** the cellphone, **I would have totally missed** the class. So my cellphone was **such a life-saver**<sup>151</sup>. To be **honest**, I think smartphones nowadays are **literally powerful mini computers** that you can do **everything** on.

<sup>147</sup> feel like I had butterflies in my stomach: 让我感到忐忑不安

<sup>148</sup> a great idea popped into my mind: 我突然想到一个好主意

<sup>149</sup> video conferencing app: 视频会议 app

<sup>150</sup> through mobile data: 通过移动数据; 意指通过手机网络

<sup>151</sup> such a life-saver: 真是个救星

**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.



**28. 想共事的家人** (比我有想法, 有市场营销经验的姐姐, 是我最想要一起工作的人。本题与“有趣的邻居”等题有故事内容重叠。)

Speaking of a family member who I want to **work** with, the **first** person who **comes to mind** is my **older cousin** who is **three** years older than me. Since **we're almost the same age**, we like to **hang out** with each other. So **it's safe to say that**<sup>152</sup> I know her **pretty** well.

We **have so much in common**! But I have to say that she is more **creative** than I am. For example, she's **a huge Harry Potter fan** like me. But she **has lots of insights about**<sup>153</sup> the characters in the book. Her **perception** of the characters fascinates me every time. Besides, we both like **cycling**. But she prefers to discover more **unusual** cycling trails. She always **talks me into** riding somewhere **far** and **challenging** ourselves on more **difficult** routes. **It adds a ton of fun** to cycling.

What's more, I think she **has a knack for**<sup>154</sup> **business**. She started working with small businesses when she was a **freshman** in college. And she especially **has great expertise in**<sup>155</sup> marketing. Honestly, I learned more about business from **her** than from books.

So, because of **all** these reasons, I think she is **the perfect match**<sup>156</sup> when I need a business partner. I'm good at **execution**<sup>157</sup> and she is **experienced** and also has the **creativity**. So maybe one day we can start a business **together** and make it something **big**. **I bet she'll be on board**<sup>158</sup>. Honestly, I have **no** idea what we can do together **for now**<sup>159</sup>, but I could ask **her** for help. She definitely has **more** unique ideas😊.

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<sup>152</sup> it's safe to say that: 可以肯定的说

<sup>153</sup> has lots of insights about: 有很多关于...的见解

<sup>154</sup> has a knack for: 很擅长做...; 做...很有天赋

<sup>155</sup> has great expertise in: 有...方面丰富的专业知识

<sup>156</sup> the perfect match: 最合适的人选

<sup>157</sup> execution: 执行力

<sup>158</sup> I bet she'll be on board: 我打赌她一定会同意

<sup>159</sup> for now: 目前来说

### 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.



**29. 有趣的邻居**（搬家新认识的邻居是个很有想法的人，每次和她聊天我都受益良多。本题与“想共事的家人”、“想共度时光的人”等题有故事内容重叠）

I'd like to talk about my **new neighbor**. I just moved to a new **apartment** not long ago. And I got to meet my current neighbor, **Penny**. She is **three** years older than me. Since **we're almost the same age**, we **hit it off quickly** and became friends.

We often go to each other's houses for **dinner**, so **it's safe to say that** I know her **pretty** well. We **have so much in common**! But I have to say that she is more **creative** than I am. For example, she's a huge **Harry Potter fan** like me. But she **has lots of insights about** the characters in the book. Her **perception** of the characters fascinates me every time. Besides, we both like **cycling**. But she prefers to discover more **unusual** cycling trails. She always **talks me into** riding somewhere **far** and **challenging** ourselves on more **difficult** routes. **It adds a ton of fun** to cycling.

What's more, I think she **has a knack for** **business**. She said she started working with small businesses when she was a **freshman** in college. And she especially **has great expertise in** marketing. Honestly, I learned more about business from **her** than from books.

So, because of **all** these reasons, I think she is pretty **captivating**<sup>160</sup>. I always **hang onto every word she says**<sup>161</sup>. So I **really** like spending time with her. She's the **first** neighbor I've gotten along with **so well**. I hope we can **be good friends for life**.

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<sup>160</sup> captivating: 有魅力的

<sup>161</sup> hang onto every word she says: 记住她说的每一个字

### 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.



30. 想共度时光的人（新认识的朋友与我有很多共同的爱好，而且和她聊天我可以学到很多。本题与“有趣的邻居”、“享受的聊天对象”等题有故事内容重叠。）

I'd like to talk about a new **friend** I made. I just moved to a new **apartment** not long ago. And I got to meet my current neighbor, **Penny**. She is **three** years older than me. Since **we're almost the same age**, we **hit it off quickly** and became friends.

We **have so much in common**! And we basically talk about **everything** with each other. Plus, Penny is more **creative** than I am. So **it's always a blast**<sup>162</sup> hanging out with her. For example, she's a huge **Harry Potter fan** like me. But she **has lots of insights about** the characters in the books. Her **perception** of the characters fascinates me every time. Besides, we both like **cycling**. **One thing we like to do is share** bikes and equipment with each other. Penny prefers to discover **all kinds of unusual** cycling trails. It's also **fun** to listen to her stories about taking on all kinds of **difficult routes**.

What's more, I think she **has a knack for business**. She said she started working with small businesses when she was a **freshman** in college. And she especially **has great expertise in** marketing. Honestly, I learned more about business from **her** than from books.

So, because of **all** these reasons, I think she is pretty **captivating**. I always **hang onto every word she says**. She's definitely an **interesting** person I **enjoy** talking with. I hope we can **be good friends for life**. I **really** like spending time with her.

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<sup>162</sup> it's always a blast: 总是很开心

### 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.



31. 喜欢一起聊天的朋友/享受的聊天对象(新认识的朋友与我有很多共同的爱好，而且和她聊天我可以学到很多。本题与“有趣的邻居”等题有故事内容重叠。)

I'd like to talk about a new **friend** I made. I just moved to a new **apartment** not long ago. And I got to meet my current neighbor, **Penny**. She is **three** years older than me. Since **we're almost the same age**, we **hit it off quickly** and became friends.

We **have so much in common**! And we basically talk about **everything** with each other. Plus, Penny is more **creative** than I am. So **it's always a blast**<sup>163</sup> talking to her. For example, she's **a huge Harry Potter fan** like me. But she **has lots of insights about** the characters in the books. Her **perception** of the characters fascinates me every time. Besides, we both like **cycling**. **One thing we like to do is share** bikes and equipment with each other. Penny prefers to discover **all kinds of unusual** cycling trails. It's also **fun** to listen to her stories about taking on all kinds of **difficult routes**.

What's more, I think she **has a knack for business**. She said she started working with small businesses when she was a **freshman** in college. And she especially **has great expertise in** marketing. Honestly, I learned more about business from **her** than from books.

So, because of **all** these reasons, I think she is pretty **captivating**. I always **hang onto every word she says**. She's definitely an **interesting** person I **enjoy** talking with. I hope we can **be good friends for life**. I **really** like spending time with her.

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<sup>163</sup> it's always a blast: 总是很开心



**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.



**32. 对社会有贡献的人** (一名剪纸艺术工作者, 很巧妙地利用现代自媒体, 让年轻人开始关注逐渐消失的剪纸文化。本题与“别人讲述的故事”等题有故事内容重叠。)

Well, speaking of someone whose work is considered **useful** to society, the **first** one that **comes to mind** is a **60-year-old lady** I saw on **social media**. She's **a folk artist who specializes in paper-cutting**<sup>164</sup>. Even though she's in her **sixties**, I still think she's made a **great** contribution to our society.

I watched a video of a **reporter** interviewing the lady. She said she's **had a great liking for** paper-cutting since she was a **kid**. And she still **teaches** a paper-cutting course at a **college**. But as she got **older**, she found that there are **less and less** young people who take an **interest** in this art form, and we are **losing** the culture of paper-cutting.

In order to **change** the situation, she **came up with** the idea of **promoting** the folk art on social media. She cuts paper into **comics** that tell **traditional** Chinese stories and creates **videos** of them. **After lots of attempts**<sup>165</sup>, she really **made it work**! Her story and artwork **have already been covered by foreign** media and now she is **an authentic internet celebrity** in China. Since her videos **went viral**, tons of young people have become **interested** in the art of paper-cutting.

You know, paper-cutting is a **unique** folk art in China. It would be **a huge loss to my country**<sup>166</sup> if it disappeared. So as an **artist** in that field, this old lady **has done a great job protecting this traditional art**. What she does is **absolutely valuable** to our society.

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<sup>164</sup> a folk artist who specializes in paper-cutting: 专门做剪纸的民间艺术家

<sup>165</sup> After lots of attempts: 做了很多次尝试以后

<sup>166</sup> a huge loss to my country: 对我们国家来说是很大的损失

**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.



**33. (国家/家乡) 有名的人** (在我的家乡有一名剪纸艺术工作者，利用现代自媒体，让年轻人开始关注逐渐消失的剪纸文化。本题与“对社会有贡献的人”等题有故事内容重叠。)

Well, speaking of a **celebrity** in my hometown, the **first** one that **comes to mind** is a **60-year-old lady** I saw on **social media**. She's **a folk artist who specializes in paper-cutting**.

I happened to see a **video** of a reporter interviewing the lady. She said she's from **Shenzhen**, which **caught my attention**<sup>167</sup> because I come from the **same city**. So the video really **piqued my interest**<sup>168</sup>. The old lady said she's **had a great liking for** paper-cutting since she was a **kid**. But as she got **older**, she found that there are **less and less** young people who take an **interest** in this art form, and we are **losing** the culture of paper-cutting.

In order to **change** the situation, she **came up with** the idea of **promoting** the folk art on social media. She cuts paper into **comics** that tell **traditional** Chinese stories and creates **videos** of them. **After lots of attempts**, she really **made it work**! Her story and artwork **have already been covered by** lots of **local media** and now she is **an authentic internet celebrity**. Since her videos **went viral**, tons of young people have become **interested** in the art of paper-cutting.

You know, just like lots of **other** people, I was amazed by how **creative** she is for **her age**, which was why I **like** her a lot. She is such a **great role model** to young people like me and **definitely earns my admiration**. I'm so **proud** to have such a great and famous person in my **hometown**.

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<sup>167</sup> caught my attention: 吸引了我的注意力

<sup>168</sup> piqued my interest: 引起了我的兴趣

**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.



**34.别人讲述的故事** (在传统文化展览会上遇到一名剪纸艺术工作者, 她讲述了自己利用现代媒体宣传保护剪纸文化的故事。本题与“对社会有贡献的人”等题有故事内容重叠。)

Well, I met a **60-year-old lady** at a **traditional culture exhibition**<sup>169</sup> several weeks ago. She's a **folk artist who specializes in paper-cutting**. She told me a story about **her life**, which really **left a mark on me**.

I **came across her**<sup>170</sup> at an event where she was demonstrating how to **make** paper cuttings to some people. I remember she took just **a few** minutes to cut two **butterflies**. It seemed like she had **magic** hands, and **I couldn't help but be blown away**<sup>171</sup>. Then she noticed me and **started up a conversation with me**<sup>172</sup>.

She told me a **lot** about herself. She said she **teaches** a paper-cutting course in a **college**. But as she got **older**, she found that there are **less and less** young people who take an **interest** in this art form, and we are **losing** the culture of paper-cutting. So she **came up with** the idea of **promoting** this folk art on social media. With her **grandchildren's** help, she began to **cut paper into comics** that tell **traditional Chinese stories** and created **videos** of them. Now, her story and artwork **have already been covered by** lots of **local media**.

You know, I felt so **lucky** that I took part in this **exhibition** and got to know and talk to this lady, a **real internet celebrity**. And I was amazed by how **creative** she is for **her age**, which was why I was **impressed** by her story. She is such a **great role model** to young people like me and **definitely earns my admiration**.

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<sup>169</sup> traditional culture exhibition: 传统文化展

<sup>170</sup> came across her: 遇到她

<sup>171</sup> I couldn't help but be blown away: 我不禁被震撼了

<sup>172</sup> started up a conversation with me: 开始和我聊天



## 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

35. 一见且想再见的人（在某传统文化展览会上，遇到一位剪纸手艺人，她非常关注正逐渐消失的剪纸文化。本题与“别人讲述的故事”有故事内容重叠。）

Well, the person I'd love to meet **again** is a **60-year-old** lady I saw at a **traditional culture exhibition** several weeks ago. She's a **folk artist who specializes in paper-cutting**.

I **came across her** at an event where she was demonstrating how to **make** paper cuttings to some people. I remember she took just **a few** minutes to cut two **butterflies**. It seemed like she had **magic** hands, and **I couldn't help but be blown away**. Then she noticed me and **started up a conversation with me**.

She said she **teaches** a paper-cutting course in a **college**. I admire how **energetic** she is at her age, but **what I didn't expect is that**<sup>173</sup> she cares a **lot** about the **development** of our traditional culture. She said she found that there are **less and less** young people who take an **interest** in this art form. So she's trying to **promote** this folk art on social media. She planned to **cut papers into comics that tell traditional Chinese stories** and create **videos** of them.

You know, it's definitely a **brilliant** idea. I was amazed by how **creative** she is for **her age**. But **it's a pity that**<sup>174</sup> I didn't get to talk **longer** with her and **haven't seen her since**<sup>175</sup>. I really want to know **how** it's going with her videos. I hope everything goes **well**. I even wish I could **give her a hand**<sup>176</sup>. Anyway, she's such a **great role model** to young people like me and **definitely** earns my **admiration**.

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<sup>173</sup> what I didn't expect is that: 我没预料到的是

<sup>174</sup> it's a pity that: 非常可惜

<sup>175</sup> haven't seen her since: 从...以后没再见过她

<sup>176</sup> give her a hand: 帮她一把；给她帮帮忙

**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.



**36. 有趣的讨论**（历史老师让小组讨论保护传统剪纸文化的方法。本题与“别人讲述的故事”等题有故事内容重叠。）

I'd like to share a time when I talked with my **friends** about an **assignment** given by our teacher. I have **two** friends, **Lisa** and **Sarah**, who are also my **classmates**. Several **months** ago, in our **history** class, the teacher asked us to **do a group discussion**. And the three of us formed a **group right away**.

It was a topic about a **traditional culture** in China. There are **less** and **less** young people who **take an interest in the folk art of paper-cutting**, and we're **losing** the culture of the **art form**. So the teacher asked us to **come up with** some **creative** ways to change the situation.

The three of us **brainstormed hard**<sup>177</sup>. I said holding some **traditional culture exhibitions** might work. But it seemed to them that it **wasn't** creative enough. Sarah came up with the idea of **promoting** the folk art on **social media**. But it would be a **huge** challenge to **make the video go viral on the internet**<sup>178</sup>. Then Lisa suggested that we cut paper into **comics** that tell **traditional** Chinese stories. I thought **she was totally on point**<sup>179</sup>. We all agreed that we could **present** many storylines through paper cuttings, **create** videos of them, and then **post them online**.

The discussion **ended up going really smoothly**<sup>180</sup>. The teacher **liked** our group's idea very much and gave us a **compliment** in class. It also **gave us a great sense of accomplishment**. So it was a really **interesting** discussion that **left a mark on me**.

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<sup>177</sup> brainstormed hard: 群策群力（开展头脑风暴法，努力想各种点子）

<sup>178</sup> make the video go viral on the internet: 让这个视频在网上火了

<sup>179</sup> she was totally on point: 她说的很在理；她说到点子上了

<sup>180</sup> ended up going really smoothly: 最终进展的非常顺利

## 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.



### 37. 印象深刻的一节课（小学美术课上老师教我剪纸。）

Out of all the classes I've ever had<sup>181</sup>, art class was always my favorite. So I'd like to talk about an art lesson I had when I was in primary school.

My art teacher, Mrs. Li, taught us a lot about different art techniques, like drawing stick figures, making paper lanterns, and even making paper cuttings. I still remember clear as day that she taught us to make paper cuts. That was one of the most memorable lessons I've ever had.

Mrs. Li was pretty skilled in paper-cutting. I remember she took just a few minutes to cut two butterflies. She asked us to make our own paper cuts like she did. But I couldn't keep up with her at all. My fingers were clumsy and I could never cut the papers well. But Mrs. Li didn't look down on me. She personally came to my side and helped me fold a piece of paper in half several times. Then she asked me to draw an image on it and cut it along the lines. When I unfolded the paper, it really looked like a butterfly. I was over the moon and thanked her a lot.

After so many years, my memory of primary school is fading, but that lesson has always stuck in my mind<sup>182</sup>. Maybe I can remember the paper-cutting techniques so clearly because my teacher taught me step by step<sup>183</sup>. Actually, I often make some beautiful paper-cut crafts<sup>184</sup> and stick them on windows during Chinese New Year. I'm really glad that I learned such a useful lesson.

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<sup>181</sup> Out of all the classes I've ever had: 在我上过的所有课里面..

<sup>182</sup> stuck in my mind: 萦绕在我的脑海；深深的记在了脑海中

<sup>183</sup> step by step: 一步一步的

<sup>184</sup> paper-cut crafts: 剪纸手工



### 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.



38. 帮助小孩 (帮助小侄子完成学校布置的剪纸手工作业。本题与“印象深刻的一节课”有故事内容重叠)

I'd like to talk about a time I helped my little **nephew** with his **homework**. He has just started **elementary** school. What he learned was pretty **interesting**. For example, his **art** teacher taught the class a **lot** about different art **techniques**, like drawing **stick figures** and making **paper lanterns**. Once they learned how to make **paper cuttings**. So their homework was to make a paper cutting **craft**.

My little cousin **wasn't** good at it, so he **asked me for a favor**<sup>185</sup>. I thought **it was a piece of cake**<sup>186</sup>. It took me just a few **minutes** to cut two **butterflies**. Then I asked him to make his **own** paper cuts like I did. But he still **didn't** know how to do it. Then I realized I **shouldn't have taught him in the way that I talk to an adult**<sup>187</sup>. So I started showing him how to **fold** a piece of paper in half **step by step**<sup>188</sup>. I asked him to draw an **image** on it and cut it **along the lines**. When he **unfolded** the paper, it really looked like a **butterfly**. He **was over the moon** and thanked me a **lot**.

Later, we also made some other beautiful **paper-cut crafts** and stuck them on **windows**. I was so **glad** that I could help a **seven-year-old** boy learn some paper cutting skills. It also taught me that **education** for young children **isn't as easy as it seems**<sup>189</sup>. You have to be very **patient** with them because kids usually need to **march to the beat of their own drums**<sup>190</sup>.

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<sup>185</sup> asked me for a favor: 让我帮个忙

<sup>186</sup> it was a piece of cake: 很简单的事情

<sup>187</sup> have taught him in the way that I talk to an adult:  
用我跟成年人说话的方式教他

<sup>188</sup> step by step: 一步一步的

<sup>189</sup> isn't as easy as it seems: 不像看起来那么容易

<sup>190</sup> march to the beat of their own drums: 按照自己的  
节奏前进; 按照自己的想法或步调来做事

### 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.



**39. 传统产品** (我国传统的剪纸艺术品。本题与“对社会有贡献的人”以及“印象深刻的一节课”等题有故事内容重叠)

I'd like to talk about **paper cuttings**, which are a traditional **handicraft** in our country. I've seen **various** kinds of paper-cuttings **ever since I can remember**<sup>191</sup>. It's a tradition in our **culture** for people to **buy** or even **make** some beautiful **paper-cut crafts** and stick them on **windows** as **window decorations** for the **spring festival**<sup>192</sup>.

Anyway, I learned more about paper cutting from **art** classes in **primary** school. I still **remember clear as day** that my art teacher taught us to make **paper cuts**. She told us that the art of paper cutting goes back to **ancient** times<sup>193</sup> when **paper** was invented in China and **has been carried on for thousands of years**<sup>194</sup>.

Nowadays, people often buy **exquisite**<sup>195</sup> paper-cut artworks for **decoration**. What's more, some artists **think outside of the box**<sup>196</sup> in very **cool** ways. Not too long ago, I saw a **60-year-old lady** on **social media**. She's a **folk artist who specializes in paper-cutting**. She cuts paper into **comics** that tell **traditional** Chinese stories and makes them into a **portfolio**<sup>197</sup> to publish. I was amazed by how **creative** she is for her age.

But **it's probably worth noting that**<sup>198</sup> there are **less and less** young people who take an **interest** in traditional art products. In fact, we're **running the risk of**<sup>199</sup> **losing** the culture of paper-cutting. You know, paper-cutting is a **unique** folk art in China. It would be **a huge loss to my country** if it disappeared. So I think we should **raise** people's awareness of protecting traditional arts and crafts by **buying** those products. It **will be absolutely valuable** to our society.

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<sup>191</sup> ever since I can remember: 打从我记事起

<sup>192</sup> window decorations for the spring festival: 春节的橱窗装饰物

<sup>193</sup> goes back to ancient times: 可以追溯到远古时代

<sup>194</sup> has been carried on for thousands of years: 已经延续了几千年了

<sup>195</sup> exquisite: 精致的

<sup>196</sup> think outside of the box: 不走寻常路; 创意性的思维

<sup>197</sup> portfolio: 作品集

<sup>198</sup> it's probably worth noting that: 可能值得注意的是...

<sup>199</sup> running the risk of: 存在...的风险; 冒着...的风险

### 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



40. 社交媒体上常刷的人（我很喜欢一个中国歌手邓紫棋，她是一个既有才华又有着有趣灵魂的人，我是她的微博铁粉。本题与“有趣的歌曲”等题有故事内容重叠。）

I follow lots of **celebrities** on social media. One of them is a Chinese **singer-songwriter**, whose English name is **Gloria Deng**. I followed her on **Weibo**, the Chinese version of **Twitter**.

If memory serves **correctly**, about **three** or **four** years ago, one of my friends sang a **beautiful** song called **Bubble** at a New Year's party that my class held. I **really** **took a liking to** that song and looked it up **online** right away. Then I found **the original singer** of it, Gloria. She has a **Weibo** account so I followed her right away.

Gloria **releases her new songs** on Weibo<sup>200</sup> from time to time and frequently shares **funny** moments from her life. She's a **talented** young lady. Her music is **very** diverse. Plus, I like her **personality**. Her character is **way different from** what she shows on **stage**. She's so **hilarious**. You won't find other celebs who post selfies of their **big nostrils** on social media. But she does it **all** the time 😂! Sometimes she posts photos of herself making faces with a **funny** line or a **bad** joke. It **cracks me up** every time!

So I feel like she's very **down-to-earth**. When she interacts with her **fans** it's like she's the girl **next door**, which **really** appeals to me. So now, I'm her **die-hard fan**<sup>201</sup>. I often **go through her new postings**<sup>202</sup> in my spare time and **click the like button**<sup>203</sup> on the posts of her latest songs. I believe that with her **talent** and interesting **personality**, she will **go a long way** in the **entertainment** industry.

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<sup>200</sup> releases her new songs on Weibo: 在微博上发布她的新歌

<sup>201</sup> I'm her die-hard fan: 我是她的铁粉

<sup>202</sup> go through her new postings: 看看她新发的微博帖子

<sup>203</sup> click the like button: 点赞

### 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.



41. 有趣的歌曲（美国创作歌手 Bea Miller 唱了一首谈及“歧视”的歌，我认为歌曲的创作角度很独特。本题与“社交媒体上常刷的人”、“帮助学习语言的工具”有故事内容重叠。）

I'm **crazy** about **singing**. And I've always preferred songs with **beautiful** and **touching** lyrics. So one of the **interesting** songs I'd like to share with you is an **inspirational** song composed and sung by an American **singer-songwriter** whose name is **Bea Miller**.

If memory serves **correctly**, in my **sophomore** year of high school, one of my friends sang a **beautiful** song called *Brand New Eyes* at a New Year's party that my class held. I **really** **took a liking** to that song and looked it up **online** right away. Then I found **the original singer** of it, Bea Miller. Her voice in that song is **explosive**<sup>204</sup> and **full** of energy.

It's kind of an **obscure** song<sup>205</sup> so it **wasn't** that popular at the time. But once I found it, I started **listening to it nonstop**<sup>206</sup>. The song is **catchy**<sup>207</sup> and the lyrics are very **inspirational**. It tells the story of a **kid** who's **being looked down on**<sup>208</sup>, but still stays **confident** and **strong**. The songwriter tries to **encourage** people to believe everyone is **unique in their own way**<sup>209</sup>.

I **love** the story of the song, so I **memorized** all the lyrics and learned how to **sing** it. Unlike most **cheesy**<sup>210</sup> and **mushy**<sup>211</sup> songs about romance, this song is written to reveal a **social issue**. Honestly, it's the **first** song about **discrimination**<sup>212</sup> that I'd listened to at the time. So I think it's a **powerful** and **interesting** song. I really expect to listen to **more** songs like this that **explore the deeper things in life**<sup>213</sup>.

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<sup>204</sup> explosive: 有爆炸力的

<sup>205</sup> obscure song: 小众歌曲

<sup>206</sup> listening to it nonstop: 不停的听

<sup>207</sup> catchy: 悦耳的；朗朗上口的

<sup>208</sup> being looked down on: 被人鄙视；被人看不起

<sup>209</sup> everyone is unique in their own way: 每个人都有自己独特的地方；每个人都是独一无二的

<sup>210</sup> cheesy: 俗气的

<sup>211</sup> mushy: 多愁善感的

<sup>212</sup> discrimination: 歧视

<sup>213</sup> explore the deeper things in life: 探索生活中更有深度的东西

**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.



**42. 帮助学习语言的工具** (听英文歌是帮助提升英语的很有效的方法。本题与“有趣的歌曲”有故事内容重叠。)

Well, I'm **crazy** about **singing**, and I found **music is a very effective tool for**<sup>214</sup> learning English.

I realized **it works like a charm**<sup>215</sup> when I was in **sophomore** year of high school. At the time, one of my friends sang a **beautiful** song called *Brand New Eyes* at a New Year's party that my class held. I **really took a liking to** that song and looked it up **online** right away. The song is **catchy** and the lyrics are very **inspirational**. It tells the story of a **kid** who's **being looked down on**, but still stays **confident** and **strong**. The songwriter tries to **encourage** people to believe **everyone is unique in their own way**.

I **love** the story of the song, so I **memorized** all the lyrics and learned how to **sing** it. Then I found there's a lot about **grammar** that you can learn from the song. For example, I **hadn't** understood **the present perfect tense**<sup>216</sup> until I read the lyrics of **this** song. And when I **sang along with the song**<sup>217</sup>, I also learned some **basic ways to link words**<sup>218</sup>, which is important in English **pronunciation**.

Since then, I've really **enjoyed** listening to songs in English to understand more about the language. **I've never gotten tired of it**<sup>219</sup>. Actually, I think that **whatever language you're learning**<sup>220</sup>, listening to **music** in a foreign language can be **helpful** for developing language skills like **listening**, **vocabulary**, and **grammar**. Different music also **gives you access to cultures in different countries**<sup>221</sup>. So it's **definitely** beneficial for language learning.

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<sup>214</sup> music is a very effective tool for: 音乐是...非常有效的工具

<sup>215</sup> it works like a charm: 它非常有效; 非常管用

<sup>216</sup> the present perfect tense: 现在完成时

<sup>217</sup> sang along with the song: 跟着歌一起唱

<sup>218</sup> basic ways to link words: 一些连读的基本技巧

<sup>219</sup> I've never gotten tired of it: 我从来没有厌倦过

<sup>220</sup> whatever language you're learning: 不管你在学什么语言

<sup>221</sup> gives you access to cultures in different countries: 让你接触到不同国家的文化



**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.



**43. 坏掉又修好的东西**（家里电脑突然黑屏，精通电脑的叔叔帮助我修好了电脑。本题与“向长者学习技能”有故事内容重叠。）

I repaired a **computer** before. To be **specific**, I had the help of<sup>222</sup> my **uncle**.

About **a year** ago, when I was playing a computer **game**, the monitor went **black** all of a sudden. My uncle **knows digital devices like the back of his hand**. He checked out the computer **thoroughly**, and he found that **most** of my computer parts were **pretty** old. Some of them had **burned out**<sup>223</sup>, which caused the **blackout**. He told me he could **fix** it with me. Even though I'd **never** thought I could do that, I decided to be his **helper** and **learn some tricks**<sup>224</sup> from him.

So, my uncle asked me to buy **lots** of **parts** from a local computer market and we started to fix the computer **together**. He instructed me how to **remove** the broken parts and **replace** them with the new ones. I tried to **install** them one by one according to his instructions. But **it turned out** to be **way more** complicated than I thought. There were lots of **lines and cables** that I would have had **no** idea where to connect if he **hadn't** been there. He taught me **step by step**. Eventually I **managed** to fix it with his guidance, which gave me a great sense of **achievement**.

I'm **grateful** to my uncle. If it weren't for him<sup>225</sup>, I probably would have spent at least **four** or **five** thousand yuan on a new computer. Plus, I'm **happy** I learned a computer **repairing** skill. I believe it will be **useful** in the future.

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<sup>222</sup> I had the help of: 我得到了...的帮助

<sup>223</sup> burned out: 烧坏了

<sup>224</sup> learn some tricks: 学一些技巧; 学几招

<sup>225</sup> If it weren't for him: 如果不是他



**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.



**44. 向长者学习技能**（精通电脑的叔叔教我学会了组装电脑。本题与“坏掉又修好的东西”有故事内容重叠。）

I once learned how to **assemble a computer** from my **uncle**. About **a year** ago, when I was playing a computer **game**, **the monitor went black** all of a sudden. My **uncle**, who's in his **fifties**, **knows digital** devices like the back of his hand. He checked out the computer **thoroughly**, and he found that **most** of my computer parts were **pretty** old, which caused the **blackout**. So he said he would help me **build my new computer**. I'd **never** thought of doing it **ourselves**, so my uncle decided to **teach** me this **amazingly cool skill**.

He asked me to buy **lots** of **parts** from a local computer market and I started to build the **new** model following his **instructions**. I tried to **install** the new parts one by one according to the **ways** he told me. But **it turned out** to be **way more** complicated than I thought. There were lots of **lines and cables** that I had **no** idea where to connect. I **would've messed it up**<sup>226</sup> if he **wasn't** there. He taught me **step by step**. Eventually I **managed** to make it with his guidance, which gave me a great sense of **achievement**.

Having this skill means that you can **personalize the computer in the way you want**. So I think it's a very **practical** skill, and I'm **happy** I learned it. I'm **really** grateful to my uncle for **teaching** me this skill. Although he's much **older** than me, he knows technology **way better** than I do, which I **really** admire him for.

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<sup>226</sup> would've messed it up: （如果不是他在那里帮我）我早已经把事情搞砸了

**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



**45. 想要的公寓或房子 (想要买市中心的湖景房。)**

I've always wanted to buy an apartment in a **high-rise building**<sup>227</sup>. It'd be great if it was somewhere around the **twentieth** floor, and it would be even better if it was a **duplex unit**<sup>228</sup>.

I hope it's located somewhere **downtown**, which will **make it a good real estate investment**<sup>229</sup>. In fact, there's an apartment that **I already have my eye on**<sup>230</sup>. It has a really good **location** because it's next to a beautiful **lake** in our city. Plus, it's next to a **commercial zone**. So if I could find a **job** in that area, my home might be **within walking distance** of the office.

As for its **size**, I hope it can have **four** bedrooms, a **spacious** living room and a **big** kitchen with a dining area. I think it would be big enough for my **whole** family. Besides, it must have a good **balcony** facing south so we can get **lots** of light. I'll put some **lounge chairs**<sup>231</sup> on the balcony so I can sit there, **breathe in fresh air** and **enjoy the sparkling sun on the lake** while drinking coffee, which would be **fantastic**. By the way, living there means I could have some fun **biking** along the **lakeshore** after work, which would help me **blow off some steam**. I believe living there would be like living in **heaven**.

Anyway, buying an apartment is a **big deal in life**<sup>232</sup>, not to mention **the skyrocketing cost of housing**<sup>233</sup>. No matter what, it's a **dream** of mine, and I will work **hard** to make it come true. 🍊

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<sup>227</sup> a high-rise building: 一幢高层建筑

<sup>228</sup> a duplex unit: 一个双层公寓

<sup>229</sup> make it a good real estate investment: 让它变成一个很好的地产投资

<sup>230</sup> I already have my eye on: 我已经看中了一个...

<sup>231</sup> lounge chairs: 躺椅

<sup>232</sup> a big deal in life: 人生中的大事

<sup>233</sup> the skyrocketing cost of housing: 飞涨的房价

**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.



**46. 生活中不可或缺的东西** (唱歌是我最爱的休闲娱乐活动, 所以家庭 KTV 设备对我来说是不可或缺的。该题也可以使用故事线 3, 讲“降噪耳机”)

Emm... I **don't** really have a hobby except for<sup>234</sup> **music**. So speaking of something I **can't** live without, the **first** one that comes to mind is a **funky** home **karaoke** machine I bought **three** or **four** years ago.

At the time, I happened to watch a **livestream** show hosted by a famous **livestreamer**. He was selling a **karaoke machine** in the livestream. I thought it'd be **great** if I could sing karaoke at **home**. So I bought one **on the live stream**.

It was about **a thousand** yuan, which really cost me an **arm and a leg**<sup>235</sup>. But it's proved that I made the **right** purchase. It's a very **useful** and **practical** device for those who love **singing**. It can connect to your **TV** through an **HDMI cable** or even **WIFI**. What's **better**, it even has a **colorful LED lighting** system, which is a **must-have** for a **cool** karaoke room.

Just think about it, you can do karaoke singing at home **anytime** you want to. Actually since I **bought** it, having a karaoke **party** has become the **most** popular fun event in my family. So **it's really essential to**<sup>236</sup> me and my family. Even though sometimes they don't **join** me, I enjoy singing **alone** as well. I often **pick a newly released song**<sup>237</sup> by my favorite singers and **sing** them on the karaoke machine. **Believe it or not**<sup>238</sup>, it works like a **charm**<sup>239</sup> whenever I want to **blow off some steam**<sup>240</sup>. So I really **can't** imagine **how tedious** my life would be without it<sup>241</sup>.

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<sup>234</sup> I don't really have a hobby except for: 除了..., 我没有什么爱好

<sup>235</sup> cost me an arm and a leg: 让我花了一大笔钱

<sup>236</sup> it's really essential to: 对...来说是必要的

<sup>237</sup> pick a newly released song: 选一首新发布的歌

<sup>238</sup> Believe it or not: 不管你相不相信

<sup>239</sup> it works like a charm: 它非常有效; 非常管用

<sup>240</sup> blow off some steam: 发泄压力; 舒缓压力

<sup>241</sup> how tedious my life would be without it: 如果没有它, 我的生活将会多么乏味

**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.



**47. 免费物品 (在健身房获得了免费体验的服务)**

Well, the **first** one that **comes to mind** is the **five-time trial**<sup>242</sup> I got at a gym. **If memory serves correctly**, it happened about **half** a year ago. At the time, I was upset about failing to **lose weight** again! So I decided to pay for a membership at a **gym** and **see how it would go**.

It's a gym that my **friends** recommended to me. When I went there the first time, the gym happened to **have a promotion**<sup>243</sup> that if I posted their **advertisement** on my social media account and **got 30 likes**<sup>244</sup>, they would give me a **trial card** so that I could use the gym 5 times. Of course, I **accepted** it. **How could I turn down free stuff, right?**<sup>245</sup>

At first I thought the gym only provided work-out **equipment**. But it turned out they actually **gave me VIP level service**<sup>246</sup>. They assigned an **instructor** to me to provide **advice** and **guidance**. The instructor who helped me a lot said if **no one** supervises you, the pain and stress might make you want to **quit**. So whenever I was **tired** or **hungry**, the instructor would try to **cheer me up**. And he even **texted** and **reminded** me not to eat **snacks** at night😓.

They really **went the extra mile**<sup>247</sup> by giving **way better** service than I expected. **For the sake of good service**<sup>248</sup>, I **subscribed** to their membership. And I **have strongly recommended** this gym to others who want to keep fit. Their service **is worth every penny**.

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<sup>242</sup> five-time trial: 五次试用的

<sup>243</sup> have a promotion: 有一个(促销)活动

<sup>244</sup> got 30 likes: 拿到30个赞

<sup>245</sup> How could I turn down free stuff, right?: 我怎么能拒绝免费的东西呢,对吧?

<sup>246</sup> gave me VIP level service: 给了我VIP级别的服务

<sup>247</sup> went the extra mile: 付出了更多的努力

<sup>248</sup> For the sake of good service: 为了好的服务

### 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



#### 48. 小时候喜欢的玩具（小时候很喜欢玩在当时风靡一时的电子宠物）

I'm going to talk about **a digital pet**<sup>249</sup> that I had as a kid. **If memory serves correctly**, my **parents** gave it to me when I was **ten**. I was so **excited** because toys like that were **all the rage**<sup>250</sup>. It was a **Tamagotchi**<sup>251</sup>, which was the type of toy that **most** of the kids in my class had.

Basically, the toy was **this little pod**<sup>252</sup> with a **screen** that showed the digital pet. When you first get it, a little **egg** shows up, and then your pet **hatches from it**<sup>253</sup>. I remember being so **amazed** that I had something so **special**. You could **feed** the pet, **play** with it, and do other tasks to keep it **happy** and **healthy**. I remember **showing it off**<sup>254</sup> to all my friends. They were so **excited** for me.

I played with it **all** the time. Once, I even **got in trouble**<sup>255</sup> because I started playing with it during **class** 😊. It was actually a really **great** way to learn **the concept of responsibility**<sup>256</sup> as a kid. I had to take care of it as if it was a **real** pet. If I **neglected** it, the pet would be **sad** and **sick-looking**<sup>257</sup>. I **was** **really invested in**<sup>258</sup> taking care of it.

As for **why** it was so special, I think it's because it was a gift that I had been wanting for a **long** time. It was such a **cool** toy, and I felt so **grateful** that I had **caring parents**<sup>259</sup> who were **willing** to get it for me.

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<sup>249</sup> a digital pet: 一个电子宠物

<sup>250</sup> all the rage: 风靡一时

<sup>251</sup> Tamagotchi: 电子宠物；这个词是电子宠物的专有名词，从日文中来

<sup>252</sup> this little pod: 这个小（豆荚状的）球体

<sup>253</sup> hatches from it: 从中孵化出来

<sup>254</sup> showing it off: 炫耀

<sup>255</sup> got in trouble: 惹了祸

<sup>256</sup> the concept of responsibility: 责任的概念

<sup>257</sup> sick-looking: 看起来像生病了；病恹恹的

<sup>258</sup> was really invested in: 非常投入于

<sup>259</sup> caring parents: 关心我的父母



**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



**49. 工作/学习中的积极建议**（实习期间对自己是否能胜任工作没有信心，当时所在公司的老板告诉我永远不要自我否定，直到现在我依然记得她教育我的话。）

I'm going to talk about the time my **boss** gave me some advice. **If memory serves correctly**, I **had just started an internship**<sup>260</sup> at a **marketing** firm. I **wasn't** exactly sure what I was doing, so the **first** couple weeks were hard to adjust to. My boss was very **gracious**<sup>261</sup>, though, and **fielded any** questions I had<sup>262</sup>.

My boss **wasn't** too much older than me, actually. She had been working in marketing ever since graduating from **college**. So she had a **lot** of experience despite being **relatively** young.

One day, I told her that I was **feeling in over my head**<sup>263</sup>. I said that even though I **had** some experience in marketing, **it didn't feel significant enough for me to deserve this internship**<sup>264</sup>. My boss gave me some **great** advice. She told me that you should **never** self-reject<sup>265</sup>. In other words, you shouldn't **discredit** yourself<sup>266</sup>. You should always **have faith** in yourself<sup>267</sup> and **avoid taking yourself out of the running for opportunities**<sup>268</sup> just because you don't think you're **one hundred** percent qualified.

Her words really **left a mark on me**. She inspired me to have more **confidence** in myself, which actually helped me to do a **better** job at work. With **her** help, I felt **way better** about my **capabilities** and started to consider a **long-term** career in marketing. Now, I'm **pursuing** a job in this field full-time. I don't think I would've had the **faith** in myself to pursue this career **without her words of wisdom**<sup>269</sup>.

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<sup>260</sup> had just started an internship: 当时刚刚开始一份实习

<sup>261</sup> gracious: 和蔼亲切的

<sup>262</sup> fielded any questions I had: 回答了我提出的任何问题

<sup>263</sup> feeling in over my head: 感到一头雾水

<sup>264</sup> it didn't feel significant enough for me to deserve this internship: 我没感觉自己足够好，来得到这个

实习机会；此处是指“我”感觉自己不配得到这个实习，是一种非常自我否定的态度

<sup>265</sup> never self-reject: 永远不要自暴自弃

<sup>266</sup> discredit yourself: 怀疑诋毁自己

<sup>267</sup> have faith in yourself: 对自己有信心

<sup>268</sup> avoid taking yourself out of the running for opportunities: 避免让自己失去机会

<sup>269</sup> without her words of wisdom: 没有她的至理名言



**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)



**50. 节约时间的方法** (坐公交上班/上学总是会遇到堵车导致浪费时间。因此我改成了每天骑自行车上班/上学, 反而省出了很多时间。)

I'm going to talk about the change I made to my **daily commute**<sup>270</sup>. **If memory serves correctly**, I had the idea to make this change a few **months** ago. I was **tired** of the buses always **being delayed** or **stuck in traffic** on my way to work/school. It made me late **a handful of times**<sup>271</sup>, which was **very** stressful and frustrating. I **looked up the route to work** and realized that I could actually **bike** there instead. Of course, it would require me to **buy** a bike and be **prepared** to get more exercise. But it seemed like **it was worth it**.

Instead of **going straight to biking**<sup>272</sup> every day, I decided to **warm up** first. I got a nice bike and started going on **short** rides around the neighbourhood. I wanted to make sure that I **enjoyed** biking and could manage a bike ride with **all** my work/school stuff<sup>273</sup> in my backpack. It was **a bit hard** to adjust to at first. But I **worked my way up to doing longer distances**<sup>274</sup>. Finally, I felt **confident** that I could manage the **thirty-minute** bike ride to work/school.

Now that I **bike** to work/school, I save about **twenty minutes** every morning. Even though the buses are **technically faster**, they're so **busy** during rush hour that they end up taking a **long** time. Plus, I get to **exercise**, which helps **keep me in shape**<sup>275</sup>. **All in all**<sup>276</sup>, I feel very **positively** about this change. I think it's been **great** for me.

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<sup>270</sup> daily commute: 每日通勤

<sup>271</sup> a handful of times: 几次

<sup>272</sup> going straight to biking: 直接骑车

<sup>273</sup> all my work/school stuff: 我所有工作的 (学校的) 东西

<sup>274</sup> worked my way up to doing longer distances: 一直努力到能做长距离骑行; work one's way up 这个表达是指“努力取得进步; 从低级别提高到高级别”

<sup>275</sup> keep me in shape: 让我保持体型

<sup>276</sup> All in all: 总而言之