

2022 年 5-8 月雅思口语 Part3 高频考题参考资料 (A 难度·初版)

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2. 提供 Part3 素材的目的，旨在帮助大家了解 Part3 高频考题，并在短期内积累可用的地道口语表达，以及通过素材启发考生回答思路。由于 Part3 考官可以即兴提问，并且提问数量、给出的回答时长各有不同；同时，任何素材思路无法全部完美适合所有人，因此建议练习中结合个人理解方式，做内容的删减、扩充等调整。以达到更高效复习的状态。调整内容时，如有疑问欢迎在售后微信中联系 Penny 解答。

3. Topic 序号=页码（您可按照 Topic 序号查找对应主题素材）

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5. 注意 Part1 和 Part3 考官可以即兴提问（尤其 Part3），并无法覆盖全部考题。

!! 以下均为真实考生回忆高频考题。复习过程中尽可能多的练习各种题目，增强表达能力。

6. 复习时，请根据自己喜好和个人情况，灵活运用参考答案及加分表达，切勿逐字逐句死记硬背；

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2022年5-8月雅思口语 Part 3 高频考题列表

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Topic 1 未实现的志向

1. Is it important for children to have ambitions?

Yes, I think it's important for children to have ambitions. They don't need to know every detail of what they want to do with their lives. But it's good for them to have some sense of direction¹. They should have a goal that they can work towards. It helps keep them motivated through everyday life. Plus, it gives them a sense of achievement when they accomplish their goals.

2. Are all ambitions good in life?

No, I don't think all ambitions are good in life. Sometimes, ambitions can be too self-centred or self-serving². For example, some people only want to get rich. They don't care about what it takes³, or who they might hurt in their pursuit of wealth. I think those kinds of goals are too vain and they don't lead to any good⁴. So there are definitely some ambitions that I would consider toxic⁵.

3. What are the important qualities to achieve our ambitions?

I suppose that in order to achieve your ambitions, you need to be hard-working and patient. It's not enough to know what you want to do. You need to make a realistic plan and dedicate yourself to following it⁶, no matter how hard it might get. You have to be willing to put your best effort into making your dreams come true. Besides, you have to be persistent, even if it takes a few tries⁷. Most of the time, you can't make it in one shot⁸. If you don't have the grit, you might quit before you make it.

4. What ambitions do children usually have?

Children usually have big ambitions about⁹ what their future will look like. Adults like to ask children, what do you want to be when you grow up? Children always have really exciting answers like astronaut, inventor, celebrity, or famous athlete. And basically all of those dreams have to do with someone they look up to¹⁰. Children also may have ambitions about their personal lives¹¹, like when they will get married and have their own families. It's funny to hear kids say that, but I actually think it's a reflection of different kids' personalities and backgrounds.

见下页

¹ have some sense of direction: 有方向感；这里是指有努力的方向

² self-serving: 自私的

³ what it takes: 有什么代价（为此会付出什么代价）

⁴ they don't lead to any good: 它们不会带来任何好处

⁵ I would consider toxic: 我认为是有害的

⁶ dedicate yourself to following it: 致力于实现它

⁷ even if it takes a few tries: 即使需要尝试几次；这句话是指即使不会一次就成功，需要多尝试几次

⁸ make it in one shot: 一次就能成功

⁹ have big ambitions about: 对...有很大的抱负

¹⁰ look up to: 尊敬的；敬佩的

¹¹ ambitions about their personal lives: 对它们的个人生活有野心（抱负）

5. Why are some people very ambitious in their work?

Some people are very ambitious at work because they want to get promoted to a higher level¹² in their job. They might start out as¹³ an intern or an assistant, but they have ambitions of eventually becoming a manager or CEO. Some people become more ambitious due to deep-seated insecurity¹⁴. They constantly feel like they have to be better than others, especially when they are in a competitive environment. The stress of being washed out¹⁵ or left behind drives them to improve themselves. It's really normal in China because the society we live in right now is way more competitive than it was in the past.

6. Why don't some people have dreams?

Some people don't have dreams because they're not quite sure what they want to do yet with their lives. They might have a simple life or always stay in their comfort zone¹⁶, so they haven't had the chance to see the world and find out what they're passionate about. But there are also some people who don't have the nerve to¹⁷ dream something big because they are afraid of how much time and effort they'll have to put into pursuing the dream. For example, a lot of people love reading or listening to music, but they don't dream of being professional writers or musicians.

7. How do people balance work and life?

It can be hard to balance work and life, but it is very important to do so in order to avoid exhaustion and burnout¹⁸. There are many different strategies to avoid burnout. One strategy is to ensure that your work life and your home life are physically separated¹⁹, either by going into work, or, if you work from home, having a separate area of your home for work. It makes it easier to devote more time to your family. Another strategy is to set boundaries with your work²⁰, such as by refusing to work past your contracted hours²¹.

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¹² get promoted to a higher level: 得到提升

¹³ start out as: 从...做起; 从...开始

¹⁴ due to deep-seated insecurity: 由于根深蒂固的不安全感

¹⁵ being washed out: 被淘汰

¹⁶ stay in their comfort zone: 待在他们的舒适区

¹⁷ don't have the nerve to: 不敢去; 没有勇气去...

¹⁸ avoid exhaustion and burnout: 避免精疲力竭

¹⁹ physically separated: 物理上是分开的

²⁰ set boundaries with your work: 为你的工作设定界限

²¹ refusing to work past your contracted hours: 拒绝加班; 拒绝超时工作

Topic 2 忙碌的经历

1. Are you often busy?

Yes, I'm usually pretty busy. I work full-time, so I'm very occupied²² during the work-day. Then, when I get home, I try to keep an active social life. So that means going out with my friends whenever I have the chance. I also like to visit my family and spend quality time with them on the weekends. Plus, on top of all of that, I have a dog that keeps me company. I'm very busy taking my dog out for walks and making sure he's well taken care of.

2. What are the advantages and disadvantages when people keep busy?

One big advantage is that people can avoid leading a sedentary lifestyle²³. Instead of sitting around and wasting their time on meaningless activities, they can do things that fulfill them. They can work out, hang out with friends, and do other things that bring them joy. But a downside is that people can get too busy and forget to set aside time for relaxing. They might get overly stressed and suffer from bad physical or mental health. It's important to strike a balance²⁴.

3. Do you think children should learn through playing games or under pressure?

I think that whenever possible, children should learn by playing games. In a low-stakes environment²⁵, they can have the time and space to learn new things without feeling overly stressed. Plus, they can have fun through the game itself. If you put them into high-pressure situations, they're bound to²⁶ get anxious and have a bad experience. It might make them not want to learn things anymore. That can ultimately have a bad effect by making them unwilling to engage in new activities.

4. What kind of pressure people may experience at work?

At work, people might feel the pressure to constantly outperform²⁷ their coworkers. Some companies make you feel like you have to compete against others in order to stand out. That can result in a very toxic work environment²⁸. Others might feel pressure to get a promotion and work their way up through the company²⁹. Depending on the job, people might also feel pressure to hit a certain target every day³⁰. For example, salespeople are often expected to sell a certain number of products per day. That can be very stressful.

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²² I'm very occupied: 我很忙

²³ avoid leading a sedentary lifestyle: 避免久坐的生活方式

²⁴ strike a balance: 保持平衡; 达到平衡

²⁵ In a low-stakes environment: 在一个低风险的环境中

²⁶ bound to: 一定会; 肯定会

²⁷ outperform: 胜过; 比...表现好

²⁸ toxic work environment: 有害的工作环境

²⁹ work their way up through the company: 在公司里一步步往上爬

³⁰ hit a certain target every day: 每天都达到一个特定的目标

Topic 3 准备过的开心活动**1. How can you be a well-prepared person?**

I suppose that in order to be a well-prepared person, you need to manage your time well. You should be organized so that you don't get overwhelmed by all your tasks. You should try to stay on top of all of your responsibilities³¹ by making plans or budgets for the tasks beforehand. That way, you can be prepared for whatever comes your way³². You should also be flexible. You have to be able to handle life's challenges whenever they come up.

2. How can parents help children get organized?

I think parents can help children get organized by identifying their daily tasks³³. If a child can make a list of what they have to do every day, it won't be so overwhelming. They can focus on doing one task at a time. Parents can also help children manage their time well. They can break up the day into sections³⁴ and help their kids plan what to do for each hour.

3. On what occasions do people need to be organized?

People need to be organized for important events, especially ones that require a lot of work and effort, like vacations. When you go on a trip, you need to keep track of all the details³⁵, like your flight and hotel. If you don't want to mess up³⁶ the trip, you should be organized during the journey. People also have to be organized in their day-to-day life, especially if they work in a professional setting³⁷. For example, many people have to deal with countless emails, files and calls in the office during the day, so they have to know how to manage their work efficiently.

见下页

³¹ stay on top of all of your responsibilities: 掌握了解你的所有职责

³² whatever comes your way: 遇到的任何事情

³³ identifying their daily tasks: 指出他们的日常任务; 意思是告诉孩子每天应该做的事情

³⁴ break up the day into sections: 把一天分成几个部分

³⁵ keep track of all the details: 跟踪记下所有的细节

³⁶ mess up: 搞砸

³⁷ work in a professional setting: 在专业环境下工作

4. Does everything need to be well prepared?

Well, yes, I think that everyone can benefit from being more prepared and organized in their lives. When people are well prepared, they can feel more confident. Being organized also helps with time management; if you are well organized, you can complete more tasks in a day. Also, people in your life will come to think of you as reliable and trustworthy³⁸ if you are consistently prepared³⁹. This is true in both your work life and your personal life.

5. Do people need others' help when organizing things?

Yes, I suppose that being organized and prepared comes very naturally to some people⁴⁰, but for others it can be really difficult. For some people who suck at time management or are just new in a professional field, having someone else to help them get organized is necessary. As a result, there are a lot of professions that help people become organized, including accountants, travel agents, guidance counselors⁴¹, professional cleaners, and teachers. Family and friends can also help each other become more organized by giving advice and lending a helping hand⁴² when needed.

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³⁸ come to think of you as reliable and trustworthy: 会认为你是可靠和值得信赖的

³⁹ consistently prepared: 一直做好准备; 随时都准备好了

⁴⁰ comes very naturally to some people: 对一些人来说是很自然的

⁴¹ guidance counselors: 咨询顾问; 指导师

⁴² lending a helping hand: 伸出援助之手, 助一臂之力

Topic 4 庆祝过的活动

1. Do you like to celebrate important events? Why?

Yes, I love to celebrate important events because it is a great way to bring people together. Sometimes, when life gets very busy, it can be hard to make time for your friends. If there is an important event to celebrate, then everyone has a reason to see each other and have fun. Celebrations can be a really great way to catch up with friends⁴³ and have a good time.

2. What kinds of events do people usually celebrate?

People usually celebrate events like weddings, graduations, anniversaries, job promotions and birthdays. Basically any major life event can be a reason to have a celebration⁴⁴. Birthday and anniversary celebrations happen every year, but weddings and graduations happen less often, so they usually involve a bigger party. I think that people like to celebrate each other's successes in life because it is encouraging, and makes people feel proud of their accomplishments.

3. Do people often celebrate events with a large group of people or just a few people?

I suppose that the type of event determines how many people you celebrate it with. Larger events like weddings often have a very large group of people, because the bride and groom want to invite all of their family and friends. Smaller events like birthdays can have just a few people in attendance⁴⁵, because sometimes people want to celebrate with their closest friends rather than everyone they know. Oftentimes⁴⁶ the guest list depends on the person throwing the party⁴⁷; some people prefer larger parties and others prefer small.

4. Do people often celebrate festivals with families?

Yes, I think that some people really enjoy celebrating festivals with families. In my country the biggest festivals are spring festival and Mid-Autumn festival. It makes sense⁴⁸ to celebrate these occasions with your family, because usually these festivals are about being grateful for what you have and showing your love towards other people⁴⁹. You can also celebrate festivals with friends as well as with family.

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⁴³ catch up with friends: 和朋友们聊天叙旧

⁴⁴ any major life event can be a reason to have a celebration: 任何重大的生活事件都可以成为庆祝的理由

⁴⁵ just a few people in attendance: 只来寥寥几人; 只有很少几个人参加

⁴⁶ Oftentimes: 时常地

⁴⁷ throwing the party: 办一个聚会

⁴⁸ It makes sense: 这是有道理的; 这是有意义的

⁴⁹ being grateful for what you have and showing your love towards other people: 感激你所拥有的, 对别人表达你的爱

Topic 5 让你惊讶的事情

1. How do people express happiness in your culture?

I would say that people usually express happiness by doing celebratory things together⁵⁰. For example, a lot of people will go out with their friends. They might go to a nice restaurant or do something more fun like karaoke. When people are happy, they tend to be very friendly and generous as well. They might smile at strangers and leave extra big tips at restaurants. Besides external things⁵¹, there are usually visual indicators⁵². You can tell someone's happy by looking at their facial expressions⁵³.

2. Do you think happiness has any effect on people? How?

Yes, it seems to me that happiness has a huge effect on people⁵⁴. When you're in a good mood, you tend to have a good appetite, be more active and even sleep better. I believe happiness have a positive impact on people's health. Happiness also makes people more receptive to things⁵⁵. If someone's feeling upbeat⁵⁶, they're more likely to try new activities and want to live their life to the fullest⁵⁷.

3. How can people be happy?

I suppose that people can be happy in lots of ways. One of the biggest ways is by spending quality time with their loved ones. Whether it's hanging out with friends or family, spending time with the people that are close to us can help us feel happy and at peace⁵⁸. People can also be happy by accomplishing their goals. For some people, that means getting a promotion and having a great career⁵⁹. For others, it means improving their health and hitting milestones in their fitness journeys.

4. Is it good for people to be unhappy? Why?

I don't think it's good for people to be unhappy. In some rare cases, being unhappy might motivate them to change things in their life and work towards being happier. So in that sense, it can be a good motivator. But for the most part, it's not good to be unhappy. Being unhappy can make you have a very negative outlook on life⁶⁰. It might even cause you to treat others poorly⁶¹ because you don't feel good about yourself.

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⁵⁰ doing celebratory things together: 一起做开心的事

⁵¹ Besides external things: 外在的东西

⁵² visual indicators: 可以看到的标志

⁵³ looking at their facial expressions: 通过看他们的面部表情

⁵⁴ has a huge effect on people: 对人们有很大的影响

⁵⁵ more receptive to things: 更容易接受事物; 对事物更包容

⁵⁶ feeling upbeat: 感到积极开心

⁵⁷ live their life to the fullest: 尽情享受他们的人生

⁵⁸ feel happy and at peace: 感到快乐和平静

⁵⁹ getting a promotion and having a great career: 获得升值和有个很棒的职业发展

⁶⁰ have a very negative outlook on life: 对生活有一个非常消极的看法

⁶¹ treat others poorly: 对别人不好

Topic 6 想要送朋友的礼物

1. When do people normally send gifts to others?

People normally send each other gifts on special occasions, like birthdays or holidays. Anniversaries are also a good occasion for gifts⁶². For example, people give their significant others⁶³ gifts on the anniversary of when they started dating, or when they got married. Sometimes people give gifts to mark special achievements⁶⁴, like someone's graduation. That may be a little less traditional, but I would say it's a nice way to celebrate someone.

2. Do people give gifts or red packets during traditional festivals?

Yes, a lot of people give both gifts and red packets during traditional festivals. For example, Chinese New Year is a very important celebration. It's customary for people to⁶⁵ hand out red envelopes to bring happiness and blessings to whoever receives it. I think it's a nice tradition. It's also common to give out gifts⁶⁶ like fruit baskets, tea, and candy or chocolate. It definitely helps the festival feel like a special time of year.

3. Is it hard to choose a gift?

Yes, it can be hard to choose a gift. If you're getting a gift for someone you don't know too well, you might be unsure of their tastes⁶⁷. So it can be hard finding something that they'll like. In other situations⁶⁸, you might have a lot of ideas for a gift, but it's challenging to narrow it down⁶⁹. But if you know the person well and you're confident about what they want, it's not that difficult.

4. Is clothing a good gift? Is it easy to choose a piece of clothing as a gift?

I suppose that in some cases, clothing can be a good gift. If you know the person well and feel confident that you know their style, it'll probably be easy to find something that suits them. However, it can be tricky to⁷⁰ get a piece of clothing as a gift. In addition to knowing what styles of clothing they prefer, you need to know their size. It can be awkward if you get them something too big or too small. But if you're getting them something like socks or a hat, that's a pretty safe bet⁷¹.

见下页

⁶² a good occasion for gifts: 送礼的好时机；送礼物的好场合

⁶³ significant others: 另一半；配偶

⁶⁴ give gifts to mark special achievements: 用礼物来纪念特殊的成就

⁶⁵ It's customary for people to: 对人们来说是个习俗...；按照习俗，人们会...

⁶⁶ give out gifts: 给礼物；送礼物

⁶⁷ unsure of their tastes: 不确定他们的品味；不确定他们的喜好

⁶⁸ In other situations: 在其他情况下

⁶⁹ narrow it down: 缩小（选择范围）

⁷⁰ it can be tricky to: 这是很棘手的

⁷¹ that's a pretty safe bet: 那就很保险了；是个保险的选择

5. Will people feel happy when receiving an expensive gift?

It seems to me that most people feel happy when they receive an expensive gift. Gifts are a way of showing someone that you care about them. When that gift is expensive, people will feel especially valued because they realize that it cost a lot to give. But I don't think that everyone cares about the value of a gift. Sometimes, it's just the thought that counts⁷². Some people might even feel overwhelmed by getting a luxury gift, especially if the person that gave you the gift is not very well off.

6. What do people usually consider when choosing gifts?

People usually try to consider things like price and sentimental value⁷³. For example, if they're not trying to break the bank⁷⁴, they'll look for gifts that are thoughtful without being too expensive. Sometimes, they might specifically look for an expensive gift to show the person that they're going the extra mile⁷⁵. But people also consider the sentimental value of a gift. They want to make sure that the gift is meaningful to the person receiving it. It might be related to a special memory that the two of them share.

7. Is it stressful to prepare gifts for important occasions?

I think that in some cases, it can be stressful. If you don't know the person very well, it might be hard to pick something nice for them. For example, a lot of people who are invited to weddings may not know the couple very well. They could be distant relatives⁷⁶ or casual friends⁷⁷. But they need to pick something thoughtful as a wedding gift. It can still be stressful if you know the person well, though. Some couples even fight because they aren't satisfied with their anniversary gift. Sometimes you just don't know if the gift is the right one.

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⁷² it's just the thought that counts: 心意才是最重要的

⁷³ sentimental value: 情感价值

⁷⁴ break the bank: 倾家荡产; 花光钱

⁷⁵ going the extra mile: 付出额外的努力

⁷⁶ distant relatives: 远亲

⁷⁷ casual friends: 普通朋友

Topic 7 别人送你的衣服

1. Have you ever given clothes to others?

Yes, I give my friends and my cousins clothes all the time. In fact, we often exchange clothes if we get tired of wearing them, or if they don't fit anymore. A few weeks ago, I gave my cousin an old shirt that I'd outgrown⁷⁸. It fit him to a tee⁷⁹. So I'm glad that I could repurpose⁸⁰ it. I think giving people clothes is much more helpful than just throwing them away. It's very wasteful if you only wear something a couple times before giving up on it.

2. Why do people dress casually in everyday life but dress formally at work?

Well, in everyday life, you don't have to meet a certain standard⁸¹. You're just hanging out with friends or family, or chilling at home by yourself. There's nobody that you have to impress. But when you're at work, you're striving to be professional⁸² because you're doing serious business. You need to look the part⁸³. In most cases, it's actually considered rude to wear casual clothes to the workplace. It shows a lack of respect for⁸⁴ your coworkers and boss.

3. What are the advantages and disadvantages of wearing uniforms at work and school?

One advantage of uniforms is that it puts everyone on equal footing⁸⁵. Especially in school, people can get very focused on appearances. They might judge others based on what they wear. But if everyone has a uniform on, then they can't be singled out in a bad way⁸⁶. Another advantage is that it makes everyone feel like part of the same team. But on the downside, people can't express themselves as well since they have to conform to one look⁸⁷. You don't get as much individuality.

见下页

⁷⁸ outgrown: 我已经太大了

⁷⁹ fit him to a tee: 很适合他

⁸⁰ repurpose: 重新利用; 重新找到用武之地

⁸¹ you don't have to meet a certain standard: 你不需要达到什么标准

⁸² striving to be professional: 努力变得专业

⁸³ look the part: 看起来像个角色; 看起来有派头

⁸⁴ It shows a lack of respect for: 这会看起来不尊重...

⁸⁵ it puts everyone on equal footing: 它让每个人都处于平等的地位

⁸⁶ they can't be singled out in a bad way: 以很糟糕的形式被从人群中挑出来

⁸⁷ have to conform to one look: 顺从于一种外观潮流

4. Why do people from different countries wear different clothing?

Well, fashion is very connected to culture. It represents different cultural values and is influenced by societal trends⁸⁸. So when you look at different countries, all of which have different values and traditions, you're going to see a wide range of fashion styles. Besides, clothing depends on the environment, so it's natural that⁸⁹ countries with colder climates would wear warmer, heavier clothing, while light and bright clothing would be more popular in tropical countries⁹⁰.

5. Do you think dressing formally makes people look more professional?

Yes, I think that wearing formal attire⁹¹ makes you look more professional. Clothing is a huge part of how you communicate your identity to the world. If you're wearing a T-shirt and jeans, you come across as a more relaxed and laidback⁹² person. But if you're wearing a fancy dress, or a nice suit, then you look poised⁹³ and mature, which helps you appear professional to others. Formal clothes can make a world of difference when it comes to self-presentation⁹⁴.

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⁸⁸ societal trends: 社会趋势

⁸⁹ it's natural that: 很自然的是

⁹⁰ tropical countries: 热带国家

⁹¹ wearing formal attire: 穿正装

⁹² laidback: 悠闲放松

⁹³ poised: 稳重

⁹⁴ self-presentation: 自我展示

Topic 8 特别的蛋糕

1. What is the difference between special food in China and foreign countries?

Well, a lot of special foods in China use more unique parts of the animal⁹⁵. For example, you can have delicacies⁹⁶ like rabbit's head. It's cool that these dishes use every part of the animal. In contrast, some foreign countries have special dishes that avoid using meat altogether⁹⁷, or they might be better known for desserts instead of savoury food⁹⁸. It really depends on what the culture is in that particular part of the country.

2. Do people usually cook special food in China?

Well, yes I think for the most part, we do cook special foods for certain occasions. Even though more people are getting used to buying specialties⁹⁹ like mooncakes or rice dumplings at grocery stores, tons of Chinese people still enjoy the process of making them at home. For example, it's a tradition for the whole family to make dumplings together on the Spring Festival Eve, which makes the holiday more joyous and festive¹⁰⁰. Plus, it's an important bonding time¹⁰¹ for the family every year.

3. Should special food be easily available?

Well, it depends. If the special food requires an ingredient that's seasonal, I don't think it needs to be made easily available. It's worth it to only be able to make something when it's in season¹⁰². For example, hairy crabs¹⁰³ are only available in the autumn, which is a signature food for Mid-Autumn Day in south-east China. It helps make the dish feel truly special. But in other cases, it's nice to be able to eat those dishes whenever you're in the mood for them¹⁰⁴.

4. When do people have special food? (like festival food or food for special events)

It seems to me that people eat food that they wouldn't normally eat when they have something to celebrate. For example, you usually get to eat cake when it's someone's birthday. Many people also like to celebrate a new house or graduation with a fancy feast¹⁰⁵. Besides, you can cook and enjoy traditional foods during certain festivals. It's common that dinners for Chinese New Year's Eve vary from family to family¹⁰⁶. I think it's really nice having special dishes that are only served for certain purposes. It makes those events more meaningful and memorable.

见下页

⁹⁵ unique parts of the animal: 动物的特殊部位

⁹⁶ delicacies: 美味佳肴; 好菜

⁹⁷ avoid using meat altogether: 完全不使用肉类

⁹⁸ savoury food: 咸食; 调味食品

⁹⁹ specialties: 特色食品

¹⁰⁰ makes the holiday more joyous and festive: 使节日更加欢乐和有节日气氛

¹⁰¹ bonding time: 增进感情的时间

¹⁰² It's worth it to only be able to make something when it's in season: 值得做一些只有应季才能做的东西(食品)

¹⁰³ hairy crabs: 大闸蟹

¹⁰⁴ whenever you're in the mood for them: 只要有这个心情; 此处指“只要你想吃这些食品了”

¹⁰⁵ a fancy feast: 一顿大餐

¹⁰⁶ vary from family to family: 每家都不同

5. Is there any food in your country that is eaten at special times or on special occasions?

Yes, there are many specialties¹⁰⁷ that Chinese people eat during festivals, important events or special days in China. For example, mooncakes, one of my favorite desserts, are made and eaten for the mid-autumn day. It's also a tradition in China to eat dumplings on the spring festival eve. And in many regions of China, people love having a bowl of long life noodles¹⁰⁸ on their birthday, as a good wish for a healthy and long life.

6. Why are some people willing to spend a lot of money on meals on special days?

I think it's because they believe it's worth it to spend a lot of money to celebrate something. I mean, people value different things and moments, but in general, it's nice to take your family or significant other¹⁰⁹ to a fancy restaurant to celebrate their birthdays or anniversaries, or even an engagement. Even though it might cost you an arm and a leg¹¹⁰, the memories and joy from the meal you enjoy with them will make it worth every penny¹¹¹.

7. Do you think it's good to communicate when eating with your family?

Yes, communicating during mealtimes with family is very important. Family doesn't always get to spend quality time together because parents are working and kids are attending school¹¹². Everyone needs to eat, so mealtimes are an ideal opportunity to catch up¹¹³ and see how everyone is doing. Actually dinner is very important for me and my family, because it is a rare chance for us all to talk¹¹⁴. Some families even have strict rules such as no phones at the table so that they can communicate better.

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¹⁰⁷ specialties: 特色食品

¹⁰⁸ having a bowl of long life noodles: 吃一碗长寿面

¹⁰⁹ significant other: 配偶; 另一半

¹¹⁰ cost you an arm and a leg: 花你一大笔钱

¹¹¹ make it be worth every penny: 让它物有所值

¹¹² attending school: 上学

¹¹³ catch up: 聊聊情况; 了解彼此情况

¹¹⁴ a rare chance for us all to talk: 一个难得的机会让我们大家都聊一聊

Topic 9 困难但有好结果的决定

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

People make a number of decisions throughout the day. One of the most basic but consistent choices¹¹⁵ is what to eat every day. Sometimes they might have to choose between cooking a meal or ordering out¹¹⁶. People also have to decide how they'll spend their time, at least when they're not in work or school. There are lots of options for things to do during leisure time, so they have lots to choose from.

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

I suppose that it really depends on the decision. In some situations, it's better to make a decision by yourself. You don't want to have too many cooks in the kitchen¹¹⁷. If everyone's giving their opinion, it might be harder to figure out what you really want. But in other cases, you might actually want other people to weigh in¹¹⁸, especially if the decision is something you're unsure about or if it's outside your expertise¹¹⁹.

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

I think that young people are unwilling to follow their parents' advice because they want to express their individualism¹²⁰. Young people grow up having to do everything their parents say, so once they become teenagers or young adults they are less likely to follow parental advice¹²¹. They want to prove their independence and show that they can make their own decisions about their life. They may even try to lead a life that is completely different than the life their parents want them to have.

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

Middle-aged people usually have to make more important decisions than younger people, since most middle-aged people have a lot of family and work responsibilities. This means that any decision they make will affect other people, so they may spend more time doubting themselves and second-guessing their decisions¹²² than a young person would. Plus, when you're older, you realize that your instinct isn't always right. Middle-aged people have had lots of experiences where they've made the wrong call¹²³. So they know to think twice before¹²⁴ making a decision.

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¹¹⁵ One of the most basic but consistent choices: 最基本但要持续做的选择之一

¹¹⁶ ordering out: 叫外卖

¹¹⁷ You don't want to have too many cooks in the kitchen: 你不想厨房里有太多厨师; 意指你不想一个地方有太多人发号施令

¹¹⁸ weigh in: 参与进来

¹¹⁹ outside your expertise: 在你的专业知识之外

¹²⁰ express their individualism: 表达他们的个人主义

¹²¹ less likely to follow parental advice: 不太可能听从父母的建议

¹²² second-guessing their decisions: 反思他们的决定

¹²³ made the wrong call: 做出错误的决定

¹²⁴ think twice before: 在...前三思而行

Topic 10 别人向你寻求意见

1. Do children like to change their opinion?

I think children can be quite stubborn when it comes to changing their opinion. They might not even know why they hold a certain opinion¹²⁵. But they might stick to it nonetheless. For example, some children hate taking baths. They won't want to change their opinion because they don't enjoy it. So you might have to explain why baths are helpful, or try to make the experience more fun for them.

2. What kinds of jobs require people to frequently give opinions?

I suppose that if you work in advertising or marketing, you have to get used to giving your opinion. That type of work is very subjective and depends on creative ideas. A lot of work goes into marketing campaigns in particular. You have to speak up and pitch ideas on¹²⁶ how to make the campaign successful. Or if you're an upper-level¹²⁷, you have to give your opinion on the campaign and suggest changes if they're needed.

3. What reasons might people have for not wanting to give their opinions?

People might be worried that they'll be judged for their opinions. A lot of people are concerned about being the odd one out¹²⁸. If everyone around you likes a movie, but you didn't enjoy it, there might be pressure not to share your opinion because you don't want to stand out. Plus, you don't want to make people feel bad for their opinions. Others don't like giving their opinions might because they're very private people¹²⁹ and they don't want others to know more about their tastes.

4. Do you think it would be a good idea for schools to ask students their opinions about lessons?

It could be very beneficial if schools asked students for their opinions about lessons. For one, it would make the students feel like their perspectives matter¹³⁰. That can encourage them and make them more optimistic about their school experience. For another, schools could use this information to improve the curriculum or other aspects of the learning experience. This could result in more student satisfaction¹³¹, which could also lead to better academic performances.

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¹²⁵ hold a certain opinion: 持有某种观点

¹²⁶ speak up and pitch ideas on: 大胆去表达自己的想法

¹²⁷ an upper-level: 高层

¹²⁸ being the odd one out: 被当成异类; 意指被排挤

¹²⁹ private people: 注重隐私的人

¹³⁰ feel like their perspectives matter: 感觉他们的观点或看法是很重要的

¹³¹ result in more student satisfaction: 会 (导致) 提高学生的满意度

Topic 11 积极改变

1. Is it easier for young people to change?

Yes, I suppose that usually it is easier for young people to change because they are less set in their ways¹³² than older people. Older people have a particular way of doing things¹³³, so it is harder for them to change. Young people are still figuring out who they are and what their values are, so change comes much easier to them. Still, there are always exceptions, and some young people can't change, while some older people can.

2. Is it easy for old people to change?

I think that old people have a much harder time changing than young people, because they are used to a certain way of doing things. They can sometimes get stuck in the past¹³⁴ and have trouble changing their ways or trying new things. Old people may even get upset if they are asked to change, and they may suggest that they don't need to change. It is for this reason that old people are sometimes called stubborn¹³⁵.

3. What are the disadvantages when people keep making changes?

When people keep making changes, they might find it hard to establish a regular routine. You can't really have a stable life if you keep changing different parts of it. For example, if you hop from job to job, you'll find it difficult to get into a routine¹³⁶ because your hours might change or you might have a different commute each time. Plus, it's hard to form good relationships with neighbours and coworkers if you move around a lot¹³⁷.

4. How can people change their daily routine if they want to?

I would say that people can change their daily routine in lots of little ways¹³⁸. They could try biking to work instead of driving or taking public transportation. Or they could start the day by exercising. They can form little habits that build up to bigger changes over time¹³⁹. They can also change how and what they eat. It's surprising how much cooking versus picking up breakfast can change your day-to-day routine.

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¹³² less set in their ways: 不那么墨守成规

¹³³ have a particular way of doing things: 有特定的做事方式

¹³⁴ get stuck in the past: 陷入过去

¹³⁵ It is for this reason that old people are sometimes called stubborn: 正是因为这个原因，老年人才有时被称为老古板

¹³⁶ get into a routine: 进入一个常规；意指建立生活的习

惯规律

¹³⁷ move around a lot: 经常搬家

¹³⁸ change their daily routine in lots of little ways: 通过很多小方式来改变他们的日常生活规律（习惯）

¹³⁹ form little habits that build up to bigger changes over time: 先形成小的习惯，通过时间的潜移默化积累而成为大的改变

Topic 12 保持健康的方法

1. How do children and old people keep fit and healthy?

I think both children and old people like to do group activities to keep fit and healthy. The type of activity varies between each age group, though. Children like fast-paced games and sports, such as tag or playing baseball or soccer. They like to stay on their feet¹⁴⁰ and have lots of fun that way. Old people like to do activities that put less strain on their bodies¹⁴¹, such as yoga or tai-chi. However, the social aspect is a plus for both children and old people.

2. What do people normally do to keep fit and healthy in your country?

In my country, people can do a wide range of activities to keep fit and healthy. Firstly, it is important to exercise every day, so people can either walk or run every day, work out at a gym, or join a fitness class. Many people also like to do their physical activity outdoors, by going on hikes or swimming. Besides, people need to be sure to eat healthy, so they may choose to buy foods from health food stores and avoid ordering in takeout¹⁴².

3. How can parents help and guide their kids to keep healthy?

Parents can help keep their kids healthy by encouraging them to eat healthy foods and get lots of exercise. Parents should be good role models for their kids by providing healthy meals at home and doing activities as a family¹⁴³ that involve fitness and movement. Parents should also enroll their kids in¹⁴⁴ some kind of sport, or, if they don't like sports, maybe a fitness class like dance or gymnastics.

4. Do you think it is a good way for governments to use the power of idol to help people build health awareness?

I suppose that to some degree¹⁴⁵, it can be effective for the government to depend on celebrities to help people improve their awareness of their health. This can be especially effective among young people, who look up to their celebrity idols as role models¹⁴⁶. If their favorite celebrity is encouraging them to do more exercise and be aware of what they eat, they might change their habits so they can be more like that celebrity.

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¹⁴⁰ stay on their feet: 站着

¹⁴¹ put less strain on their bodies: 对身体压力小

¹⁴² avoid ordering in takeout: 避免点外卖

¹⁴³ doing activities as a family: 和家人一起活动

¹⁴⁴ enroll their kids in: 让他们的孩子参加

¹⁴⁵ to some degree: 在某种程度上; 多多少少

¹⁴⁶ look up to their celebrity idols as role models: 把他们的偶像看做榜样

Topic 13 想参加的比赛

1. What are the contests commonly seen on TV programs?

There are definitely lots of singing contests on TV. People love to watch talented singers compete against each other to win the top prize¹⁴⁷. Dance contests are also pretty popular nowadays. People also get very invested in¹⁴⁸ contests where people have to do intense physical challenges. It can be very entertaining to watch people do amazing feats of physical strength and endurance¹⁴⁹. Sometimes, they even have to do things like eating unusual foods. It all makes for good TV¹⁵⁰.

2. Why are competition shows popular?

I think competition shows are popular because people love the drama that comes from it. When you're watching people compete against each other for the top prize, you get very invested in their stories. People choose favourites and might even bet on who they think will win¹⁵¹. Plus, depending on the contest, you might get to see really cool things. You can watch amazing dancers or see people do tough physical challenges.

3. What kinds of industries need competition? Why?

I suppose that competition is important in almost every industry because it encourages people to be their best. Competition can become toxic and negative¹⁵², but friendly, civil competition is always a good thing¹⁵³. Competing with other people in your industry can make you think outside the box¹⁵⁴ and develop new ideas. In my opinion, the food service industry, the fashion industry and the acting industry are probably the most competitive.

4. Do you think it is necessary to encourage people to compete with others in companies?

I don't think it's necessary, but I think that sometimes it can help. If people know they're competing against others, it can motivate them to try harder so that they can stand out¹⁵⁵ and succeed. But on the other hand, if people get too competitive, it might create a toxic work environment¹⁵⁶. They might not see their coworkers as equals¹⁵⁷. Instead, they might just see them as obstacles they need to overcome.

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¹⁴⁷ win the top prize: 赢得最高奖

¹⁴⁸ get very invested in: 在...方面非常的投入

¹⁴⁹ do amazing feats of physical strength and endurance: 在体力和耐力方面做出惊人的壮举

¹⁵⁰ It all makes for good TV: 这一切都是为了做出好电视节目

¹⁵¹ bet on who they think will win: 赌他们认为谁会赢

¹⁵² toxic and negative: 有害的和负面的

¹⁵³ friendly, civil competition is always a good thing: 友好

而文明的竞争总是一件好事

¹⁵⁴ think outside the box: 跳出思维定势; 跳出思维框架; 创造性的去思考

¹⁵⁵ stand out: 脱颖而出

¹⁵⁶ create a toxic work environment: 创作一个有害的工作环境

¹⁵⁷ They might not see their coworkers as equals: 他们可能无法平等的看待同事

Topic 14 一个去过的地方

1. Which do you prefer, living in a city or only visiting it as a tourist?

I like living in a city rather than just visiting as a tourist. I know that city life isn't for everyone. A lot of people get overwhelmed by how fast-paced¹⁵⁸ cities are. But I really enjoy living in a city because there are so many exciting opportunities there. Whether it's a cool job or something fun to do on the weekend, the city has a lot to offer¹⁵⁹. Plus, there's always a ton of amazing food spots¹⁶⁰.

2. How do young children react when they go to school for the first time?

I guess most young children are pretty excited to go to school for the first time. Of course, there are some kids who are anxious about a new environment. They might not have a good first day. But for the most part¹⁶¹, kids are curious about school. They're excited to be with their friends and learn about the world. So overall, I think the first day at school can be really fun for them.

3. What might young people feel at their first workplace after they just graduated from college?

I suppose that a lot of young people feel overwhelmed at their first workplace. When they're fresh out of college¹⁶², they're trying their best to be adults in the real world. Getting a job is a big part of that, but it can also be a very scary process. For example, a lot of young people are worried about being given a hard time by their boss or coworkers when they just start their jobs. It's hard to adjust to those huge life changes. Some young people might even have imposter syndrome¹⁶³. They might not think they're ready or qualified to have their job.

4. How do young and old people react differently to new things?

Well, young people are a lot more open to new things. They don't have their guard up as much as old people do¹⁶⁴. So when they encounter something new, they're more receptive and they're willing to embrace it. Old people, on the other hand, might be too overwhelmed by new things. They might feel hesitant or even suspicious¹⁶⁵ if it's too different from what they're used to. It gets harder to embrace change¹⁶⁶ as you get older.

见下页

¹⁵⁸ fast-paced: 快节奏

¹⁵⁹ the city has a lot to offer: 这座城市能提供给人们的
东西有很多

¹⁶⁰ food spots: 美食聚集地

¹⁶¹ But for the most part: 但在大多数情况下

¹⁶² When they're fresh out of college: 当他们刚刚从大学
毕业的时候

¹⁶³ imposter syndrome: 冒名顶替综合症; 是一种自
我否定的心理障碍, 觉得自己配不上这份工作

¹⁶⁴ They don't have their guard up as much as old people
do: 他们不像老人那样总是特别警惕

¹⁶⁵ suspicious: 感到可疑

¹⁶⁶ embrace change: 拥抱变化

5. Why do some people want to go to college far away from home?

I think that some people want to go to college far from home because they want to have brand-new experiences¹⁶⁷. If you stay in the same area your whole life, you won't get exposed to new things. You might even get stuck in a rut¹⁶⁸. By moving somewhere far away from home for school, people get to be a part of a new community and experience things they wouldn't have access to back home¹⁶⁹.

6. What are the advantages and disadvantages of studying abroad or working abroad?

Well, one big advantage is that you get to experience a new place. You can learn about the local culture, try new foods, and connect with people you wouldn't have gotten the chance to meet otherwise¹⁷⁰. Plus, you can take in the natural scenery and do some sightseeing¹⁷¹. On the downside, it can be very lonely when you go abroad if you don't know the language. You might feel isolated because you don't know anyone. Plus, culture shock¹⁷² might make you feel out of place¹⁷³.

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¹⁶⁷ brand-new experiences: 全新的经历; 全新的体验

¹⁶⁸ get stuck in a rut: 墨守成规

¹⁶⁹ experience things they wouldn't have access to back home: 体验那些他们在家乡无法接触到的东西

¹⁷⁰ connect with people you wouldn't have gotten the

chance to meet otherwise: 和如果没去的话你本来没有机会遇到的人交流

¹⁷¹ do some sightseeing: 观光

¹⁷² culture shock: 文化冲击

¹⁷³ feel out of place: 感到格格不入

Topic 15 有趣的城市

1. What advantages can tourism bring to a city?

Well, for one thing¹⁷⁴, tourism can boost a city's economy¹⁷⁵. As more and more tourists show up, they spend more and more money at local restaurants and other businesses. So that helps support the city's finances. Another benefit is that tourism creates more jobs. Local citizens can get jobs as tour guides and work with visitors. Plus, with lots of tourists showing up, the city is more likely to invest in improving the infrastructure¹⁷⁶.

2. Why do some young people like to live in cities?

I think some young people like living in cities because there are more opportunities for them there. If they're looking for jobs in more modern fields¹⁷⁷ like technology or finance, they're bound to find something in a city¹⁷⁸. Plus, cities have a lot more options for¹⁷⁹ food and entertainment. There's always something exciting or cool going on in the city, especially late at night and on the weekends. Young people thrive in cities¹⁸⁰ for those reasons.

3. Do most elderly people live in the city or in the countryside?

Well, most elderly people live in the countryside. Cities are great and they have a lot of resources for older people, such as good healthcare in major hospitals. But cities are also very fast-paced. The hustle and bustle of daily life¹⁸¹ there can be overwhelming for the elderly. So I think that as people get older, they tend to move out to the countryside. Things are much more relaxed in rural areas.

4. Do you think well-developed tourism will have negative effects on local people?

Well, yes. I mean, tourism can bring a lot of great benefits as it develops. However, there are definitely some drawbacks. When it comes to natural scenery, too many tourists can disturb and even damage the environment. That can be a disadvantage for the people who live there and want to enjoy that scenery for themselves. Moreover, some tourists may be disrespectful of the local culture, which leads to clashes with the local citizens¹⁸².

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¹⁷⁴ for one thing: 首先; 一方面来说

¹⁷⁵ boost a city's economy: 促进城市经济发展

¹⁷⁶ invest in improving the infrastructure: 致力于改善基础设施

¹⁷⁷ modern fields: 现代的领域

¹⁷⁸ they're bound to find something in a city: 他们一定能在城市找到什么 (工作)

¹⁷⁹ have a lot more options for: 有更多的选择

¹⁸⁰ thrive in cities: 在城市里发展成长

¹⁸¹ The hustle and bustle of daily life: 日常生活的喧嚣和忙碌

¹⁸² leads to clashes with the local citizens: 导致和当地居民的冲突

Topic 16 推荐他人居住的地方

1. What kinds of places do people like to live in?

Well, it really depends on the person. Some people like living in exciting, busy places where there's always something going on. So they gravitate toward big cities¹⁸³. Others like a more relaxed environment, so they stay in the countryside. But I think that in general, people like places where they can find a sense of community¹⁸⁴. Everyone wants to feel safe and comfortable in their home. So they just need to find a place that suits their individual needs and preferences.

2. Why do some people prefer to move to other cities?

I suppose that some people prefer moving to other cities because they can't find a sense of community in the city they're currently in. They might not have a good social network¹⁸⁵, so they feel lonely. Or they might not be happy with the types of jobs available in that city. They also might prefer a city with different scenery, or more options when it comes to fun activities and types of cuisine. The climate might also not be agreeable with them¹⁸⁶, like if it's too hot or cold.

3. What do people need to do before moving to a new place?

Before moving, people should make sure that the new place will be able to meet their individual needs and preferences. They should know about the weather in all different seasons. If they hate the cold, they shouldn't move to a place with long and bitter winters. They should also know about the types of job opportunities that are available, as well as the types of activities you can do in the evenings or on weekends. They should also have a budget¹⁸⁷ so they know if they can afford living there.

4. Why do some people live close to work?

I think the main reason that some people live close to work is convenience. If you have a short commute to work¹⁸⁸, it saves you a lot of time in the mornings. It's even better if you can walk to work instead, since it saves you money on transportation. Others live close to work because their job is their main priority¹⁸⁹. They want to be able to work long hours without having a commute that makes their day even longer.

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¹⁸³ gravitate toward big cities: 被大城市吸引

¹⁸⁴ find a sense of community: 找到社区归属感

¹⁸⁵ might not have a good social network: 可能没有很好的社交圈; 指可能没有什么朋友

¹⁸⁶ The climate might also not be agreeable with them: 那

里的气候也可能不适合他们

¹⁸⁷ have a budget: 有一个预算

¹⁸⁸ have a short commute to work: 上班路程很短

¹⁸⁹ their job is their main priority: 工作是他们的首要任务

Topic 17 乡村一隅

1. Is there anything special about the villages in your country?

Well, of course I think that the villages in my country are special in their own way. Lots of villages have beautiful scenery that you can only enjoy when you're away from the hustle and bustle of major cities¹⁹⁰. I know tons of people love to visit the farms in spring for the views. Plus, the local communities there usually have unique traditions and customs that you won't see and experience in cities. For example, many villages have ancestry temples¹⁹¹ where the local villagers who have a place on the family tree worship their ancestors¹⁹².

2. What do people usually do when going to a village?

I suppose that people are either visiting family or going to a tourist spot¹⁹³ when they go to a village. Sometimes villages have unique scenery that you can't find in major cities. So people might be travelling to see an ancient temple or some kind of natural wonder¹⁹⁴ like a waterfall. But I think it's more common for people to visit family or friends who live out in villages instead of the major hubs¹⁹⁵.

3. Do you think people will live in the village in the future?

I would say that more and more people are gravitating towards cities¹⁹⁶. There are usually more job opportunities there, especially if you want to work in fields like finance or technology. But villages are charming and more laid-back¹⁹⁷ than cities. So I'm sure there will always be people who prefer living in villages. Some people just can't adjust to the hustle and bustle of cities. They would rather live somewhere more relaxed.

见下页

¹⁹⁰ you're away from the hustle and bustle of major cities: 你会远离大城市的喧嚣

¹⁹¹ ancestry temples: 祠堂; 宗祠

¹⁹² the local villagers who have a place on the family tree worship their ancestors: 在家谱上有一席之地的当地村民祭拜他们的祖先

¹⁹³ going to a tourist spot: 去旅游景点

¹⁹⁴ natural wonder: 自然景观

¹⁹⁵ the major hubs: 大城市

¹⁹⁶ gravitating towards cities: 被吸引到城市

¹⁹⁷ laid-back: 悠闲放松

4. Do you think everyone likes the countryside?

No, I don't think everyone enjoys the countryside. I mean, there are a lot of people who really like rural areas because they're much more relaxed and peaceful than cities. But on the other hand, some people need the busyness of a city in order to thrive¹⁹⁸. So they might hate being stuck out in the countryside¹⁹⁹. They might get bored with the slower pace of life²⁰⁰. Plus, the countryside doesn't have as many opportunities as big cities. So that might be frustrating for some people as well.

5. Why do people want to go to the countryside?

I think people want to go to the countryside so they can relax. In the city, everything is so fast-paced. Wherever you turn, there's something going on²⁰¹. Plus, it's super crowded. It's very easy to get overwhelmed by the hustle and bustle of urban areas²⁰². But in the countryside, there's much more space. You can enjoy the natural scenery without bumping up against people²⁰³ or getting stuck in a crowded area. Life goes at a slower pace, which can be a nice change.

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¹⁹⁸ need the busyness of a city in order to thrive: 需要在城市忙碌奋斗去实现(人生的)成长

¹⁹⁹ being stuck out in the countryside: 被困在乡下; 待在乡下

²⁰⁰ the slower pace of life: 慢节奏的生活

²⁰¹ Wherever you turn, there's something going on: 无论你

去哪, 都会遇到有意思的事情

²⁰² the hustle and bustle of urban areas: 城市的熙熙攘攘; 城市的喧嚣

²⁰³ bumping up against people: 走路撞到人; 这里是一种比喻手法, 形容城市人口拥挤

Topic 18 远距离步行

1. What outdoor activities do people like?

I think people like outdoor activities where they can get some exercise and socialize at the same time. For example, going for a walk is a great activity because you can enjoy the scenery²⁰⁴ while catching up with your friends²⁰⁵. Doing something more active like biking, swimming, or playing a sport can also be a good bonding experience²⁰⁶ if you do it with others. It's a great way to spend time.

2. What are the differences between the outdoor activities children did in the past and now?

In the past, I suppose that children were a lot more imaginative. They liked playing games like cops and robbers where they would chase each other around²⁰⁷. I also think they were much more active. In the old days, kids liked activities like climbing trees or catching bugs in nature. Physical exercise was a big priority²⁰⁸. But nowadays, kids are addicted to video games. Of course they do outdoor activities, like riding a scooter or playing with a frisbee²⁰⁹, but you can often see kids watching cartoons or playing games on their phones or tablets when they are in a park, which is not good for their health.

3. Is leisure time important to everyone? Why?

Yes, definitely. Even if people like being busy, it's healthy for them to have a break every now and then²¹⁰. They value their leisure time because it's a way for them to relieve the pressure of their everyday lives²¹¹. Whether they're hanging out with family or friends or doing a fun recreational activity for themselves, leisure time helps them avoid getting overwhelmed by their responsibilities²¹².

4. Do women have more leisure time than men?

No, I don't think so. Now that men and women are often both in the workforce, they tend to have an equal number of responsibilities²¹³. In fact, depending on the situation, women are often busier than men because they may take on extra household duties²¹⁴. In some families, the women are still expected to do more of the parenting, which keeps them busy as well. I would say it's a stereotype that²¹⁵ women just sit around doing nothing while men are working.

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²⁰⁴ enjoy the scenery: 欣赏风景

²⁰⁵ catching up with your friends: 和朋友聊天

²⁰⁶ a good bonding experience: 一个很好的增进感情的经历

²⁰⁷ chase each other around: 互相追逐

²⁰⁸ Physical exercise was a big priority: 体育锻炼是重中之重

²⁰⁹ playing with a frisbee: 玩飞盘

²¹⁰ have a break every now and then: 时不时休息一下

²¹¹ relieve the pressure of their everyday lives: 缓解他们的日常生活压力

²¹² avoid getting overwhelmed by their responsibilities: 避免被各种责任事情压垮(精神)

²¹³ have an equal number of responsibilities: 有差不多的责任事情

²¹⁴ take on extra household duties: 多做家务

²¹⁵ it's a stereotype that: 这是一个刻板印象

Topic 19 安静的地方

1. Is it easy to find quiet places in your country?

Well, my country has a pretty big population. So our major cities are usually very crowded. Even in the countryside, there are always more and more people setting up houses and taking up space²¹⁶. I wouldn't say it's impossible to find quiet places, but it can definitely be a challenge²¹⁷. I think there are still some rural areas where it's not too crowded. So they're nice to visit when life in the city becomes too overwhelming.

2. Why do old people prefer to live in quiet places?

I suppose that old people prefer living somewhere quiet because it's less overwhelming. When you're in a crowded city, there's always noise at all times of the day. Old people can feel overstimulated²¹⁸ more easily because they're very sensitive to noise. So it can get tiring for them when it's always loud outside. Living in quiet places can help them feel more relaxed. In old age, it's nice to not have too much going on.

3. Why are there more noises made at home now than in the past?

I think that's largely due to the rise of technology. For example, in the past, not every house would have a TV. But nowadays, it's very common for families to have multiple TVs in most rooms of the house. So when you have people watching TV, watching videos on their phone, or maybe even playing video games all over the house, it can easily get really noisy. It can get very overwhelming if everyone's using a device at the same time.

4. Which place is quieter, the city or the countryside?

I would say that the countryside is definitely quieter. In cities, there's always a lot going on. You can hear noise from cars, public transportation, and crowds of people. Plus, you have bars and restaurants playing music and the general commotion of a city²¹⁹. In the countryside, there are less people so there's automatically less noise. You probably don't have a lot of traffic or other noisy things. So life in the countryside tends to be very peaceful.

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²¹⁶ setting up houses and taking up space: 建立房屋和占用（地面）空间

²¹⁷ it can definitely be a challenge: 这绝对是一个挑战

²¹⁸ overstimulated: 过度刺激的

²¹⁹ the general commotion of a city: 城市里经常存在的嘈杂

Topic 20 外出花费甚少的一天

1. Do people like to spend their leisure time out in your country?

I think people like to go out during their free time. It's very common to go to a nice restaurant with friends if you want to blow off some steam²²⁰. There are lots of other fun activities you can do, like going out to bars or doing karaoke. Nowadays, it's so easy to get caught up in the hustle and bustle of your daily routine²²¹. It's important to slow down and make sure you have enough time to relax. Otherwise, you can wind up getting burned out²²².

2. How do people spend their leisure time in your country?

There are a variety of activities that people can do during their leisure time in my country. Some people are more outdoorsy²²³ and prefer to go to parks, hiking trails, the beach, or outdoor sporting events. Others prefer to stay indoors, so they might go to cinemas or shopping malls. Also, there are a lot of really great leisure activities for people who enjoy art, like painting classes or pottery classes²²⁴.

3. How does technology affect the way people spend their leisure time?

In some cases, technology can limit the way people spend their leisure time²²⁵. For example, in the past it was more common to go out and do things with your friends. But nowadays, you can see people just hanging out at home and scrolling on their phones instead of doing anything active. That being said, technology can sometimes bring people closer together. For example, if you can't hang out with your friends in person, you can all jump on a video call²²⁶ and spend time that way.

4. Do you think only old people have time for leisure?

Well, I think that old people probably have the most time for leisure, other than²²⁷ young people who don't have a job yet. Old people are usually retired, which means that they don't have to answer to anyone for their time²²⁸. They can spend it however they want. But they're definitely not the only ones who have time for leisure. If young people establish a good work-life balance, they should be able to find time to relax.

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²²⁰ blow off some steam: 舒缓压力; 放松一下

²²¹ get caught up in the hustle and bustle of your daily routine: 陷入日常生活的喧嚣和忙碌之中

²²² wind up getting burned out: 结果导致筋疲力尽

²²³ outdoorsy: 喜欢户外的

²²⁴ pottery classes: 陶艺课

²²⁵ limit the way people spend their leisure time: 限制人们休闲的方式

²²⁶ jump on a video call: 突然开始打视频电话

²²⁷ other than: 除了

²²⁸ don't have to answer to anyone for their time: 不需要对任何人负责

Topic 21 重要河流/湖泊

1. How can rivers/lakes benefit local people?

I think rivers and lakes offer locals a lot of benefits. For one, they can enjoy all the perks of natural resources²²⁹. They can spend their leisure time swimming in the water or just relaxing on the shore. Plus, they can do fun activities like boating or jet-skiing²³⁰. It's great for people's health to be out in nature every so often. Another benefit is that rivers and lakes bring in tourists²³¹, which can boost the local economy by providing jobs.

2. Do you think rivers/lakes attract tourists?

Yes, rivers and lakes definitely attract tourists. People will flock in from all over²³² just to enjoy some natural beauty. When a river or lake is particularly beautiful, people will come to take photos and enjoy the scenery. Some rivers have very unique features that make people take notice and want to visit. Besides, there are lots of activities people can do on or around the water, such as fishing and sailing. They can also just enjoy swimming or hanging out on the beach. I think that's what tons of tourists go there for.

3. How do rivers/lakes affect local tourism?

Well, rivers and lakes can often draw in tourists from the surrounding areas²³³. People will drive for hours just to enjoy some natural beauty. Plus, local business can cater to tourist by holding all kinds of activities and events. So tourists will come for those activities, then they'll often spend money at local restaurants and businesses. So industries like hospitality, restaurants, and leisure can benefit from having more tourists.

4. Are rivers/lakes good for transport? Why?

I suppose that rivers and lakes can be good for transport, because people can take boats and ferries²³⁴ to get around. Rivers also provide a natural place to separate parts of a city²³⁵, so highways and other roads can be built along the rivers in a convenient pattern²³⁶. Lakes can make transportation easier because you can have a ferry that crosses the lake a few times a day. Overall, lakes and rivers can be very useful in terms of transport.

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²²⁹ enjoy all the perks of natural resources: 享受自然资源带来的所有好处

²³⁰ jet-skiing: 水上摩托驾驶

²³¹ bring in tourists: 带来游客

²³² flock in from all over: 从各地蜂拥而来；形容来的人很多

²³³ draw in tourists from the surrounding areas: 吸引周边

地区的游客

²³⁴ ferries: 渡轮

²³⁵ Rivers also provide a natural place to separate parts of a city: 河流自然的把城市分割成小部分

²³⁶ built along the rivers in a convenient pattern: 沿着河流以一种便捷的方式来建造

Topic 22 不喜欢的规则

1. What are the rules students should follow at school?

I suppose that a good rule to start with is respecting everyone at school. Whether it's their teachers or their peers, students need to act courteously towards others²³⁷. They shouldn't be rude to people or harass them in any way²³⁸. I also think that students should try to show up to class on time and avoid interrupting lessons. It can be very distracting to the other students who are trying to learn.

2. Are the rules at school good or bad? Why?

Well, for the most part²³⁹, rules at school are good. They help keep everything in order²⁴⁰. They can also remind students of what behaviour they should be exhibiting. For example, rules that forbid bullying are important because they keep everyone in line²⁴¹. However, some rules can be a little over the top²⁴². For example, some schools forbid female students from having long hair, which sounds ridiculous. If there are too many unnecessary rules, students might just get frustrated at school.

3. What rules should children follow at home?

I think children should follow some basic rules, like going to bed on time and only watching TV when their parents allow them to. They need to listen to their parents when it comes to their daily schedule. Generally speaking, parents know what's best for them. The rules at home are often set for the sake of the children's growth²⁴³, both mentally and physically. So children need to listen to their parents and follow their rules.

见下页

²³⁷ act courteously towards others: 礼貌待人

²³⁸ They shouldn't be rude to people or harass them in any way: 他们不应该对他人无礼或以任何方式骚扰他们

²³⁹ for the most part: 在大多数情况下

²⁴⁰ keep everything in order: 让一切井然有序

²⁴¹ keep everyone in line: 让每个人都守规矩

²⁴² over the top: 有点过头

²⁴³ for the sake of the children's growth: 为了孩子的成长

4. How are people punished when parking in a wrong spot?

In most cases, people get punished for parking in the wrong spot by getting a ticket. That ticket usually comes with a hefty fine²⁴⁴. Most people think parking tickets are ridiculous, and that it doesn't make sense to have to pay for parking in the wrong spot. But in some cases, it's deserved²⁴⁵. If you park in front of a fire hydrant²⁴⁶, for instance, you might make it harder for the firefighters if an emergency happened.

5. Do people in your country often break rules?

No, I think that in most cases, people in my country are very law-abiding²⁴⁷. But of course, there are always exceptions²⁴⁸. If anyone is breaking the rules on a regular basis, it's probably related to traffic laws. So many drivers just speed because they're in a rush²⁴⁹, especially during the work week. But when it comes to something more serious, like the lockdowns and mandatory testing for Covid-19²⁵⁰, it's rare to see²⁵¹ Chinese people break the rules.

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²⁴⁴ That ticket usually comes with a hefty fine: 那种罚单通常伴随着巨额罚款

²⁴⁵ it's deserved: 这是活该的; 这是应当的

²⁴⁶ a fire hydrant: 一个消防栓

²⁴⁷ law-abiding: 守法的

²⁴⁸ of course, there are always exceptions: 当然, 凡事都有例外

²⁴⁹ they're in a rush: 他们在着急

²⁵⁰ mandatory testing for Covid-19: 强制新冠核酸检测

²⁵¹ it's rare to see: 很少见

Topic 23 帮助提高专注力的东西

1. Why is it more difficult for children to concentrate nowadays than in the past?

I think it's harder for children to concentrate nowadays because there are way more distractions. In the past, children didn't have any technological devices to keep them occupied. But nowadays, it's pretty common to see children with tablets or even mobile phones. Even if they don't have their own devices, we live in an age of instant gratification²⁵². Kids are used to getting what they want very quickly, which makes it hard for them to slow down and do a task that takes longer than a few minutes.

2. Do you think technology will harm children's ability to concentrate?

Yes, I definitely think technology has a negative effect on children's ability to concentrate. When they get used to playing games on their tablets²⁵³ instead of focusing on conversation, it makes it hard for them to sit and focus on the person in front of them for a long time. They're used to getting what they want and getting it fast. Social media teaches them to crave instant gratification²⁵⁴. That makes it hard for them to focus on tasks that take longer than a few minutes.

3. What kinds of jobs require high concentration at work?

I think any job that has high stakes²⁵⁵ requires a lot of concentration. For example, any job in the medical field requires you to be on high alert²⁵⁶. You have to stay focused while you're operating on someone or administering medical aid to save their lives. You also need a lot of concentration if you work in construction. If you get distracted while operating heavy machinery, you could mess up²⁵⁷ and accidentally demolish²⁵⁸ the building you're working on.

4. Can exercise help people improve concentration?

Yes, it seems to me that exercise can be a lot of help when it comes to improving concentration. For example, yoga is commonly cited as a form of exercise that helps with mindfulness²⁵⁹. When you have to slow down and focus on your breathing, it helps you become more focused in general. Being aware of your body is always emphasized with yoga. That can easily translate to other parts of your life²⁶⁰.

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²⁵² live in an age of instant gratification: 生活在一个即刻满足的时代

²⁵³ get used to playing games on their tablets: 习惯了在他们的平板电脑上玩游戏

²⁵⁴ crave instant gratification: 渴望即时满足

²⁵⁵ high stakes: 高风险

²⁵⁶ be on high alert: 保持高度警惕

²⁵⁷ mess up: 搞砸

²⁵⁸ demolish: 拆毁

²⁵⁹ cited as a form of exercise that helps with mindfulness: 被认为是一种有助于专注力的锻炼形式

²⁶⁰ That can easily translate to other parts of your life: 那(种专注)可以很容易地转移到你生活的其他部分上

Topic 24 丢失东西

1. What kinds of things do people usually lose?

People usually lose things that they use very often, like their phones, wallets, or keys. These things are very easy to lose because we use them so often throughout the day²⁶¹, that sometimes we can't remember where we left them. This is especially true if you're doing directly from home, to work, to a social event; it's easy to lose something like your phone or wallet along the way if you aren't paying attention.

2. What do people often do when losing things?

Well, one thing that people can do is to retrace their steps²⁶²; so they think back to where they have been that day, go back to those locations, and hopefully find what they lost. If that doesn't work, people can put up lost signs²⁶³ or call friends to help them look. Plus, if they lose something like keys or wallets, they can use things like mobile trackers that attach to their keys or wallets²⁶⁴ so that they can find them through a GPS system.

3. Is it an effective way to use rewards to find lost things?

Yes, I think offering rewards can be an effective way to find lost things. For example, many people will put up signs offering a cash reward if they have lost a pet. This provides a good incentive²⁶⁵ for people to get out and look for the lost pet and return it to its proper owner. On the other hand, sometimes people will see these signs and ignore them because they are too busy to go out and look for someone else's lost pet.

4. What kinds of people may lose things often?

I think that scatterbrained²⁶⁶ people are most likely to lose things often because they are very easily distracted and have trouble focusing. This means that it is harder for them to keep track of their stuff²⁶⁷, so they may be more likely to lose things. Older people with memory issues²⁶⁸ are also more likely to lose things because they can't remember where they left them. Young children lose things too, since they are unable to stay organized.

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²⁶¹ throughout the day: 整天

²⁶² retrace their steps: 回溯他们的脚步

²⁶³ put up lost signs: 挂上寻物启事

²⁶⁴ things like mobile trackers that attach to their keys or wallets: 比如在钥匙或钱包上安装移动追踪器

²⁶⁵ provides a good incentive: 提供了良好的激励

²⁶⁶ scatterbrained: 注意力不集中的

²⁶⁷ keep track of their stuff: 时刻知道他们的东西在哪里

²⁶⁸ Older people with memory issues: 记忆力退化的老年人

Topic 25 让生活变得更好的发明

1. What is the most helpful innovation at home(kitchen)?

I think the most helpful innovation at home is the microwave. Honestly, I use it all the time. Even though it's usually healthier to cook on the stove-top²⁶⁹, I love using the microwave to make quick, easy meals. It's not always the healthiest, but it saves a lot of time. Plus, it's great for warming up leftovers²⁷⁰. My favourite thing to do is make a cup of hot chocolate in the microwave. It always hits the spot²⁷¹ and helps me feel cozy and relaxed.

2. What household appliances make us lazy?

Well, there are probably a good deal of²⁷² household appliances that make us lazy. The first one that comes to mind is automatic can openers²⁷³. It takes barely any energy to open a can with a manual opener. The battery-powered ones are pure laziness²⁷⁴, in my opinion. But they're very convenient. Honestly, I think microwaves can make us lazy too. Instead of making proper meals, we get used to premade meals that we just throw in the microwave for a few minutes.

3. What kind of invention can be used at school?

There are lots of modern inventions that can be used at school. One of the most obvious ones is a handheld calculator²⁷⁵. Obviously, it's good for students to learn how to do mental math²⁷⁶ and simple calculations without a calculator. But when they move on to more complex types of math, a calculator is super helpful. More basic inventions like mechanical pencils and ballpoint pens²⁷⁷ are often used at school. Modern life wouldn't be the same without those foundational tools.

4. Do you think AI will replace human teachers? Why?

No, I don't think that AI will ever replace human teachers. AI might be able to get programmed with all the knowledge you could ever want²⁷⁸. But they'll never have the personal touch²⁷⁹ that human teachers do. Being a teacher is as much about building relationships with students as it is about teaching them information²⁸⁰. Teachers are an essential part of their students' childhood, and with their guidance and support kids can grow up into happy, independent adults. AI can be useful for teaching concepts, but AI can't teach life skills or empathy.

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²⁶⁹ cook on the stove-top: 在炉子上做饭

²⁷⁰ warming up leftovers: 加热剩菜

²⁷¹ hits the spot: 恰到好处

²⁷² a good deal of: 大量，很多的

²⁷³ automatic can openers: 自动开罐器

²⁷⁴ pure laziness: 纯粹的懒惰

²⁷⁵ a handheld calculator: 一个手持计算器

²⁷⁶ do mental math: 心算

²⁷⁷ mechanical pencils and ballpoint pens: 自动铅笔和圆珠笔

²⁷⁸ get programmed with all the knowledge you could ever want: 以你想要学的所有知识来编程

²⁷⁹ personal touch: 亲切感

²⁸⁰ Being a teacher is as much about building relationships with students as it is about teaching them information: 作为一名教师，与学生建立关系和传授知识是同样重要的

Topic 26 堵车的经历

1. How can we solve the traffic jam problem?

I suppose that there are several ways to improve traffic jam problems. One of the biggest ways is to improve road infrastructure²⁸¹. That could mean opening more lanes on major highways²⁸², or developing alternative routes²⁸³ so that the highways don't get clogged²⁸⁴. It could also be helpful to improve public transportation so that there are less cars on the road. Motivating people to find other ways of commuting can help reduce traffic on major roads and highways.

2. Do you think developing public transport can solve traffic jam problems?

Yes, I think developing public transportation is a great way to solve traffic jam problems. If there are less people driving on the roads, there's bound to be less road traffic²⁸⁵, and thus less traffic jams. So it could help to either expand bus and subway systems, or reduce the cost of fare²⁸⁶. Both of these methods provide motivation for people to commute instead of driving their own car. Plus, it's better for the environment if more people take public transportation.

3. Do you think the highways will help reduce traffic jams?

I would say that highways can help reduce traffic jams to a certain degree. When there are highways with lots of lanes, it helps spread traffic out²⁸⁷, which helps prevent traffic jams. Plus, it decreases the amount of traffic on local roads, which helps during rush hour. However, highways can also encourage traffic jams because everyone will opt to take the highway instead of alternative routes. There's only so much highways can do without creating the problem that they are meant to help prevent²⁸⁸.

4. What are good ways to manage traffic?

There are several good ways to manage traffic. For one, you can improve public transportation. That motivates people to commute instead of driving their own cars, which reduces the number of cars on the road and thus prevents more traffic jams. You can also manage traffic by having features built into roads like roundabouts²⁸⁹, which can help move traffic along more efficiently. Spacing out intersections²⁹⁰ is also helpful, since it prevents too many cars from piling up in one area.

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²⁸¹ improve road infrastructure: 改善道路基础设施

²⁸² opening more lanes on major highways: 在主要高速上开通更多车道

²⁸³ developing alternative routes: 开发代替路线

²⁸⁴ get clogged: 堵了

²⁸⁵ there's bound to be less road traffic: 道路上行驶的汽车肯定会少一些

²⁸⁶ the cost of fare: 票价

²⁸⁷ spread traffic out: 分散交通车流

²⁸⁸ There's only so much highways can do without creating

the problem that they are meant to help prevent: 在不去搞出更多高速公路本应防止的问题之前, 高速公路能提供的帮助也就只有这么多; 此句意指虽然高速能对减少交通拥堵有帮助, 但也是有限的

²⁸⁹ having features built into roads like roundabouts: 在道路中建造有诸如环形路等功能

²⁹⁰ Spacing out intersections: 把十字路口分隔开; 指在一个区域内, 不要只有一个十字路口, 而是有多个十字路口, 形成一个交通网络, 这样避免在一个主要路口有大量的车辆堆积等待

Topic 27 用手机做重要的事

1. What are the differences between young people and old people when using a cellphone?

I think young people are more dependent on their cellphones²⁹¹. They use their phones for everything, like taking photos and videos, playing online games, and doing more serious things like banking and paying bills. Lots of them are anxious when they're away from their cellphones. However, old people can be very wary when it comes to using cellphones²⁹². They tend to just use them to make phone calls or occasionally send texts. Sometimes, they play simple games like solitaire²⁹³ on their phones to pass the time.

2. Which one is more important, using a cellphone to make phone calls or to read messages?

It seems to me that using a cellphone to read messages is more important. It's true that²⁹⁴ making phone calls is the most basic function of cellphones. But it's a trend that²⁹⁵ people are talking on the phone less. Plus, cellphones are very convenient for sending and receiving text messages. And you know, people nowadays prefer having a conversation over text because it gives them more time to respond, which is less stressful than making phone calls. So from people's cellphone habits, I can see that²⁹⁶ texting is more important than making phone calls.

3. Do you think there should be a law to stop people from making phone calls in public?

No, I think that would be a very restrictive law. On the one hand, most of us have experienced the irritation²⁹⁷ of someone talking loudly on the phone while in a public space. It's especially awkward and uncomfortable when it's in a closed space like a bus or a subway. On the other hand, while making those calls may be annoying sometimes, it shouldn't be illegal. It doesn't infringe on other people's rights or anything²⁹⁸. So it would be a waste of legislation²⁹⁹.

见下页

²⁹¹ more dependent on their cellphones: 更依赖于他们的手机

²⁹² be very wary when it comes to using cellphones: 在使用手机时可能会非常谨慎

²⁹³ solitaire: 纸牌游戏

²⁹⁴ It's true that: 的确...

²⁹⁵ it's a trend that: 现在的趋势是

²⁹⁶ from people's cellphone habits, I can see that: 所以从人们的手机习惯来看，我可以看出...

²⁹⁷ irritation: 烦人；烦扰

²⁹⁸ It doesn't infringe on other people's rights or anything: 它（打电话）并不会侵犯别人的权利或什么的

²⁹⁹ it would be a waste of legislation: 这将对立法的浪费；意指没有必要去设立这样的法律

4. What are the functions of mobile phones? / What do you usually do with a cellphone?

Mobile phones have lots of different functions. The primary one is communication. We use mobile phones to call, text, and email others. With a mobile phone, you can pretty much stay in touch with³⁰⁰ anyone, no matter where they are in the world. Another function is entertainment. People can watch videos, check social media, and play games on their phones. Mobile phones can also be used as personal cameras. Most phones have high-quality cameras to take good photos with.

5. Why can't we live without mobile phones?

I suppose that it's because we've made our mobile phones the centre of our lives³⁰¹. Just think about it – there are barely any aspects of our lives that aren't intertwined with our phones³⁰². We use our phones to talk to our loved ones, take pictures of the important moments in our lives, do our banking³⁰³, and a whole host of other things³⁰⁴. We've come to be dependent on mobile phones because they help make our lives run smoothly. Without them, we wouldn't know how to do our daily tasks.

6. Is it rude to make a phone call late at night?

I think it can be rude, depending on the circumstances. If you call someone late at night, you run the risk of³⁰⁵ waking them up. Or if they're up late, you might be interrupting their personal time³⁰⁶. If it's a friend that you know pretty well, it's probably safe to call them late at night. They won't mind if it's important. But if it's someone you don't know very well, or if it's for a professional reason³⁰⁷, you should wait until the next day.

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³⁰⁰ stay in touch with: 和...保持联系

³⁰¹ made our mobile phones the centre of our lives: 让手机成为我们生活的中心

³⁰² there are barely any aspects of our lives that aren't intertwined with our phones: 我们生活的方方面面几乎都离不开手机

³⁰³ do our banking: 办理银行业务

³⁰⁴ a whole host of other things: 一大堆其他事情

³⁰⁵ run the risk of: 冒着...的风险

³⁰⁶ interrupting their personal time: 打扰他们的私人时间

³⁰⁷ if it's for a professional reason: 或者是出于职业原因

Topic 28 想共事的家人

1. What kinds of family businesses are common in your country?

There are many types of family businesses in my country, including grocery stores, coffee shops, restaurants and pubs, movie theaters, and other recreational businesses. I would say that family businesses are usually much smaller than bigger chain businesses³⁰⁸, which gives them a more homey, comforting feel³⁰⁹. In my town growing up, several of the smaller grocery stores were run by families, and people preferred to shop at these businesses in order to support the families.

2. Why do people want to have a family business?

I think people are drawn in³¹⁰ by the idea of a family business because it's nice to work with the people you're closest to. When you establish a family business, you get to work together as a team and bond with each other³¹¹ in a way that you wouldn't be able to otherwise. Plus, you can pass down the business to the next generation. When the business stays in the family, it becomes part of a valuable family tradition.

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

I think that for the most part, it can be good to work with family members. Your family are the people that you love and trust the most in the world. So it's very comfortable to work with them. You already have a foundation of trust and respect. However, sometimes it's not good to mix business with family³¹². People can take business decisions very personally. They might even be biased³¹³ when it comes to the important things.

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

Working for big companies can provide many benefits. Most big companies are very well established, so losing your job is unlikely³¹⁴. Big companies also have great name recognition³¹⁵. So a job with a big company can open lots of doors for you. Finally, since big companies tend to make a big profit, they can afford to give their employees things like health and dental insurance. Depending on the company, you might even get unique employee perks³¹⁶.

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³⁰⁸ chain businesses: 连锁企业

³⁰⁹ gives them a more homey, comforting feel: 给他们一种更舒适的, 像家一样的感觉

³¹⁰ are drawn in: 被吸引

³¹¹ bond with each other: 彼此之前增进感情

³¹² mix business with family: 把生意和家庭混在一起

³¹³ be biased: 有偏见的

³¹⁴ losing your job is unlikely: 不太可能丢掉工作

³¹⁵ have great name recognition: 有很高的知名度

³¹⁶ get unique employee perks: 获得独特的员工津贴

Topic 29 有趣的邻居

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

I would say that for the most part, people are usually familiar with their neighbors. Sadly³¹⁷ I don't think it's as common to be really good friends with your neighbors. But I would think that most people at least know their neighbors and are on good terms with them³¹⁸. It's hard not to interact with your neighbors when you literally live side by side. I think it's important to at least try to have a good relationship with your neighbors because then there is always someone close by if you need help or need to borrow something.

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

I think that it's very similar to building any other kind of relationship. Whenever possible, you should try to help them out. For example, if they need you to run an errand³¹⁹ or they need to borrow an ingredient, it's important to be generous and gracious³²⁰. That can help improve your relationship with them. Plus, one easy way to improve relationships is to be friendly whenever you see your neighbours, and ask them how they are.

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

Well, for one, parents can have play dates and birthday parties³²¹ so that their kids in the community get to know each other. For another, children tend to be very social. They love to play with other kids, even if they don't know them very well. They like to find fun activities that they can do together. For example, even if they're just playing a simple game like tag or hide-and-seek³²², that can bring them together as a group.

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

Yes, it's really beneficial to get along well with neighbors. Neighbors are the people who live the closest to you, so if there is ever an emergency³²³, they are there to help you. You can also socialize with your neighbors, and introduce your kids to your neighbors' kids. Overall, getting along with your neighbors definitely has more benefits than drawbacks. Not only does it help make everyone feel at peace³²⁴, but it also creates good bonds³²⁵ and helps develop a sense of community³²⁶.

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³¹⁷ Sadly: 不幸的是

³¹⁸ on good terms with them: 与他们友好相处; 与他们保持良好关系

³¹⁹ run an errand: 办个事; 帮忙跑腿

³²⁰ gracious: 礼貌大方

³²¹ have play dates and birthday parties: 约着一起出去玩

和生日派对; play dates 即为一起出去玩的约会

³²² tag or hide-and-seek: 抓人游戏和捉迷藏

³²³ if there is ever an emergency: 如果有紧急情况

³²⁴ make everyone feel at peace: 让每个人都感到平静

³²⁵ creates good bonds: 建立良好的关系

³²⁶ develop a sense of community: 培养社区意识

Topic 30 想共度时光的人

1. What kind of people are easy to get along with?

I think people who are laidback and agreeable³²⁷ are the easiest to get along with. If they're open to different kinds of people, you can trust them to get along with mostly anyone³²⁸. Plus, it's helpful when they aren't attention-seeking³²⁹. You know, it's easy to hang out with someone who doesn't need to be the life of the party³³⁰. They're content to just hang back and have a good time.

2. How do leaders get along with their subordinates?

I suppose that in general, leaders try to connect with their subordinates. In the past, it was more common for there to be a lot of distance between a manager and their employees. Companies usually had a strong corporate culture that emphasized hierarchy and didn't empower frontline employees that much³³¹. But nowadays, leaders want to get to know the people who work for them. Of course, they still need to be professional and earn their employees' respect³³². But I think they strive to make their employees feel respected and cared for so that they can be happy workers.

3. Do people have time for themselves nowadays?

I would say that most people struggle to have time for themselves. Most adults are working full-time jobs in addition to taking care of their families. It can be very difficult to find time to just kick back and relax³³³. It's hard for a lot of people to establish a good work-life balance. As the cost of living continues to increase, it just becomes more challenging to find some "me-time."³³⁴

4. Do you like talking with older people? Why?

Yes, I like talking with older people. I think they offer a unique perspective that I don't often get from people my age. They know a lot more about history, and they can share lots of details about what life used to be like. For example, I love having a chit-chat with my grandparents. They can always tell me some fun stories about them from when they were my age. What's more, older people have more life experience. So they usually have great advice because they have a good handle on things³³⁵. I like turning to them³³⁶ whenever I'm having a personal crisis.

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³²⁷ laidback and agreeable: 性格随和讨喜的

³²⁸ you can trust them to get along with mostly anyone: 你可以相信, 他们基本上是可以和任何人和睦相处的

³²⁹ attention-seeking: 喜欢别人关注的; 寻求关注的

³³⁰ who doesn't need to be the life of the party: 一个不需要成为人群焦点的人; 这里是指不喜欢成为人群中焦点的人

³³¹ emphasized hierarchy and didn't empower frontline

employees that much: 强调上下级(等级制度), 不给一线员工太多权力

³³² earn their employees' respect: 赢得员工的尊重

³³³ kick back and relax: 放松休息

³³⁴ find some "me-time": 找到一些属于自己的时间

³³⁵ have a good handle on things: 处事妥当; 善于处事

³³⁶ turning to them: 求助于他们

Topic 31 喜欢一起聊天的朋友 (享受的聊天对象)

1. Where do young people like to meet?

I would say that young people like to meet in places with a fun, energetic atmosphere. For example, they might like meeting in a popular café or restaurant instead of somewhere quieter like a public park. It's always great to catch up over drinks or a nice meal³³⁷. They might even go to the mall to walk around and window-shop³³⁸. Some young people may like to meet in more private places, but I think that in general they go to places that are fun to be in³³⁹.

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

Well, young people are usually very interested in each other's personal lives. So instead of just discussing their jobs with each other, they like to talk about who they're dating, who they're friends with, and other things along those lines³⁴⁰. As a young person, life can be very overwhelming. So it's very helpful to have a support system of people who are going through similar things³⁴¹. They can talk about any friendship or relationship issues with each other, and they can support each other in looking for jobs.

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

Yes, I suppose that it's important to be honest when talking with friends. Your friends are the people that you should trust with your honest thoughts and opinions³⁴². You should feel comfortable enough sharing how you really feel with them. Of course, you should try to avoid being cruel or mean³⁴³. If your honest opinion is going to hurt their feelings, you need to be gentle about sharing it with them. But I still don't think you should lie to your friends.

4. On what occasions do people talk with strangers?

I think people talk with strangers when they're having a shared experience. For example, it's very common to strike up a conversation with³⁴⁴ a stranger when you're both waiting in line. It's nice to make small talk³⁴⁵ and get to know the person you're standing in line with. You might also chat with a stranger if you're stuck on a bus that's in a traffic jam. It definitely helps to pass the time. Strangers can be surprisingly friendly toward each other, given the right circumstances³⁴⁶.

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³³⁷ catch up over drinks or a nice meal: 在喝酒或吃饭的时候叙叙旧

³³⁸ window-shop: 逛商店, 只逛不买

³³⁹ places that are fun to be in: 有趣的地方

³⁴⁰ and other things along those lines: 以及其他类似的事情

³⁴¹ have a support system of people who are going through similar things: 有经历过类似的事情的人们组成的一个后援团。A support system 是指“一个可以为你提供实

际或情感支持的朋友圈或人际网络”

³⁴² the people that you should trust with your honest thoughts and opinions: (你的朋友应该) 是那些你可以放心的告诉他们你自己内心真实想法和看法的人

³⁴³ avoid being cruel or mean: 不要挖苦和刻薄

³⁴⁴ strike up a conversation with: 搭讪攀谈

³⁴⁵ make small talk: 闲聊

³⁴⁶ given the right circumstances: 在合适的环境下

Topic 32 对社会有贡献的人

1. What jobs are well-paid?

There are lots of jobs that pay well. For example, nowadays programmers, especially the good ones who graduated from top-level universities, can easily find high-paying jobs, which is also why tons of college graduates flock to³⁴⁷ IT companies. Besides, being a lawyer is a good profession to make top dollar³⁴⁸, especially if you're in a high-ranking position³⁴⁹. After all, lawyers always have to deal with tons of complex matters.

2. What are the changes in working conditions?

I suppose that in general, working conditions have improved. Overall speaking, workers definitely have more rights than they used to, and I think that's been reflected in working conditions. A lot of jobs are more accommodating for any special needs³⁵⁰, and they don't usually overwork people as much³⁵¹. For example, I know there are more companies that have started allowing workers to take a nap after lunch and some of them even provide lounge chairs.

3. What are the impacts of the epidemic on the work environment?

Well, one impact of the epidemic is that many work environments have become remote. So many people are working from home now, which is great for some people but more challenging for others, like parents who have young children at home. Going forward³⁵², that might mean that a majority of jobs can be done online. That'll definitely change the way people get jobs. An impact is that many jobs that can't be done remotely, like retail and tour guides, might be gone for good³⁵³ because of the lockdowns during the pandemic.

4. Which jobs in your country have low wages? Why are their wages low?

Unfortunately, a lot of essential jobs have low wages. People who work in the service industry don't get paid a lot. They usually just get minimum wage³⁵⁴. People who do manual labour also have low wages. For example, factory workers and labourers are some of the lowest-paying jobs. It's such a shame³⁵⁵ because those jobs are really important for keeping society functioning³⁵⁶. But it also makes sense that those jobs don't require much skills and education, which means the workers doing those jobs can be easily replaced.

见下页

³⁴⁷ flock to: 蜂拥而至

³⁴⁸ make top dollar: 赚大钱

³⁴⁹ in a high-ranking position: 身居高位

³⁵⁰ more accommodating for any special needs: 更能适应一些特殊需求; 意思是更能满足员工的一些特殊需求

³⁵¹ they don't usually overwork people as much: 他们通

常不会让员工过度工作

³⁵² Going forward: 未来

³⁵³ might be gone for good: 可能永远的消失

³⁵⁴ get minimum wage: 拿最低工资

³⁵⁵ It's such a shame: 这是非常令人遗憾的

³⁵⁶ keeping society functioning: 保持社会正常运转

5. What working skills or skills useful for work should be taught to high school students?

It seems to me that high school students should have to study accounting. A lot of high schools already have this kind of class in their curriculum, but it's not often a required course³⁵⁷. I think learning how to do that kind of math is really helpful for lots of jobs in business or finance. High school students should also learn some basic technology skills. They should be exposed to different software and learn how to use a computer well.

6. What working skills or skills useful for work should be taught to college students?

I think that college students should learn how to write well. They don't need to take creative writing classes by any means³⁵⁸, but they should learn how to communicate well and make a persuasive argument. It will help them advance in their careers³⁵⁹, no matter what field they go into. It might also be helpful for them to learn coding. It might seem weird, but coding comes up in a surprisingly high number of jobs³⁶⁰.

7. Do you think younger people should be lower-paid than older people?

No, I don't think that younger people should be paid less than older people if they are performing the same job at the same level of experience³⁶¹. However, if an older person has been working at a company for many years, they may have a higher level of pay³⁶² due to their experience, and that is normal. If two people start a new job at the same time, one young and one old, they should be paid the same salary. Age does not automatically guarantee more pay³⁶³.

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³⁵⁷ a required course: 必修课

³⁵⁸ by any means: 不管怎么说

³⁵⁹ help them advance in their careers: 帮助他们在事业上取得进步

³⁶⁰ comes up in a surprisingly high number of jobs: 令人惊讶的, 编程在大量工作中都有出现; 意指“是有大量

和编程相关的工作”

³⁶¹ performing the same job at the same level of experience: 在相同的工作和经验水平上

³⁶² have a higher level of pay: 有更高的工资水平

³⁶³ Age does not automatically guarantee more pay: 年龄并不能必然的保证更高的工资

Topic 33 (国家/家乡) 有名的人

1. What kinds of people are popular at work?

I think people who take charge and get things done are popular at work. People are drawn to them because they exude confidence³⁶⁴. People who have a good sense of humour are also popular at work. It's very easy to get tired out by³⁶⁵ all the tasks you have to do at work. When you have someone who can crack jokes³⁶⁶ and make you feel a bit less stressed, you'll really appreciate their presence and want to spend time with them.

2. Are bosses more popular than employees at work?

No, I don't think bosses are more popular than employees at work. Even though they're the ones in charge, that sense of authority can actually be what makes people keep their distance. Nobody wants to get too familiar with the boss. They don't want to risk getting on their boss's bad side³⁶⁷, so they tend to avoid them. It's easier to bond with employees because they're all equals with each other. You're bound to see a lot more friendships among employees than between employees and bosses.

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

I would say that having a good relationship with your colleagues is more important. Obviously, the ideal situation is to do both successfully. But I think that even though doing well at work is really important, it's better to cultivate good relationships with colleagues because they're the ones you spend every work-day with. If you don't get along with your coworkers, it might be harder to do well at your job. It might actually negatively affect your performance if you don't have good relationships with your colleagues.

4. What are the advantages and disadvantages of being popular in school?

One main advantage is that you'll have a lot of friends if you're popular. School can be very hard to get through if you don't have a good support system. So it's nice to be surrounded by people who like you and want to spend time with you. But a disadvantage is that being popular might make you treat others with less care and respect. If you feel like you're the top dog³⁶⁸, you might start looking down on less popular people³⁶⁹.

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³⁶⁴ exude confidence: 散发自信

³⁶⁵ get tired out by: 被...弄的筋疲力尽

³⁶⁶ crack jokes: 讲笑话

³⁶⁷ risk getting on their boss's bad side: 冒得罪老板的风

险

³⁶⁸ the top dog: 赢家; 圈子里的头

³⁶⁹ looking down on less popular people: 瞧不起不受欢迎的人

Topic 34 别人讲述的故事

1. Do young children like the same stories as older children?

No, I think that young children have different tastes in stories than older children. Preschoolers and even older children tend to like stories that have a lot of action and more complicated plots³⁷⁰. They might get bored if the story isn't complex enough. But toddlers like stories that are simple and fun. They like stories that aren't too scary or thrilling. Emm... they also like really silly stories. I once saw kids giggling just by looking at a photo of a kid playing on a swing in a children's book. Anything that's light and entertaining³⁷¹ is good for them.

2. How has technology changed storytelling?

Well, I believe technology has really opened up the possibilities for storytelling³⁷². Animation is a great example. In the past, animation looked very plain³⁷³ and wasn't very impressive. But now, thanks to all the new software that's out there³⁷⁴, animation can look almost as convincing as real life. There are so many different art styles that can be used in animation, which helps create really interesting and beautiful stories for moviegoers³⁷⁵.

3. How do people tell stories to children?

I think people usually simplify things when they tell stories to children, which can help children understand the stories easily. Besides, adults usually don't want to expose their children to anything too dark or adult for them³⁷⁶. So they tell stories that are just fun and entertaining. Sometimes, they even use silly voices to make the kids laugh³⁷⁷. Telling stories to kids is all about keeping them smiling and having fun. So it's best to avoid anything too serious or mature.

见下页

³⁷⁰ complicated plots: 复杂的情节

³⁷¹ light and entertaining: 轻松有趣

³⁷² opened up the possibilities for storytelling: 为讲故事（的方式方法）打开了更多可能性

³⁷³ looked very plain: 看起来很平淡；看起来很一般

³⁷⁴ thanks to all the new software that's out there: 多亏了

那些新软件

³⁷⁵ moviegoers: 影迷；常看电影的人

³⁷⁶ too dark or adult for them: 对他们来说太黑暗或太成人化了

³⁷⁷ use silly voices to make the kids laugh: 用傻乎乎的声音逗孩子笑

4. Why do children like stories?

Simply put³⁷⁸, children like stories because they're entertaining. When you listen to a really good story, you get totally wrapped up in it³⁷⁹. Stories are distracting, but in a fun way. They can make you laugh, or they can even make you cry. Besides, when children listen to stories, they get to learn about the world in a sense³⁸⁰. Stories help them understand some more serious topics, but in a way that isn't too overwhelming. For example, the story of the rabbit and the turtle helps children understand the meaning of perseverance more easily.

5. Some children watch TV for a long time; do you think that is good or not?

Well, most homes nowadays have a television in addition to computers and tablets, so children can watch TV anytime, anywhere. I don't think this is a good thing because children might become addicted to TV and never get any physical exercise or social interaction. Actually I think that having limits on screen time³⁸¹ for kids is a good idea. Every family is different, but generally speaking, kids need to spend more face to face time with their family and friends. And spending more time outside instead of watching TV is very helpful to their physical development as well.

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³⁷⁸ Simply put: 简单来说

³⁷⁹ get totally wrapped up in it: 完全沉浸在其中

³⁸⁰ learn about the world in a sense: 从某种意义上去了解

或认识这个世界

³⁸¹ having limits on screen time: 有看电子屏幕(比如电视或平板电脑)的时间限制

Topic 35 一见且想再见的人

1. What are the ways to make new friends?

As far as I know, people usually make new friends by going to parties or social events. They just introduce themselves and then they go from there³⁸². Or they make friends with the people who are naturally around them³⁸³. For instance, they might become friends with their coworkers. Or if they're at school, they can become friends with their classmates. Some people even make friends online. It sounds funny, but it's very common nowadays.

2. What qualities make a good friend?

It seems to me that a good friend is someone who is patient and kind. They can keep a level head³⁸⁴, even when you're in an argument. They should also be reliable. You can count on them, no matter what³⁸⁵. So they should be someone that you can turn to when you are having a bad day. Besides, a good friend should have some common interests. It can be hard to develop a strong bond if you don't share any interests or hobbies.

3. How do you maintain friendships?

Friendships can be very hard to maintain. Nowadays, people are so consumed with their work or studies³⁸⁶, to the point that³⁸⁷ they can start to neglect their personal relationships. But in order to maintain a friendship, both parties have to make each other a priority³⁸⁸. It means that you have to prioritize your friends, even when you have lots of other things to take care of. You should also make sure that you communicate your needs. If you start to feel neglected, you need to be comfortable expressing that to the other person.

见下页

³⁸² go from there: (从这里起步) 逐步发展 (关系)

³⁸³ the people who are naturally around them: 身边的人

³⁸⁴ keep a level head: 保持头脑冷静

³⁸⁵ You can count on them, no matter what: 不管什么情况, 你都可以依靠他们

³⁸⁶ are so consumed with their work or studies: 如此沉迷于他们的工作或学习; 如此埋头于工作学习

³⁸⁷ to the point that: 以至于

³⁸⁸ both parties have to make each other a priority: 双方都要优先为对方考虑

4. On what occasions do people like to make friends?

I think people like making friends when they're in a new environment. For example, when young people go to university, they want to make friends in their classes so they have a friendly face in this new setting³⁸⁹. It's also nice to make friends outside of class, so that they can have people to help them out as they adjust to university life. People also like making friends at their jobs. Getting along with your coworkers can make a world of difference³⁹⁰.

5. Is it important to have the same hobbies and interests when making friends?

I suppose that having some similar hobbies and interests as your friends is important, but not essential. Making friends can be easier if you have more in common with them. Many people become friends as a result of their similarities³⁹¹, and they stay friends for a very long time because of those interests. However, as the saying goes, opposites attract³⁹²; some people are best friends with people who are nothing like them. It's okay if you like singing but your friend likes boating. A difference in hobbies won't prevent you from becoming good friends. People can enjoy each other's interests and learn a lot from each other.

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³⁸⁹ have a friendly face in this new setting: 在新的环境中就会有一张友善的脸; 这句话是指能有一个人对他友善

³⁹⁰ make a world of difference: 带来很大的不同; 至关重要

³⁹¹ as a result of their similarities: 因为(由于)他们的相似之处

³⁹² as the saying goes, opposites attract: 正如俗话说, 异性相吸

Topic 36 有趣的讨论

1. When do children normally form their own views?

It seems to me that children usually form their own views when they're in elementary school. When they're really little, they don't really pay attention to their worldviews. But as they grow up and start learning about the world in class, they begin to form opinions on things. For example, they might start getting ideas about how they want to treat people, and how they want to be treated in return³⁹³. They may also start developing their views on other cultures when they learn about them in school.

2. Do children have strong opinions?

Yes, I think children have strong opinions. They may not be as informed as adults³⁹⁴, but I don't think that matters as much. As kids are growing up, they may feel very strongly about their opinions because it's all they know. Instead of being able to consider multiple perspectives and adjust their opinions, they focus on what they're familiar with. So they can be very passionate about what they believe, even if they're not entirely sure why they believe it. For example, sometimes you can't talk children down³⁹⁵ when they want to go out and play on a snowy day, even if you tell them it's unsafe to be in the snow.

3. Should parents request their kids to obey them?

I suppose that to a degree³⁹⁶, parents should request that their kids listen to them. There may be some cases where the parents go too far with parenting³⁹⁷. Children could lose their confidence in making decisions bit by bit. They might second guess everything they've decided on their own. However, for the most part, parents should have authority over their kids³⁹⁸. Most of the time, they know what's best. For example, they should make sure children listen to their commands seriously when they're doing something risky, like crossing a street without looking.

见下页

³⁹³ how they want to be treated in return: 希望他人如何回报对待自己

³⁹⁴ as informed as adults: 像成年人那样见多识广

³⁹⁵ you can't talk children down: 你无法说服孩子

³⁹⁶ to a degree: 在一定程度上

³⁹⁷ parents go too far with parenting: 父母在教育孩子方面做得太过火了

³⁹⁸ have authority over their kids: 在孩子面前有权威；能管得住孩子

4. In what industries do you think communication is a necessary skill?

Well, communication is a necessary skill in most industries, but especially business and other customer-oriented fields³⁹⁹. For example, you need to be a good communicator if you're trying to make transactions with people⁴⁰⁰, whether they're customers or clients that represent other businesses. Besides, if you're working in the service industry, you need to have good people-skills⁴⁰¹. It's not uncommon to see tons of customer complaints caused by miscommunication. Communication is also really important if you work in education, since effective learning comes from good communication.

5. How can you be a good listener?

Being a good listener is a really difficult skill to master. Many people listen with the intention of giving advice, or relating it to their own lives in some way⁴⁰². This technique can be helpful, but sometimes it can be a hindrance⁴⁰³. Some people want to be listened to, but they don't want advice. They just want to say how they feel and be supported. In order to be a good listener, you should ask the person if they want your opinion, or if they just want to vent⁴⁰⁴.

6. At what age do kids start picking up a hobby or interest?

I think kids usually start picking up a hobby or interest when they're five or six. Around that age, they have a better sense of⁴⁰⁵ their personality and what they're interested in. They're also exposed to more options⁴⁰⁶. You can't do that many activities when you're super young. But as you get older, you can try out different things. Whether that's playing a sport or starting to learn an instrument, by about age 6⁴⁰⁷, kids can start trying new things and finding what suits them.

见下页

³⁹⁹ customer-oriented fields: 以客户为导向的领域

⁴⁰⁰ make transactions with people: 与人进行交易; 和人做买卖

⁴⁰¹ have good people-skills: 有良好的人际沟通能力

⁴⁰² relating it to their own lives in some way: 以某种方式将其与自己的生活联系起来

⁴⁰³ a hindrance: 一个阻碍

⁴⁰⁴ just want to vent: 只想说出来; 只想口头发泄一下

⁴⁰⁵ have a better sense of: 能更好的感觉到...; 更能感觉到...

⁴⁰⁶ exposed to more options: 有更多的选择

⁴⁰⁷ by about age 6: 大约在 6 岁时

7. What is the importance of listening?

Listening is very important because communication is dependent on it. You cannot have good communication, or a good relationship, without effective listening skills. If someone feels that they are not being listened to, they may become upset or resentful⁴⁰⁸. It might end up affecting the relationship, or even cause a falling out⁴⁰⁹. So, listening is how we show people that we care about their views. Being a good listener can help you in your relationships with family, friends, your significant other, and your work colleagues.

8. Do children often express and share their views with others?

I don't think every kid does that. It's true that some kids naturally love sharing their thoughts with others, like family or friends. But as far as I know, many kids who are introverted often hate talking about what they think with others. Plus, strict parenting⁴¹⁰ can cause children to be afraid of expressing their views. You know, some parents are harsh with⁴¹¹ their children and often criticize them whenever they speak. Children growing up in those families can be very reluctant to⁴¹² express themselves.

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⁴⁰⁸ resentful: 令人气愤的

⁴⁰⁹ falling out: 吵架; 争吵

⁴¹⁰ strict parenting: 严格的家教

⁴¹¹ are harsh with: 对...严厉

⁴¹² be very reluctant to: 非常不愿意去...

Topic 37 印象深刻的一节课

1. Which can help you remember things better, words or photos?

Well, it depends on the person. Some people are visual learners⁴¹³, so photos can help them remember a concept. But others retain information better when⁴¹⁴ they can read about it. I think that it also depends on what you're trying to memorize. If you're trying to remember what someone looks like, obviously a photo would be better. But if you're trying to remember a classic poem, you'd have to depend on reading it a lot of times⁴¹⁵.

2. Why do some people have better memory? / What may affect people's memory?

I suppose that in some cases, it can be due to genetics⁴¹⁶. Some people are already predisposed to⁴¹⁷ have a better memory. But a good memory also depends on other factors that are within your control. For example, you can remember things better when you have a healthy diet and you exercise regularly. Those things improve your brain function⁴¹⁸ and improve your memory. Besides, some people who actively challenge themselves with new activities, like learning a language or an instrument, tend to have a better memory because it keeps their brain active.

3. Why can some people remember some little things in life?

I think some people pay attention to the little things because they matter to them⁴¹⁹. It might seem weird to remember details that most people don't pay attention to, but they can be important depending on the person. As far as I know, many trained detectives and police officers are very good at observing and recalling the details of crime scenes that normal people wouldn't notice and remember. Other people are able to remember the little things because they have a very sharp memory⁴²⁰. Sometimes that's genetic, but sometimes it's because that person has made special efforts to improve their memory.

4. Are young people better at memorizing things than old people? Do young people have a better memory than old people?

No, I don't think so. I actually read in an article that the brain is the only organ in our body that can stay young as we age⁴²¹. And you can see tons of scientists who are in their seventies, eighties and even nineties but are still active at work. Even compared to young people nowadays, they could still have a sharp memory. So I don't believe that the aging of the brain affects one's memories. If someone has a healthy brain when they are old, they will be as good at memorizing things as young people.

见下页

⁴¹³ visual learners: 视觉型学习者

⁴¹⁴ retain information better when: 当...的时候, 能更好的记住信息

⁴¹⁵ depend on reading it a lot of times: 靠把它读很多遍

⁴¹⁶ in some cases, it can be due to genetics: 在某些情况下, 这可能是由于基因的原因

⁴¹⁷ are already predisposed to: 天生就已经有...

⁴¹⁸ improve your brain function: 改善你的大脑功能

⁴¹⁹ they matter to them: 它们对他们来说很重要

⁴²⁰ have a very sharp memory: 有非常敏锐的记忆力

⁴²¹ stay young as we age: 随着年龄的增长保持年轻

5. Do men and women have differences in memory?

Yes, there are actually some differences in memory when it comes to men and women. I remember I read an article somewhere that says that⁴²² on average, males and females have greater volume in different areas of the brain, and some of the parts affect one's memory. In general, women are better at remembering things like names, faces, and conversations. They also have better short-term memory⁴²³ than men. Plus, they're good at finding things they've lost. On the other hand, men are typically better at things like navigation. So they can remember directions to a place even if they've only been there once or twice.

6. Do people like things with sentimental value?

Yes, I believe people like hanging onto things that are associated with certain memories⁴²⁴. For example, it's very common to keep items from your childhood so you can remember it when you're older. Some people save their favorite toys, while others keep sports medals and other memorabilia⁴²⁵. As people grow older, they save things from important occasions like graduations and weddings. Even though the object itself might lose value over time⁴²⁶, the memories that it holds are priceless⁴²⁷.

7. Can technology help people remember things better? How?

Yeah, definitely. One good example is photography. In the past, it was really rare to own a camera because they were really expensive. But nowadays, basically every cell phone has a camera built into it⁴²⁸. You can take pictures and videos of a moment instead of only preserving it in your mind⁴²⁹. Then, later on, you can look back at those pictures and videos to fully remember the occasion⁴³⁰.

8. How can you forget a bad memory?

You can forget a negative memory⁴³¹ in a few different ways. First, it might help to talk to someone about it, like a friend or family member. You can even cry on their shoulder⁴³². Real friends and family members will be there for you when you're in pain. It's a healthy way to relieve your pain and it also can be a really effective strategy to make you less sad or scared. Besides, you can try to think of some good memories instead⁴³³. For example, if the painful memory happened at your school, think of a good memory from school instead.

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⁴²² I read an article somewhere that says that: 我在哪儿读到过一篇文章说...

⁴²³ have better short-term memory: 有更好的短期记忆

⁴²⁴ hanging onto things that are associated with certain memories: 留住与某些特定记忆有联系的东西

⁴²⁵ memorabilia: 纪念品

⁴²⁶ over time: 随着时间的推移

⁴²⁷ the memories that it holds are priceless: 它所承载的

记忆是无价的

⁴²⁸ has a camera built into it: 有一个内置的摄像头

⁴²⁹ preserving it in your mind: 保存在你的脑海里

⁴³⁰ fully remember the occasion: 充分记住当时的情景

⁴³¹ a negative memory: 负面的记忆; 消极的记忆

⁴³² cry on their shoulder: 靠在他们的肩膀上哭泣

⁴³³ think of some good memories instead: 反而去想一些美好的回忆

Topic 38 帮助小孩

1. Do you often help kids? How?

I try to help kids when possible. I wouldn't say it happens very often, since I don't work with kids in my job. But I have some younger cousins who often look to me for advice. I try to give them helpful suggestions when they need them. For example, my younger cousin recently asked me for tips on how to make friends. She's in elementary school and she's very shy, so she wanted a few pointers⁴³⁴. I gladly gave her some advice and encouragement.

2. Why is it necessary to do volunteer service?

I would say that it's necessary to volunteer because it teaches you to be a better citizen. If you never contribute your time to helping others, it makes you less empathetic to the people around you. On the other hand, volunteer service teaches you about the needs of others in your community, which helps you understand and care more about the people that you meet. Plus, it gives you a different perspective by seeing firsthand what kinds of needs there are in the world⁴³⁵.

3. What can schools do to develop students' awareness of volunteering?

I suppose that schools can help develop students' awareness by providing them with various opportunities to volunteer. For example, schools could set up an after-school program where students volunteer within the local community. They could help out at nursing homes⁴³⁶ or soup kitchens⁴³⁷, depending on where help is needed most. This could give them a hands-on experience⁴³⁸ with volunteering that shows them the importance of lending a hand and serving others. I think that's very important for students to learn through experience.

4. Who benefits more from the volunteer services, the volunteers or the people helped?

It seems to me that in general, the people who are being helped benefit more from volunteering. They get what they need and hopefully they also get to have a positive encounter with⁴³⁹ the people who are there to help them out. But on the flip side⁴⁴⁰, I do think that volunteers also benefit a lot from volunteering. It definitely makes you feel better when you help others. It reminds you to be grateful for what you have and to be kind.

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⁴³⁴ wanted a few pointers: 想要一些指点

⁴³⁵ it gives you a different perspective by seeing firsthand what kinds of needs there are in the world: 通过亲自去看世界上有什么是真正被需要的，它（志愿者服务）能给你一个不同的（看待世界的）视角。此句比较抽象，意指通过做志愿者，你会看到形形色色的人们真实存在的生活需求，而这会给你一种不同的看待世界的方式

⁴³⁶ nursing homes: 养老院

⁴³⁷ soup kitchens: 流动食堂；施粥场

⁴³⁸ give them a hands-on experience: 给他们亲身体验的机会

⁴³⁹ get to have a positive encounter with: 能有一个好的邂逅经历；意指能在邂逅志愿者获取帮助的过程中享受这段经历

⁴⁴⁰ But on the flip side: 但另一方面

Topic 39 传统产品

1. Why are traditional products important?

I would say that traditional products are important because they can preserve a sense of history and culture⁴⁴¹. If you do away with traditional products completely, a country might start to lose its unique identity. Traditional products can hold a lot of cultural knowledge that would otherwise be lost. Plus, they can draw in people from other countries and cultures who want to learn more about the tradition that goes into making them.

2. Do you think tradition is important for a country? (问题 1 和 2 答案可以关联起来)

Yes, I think tradition is really important for a country. While it's good to be open to new ways of doing things, tradition is linked to a country's history and culture. If tradition is completely cast away⁴⁴², a country might start to lose its identity. It might not be easily distinguishable from other countries, which results in less diversity in the world. Tradition is related to cultural knowledge, which is very important for making a country feel united⁴⁴³.

3. What are the traditional Chinese products?

Well, China is known for many things. One big example is its traditional clothing. One of the most recognizable⁴⁴⁴ pieces of traditional clothing is the qipao. It's a formal dress that has a very distinct and beautiful style⁴⁴⁵. China is also known for craft items like bamboo furniture, paper cuts, lanterns, and kites. There are so many unique products that China has a long tradition of making and exporting to other countries.

4. Why is it important for children to learn about traditional products?

I think it's important for children to learn about traditional products because it gives them an appreciation for⁴⁴⁶ their country's history and culture. Without knowing about traditional products, children may feel that there's nothing special or unique about their country. As a result, they may feel out of touch with⁴⁴⁷ their culture and look to other countries⁴⁴⁸ instead. But if children learn about traditional products from their own country, they can celebrate what makes their country special.

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⁴⁴¹ preserve a sense of history and culture: 保留一种历史感和文化感

⁴⁴² cast away: 抛弃；扔掉

⁴⁴³ making a country feel united: 让一个国家感到团结

⁴⁴⁴ recognizable: 公认的；著名的

⁴⁴⁵ has a very distinct and beautiful style: 有独特而美丽的

样式

⁴⁴⁶ gives them an appreciation for: 让他们欣赏...；给他们一个机会去欣赏...

⁴⁴⁷ out of touch with: 与...脱节

⁴⁴⁸ look to other countries: 转向其他国家

Topic 40 社交媒体上常刷的人

1. What can people do on social media?

People use social media for lots of different things. A lot of people use it to post updates from their life⁴⁴⁹. They'll show pictures of their pets, their relationships, and all sorts of personal things. Others just use it to follow their favourite celebrities and keep track of what they're doing⁴⁵⁰. You can also use social media to promote a small business or connect with like-minded people⁴⁵¹ by commenting on posts.

2. Do you think older people and younger people will use the same kind of social media software?

No, I think that older people use different social media sites than young people. Young people tend to prefer using social media apps like Weibo or TikTok. They have shorter attention spans⁴⁵², so they like software that lets them scroll through lots of posts very quickly⁴⁵³. But older people like social media that lets them talk with others or get into long conversations. So they prefer more communication-based apps like WeChat and QQ.

3. Do older people spend much time on social media?

No, I don't think older people spend a lot of time on social media. For one⁴⁵⁴, social media moves very quickly. There's always a new post or blog to look at. You can spend hours just scrolling through posts from thousands and thousands of people. It's suited for young people, who like going from post to post⁴⁵⁵. But older people prefer having face-to-face talks and longer conversations with others. So they don't use social media as much.

4. Are non-social media like television and newspapers still useful?

Yes, I definitely think that television and newspapers are still useful. Even though a lot of people pay more attention to social media when it comes to reading about the latest trends and topics, TV and newspapers are valuable because in general, they go through a lot more fact-checking⁴⁵⁶. Social media is popular but it's not always reliable when it comes to reporting the truth. It's important to look at sources that have lots of research behind them⁴⁵⁷. For example, there were tons of rumors on the internet that have proved to be false during the pandemic⁴⁵⁸. But you can count on⁴⁵⁹ the reports on TV and in newspapers.

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⁴⁴⁹ post updates from their life: 发一些生活中的新鲜事

⁴⁵⁰ keep track of what they're doing: 了解他们在做什么；跟踪他们的动态

⁴⁵¹ like-minded people: 志趣相投的人；想法一样的人

⁴⁵² have shorter attention spans: 有很短的注意力持续时间；注意力持续时间很短

⁴⁵³ scroll through lots of posts very quickly: 快速刷很多帖子

⁴⁵⁴ For one: 一则；一方面来说

⁴⁵⁵ going from post to post: 喜欢不停的看帖子

⁴⁵⁶ go through a lot more fact-checking: 它们会经过更多的事实核查；会做很多事实背景调查

⁴⁵⁷ look at sources that have lots of research behind them: 看看那些在背后做了很多调查研究的信息来源

⁴⁵⁸ pandemic: 疫情

⁴⁵⁹ count on: 靠得住；依靠

Topic 41 有趣的歌曲

1. Why are many music competitions popular in China?

Well, I think it's because even though singing is a fairly common talent, it's fun to root for people who really shine at it⁴⁶⁰. Competitions are always entertaining because people easily pick favourites and get invested in the action. Music is something that mostly everyone can enjoy, so it's easy to get hooked on⁴⁶¹ music competitions. Combining those two enjoyable elements definitely makes for fun television. Plus, sometimes the next household name⁴⁶² can come out of those competitions.

2. What kinds of music do young people like?

In general, young people like fun, upbeat music with a really good beat. They want something they can sing along or dance to. For young people who enjoy going to clubs, they need exciting music that's fast-paced. Besides, tons of young people like pop and rock music. Some of them enjoy hip-hop and rap as well. A lot of young, contemporary artists work in those genres. So it makes sense that young people would enjoy those kinds of music.

3. What kinds of people like traditional music?

I would say that in general, older people tend to like traditional music. It's not that young people never listen to it, but I think it's just more common for the older generations to be bigger fans. Young people might not always have the proper historical context⁴⁶³ to fully appreciate traditional music. Besides, most of the classic songs are elegant and slow-tempo⁴⁶⁴, so they're more suitable for the elderly to listen to, but aren't popular with young people. Most young people prefer upbeat music.

4. What are the differences between live concerts and online concerts?

I suppose that the energy levels are pretty different. When it's online, you can't interact with any of the other audience members. A huge draw of live concerts⁴⁶⁵ is that you can sing along with the band, in person, and enjoy the energy from a huge crowd. So the sound and visuals are pretty different too. On the other hand, a nice advantage of online concerts is that you save a lot of money on tickets and travel. But if you want to go see live music, it always costs you an arm and a leg⁴⁶⁶. Sometimes you either can't guarantee that you'll get a ticket, or you have to overpay for resale tickets⁴⁶⁷ because they are often sold out quickly.

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⁴⁶⁰ root for people who really shine at it: 为真正擅长它（唱歌）的人加油

⁴⁶¹ get hooked on: 对...上瘾

⁴⁶² household name: 家喻户晓的人

⁴⁶³ have the proper historical context: 有合适的历史背景；这句话意思是年轻人因为不是在以前那个时代成

长起来的，所以不喜欢传统音乐

⁴⁶⁴ slow-tempo: 慢节奏的

⁴⁶⁵ A huge draw of live concerts: 现场音乐会的一大吸引力

⁴⁶⁶ costs you an arm and a leg: 花你一大笔钱

⁴⁶⁷ overpay for resale tickets: 花更多的钱买黄牛票

Topic 42 帮助学习语言的工具

1. What difficulties do people face when learning a language?

I think one of the biggest challenges people face when learning a new language is memorizing vocabulary. You have to know so many different words, and for some languages like Japanese, you have to memorize characters. It's also really hard to get used to a different kind of grammar. Some languages organize sentences in a completely different way. So that's difficult to adjust to. You basically have to rewire your brain⁴⁶⁸.

2. Do you think language learning is important? Why?

Yes, it's important to learn other languages. For one, it helps you connect with people from different countries. You can gain a lot of perspective by⁴⁶⁹ talking with people in their own language. Learning foreign languages helps you learn about cultures and expand your worldview⁴⁷⁰. Another benefit to learning a language is that it helps keep your mind sharp⁴⁷¹. Studies have shown that⁴⁷² doing activities like learning a language can help improve your memory. In addition, being bilingual or trilingual definitely gives you an edge⁴⁷³ when it comes to job hunting, especially when you're looking for jobs at multinational companies.

3. Which is better, to study alone or to study in a group? Why?

I suppose that the best way to study is to do both. Studying alone is better for memorization and review, whereas⁴⁷⁴ studying in a group is better for understanding new, complex topics. When learning a language, I think it is absolutely essential to have a study group, because then you have an opportunity to practice speaking the language with other people. You can also quiz each other⁴⁷⁵ if you're in a group, and encourage each other. You will build confidence working in a group faster than you would alone.

4. What's the best way to learn a language?

The best way to learn a language is by immersing yourself in that language⁴⁷⁶. I think that everyone learns better by living somewhere where the language is spoken, so that they can hear it every day and practice speaking it every day as well. However, sometimes full immersion is not possible, in which case⁴⁷⁷ it might be better to learn by surrounding yourself with media in the target language; you can listen to the radio in the target language, or watch TV and movies in that language.

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⁴⁶⁸ rewire your brain: 重塑我们的大脑；这是一种比喻方式，是指改变思维方式去适应某一件新事物

⁴⁶⁹ gain a lot of perspective by: 获得很多视角；了解很多不同的看问题的视角

⁴⁷⁰ expand your worldview: 扩展你的世界观；扩大眼界

⁴⁷¹ keep your mind sharp: 使你思维清晰敏锐

⁴⁷² Studies have shown that: 当你在考场上，说到某些

事情觉得自己也无法解释清楚的时候，说“研究表明”或许是个很好的角度~

⁴⁷³ gives you an edge: 给你带来一个优势

⁴⁷⁴ whereas: 然而

⁴⁷⁵ quiz each other: 互相考对方

⁴⁷⁶ immersing yourself in that language: 让自己沉浸在这门语言中；把自己放在说这个语言的环境中

⁴⁷⁷ in which case: 在这种情况下

Topic 43 坏掉又修好的东西

1. Are IT-related jobs valued more by society?

Well, yes. It's a fact that people working in the IT industry are getting paid more than ever, which demonstrates the increased value of IT jobs in some way. And the value of jobs in a certain industry is also reflected in their contributions to society. There is no doubt that⁴⁷⁸ we can't live without technology as long as we don't decide to live an off-grid life⁴⁷⁹. Even all the traditional jobs, like doctors, teachers, and police, are heavily assisted by IT workers and their products. I believe IT jobs will be even more valuable in the future.

2. Is the quality of products worse than before?

Generally speaking, I would say that the quality of products has declined. Now that most products are mass-produced⁴⁸⁰ in factories or sweatshops⁴⁸¹, you don't see the same attention to detail⁴⁸² as before. Back when more things were made by skilled craftspeople and artists, the quality was a lot higher. But the cost was a lot higher as well. It's a shame⁴⁸³, but I think that nowadays, it's more important for something to be cheap rather than high-quality. Otherwise, they are luxury goods for the rich, not for the public. So yes, products are a lot lower-quality than they used to be, but it doesn't mean it's bad for society.

3. What kinds of things do people like to repair by themselves?

I suppose that this really depends on the person, because some people are naturally very handy⁴⁸⁴ and good at repairs, whereas others are not. For people who are handy, they can have a lot of fun repairing things, like home appliances, furniture or even the house itself. For those who think repairing something is complicated or annoying, they might just glue together a broken gadget⁴⁸⁵, such as a toy, an ornament⁴⁸⁶ or a photo frame. They would rather have anything bigger and more valuable repaired by professionals.

4. Why do people like to get their mobile phones repaired in specialized stores?

I think it's mainly because mobile phones can be very difficult to repair by yourself. Even handling a battery replacement for your iPhone isn't a piece of cake⁴⁸⁷, let alone⁴⁸⁸ something more complicated. If you try to repair your phone and you make a mistake, that could become an even bigger problem, and you may even need to get a new phone, which would cost you an arm and a leg. If you go to a phone store, they have trained specialists⁴⁸⁹ who know exactly what to do to fix the problem quickly. That is why many people prefer to go to a special store.

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⁴⁷⁸ There is no doubt that: 毫无疑问的是.....

⁴⁷⁹ live an off-grid life: 过一种没水没电的生活; off grid 不只是远离互联网, 是指远离一切网络, 包括水电网络, 交通网络

⁴⁸⁰ mass-produced: 大量生产的, 大批生产的

⁴⁸¹ sweatshops: 完全靠大量人力生产的工厂

⁴⁸² attention to detail: 注重细节

⁴⁸³ It's a shame: 很遗憾

⁴⁸⁴ naturally very handy: 天生手巧; 天生善于修东西

⁴⁸⁵ glue together a broken gadget: 粘一粘坏掉的小东西

⁴⁸⁶ ornament: 装饰品; 小饰品

⁴⁸⁷ isn't a piece of cake: 不是一件容易的事

⁴⁸⁸ let alone: 更不必说

⁴⁸⁹ trained specialists: 训练有素的专业人士

Topic 44 向长者学习技能

1. What can children learn from their parents or grandparents? (也可能针对 parents 和 grandparents 分开提问)

Children can learn a ton from the older generations. Children's parents usually teach them what values they should have. They also teach their kids basic skills, whether it's learning how to cook a meal or how to do chores around the house⁴⁹⁰. Children can also learn a lot from their grandparents, like about their family history or about what life was like in the past. It's cool for kids to learn about what their parents were like when they were their age. Besides, children can learn empathy from their grandparents. They can help their grandparents with chores and help them handle some challenges⁴⁹¹. The process of giving their grandparents a hand can make children kinder and more compassionate.

2. From whom can children learn more, parents or grandparents?

I think that in general, children can learn more from their parents. Grandparents have a lot of important information that they pass on to children. But parents usually do most of the work of raising them⁴⁹². Since the parents are with their kids day in and day out, they can teach them important life skills, like how to manage their time well and how to communicate with others. More importantly, they can illustrate how to become well-rounded people with good values⁴⁹³.

3. What kind of help do you think older people need?

I suppose that older people usually need help adjusting to changes in modern society⁴⁹⁴. For example, as technology advances, older people might need assistance navigating new software⁴⁹⁵. They might struggle to work their phones⁴⁹⁶ or figure out how to use social media. So the younger generation can help out with that. As people get old, they also need help with everyday tasks, like running errands or even making food for themselves.

5. What skills can young people learn from older people?

It seems to me that young people can learn lots of practical skills from older people. Young people are usually very skilled with technology, but they're not always good at the offline stuff⁴⁹⁷. For example, a lot of young people don't know how to fix things when they break down. So older people can help out by teaching them some technical skills. It's surprising how many people don't know how to use a screwdriver⁴⁹⁸ or do other household tasks.

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⁴⁹⁰ do chores around the house: 做些家务

⁴⁹¹ help them handle some challenges: 帮助他们处理一些有挑战性的事情

⁴⁹² do most of the work of raising them: 承担抚养孩子的大部分工作

⁴⁹³ well-rounded people with good values: 全面发展，有良好价值观的人

⁴⁹⁴ adjusting to changes in modern society: 适应现代社会的变化

⁴⁹⁵ navigating new software: 指引使用新软件；这句话是指老人需要别人帮助教给他们怎么使用新的软件

⁴⁹⁶ struggle to work their phones: 使用手机很困难

⁴⁹⁷ the offline stuff: 线下的东西；互联网之外的东西

⁴⁹⁸ screwdriver: 螺丝刀

Topic 45 想要的公寓或房子

1. What kinds of apartments are the most popular?

I suppose that condos⁴⁹⁹ are probably the most popular. Those types of apartment buildings are usually really tall, so they offer great views, and they often have lots of built-in amenities⁵⁰⁰. For example, most modern condos have a gym or even a pool. They tend to have good security so you don't have to worry as much about getting robbed. They also have nice common areas⁵⁰¹. You can usually go on the roof and enjoy a great view of the city.

2. What are the differences between houses that young people and old people like?

I think young people tend to like apartments because they're more modern and they usually offer better views. If they choose to live in a house, they'll probably be drawn towards⁵⁰² a house in a more modern style. But many old people prefer living in a single home with a big yard where they can plant flowers, vegetables, or whatever else they like to keep in the yard. Plus, they don't have to worry about stairs in tall buildings anymore.

3. What are the differences between apartments and houses?

Well, apartments are designed to house multiple families⁵⁰³. They are in buildings, either high-rise or low-rise. And most people in cities live in apartments. Given the population of our country⁵⁰⁴, it's probably the best way to manage millions of people in a city. Houses, on the other hand, are the most common in the countryside, because families in rural areas usually have sites where they can build their own house. And they are usually designed to house one or two families at most.

4. Do people usually rent or buy a house? Why?

People usually save up to buy a house. Some people like to rent, especially if they're young and just starting out in life⁵⁰⁵. But it's more cost-effective⁵⁰⁶ to buy a house. Even though you have to make pretty hefty mortgage payments⁵⁰⁷, it's worth it to eventually own a property instead of having to pay rent for as long as you live there. However, it's getting more and more common to rent. As the cost of housing goes up⁵⁰⁸, most people just don't have enough money to buy.

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⁴⁹⁹ condos: 独立产权公寓

⁵⁰⁰ built-in amenities: 内置的设施；公寓楼内的配套设施
(比如健身房，娱乐中心，游泳池等等)

⁵⁰¹ common areas: 公用区域

⁵⁰² be drawn towards: 被吸引

⁵⁰³ house multiple families: 给很多家庭提供住房

⁵⁰⁴ Given the population of our country: 考虑到我们国家的人口

⁵⁰⁵ starting out in life: 开始(一段)新的生活

⁵⁰⁶ cost-effective: 性价比高；划算的

⁵⁰⁷ make pretty hefty mortgage payments: 支付巨额的房贷

⁵⁰⁸ As the cost of housing goes up: 随着房价的上涨

Topic 46 生活中不可或缺的东西

1. Why do children always bring toys with them wherever they go?

I think children like bringing toys with them because it gives them a sense of comfort and security⁵⁰⁹. Toys make children feel at home, so when they have to leave to go grocery-shopping or run other errands with their parents⁵¹⁰, it helps to have a toy with them. Toys also keep children entertained. Children love playing with toys when they're out and about⁵¹¹. I've often seen kids playing with a toy while they wait in line with their parents at the store.

2. Why do many people have difficulty throwing things away?

Well, it's because a lot of people attach sentimental value to their things⁵¹². They might have really good memories associated with an object, which makes it tough to throw it away. For example, someone may hold onto something⁵¹³ that they won't use anymore just because it was a gift from their best friend when they were young. It might seem silly to some people, but lots of items hold treasured memories⁵¹⁴.

3. Why are children attracted to new things (such as electronics)?

Some children are attracted to new things like electronics because they want to be like their friends. As they get older, children experience more and more peer pressure⁵¹⁵ to be like others around them. They can become very competitive, so they always want to have the latest gadget⁵¹⁶ or the newest clothes. Children also get bored of things more quickly than adults, because a lot of children have short attention spans⁵¹⁷. This means that they will want new stuff more often.

见下页

⁵⁰⁹ it gives them a sense of comfort and security: 它（玩具）给他们一种舒适和安全的感

⁵¹⁰ run other errands with their parents: 和父母一起做其他事情（的时候）；和父母一起出去办事

⁵¹¹ when they're out and about: 当他们外出玩的时候；out and about 意思是“户外活动；出去散步活动”

⁵¹² attach sentimental value to their things: 对他们的东西附上了一些情感的价值；对他们的东西有情感上的价

值

⁵¹³ hold onto something: 一直留着一些东西

⁵¹⁴ lots of items hold treasured memories: 许多物品都珍藏着珍贵的回忆

⁵¹⁵ peer pressure: 同辈压力；同龄人的压力

⁵¹⁶ the latest gadget: 最新的小玩意

⁵¹⁷ have short attention spans: 有很短的注意力持续时间；注意力持续时间很短

4. What do you think influences people to buy new things?

I suppose that people buy new things for many different reasons, but one of the biggest influences would be advertising. People are constantly seeing ads everywhere they look, from their phone, to their emails, to magazines and billboards. A lot of companies will track your purchases on their website⁵¹⁸, and then send you targeted ads based on what you like to buy. This can make it hard to resist, especially if you have a lot of expendable income⁵¹⁹ to spend on new stuff.

5. Do people have more choices now when they are shopping?

People definitely have more choices in terms of how they shop, but they don't necessarily have more choices in terms of what they buy. The items that people buy tend to stay within the same few categories, including electronics, jewelry, clothing, and sporting goods. This hasn't really changed. However, people have many more options now about how to shop, due to the rise of online shopping⁵²⁰. People can choose to have their items shipped to them, or to order them to be ready for pick up at the store.

6. Does social media increase sales?

Yes, I would say that social media, if used effectively, can increase a company's sales. Tons of companies have a marketing department dedicated to increasing sales through social media and other forms of marketing. They could advertise their products directly or work with social media influencers⁵²¹. Plus, you can see new purchases that your friends share on Weibo or WeChat, which might get you interested in buying those things as well. So it's true that⁵²² social media is a great way for companies to connect with people who may not otherwise have heard about their business.

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⁵¹⁸ track your purchases on their website: 在他们的网站上跟踪你的购物记录

⁵¹⁹ have a lot of expendable income: 有很多可支配收入

⁵²⁰ due to the rise of online shopping: 由于网购的兴起;

由于网购的流行

⁵²¹ work with social media influencers: 和社媒大 V (网红) 合作

⁵²² it's true that: 确实是...

Topic 47 免费物品

1. Do you think people should pay for higher education? Why?

No, I suppose that higher education should be sponsored by the government⁵²³. We are living in a society in which the majority of available jobs require a degree in higher education. So if the tuition is too high, young people from poor families might lose their opportunities to receive a college education, which costs them a brighter future⁵²⁴. As such⁵²⁵, universities, colleges, and trade schools should be sponsored by the government just like elementary and middle schools are. There should still be an academic or skill based requirement to get in, but money should not be an issue⁵²⁶. I think that is the fairest solution.

2. Is it good or bad for people to have free education in the future?

I think free education would be a very good thing because it would help people to get out of poverty⁵²⁷. Often the people who cannot access higher education are from impoverished⁵²⁸ families, and it becomes a cycle of poverty⁵²⁹ because without higher education, you cannot get a high paying job. Free education would make things more equal for everyone, and would get more people into the careers that they desire. Some countries, like Scotland and Sweden, have already made higher education free.

3. What free gifts do companies usually give to their customers?

A lot of companies will give their customers gifts in order to encourage them to buy more products or services. Some gifts might include a holiday gift that is sent out to their regular customers⁵³⁰, a discount code⁵³¹ that they can use on a purchase, or samples of new products. These gifts are great for marketing. And they are also a good way to ensure that customers are happy with the company's service, and to encourage customers to recommend the company to their friends. Many large companies give gifts regularly.

4. Why do customers like to receive free gifts from companies?

Well, no one would say no to free stuff, and when it's from a brand that you like, that's even better. When a company gives out free samples or trials⁵³², it means you can try out more of the company's products without paying money. Besides, some companies like giving out free coupons⁵³³ at events, which means you can spend less on their products. So, all customers like and expect all kinds of free gifts provided by various companies.

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⁵²³ be sponsored by the government: 由政府来财政支持

⁵²⁴ costs them a brighter future: 让他们失去了一个更光明的未来

⁵²⁵ As such: 同样的

⁵²⁶ money should not be an issue: 钱不应该是被争论的问题

⁵²⁷ get out of poverty: 脱贫

⁵²⁸ impoverished: 贫穷的

⁵²⁹ it becomes a cycle of poverty: 一个贫穷的（恶性）循环

⁵³⁰ is sent out to their regular customers: 送给老客户

⁵³¹ a discount code: 折扣码

⁵³² trials: 免费试用

⁵³³ giving out free coupons: 发放免费优惠券

Topic 48 小时候喜欢的玩具

1. What are the differences when choosing toys for boys and girls? Do boys and girls like the same toys?

I think boys usually like toys that they can be more active with. For example, they might like kites because they can run around⁵³⁴ and burn some energy with them. They're also obsessed with toys that can move, like cars and trains, which seem more interesting for them than toys that can't. Girls, on the other hand, are predisposed to socializing⁵³⁵. So they are more in favor of toys that they can talk to or pretend to talk to. For example, dolls are popular with girls because they can dress them up and use their imagination to play with them.

2. What's the difference between the toys kids play with now and those they played with in the past?

Well, in the past, toys were a lot simpler. Kids would play with things like blocks or puzzles. Some kids had dolls, but they weren't fancy or anything⁵³⁶. Nowadays, dolls are super customizable⁵³⁷ and come with tons of outfits and accessories. Kids also have more advanced toys, like remote cars, electronic toys and even smart toys that can link with smartphones. Plus, some kids have really complicated LEGO sets that they play with.

3. What's your opinion when choosing a gift for kids?

It seems to me that when you get a gift for a kid, you should get them something that's suited to their tastes⁵³⁸. For example, if you know that a kid really likes dinosaurs, getting them a robotic dinosaur toy would be a thoughtful gift. Besides, you don't want to get them anything too complicated or expensive. They might break it, or get frustrated with it and not enjoy it. Sometimes it's helpful to consult with their parents first so you get them something they'll like.

4. What do parents usually buy for their children to make them happy?

I suppose that parents like to buy toys for their kids to make them happy. But it's not always about getting them the newest gadget⁵³⁹, though. In general, a lot of parents like to show their love for their kids by getting them things that they know they'll enjoy. When parents give their kids something thoughtful, their kids feel happy because then they know that their parents care about their interests. Like active kids are definitely happier to receive a skateboard from their parents than something else like a plush toy⁵⁴⁰.

见下页

⁵³⁴ run around: 到处跑

⁵³⁵ are predisposed to socializing: 更倾向于社交

⁵³⁶ weren't fancy or anything: 一点都不觉得精致什么的
(常用的口语表述方式)

⁵³⁷ customizable: 可定制的

⁵³⁸ suited to their tastes: 符合他们的口味

⁵³⁹ the newest gadget: 最新的小玩意

⁵⁴⁰ a plush toy: 毛绒玩具

5. Can girls play with toys that boys like to play with?

Yes, absolutely. I think that nowadays, most toys are unisex⁵⁴¹, meaning that either girls or boys would enjoy playing with them. But when it comes to toys that are specifically geared towards boys⁵⁴², I don't think there's anything wrong with girls enjoying them as well. It doesn't really make sense to separate toys like that. If girls find those toys fun, then they should be able to play with them.

6. Do you think parents should buy more toys for their kids or spend more time with them?

It seems to me that parents should spend more time with their kids. Buying toys for their kids is always a nice gesture⁵⁴³, but it doesn't compare to⁵⁴⁴ quality time. I think the best solution is playing with their kids. And I believe kids love hanging out with their parents. When they have their parents with them, they also get to bond and build up that relationship. Nothing is more valuable than spending time with your family.

7. Should advertising aimed at kids be prohibited?

I don't think it should be prohibited, but it should definitely be limited. There are some good examples of kids' advertising. For example, if a museum is trying to attract more kids, they might have child-centred ads that show how fun educational content can be. I think that's fine. But advertising for toys and other things can make kids too materialistic⁵⁴⁵. So that should be monitored and restrained to some extent⁵⁴⁶.

8. How do advertisements influence children?

Advertisements can appeal to kids really effectively. By using bright colours and interesting visuals⁵⁴⁷, they make the kids think that they need whatever product is being advertised. They might even influence kids to ask their parents for a certain toy. It can have the effect of making kids greedy and obsessed with having the newest thing. Kids can fall prey to⁵⁴⁸ advertisements very easily since they're so young and impressionable⁵⁴⁹.

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⁵⁴¹ unisex: 男女皆宜的; 不分男女的

⁵⁴² specifically geared towards boys: 专门为男孩设计的

⁵⁴³ always a nice gesture: 总是很好的举动

⁵⁴⁴ but it doesn't compare to: 但是和...没法比

⁵⁴⁵ materialistic: 太注重金钱的, 物质至上的

⁵⁴⁶ be monitored and restrained to some extent: 在某种程度上受到监控和限制

⁵⁴⁷ visuals: 视觉效果

⁵⁴⁸ fall prey to: 成为...的牺牲品/受害者

⁵⁴⁹ impressionable: 易受影响的

Topic 49 工作/学习中的积极建议

1. When should parents encourage their children?

I think parents should encourage their children when they're having a hard time. If their children are having difficulty in school, for example, parents should let them know that they have support and they can get through it⁵⁵⁰. Children should also be encouraged when they're on the right track⁵⁵¹. If they've been doing really well at something, parents should let them know that their hard work has been paying off.

2. Should parents always encourage their children?

Yes, I suppose that parents should always encourage their children. Of course, they have to be careful not to overdo⁵⁵² it. Otherwise, their children might get too cocky⁵⁵³ from always having positive remarks. But I don't really see what the problem with constant encouragement is. It helps children develop confidence in themselves⁵⁵⁴. It makes them feel loved and acknowledged by their parents. Life can be tough, and encouragement from loved ones can help them get through challenges.

3. Do you think negative feedback is more important than positive feedback? Why?

No, I don't think negative feedback is more important than positive feedback. In a sense⁵⁵⁵, I think that people put more emphasis on⁵⁵⁶ negative feedback because criticism sticks out⁵⁵⁷ more to people than praise does. I suppose that both types of feedback are valuable. But focusing too much on negative feedback can be very discouraging. It might make you want to give up. So it's better to have a balance. Positive feedback is just as important⁵⁵⁸.

4. Why is negative feedback as important as positive feedback at work?

Well, people need to know how they can improve. If you only ever got positive feedback⁵⁵⁹, you wouldn't be able to make progress on the things you need to work on. So people need to be receptive to negative feedback as well. Although it might make them feel embarrassed or upset, they need to look at it as a chance to do better. That being said⁵⁶⁰, it's important to present negative feedback in a constructive way⁵⁶¹. It shouldn't be about shaming people into improving⁵⁶².

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⁵⁵⁰ they have support and they can get through it: 有人会支持他们, 他们也能度过难关

⁵⁵¹ on the right track: 走上正确的道路

⁵⁵² overdo: 做的过火

⁵⁵³ cocky: 骄傲

⁵⁵⁴ develop confidence in themselves: 培养自信

⁵⁵⁵ In a sense: 在某种意义上

⁵⁵⁶ put more emphasis on: 更重视

⁵⁵⁷ sticks out: 引起注意

⁵⁵⁸ Positive feedback is just as important: 积极的反馈也同样重要

⁵⁵⁹ If you only ever got positive feedback: 如果你只得到积极的反馈

⁵⁶⁰ That being said: 话虽然这么说

⁵⁶¹ present negative feedback in a constructive way: 以建设性的方式提出负面反馈

⁵⁶² shaming people into improving: 通过羞辱来让人们提高

Topic 50 节约时间的方法

1. What can people do to save time?

I think people can make lots of little changes to save time. Instead of taking a bus or subway to work, they could try biking or carpooling with their coworkers⁵⁶³ to get there faster. That can cut down on their commute time⁵⁶⁴ very easily. If they want to save time on getting food, they can use an app to order their meals ahead of time, then pick up their food when it's ready instead of waiting in line to order at the restaurant.

2. Does technology help people save time? How and why?

Yes, I suppose that technology often helps people save time. For example, as I mentioned earlier⁵⁶⁵, people can use apps to order their food ahead of time. That way, they can just stop by and pick up their food when it's ready instead of waiting in line to order. Technology also helps people quickly get in touch with others. Instead of calling someone and having to wait if they're on the phone with someone else, you can just shoot them a text⁵⁶⁶ and get a fast reply.

3. Do you think parents should be responsible for teaching students to save time?

Well, I would say that parents can help teach their kids how to save time. They can give them lots of tips and draw from their experience⁵⁶⁷ when it comes to different ways to save time. But I don't think they have to be responsible for that. Students can learn how to be efficient in school as well. For example, teachers will often show students different shortcuts⁵⁶⁸ when it comes to things like memorization and calculations. So I think the responsibility is split between teachers and parents⁵⁶⁹.

4. Do people who can manage time well become successful more easily?

Yes, I definitely think that people who are good at time management can become successful more easily. Since they know how to organize their time well, they can stay focused and efficient at their tasks instead of falling behind⁵⁷⁰. That helps them to work harder and smarter, which makes them stand out⁵⁷¹. They can easily work their way up the ladder at their jobs⁵⁷². It's important to know how to manage time so you can be effective in all areas of your life.

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⁵⁶³ carpooling with their coworkers: 和同事拼车

⁵⁶⁴ cut down on their commute time: 减少通勤时间

⁵⁶⁵ as I mentioned earlier: 正如我之前提到的

⁵⁶⁶ shoot them a text: 给他们发短信

⁵⁶⁷ draw from their experience: 吸取他们的经验

⁵⁶⁸ show students different shortcuts: 展示给学生（关于计算和记忆的）各种不同捷径

⁵⁶⁹ the responsibility is split between teachers and parents: 这个责任应由老师和家长来共同分担

⁵⁷⁰ falling behind: 落后

⁵⁷¹ makes them stand out: 让他们脱颖而出

⁵⁷² work their way up the ladder at their jobs: 在工作岗位上步步高升