

2022 年 9-12 月雅思口语 Part2 考题参考资料 (第三套故事<共五套>)

感谢小伙伴使用雅思过过过淘宝店铺口语素材！

在您使用过程中，有以下几点注意事项，请您在复习中留意：

1. 提供素材的目的，旨在帮助大家高效积累可用的地道口语表达，以及帮助各位同学扩展回答思路。我们在编写素材时，原则是接地气、符合大众生活情境。但是，任何素材无法全部完美适合所有人，因此建议练习中结合自身实际情况做素材调整，达到更高效复习的状态。调整内容时，如有疑问欢迎联系 Penny 解答。
2. 截至目前跟踪考生反馈情况，2022 年 9-12 月 Part2 考题共 51 个。
3. 每一套 Part2 的故事角度不同，请大家根据个人喜好选择参考；第三套为非串题版，可通过第二页表格查询每个考题的故事简介。
4. 文中黄色高亮的内容，是高分地道表达；加粗内容则是建议重读的地方；
5. 所有口语题目均为多次核实确定的考题，接下来我们仍将继续跟进核实，如有需补充题目或有需要更新的资料，会及时补充添加至“补充更新文件夹”。您在复习中有对题目的疑问，也欢迎随时联系 Penny 解答；
6. Part2 题目四小问有参考考生回忆和雅思哥来写。但请注意，Part2 题卡四小问是在考场上引导考生现场组织答案用的，不是必须回答的。你如果在准备 Part2 过程中，有自己想说的内容，不必在意是否和四小问内容完全一致，只要和主 Topic 相关即可；
7. 复习时，请您根据自己喜好来灵活运用故事及加分表达，切勿逐字逐句死记硬背；
8. 口语练习方法很重要，复习过程中对练习方法、素材语法词汇等有疑问，欢迎随时联系 Penny。
9. 您现在打开的口语素材全部为雅思过过过淘宝店铺原创，已作国家知识产权登记保护，禁止盗版转卖，如有侵权将走法律程序。

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2022 年 9-12 月雅思口语 Part2 考题故事列表（第 3 套故事）

类别	题目 Topic	故事简介
事件类	1. 忙碌的经历	兼顾兼职工作和学校考试的一段时间
	2. 庆祝过的活动	庆祝姐姐博士毕业
	3. 让你惊喜的事情	搬离现居地前朋友的惊喜告别聚会
	4. 困难但有好结果的决定	为身体健康而戒糖
	5. 别人向你寻求意见	朋友想成为职业歌手向我寻求意见
	6. 积极改变	为身体健康戒掉吃快餐
	7. 想参加的比赛	写作比赛
	8. 外出花费甚少的一天	与老友叙旧只是闲逛没怎么花钱
	9. 丢失东西	在商场丢失钱包
	10. 堵车的经历	开着车的时候前方出车祸导致堵车
	11. 用手机做重要的事	因车祸上班迟到只得远程视频会议
	12. 帮助小孩	帮小表弟给妈妈挑选生日礼物
	13. 工作/学习中收到的正面评价	兼职工作的老板对我处理顾客抱怨的态度表示肯定
	14. 分歧/争论	与室友因打扫卫生而争论
	15. 一节喜欢的英语课	校外辅导班上的外教口语课
	16. 信息搜索	为写学校论文在图书馆查找资料
	17. 校外学到的重要东西	向朋友请教学习吉他
	18. 克服困难终成功	工作/学习太忙找不到时间锻炼身体
	19. 决意等待	决定等待一年再申请读研
	20. 塑料垃圾	海滩边发现很多塑料垃圾
	21. 失约	因参加婚礼忘记和导师见面的约定
	22. 收到钱作为礼物	妈妈在我生日时给我钱让我放心花
	23. 糟糕的购物体验	淘宝买了电脑却发现是翻新机
	24. 不得不与他人分享	与同事分享工位

事物类	25. 保持健康的方法	游泳
	26. 帮助提高专注力的东西	苹果手表的倒计时功能
	27. 让生活变得更好的发明	手机
	28. 传统产品	陶瓷
	29. 节约时间的方法	拼车去上班
	30. 喜欢看的节目	综艺《这就是街舞》
	31. 漂亮物品	手工吹制的玻璃天鹅
	32. 引以为傲的照片	我拍到的日落美景
	33. 户外活动	远足
	34. 喜欢并想再看一次的电影	《盗梦空间》
	35. 有趣的小说/故事	《了不起的盖茨比》
	36. 喜欢的歌曲（疑似新题）	Taylor Swift 演唱的 Love Story
地点类	37. 推荐他人居住的地方	北京
	38. 安静的地方	图书馆
	39. 重要河流/湖泊	长江
	40. 熟人的家	爸爸的朋友家极简风格的装修
	41. 推荐旅游的地方	哈尔滨
	42. 运动场所	市中心的体育馆
人物类	43. 想共事的家人	有艺术才能和商业头脑的表妹
	44. 有趣的邻居	喜欢养鸟的率直的邻居
	45. 享受的聊天对象/喜欢一起聊天的朋友	聊天很舒服不会唯我独尊的朋友
	46. （国家/家乡）有名的人	家乡的宠物店老板
	47. 认识的不同文化的人	认识的从荷兰来留学的交换生
	48. 时尚人士	网红时尚老太太
	49. 喜欢种植物的人	朋友在家里种各种香草调料做饭用
	50. 激励你做有趣事情的人	喜欢挑战新事物的朋友带我室内攀岩
	51. 童年玩伴	从小一起骑车上下学的好伙伴

Describe a time when you were very busy.

You should say:

When it was;

What you had to do during that time;

How you managed it;

And explain how you felt about being much busy.



1. 忙碌的经历

I'm going to talk about the time I had to **juggle a part-time job with studying for exams**¹. **If memory serves correctly**, this happened a few **months** ago during the end of the semester. I wanted to get a job for the **summer**, but I ended up finding a job a bit **earlier** than expected. There was an opening at a **café** near my home, which **seemed like a perfect fit**. **The only downside was that** the job **overlapped**² with the last few weeks of **school**. So I had to start **training** for my job while studying for **exams**, which was **super** stressful.

I was also really busy **handling both work and study**³. I had to **set aside** a few hours⁴ per day to study, but I also had to **go to shifts at my job**⁵. I felt **totally** overwhelmed. **My brain was bursting**⁶ with **all** the information I had to memorize. Not only did I have to memorize lots of **facts** and **concepts** for my exam, but I also had to memorize how to make **beverages** and prepare **dishes** at this café. I started to feel like I **had bitten off more than I could chew**⁷.

I **got through it**⁸ by becoming very good at **time management**. I created a **study schedule** and **worked around my shifts**⁹ at the café. By organizing my time **well**, I felt **confident** enough to handle this **busy** time of my life. I was really **stressed** at first, but I felt **good** about myself for handling the situation.

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¹ juggle a part-time job with studying for exams:

juggle A with B 指同时应付 A 和 B 两件事

² overlapped: 重叠，与...重叠

³ handling both work and study: 同时兼顾工作和学习

⁴ set aside a few hours: 预留出几个小时

⁵ go to shifts at my job: 上班; shifts at my job 指“我

工作的班次或排班”

⁶ My brain was bursting: 脑子要炸了

⁷ had bitten off more than I could chew: 不自量力，做的事情是自己能力范围内无法承受的

⁸ got through it: 搞定了，完成了

⁹ worked around my shifts: 在我轮班的时候工作

Describe an important event you celebrated.

You should say:

What the event was;

When it happened;

Who attended the event;

And explain how you feel about the event.



2. 庆祝过的活动

An important **event** I celebrated recently was my sister's **PhD** graduation. **If memory serves correctly**, this happened just a few **months** ago. It was a **really big deal** for her because she had a **hard** time doing the PhD. You know, doctoral courses are **way harder** and she had to **publish** her research paper in a **reputable** science journal, which is definitely **not a walk in the park**¹⁰. So when she **finally** settled on a PhD degree and **made it through**¹¹, my family and I were very **proud** of her.

The hooding ceremony¹² was a little **boring**, to be honest. We had to sit through **hours** of speeches and a **super** long line of graduates **walking across the stage**. But it was so **worth** it to hear my sister's **name** get called and watch her **accept** her PhD degree. **My heart was bursting with pride**¹³. The **best** part was the **dinner** party that we had after the ceremony. We made a reservation at a **fancy** restaurant and invited **lots** of family and friends. We had our **own** private room to celebrate in, which **made the occasion feel extra special**. It was so **nice** being surrounded by **loved** ones. I know my sister was really **happy** to have us **all** there with her.

I felt pretty happy **as well**. Even though the day **wasn't** about me, I was **over the moon**¹⁴ because my sister had **achieved a huge milestone in her life**¹⁵. I was **glad** that she **made it to the finish line**¹⁶ and was finally ready to get a **job** in her field.

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¹⁰ not a walk in the park: 不是一件容易的事

¹¹ made it through: 在这里指的是顺利毕业，成功拿到博士学位

¹² The hooding ceremony: 学位授予仪式

¹³ My heart was bursting with pride: 我感到无比骄傲

¹⁴ over the moon: 非常开心

¹⁵ achieved a huge milestone in her life: 成就了她人生中一个重要里程碑

¹⁶ made it to the finish line: 到达了终点线，实现了自己的目标

Describe a surprise that made you happy.

You should say:

What it is;

How you found out about it;

What you did;

And explain whether it made you happy.



3. 让你惊喜的事情

I'm going to talk about the time my **friends** surprised me **with a really sweet gesture**¹⁷. **If memory serves correctly**, this happened a few **months** ago. I was getting ready to **move** to another city. I was **excited** for the change, but I was also **sad** about **leaving my friends behind**¹⁸. I wanted to do something **special** with them, but I **wasn't** sure what to do.

Then, **a week** before I **was set to move**, my friends invited me to go to a nearby **park** with them. They told me to **show up**¹⁹ at **seven** in the morning, which was **confusing** because we normally don't hang out **that early** in the day. When I showed up, they said that they had been planning **a special goodbye tour**²⁰ for me. They drove me to **a scenic spot**²¹ I'd been **craving** to visit for a long time. We had a **lot** of fun there and they even prepared **gifts** for me. I was so **touched**. It meant **so much** to me that they **had this all planned out**.

It was one of the most **enjoyable** days I've had **in a while**. After the **sightseeing**²², we went to my favorite **restaurant** for dinner, then we ended the day by going to **a karaoke pub**. I got to do **all** my favorite **things** with all my favorite **people**. I was **so** happy to be surprised in such a **lovely** way. And I felt so **grateful** to have such **amazing** friends.

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¹⁷ with a really sweet gesture: 以非常贴心的方式...

¹⁸ leaving my friends behind: 离开我的朋友

¹⁹ show up: 到场

²⁰ a special goodbye tour: 一场特别的告别之旅

²¹ a scenic spot: 景点

²² sightseeing: 观光浏览

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

You should say:

What the decision was;

When you made your decision;

How long it took to make the decision;

And explain why it was difficult to make.



4. 困难但有好结果的决定

I'm going to talk about the time I decided to give up on **eating sugar**. If memory serves **correctly**, this happened about **a year ago**. At the time, my **friend** was really focused on improving her **health**. She read an article that talked about the health benefits of **cutting down on sugar**²³. So she decided to **challenge** herself. She was going to avoid any food products with **added sugar**²⁴ for a whole month. She asked **me** to do the challenge with her. She said we could keep each other **motivated**.

I **love** **sugary foods**²⁵, so I was **very hesitant to jump on board**²⁶. But after a few days, she **talked me into it**. I thought it would be an **interesting** experience **at the very least**²⁷. It proved to be **pretty** hard. I was basically **going through sugar withdrawal**²⁸. You know, I **craved** it so much every day. But I **slowly** started getting used to **not** having it. After a while, I found that I had **more** **energy** and that I could **focus** better. They were **small changes** at first, but **it started adding up**²⁹.

After the month was up³⁰, I decided that I wanted to **keep avoiding** sugar for as long as I could. It took me **a while** to decide to try this out indefinitely. But the **results** have been **amazing**. I've lost some **weight** and **I feel like my health has never been better**³¹. So even though it was **hard** to give up sugar, I think it was for the **best**.

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²³ cutting down on sugar: 减少吃糖

²⁴ added sugar: 食物中的添加糖，食品加工过程中加入的糖或糖浆

²⁵ sugary foods: 含糖类食物

²⁶ I was very hesitant to jump on board: 我很犹豫是否要加入

²⁷ at the very least: 至少

²⁸ going through sugar withdrawal: 经历戒糖

²⁹ it started adding up: 久而久之（这些小的变化）逐渐积累了起来

³⁰ After the month was up: 过了一个月后

³¹ I feel like my health has never been better: 我感觉我的健康状况从未如此好过

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

You should say:

when it was;

why you were asked to give your opinion;

what opinion you gave

and explain how you felt about giving your opinion.



5. 别人向你寻求意见

I'm going to talk about the time my friend asked me for my opinion on **their³² singing**. **If memory serves correctly**, this happened a few **months** ago. My friend **Alex** decided that she wanted to **try her hand at³³ singing professionally**. I was a little **surprised**, since she'd **never** talked about it before. But she said it'd been **a secret dream of hers** for years.

She asked me to come over and listen to her **perform**. She wanted to know if I thought she was **good** enough to make it as a **professional** singer. I was pretty **nervous** before I went over. After all, if she was **bad** at singing, it would be pretty **awkward** to **give her my honest opinion**. I didn't want it to **ruin our friendship³⁴**.

Luckily, when she performed, I was **blown away³⁵** by her talent. She has an **amazing** singing voice. She already sounded like a **famous singer** to me. **I gave her a standing ovation³⁶** at the end of the first song. I was so **shocked** that she'd had this **hidden talent** all along.

I told her that I thought she was very **talented** and could **easily** make it as a singer. I was **really** happy to give her **my** opinion, especially because it was so **positive**. I'm **not** sure if she'll find **success** as a singer. After all, talent **isn't** everything when it comes to becoming a **star**. But I think she **has a lot of promise³⁷** and could **go very far if given the chance³⁸**.

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³² **their**: 这里的 **their** 指的是“我的朋友”，因为不具体指男或女，所以统一用 **their** 指代

³³ **try her hand at**: 初次尝试做某事

³⁴ **ruin our friendship**: 毁掉我们的友谊

³⁵ **blown away**: 被惊到，惊讶

³⁶ **I gave her a standing ovation**: 我为她起立鼓掌

³⁷ **has a lot of promise**: 很有前途；前景很好

³⁸ **go very far if given the chance**: 如果有机会，一定可以走得很远

Describe a positive change in your life

You should say:

What the change was about;

When it happened;

Who helped you;

And explain how it affected you later in life.



6. 积极改变

I'm going to talk about a change to my **diet**. **Specifically**, I've decided to stop eating **fast food**. I think it's one of the most **positive** changes I've made in my life. **If memory serves correctly**, this happened about **a year ago**. At the time, my **friend** was really focused on improving her **health**. She read an **article** that talked about the health benefits of avoiding **processed food**³⁹, especially **fast food**. So she decided to **challenge** herself. She was going to stop eating out for a **whole** month. She asked **me** to do the challenge with her. She said we could **keep each other motivated**.

I **love** fast food, so **I was very hesitant to jump on board**⁴⁰. But after a few days, she **talked me into it**. I thought it would be an **interesting** experience **at the very least**. It proved to be pretty **hard**. You know, I really **craved** fast food every day. But I slowly started getting **used** to **not** having it. After a **while**, I found that I had **more** energy and that I could **focus** better. They were **small** changes at first, but **it started adding up**⁴¹.

After the month was up⁴², I decided that I wanted to **stop** eating fast food **in general**. Even though it was **hard** for me to try it out indefinitely, I know it's the **right** thing to do. And the results have been **amazing**. I've lost a **lot** of weight and **I feel like my health has never been better**⁴³. So even though it was **hard** to give up on fast food, I think it was for the **best**.

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³⁹ processed food: 加工过的食品

⁴⁰ I was very hesitant to jump on board: 我很犹豫是否要加入

⁴¹ it started adding up: 久而久之 (这些小的变化)

逐渐积累了起来

⁴² After the month was up: 过了一个月后

⁴³ I feel like my health has never been better: 我感觉我的健康状况从未如此好过

Describe a contest/competition you would like to participate in

You should say:

What the contest/competition is about;

Where the contest/competition will take place;

When it will be held;

And explain why you would like to participate in it.



7. 想参加的比赛

I'm going to talk about a short **story competition** that I'd **love** to take part in. It happens **every** year, so I definitely **haven't** missed my chance yet. **If memory serves correctly**, I first heard about this contest **a couple** years ago. I've **loved** writing ever since I can remember, but **I've never done it in a professional context**⁴⁴. I've **never** taken any **writing classes** either. So when I heard about this contest, **I didn't enter right away**⁴⁵ because I **wasn't** confident in my writing skills.

But **over the years**, I've gotten **feedback** from my friends and they say that I **have a knack for** writing. That **gave me the boost of confidence**⁴⁶ to consider entering this contest. The contest is very **interesting** to me. Everyone receives the **same writing prompt**⁴⁷. Then they have **three** days to come up with a really **unique** story. The judges **vote on** which story is best, and then the winner receives **prize money** and gets their story **published** for everyone to enjoy.

The contest is coming up at the **end** of the year, which gives me **lots** of time to **keep honing my writing**⁴⁸. I think that with **all** this preparation, I'll be **ready** to write a really **compelling** story that will hopefully **knock the judges' socks off**⁴⁹. You know, **winning** the contest would make me feel like a **real writer** and **encourage me on my journey**⁵⁰. So for **that** reason, I really want to **enter this contest**⁵¹ and see if my writing is **good** enough to win the prize.

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⁴⁴ I've never done it in a professional context: 我从来没有在职业（比赛）的环境里做过这个事

⁴⁵ I didn't enter right away: 我没有立马报名参加

⁴⁶ gave me the boost of confidence: 给我增加了信心

⁴⁷ writing prompt: 写作要求

⁴⁸ keep honing my writing: 磨炼自己的写作能力

⁴⁹ knock the judges' socks off: 让评委们感到震惊

⁵⁰ encourage me on my journey: 鼓励我在（写作）这条路上继续加油

⁵¹ enter this contest: 参赛

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

You should say:

What day it was;

Where you went;

What you did;

And explain how you felt about it.



8. 外出花费甚少的一天

I'm going to talk about the day I **reconnected** with an old friend⁵². I had a **great** time, but I **barely**⁵³ spent anything. It was so **lovely**. If memory serves **correctly**, this happened about a **month ago**. I **hadn't** seen my high school friend in **years** because we moved to **different cities** for university. We got so **busy** that we didn't even get to **talk** very often.

But **last** month, we both happened to be in our **hometown** for a few days. So we **set up a hangout**⁵⁴. We were both **on a tight budget**⁵⁵. So we decided to do mostly **free** activities together. We met up at a **park** that was near our **old** high school and took a **walk** around. It was so **great** just to see **my friend** and get to talk to **them**⁵⁶ face to face.

The weather was **beautiful out**, so it was **great** to walk around and enjoy some **fresh** air together. After the park, we went to the **local mall** and **window-shopped**⁵⁷. Even though we **didn't** buy anything, we had a **great** time **checking out the stores**⁵⁸. We joked that maybe in **ten** years, we could **afford** some of the nice things we were looking at. We did spend a **bit** of money on dinner, but **it was just cheap takeout**⁵⁹ that we enjoyed at my **friend's** house.

All in all, I was so **grateful** that I could enjoy such a **nice** day with my friend. **Their company was worth more than anything money could buy.**

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⁵² reconnected with an old friend: 和老友重新联系上了

⁵³ barely: 几乎没有

⁵⁴ set up a hangout: 安排了一个聚会

⁵⁵ on a tight budget: 预算紧张，没什么钱

⁵⁶ them: 注意这里是指朋友，单数（因不区分男女而使用 them）

⁵⁷ window-shopped: 浏览店铺（不进去买）

⁵⁸ checking out the stores: 逛商店

⁵⁹ it was just cheap takeout: 很便宜的外卖

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

You should say:

What you lost;

When and where you lost it;

What you did to find it;

And explain how you felt about it.



9. 丢失东西

I'm going to talk about the time I lost my **wallet** at a mall. This happened just a few **weeks** ago. I was **shopping** for a couple hours and **had gotten hungry**. So I decided to go to the **food court**⁶⁰ for some lunch. To **pay** for my meal, I had to take my **wallet** out. The **only** problem is that I didn't put it **back** in my bag after paying. I just **set it on the tray**⁶¹ that I got my food **on**.

Then, after I **finished** my meal, I put the tray **back** where it belonged. But I forgot to **take my wallet off the tray**⁶². I only realized that it was gone when I was at **another** store and was trying to **pay** for my purchase. I felt a **wave of panic wash over me**⁶³. I was **freaking out**. I **ran** out of the store and **retraced my steps**⁶⁴ to the food court. But by the time I **arrived**, my wallet was **nowhere in sight**⁶⁵. It felt like my heart was **beating right out of my chest**⁶⁶. After all, my wallet had **all** my bank cards and ID in it.

The mall I was at **had a lost and found section**. So I went there and asked **a mall security guard**⁶⁷ if anyone had **turned in a wallet**. **To my relief**⁶⁸, someone had actually **brought** my wallet to them. And they **didn't** take any money out of it. I **thanked** the mall security and decided to be more **careful** from then on.

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⁶⁰ food court: (商场里的) 美食中心

⁶¹ set it on the tray: 把它放到了托盘上

⁶² take my wallet off the tray: 把钱包从托盘上取下来

⁶³ I felt a wave of panic wash over me: 我感到心中泛起一阵恐慌

⁶⁴ retraced my steps: 原路返回

⁶⁵ nowhere in sight: 没有了踪影

⁶⁶ It felt like my heart was beating right out of my chest: 我感觉心脏都要跳出来了

⁶⁷ a mall security guard: 商场保安

⁶⁸ To my relief: 让我感到庆幸的是

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

You should say:

When and where it happened

How long you were stuck due to bad traffic

What you did while waiting

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



10. 堵车的经历

A few weeks ago, I **got stuck in** an **awful** traffic jam. It felt like I was **waiting behind a never-ending line of cars**⁶⁹. At the time, I was on my way **home** from work. I usually take one of the major **highways** that leads from the **downtown** area of the city to where I **live**, which is **pretty far out in the suburbs**. Usually there's **rush hour** traffic, but this traffic jam was **way worse than that**.

I **wasn't** sure what was going on at first. I was **making decent progress on the highway**⁷⁰ when all of a sudden, **traffic came to a dead stop**⁷¹. **As the time dragged on**⁷², I realized I was **stuck** in a serious jam. I only drove **a couple** of inches every ten minutes or so. **It felt like an eternity had passed**⁷³ by the time I got close enough to see what the **problem** was. It turned out that there had been **a minor car crash**⁷⁴, so one of the lanes was **closed**.

It didn't seem like anyone had been **seriously hurt**, which was **good**. **But on the downside**, I was waiting in traffic for almost **an hour**. I **couldn't** believe how much time I was wasting in my car. I tried to pass the time by listening to my **favorite music** and singing along. But I still felt **super frustrated**.

Eventually, **the traffic cleared up again**⁷⁵ and I was able to make it home **at a half-decent time**⁷⁶. But I was still **annoyed** with that **huge** delay.

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⁶⁹ waiting behind a never-ending line of cars: 在没有尽头的汽车队伍中等待

⁷⁰ making decent progress on the highway: 在高速路上开的还不错 (没发生什么事情)

⁷¹ traffic came to a dead stop: 交通完全停止了, 彻底堵了

⁷² As the time dragged on: 随着时间的推移

⁷³ It felt like an eternity had passed: 度过的那段时间感觉度日如年一样

⁷⁴ a minor car crash: 一场小车祸

⁷⁵ the traffic cleared up again: 交通又恢复畅通了

⁷⁶ at a half-decent time: 在一个凑合的时间; 在一个还可以 (接受) 的时间

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

You should say:

What happened;

When it's happened;

How important the cellphone was;

And explain how you felt about the experience.



11. 用手机做重要的事

My cellphone has **come in handy** so many times. It's **hard** to pick just **one** occasion. But something that **stands out** is the time I used my cellphone to attend a **meeting** for work. **If memory serves correctly**, this happened a few **months** ago when I had a **car accident**. I thought I would **totally** miss the meeting but I got to use my cellphone to have a **phone** meeting.

I was **driving** to work. The car in **front** of me stopped very **suddenly**. I almost **bumped into**⁷⁷ that car, but luckily, I **braked in time**⁷⁸. But **my luck ran out**⁷⁹ when the car behind me **didn't** slow down fast enough. They ran right into the **back** of my car.

Fortunately, there **wasn't** too much damage to my car, which was **great**. But it took me a **while** to exchange information with the driver, and the whole incident made me **late** to work. That was **extra stressful** because I had an **important** meeting that I **didn't** want to miss.

I called my **office** and told them I **wouldn't** be able to attend the meeting **in person**⁸⁰. Instead, I decided to **call into the meeting from my car**⁸¹. I drove my car to a nearby **parking lot** and used my phone to **participate in the meeting remotely**⁸². I was **so** glad I **had my phone on me**. Otherwise, I would've **missed** this meeting and I would've been even **more** stressed. **Needless to say**⁸³, my phone is a **total lifesaver**⁸⁴.

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⁷⁷ bumped into: 撞到，碰到

⁷⁸ braked in time: 及时刹住了车

⁷⁹ my luck ran out: 我的运气用光了

⁸⁰ in person: 亲自

⁸¹ call into the meeting from my car: 在我的车里打

电话加入会议

⁸² participate in the meeting remotely: 远程参与会议

⁸³ Needless to say: 不用说，毋庸置疑

⁸⁴ lifesaver: 救星

Describe a time when you helped a child

You should say:

When it was;

How you helped him/her;

Why you helped him/her;

And how you felt about it.



12. 帮助小孩

I'm going to talk about the time I helped my **cousin** get his mom a birthday **present**. **If memory serves correctly**, this happened a few **months** ago. My cousin is **eight** years old. He's very **sweet** and **considerate**. I also think he **has a great sense of humour** for a kid. We get along **pretty well**.

Anyway, his **mom's** birthday was coming up. Since we're kind of **close**, my cousin asked **me** for help. He wanted me to take him **shopping** so that he could find her the **perfect** gift. He had been **saving up his monthly allowance for a whole year**⁸⁵ so that he could afford something **really nice**.

I thought this was **such a touching gesture**⁸⁶, especially from a **kid** his age. So I agreed to **help him out**. I **picked** him up after school one day and we went to the **mall**. We spent about **two** hours **going through every single store**⁸⁷ in search of the **perfect** gift. Finally, he **settled on**⁸⁸ a nice silver **bracelet**. It was definitely **out of his budget**⁸⁹. So I decided to **chip in**⁹⁰ to **help** him buy it. After all, **what eight-year-old**⁹¹ is going to be able to buy nice jewelry on their **own**? **It's really the thought that counts**⁹².

I felt really **happy** that my cousin and I could spend the day **together**. It was really **fun** helping him out. Plus, **it was all worth it** when his mom opened that **present** on her birthday. She was so **excited** about this beautiful gift from her son.

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⁸⁵ saving up his monthly allowance for a whole year:

他把每个月的零花钱都存起来，存了一整年

⁸⁶ such a touching gesture: 如此感人的举动

⁸⁷ going through every single store: 逛遍了每一家商店

⁸⁸ settled on: 选定了

⁸⁹ out of his budget: 超出了他的预算

⁹⁰ chip in: 出资，出钱

⁹¹ what eight-year-old: 哪一个八岁的孩子（能自己买得起漂亮的首饰呢）

⁹² It's really the thought that counts: 心意才是最重要的

Describe a time someone gave you positive comments about your work

You should say:

What you did(work/study);

When it was;

Who gave you the positive feedback;

And explain how you felt about it.



13. 工作或学习中收到的正面评价

I'm going to talk about the time my **boss** gave me a **positive** comment at work. A few months ago, I got hired at a **milk tea** shop. I **love** drinking milk tea, so this is **the perfect fit**⁹³ for me. However, at the start, **I didn't know the recipes fully**⁹⁴. You know, I often had to ask my **coworkers** for help. So sometimes, customers got **frustrated** with me.

I really **care** about what people think of **me**, even if they're **strangers**. So when they got **upset** with me, I felt like I was a **bad** person because of it. I **brought this up to my boss**⁹⁵, but he **didn't give me a hard time for**⁹⁶ being a **slow** learner. Instead, he told me that he thought I did my job **very well**. He said I was very **patient** and always **kept my cool**⁹⁷ no matter how **annoying** the customer was. He **valued** my professionalism and **work ethic**⁹⁸. He thinks they are the most **important** qualities as **a sales rep**⁹⁹.

I was really impressed by his **wonderful** compliment. It made me feel like I could be more **confident** in my job. So the next time a customer got **frustrated** with me, I did my best to **calmly** explain that **I'm still a bit new at the job**. **I didn't take it personally**¹⁰⁰. And of course, I gradually learned **all** the recipes by heart, so I got **way less** complaints from customers than before. I'm very **grateful** to my boss for his **positive** comments.

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⁹³ the perfect fit: (对我来说) 最适合

⁹⁴ I didn't know...fully: 对...并不完全了解

⁹⁵ brought this up to my boss: 把这件事告诉了我的老板

⁹⁶ didn't give me a hard time for: 因为...而对我生

气, 指责我

⁹⁷ kept my cool: 保持冷静

⁹⁸ work ethic: 工作态度

⁹⁹ a sales rep: 销售人员

¹⁰⁰ I didn't take it personally: 我没有把它放在心上

Describe a disagreement you had with someone

You should say:

Who you had the disagreement with;

What the disagreement was;

What happened;

And explain how you felt about it.



14. 分歧/争论

I'm going to talk about a **disagreement** I had with my **roommate**. My roommate and I usually get along really **well**, but we still have some **conflicts** **every now and then**¹⁰¹. We had **this particular disagreement** a few **weeks** ago.

My roommate and I have lived together for a few **months** now. I've noticed that we **have very different standards** when it comes to **cleanliness**. **Whereas** I care **more** about things being **neat** and **tidy**, she can be **a bit of a slob**¹⁰². I don't like it when the **garbage** doesn't get taken out **regularly** because it causes a **mess** and it makes the kitchen **smell**. But my roommate **didn't** seem to notice or care before I **brought it up**¹⁰³.

She told me that if the garbage **bothered** me, I **should** be the one to take it out. I said that **wasn't** fair because **we both contributed to the garbage**¹⁰⁴, so we should **take turns** bringing it outside. My roommate was pretty **stubborn**¹⁰⁵. But once I **calmly** explained that we should take **care** of the garbage not just because it bothered **me**, but also because it was **unhygienic**¹⁰⁶, she **finally** agreed that we could **share** the responsibility.

Anyway, I felt pretty **frustrated** at the **beginning** of our disagreement. But I knew that it was **important** to **be civil**¹⁰⁷ because I **like** my roommate and I want to have a **good** relationship with her. I'm glad we could **talk it out**¹⁰⁸.

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¹⁰¹ every now and then: 时不时地

¹⁰² a bit of a slob: 有一点邋遢

¹⁰³ brought it up: 提起这件事

¹⁰⁴ we both contributed to the garbage: 我们都是垃圾的贡献者

¹⁰⁵ stubborn: 固执

¹⁰⁶ unhygienic: 不卫生

¹⁰⁷ be civil: 有礼貌的

¹⁰⁸ talk it out: 谈一谈

Describe an English lesson you really enjoyed.

You should say:

When and where you had the lesson;

Who gave the lesson;

What it was about;

And explain why you enjoyed it.



15. 一节喜欢的英语课

I'd like to talk about a lesson I had in an English **tutoring** school near my house. I **signed up** for the **spoken** English class there last summer because I wanted to **work on my oral skills**.

The **instructor** was a **gorgeous** **Australian** woman named Lisa. She told us that she moved to Hunan and was there for **over a year** to learn Mandarin and teach English at that school as well.

Honestly, the first lesson **blew me away**¹⁰⁹. She **divided us into pairs** and gave each pair an **interesting topic** to discuss. The topic my partner and I got was "Is it necessary to hold a wedding nowadays?" Even though we **didn't** exactly **know each other from Adam**¹¹⁰, we had a **really** fun conversation in English about that topic. And our hilarious **body language** even made each other **laugh out loud** in class. Lisa **pointed out** **all** the mistakes we made after listening to our discussion and **taught** us the right and **idiomatic expressions**.

I **took a liking**¹¹¹ to her lesson because **her way of teaching** was **really** productive and **different** from ordinary English teachers in public schools. **Other** English teachers I've had are really **by the book**¹¹²; they focus on teaching students more about English **grammar** and **vocabulary**. **Lisa**, on the other hand, **knocked it out of the park**¹¹³ by making her lesson fun and interesting.

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¹⁰⁹ blew me away: 令我大吃一惊；令我印象极深

¹¹⁰ know from Adam: 从来没见过或不认识某人

¹¹¹ take a liking to: 对...产生爱好，喜欢

¹¹² by the book: 照章办事；照本宣科

¹¹³ knock it out of the park: 做的很好很出色

Describe a time when you needed to search for information

You should say:

What information you needed to search for

When you searched for it

Where you searched for it

And explain why you needed to search for it.



16. 信息搜索

I'm going to talk about a time I had to do **research** for a **school essay**. If memory serves **correctly**, it was my **first paper** in university. I was taking an **introductory** psychology course. Psychology was a **totally new** subject to me, so I **was struggling to** finish my assignment for class. It had to be a **five-page** paper about a topic we had discussed in class.

I decided to write a paper about our unit on **social psychology**. So I went to the school **library** to do research. We had to **include at least three sources in our paper**¹¹⁴, so I knew I needed to go there. Not only did I search for some **online articles** using one of the computers there, but I also **went through the shelves**. It was **hard** to figure out where to look **at first**. But thankfully a librarian pointed me in the **right** direction.

I **picked out** a few textbooks that I thought would be **useful**. It turns out that I actually **gathered way too much information**¹¹⁵. I only needed a **few** sources, but I had to spend a **lot** of time **going through**¹¹⁶ **all** of the articles and books in order to figure that out.

In that sense¹¹⁷, my **research skills** were a bit **weak**. I **overwhelmed** myself with **too many** things. But in the **end**, I was able to put together a **pretty** good paper, **if I do say so myself**¹¹⁸.

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¹¹⁴ include at least three sources in our paper: 在我们的论文中包括三个文献引用

¹¹⁵ gathered way too much information: 收集了太多信息

¹¹⁶ going through: 阅读

¹¹⁷ In that sense: 从这个意义上说; 就这方面来说

¹¹⁸ if I do say so myself: 如果我要这么说(自夸)的话

Describe an important thing you learned(not at school or college)

You should say:

What it is

When you learned it

How you learned it

And explain why it was important



17. 校外学到的重要东西

Learning **new** skills is one of the **best** ways to **motivate** you to improve and **keep life challenging**. I try to learn at least **one** new skill every year in order to **push myself**¹¹⁹ and become the **best** person I can be. A **new** skill that I learned last year was how to play the **guitar**.

My good friend **Tony** has played the guitar since he was a **child**. He's always **encouraging** me to learn how to play the guitar. Finally, last summer, I decided to buy my **own** guitar and learn how to play. Tony agreed to **teach** me twice a week at his home where he showed me **everything** I needed to know about **the basics of learning the guitar**¹²⁰.

For anyone who has learned an **instrument** before, they know how **difficult** it is to **play at a high level**¹²¹. It can **take hours and hours of practice**¹²² if you want to become **talented** at playing an instrument, and the guitar **is no different**¹²³. Tony taught me the basics of **finger movement**¹²⁴, learning how to **read** music, and how to **hit the right chords**¹²⁵ while playing. It was **frustrating** at first since there was **so much** to learn, but he was **patient** with me and pushed me to do my **best**.

Now, I'm able to play **several** songs. It's **not** stressful to play. It actually helps me **wind down**¹²⁶. When I **focus on** playing guitar, I can **let the worries of my day leave my mind**¹²⁷. It **helps me manage stress**¹²⁸. So it's definitely one of the most **important** skills I've ever learned.

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¹¹⁹ push myself: 逼自己; 强迫自己

¹²⁰ the basics of learning the guitar: 学习吉他的基础知识

¹²¹ play at a high level: 弹到很高的水平

¹²² take hours and hours of practice: 花很长时间来练习

¹²³ is no different: 没有区别 (也是这样), 和...一

样

¹²⁴ finger movement: 手指动作, 指法

¹²⁵ hit the right chords: 弹中正确的弦

¹²⁶ wind down: 放松

¹²⁷ let the worries of my day leave my mind: 一天的烦恼都能抛之脑后

¹²⁸ helps me manage stress: 帮助我管理压力

Describe a time when you overcame difficulties in doing something and succeeded.

You should say:

What the difficult task was;

How you overcame the difficulties;

Whether you got help;

And explain how you felt when you succeeded.



18. 克服困难终成功

I'm going to talk about the time I decided to start **working out** every week. Honestly, that may be **a walk in the park**¹²⁹ for **some** people. But at the time, I was **super** busy and very **unmotivated**¹³⁰ to add **another** thing to my schedule.

I decided I should start working out regularly a few **months** ago. I realized that I was pretty **out of shape**¹³¹, and I wanted to be **proactive**¹³² about it instead of waiting for things to get **worse**. I looked at some **fitness sites** to get recommendations, but everything seemed so **overwhelming**. It was **hard** for me to focus on **exercise**. I also started feeling **anxious** that it was **too late** and I **wouldn't** be able to **develop a good workout routine**.

I talked to one of my friends, **Dan**, who's a very **active** person. He told me **not** to focus on having **the perfect workout regimen**¹³³. Instead, I could just pick **one** activity **per** week. It could be the **same**, or it could be something **new** every week. And it **didn't** have to be **too intense**. He said that **even a walk after work could count**.

His advice **helped**. I realized that I could fit in **short walks** while I **took a break from work**. **Making small changes at a slow pace**¹³⁴ helped me overcome my **anxiety** about working out enough. Soon, I had a **nice** weekly routine. I felt really **happy** that I found a **way** to work out.

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¹²⁹ a walk in the park: 轻而易举的事

¹³⁰ unmotivated: 毫无动力

¹³¹ out of shape: 身材走样

¹³² proactive: 积极主动的; 主动出击的; 这里指

尽快去做点什么

¹³³ the perfect workout regimen: 完美的锻炼方案

¹³⁴ Making small changes at a slow pace: 慢慢地做一些小的改变

Describe a time you made a decision to wait for something.

You should say:

When it happened;

What you waited for;

Why you made the decision;

And explain how you felt about the decision.



19. 决意等待

I'm going to talk about the time I decided to wait for **a year** before **applying to grad school**¹³⁵. After I graduated **last** year, I wanted to **go straight to** grad school. It was my **goal** to **get my postgraduate degree as soon as possible**¹³⁶. But when I was talking about it with my **best** friend, she suggested that I **take a gap year instead**¹³⁷.

I was **really** surprised when I heard her advice. But she explained that I needed time to **rest**. I had been **pushing myself really hard**¹³⁸ in school. She said that if I **kept going at this pace**, I was going to **burn out**. I **took her words to heart**¹³⁹ and decided to take a **break**. It was **hard**, but I realized that I had to prioritize my **mental** health.

I felt really **stressed** about my decision at first. I thought that maybe I was **overreacting**¹⁴⁰. But once it had been a couple **weeks**, I realized how **wound up**¹⁴¹ I had been. It was really **refreshing** to have some time **away** from school. After that **realization**, I felt very **relieved** that I had made this **important** decision.

I **didn't** stop thinking about school completely, of course. Instead, I took the **extra** year to research **different** schools to apply to. Now that it's time to **apply**, I think I **have a much clearer head**¹⁴² and I feel **better** about my choices. So I'm very **grateful** to my friend for giving me that advice.

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¹³⁵ applying to grad school: 申请研究生

¹³⁶ get my postgraduate degree as soon as possible: 尽快拿到我的研究生学位

¹³⁷ take a gap year instead: 不如选择休学（间隔）一年

¹³⁸ pushing myself really hard: 对自己要求非常严

格

¹³⁹ took her words to heart: 把她的话听进去了

¹⁴⁰ overreacting: 反应过度

¹⁴¹ wound up: 紧张

¹⁴² have a much clearer head: 我的头脑更清醒了

Describe a time when you saw the plastic waste

You should say:

When it happened

Where you saw it

What you did about it

And explain how you feel about seeing plastic waste



20. 塑料垃圾

I'm going to talk about the time I went to the **beach** and saw lots of **plastic** waste. **If memory serves correctly**, I went there **last summer**. My friend and I decided to **go on a road trip**¹⁴³ and visit the nearest beach. We were so excited to **swim** and enjoy the **beautiful** weather.

But when we got to the beach, we were so **upset** to find that **the shore was littered with garbage**¹⁴⁴. There were plastic **bags** and **bottles** all along the shoreline. It was like someone had had a huge **party** and decided not to **clean up**. We asked one of the locals **why** there was so much trash, and they said that a lot of tourists like to come to the beach but they **don't pick up after themselves**¹⁴⁵.

I thought it was **horrible** that people could treat nature like that. I mean, it was such a **beautiful** beach, but it was **ruined** by all the garbage. I **didn't** even want to **go in the water**. My friend and I picked up some of the garbage by **ourselves**, but we could **barely make a dent**¹⁴⁶. After an hour, we **took a quick swim**, and then we went home.

I was really **sad** to see so much plastic waste on the beach. I **can't** imagine how **badly** that affects the wildlife. **It's such a shame that**¹⁴⁷ people are so **disrespectful** with their garbage. We **really** need to do better.

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¹⁴³ go on a road trip: 来一次公路旅行

¹⁴⁴ the shore was littered with garbage: 岸上到处都是垃圾

¹⁴⁵ pick up after themselves: 收拾自己的垃圾

¹⁴⁶ barely make a dent: 没有什么改变; 无济于事

¹⁴⁷ It's such a shame that: 真是非常遗憾

Describe an occasion that you forgot/missed an appointment

You should say:

What the appointment was for

Who you made it with

Why you forgot/missed it

And explain how you felt about the experience



21. 失约

I'm going to talk about the time when I forgot the appointment that I made with my **advisor**. If my memory doesn't fail me¹⁴⁸, it happened on **July 1st**. Actually that was also my sister's **wedding** day.

I remember that one day when I was **revising my dissertation**¹⁴⁹, I received an **email** from my advisor. She asked me to come to her **office** at 2 pm on July 1st. She would like to discuss the **changes** in my dissertation. I replied the email and **confirmed**¹⁵⁰ meeting time with her.

However, as I said just now, my sister's wedding party was **also** held on July 1st. And I was her **maid of honor**¹⁵¹. So, I had to do **tons of** things, like helping the bride to get ready and welcoming the guests. You know, as the bride's little sister, this was **a moment of joy** that I **greatly** looked forward to. So I had so much **fun** that I **totally** forgot the appointment of the meeting!

At the **end** of the wedding ceremony, I received a **call** from my advisor...and it was already **2.30pm**! She was **pissed off**¹⁵² because I **broke the appointment**¹⁵³. After I **sincerely** apologized to her and explained that it was my **sister's** wedding day, she eventually forgave me and **rescheduled the meeting for** the next day. I was really **embarrassed**, so since then, I always set an **alarm** on my phone to remind me of the **appointments**.

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¹⁴⁸ If my memory doesn't fail me: 如果我没记错的话

¹⁴⁹ revising my dissertation: 修改我的论文

¹⁵⁰ confirmed: 确认

¹⁵¹ maid of honor: 伴娘

¹⁵² pissed off: 生气

¹⁵³ broke the appointment: 失约

Describe a time when you received money as a gift.

You should say:

When it happened;

Who gave you money;

Why he/she gave you money;

And explain how you used the money.



22. 收到钱作为礼物

When it comes to a time someone gave me **money** as a gift, the **first** one that **comes to mind**¹⁵⁴ is the time my **mom** gave me cash for my **birthday**.

Specifically, it was just a couple **months** ago. It was my **twentieth** birthday and so my mom wanted to give me **spending money**¹⁵⁵ to go **treat myself**¹⁵⁶. You know, **twenty** is a **pretty big milestone**¹⁵⁷. She gave me **a wad of cash**¹⁵⁸ so my friend and I could go enjoy a **BBQ** festival together **without** having to worry about the **price**. It was **totally** worth it; later on **that** week, I took my friend to the festival and we bought **loads** of **roasted lamb**¹⁵⁹.

Well, BBQ is my **favourite** food, and **it was a blast**¹⁶⁰ to enjoy them with my **friend**. My mom knows that as a **student**, I often have to **keep a tight budget**¹⁶¹, so the money was a **perfect** gift for me. I feel like if she **hadn't** given me money, I would've been **worrying** about how to afford **everything**. Especially since I was taking my **friend** with me — it was **nice** to not have to think about **money** the whole night.

As for my **feelings** about it, I was **over the moon**¹⁶². It was such a **thoughtful** gift and my friend and I **definitely** spent the money well. It **really** **took a load off**¹⁶³ in terms of worrying about my **finances**.

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¹⁵⁴ comes to mind: 马上想到的

¹⁵⁵ spending money: 零花钱

¹⁵⁶ treat myself: 犒劳自己

¹⁵⁷ a pretty big milestone: 意义非凡

¹⁵⁸ a wad of cash: 一沓钱，表示给了不少

¹⁵⁹ roasted lamb: 烤羊肉

¹⁶⁰ it was a blast: 做某事很开心

¹⁶¹ keep a tight budget: 省钱，节省开支

¹⁶² over the moon: 很高兴

¹⁶³ took a load off: 放下了对...的心理负担

Describe a problem you had while shopping online or in a store.

You should say:

When it happened;

What you bought;

What problem you had;

And explain how you felt about the experience



23. 糟糕的购物体验

I'd like to talk about the **worst** shopping experience I've ever had. **If memory serves correctly**, it happened in **July**. One day, when I saw an online shop on **Taobao** having a **huge** discount on a really good **tablet computer**¹⁶⁴, I **placed** an order **without a second thought**¹⁶⁵ because I'd been thinking about buying a tablet for a **long** time.

I was happy that the **shipment** was **quick**. But after I opened the box, I felt **something was off**¹⁶⁶. I saw some **fingerprints**¹⁶⁷ on the display and **scratches**¹⁶⁸ on the back. **I was like, how come** a brand new tablet has **that**? Then I figured out that I **was scammed into**¹⁶⁹ buying a **refurbished unit**¹⁷⁰.

At the time, I was **totally pissed off**¹⁷¹. I messaged the **seller** about this issue, but he claimed that he **mentioned** this information on the page, even though the words were in a **teeny-tiny**¹⁷² font size. Instead of **getting into a fight**¹⁷³ with him, I contacted Taobao and issued a **complaint** against this seller right away.

It's funny that just an **hour** after I issued a complaint, the **owner** of the online shop called me and **apologized** for what happened. And he promised to send me a **new** unit and **waive the cost of**¹⁷⁴ the refurbished unit **as compensation**¹⁷⁵. Well, I was **satisfied** with the result; at least I **didn't** lose money. But I don't think I'll ever buy **anything** from this shop. It's not **trustworthy**¹⁷⁶ at all.

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¹⁶⁴ tablet computer: 平板电脑

¹⁶⁵ without a second thought: 毫不犹豫，不假思索

¹⁶⁶ something was off: 什么地方不对劲

¹⁶⁷ fingerprints: 指印，指纹

¹⁶⁸ scratches: 划痕

¹⁶⁹ was scammed into: 被骗了去..

¹⁷⁰ refurbished unit: 翻新机

¹⁷¹ pissed off: 很生气

¹⁷² teeny-tiny: 极小的

¹⁷³ getting into a fight: 打起来，吵起来

¹⁷⁴ waive the cost of: 免除...费用

¹⁷⁵ as compensation: 作为补偿

¹⁷⁶ trustworthy: 可信赖的，可靠的

Describe a time when you had to share something with others

You should say

- What you shared;
- Who you shared it with;
- Why you had to share it with others;
- And explain how you felt about it.



24. 不得不与他人分享

I'm going to talk about the time I had to share an **office** with a co-worker. **If memory serves correctly**, this happened a few **months** ago. Normally, I have my **own** space at work. But there was an **issue** with the **building infrastructure** that required some parts of the floor to be **shut down**. So one of my coworkers had to **share** my office with me. They added their **desk**, which made the space quite **cramped**¹⁷⁷.

Luckily, this co-worker and I get along **pretty** well. Her name is **Sarah**, and we **have a lot in common**¹⁷⁸. But **even then**¹⁷⁹, having to share an office **added some tension**¹⁸⁰. She would often take **phone calls** in our office, but she talked so **loudly** that I had to **put earphones in** so I could focus. But I could **still** hear her over the music I played, which was **frustrating**.

We had to share the office for **two weeks**, which definitely **felt like an eternity**¹⁸¹. By the **end** of those two weeks, we had started to **get on each other's nerves**¹⁸². It **wasn't** good for our **professional** work, and it definitely **wasn't** helping our work performance. But once I **had my space back**¹⁸³, things got much **better**.

As for how I **felt** about it, well, I was a little **annoyed** that I **had to** share my space. But as an **adult**, you have to learn how to deal with **difficult** situations and **make the most out of it**¹⁸⁴.

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¹⁷⁷ cramped: 拥挤

¹⁷⁸ have a lot in common: 有很多共同点

¹⁷⁹ even then: 即便如此

¹⁸⁰ added some tension: 增加了一些矛盾

¹⁸¹ felt like an eternity: 感觉像永远一样; 意指感

觉度日如年

¹⁸² get on each other's nerves: 让彼此都很烦

¹⁸³ had my space back: 又有了我自己的空间

¹⁸⁴ make the most out of it: 充分利用它

Describe something you do to keep fit and healthy

You should say:

what it is

how often you do it

how you do it (or, how easy or difficult it is to do)

and explain how it helps to keep you fit.



25. 保持健康的方法

When it comes to an activity that keeps me **fit** and **healthy**, the **first** one that comes to mind is **swimming**. I've had a **love** of swimming ever since I was a little **kid**. My **dad** was the one who taught me **how** to swim. I **took to it like a duck to water**¹⁸⁵. Soon, I was able to swim across the **pool**. As I got **older**, I started taking part in **swimming races**.

Nowadays, I swim **every week**. Instead of working out at a **gym**, I prefer keeping fit by swimming at a **public** pool nearby. I love it because **not only is it a good exercise, but it also** helps me **blow off some steam**¹⁸⁶ when I feel stressed. Even though the activity can be quite **strenuous**¹⁸⁷, I've been swimming for so long that **it feels like second nature to me**¹⁸⁸.

Swimming is so **great** for your **physical** health. Not only does it **improve your muscle strength and flexibility**¹⁸⁹, but it also **decreases your stress**¹⁹⁰ and helps you **keep off extra fat**. I've been able to keep in **good** shape because I swim so **often**. Plus, I really enjoy the **social** aspect of swimming. When you swim with **other** people, you **get to bond over a shared passion**¹⁹¹ while also keeping each other **motivated** to exercise.

Overall, I think swimming is **great** for my **mental** and **physical** health. It keeps me **active** and helps me **enjoy life to the fullest**¹⁹².

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¹⁸⁵ took to it like a duck to water: 如鱼得水，很快就学会了

¹⁸⁶ blow off some steam: 舒缓压力，发泄情绪

¹⁸⁷ strenuous: 剧烈的

¹⁸⁸ it feels like second nature to me: 就像是我的第二天性一样

¹⁸⁹ improve your muscle strength and flexibility: 改善人体的肌肉力量和灵活性

¹⁹⁰ decreases your stress: 帮助减轻压力

¹⁹¹ get to bond over a shared passion: 因为（对游泳这项运动的）共同的热情而彼此关系更近

¹⁹² enjoy life to the fullest: 充分地享受和热爱生活

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

You should say:

What it is;

How does it help you;

What do you think about it;

And explain why you think it is helpful



26. 帮助提高专注力的东西

I'm going to talk about the **Apple watch** that helps me **concentrate** on my work. Whenever I have a **task** to do, I like to put my Apple watch **on** and **tune everything else out**¹⁹³. It's a pretty **advanced** watch. **If memory serves correctly**, it **cost me almost a whole month of my salary**¹⁹⁴. I was a little **hesitant** about purchasing it. But **it was definitely worth it**. It's very **comfy**, so I can wear it for a day **without my wrist getting sore**¹⁹⁵.

Anyway, I think it's **helpful** because when I'm working, I can easily get **distracted** by things around. The smart watch **has a very good countdown feature**¹⁹⁶, so when I'm about to **start** a task, I often estimate how **long** it will take me and **set a countdown on the watch**¹⁹⁷. After the countdown **starts**, I try my best to finish the job **before** it ends. It's a really **good** way for me to **get in the zone**¹⁹⁸ and **boost my concentration**¹⁹⁹. It's like having a **contest** with yourself. It's very **satisfying** when I can **finish** the job **ahead of the countdown**²⁰⁰, because it means I'm even more **productive** than I expected.

I'm **glad** I bought this smart watch. It really **comes in handy**²⁰¹. I've **found** that since I started using this watch, I've been able to have **better** focus at work. Actually I left a couple of **glowing reviews**²⁰² of the watch on the internet. I often **recommend** my friends to try it out. I believe they will **love** it.

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¹⁹³ tune everything else out: 把其他的事情都放在一边; 不再理其他的任何事情

¹⁹⁴ cost me almost a whole month of my salary: 花了我几乎一个月的薪水

¹⁹⁵ without my wrist getting sore: 我的手腕不会感觉痛

¹⁹⁶ has a very good countdown feature: 有一个很不错的倒计时功能

¹⁹⁷ set a countdown on the watch: 在手表上设置倒计时

¹⁹⁸ get in the zone: 进入(做某事的)状态

¹⁹⁹ boost my concentration: 提升注意力

²⁰⁰ ahead of the countdown: 在倒计时结束之前

²⁰¹ comes in handy: 需要的时候可以派上用场

²⁰² glowing reviews: 热烈好评

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

You should say:

What it is;

What benefits it has brought;

How it influences people of different ages;

And explain how it changed people's lives.



27. 让生活变得更好的发明

When it comes to an **invention** that has changed the world in a **positive** way, the **first one** that comes to mind is the **mobile phone**. I feel pretty **lucky** that I was **born** into a world where²⁰³ mobile phones are **easily** available. They make life so **convenient**, but they're also **truly** helpful in cases of emergencies.

In the **past**, the invention of the **telephone** obviously **kickstarted** a **new age of communication**²⁰⁴. People could **talk** to each other, no matter **where** in the world they were. But they were still **limited** in terms of how **easy** it was to talk. They had to use **landlines**²⁰⁵ that were attached to one place in their home.

But with a **mobile phone**, life got so **much** easier. People were able to make calls from **anywhere** they wanted to. This is especially **beneficial** in situations where you need to **quickly** get in touch with someone. For example, imagine **getting locked out of your house**. With a mobile phone, you can **easily** call someone to **unlock** the door for you. In more **serious** situations, mobile phones can literally be a **lifesaver**²⁰⁶. Mobile phones allow you to get in touch with the **police** or an **ambulance** when you're **in need of help**.

People of **all** ages can use mobile phones to get in touch with their loved ones. Now, with the **development** of technology, you can also use your phone to take **pictures**, send **emails**, and do a **whole array of**²⁰⁷ other things. Seriously, I **can't** even imagine how people live **without** cellphones nowadays.

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²⁰³ I was born into a world where: 我出生在一个...的时代

²⁰⁴ kickstarted a new age of communication: 开启了新的通信时代

²⁰⁵ landlines: (电话) 座机

²⁰⁶ lifesaver: 救星

²⁰⁷ a whole array of: 一系列的, 很多其他的

Describe a traditional product in your country

You should say:

What it is;

When you tried this product for the first time;

What it is made of;

And explain how you feel about it.



28. 传统产品

My country is known for **tons of** different **traditional** products. But one of the more **recognizable** ones is **pottery**²⁰⁸. It's typically referred to as²⁰⁹ **porcelain**²¹⁰ or **china**, since a lot of clay and stone has been found in **China**. The tradition of **making** beautiful, delicate pottery is **thousands of years old**. **Over time**²¹¹, people in China found **new** ways to make and decorate pottery. The Chinese are generally considered **specialists** in this kind of craft.

As for **what** pottery is usually **made** out of, it comes from **porcelain**, which is a type of **fine clay**²¹². Porcelain pots used to be considered a **luxury** and would often be displayed in **rich** people's homes. Nowadays, porcelain is still a really **valuable** product to own. People are very **proud** to **have a set of fine china**²¹³. One of the most **famous** designs is the **blue-and-white patterned porcelain**²¹⁴ that was made in the **Ming** dynasty.

My family has owned **a few** porcelain vases **for generations**. They've been **passed down**²¹⁵ through the family for **years**, which makes them feel very **special**. It's really **nice** to be able to **own a tangible piece of our culture**²¹⁶. Sometimes we even put **flowers** in the vases for special occasions.

Anyway, I really **love** pottery. It comes in so many **unique** shapes and designs. It's **beautiful** to look at, and it makes for **a great family heirloom**²¹⁷. I hope to get my **own** porcelain vases to **pass down** to my kids.

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²⁰⁸ pottery: 陶器

²⁰⁹ typically referred to as: 通常被称作

²¹⁰ porcelain: 陶瓷, 瓷器

²¹¹ Over time: 随着时间的流逝

²¹² fine clay: 细黏土

²¹³ have a set of fine china: 有一套精美的瓷器

²¹⁴ blue-and-white patterned porcelain: 青花瓷

²¹⁵ passed down: 流传、传承

²¹⁶ own a tangible piece of our culture: 拥有一件真实有形的文化 (遗产); 此处意指拥有一件看得见摸得着的文物

²¹⁷ a great family heirloom: 是很棒的传家宝

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

You should say:

What it is;

How you implement it;

How it helps you save time;

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



29. 节约时间的方法

When it comes to a **change** that helps me save a lot of **time**, **the first one that comes to mind** is **carpooling**²¹⁸ to work. In the **past**, I would always **commute** to work. I usually had to take **two** buses and a **subway**, which was **pretty time-consuming**²¹⁹. Plus, since I commuted during **rush hour**, it was **common** to get **stuck** in traffic or **deal with other delays**. It was starting to get very **overwhelming**. It even made me **late** a few times, which was **stressful**.

Anyway, this change happened when I talked to some of my **coworkers**. One of them has a **car**, and **they** suggested that they could drive us **all** to work. I really **appreciated** this kind offer. Now that I **get rides from my coworker**²²⁰, my morning commute is **half as long**²²¹. It's saved me a **lot** of time in the morning, which is **amazing**.

I **love** carpooling to work because not only does it save me **time** and **money** on transit, but it helps me **start each day with some socializing**. It's **great** to talk to my coworkers on the way to work. We can listen to **music**, talk about the **night** before, and discuss all kinds of **personal stuff** before we get to work and have to be professional. I still pay our driver for **gas**, but we **split it among the group**²²² so it **doesn't cost that much**. I'm really **glad** that I've made this **change**. It definitely makes getting to work a more **positive** experience.

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²¹⁸ carpooling: 拼车

²¹⁹ time-consuming: 耗时的，花费时间的

²²⁰ get rides from my coworker: 搭乘我同事的车

²²¹ half as long: 是之前通勤时间的一半长

²²² split it among the group: 搭车的人一起分摊

Describe a program you like to watch

You should say:

What it is;

Who you watch it with;

And explain why you like to watch it.



30. 喜欢看的节目

Recently I've **gotten hooked on**²²³ a game show called "*Street Dance of China*²²⁴". It's **not** a new show at all, I think it's been going on for like five seasons, which I **take as a good sign**²²⁵. It must be **popular** for it to be running for **5 years**! I don't really know **why** I didn't watch it **earlier**. I guess I just **hadn't** heard of it. My **friend** actually showed it to me when **I was over at her place**²²⁶. She **loves** it, and wanted to **share** that with someone.

So, *Street Dance of China* is a **competitive** dancing game show where people from all over **China** come and **dance off**²²⁷ to see who the **best** street dancer is. It's actually quite an **engaging**²²⁸ show, I **didn't** expect it to be **such a treat** to watch. I think what really makes it **fun** is the **bad** dancing. There are some people who come on and dance so **badly** that everyone is **completely floored by**²²⁹ what they see. I mean, I never understand how they **don't** know they are so **bad** at dancing. **It makes for hilarious episodes**, though.

I don't watch the **entire** show **on a daily basis**. After all, it also plays on the **internet**, so I don't need to follow its **playing schedule**²³⁰ on **TV**. Instead, I watch **episode clips**²³¹ on the internet whenever I'm feeling **bored**. I think it's better watching it this way because it allows me to **kick back and relax**.

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²²³ gotten hooked on: 迷上..., 喜欢...

²²⁴ Street Dance of China: 综艺节目《这就是街舞》

²²⁵ take as a good sign: ...是不错的信号(表示某件事可能会继续进行下去, 这里指意味着节目办的不错, 可能继续下去)

²²⁶ I was over at her place: 我去她家(的时候)

²²⁷ dance off: 舞蹈对决比赛

²²⁸ engaging: 吸引人的

²²⁹ floored by: 被...惊到

²³⁰ playing schedule: 播放时间表

²³¹ episode clips: 节目片段

Describe a beautiful object you have seen

You should say:

Where you saw it;

What it looks like;

And explain how you felt about it. (考生反馈有三小问)



31. 漂亮物品

One beautiful object I've seen is **a handblown glass swan**²³². **If memory serves correctly**, I saw it when I went on **vacation** with my family. We decided to go to a **beach town** **a few hours from our city**²³³. It was a **long** drive, but it was **worth** it when we got there. We had a **lovely** time swimming and relaxing on the shore. Then, we decided to check out some of the **stores**.

I found one shop that had all kinds of **knickknacks**²³⁴. But the one that **caught my eye**²³⁵ right away was a **glass swan**. It looked so **lifelike**²³⁶. The glass curved **perfectly** to show the swan's **signature long neck**²³⁷. It was also pretty **large**, probably so that there could be a lot of **detail**. Even the little **beak**²³⁸ was **perfectly** made.

I was so **impressed** that someone could make something like that. When I asked the **shop owner** about it, he said that a local **glassblower**²³⁹ had made it. It took him a **long** time to craft something so delicate, but **the end result was stunning**²⁴⁰. The owner said that **lots** of tourists wanted to buy the vase, but it ended up being too **pricey** for them.

It was a bit too **expensive** for me as well, but I was happy just to **admire** it. I took a picture so that I could **remember** it. I **was honestly so blown away**²⁴¹ by how beautiful the vase was. I **really** loved it and hope **it goes to a good home someday**²⁴².

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²³² a handblown glass swan: 手工吹制的玻璃天鹅

²³³ a few hours from our city: 离我们住的地方有几小时车程

²³⁴ knickknacks: 小摆设, 小饰品

²³⁵ caught my eye: 吸引了我的目光

²³⁶ lifelike: 栩栩如生的

²³⁷ signature long neck: 标志性的长脖颈

²³⁸ beak: 嘴 (鸟)

²³⁹ glassblower: 吹玻璃的师傅

²⁴⁰ the end result was stunning: 最终的结果令人惊叹

²⁴¹ blown away: 被震惊到

²⁴² it goes to a good home someday: (希望) 有一天它能寻到一个好归宿

Describe a photo that you feel proud about it.

You should say:

When and with whom you took it;

Where you took it;

Why you took it;

And explain why you felt proud of it.



32. 引以为傲的照片

I'm going to talk about a beautiful photo of a **sunset** that I took not too long ago. **If memory serves correctly**, I took this picture a few **months** ago. It was during **summer**, so the weather was **really** nice. My friends and I decided to **take a day trip to** a nearby **beach**. We spent most of the day **swimming** and **relaxing** on the shore. Then, as the sun was **setting**, I got my phone **out** and took a few pictures. I had to **crouch low to get the right angle**²⁴³, but I thought it was **worth** it for the chance to take a **good** photo.

I wasn't expecting the photos to turn out **very** well. After all, **pictures rarely do these kinds of sights justice**²⁴⁴. But when I looked at them the **next** day, I was pleasantly **surprised** to find that they were **breathtaking**. One of them in particular **caught the light just right**²⁴⁵. **The sky literally looked like it was on fire**²⁴⁶. It was **so** amazing.

I quickly **shared** the photo with my friends. They all agreed that it was a **great** photo. They encouraged me to post it on **social media**, which I did. **It got a ton of likes and comments**²⁴⁷. I felt really **good** about it.

I'm **proud** of the photo because the **composition**²⁴⁸ and the **lighting** look really great. It's clear that I took it at just the **right** angle, which makes me **feel accomplished**²⁴⁹. I'm so glad I could capture such a **beautiful** sight.

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²⁴³ crouch low to get the right angle: 蹲下来找更好的拍摄角度

²⁴⁴ pictures rarely do these kinds of sights justice: 照片很少能很好的展现这些景象

²⁴⁵ caught the light just right: 捕捉到的光线恰到好处

²⁴⁶ The sky literally looked like it was on fire: 天空就像着火了一样

²⁴⁷ It got a ton of likes and comments: 我收到了很多点赞和评论

²⁴⁸ composition: 构图

²⁴⁹ feel accomplished: 感到很有成就感

Describe an outdoor activity you did in a new place recently

You should say:

What the activity is;

Who invited you to participate in it;

Whether you asked for help in the activity

And explain what change you had in the activity



33. 户外活动

I'm going to talk about a **hike** that I went on not too long ago. **If memory serves correctly**, it was just **last** month. I moved to a **new** city at the start of the **summer**, and I wanted to **familiarize myself with my surroundings**²⁵⁰. I made a couple **new friends**, and one week they asked if I wanted to join them for a **hike**. I was touched that they wanted to **include me**²⁵¹ on this fun adventure. I said **yes**, even though I **wasn't** too keen on doing something so physically **demanding**²⁵².

Before I went hiking, I asked for their **advice** on what kind of **shoes** to get. **I'd never gone on a serious hike before**²⁵³, and they seemed like hiking **enthusiasts**. They sent me a **list** of different brands to consider. I went to a shoe store and found a **great** pair that were on sale. I was so **excited** to get started!

We decided to go hiking early in the **morning** so it wouldn't be **too** hot. **I wasn't too thrilled about the early start to the day**²⁵⁴, but it turned out to be **totally** worth it. Although the hike was **physically challenging**²⁵⁵, I got to enjoy an **amazing** view. We hiked to the top of a **tall** hill and got to see the **whole** city **spread out below us**²⁵⁶. I was **totally** **blown away**.

My attitude about outdoor exercise **definitely** changed. It was still **hard** work, but I enjoyed it **way more** **than I thought I would**.

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²⁵⁰ familiarize myself with my surroundings: (让自己) 想熟悉一下周围的环境

²⁵¹ include me: 让我参加; 把我算在内

²⁵² wasn't too keen on doing something so physically demanding: 不太喜欢做这种费体力的事情

²⁵³ I'd never gone on a serious hike before: 我从来没有正经徒步过

²⁵⁴ I wasn't too thrilled about the early start to the day: 我不是很喜欢一大早就开始

²⁵⁵ physically challenging: 身体(体力上)非常有考验性的

²⁵⁶ spread out below us: 在我们(脚下)延伸开来; 指站在高处, 看着城市在下面延绵展开的景色

Describe a movie you watched recently and would like to watch again.

You should say:

What movie it was and what it was about

When and where you watched it

Who you watched it with

And explain why you would like to watch it again.



34. 喜欢并想再看一次的电影

The film that I **absolutely** love to watch again is an older film called **Inception**²⁵⁷. It's quite **famous** and stars **Leonardo di Caprio**. It's a **sci-fi**, **futuristic**²⁵⁸ film that involves travelling into **dreams**. It's so **cool**!

The **plot** is a little bit **difficult** to explain, but it's so **good**! The movie **keeps you on your toes**²⁵⁹ **all** the way till the end, and even **after** that. I think the **best** part of the film is its **ending**. It's so **ambiguous**²⁶⁰ and **confusing** that everyone has **struggled** to interpret it. I mean, there are **internet wars**²⁶¹ still happening even **ten** years later about what the ending **meant**! That's the main reason I want to see it again. Plus, the **music** of this movie just **swept everyone off their feet**²⁶². And the **computer animation**²⁶³ and **plot** were just so **well done** that viewers **get totally lost in** the movie. I **have yet to meet someone** who **doesn't** at least appreciate the film.

I **first** watched the film with my **dad**, who's **a big film buff**²⁶⁴, and an even **bigger** sci-fi buff. He **got me hooked on** **The Matrix** first, and this was the **second** film that I fell in love with. I actually think that this movie **tops**²⁶⁵ **The Matrix**.

Anyway, It's a classic movie that deserves to be watched over and over. It's just so **philosophical** and has so many **layers** that **you can't help but try to unravel** it²⁶⁶. I'm looking forward to rewatching it with my family when we have some spare time

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²⁵⁷ Inception: 电影《盗梦空间》

²⁵⁸ futuristic: 未来派的，未来主义的

²⁵⁹ keeps you on your toes: 让你一直保持警觉

²⁶⁰ ambiguous: 模糊不清的

²⁶¹ internet wars: 网络论战，网络辩论

²⁶² swept everyone off their feet: 非常喜欢，瞬间

为之倾倒

²⁶³ computer animation: 电脑动画

²⁶⁴ a big film buff: 电影发烧友

²⁶⁵ tops: 动词，超过...

²⁶⁶ you can't help but try to unravel it: 情不自禁的想要揭开（真相）

Describe a story or novel you have read that you found interesting.

You should say:

When you read it;

What the story or novel was about;

Who wrote it;

And explain why you read it.



35. 有趣的小说/故事

I'm going to talk about *The Great Gatsby*. It's a **world-class**²⁶⁷ famous novel written by an **American** author. I had read its **Chinese version** which I borrowed from a **library**, but I loved it so much that I **bought myself a copy**. I just **reread**²⁶⁸ it a few weeks ago.

If memory serves **correctly**²⁶⁹, it's about a **millionaire**²⁷⁰ named **Jay Gatsby** who's in love with a girl named **Daisy**. The story is **told from the perspective of**²⁷¹ Daisy's **cousin**, whose name is **Nick**. He meets Gatsby and together they try to help him **reunite with**²⁷² Daisy. **Unfortunately**, they find out that Daisy is **married**. She and Gatsby **still** try to **get together**²⁷³, but **it doesn't work out very well**²⁷⁴. In the end, Gatsby ends up getting **killed** for a murder he didn't commit. It's a very **romantic** story, but the ending is kind of a **bummer**²⁷⁵, **if you ask me**²⁷⁶.

Still, I think it's a **great** book. It looks like a **romance** story but it's actually all about the **American Dream** and how people can **be stuck**²⁷⁷ in the past. It's said that it's a **classic** when it comes to **American literature**. I think **everyone** should read *The Great Gatsby* at least **once** in their lifetime. It inspires people to think about whether we should **pursuit our dreams** even if it's **unrealistic**, which I believe is **a deep question** about life.

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²⁶⁷ world-class: 世界级的

²⁶⁸ reread: 重新读

²⁶⁹ If memory serves correctly: 如果我没记错的话

²⁷⁰ millionaire: 百万富翁

²⁷¹ told from the perspective of: 从...的角度讲

²⁷² reunite with: 和...重归于好

²⁷³ get together: 重聚

²⁷⁴ it doesn't work out very well: 形容事情进行的并不顺利，计划并没有很好的实施下去

²⁷⁵ bummer: 令人失望

²⁷⁶ if you ask me: 在我看来，依我说

²⁷⁷ be stuck: 被困其中

Describe a song/a piece of music you like

You should say:

Which country the song/music is from;

What story the song/music is about;

Whom you knew the song/music from;

And explain why you like it.



36. 喜欢的歌曲（疑似新题）

I'm going to talk about a song called "**Love Story**." It's a song by a **popular** American singer-songwriter named **Taylor Swift**. **If memory serves correctly**, I first heard this song when I was in **elementary** school. I remember **being really** caught up in the story of the song, which is basically **a retelling** of Romeo and Juliet²⁷⁸. But it's from **Juliet's** perspective, which I think is **unique**.

In the song, Taylor **takes on the character of Juliet**²⁷⁹ and sings about **meeting** and falling in **love** with Romeo. But her dad **doesn't** want them to be together, which **makes their love difficult**. In the **chorus**²⁸⁰, she sings about wanting Romeo to **come** and **save her from her situation**²⁸¹ so that they can run away and be **together**. The chorus ends with her saying that it's a **love** story, and **all he has to do is say** yes.

Then, later in the song, she talks about **losing hope that they can ever be together**. But Romeo appears and **proposes** to her. Then she says yes and they have a **happy ending** together. I think it's interesting that she decided to do a **different** version of the story. In the **original**, Romeo and Juliet both **die** at the end. It's very **tragic**. But Taylor wrote a song where they got to be **together** instead.

The song is definitely really **popular**. It's one of Taylor's **best-known songs**²⁸² because it's so **catchy**²⁸³ and the lyrics are **fun** and **romantic**. I love the song and I think it's a **classic**.

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²⁷⁸ a retelling of Romeo and Juliet: 复述罗密欧与朱丽叶的故事

²⁷⁹ takes on the character of Juliet: 饰演朱丽叶的角色

²⁸⁰ chorus: 副歌，副歌部分

²⁸¹ save her from her situation: 把她从她所处的困境中解救出来

²⁸² best-known songs: 有名的歌曲

²⁸³ catchy: 悦耳的，朗朗上口的

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

You should say:

Where it is;

How you know there;

What people can do there;

And explain why you would like to recommend the place.



37. 推荐他人居住的地方

When it comes to somewhere I'd **recommend** living, **the first place that comes to mind** is **Beijing**. It's a **major** city in **northern** China. **It has lots of charm to it**²⁸⁴, and I think **it has something to offer for every type of person**.

Since it's a **big** city, **there's a sense of excitement** wherever you look. There are so many **famous** and **historic sites** to visit. The **coolest** one is probably the **Great Wall** of China. You can **walk** on it and see a **beautiful** view of your surroundings. You can also visit **amazing** places in the city like the **Forbidden City** and the **Temple** of Heaven.

Actually it's a great place to **live** and **not just be a tourist in**. **On a day-to-day basis**²⁸⁵, you can enjoy the **stunning modern architecture** and **the bustling night life**²⁸⁶. Plus, the **food** there is **to die for**²⁸⁷. You have to try **famous** dishes like **Peking duck** and **thousand-layered cake**, as well as more **unique** specialties like **fish head** soup. What's more, Beijing has lots to offer in **other** areas of life. For example, the city has very **reputable schools**²⁸⁸, good **hospitals**, and great **public transportation**. There are also lots of **job opportunities** in many different fields, and **the average wage is also way higher than**²⁸⁹ most cities in China.

All in all, I think Beijing is a **beautiful, exciting** city where there's **always** something to **capture your interest**²⁹⁰. So it would be a **great** place to live in.

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²⁸⁴ It has lots of charm to it: 这座城市魅力无限

²⁸⁵ On a day-to-day basis: 在日常生活中

²⁸⁶ the bustling night life: 繁华的夜生活

²⁸⁷ to die for: (食物) 美味至极

²⁸⁸ reputable schools: 名校

²⁸⁹ the average wage is also way higher than: 平均工资远高于...

²⁹⁰ capture your interest: 吸引你的兴趣

Describe a quiet place

You should say:

Where it is;

How you knew it;

What you do there;

And explain how you feel about the place.



38. 安静的地方

I'm going to talk about a **library** that's **within walking distance of** my home. **To be accurate**²⁹¹, it takes me just about **10** minutes to walk there. So that's the **first** quiet place that I can think of.

It's a **large** public library that has lots of different **sections**²⁹², like a newsroom, video room, study room and children's reading room. It's also a **popular** place in my neighborhood as I always see **plenty of** people there. Even though it often has **many** visitors, the environment there is usually **quiet and peaceful** as most of them **are conscious about**²⁹³ **keeping their voices down** after they've entered the library.

Actually it is the place to go **whenever** I want to study for the IELTS test, especially on **weekends**. It's **definitely** a perfect place for **silent study**. I've **never** **had any issues with**²⁹⁴ people making **noise** and **disturbing** my study. And I always feel very **productive** studying at the library. You know, when **everyone** around is concentrated on studying, the atmosphere **is really conducive**²⁹⁵ **for** motivation and concentration.

The **librarians**²⁹⁶ there are usually **pretty** strict about **limiting** noises and require all visitors to **mute their cellphones**²⁹⁷. So you **barely** hear a cellphone ringing. And visitors **all** try to keep quiet. **To tell the truth**, **it is rare to** have such a peaceful place in the city. I really **enjoy** the peace and quiet of the library.

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²⁹¹ To be accurate: 准确的说

²⁹² sections: 分区, (划分很多不同的)部门

²⁹³ are conscious about...有意识的...

²⁹⁴ never had any issues with...从没有遇到任何问题

²⁹⁵ conducive: 有益的

²⁹⁶ librarians: 图书馆管理员

²⁹⁷ mute their cellphones: 让手机静音

Describe an important river/lake in your country

You should say:

Where it is located;

How big/long it is;

What it looks like;

And explain why it is important.



39. 重要河流/湖泊

My hometown is Wuhan, a city in the **middle** stretch of the **Yangtze River**. So **when it comes to a river, the first one I can think of is** the **Yangtze River**. In China, it's known as **Changjiang**, which means "**Long River**." It's probably one of the most **well-known** rivers around the world. It's almost **4,000** miles long, which makes it the **longest** river in China and Asia. It's also the **third-longest** in the world. That's pretty **impressive**! Since it's **so** long, the Yangtze River **goes through many different provinces and regions in China**²⁹⁸.

I learned **a lot** about the Yangtze River from **geography** classes in **secondary** school. It was an important **cradle**²⁹⁹ of **early civilization**³⁰⁰ in China. For **thousands** of years, it's been used for **water, irrigation, sanitation**³⁰¹, **boundary-marking**³⁰², and even **war**. Besides, it has always been an important **waterway**³⁰³ between the **western** provinces and the **eastern** provinces.

Even **nowadays**, towns and cities along this river **still** benefit from it for **agriculture, transportation and tourism**. For example, the beautiful and scenic **Three Gorges area**³⁰⁴ on the Yangtze is one of the most **popular** tourist attractions in China. My family and I took **a river cruise trip**³⁰⁵ through there before. The trip really **takes a weight off my shoulders**³⁰⁶. Actually, every year, **tons** of tourists make a special trip to visit this **peaceful** place. So, in both **ancient** China or **modern** China, the Yangtze River has always been **valuable in terms of**³⁰⁷ economy and culture.

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²⁹⁸ goes through many different provinces and regions in China: 流经中国许多不同的省份和地区

²⁹⁹ cradle: 摇篮

³⁰⁰ early civilization: 早期文明

³⁰¹ sanitation: 卫生清洁

³⁰² boundary-marking: 边界标记

³⁰³ waterway: 水道

³⁰⁴ Three Gorges area: 三峡地区

³⁰⁵ a river cruise trip: 河上巡游 (长江三峡游)

³⁰⁶ takes a weight off my shoulders: 减轻了我的负担, 让我得到了放松

³⁰⁷ in terms of: 在...方面

Describe a house (or an apartment) of someone you know well and that you often visit

You should say:

Whose home it is

Where it is located

What it is like inside

And explain how you feel about it



40. 熟人的家

I'm going to talk about a **house** that my **dad's friend** owns. His name is **Andrew** and he's been a good family friend for about **twenty** years now. So I've known him for almost my **whole** life. **If memory serves correctly**, Andrew just **renovated** his home a couple years ago. When the house was ready for **visitors**, my dad took my family to **go visit** **right away**.

I remember being **shocked** by how simple the house looked. **Stepping into** the house, you can see that the walls are a very **pale** white. Plus, everything was **in neutral tones**³⁰⁸. There were some **pops of colour**³⁰⁹, like **bright blue** pillows and even a **yellow** chair. But it was all **primary colours**³¹⁰, which made the house look like something a little **kid** would draw. Besides, I was surprised that he **barely** has any **furniture** in his home. I only saw a **couch** and a **square table**. There **aren't** any decorations, an air conditioner, or even a **bed** in his home. He just puts a **mattress** on the floor.

You know, I **love** visiting Andrew because he's pretty **easygoing** and the **view** from his huge balcony is awesome. It's also a good place to have a **BBQ** and **mingle**³¹¹. But I still can't figure out why he **refurbished**³¹² his house in a **minimalist style**³¹³. Honestly, I would **never** feel comfortable if I didn't have any **fun** things. I love **displaying** all kinds of stuff on shelves, like my **anime collections**³¹⁴, **flowers** and **mugs**. I don't understand how a person could live in a home that's as **empty** as a **prison cell**³¹⁵.

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³⁰⁸ in neutral tones: 中性的色调

³⁰⁹ pops of colour: 亮色，鲜艳的颜色（只是点缀，不是主色调）

³¹⁰ primary colours: 原色，基本色（红黄蓝）

³¹¹ mingle: 交友聚会

³¹² refurbished: 翻新

³¹³ minimalist style: 极简主义的设计风格

³¹⁴ anime collections: 动漫收藏

³¹⁵ prison cell: 牢房

Describe a place in your country that you would like to recommend to visitors/travelers

You should say:

What it is;

Where it is;

What people can do there;

And explain why you would like to recommend it to visitors/travelers.



41. 推荐旅游的地方

When it comes to somewhere I'd **recommend** visiting, **the first place that comes to mind** is **Harbin**, which is **the most northern big city**³¹⁶ in China. **If memory serves correctly**, last winter vacation, I took a **plane** to Harbin with my parents. **It was really a blast**³¹⁷ travelling there.

Actually, **I'd been dying to**³¹⁸ visit Harbin for a **long** time. **Every** winter, the city builds a **theme park** called **the ice and snow world**³¹⁹. I'd only seen it on **TV** before I actually went there. So when my family and I were on **vacation** for the spring festival holiday last year, we decided to go to **Harbin** for a trip and see the **ice sculptures**³²⁰.

Anyway, it's a very **exotic**³²¹ city. The scenery there was also **stunning**³²². Since it's very close to **Russia**, tons of Russian used to **live** there. Many buildings there were built **in Russian styles**³²³, making the place look like a **western** city. Plus, **as you know**, we went there in winter because it has a **spectacular**³²⁴ Ice Sculpture Festival. So we saw **lots** of beautiful **giant** ice sculptures there, and there was even a **gigantic castle**³²⁵ made of ice! It really **blew us away**³²⁶.

So I think Harbin is such an **interesting** city! I have to say the city itself is quite **unique** compared to other places in China. After all, it has the most **bitterly cold**³²⁷ winters in China. Besides, there are also a **ton** of great winter **activities** there. So Harbin is **definitely** **worth a visit**³²⁸.

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³¹⁶ the most northern big city: 最北边的一个大城市

³¹⁷ It was really a blast: 玩的很开心

³¹⁸ I'd been dying to: 我很想要做的一件事

³¹⁹ the ice and snow world: 冰雪大世界

³²⁰ ice sculptures: 冰雕

³²¹ exotic: 有异国情调的

³²² stunning: 极好的，漂亮的

³²³ in Russian styles: 俄罗斯风格

³²⁴ spectacular: 很壮观的

³²⁵ gigantic castle: 巨大的城堡

³²⁶ blew us away: 惊到我們了

³²⁷ bitterly cold: 刺骨的寒冷

³²⁸ worth a visit: 值得一看

Describe a popular place for sports (e.g. a stadium)

You should say:

Where it is;

When you went there;

What you did there;

And explain how you felt about this place.



42. 运动场所

I'm going to talk about a **stadium** located in the **downtown** area of my city. I've actually been there a few times, which is **a huge privilege**³²⁹ because it's such a **cool** space. **If memory serves correctly**, the last time I was there was a few **months** ago. I went to see **a championship game**³³⁰, which was really **exciting**. **The energy in the stands was incredible**³³¹.

I showed up half an hour **early** to just **take in the sights**. The stadium is a huge **open** space. When it gets **dark**, you can see all the **city lights**. It makes for a **stunning** view. When the game started, everyone became so **energetic**. There was **shouting** from both sides of the stadium, which was almost **deafening**. Whenever someone scored a **goal**, **the crowd went wild**³³². I **had a really cool view of the game**³³³, so I could keep **track** of the players pretty well. I **screamed** along with everyone else, so **my voice was basically gone**³³⁴ at the end of the game.

I think that it's a really **amazing** venue. If you **get good seats**, you can feel like you're in the **middle** of the action. It's **awesome** to see a sports game **live**, and when you're in a **giant** stadium, the experience is even **better**.

I was **totally in awe of the view**³³⁵. I wish I could go to **more** games at the stadium, since I really **love** it there. But **tickets** aren't exactly cheap😭.

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³²⁹ a huge privilege: 意为能来到这里感觉是极大的荣幸

³³⁰ a championship game: 一场锦标赛

³³¹ The energy in the stands was incredible: 看台上的火热气氛令人难以置信

³³² the crowd went wild: 人群沸腾欢呼起来

³³³ had a really cool view of the game: 我看比赛的视野很棒

³³⁴ my voice was basically gone: 我嗓子都基本哑了

³³⁵ totally in awe of the view: 我完全被这场景惊呆了

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

You should say:

Who he/she is;

What kind of person he/she is;

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

And explain how you felt about this family member.



43. 想共事的家人

Well, I'm going to talk about my **cousin**, Sarah. She's a few years **younger** than me, but I actually feel like I could learn a **lot** from her. Since **we're not too far apart in age**³³⁶, we've always been very **close**. I would consider her a **friend**, not just a **relative**.

Sarah is a very **bright** young woman. She **excels in everything** she tries her hand at³³⁷. In addition to being very **creative** and **artistically-minded**³³⁸, she also **has a great knack for business**. She would make a great **entrepreneur**. So it would be **cool** to start a **business** with her. She's especially talented at **painting** and **making knickknacks**³³⁹, so I think that she could make really **artsy products**³⁴⁰ and we could **sell** them together. We could **make one-of-a-kind products**³⁴¹ that people would **go crazy over**³⁴². Since Sarah would be good at **making** the products and **figuring out a business model**³⁴³, I would be happy to **do the behind-the-scenes work**³⁴⁴ and handle the **administrative** side of things.

Anyway, I think we would be a **great team** because we get along very **well** and we have a **good** relationship with each other. I believe we could overcome **any** disagreements and **cooperate** to ensure that our business **runs smoothly**³⁴⁵.

All in all, I really **like** and **respect** Sarah. I think that she'd be a **great** business partner. **If I ever have the chance**, I would love to **work** with her in the future.

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³³⁶ we're not too far apart in age: 我们的年龄相差不大

³³⁷ excels in everything she tries her hand at: 她每一件事都做得非常出色

³³⁸ artistically-minded: 有艺术细胞

³³⁹ making knickknacks: 制作小饰品

³⁴⁰ artsy products: 有艺术性的产品

³⁴¹ make one-of-a-kind products: 制作出独一无二的产品

³⁴² go crazy over: 为之疯狂

³⁴³ figuring out a business model: 想出一个商业模式

³⁴⁴ do the behind-the-scenes work: 做幕后工作

³⁴⁵ runs smoothly: 顺利经营下去

Describe an interesting neighbor.

You should say:

Who he/she is;

How you knew him/her;

What you do together;

And explain why he/she is interesting.



44. 有趣的邻居

I'm going to talk about my neighbor **Susan**. She's a very **interesting** woman in her mid-thirties. **If memory serves correctly**, she first moved into the neighborhood three **years** ago. She came over and **introduced** herself to me and my family right away, which **made a strong impression on me**³⁴⁶. Susan is a very **friendly** and **eccentric**³⁴⁷ person. From the **moment** you meet her, you can tell that she has a very **special** kind of energy.

Susan really **stands out** because she owns a **ton** of **exotic birds**³⁴⁸. It's pretty **uncommon** to see someone living **alone** with **a bunch of birds**³⁴⁹, but Susan doesn't seem **lonely** or anything. She loves her pets **so much**. She often **invites** me over to **hang out with the birds**. She's trained them to say little **phrases** and **do tricks**³⁵⁰. It's **super** fun to watch.

I think Susan is interesting not only because of her **pets**, but also because of her **attitude** toward life. **She's very carefree, but she also has street smarts**³⁵¹. So while she **hasn't** planned out every moment of her life, she's **smart** enough to save her money in case of **emergencies**. She's very **practical**, but she's also very **spontaneous**³⁵². Last month, she went on a week-long trip to another **city** just because she felt **like** it.

All in all, Susan **has a very unusual approach to life**, but it seems to **be working for her**³⁵³. I really **admire** her. I'm **glad** she's my neighbor.

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³⁴⁶ made a strong impression on me: 给我留下了深刻的印象

³⁴⁷ eccentric: 异乎寻常的、古怪的

³⁴⁸ exotic birds: 奇异鸟类

³⁴⁹ a bunch of birds: 一群鸟

³⁵⁰ do tricks: 做些小把戏

³⁵¹ She's very carefree, but she also has street smarts: 她(过的)非常的无忧无虑, 而且她也很有“江湖智慧”(街头智慧)

³⁵² spontaneous: 率直的

³⁵³ be working for her: (这种生活方式) 很适合她

Describe a friend you like to talk with

You should say:

Who he/she is;

What you like to talk about;

Why you like to talk with him/her;

And explain how you feel about him/her.



45. 享受的聊天对象/喜欢一起聊天的朋友

The first person who comes to mind is one of my best friends, Alex. He's a great friend to hang out with. We've known each other for six years now. We first met in university. We happened to sit next to each other in class. I asked if I could borrow a pencil since I'd forgotten mine. Alex handed over³⁵⁴ his whole pencil case and said I could take anything I wanted. We hit it off right away³⁵⁵. Ever since, we've been very close.

I really like talking to Alex because he's a very open-minded³⁵⁶ and generous person. He likes talking about any topic under the sun³⁵⁷. If we disagree on something, he's never rude about it. He's genuinely interested in hearing different opinions and having a civil debate³⁵⁸. He also never dominates the conversation³⁵⁹. He makes sure that everyone has the chance to be heard. I really appreciate that about him.

I especially enjoy talking about TV shows with him. He's a fan of lots of different shows, so we always have something to talk about. He always has interesting theories about the characters and where the plot will go next³⁶⁰. It's so fun watching a TV show with him. He usually has funny commentary³⁶¹, which makes the experience really entertaining.

I definitely value Alex's friendship a lot. I think he's a wonderful person. I feel comfortable talking to him about anything, no matter how personal it is. I hope we always stay in each other's lives³⁶².

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³⁵⁴ handed over: 交出

³⁵⁵ hit it off right away: 很快就打成一片，一见如故

³⁵⁶ open-minded: 豁达的

³⁵⁷ under the sun: 天底下，世界上的任何地方的

³⁵⁸ having a civil debate: 礼貌的辩论（不吵架）；

³⁵⁹ never dominates the conversation: 他从来不会在聊天中占主导地位（让别人听他的）

³⁶⁰ where the plot will go next: 剧情下一步走向

³⁶¹ has funny commentary: 发表（针对节目的）有趣的评论

³⁶² stay in each other's lives: 留在彼此的生活中

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

You should say:

What s/he does;

How you know him/her;

Why this person is well known/popular;

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



46. (国家/家乡) 有名的人

I'm going to talk about a **business owner** who's pretty **famous** in my hometown. It sounds **funny**, but she's actually **a bit of a minor celebrity**³⁶³. She's **middle-aged**, probably **in her late forties**. A few **years** ago, she decided to open a **cat café**. It was a pretty **unusual** business idea, considering that our town **doesn't** have anything else like that. But I think that's what made her café such a **success**.

If memory serves correctly, I first went to this café when it **opened**. I was really **intrigued** by the idea and I wanted to meet the **owner**. She was so **friendly**. As soon as I **walked** in the door, she **greeted** me and told me I could **pick a cat to play with**. She had **four** or **five** of them walking around the café. I was **surprised** to see them **roaming around**³⁶⁴, but I had a **great** time enjoying a cup of coffee while playing with an **adorable** cat.

Actually, many people **have become regulars**³⁶⁵ at the cat café because it's such a **fun** environment. Since almost everyone is using **social media** nowadays, many customers of her shop have **left glowing reviews** about the food and service there, which has made her shop **go viral**³⁶⁶ in my hometown. There were even **reporters** from a local TV station asking her for **interviews**. So this woman has really **made a name for herself**³⁶⁷. I like her a **lot**, and I'm really **glad** she **opened up this business**. I hope her business **keeps prospering and expanding**³⁶⁸.

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³⁶³ a bit of a minor celebrity: 有点小名气的人

³⁶⁴ roaming around: 闲逛

³⁶⁵ have become regulars: 已经成为了常客

³⁶⁶ go viral: 走红

³⁶⁷ made a name for herself: 为自己赢得了名声

³⁶⁸ keeps prospering and expanding: 不断发展壮大

Describe a person you know who is from a different culture

You should say:

Who he/she is

Where he/she is from

How you knew him/her

And explain how you feel about him/her



47. 认识的不同文化的人

When it comes to³⁶⁹ someone from **another** culture, the **first** person that comes to mind³⁷⁰ is my friend **David**. He was an exchange student from **Holland**, also known as the Netherlands. I first met him in **university**. We had a few **classes** together, so we got to know each other **pretty** well. One of the **first** things I learned about David is that he's **Dutch**. He's a **huge fan of** soccer³⁷¹ and he loves to **cheer** on the Netherlands when they play in the **world cup**.

He really enjoyed **teaching** me about his culture. He said that the Dutch are a very **friendly** and **welcoming people**³⁷². They can make friends **anywhere** they go. He said he thinks it's **important** to be kind to everyone you meet, whether they're **friendly** to you or not.

To be honest, I was **surprised** that David was so **open** with me right away. On the **first** day we met, he told me all about his **family** and what was going on in his **personal** life. I'm not quite sure if that's a **Dutch thing or just a David thing**³⁷³, to be honest. But I found it very **refreshing**³⁷⁴.

Plus, David is a really **kind** and **considerate** person. His **upbringing**³⁷⁵ has made him a very welcoming person. If he's in a group and notices that someone is **quiet**, he'll make sure to **include them** in the conversation³⁷⁶. I think he's a really **great** guy. He definitely does a **good** job of **representing** Holland.

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³⁶⁹ When it comes to: 当提到...

³⁷⁰ comes to mind: 想到

³⁷¹ a huge fan of soccer: 一个超级足球迷

³⁷² are a very friendly and welcoming people: 是非常友好热情的民族；注意此处有 a 并不是一个语法错误。如需进一步讲解请微信联系 Penny

³⁷³ I'm not quite sure if that's a Dutch thing or just a

David thing: 我不确定这是荷兰人的习惯还是大卫自己的习惯

³⁷⁴ refreshing: 耳目一新；新鲜

³⁷⁵ upbringing: 教养

³⁷⁶ include them in the conversation: 让他们参与到对话中

Describe a person who is fashionable

You should say:

Who he/she is

What job he/she does

What kind of dresses he/she wears

And explain why he/she likes fashion



48. 时尚人士

Well, the **first** person that **comes to mind** is an **internet celebrity**³⁷⁷ who is an **elderly** lady. She's in her **sixties**, but **she's into** **all** kinds of fashions. So she is always stylish.

When she was **younger**, she was actually an **actress**. **It makes sense that**³⁷⁸ she was really **involved in the world of fashion**³⁷⁹. Even though she has **retired** from the film industry, she **runs** a **TikTok** account³⁸⁰ that shows off her **style** from day to day. I've **never** seen any elderly person who is **so** stylish. So I **followed** her account right away.

Anyway, she always dresses very **creatively**. She can turn **anything** into a **striking**³⁸¹ outfit, like matching a simple **blouse** with a **pair of glittery pants**³⁸², or wearing a **slim** suit in **bright yellow**. I also saw a video of her showing herself off in a real fur **pink** coat and green **baggy pants**³⁸³, which made her look like a **hip-hop** singer.

I think some people might be especially **surprised** to see an **older** woman dressing in such **unique** styles. Usually it's just **young** people who have really **weird** outfits. But she's still **gorgeous** and she knows how to **make herself stand out**. Her clothes are a little too **funky**³⁸⁴ for me to wear, but I really **admire** her style. I'm a **big fan of** her **personality** as well. Life is too **short** to dress in a way you **don't** like. I hope I can still be **myself** the way she does **when I'm at her age**.

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³⁷⁷ internet celebrity: 网红

³⁷⁸ It makes sense that: ...是说得通的

³⁷⁹ involved in the world of fashion: 涉足时尚界

³⁸⁰ runs a TikTok account: 运营着一个抖音账户

³⁸¹ striking: 引人注目的

³⁸² a pair of glittery pants: 一条闪闪发光的裤子

³⁸³ baggy pants: 布袋裤

³⁸⁴ funky: 时髦独特的

Describe a person who loves to grow plants

You should say:

Who the person is

What he or she grows

Where he or she keeps the plants

And explain how you feel about this



49. 喜欢种植物的人

I'm going to talk about my friend **Sarah**. She **has such a green thumb**³⁸⁵. She loves to take care of **plants** and watch them **grow**. **If memory serves correctly**, I first met Sarah in **university**. She quickly told me all about her **love** of plants. She even showed me **pictures** of all the plants she owned. She must have shown me at least **a dozen** pictures of plants of all shapes and sizes. I was pretty **impressed** by **her knack for** growing plants.

She really likes to grow **herbs**³⁸⁶ that she can use in cooking. For example, she has a planter full of **basil, rosemary, and thyme**³⁸⁷. She uses them to make all kinds of **dishes**. I've **tried** some of her cooking, and I can say that the **fresh, homegrown** ingredients **make a world of difference**³⁸⁸.

She only has a **small** apartment, but **it's filled to the brim with plants**³⁸⁹. She has a few **tall** plants by the window, and then even more on her **balcony**.

I think Sarah's love of plants is really **admirable**. A lot of people **dislike** plants because they take a lot of **patience** and **diligence** to take care of. You have to care for them **every day**. And you don't get to see the **results** right away. Some people get **bored** and **throw out**³⁹⁰ their plants before they've even **bloomed**³⁹¹. But Sarah is very **patient** and takes **great** care of her plants. I really **respect** that about her.

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³⁸⁵ green thumb: 园艺高手

³⁸⁶ herbs: 这里指的是可以做饭用的香草调料

³⁸⁷ basil, rosemary, and thyme: 罗勒、迷迭香和百里香

³⁸⁸ make a world of difference: (让食物味道) 有很大

大的不同

³⁸⁹ it's filled to the brim with plants: (房子里) 摆满了植物

³⁹⁰ throw out: 扔掉

³⁹¹ bloomed: 盛开

Describe a person who inspired you to do something interesting

You should say:

Who he/she is

How you knew him/her

What interesting thing you did

And explain how he/she inspired you to do something interesting.



50. 激励你做有趣事情的人

I'm going to talk about my friend **David**. He **talked me into**³⁹² trying **indoor rock-climbing**³⁹³, which was truly an **interesting** and **life-changing**³⁹⁴ experience for me. **If memory serves correctly**, I met David in our **first** year of university. We had a **couple** classes together and became **friends** pretty quickly. David is a really **friendly** and **outgoing** person. He always **pushed me outside my comfort zone**³⁹⁵.

Recently, David **got into**³⁹⁶ **indoor rock-climbing**. He said it was an **amazing** activity and that **everyone** should try it at least **once** in their lives. However, **I'm terrified of heights**. So I told him that rock-climbing **didn't sound like my cup of tea**³⁹⁷. But David **wouldn't** give up. He told me that he used to be afraid of heights **too**, but **he didn't want his fear to stop him from trying new things**. He said that sometimes, we need to **overcome** our fear because it helps us **grow**.

What he said really **stuck with me**³⁹⁸. I was especially **surprised** to know that David was afraid of heights, since he seems so **fearless**. With his **inspiring** words in my mind, I decided to **try** it out. I went with him to a **rock-climbing centre** and we each climbed up a **steep wall**³⁹⁹. It **freaked** me out at first, but once I made it to the **top**, **I was amazed at myself**⁴⁰⁰.

I feel really **grateful** to David for **pushing** me to try something new. The experience was definitely **worth** it, and I feel more **confident** in myself now.

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³⁹² talked me into: 说服我去...

³⁹³ indoor rock-climbing: 室内攀岩

³⁹⁴ life-changing: 改变人生的

³⁹⁵ pushed me outside my comfort zone: 把我推出舒适区

³⁹⁶ got into: 喜欢上了

³⁹⁷ didn't sound like my cup of tea: 听起来不像是我喜欢的

³⁹⁸ stuck with me: 让我印象深刻

³⁹⁹ a steep wall: 一堵陡峭的墙

⁴⁰⁰ I was amazed at myself: 对自己感到惊讶

Describe a friend from your childhood

You should say:

Who he/she is;

Where you met each other;

What you often did together;

And explain what made you like him/her.



51. 童年玩伴

Well, I don't have **too many** childhood friends that I **remember** well, but **off the top of my head**, the **first** one I can think of is **Penny**. It feels like she's someone I've known **for my whole life**.

Penny and I have been **close** friends ever since we were **young**. I **first** met her when she **moved into** the apartment building that I lived in. In fact, she was living in the apartment right **across from**⁴⁰¹ mine. **If memory serves correctly**, I was about **six** or **seven** at the time. At my **parents'** suggestion, I **invited her over to** our apartment so that she could get to **know** us and **feel more at home**⁴⁰² in her new neighborhood. We **hit it off**⁴⁰³ **right away**, since our personalities were pretty **similar**. They⁴⁰⁴ **still** are, believe it or not. Our parents used to say **we were like two peas in a pod**⁴⁰⁵.

Since both Penny and I really loved **biking**, we would often go for **bike rides** around the neighborhood. I remember when we got **older**, we often rode our bikes home **together** after school. Right now, she's studying accounting at a famous **university**, but during holidays we still **have a get-together**⁴⁰⁶ and chat **a lot** with each other. Actually I have so many **amazing** memories with Penny; she **had my back**⁴⁰⁷ through all the **ups and downs of life**⁴⁰⁸. She's **definitely made her mark on**⁴⁰⁹ me.

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⁴⁰¹ across from: 在...对面

⁴⁰² feel more at home: 感到舒服自在

⁴⁰³ hit it off: 一拍即合

⁴⁰⁴ They: 注意这里的 they 指的是性格

⁴⁰⁵ we were like two peas in a pod: 像一个豆荚里的

两个豌豆一样，形容很像。

⁴⁰⁶ have a get-together: 小聚

⁴⁰⁷ had my back: 支持我，是我的后盾

⁴⁰⁸ ups and downs of life: 人生的起起伏伏

⁴⁰⁹ made her mark on: (会让我) 记忆深刻