

2022 年 9-12 月雅思口语 Part3 高频考题参考资料 (A 难度 · 9 月初版)

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

2022 年 9-12 月雅思口语 Part 3 考题列表

事件类	页码
1. 忙碌的经历	1
2. 庆祝过的活动	2
3. 让你惊喜的事情	3
4. 困难但有好结果的决定	4
5. 别人向你寻求意见	5
6. 积极改变	6
7. 想参加的比赛	7
8. 外出花费甚少的一天	8
9. 丢失东西	9
10. 堵车的经历	10
11. 用手机做重要的事	11
12. 帮助小孩	13
13. 工作/学习中收到的正面评价	14
14. 分歧/争论	15
15. 一节喜欢的英语课	16
16. 信息搜索	17
17. 校外学到的重要东西	18
18. 克服困难终成功	19
19. 决意等待	20
20. 塑料垃圾	21
21. 失约	22
22. 收到钱作为礼物	23
23. 糟糕的购物体验	25
24. 不得不与他人分享	26
事物类	
25. 保持健康的方法	27
26. 帮助提高专注力的东西	28
27. 让生活变得更好的发明	29
28. 传统产品	30
29. 节约时间的方法	31
30. 喜欢看的节目	32
31. 漂亮物品	33
32. 引以为傲的照片	34
33. 户外活动	36
34. 喜欢并想再看一次的电影	37
35. 有趣的小说/故事	38
36. 喜欢的歌曲（疑似新题）	39

地点类	
37. 推荐他人居住的地方	40
38. 安静的地方	41
39. 重要河流/湖泊	42
40. 熟人的家	43
41. 推荐旅游的地方	44
42. 运动场所	45
人物类	
43. 想共事的家人	46
44. 有趣的邻居	47
45. 享受的聊天对象/喜欢一起聊天的朋友	48
46. （国家/家乡）有名的人	49
47. 认识的不同文化的人	50
48. 时尚人士	52
49. 喜欢种植物的人	53
50. 激励你做有趣事情的人	54
51. 童年玩伴	55

Topic 1 忙碌的经历

1. Are you often busy?

Yes, I'm usually pretty busy. I work full-time, so I'm very occupied¹ during the work-day. Then, when I get home, I try to keep an active social life. So that means going out with my friends whenever I have the chance. I also like to visit my family and spend quality time with them on the weekends. Plus, on top of all of that, I have a dog that keeps me company. I'm very busy taking my dog out for walks and making sure he's well taken care of.

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

One big advantage is that people can avoid leading a sedentary lifestyle². Instead of sitting around and wasting their time on meaningless activities, they can do things that fulfill them. They can work out, hang out with friends, and do other things that bring them joy. But a downside is that people can get too busy and forget to set aside time for relaxing. They might get overly stressed and suffer from bad physical or mental health. It's important to strike a balance³.

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

I think that whenever possible, children should learn by playing games. In a low-stakes environment⁴, they can have the time and space to learn new things without feeling overly stressed. Plus, they can have fun through the game itself. If you put them into high-pressure situations, they're bound to⁵ get anxious and have a bad experience. It might make them not want to learn things anymore. That can ultimately have a bad effect by making them unwilling to engage in new activities.

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

At work, people might feel the pressure to constantly outperform⁶ their coworkers. Some companies make you feel like you have to compete against others in order to stand out. That can result in a very toxic work environment⁷. Others might feel pressure to get a promotion and work their way up through the company⁸. Depending on the job, people might also feel pressure to hit a certain target every day⁹. For example, salespeople are often expected to sell a certain number of products per day. That can be very stressful.

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¹ I'm very occupied: 我很忙

² avoid leading a sedentary lifestyle: 避免久坐的生活方式

³ strike a balance: 保持平衡; 达到平衡

⁴ In a low-stakes environment: 在一个低风险的环境中

⁵ bound to: 一定会; 肯定会

⁶ outperform: 胜过; 比...表现好

⁷ toxic work environment: 有害的工作环境

⁸ work their way up through the company: 在公司里一步步往上爬

⁹ hit a certain target every day: 每天都达到一个特定的目标

Topic 2 庆祝过的活动

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

Yes, I love to celebrate important events because it is a great way to bring people together. Sometimes, when life gets very busy, it can be hard to make time for your friends. If there is an important event to celebrate, then everyone has a reason to see each other and have fun. Celebrations can be a really great way to catch up with friends¹⁰ and have a good time.

2. What kinds of events do people usually celebrate?

People usually celebrate events like weddings, graduations, anniversaries, job promotions and birthdays. Basically any major life event can be a reason to have a celebration¹¹. Birthday and anniversary celebrations happen every year, but weddings and graduations happen less often, so they usually involve a bigger party. I think that people like to celebrate each other's successes in life because it is encouraging, and makes people feel proud of their accomplishments.

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

I suppose that the type of event determines how many people you celebrate it with. Larger events like weddings often have a very large group of people, because the bride and groom want to invite all of their family and friends. Smaller events like birthdays can have just a few people in attendance¹², because sometimes people want to celebrate with their closest friends rather than everyone they know. Oftentimes¹³ the guest list depends on the person throwing the party¹⁴; some people prefer larger parties and others prefer smaller ones.

4. Do people often celebrate festivals with families?

Yes, I think that some people really enjoy celebrating festivals with families. In my country the biggest festivals are spring festival and Mid-Autumn festival. It makes sense¹⁵ to celebrate these occasions with your family, because usually these festivals are about being grateful for what you have and showing your love towards other people¹⁶. You can also celebrate festivals with friends as well as with family.

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¹⁰ catch up with friends: 和朋友们聊天叙旧

¹¹ any major life event can be a reason to have a celebration: 任何重大的生活事件都可以成为庆祝的理由

¹² just a few people in attendance: 只来寥寥几人; 只有很少几个人参加

¹³ Oftentimes: 时常地

¹⁴ throwing the party: 办一个聚会

¹⁵ It makes sense: 这是有道理的; 这是有意义的

¹⁶ being grateful for what you have and showing your love towards other people: 感激你所拥有的, 对别人表达你的爱

Topic 3 让你惊喜的事情

1. How do people express happiness in your culture?

I would say that people usually express happiness by doing celebratory things together¹⁷. For example, a lot of people will go out with their friends. They might go to a nice restaurant or do something more fun like karaoke. When people are happy, they tend to be very friendly and generous as well. They might smile at strangers and leave extra big tips at restaurants. Besides external things¹⁸, there are usually visual indicators¹⁹. You can tell someone's happy by looking at their facial expressions²⁰.

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

Yes, it seems to me that happiness has a huge effect on people²¹. When you're in a good mood, you tend to have a good appetite, be more active and even sleep better. I believe happiness have a positive impact on people's health. Happiness also makes people more receptive to things²². If someone's feeling upbeat²³, they're more likely to try new activities and want to live their life to the fullest²⁴.

3. How can people be happy?

I suppose that people can be happy in lots of ways. One of the biggest ways is by spending quality time with their loved ones. Whether it's hanging out with friends or family, spending time with the people that are close to us can help us feel happy and at peace²⁵. People can also be happy by accomplishing their goals. For some people, that means getting a promotion and having a great career²⁶. For others, it means improving their health and hitting milestones in their fitness journeys.

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

I don't think it's good for people to be unhappy. In some rare cases, being unhappy might motivate them to change things in their life and work towards being happier. So in that sense, it can be a good motivator. But for the most part, it's not good to be unhappy. Being unhappy can make you have a very negative outlook on life²⁷. It might even cause you to treat others poorly²⁸ because you don't feel good about yourself.

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¹⁷ doing celebratory things together: 一起做开心的事

¹⁸ Besides external things: 外在的东西

¹⁹ visual indicators: 可以看到的标志

²⁰ looking at their facial expressions: 通过看他们的面部表情

²¹ has a huge effect on people: 对人们有很大的影响

²² more receptive to things: 更容易接受事物; 对事物更包容

²³ feeling upbeat: 感到积极开心

²⁴ live their life to the fullest: 尽情享受他们的人生

²⁵ feel happy and at peace: 感到快乐和平静

²⁶ getting a promotion and having a great career: 获得升值和有个很棒的职业发展

²⁷ have a very negative outlook on life: 对生活有一个非常消极的看法

²⁸ treat others poorly: 对别人不好

Topic 4 困难但有好结果的决定

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

People make a number of decisions throughout the day. One of the most basic but consistent choices²⁹ is what to eat every day. Sometimes they might have to choose between cooking a meal or ordering out³⁰. People also have to decide how they'll spend their time, at least when they're not in work or school. There are lots of options for things to do during leisure time, so they have lots to choose from.

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

I suppose that it really depends on the decision. In some situations, it's better to make a decision by yourself. You don't want to have too many cooks in the kitchen³¹. If everyone's giving their opinion, it might be harder to figure out what you really want. But in other cases, you might actually want other people to weigh in³², especially if the decision is something you're unsure about or if it's outside your expertise³³.

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

I think that young people are unwilling to follow their parents' advice because they want to express their individualism³⁴. Young people grow up having to do everything their parents say, so once they become teenagers or young adults they are less likely to follow parental advice³⁵. They want to prove their independence and show that they can make their own decisions about their life. They may even try to lead a life that is completely different than the life their parents want them to have.

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

Middle-aged people usually have to make more important decisions than younger people, since most middle-aged people have a lot of family and work responsibilities. This means that any decision they make will affect other people, so they may spend more time doubting themselves and second-guessing their decisions³⁶ than a young person would. Plus, when you're older, you realize that your instinct isn't always right. Middle-aged people have had lots of experiences where they've made the wrong call³⁷. So they know to think twice before³⁸ making a decision.

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²⁹ One of the most basic but consistent choices: 最基本但要持续做的选择之一

³⁰ ordering out: 叫外卖

³¹ You don't want to have too many cooks in the kitchen: 你不想厨房里有太多厨师; 意指你不想一个地方有太多人发号施令

³² weigh in: 参与进来

³³ outside your expertise: 在你的专业知识之外

³⁴ express their individualism: 表达他们的个人主义

³⁵ less likely to follow parental advice: 不太可能听从父母的建议

³⁶ second-guessing their decisions: 反思他们的决定

³⁷ made the wrong call: 做出错误的决定

³⁸ think twice before: 在...前三思而行

Topic 5 别人向你寻求意见

1. Do children like to change their opinion?

I think children can be quite stubborn when it comes to changing their opinion. They might not even know why they hold a certain opinion³⁹. But they might stick to it nonetheless. For example, some children hate taking baths. They won't want to change their opinion because they don't enjoy it. So you might have to explain why baths are helpful, or try to make the experience more fun for them.

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

I suppose that if you work in advertising or marketing, you have to get used to giving your opinion. That type of work is very subjective and depends on creative ideas. A lot of work goes into marketing campaigns in particular. You have to speak up and pitch ideas on⁴⁰ how to make the campaign successful. Or if you're an upper-level⁴¹, you have to give your opinion on the campaign and suggest changes if they're needed.

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

People might be worried that they'll be judged for their opinions. A lot of people are concerned about being the odd one out⁴². If everyone around you likes a movie, but you didn't enjoy it, there might be pressure not to share your opinion because you don't want to stand out. Plus, you don't want to make people feel bad for their opinions. Others don't like giving their opinions because they're very private people⁴³ and they don't want others to know more about their tastes.

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

It could be very beneficial if schools asked students for their opinions about lessons. For one, it would make the students feel like their perspectives matter⁴⁴. That can encourage them and make them more optimistic about their school experience. For another, schools could use this information to improve the curriculum or other aspects of the learning experience. This could result in more student satisfaction⁴⁵, which could also lead to better academic performances.

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³⁹ hold a certain opinion: 持有某种观点

⁴⁰ speak up and pitch ideas on: 大胆去表达自己的想法

⁴¹ an upper-level: 高层

⁴² being the odd one out: 被当成异类; 意指被排挤

⁴³ private people: 注重隐私的人

⁴⁴ feel like their perspectives matter: 感觉他们的观点或看法是很重要的

⁴⁵ result in more student satisfaction: 会 (导致) 提高学生的满意度

Topic 6 积极改变

1. Is it easier for young people to change?

Yes, I suppose that usually it is easier for young people to change because they are less set in their ways⁴⁶ than older people. Older people have a particular way of doing things⁴⁷, so it is harder for them to change. Young people are still figuring out who they are and what their values are, so change comes much easier to them. Still, there are always exceptions, and some young people can't change, while some older people can.

2. Is it easy for old people to change?

I think that old people have a much harder time changing than young people, because they are used to a certain way of doing things. They can sometimes get stuck in the past⁴⁸ and have trouble changing their ways or trying new things. Old people may even get upset if they are asked to change, and they may suggest that they don't need to change. It is for this reason that old people are sometimes called stubborn⁴⁹.

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

When people keep making changes, they might find it hard to establish a regular routine. You can't really have a stable life if you keep changing different parts of it. For example, if you hop from job to job, you'll find it difficult to get into a routine⁵⁰ because your hours might change or you might have a different commute each time. Plus, it's hard to form good relationships with neighbours and coworkers if you move around a lot⁵¹.

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

I would say that people can change their daily routine in lots of little ways⁵². They could try biking to work instead of driving or taking public transportation. Or they could start the day by exercising. They can form little habits that build up to bigger changes over time⁵³. They can also change how and what they eat. It's surprising how much cooking versus picking up breakfast can change your day-to-day routine.

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⁴⁶ less set in their ways: 不那么墨守成规

⁴⁷ have a particular way of doing things: 有特定的做事方式

⁴⁸ get stuck in the past: 陷入过去

⁴⁹ It is for this reason that old people are sometimes called stubborn: 正是因为这个原因，老年人才有时被称为老古板

⁵⁰ get into a routine: 进入一个常规；意指建立生活的习惯

规律

⁵¹ move around a lot: 经常搬家

⁵² change their daily routine in lots of little ways: 通过很多小方式来改变他们的日常生活规律（习惯）

⁵³ form little habits that build up to bigger changes over time: 先形成小的习惯，通过时间的潜移默化积累而成大的改变

Topic 7 想参加的比赛

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

There are definitely lots of singing contests on TV. People love to watch talented singers compete against each other to win the top prize⁵⁴. Dance contests are also pretty popular nowadays. People also get very invested in⁵⁵ contests where people have to do intense physical challenges. It can be very entertaining to watch people do amazing feats of physical strength and endurance⁵⁶. Sometimes, they even have to do things like eating unusual foods. It all makes for good TV⁵⁷.

2. Why are competition shows popular?

I think competition shows are popular because people love the drama that comes from it. When you're watching people compete against each other for the top prize, you get very invested in their stories. People choose favourites and might even bet on who they think will win⁵⁸. Plus, depending on the contest, you might get to see really cool things. You can watch amazing dancers or see people do tough physical challenges.

3. What kinds of industries need competition? Why?

I suppose that competition is important in almost every industry because it encourages people to be their best. Competition can become toxic and negative⁵⁹, but friendly, civil competition is always a good thing⁶⁰. Competing with other people in your industry can make you think outside the box⁶¹ and develop new ideas. In my opinion, the food service industry, the fashion industry and the acting industry are probably the most competitive.

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

I don't think it's necessary, but I think that sometimes it can help. If people know they're competing against others, it can motivate them to try harder so that they can stand out⁶² and succeed. But on the other hand, if people get too competitive, it might create a toxic work environment⁶³. They might not see their coworkers as equals⁶⁴. Instead, they might just see them as obstacles they need to overcome.

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⁵⁴ win the top prize: 赢得最高奖

⁵⁵ get very invested in: 在...方面非常的投入

⁵⁶ do amazing feats of physical strength and endurance: 在体力和耐力方面做出惊人的壮举

⁵⁷ It all makes for good TV: 这一切都是为了做出好电视节目

⁵⁸ bet on who they think will win: 赌他们认为谁会赢

⁵⁹ toxic and negative: 有害的和负面的

⁶⁰ friendly, civil competition is always a good thing: 友好而

文明的竞争总是一件好事

⁶¹ think outside the box: 跳出思维定势; 跳出思维框架; 创造性的去思考

⁶² stand out: 脱颖而出

⁶³ create a toxic work environment: 创作一个有害的工作环境

⁶⁴ They might not see their coworkers as equals: 他们可能无法平等的看待同事

Topic 8 外出花费甚少的一天

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

I think people like to go out during their free time. It's very common to go to a nice restaurant with friends if you want to blow off some steam⁶⁵. There are lots of other fun activities you can do, like going out to bars or doing karaoke. Nowadays, it's so easy to get caught up in the hustle and bustle of your daily routine⁶⁶. It's important to slow down and make sure you have enough time to relax. Otherwise, you can wind up getting burned out⁶⁷.

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

There are a variety of activities that people can do during their leisure time in my country. Some people are more outdoorsy⁶⁸ and prefer to go to parks, hiking trails, the beach, or outdoor sporting events. Others prefer to stay indoors, so they might go to cinemas or shopping malls. Also, there are a lot of really great leisure activities for people who enjoy art, like painting classes or pottery classes⁶⁹.

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

In some cases, technology can limit the way people spend their leisure time⁷⁰. For example, in the past it was more common to go out and do things with your friends. But nowadays, you can see people just hanging out at home and scrolling on their phones instead of doing anything active. That being said, technology can sometimes bring people closer together. For example, if you can't hang out with your friends in person, you can all jump on a video call⁷¹ and spend time that way.

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

Well, I think that old people probably have the most time for leisure, other than⁷² young people who don't have a job yet. Old people are usually retired, which means that they don't have to answer to anyone for their time⁷³. They can spend it however they want. But they're definitely not the only ones who have time for leisure. If young people establish a good work-life balance, they should be able to find time to relax.

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⁶⁵ blow off some steam: 舒缓压力; 放松一下

⁶⁶ get caught up in the hustle and bustle of your daily routine: 陷入日常生活的喧嚣和忙碌之中

⁶⁷ wind up getting burned out: 结果导致筋疲力尽

⁶⁸ outdoorsy: 喜欢户外的

⁶⁹ pottery classes: 陶艺课

⁷⁰ limit the way people spend their leisure time: 限制人们休闲的方式

⁷¹ jump on a video call: 突然开始打视频电话

⁷² other than: 除了

⁷³ don't have to answer to anyone for their time: 不需要对任何人负责

Topic 9 丢失东西

1. What kinds of things do people usually lose?

People usually lose things that they use very often, like their phones, wallets, or keys. These things are very easy to lose because we use them so often throughout the day⁷⁴, that sometimes we can't remember where we left them. This is especially true if you're going directly from home, to work, to a social event; it's easy to lose something like your phone or wallet along the way if you aren't paying attention.

2. What do people often do when losing things?

Well, one thing that people can do is to retrace their steps⁷⁵; so they think back to where they have been that day, go back to those locations, and hopefully find what they lost. If that doesn't work, people can put up lost signs⁷⁶ or call friends to help them look. Plus, if they lose something like keys or wallets, they can use things like mobile trackers that attach to their keys or wallets⁷⁷ so that they can find them through a GPS system.

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

Yes, I think offering rewards can be an effective way to find lost things. For example, many people will put up signs offering a cash reward if they have lost a pet. This provides a good incentive⁷⁸ for people to get out and look for the lost pet and return it to its proper owner. On the other hand, sometimes people will see these signs and ignore them because they are too busy to go out and look for someone else's lost pet.

4. What kinds of people may lose things often?

I think that scatterbrained⁷⁹ people are most likely to lose things often because they are very easily distracted and have trouble focusing. This means that it is harder for them to keep track of their stuff⁸⁰, so they may be more likely to lose things. Older people with memory issues⁸¹ are also more likely to lose things because they can't remember where they left them. Young children lose things too, since they are unable to stay organized.

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⁷⁴ throughout the day: 整天

⁷⁵ retrace their steps: 回溯他们的脚步

⁷⁶ put up lost signs: 挂上寻物启事

⁷⁷ things like mobile trackers that attach to their keys or wallets: 比如在钥匙或钱包上安装移动追踪器

⁷⁸ provides a good incentive: 提供了良好的激励

⁷⁹ scatterbrained: 注意力不集中的

⁸⁰ keep track of their stuff: 时刻知道他们的东西在哪里

⁸¹ Older people with memory issues: 记忆力退化的老年人

Topic 10 堵车的经历

1. How can we solve the traffic jam problem?

I suppose that there are several ways to improve traffic jam problems. One of the biggest ways is to improve road infrastructure⁸². That could mean opening more lanes on major highways⁸³, or developing alternative routes⁸⁴ so that the highways don't get clogged⁸⁵. It could also be helpful to improve public transportation so that there are less cars on the road. Motivating people to find other ways of commuting can help reduce traffic on major roads and highways.

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

Yes, I think developing public transportation is a great way to solve traffic jam problems. If there are less people driving on the roads, there's bound to be less road traffic⁸⁶, and thus less traffic jams. So it could help to either expand bus and subway systems, or reduce the cost of fare⁸⁷. Both of these methods provide motivation for people to commute instead of driving their own car. Plus, it's better for the environment if more people take public transportation.

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

I would say that highways can help reduce traffic jams to a certain degree. When there are highways with lots of lanes, it helps spread traffic out⁸⁸, which helps prevent traffic jams. Plus, it decreases the amount of traffic on local roads, which helps during rush hour. However, highways can also encourage traffic jams because everyone will opt to take the highway instead of alternative routes. There's only so much highways can do without creating the problem that they are meant to help prevent⁸⁹.

4. What are good ways to manage traffic?

There are several good ways to manage traffic. For one, you can improve public transportation. That motivates people to commute instead of driving their own cars, which reduces the number of cars on the road and thus prevents more traffic jams. You can also manage traffic by having features built into roads like roundabouts⁹⁰, which can help move traffic along more efficiently. Spacing out intersections⁹¹ is also helpful, since it prevents too many cars from piling up in one area.

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⁸² improve road infrastructure: 改善道路基础设施

⁸³ opening more lanes on major highways: 在主要高速上开通更多车道

⁸⁴ developing alternative routes: 开发代替路线

⁸⁵ get clogged: 堵了

⁸⁶ there's bound to be less road traffic: 道路上行驶的汽车肯定会少一些

⁸⁷ the cost of fare: 票价

⁸⁸ spread traffic out: 分散交通车流

⁸⁹ There's only so much highways can do without creating the

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

⁹⁰ having features built into roads like roundabouts: 在道路中建造有诸如环形路等功能

⁹¹ Spacing out intersections: 把十字路口分隔开；指在一个区域内，不要只有一个十字路口，而是有多个十字路口，形成一个交通网络，这样避免在一个主要路口有大量的车辆堆积等待

Topic 11 用手机做重要的事

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

I think young people are more dependent on their cellphones⁹². They use their phones for everything, like taking photos and videos, playing online games, and doing more serious things like banking and paying bills. Lots of them are anxious when they're away from their cellphones. However, old people can be very wary when it comes to using cellphones⁹³. They tend to just use them to make phone calls or occasionally send texts. Sometimes, they play simple games like solitaire⁹⁴ on their phones to pass the time.

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

It seems to me that using a cellphone to read messages is more important. It's true that⁹⁵ making phone calls is the most basic function of cellphones. But it's a trend that⁹⁶ people are talking on the phone less. Plus, cellphones are very convenient for sending and receiving text messages. And you know, people nowadays prefer having a conversation over text because it gives them more time to respond, which is less stressful than making phone calls. So from people's cellphone habits, I can see that⁹⁷ texting is more important than making phone calls.

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

No, I think that would be a very restrictive law. On the one hand, most of us have experienced the irritation⁹⁸ of someone talking loudly on the phone while in a public space. It's especially awkward and uncomfortable when it's in a closed space like a bus or a subway. On the other hand, while making those calls may be annoying sometimes, it shouldn't be illegal. It doesn't infringe on other people's rights or anything⁹⁹. So it would be a waste of legislation¹⁰⁰.

见下页

⁹² more dependent on their cellphones: 更依赖于他们的手机

⁹³ be very wary when it comes to using cellphones: 在使用手机时可能会非常谨慎

⁹⁴ solitaire: 纸牌游戏

⁹⁵ It's true that: 的确...

⁹⁶ it's a trend that: 现在的趋势是

⁹⁷ from people's cellphone habits, I can see that: 所以从人们

的手机习惯来看, 我可以看出...

⁹⁸ irritation: 烦人; 烦扰

⁹⁹ It doesn't infringe on other people's rights or anything: 它(打电话)并不会侵犯别人的权利或什么的

¹⁰⁰ it would be a waste of legislation: 这将对立法的浪费; 意指没有必要去设立这样的法律

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

Mobile phones have lots of different functions. The primary one is communication. We use mobile phones to call, text, and email others. With a mobile phone, you can pretty much stay in touch with¹⁰¹ anyone, no matter where they are in the world. Another function is entertainment. People can watch videos, check social media, and play games on their phones. Mobile phones can also be used as personal cameras. Most phones have high-quality cameras to take good photos with.

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

I suppose that it's because we've made our mobile phones the centre of our lives¹⁰². Just think about it – there are barely any aspects of our lives that aren't intertwined with our phones¹⁰³. We use our phones to talk to our loved ones, take pictures of the important moments in our lives, do our banking¹⁰⁴, and a whole host of other things¹⁰⁵. We've come to be dependent on mobile phones because they help make our lives run smoothly. Without them, we wouldn't know how to do our daily tasks.

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

I think it can be rude, depending on the circumstances. If you call someone late at night, you run the risk of¹⁰⁶ waking them up. Or if they're up late, you might be interrupting their personal time¹⁰⁷. If it's a friend that you know pretty well, it's probably safe to call them late at night. They won't mind if it's important. But if it's someone you don't know very well, or if it's for a professional reason¹⁰⁸, you should wait until the next day.

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¹⁰¹ stay in touch with: 和...保持联系

¹⁰² made our mobile phones the centre of our lives: 让手机成为我们生活的中心

¹⁰³ there are barely any aspects of our lives that aren't intertwined with our phones: 我们生活的方方面面几乎都离不开手机

¹⁰⁴ do our banking: 办理银行业务

¹⁰⁵ a whole host of other things: 一大堆其他事情

¹⁰⁶ run the risk of: 冒着...的风险

¹⁰⁷ interrupting their personal time: 打扰他们的私人时间

¹⁰⁸ if it's for a professional reason: 或者是出于职业原因

Topic 12 帮助小孩

1. Do you often help kids? How?

I try to help kids when possible. I wouldn't say it happens very often, since I don't work with kids in my job. But I have some younger cousins who often look to me for advice. I try to give them helpful suggestions when they need them. For example, my younger cousin recently asked me for tips on how to make friends. She's in elementary school and she's very shy, so she wanted a few pointers¹⁰⁹. I gladly gave her some advice and encouragement.

2. Why is it necessary to do volunteer service?

I would say that it's necessary to volunteer because it teaches you to be a better citizen. If you never contribute your time to helping others, it makes you less empathetic to the people around you. On the other hand, volunteer service teaches you about the needs of others in your community, which helps you understand and care more about the people that you meet. Plus, it gives you a different perspective by seeing firsthand what kinds of needs there are in the world¹¹⁰.

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

I suppose that schools can help develop students' awareness by providing them with various opportunities to volunteer. For example, schools could set up an after-school program where students volunteer within the local community. They could help out at nursing homes¹¹¹ or soup kitchens¹¹², depending on where help is needed most. This could give them a hands-on experience¹¹³ with volunteering that shows them the importance of lending a hand and serving others. I think that's very important for students to learn through experience.

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

It seems to me that in general, the people who are being helped benefit more from volunteering. They get what they need and hopefully they also get to have a positive encounter with¹¹⁴ the people who are there to help them out. But on the flip side¹¹⁵, I do think that volunteers also benefit a lot from volunteering. It definitely makes you feel better when you help others. It reminds you to be grateful for what you have and to be kind.

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¹⁰⁹ wanted a few pointers: 想要一些指点

¹¹⁰ it gives you a different perspective by seeing firsthand what kinds of needs there are in the world: 通过亲自去看到世界上有什么是真正被需要的，它（志愿者服务）能给你一个不同的（看待世界的）视角。此句比较抽象，意指通过做志愿者，你会看到形形色色的人们真实存在的生活需求，而这会给你一种不同的看待世界的方式

¹¹¹ nursing homes: 养老院

¹¹² soup kitchens: 流动食堂；施粥场

¹¹³ give them a hands-on experience: 给他们亲身体验的机会

¹¹⁴ get to have a positive encounter with: 能有一个好的邂逅经历；意指能在邂逅志愿者获取帮助的过程中享受这段经历

¹¹⁵ But on the flip side: 但另一方面

Topic 13 工作/学习中收到的正面评价

1. When should parents encourage their children?

I think parents should encourage their children when they're having a hard time. If their children are having difficulty in school, for example, parents should let them know that they have support and they can get through it¹¹⁶. Children should also be encouraged when they're on the right track¹¹⁷. If they've been doing really well at something, parents should let them know that their hard work has been paying off.

2. Should parents always encourage their children?

Yes, I suppose that parents should always encourage their children. Of course, they have to be careful not to overdo¹¹⁸ it. Otherwise, their children might get too cocky¹¹⁹ from always having positive remarks. But I don't really see what the problem with constant encouragement is. It helps children develop confidence in themselves¹²⁰. It makes them feel loved and acknowledged by their parents. Life can be tough, and encouragement from loved ones can help them get through challenges.

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

No, I don't think negative feedback is more important than positive feedback. In a sense¹²¹, I think that people put more emphasis on¹²² negative feedback because criticism sticks out¹²³ more to people than praise does. I suppose that both types of feedback are valuable. But focusing too much on negative feedback can be very discouraging. It might make you want to give up. So it's better to have a balance. Positive feedback is just as important¹²⁴.

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

Well, people need to know how they can improve. If you only ever got positive feedback¹²⁵, you wouldn't be able to make progress on the things you need to work on. So people need to be receptive to negative feedback as well. Although it might make them feel embarrassed or upset, they need to look at it as a chance to do better. That being said¹²⁶, it's important to present negative feedback in a constructive way¹²⁷. It shouldn't be about shaming people into improving¹²⁸.

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¹¹⁶ they have support and they can get through it: 有人会支持他们, 他们也能度过难关

¹¹⁷ on the right track: 走上正确的道路

¹¹⁸ overdo: 做的过火

¹¹⁹ cocky: 骄傲

¹²⁰ develop confidence in themselves: 培养自信

¹²¹ In a sense: 在某种意义上

¹²² put more emphasis on: 更重视

¹²³ sticks out: 引起注意

¹²⁴ Positive feedback is just as important: 积极的反馈也同样重要

¹²⁵ If you only ever got positive feedback: 如果你只得到积极的反馈

¹²⁶ That being said: 话虽然这么说

¹²⁷ present negative feedback in a constructive way: 以建设性的方式提出负面反馈

¹²⁸ shaming people into improving: 通过羞辱来让人们提高

Topic 14 分歧/争论

1. What would you do if you disagree with someone?

Well, if I disagreed with someone, I would try to stay calm. I wouldn't want to raise my voice or do anything to escalate the situation¹²⁹. I would just calmly explain my point of view and then ask if we could try to reach an agreement¹³⁰. Sometimes, disagreements can turn into full-blown fights, which is when things get difficult to handle. But I think the main thing to remember is to have respect for the other person, even when their opinion is different from yours.

2. How can we stop an argument from escalating into a fight?

I suppose that you have to try to keep calm. So you shouldn't raise your voice or say anything mean-spirited¹³¹. You need to remain cool and collected. You can't blow your temper¹³², even if the other person is really frustrating you. Sometimes it can be helpful to take some space¹³³. If it's turning into a long, drawn-out¹³⁴ disagreement, you should take a break and revisit the topic later when both of you are less worked up. That way, you can avoid getting too upset.

3. Who do you think should teach children to respect their teacher?

I think that parents should teach their children to respect their teachers. Children need to learn how to show respect from the very start, which is where parents come in¹³⁵. As the people who have the most influence over them, and who spend the most time with them, parents have to set a good example¹³⁶. They need to reinforce that other people, especially teachers and other authority figures¹³⁷, need to be respected. Children should learn that directly from their parents.

4. What disagreements do parents and children usually have?

It seems to me that parents and children usually disagree over things like¹³⁸ responsibilities and schedules. For example, a parent might tell their child that they have to do a certain number of chores every week. Their child may not like having to do chores, so they'll disagree about their responsibilities. Or a parent might impose a curfew¹³⁹, which means the child can't stay out past a certain time. Children like to be independent, but parents still have control over where they go and when.

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¹²⁹ escalate the situation: 让局势升级

¹³⁰ try to reach an agreement: 试着达成和解

¹³¹ say anything mean-spirited: 说任何刻薄的话

¹³² blow your temper: 发脾气

¹³³ take some space: 给自己留点空间

¹³⁴ drawn-out: 持久的

¹³⁵ which is where parents come in: 这也是家长需要教导的

地方

¹³⁶ set a good example: 树立一个良好的榜样

¹³⁷ authority figures: 权威人物

¹³⁸ disagree over things like: 对一些事情上意见不一致, 比如...

¹³⁹ impose a curfew: 实施宵禁; 禁止孩子晚上外出

Topic 15 一节喜欢的英语课（印象深刻的英语课）

1. Why do people learn foreign languages? What are the benefits?

There are many benefits to learning a foreign language, and even more benefits to learning multiple foreign languages. Learning another language improves your brain elasticity¹⁴⁰, and it helps you communicate with other people and cultures. Learning a new language forces your brain to create new pathways¹⁴¹, which increases your intelligence as well as your memory skills. Being multilingual is also useful for work and travel because it opens more lines of communication¹⁴².

2. What skills should foreign language teachers have?

Foreign language teachers should be encouraging, patient, and eloquent¹⁴³. They need to be able to help when students become discouraged or unmotivated, since learning a language can be a frustrating task. They should also be patient since it takes a very long time to fully master a foreign language. Finally, they should be eloquent and have a strong command of vocabulary in both languages, so that they can explain complex ideas in a comprehensible way.

3. Do you think grammar is important when learning foreign languages?

Yes, I think that grammar is very important when learning a foreign language, because using incorrect grammar can change the entire meaning of your sentence. In English for example, if you forget to conjugate your verbs into the past tense¹⁴⁴, the sentence will read as if it is in present tense and it won't make sense with what you're saying. Although grammatical rules are tedious to learn, they are essential to ensure the proper understanding of a language.

4. Is it interesting to be a foreign language teacher? Why?

Yes, being a foreign language teacher can be a very interesting job. For one, I think the teacher learns as much from their students as the students learn from the teacher. There are no limits to learning a foreign language. When you interact with a student in their first language as well as the foreign language, you can also learn some new words and phrases. Besides, it's exciting to see students come into a class unable to speak a single word, and leave being fluent.

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¹⁴⁰ improves your brain elasticity: 提高大脑弹性;提高大脑可塑性

¹⁴¹ forces your brain to create new pathways: 迫使你的大脑建立新的（神经）通路

¹⁴² opens more lines of communication: 打开了更多的沟通

渠道

¹⁴³ eloquent: 口才流利; 口才好

¹⁴⁴ conjugate your verbs into the past tense: 把动词变作过去时

Topic 16 信息搜索

1. How can people search for information now?

Nowadays, people can search for information in a variety of ways. The most common way is probably using the internet. People can use either their phones or their laptops to quickly Google something. Of course, there are plenty of other online search engines that they can access. If they need to do more serious research, they can try going to a library. Librarians can direct them to the right resources and answer any follow-up questions they might have. They can also use computers to access special databases¹⁴⁵.

2. What information can people get from television?

People can get tons of information from television. For example, they can watch documentaries that teach them about different places in the world, or they can watch the history channel to learn about other time periods. There's so much educational programming¹⁴⁶ nowadays. So it's easy to learn about pretty much anything you can imagine¹⁴⁷. Plus, people can learn about other cultures by watching TV shows from other countries. It's amazing how much people can learn just by turning on the TV.

3. With the development of the Internet, is the library still important?

Yes, I think the library is still important. On the one hand, the development of the internet had made information more accessible than ever¹⁴⁸. Instead of going to a library to use their computers, you can use the internet from home. On the other hand, there are still resources that are unique to libraries. For example, libraries can give you access to special databases that you can't find on Baidu or other online search engines. Libraries also have special editions of books¹⁴⁹ that can't be found online.

4. Does the development of the Internet have any impact on some disadvantaged people?

Yes, the development of the internet has had an impact on some disadvantaged people. I suppose that impact is largely positive. It's pretty evident that the internet has made information more accessible than ever. So for people who can't afford to go to school, they might be able to enrol in online education programs at a much cheaper rate. Or if they struggle to find other resources, they can look for them online. For example, they can find job postings¹⁵⁰ and even freelance jobs on the internet.

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¹⁴⁵ access special databases: 访问特殊的数据库

¹⁴⁶ educational programming: 教育节目

¹⁴⁷ pretty much anything you can imagine: 差不多你能想到的任何东西

¹⁴⁸ more accessible than ever: 以往任何时候都更容易获得

¹⁴⁹ special editions of books: 特殊版本的书籍

¹⁵⁰ find job postings: 找到招聘信息

Topic 17 校外学到的重要东西

1. What can children learn from parents?

Children can learn lots of things from their parents. For one, they often develop their morals and beliefs based on what their parents think¹⁵¹. Whether children like it or not, their worldview is shaped by their parents¹⁵². Children also learn life skills from their parents. For example, some parents give their children an allowance and teach them how to save their money. That's the first step in developing financial literacy¹⁵³. Besides, parents usually teach their children how to be polite and other basic skills like that.

2. Do you think some children are well-behaved because they are influenced by their parents?

Yes, I absolutely think some children are well-behaved because their parents have raised them well. Parents have a huge influence on their children. They're in charge of teaching their children how to act and how to treat others. Oftentimes, they lead by example¹⁵⁴. So if a child is especially kind and polite, I think a great deal of that is due to their upbringing¹⁵⁵. A parent's influence should never be underestimated. Granted¹⁵⁶, some children are just genuinely well-behaved and it's not all due to their parents.

3. Is it necessary for adults to learn new things?

Yes, it's necessary for adults to learn new things. On the one hand, adults are very settled in life¹⁵⁷ and don't often feel the need to learn new things. Sometimes they don't have a lot of time to focus on things beyond their daily routine. However, I think that learning new things is important because it pushes adults to keep improving and expanding their horizons. It can also become a fun social activity for adults to learn new skills. If they never learn new things, they might get stuck in a rut¹⁵⁸. That leads to dissatisfaction.

4. How can people learn new things?

People can learn new things in a variety of ways; they can take a class, talk to other people with more expertise¹⁵⁹, or do research on their own. Most people will try to sign up for a class¹⁶⁰ in order to help them learn a new skill, or communicate with someone else in the same field. This way, they can learn from someone who is an expert. If there is no class available, then often you can find tutorials¹⁶¹ or explanations online to help you learn a skill.

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¹⁵¹ develop their morals and beliefs based on what their parents think: 基于父母的想法来形成他们自己的道德观和信仰

¹⁵² their worldview is shaped by their parents: 他们的世界观是由父母塑造的

¹⁵³ developing financial literacy: 培养金融素养; 培养财商

¹⁵⁴ Oftentimes, they lead by example: 通常，他们会以身作则

¹⁵⁵ a great deal of that is due to their upbringing: 很大程度上

是因为他们的教养

¹⁵⁶ Granted: 的确; 当然

¹⁵⁷ settled in life: 生活很稳定; 生活很安稳

¹⁵⁸ get stuck in a rut: 陷入一成不变的生活; 陷入窠臼

¹⁵⁹ talk to other people with more expertise: 与其他更专业的人交谈

¹⁶⁰ sign up for a class: 报名参加一个课程

¹⁶¹ Tutorials: 教程

Topic 18 克服困难终成功

1. Should people set goals for themselves?

Yes, I think people should set goals for themselves. It's healthy to have some initiative¹⁶². A lot of people complain that they aren't where they want to be in life. But they can usually work on changing that by setting some reasonable goals and working hard to achieve them. Having goals for yourself can give your life structure and purpose¹⁶³. That goes a long way to¹⁶⁴ improving your quality of life. Plus, when you achieve your goals, you can enjoy a great sense of satisfaction.

2. How do you define success?

I would define success at being content with¹⁶⁵ what you have and where you are in life. For some people, that means having an amazing career. Every major choice they make is connected to this one goal. For other people, contentment¹⁶⁶ might look like getting married or raising children. It differs from person to person¹⁶⁷. But I suppose that being happy in life is the greatest success that anyone could dream of. I really hope that I can be successful in my own life.

3. How do we judge whether young people are successful?

It seems to me that we can judge whether or not young people are successful based on how their life choices are impacting them. If they're constantly stressed out about school and they're worried about the direction their life is going in¹⁶⁸, they may not be the most successful. They might just be on the wrong path, which is definitely something they can change. But if they're thriving and they're excited and happy about what they're doing, then I think they're pretty successful.

4. Are successful people lonely?

I think it depends on how you define success. Most people think of success as being really rich or doing really well at your job. Some people who achieve those things, and are thus successful on a superficial level¹⁶⁹, can be very lonely. When you sacrifice a lot to advance in your career, it might mean not having many meaningful relationships in your life. That definitely makes you lonely. So I suppose that people who are materially successful¹⁷⁰ might be lonely because they've prioritized that kind of success over personal connections¹⁷¹.

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¹⁶² have some initiative: 有一些主动性

¹⁶³ give your life structure and purpose: 给你的生活带来结构性和目标; 如果对这里 structure 表达的语义不明白, 请微信问 Penny 老师

¹⁶⁴ That goes a long way to: 对...很关键; 对达成...有帮助

¹⁶⁵ being content with: 为...满足

¹⁶⁶ contentment: 满足

¹⁶⁷ It differs from person to person: 它因人而异

¹⁶⁸ the direction their life is going in: 他们自己的生活方向

¹⁶⁹ on a superficial level: 在表面上

¹⁷⁰ materially successful: 物质上成功的

¹⁷¹ they've prioritized that kind of success over personal connections: 他们把这种(物质上的)成功放在了人际关系之上

Topic 19 决意等待

1. Do people in your country like to take public transportation?

Yes, most people in my country like to take public transportation. It's super convenient, and in most cases it's cheaper than buying and driving a car. In most major cities, the public transportation is pretty fast and reliable. A lot of people just commute to work or school instead of travelling by car. I only know a few people who don't like taking public transportation. They're mostly worried about crowds, especially after the pandemic. But for the most part¹⁷², public transportation is a great option.

2. Why do some people like a slow-paced life?

I suppose that some people just want to take things slow and enjoy life day by day. They aren't obsessed with advancing their career super quickly or making the most of every second¹⁷³. For some people, life is meant to be enjoyed at a slower pace. That way, they don't get stressed out. They're content to just do things one step at a time. I think these kinds of people are overwhelmed by things moving fast. They don't want to deal with too much at a time.

3. Is being patient good for people? Why?

Yes, I definitely think being patient is good for people. In life, you can't always get what you want. There are times where you inevitably have to slow down and wait for things to work out¹⁷⁴. So if you have to wait anyways, it helps to learn how to deal with it in a healthy way. Patience is also important when it comes to interacting with other people. Sometimes people might disappoint you or frustrate you. Having patience helps you maintain those relationships instead of ruining them by losing your temper¹⁷⁵.

4. Are people less patient now than people in the past? Why?

Yes, people are a lot less patient than people in the past. Nowadays, we're accustomed to getting everything we want, whenever we want. We've become used to instant gratification¹⁷⁶. So whenever we have to wait, whether it's in line or in traffic, we lose our patience quickly as well. People in the past didn't have technology to hurry things up. So they had to learn how to be patient more than we did. They were definitely more skilled at that.

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¹⁷² But for the most part: 但大多数情况下

¹⁷³ making the most of every second: 充分利用好每一秒

¹⁷⁴ wait for things to work out: 等待事情自行解决; 等待结果自然的出来; 此句有成语“事缓则圆”的意思

¹⁷⁵ ruining them by losing your temper: 因为发脾气而毁了它们 (人际关系)

¹⁷⁶ instant gratification: 即时满足; 立即得到满足

Topic 20 塑料垃圾

1. What are some types of common plastic waste?/ What kinds of plastic waste are often seen in your country?

Some types of common plastic waste are cigarette butts, food wrappers, plastic bottle caps, and plastic grocery bags. Plastic waste is unfortunately very common, and very bad for the environment. It has become a bigger problem in recent years with the rise of companies like Taobao and Amazon. As more and more people order things online, there is an increase in the use of plastic packaging¹⁷⁷. I think people just didn't care enough to use them. It's sad to see so much plastic waste in natural spaces¹⁷⁸.

2. Do you think we should use plastic products?

I think that plastic products are okay to use¹⁷⁹, to a certain degree. Plastic can be very helpful and convenient, especially for reusable items like food packaging. Plastic also makes lots of great products like bike helmets and child safety seats. It's even used in things like paints, glues, and insulation¹⁸⁰. So we can use plastic products, but we should also be aware of how much plastic pollution there is. We should reuse when we can, and avoid being wasteful.

3. How can we reduce our use of plastic?

We can help reduce our use of plastic by avoiding single-use plastics like drinking straws or plastic cutlery¹⁸¹, which you use once and then throw away. We can also avoid using plastic bags, since those get discarded as well. Instead, we should use reusable cutlery made out of sustainable materials¹⁸². We can also buy canvas grocery bags that can be used multiple times. It's helpful to buy grocery items in bulk¹⁸³ to reduce how much food packaging we buy and then throw out.

4. Why do people like to use plastic products? (可以使用第二题的素材)

It seems to me that people like to use plastic products because they are very convenient and inexpensive. Plastic is one of the cheapest materials out there¹⁸⁴, so it makes sense that the average consumer uses a lot of plastic. Plastic products are also usually quite durable and easy to clean. Unfortunately, I don't think people consider the environmental impacts of plastic products when they use them. Most people value convenience and affordability over the environment¹⁸⁵.

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¹⁷⁷ there is an increase in the use of plastic packaging: 塑料包装的使用也在增加

¹⁷⁸ natural spaces: 自然空间

¹⁷⁹ are okay to use: 是可以使用的

¹⁸⁰ insulation: 绝缘材料

¹⁸¹ plastic cutlery: 塑料餐具

¹⁸² sustainable materials: 可持续性的材料

¹⁸³ buy grocery items in bulk: 批量购买食品杂货

¹⁸⁴ one of the cheapest materials out there: 是最便宜的材料之一

¹⁸⁵ value convenience and affordability over the environment: 比起环境更重视便利性和可负担性

Topic 21 失约

1. How do people who are busy remember things they need to do?

Most people make lists of tasks in order to remember them. They'll make a to-do list and work their way through each item¹⁸⁶. A lot of people also use a calendar, whether it's a physical calendar¹⁸⁷ or just the calendar app on their phone. Honestly, the app is very helpful. You can set reminders and your phone will alert you with a notification when the task is due. Some people, especially those in executive positions¹⁸⁸, even have their own assistants to keep track of¹⁸⁹ what they need to do.

2. Do you think people should remember family history?

Yes, I think people should remember family history. Learning our family history helps honour those who came before us¹⁹⁰. It ensures that their memory lives on through each generation. Remembering our family history can also give us a better appreciation for our culture and community, since family history is tied to¹⁹¹ both of those things. I also think that remembering our past through the lives of those who came before us will help shape the choices we make in the present¹⁹².

3. If someone doesn't really like the person that they are going to meet, they may deliberately forget their appointment; is that true? Why?

Well, it may be true for some people. I mean, it's rude for sure, but everyone deals with uncomfortable feelings differently. If you don't like a person and you kind of want to avoid them, you may purposefully skip out on¹⁹³ an appointment or meeting with them. But I don't think that helps the problem. In other cases, the person might genuinely forget and it's just a coincidence¹⁹⁴ that they also dislike the person they were supposed to meet with.

4. Which is more important, a work-related appointment or an appointment with a friend? Why?

It seems to me that work-related appointments are usually more important. With a friend, you can get away with cancelling or missing it because your friend will probably understand. But if you skip a work meeting¹⁹⁵, it might negatively affect your career. You could be accused of being unprofessional and even get demoted¹⁹⁶. However, in the long run, I think that spending time with friends is better for you. It's so important to have good personal connections. Work can only give you so much¹⁹⁷ satisfaction.

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¹⁸⁶ work their way through each item: 逐一完成每一项任务

¹⁸⁷ a physical calendar: 实体日历

¹⁸⁸ in executive positions: 处于管理职位的人; 做高管的人

¹⁸⁹ keep track of: 跟踪记录

¹⁹⁰ honour those who came before us: 向先辈致敬

¹⁹¹ is tied to: 息息相关

¹⁹² shape the choices we make in the present: 影响我们当下

所做的选择

¹⁹³ purposefully skip out on: 故意不参加

¹⁹⁴ coincidence: 巧合

¹⁹⁵ skip a work meeting: 不参加工作会议

¹⁹⁶ get demoted: 被降职

¹⁹⁷ only give you so much: only so much 指的是有限。在这里意思是工作能给予我们的满足感是有限的。

Topic 22 收到钱作为礼物

1. Why do people rarely use cash now?

I think people rarely use cash because it's more convenient to pay by card. When you pay with cash, you have to make sure you have enough physical money on you¹⁹⁸. But if you use the wallet app¹⁹⁹ on your phone, you don't even have to carry credit cards. You can just go out and pay for things using your phone, which is especially great for young people who don't tend to like carrying a lot of things around with them.

2. When do children begin to comprehend the value of money?

I suppose that children begin to understand the value of money when they start asking their parents for things. For example, they might want the newest toy. But when they ask their parents, a common response is that²⁰⁰ it's too expensive. That can lead to a conversation about money and how long it takes to save up²⁰¹. In that way, they can understand that money has value and that it means something when you spend it. I think that's a good lesson for them to learn.

3. Should parents reward children with money?

I don't think parents should reward children with money. On the one hand, getting an allowance²⁰² can teach them from a young age to value money. It can also give them some responsibility. However, I don't think children need to be rewarded with money, necessarily. It may make them too focused on accumulating money, which can lead to some greedy habits²⁰³. I think parents should reward their children with different privileges²⁰⁴, or even just some kind words. That just seems healthier to me²⁰⁵.

见下页

¹⁹⁸ have enough physical money on you: 你身上有足够的现金

¹⁹⁹ the wallet app: 钱包应用

²⁰⁰ a common response is that: 一个普遍的回答是

²⁰¹ save up: 存钱

²⁰² getting an allowance: 得到零用钱

²⁰³ greedy habits: 贪婪的习惯

²⁰⁴ different privileges: 不同的特殊待遇

²⁰⁵ That just seems healthier to me: 我觉得这样更健康

4. Is it good and necessary to teach children to save money?

Yes, it is. Learning how to be financially responsible²⁰⁶ is a vital skill. Being able to master this skill from a young age helps children develop good saving habits that they'll carry into their adult life²⁰⁷. So if parents give children an allowance, they should teach them to save some of it. That way, children can have a pool of money in the future instead of just spending it all at once.

5. Do people often use credit cards? Are there issues with using credit cards?

Yes, people use credit cards very often. I think it's the most common form of payment. Instead of having to pay upfront²⁰⁸, you can put it on a credit card and pay it off later²⁰⁹. But there can definitely be issues with using credit cards, the most common being identity theft and fraud²¹⁰. There are even reports of people having their cards scanned through their wallets by criminals who then use their credit card information to make purchases.

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²⁰⁶ financially responsible: 对自己的财务负责

²⁰⁷ develop good saving habits that they'll carry into their adult life: 成良好的储蓄习惯，并将其带入成年生活

²⁰⁸ pay upfront: 提前付款

²⁰⁹ put it on a credit card and pay it off later: 先用信用卡付账，以后再付清

²¹⁰ identity theft and fraud: 身份盗窃和欺诈

Topic 23 糟糕的购物体验

1. What kind of customer service do you think is good?

I think that in order to be good, customer service should be friendly. They should be approachable²¹¹ so that you feel you can discuss your issue with them comfortably. Customer service should also go above and beyond²¹². If you've had a big problem with a product that takes up a lot of your time, it's nice to offer you a discount on your next purchase or something like that. Of course, not every customer service representative can offer that. But as long as they're nice, I think that's what counts²¹³.

2. What are the differences between shopping online and in stores?

Shopping online generally gives you a lot more options. You can see items that are exclusive to the store's website²¹⁴. Sometimes there are even sales that are just online. So you can end up saving money. You also save time since you don't have to go to the store in person. But when you shop in stores, like for clothing, you have the benefit of trying things on and seeing if they look right on you. Shopping in stores gives you a better sense of what the product really looks like.

3. What problems do customers often have while shopping?

Customers often have problems with products being out of stock²¹⁵. They might find the perfect item for them, but the store won't have any left. That's especially a problem when searching for clothes. Sometimes customers might have problems using coupons as well. Some people try to use coupons after they've expired, which leads to a conflict with²¹⁶ the store manager. Or others are confused about how a sale works and they expect to save more money than they actually do.

4. What do you think customers should do when there are problems with the products they bought online?

I suppose that customers should apply for a return and refund²¹⁷ on the website or the app where they purchased the products. It just happens every so often that you buy defective products²¹⁸ online. But basically all online shopping platforms I know, like Taobao and Jingdong, provide a return and refund service to their customers. So online buyers should make good use of²¹⁹ them when they have issues with things that they buy online.

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²¹¹ be approachable: 平易近人的

²¹² go above and beyond: 超越期待

²¹³ that's what counts: 这才是最重要的

²¹⁴ exclusive to the store's website: 商店网站上的独家商品

²¹⁵ being out of stock: 缺货

²¹⁶ leads to a conflict with: 导致与...的冲突

²¹⁷ apply for a return and refund: 申请退货和退款

²¹⁸ defective products: 次品

²¹⁹ make good use of: 好好利用

Topic 24 不得不与他人分享

1. Do you think kids like to share? Why?

No, I don't think kids like to share. At a young age, kids can be very protective over the things they own. They might not like to share their toy because they're afraid the other kids won't give it back. But on the other hand²²⁰, kids can be very selfish. They tend to only think about themselves. So if they have to share their toy with someone else, they might be upset because they can't have it all to themselves²²¹.

2. How can parents teach their children to share?

I suppose that parents can teach their children to share by setting an example. For example, if one parent shares a belonging with the other parent and demonstrates that nothing bad came of it²²², the child can then learn that sharing is a positive experience. Parents can also explain to children that it's good to not be selfish. If you have something that someone else wants to play with for a little while, it's kind to let them play with it instead of keeping it to yourself.

3. What do you think is the benefit of sharing for children?

It seems to me that sharing teaches children to be kind and generous. Instead of only thinking about themselves, they can learn to consider other people's feelings. They can share because they know the other person will really enjoy getting to share that item or that experience. Then they can understand how making other people feel good is a beneficial thing²²³. So in that sense, they learn to be more selfless and understanding. Those morals transfer to their adult life²²⁴, where they can be considerate and compassionate individuals.

4. Is there anything that parents should persuade children to share with others?

I think that parents should persuade children to share the playground with others. For example, on a playground, lots of kids love going on the swings. A child might want to keep it all to themselves. So they'll refuse to let other kids take a turn. But parents should gently remind their children that it's a public playground, so they need to let the other kids enjoy it. Otherwise, they're being very rude and greedy. It's important to teach your kids good life lessons.

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²²⁰ But on the other hand: 注意 on the other hand 并不只可以用来做为转折, 也可以用来介绍另外一个方面

²²¹ they can't have it all to themselves: 他们不能独享玩具

²²² nothing bad came of it: 没有什么不好的结果

²²³ how making other people feel good is a beneficial thing: 让别人开心是一件好事情

²²⁴ Those morals transfer to their adult life: 这些道德准则也会转移到他们的成年生活中

Topic 25 保持健康的方法

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

I think both children and old people like to do group activities to keep fit and healthy. The type of activity varies between each age group, though. Children like fast-paced games and sports, such as tag or playing baseball or soccer. They like to stay on their feet²²⁵ and have lots of fun that way. Old people like to do activities that put less strain on their bodies²²⁶, such as yoga or tai-chi. However, the social aspect is a plus for both children and old people.

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

In my country, people can do a wide range of activities to keep fit and healthy. Firstly, it is important to exercise every day, so people can either walk or run every day, work out at a gym, or join a fitness class. Many people also like to do their physical activity outdoors, by going on hikes or swimming. Besides, people need to be sure to eat healthy, so they may choose to buy foods from health food stores and avoid ordering in takeout²²⁷.

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

Parents can help keep their kids healthy by encouraging them to eat healthy foods and get lots of exercise. Parents should be good role models for their kids by providing healthy meals at home and doing activities as a family²²⁸ that involve fitness and movement. Parents should also enroll their kids in²²⁹ some kind of sport, or, if they don't like sports, maybe a fitness class like dance or gymnastics.

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

I suppose that to some degree²³⁰, it can be effective for the government to depend on celebrities to help people improve their awareness of their health. This can be especially effective among young people, who look up to their celebrity idols as role models²³¹. If their favorite celebrity is encouraging them to do more exercise and be aware of what they eat, they might change their habits so they can be more like that celebrity.

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²²⁵ stay on their feet: 站着

²²⁶ put less strain on their bodies: 对身体压力小

²²⁷ avoid ordering in takeout: 避免点外卖

²²⁸ doing activities as a family: 和家人一起活动

²²⁹ enroll their kids in: 让他们的孩子参加

²³⁰ to some degree: 在某种程度上; 多多少少

²³¹ look up to their celebrity idols as role models: 把他们的偶像看做榜样

Topic 26 帮助提高专注力的东西

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

I think it's harder for children to concentrate nowadays because there are way more distractions. In the past, children didn't have any technological devices to keep them occupied. But nowadays, it's pretty common to see children with tablets or even mobile phones. Even if they don't have their own devices, we live in an age of instant gratification²³². Kids are used to getting what they want very quickly, which makes it hard for them to slow down and do a task that takes longer than a few minutes.

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

Yes, I definitely think technology has a negative effect on children's ability to concentrate. When they get used to playing games on their tablets²³³ instead of focusing on conversation, it makes it hard for them to sit and focus on the person in front of them for a long time. They're used to getting what they want and getting it fast. Social media teaches them to crave instant gratification²³⁴. That makes it hard for them to focus on tasks that take longer than a few minutes.

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

I think any job that has high stakes²³⁵ requires a lot of concentration. For example, any job in the medical field requires you to be on high alert²³⁶. You have to stay focused while you're operating on someone or administering medical aid to save their lives. You also need a lot of concentration if you work in construction. If you get distracted while operating heavy machinery, you could mess up²³⁷ and accidentally demolish²³⁸ the building you're working on.

4. Can exercise help people improve concentration?

Yes, it seems to me that exercise can be a lot of help when it comes to improving concentration. For example, yoga is commonly cited as a form of exercise that helps with mindfulness²³⁹. When you have to slow down and focus on your breathing, it helps you become more focused in general. Being aware of your body is always emphasized with yoga. That can easily translate to other parts of your life²⁴⁰.

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²³² live in an age of instant gratification: 生活在一个即刻满足的时代

²³³ get used to playing games on their tablets: 习惯了在他们的平板电脑上玩游戏

²³⁴ crave instant gratification: 渴望即时满足

²³⁵ high stakes: 高风险

²³⁶ be on high alert: 保持高度警惕

²³⁷ mess up: 搞砸

²³⁸ demolish: 拆毁

²³⁹ cited as a form of exercise that helps with mindfulness: 被认为是一种有助于专注力的锻炼形式

²⁴⁰ That can easily translate to other parts of your life: 那（种专注）可以很容易地转移到你生活的其他部分上

Topic 27 让生活变得更好的发明

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

I think the most helpful innovation at home is the microwave. Honestly, I use it all the time. Even though it's usually healthier to cook on the stove-top²⁴¹, I love using the microwave to make quick, easy meals. It's not always the healthiest, but it saves a lot of time. Plus, it's great for warming up leftovers²⁴². My favourite thing to do is make a cup of hot chocolate in the microwave. It always hits the spot²⁴³ and helps me feel cozy and relaxed.

2. What household appliances make us lazy?

Well, there are probably a good deal of²⁴⁴ household appliances that make us lazy. The first one that comes to mind is automatic can openers²⁴⁵. It takes barely any energy to open a can with a manual opener. The battery-powered ones are pure laziness²⁴⁶, in my opinion. But they're very convenient. Honestly, I think microwaves can make us lazy too. Instead of making proper meals, we get used to premade meals that we just throw in the microwave for a few minutes.

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

There are lots of modern inventions that can be used at school. One of the most obvious ones is a handheld calculator²⁴⁷. Obviously, it's good for students to learn how to do mental math²⁴⁸ and simple calculations without a calculator. But when they move on to more complex types of math, a calculator is super helpful. More basic inventions like mechanical pencils and ballpoint pens²⁴⁹ are often used at school. Modern life wouldn't be the same without those foundational tools.

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

No, I don't think that AI will ever replace human teachers. AI might be able to get programmed with all the knowledge you could ever want²⁵⁰. But they'll never have the personal touch²⁵¹ that human teachers do. Being a teacher is as much about building relationships with students as it is about teaching them information²⁵². Teachers are an essential part of their students' childhood, and with their guidance and support kids can grow up into happy, independent adults. AI can be useful for teaching concepts, but AI can't teach life skills or empathy.

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²⁴¹ cook on the stove-top: 在炉子上做饭

²⁴² warming up leftovers: 加热剩菜

²⁴³ hits the spot: 恰到好处

²⁴⁴ a good deal of: 大量, 很多的

²⁴⁵ automatic can openers: 自动开罐器

²⁴⁶ pure laziness: 纯粹的懒惰

²⁴⁷ a handheld calculator: 一个手持计算器

²⁴⁸ do mental math: 心算

²⁴⁹ mechanical pencils and ballpoint pens: 自动铅笔和圆珠笔

²⁵⁰ get programmed with all the knowledge you could ever want: 以你想要学的知识来编程

²⁵¹ personal touch: 亲切感

²⁵² Being a teacher is as much about building relationships with students as it is about teaching them information: 作为一名教师, 与学生建立关系和传授知识是同样重要的

Topic 28 传统产品

1. Why are traditional products important?

I would say that traditional products are important because they can preserve a sense of history and culture²⁵³. If you do away with traditional products completely, a country might start to lose its unique identity. Traditional products can hold a lot of cultural knowledge that would otherwise be lost. Plus, they can draw in people from other countries and cultures who want to learn more about the tradition that goes into making them.

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

Yes, I think tradition is really important for a country. While it's good to be open to new ways of doing things, tradition is linked to a country's history and culture. If tradition is completely cast away²⁵⁴, a country might start to lose its identity. It might not be easily distinguishable from other countries, which results in less diversity in the world. Tradition is related to cultural knowledge, which is very important for making a country feel united²⁵⁵.

3. What are the traditional Chinese products?

Well, China is known for many things. One big example is its traditional clothing. One of the most recognizable²⁵⁶ pieces of traditional clothing is the qipao. It's a formal dress that has a very distinct and beautiful style²⁵⁷. China is also known for craft items like bamboo furniture, paper cuts, lanterns, and kites. There are so many unique products that China has a long tradition of making and exporting to other countries.

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

I think it's important for children to learn about traditional products because it gives them an appreciation for²⁵⁸ their country's history and culture. Without knowing about traditional products, children may feel that there's nothing special or unique about their country. As a result, they may feel out of touch with²⁵⁹ their culture and look to other countries²⁶⁰ instead. But if children learn about traditional products from their own country, they can celebrate what makes their country special.

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²⁵³ preserve a sense of history and culture: 保留一种历史感和文化感

²⁵⁴ cast away: 抛弃; 扔掉

²⁵⁵ making a country feel united: 让一个国家感到团结

²⁵⁶ recognizable: 公认的; 著名的

²⁵⁷ has a very distinct and beautiful style: 有独特而美丽的样

式

²⁵⁸ gives them an appreciation for: 让他们欣赏...; 给他们一个机会去欣赏...

²⁵⁹ out of touch with: 与...脱节

²⁶⁰ look to other countries: 转向其他国家

Topic 29 节约时间的方法

1. What can people do to save time?

I think people can make lots of little changes to save time. Instead of taking a bus or subway to work, they could try biking or carpooling with their coworkers²⁶¹ to get there faster. That can cut down on their commute time²⁶² very easily. If they want to save time on getting food, they can use an app to order their meals ahead of time, then pick up their food when it's ready instead of waiting in line to order at the restaurant.

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

Yes, I suppose that technology often helps people save time. For example, as I mentioned earlier²⁶³, people can use apps to order their food ahead of time. That way, they can just stop by and pick up their food when it's ready instead of waiting in line to order. Technology also helps people quickly get in touch with others. Instead of calling someone and having to wait if they're on the phone with someone else, you can just shoot them a text²⁶⁴ and get a fast reply.

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

Well, I would say that parents can help teach their kids how to save time. They can give them lots of tips and draw from their experience²⁶⁵ when it comes to different ways to save time. But I don't think they have to be responsible for that. Students can learn how to be efficient in school as well. For example, teachers will often show students different shortcuts²⁶⁶ when it comes to things like memorization and calculations. So I think the responsibility is split between teachers and parents²⁶⁷.

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

Yes, I definitely think that people who are good at time management can become successful more easily. Since they know how to organize their time well, they can stay focused and efficient at their tasks instead of falling behind²⁶⁸. That helps them to work harder and smarter, which makes them stand out²⁶⁹. They can easily work their way up the ladder at their jobs²⁷⁰. It's important to know how to manage time so you can be effective in all areas of your life.

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²⁶¹ carpooling with their coworkers: 和同事拼车

²⁶² cut down on their commute time: 减少通勤时间

²⁶³ as I mentioned earlier: 正如我之前提到的

²⁶⁴ shoot them a text: 给他们发短信

²⁶⁵ draw from their experience: 吸取他们的经验

²⁶⁶ show students different shortcuts: 展示给学生 (关于计算和记忆的) 各种不同捷径

²⁶⁷ the responsibility is split between teachers and parents: 这个责任应由老师和家长来共同分担

²⁶⁸ falling behind: 落后

²⁶⁹ makes them stand out: 让他们脱颖而出

²⁷⁰ work their way up the ladder at their jobs: 在工作岗位上步步高升

Topic 30 喜欢看的节目

1. What programs do people like to watch in your country?

People really like watching reality programs²⁷¹ in my country. There are so many different kinds of competitions and documentaries that you can tune into²⁷². I think the competition format is probably the most popular. Whether it's singing, dancing, or even dating, it's always fun to watch people compete. The audience gets really invested in the competitors and root for them²⁷³ week to week. Besides, documentaries, especially the ones about food culture, are getting popular in China these years. It's cool to learn about different foods from TV programs.

2. Do people in your country like to watch foreign TV programs?

Yes, a lot of people in my country like to watch foreign TV programs. It's amazing how much you can learn about other places just by watching their TV shows. I think that a lot of American media is really popular. America definitely has a huge hold on pop culture worldwide, which is a pretty fascinating phenomenon. Otherwise, it's cool to see a lot of diversity in storytelling when you compare different shows from places all over the world.

3. What's the benefit of letting kids watch animal videos rather than visiting zoos?

Some people think it's more ethical to let your kids watch animal videos instead of visiting zoos. Zoos may have good intentions²⁷⁴, but it's still unnatural to hold wild animals in captivity²⁷⁵. When kids watch animal videos, they can see how the animal acts out in nature instead of in a cage. It's a lot more natural and it's often more educational than any zoo program. Plus, there's no risk of danger to the child, whereas accidents can happen at zoos where children end up injured.

4. Do teachers play videos in class in your country?

Yes, sometimes teachers play videos in class in my country. It's not too common, since it can result in students becoming distracted or getting rowdy²⁷⁶. But I suppose that in the right contexts²⁷⁷, videos can be a very helpful educational aid. Sometimes videos illustrate things that textbooks just can't capture²⁷⁸. For example, getting to see a chemical reaction in a video is much more impactful than reading about the reaction in a science textbook. But you have to make sure the video is actually educational and not just for entertainment.

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²⁷¹ reality programs: 真人秀节目

²⁷² tune into: 收看

²⁷³ root for them: 为他们加油

²⁷⁴ Zoos may have good intentions: 动物园的意图可能是好的

²⁷⁵ it's still unnatural to hold wild animals in captivity: 将野生

动物囚禁起来仍然是不符合自然法则的

²⁷⁶ becoming distracted or getting rowdy: 导致学生分心或吵闹

²⁷⁷ in the right contexts: 在适当的情况下

²⁷⁸ videos illustrate things that textbooks just can't capture: 视频能阐明解释教科书不能解释的那些东西

Topic 31 漂亮物品

1. Do you think there are more beautiful things now than in the past? Why?

Yes, there are more beautiful things now than in the past. As more and more people create things, I think they're just bound to²⁷⁹ create something amazing. Plus, with the invention of all kinds of technology, the possibilities are endless. In the past, people couldn't create beautiful art using software like Photoshop and Illustrator. But now, people can use their tablets to create drawings that look incredible. I suppose that people have found brand-new ways²⁸⁰ to make beautiful things, which is really exciting.

2. What beautiful scenery spots are there in your country?

There are so many beautiful scenic locations in my country. Some of them are world-famous, like Zhangjiajie National Park, the Yellow Mountain, and the Snow Mountains in Tibet, to name a few²⁸¹. I love travelling and have been to many beautiful places by now. There are always some cool hiking trails in those beautiful destinations. And even in my hometown, there are several breathhtaking scenic lookouts²⁸² on the hills nearby that are worth a day trip.

3. Where do you think people usually come into contact with beautiful things?

Well, people can come into contact with beautiful things in lots of places. But I suppose that in general, they encounter beautiful things out in nature²⁸³. For example, a lot of people love to be by the water. They might go to a lake and enjoy watching the sunset. Or if they can, they might even walk along the ocean and admire how beautiful the waves are. People also love mountains and forests. They usually inspire a sense of awe with how big they are²⁸⁴.

4. Why do you think people create beautiful things?

It seems to me that people create beautiful things because it makes their lives richer²⁸⁵. Humans seem designed to appreciate beauty²⁸⁶. We're naturally drawn to symmetry²⁸⁷ because it's pleasing to the eye. When we can make beautiful things ourselves, it gives us a sense of satisfaction. It can also help us express ourselves, which is a really valuable thing. It's great to be able to make something beautiful from your imagination or your deepest feelings. I think that creating beautiful things is a very human tradition and I hope it continues with every generation.

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²⁷⁹ they're just bound to: 他们就会...

²⁸⁰ brand-new ways: 全新的方法

²⁸¹ to name a few: 仅举几例; 举几个例子来说

²⁸² breathtaking scenic lookouts: 令人惊叹的美景观赏地

²⁸³ encounter beautiful things out in nature: 在大自然中会遇到美丽的事物

²⁸⁴ inspire a sense of awe with how big they are: 它们(山林)通常会让人对其庞大到敬畏。

²⁸⁵ makes their lives richer: 让他们的生活更充实

²⁸⁶ Humans seem designed to appreciate beauty: 人类似乎生来就能欣赏美。

²⁸⁷ naturally drawn to symmetry: 很自然地会被对称性所吸引

Topic 32 引以为傲的照片**1. Many people edit and Photoshop their photos, what do you think of it? /What do you think of beautified selfies?**

It seems to me that editing photos is a good way to make them more visually appealing²⁸⁸, however you have to be careful not to overdue it. Many people use Photoshop or other technologies to make their photos look nicer, especially for things like wedding photos. But some people use these technologies to edit selfies and even every single photo of themselves. This can perpetuate unrealistic beauty standards²⁸⁹, so I think people need to avoid editing every photo, and instead to only edit professional photos on special occasions.

2. Why do some people like to record important things with photos?

People like to record important things with photos because photos are permanent²⁹⁰, so you can look back on them anytime you want and relive the moment. Many people even hire professional photographers for events such as birthdays, graduations, engagements, and weddings. This way they can focus on enjoying themselves while still knowing that their special day is being photographed. As people get older, it's nice to be able to look back on their lives through photos.

3. Is taking photos the best way to remember something?

Yes, I think that taking photos or even videos is a great way to remember something. You can save photos forever, so no matter how old you get, you can always look back on them and remember a special time in your life. Photos aren't the only way to remember something, but they are probably the most efficient way. After all, it's very easy for people to take photos, since mobile phones are equipped with high quality cameras.

见下页

²⁸⁸ visually appealing: 在视觉上更具吸引力

²⁸⁹ perpetuate unrealistic beauty standards: 使不切实际的审美标准延续下去

²⁹⁰ permanent: 永久的; 可以长期保存的

4. Which is better, taking photos or keeping a diary?

I suppose that keeping a diary is better. Taking photos might help you remember what a place looked like, or it might show you visuals of a special day²⁹¹. But when you keep a diary, you can write down all the important details that a photo can't capture. You might not always remember how something looked, but you can remember how it felt if you write it down. I think that diaries are much more intimate²⁹² and they represent memories better than photos do²⁹³.

5. What can people learn from historical photographs?

People can learn so much from historical photographs. They can learn about what styles were trending²⁹⁴ during a certain time period by looking at the outfits that people are wearing. They can also see how much has changed in terms of technology and industry. Besides, historical photographs of people's ancestors can help them feel closer to their lineage²⁹⁵. Being able to see photographs of people who have passed on centuries ago can make them feel real and alive again.

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²⁹¹ visuals of a special day: 一个特殊日子的画面

²⁹² intimate: 私密; 个人

²⁹³ represent memories better than photos do: 比照片更好的

描绘(展示)回忆

²⁹⁴ what styles were trending: 什么风格是流行的

²⁹⁵ lineage: 血统

Topic 33 户外活动

1. What outdoor activities are popular in China?

Some popular outdoor activities are hiking, cycling, and doing tai-chi. I know a ton of young people who are really into hiking and cycling. They like to stay as active as possible. So they're always looking for new trails. But there are also people who aren't that active. They prefer more low-key activities²⁹⁶ like tai-chi. Doing tai-chi outside is great because you can enjoy the fresh air while doing a lower-impact exercise²⁹⁷. Tai-chi is also pretty popular among old people. It's a good activity for people of all ages.

2. Are those people who like dangerous activities more likely to be successful?

No, I don't think that people who like dangerous activities are more likely to be successful. On the one hand, I can understand why people would make this assumption²⁹⁸ because these kinds of people tend to be risk-takers. Taking risks in your career may lead to bigger advancements, which can ultimately translate to success. However, I think that people who like dangerous activities can also be very spontaneous and impulsive²⁹⁹, which aren't always great qualities when it comes to ensuring success.

3. Do you think it's better for people to change jobs when there are new opportunities?

No, I don't think it's necessarily better for people to change jobs when new opportunities arise. Some people might need the switch to stay passionate and excited about their careers. But I don't think it's better to drop your old job and do something new. Some people become very attached to their job and develop a healthy routine and work-life balance around it. So there's no reason they should give up on that just because a new job is available.

4. Should young people try as many new activities as possible?

Yes, definitely. As the saying goes, you're only young once³⁰⁰. Young people should take advantage of that and push themselves outside of their comfort zone³⁰¹. By trying new things, they might discover parts of themselves that they didn't know existed. It's exciting to try new activities because you might find a brand-new passion. You can also meet people through new activities, which is great for building a social network.

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²⁹⁶ More low-key activities: 更有节制的体育活动

²⁹⁷ lower-impact exercise: 低强度运动

²⁹⁸ I can understand why people would make this assumption: 我可以理解为什么人们会做出这样的假设

²⁹⁹ spontaneous and impulsive: 头脑发热和冲动;

spontaneous 有不计划形式，做事想一出是一出的意思

³⁰⁰ As the saying goes, you're only young once: 俗话说，你只年轻一次

³⁰¹ push themselves outside of their comfort zone: 迫使自己走出舒适区

Topic 34 喜欢并想再看一次的电影

1. Where do people like watching films?

People like watching films in many different places, like a theatre, a home, or a drive-in³⁰². Movie theatres are the go-to places for tons of film audiences, especially for those who are going to a movie with friends. People can get snacks as well, not to mention the gigantic screens and sound systems. But there are more people who prefer watching movies from the comfort of their own homes. And drive-in theatres are nice in the summer since you can sit outside and enjoy the weather while watching.

2. Are actors or actresses important to movies? Why?

Yes, I suppose that actors and actresses are essential to movies. Without good actors and actresses, a movie has to rely entirely on its plot and cinematography³⁰³ in order to be successful. Even then, people probably won't want to watch the movie if the acting is bad. Good acting makes a world of difference, because it makes the story more believable. Audiences need to be able to suspend their disbelief³⁰⁴ when watching a movie, and good acting can make that happen.

3. Why are there fewer people going to the cinema to watch movies?

One reason fewer people might be going to the cinema to watch movies is the increase in transmissible diseases like the COVID-19 pandemic³⁰⁵. Some people are too anxious to be around others for fear of catching the disease, so they prefer to stay home to watch movies. Another reason is the price of going to the theatre; prices have risen in recent years and it can be quite expensive to go to the cinema, especially if you want to buy snacks as well.

4. Do people change their tastes in movies over time? Do people like watching different types of movies over time?

Yes, I think that just like anything else, your taste in movies can change over time. It definitely depends on the person, as some people are very set in their ways³⁰⁶, but most people have changing tastes over the course of their lives³⁰⁷. For example, some people hate horror movies when they are children or adolescents, but love them as adults. There is also the fact that certain types of kids' movies that adults wouldn't like, and vice versa³⁰⁸.

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³⁰² drive-in: 这里指 drive-in theater, 也就是 汽车影院

³⁰³ cinematography: (电影) 摄影

³⁰⁴ suspend their disbelief: 放下他们的怀疑

³⁰⁵ the increase in transmissible diseases like the COVID-19 pandemic: COVID-19 大流行等传染性疾病的增加

³⁰⁶ some people are very set in their ways: 有一些人非常不愿意改变生活习惯; 有一些人非常固执

³⁰⁷ over the course of their lives: 在他们的一生中

³⁰⁸ and vice versa: 反之亦然

Topic 35 有趣的小说/故事

1. How does technology help people tell stories?

Technology opens up avenues for all kinds of stories³⁰⁹. In the past, people had to rely on oral storytelling or different types of art like painting, drawing, or sculpture. But with the development of technology, there's a whole new realm of possibility³¹⁰. People can use illustration software to enhance their art if it's part of their storytelling. People can also create unique storytelling experiences by using VR, or virtual-reality³¹¹, to immerse the viewer in the story. It's amazing what technology can do.

2. Do you prefer to read e-books or paper books?

I definitely prefer reading paper books. E-books do have their perks³¹². It's much cheaper and more convenient to carry around fifty books on an e-reader than to get fifty paper books. However, I think the reading experience is much better when you have a physical book in your hands. It's nice to actually turn a page in real life instead of just tapping your screen³¹³. I suppose that you take in the story better³¹⁴ when you read it as a physical book.

3. Why are mystery novels so popular nowadays?

I think mystery novels are so popular nowadays because they feel original and exciting. There are so many remakes and revivals in pop culture³¹⁵. It feels like there's nothing new. But mystery novels are intriguing because they're very unpredictable. Plus, it makes the reader feel very involved in the story³¹⁶. They're often trying to figure out the mystery before the characters do. So in that sense, reading a mystery novel is a really exciting experience. I think that's why they're so trendy right now.

4. What kinds of novels are suitable for film adaptation?

It seems to me that lots of different novels can be suitable for film adaptation. But the most popular ones are probably the ones that have a lot of action in them. People love to see a thriller or mystery novel turn into an action-packed or suspenseful movie³¹⁷. Besides, a lot of romance novels can make for good movies. Everybody likes a good love story. When you get famous actors involved, it's basically a recipe for success³¹⁸. Fantasy and sci-fi novels often get turned into movies as well.

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³⁰⁹ opens up avenues for all kinds of stories: 为(讲述)各种各样的故事开辟了道路; 意指为讲各种故事提供了方法

³¹⁰ there's a whole new realm of possibility: 有了全新的可能途径的领域

³¹¹ VR, or virtual-reality: VR 或虚拟现实

³¹² do have their perks: 确实有它们的好处

³¹³ tapping your screen: 敲击屏幕

³¹⁴ take in the story better: 会更好地理解这个故事

³¹⁵ remakes and revivals in pop culture: 在流行文化中的翻拍和再次流行; 这里是主要表达流行文化没有太多原创性, 有很多作品都是翻拍以前的作品和以前潮流的再次流行

³¹⁶ makes the reader feel very involved in the story: 让读者感觉自己融入故事中

³¹⁷ an action-packed or suspenseful movie: 动作或悬疑电影

³¹⁸ it's basically a recipe for success: 基本上是成功的秘诀

Topic 36 喜欢的歌曲 (疑似新题)

1. What music is popular in your country?

The most popular genres³¹⁹ of music in my country are pop, hip-hop, and rock. Pop music, by definition, is always popular. There are a lot of young, up-and-coming artists³²⁰ who are doing a lot of exciting things in that genre. Pop music is always fun to dance to in clubs or sing at karaoke nights. Plus, hip-hop is always a trendy genre, especially among young people. My country has a few really well-known hip-hop stars. Rock is also pretty popular, more so among the older generations³²¹.

2. What kind of music do people listen to at a club?

When you're at a club, you want to dance and have a good time. So I think people listen to a lot of pop and hip-hop. Those songs usually have really strong beats that you can easily dance to. They're also up-tempo³²² and have catchy lyrics³²³ you can sing along with. You wouldn't want to go to a club and hear some slow-paced jazz or classical music. You want music that has a good rhythm and can keep you on your feet³²⁴.

3. What kind of music do young people like? Why? (也可以使用第一题的素材)

It seems to me that young people like catchy, upbeat music. They might listen to a lot of pop and hip-hop songs. Those songs usually have strong beats and a good rhythm to dance to. Plus, they have catchy melodies that get stuck in your head³²⁵. That way, you want to keep listening to them over and over again. Besides, some young people like older music, like classic rock. Sometimes it depends on what musical tastes³²⁶ their parents have, since that can influence what music young people like listening to.

4. What are the differences between the music preferred by girls and boys?

I think that it's tough to generalize³²⁷. But if I had to guess, I would say that³²⁸ girls like pop music more while boys like hip-hop and rap. Pop music has a wider appeal, and it usually involves songs with catchy melodies and interesting lyrics. Girls might enjoy singing along to those kinds of songs. On the flip side³²⁹, boys are usually interested in songs that have strong beats and lots of bass³³⁰. Those elements are more popular in rap and hip-hop.

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³¹⁹ genres: 类型

³²⁰ up-and-coming artists: 有前途的艺术家

³²¹ more so among the older generations: 尤其是在老一辈中

³²² up-tempo: 节奏快的

³²³ catchy lyrics: 歌词朗朗上口

³²⁴ keep you on your feet: 让你必须站起来 (听)

³²⁵ get stuck in your head: 让你难以忘怀

³²⁶ musical tastes: 音乐品味

³²⁷ it's tough to generalize: 很难一概而论

³²⁸ if I had to guess, I would say that: 但如果要我猜的话, 我会说

³²⁹ On the flip side: 另一方面

³³⁰ lots of bass: 大量低音

Topic 37 推荐他人居住的地方

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

Well, it really depends on the person. Some people like living in exciting, busy places where there's always something going on. So they gravitate toward big cities³³¹. Others like a more relaxed environment, so they stay in the countryside. But I think that in general, people like places where they can find a sense of community³³². Everyone wants to feel safe and comfortable in their home. So they just need to find a place that suits their individual needs and preferences.

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

I suppose that some people prefer moving to other cities because they can't find a sense of community in the city they're currently in. They might not have a good social network³³³, so they feel lonely. Or they might not be happy with the types of jobs available in that city. They also might prefer a city with different scenery, or more options when it comes to fun activities and types of cuisine. The climate might also not be agreeable with them³³⁴, like if it's too hot or cold.

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

Before moving, people should make sure that the new place will be able to meet their individual needs and preferences. They should know about the weather in all different seasons. If they hate the cold, they shouldn't move to a place with long and bitter winters. They should also know about the types of job opportunities that are available, as well as the types of activities you can do in the evenings or on weekends. They should also have a budget³³⁵ so they know if they can afford living there.

4. Why do some people live close to work?

I think the main reason that some people live close to work is convenience. If you have a short commute to work³³⁶, it saves you a lot of time in the mornings. It's even better if you can walk to work instead, since it saves you money on transportation. Others live close to work because their job is their main priority³³⁷. They want to be able to work long hours without having a commute that makes their day even longer.

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³³¹ gravitate toward big cities: 被大城市吸引

³³² find a sense of community: 找到社区归属感

³³³ might not have a good social network: 可能没有很好的社交圈；指可能没有什么朋友

³³⁴ The climate might also not be agreeable with them: 那里

的气候也可能不适合他们

³³⁵ have a budget: 有一个预算

³³⁶ have a short commute to work: 上班路程很短

³³⁷ their job is their main priority: 工作是他们的首要任务

Topic 38 安静的地方

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

Well, my country has a pretty big population. So our major cities are usually very crowded. Even in the countryside, there are always more and more people setting up houses and taking up space³³⁸. I wouldn't say it's impossible to find quiet places, but it can definitely be a challenge³³⁹. I think there are still some rural areas where it's not too crowded. So they're nice to visit when life in the city becomes too overwhelming.

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

I suppose that old people prefer living somewhere quiet because it's less overwhelming. When you're in a crowded city, there's always noise at all times of the day. Old people can feel overstimulated³⁴⁰ more easily because they're very sensitive to noise. So it can get tiring for them when it's always loud outside. Living in quiet places can help them feel more relaxed. In old age, it's nice to not have too much going on.

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

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

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

I would say that the countryside is definitely quieter. In cities, there's always a lot going on. You can hear noise from cars, public transportation, and crowds of people. Plus, you have bars and restaurants playing music and the general commotion of a city³⁴¹. In the countryside, there are less people so there's automatically less noise. You probably don't have a lot of traffic or other noisy things. So life in the countryside tends to be very peaceful.

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³³⁸ setting up houses and taking up space: 建立房屋和占用
(地面) 空间

³³⁹ it can definitely be a challenge: 这绝对是一个挑战

³⁴⁰ overstimulated: 过度刺激的

³⁴¹ the general commotion of a city: 城市里经常存在的嘈杂

Topic 39 重要河流/湖泊

1. How can rivers/lakes benefit local people?

I think rivers and lakes offer locals a lot of benefits. For one, they can enjoy all the perks of natural resources³⁴². They can spend their leisure time swimming in the water or just relaxing on the shore. Plus, they can do fun activities like boating or jet-skiing³⁴³. It's great for people's health to be out in nature every so often. Another benefit is that rivers and lakes bring in tourists³⁴⁴, which can boost the local economy by providing jobs.

2. Do you think rivers/lakes attract tourists?

Yes, rivers and lakes definitely attract tourists. People will flock in from all over³⁴⁵ just to enjoy some natural beauty. When a river or lake is particularly beautiful, people will come to take photos and enjoy the scenery. Some rivers have very unique features that make people take notice and want to visit. Besides, there are lots of activities people can do on or around the water, such as fishing and sailing. They can also just enjoy swimming or hanging out on the beach. I think that's what tons of tourists go there for.

3. How do rivers/lakes affect local tourism?

Well, rivers and lakes can often draw in tourists from the surrounding areas³⁴⁶. People will drive for hours just to enjoy some natural beauty. Plus, local businesses can cater to tourist by holding all kinds of activities and events. So tourists will come for those activities, then they'll often spend money at local restaurants and businesses. So industries like hospitality, restaurants, and leisure can benefit from having more tourists.

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

I suppose that rivers and lakes can be good for transport, because people can take boats and ferries³⁴⁷ to get around. Rivers also provide a natural place to separate parts of a city³⁴⁸, so highways and other roads can be built along the rivers in a convenient pattern³⁴⁹. Lakes can make transportation easier because you can have a ferry that crosses the lake a few times a day. Overall, lakes and rivers can be very useful in terms of transport.

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³⁴² enjoy all the perks of natural resources: 享受自然资源带来的所有好处

³⁴³ jet-skiing: 水上摩托驾驶

³⁴⁴ bring in tourists: 带来游客

³⁴⁵ flock in from all over: 从各地蜂拥而来；形容来的人很多

³⁴⁶ draw in tourists from the surrounding areas: 吸引周边地

区的游客

³⁴⁷ ferries: 渡轮

³⁴⁸ Rivers also provide a natural place to separate parts of a city: 河流自然的把城市分割成小部分

³⁴⁹ built along the rivers in a convenient pattern: 沿着河流以一种便捷的方式来建造

Topic 40 熟人的家

1. What are the differences between houses or buildings in the city and in the countryside?

In the city, houses and buildings are definitely designed for efficiency³⁵⁰. Cities are very crowded, so residential buildings can't take up too much room. They tend to be high-rises instead of bungalows and houses. That way, you can fit more of them in a smaller space. On the other hand, houses in the countryside are a lot bigger and more spread out³⁵¹. There's more room in rural areas, so they don't have to be as space-efficient³⁵².

2. Do you prefer to live in the city or in the countryside?

I prefer living in the city. Don't get me wrong, the countryside has beautiful views. It's very peaceful there. However, there's not much to do, especially as a young person. There aren't many job opportunities because the major industries don't tend to have offices out in the middle of nowhere³⁵³. Cities are very exciting. There's always something to do. The nightlife is usually incredible and has lots of options. There's also a lot of diversity in terms of the people there³⁵⁴.

3. What safety risks are there in residential buildings in cities?

I think fires are a big safety risk when it comes to residential buildings in cities. In one of those high-rise apartments, a fire can start in one unit and quickly spread to the other ones³⁵⁵. Unlike a house, where the danger is very centrally located, apartment units are so interconnected that when one of them is burning, the others are at high risk of catching fire too. Besides fire hazards, elevators can be dangerous as well, especially the ones in high rise residential buildings. I remember that there were news articles about falling elevators that caused injuries and deaths.

4. Is it expensive to decorate a house or an apartment in the place where you live?

Yes, it's pretty expensive to decorate an apartment in the place I live. I live in the downtown area of a major city, so the department stores around me are very pricey. If you want some decent wall art, it can cost you an arm and a leg³⁵⁶. That's not to mention how expensive furniture is. Couches and coffee tables can set you back by quite a lot³⁵⁷. Plus, you usually have to have those items delivered, which adds an additional cost.

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³⁵⁰ designed for efficiency: 为了提高效益而设计的

³⁵¹ spread out: 分散; 相距很远的

³⁵² they don't have to be as space-efficient: 它们不需要那么节省空间:

³⁵³ the major industries don't tend to have offices out in the middle of nowhere: 主要行业(大公司)往往不会在偏僻的地方设有办公室

³⁵⁴ There's also a lot of diversity in terms of the people there: 也有各种各样的人生活在那里

³⁵⁵ a fire can start in one unit and quickly spread to the other ones: 火灾可以从一个单元开始, 并迅速蔓延到其他单元

³⁵⁶ cost you an arm and a leg: 价格昂贵; 花了很多钱

³⁵⁷ set you back by quite a lot: 花你很多钱

Topic 41 推荐旅游的地方

1. Is it important to take photos while traveling?

I think it really depends. On the one hand, it's great to take photos while travelling so that you can look back at them later. Photos preserve your memories of a place or an experience. So some people really value them. On the other hand, sometimes taking photos can actually get in the way of truly experiencing something³⁵⁸. If you're too focused on taking photos, you might not be really living in the moment³⁵⁹. So I think taking photos is nice, but not the most important thing.

2. Can you trust other people's travel journals on the Internet?

I suppose that you can trust other people's travel journals to a certain degree³⁶⁰. When they're on the internet, you always run the risk that some of the information might not be accurate. After all, there's rarely any fact-checking on the internet³⁶¹, especially on personal blogs. So you have to take everything with a grain of salt³⁶². But in general, people write honestly about their experiences. So you can usually learn a lot of valuable lessons about different places to travel to.

3. What factors affect how people feel about travel?

I think that cost is a major factor that affects how people feel about travel. Some tourists might have extra satisfaction with a trip because the actual cost is lower than they expect. However, people might feel down³⁶³ or anxious when the trip is over-budget by a lot³⁶⁴. Besides money, the accommodation³⁶⁵ also influences people's feeling about their trip. You know, bad hotels leave a terrible impression on tourists very quickly. But people might also love the trip more because of the nice rooms they stay in.

4. Will you go to a foreign country to travel because of the distinct landscape?

Yes, I'd love to travel to a foreign country because of the landscape. I've always wanted to go to Iceland. It has the most amazing waterfalls and beaches. For example, Iceland is well-known for its black-sand beaches, which sound stunning. I would love to go see them in person³⁶⁶ and take lots of pictures. There are also ice caps, volcanic craters, and even lava fields³⁶⁷, which would be incredible to witness. I'm hoping to go someday and see it all for myself³⁶⁸.

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³⁵⁸ get in the way of truly experiencing something: 妨碍真正的去体验一些东西

³⁵⁹ not be really living in the moment: 并没有真正的活在当下

³⁶⁰ to a certain degree: 在某种程度上

³⁶¹ there's rarely any fact-checking on the internet: 网上很少有事实核查; 网上的东西可不会核对事实

³⁶² take everything with a grain of salt: 对每件事都要持保留

态度

³⁶³ feel down: 感到沮丧

³⁶⁴ over-budget by a lot: 超支预算了很多

³⁶⁵ accommodation: 住宿

³⁶⁶ go see them in person: 亲自去见他们

³⁶⁷ ice caps, volcanic craters, and even lava fields: 还有冰盖、火山口, 甚至熔岩田

³⁶⁸ see it all for myself: 亲眼看看

Topic 42 运动场所

1. Do young people like to do sports?

Yes, most young people like to do sports. I know that some young people, not many, might not like sports if they are uncoordinated³⁶⁹ or if they like being quiet and aren't that active. But most people start doing sports from a young age in school or on neighbourhood teams. Sports are a great way to get exercise, and they can be great for some fun competition between peers. Many young guys also like to watch sports and root for their team³⁷⁰.

2. What are the benefits of sports for children?

Sports can be very beneficial for children. Firstly, they are a great way for kids to be more active and get their exercise. Secondly, being a part of a sports team is a way to encourage kids to be more social and make new friends. Finally, sports provide a sense of pride and satisfaction, which is very important for young children who might be feeling insecure³⁷¹. Overall, sports are very important for children's development.

3. Is it necessary to build public sports spaces?

Yes, I think that having public sports spaces is very important in every community. Sports and exercise should not be things that only middle and upper class people can afford. There are sports clubs and gyms that cost money to be a part of, but not everyone can afford to pay the membership. This is why having free, public spaces for sports is so important. Everyone should be able to enjoy sports without paying money.

4. What do you think of companies donating sports venues for poor children?

I suppose that companies should donate sports venues to children if they have the means to do so. This is especially important in neighbourhoods where there might not be enough money to build a public space for sports. Companies would be smart to donate to lower income communities, because it also provides good advertising for the company, since they can name the venue after themselves³⁷². So not only is it the right thing to do, it is also free advertising.

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³⁶⁹ uncoordinated: 动作不协调的

³⁷⁰ root for their team: 为自己的球队加油

³⁷¹ might be feeling insecure: 可能没有安全感的

³⁷² name the venue after themselves: 用他们自己的名字来命名场地

Topic 43 想共事的家人

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

There are many types of family businesses in my country, including grocery stores, coffee shops, restaurants and pubs, movie theaters, and other recreational businesses. I would say that family businesses are usually much smaller than bigger chain businesses³⁷³, which gives them a more homey, comforting feel³⁷⁴. In my town growing up, several of the smaller grocery stores were run by families, and people preferred to shop at these businesses in order to support the families.

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

I think people are drawn in³⁷⁵ by the idea of a family business because it's nice to work with the people you're closest to. When you establish a family business, you get to work together as a team and bond with each other³⁷⁶ in a way that you wouldn't be able to otherwise. Plus, you can pass down the business to the next generation. When the business stays in the family, it becomes part of a valuable family tradition.

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

I think that for the most part, it can be good to work with family members. Your family are the people that you love and trust the most in the world. So it's very comfortable to work with them. You already have a foundation of trust and respect. However, sometimes it's not good to mix business with family³⁷⁷. People can take business decisions very personally. They might even be biased³⁷⁸ when it comes to the important things.

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

Working for big companies can provide many benefits. Most big companies are very well established, so losing your job is unlikely³⁷⁹. Big companies also have great name recognition³⁸⁰. So a job with a big company can open lots of doors for you. Finally, since big companies tend to make a big profit, they can afford to give their employees things like health and dental insurance. Depending on the company, you might even get unique employee perks³⁸¹.

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³⁷³ chain businesses: 连锁企业

³⁷⁴ gives them a more homey, comforting feel: 给他们一种更舒适的, 像家一样的感觉

³⁷⁵ are drawn in: 被吸引

³⁷⁶ bond with each other: 彼此之前增进感情

³⁷⁷ mix business with family: 把生意和家庭混在一起

³⁷⁸ be biased: 有偏见的

³⁷⁹ losing your job is unlikely: 不太可能丢掉工作

³⁸⁰ have great name recognition: 有很高的知名度

³⁸¹ get unique employee perks: 获得独特的员工津贴

Topic 44 有趣的邻居

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

I would say that for the most part, people are usually familiar with their neighbors. Sadly³⁸² I don't think it's as common to be really good friends with your neighbors. But I would think that most people at least know their neighbors and are on good terms with them³⁸³. It's hard not to interact with your neighbors when you literally live side by side. I think it's important to at least try to have a good relationship with your neighbors because then there is always someone close by if you need help or need to borrow something.

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

I think that it's very similar to building any other kind of relationship. Whenever possible, you should try to help them out. For example, if they need you to run an errand³⁸⁴ or they need to borrow an ingredient, it's important to be generous and gracious³⁸⁵. That can help improve your relationship with them. Plus, one easy way to improve relationships is to be friendly whenever you see your neighbours, and ask them how they are.

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

Well, for one, parents can have play dates and birthday parties³⁸⁶ so that their kids in the community get to know each other. For another, children tend to be very social. They love to play with other kids, even if they don't know them very well. They like to find fun activities that they can do together. For example, even if they're just playing a simple game like tag or hide-and-seek³⁸⁷, that can bring them together as a group.

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

Yes, it's really beneficial to get along well with neighbors. Neighbors are the people who live the closest to you, so if there is ever an emergency³⁸⁸, they are there to help you. You can also socialize with your neighbors, and introduce your kids to your neighbors' kids. Overall, getting along with your neighbors definitely has more benefits than drawbacks. Not only does it help make everyone feel at peace³⁸⁹, but it also creates good bonds³⁹⁰ and helps develop a sense of community³⁹¹.

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³⁸² Sadly: 不幸的是

³⁸³ on good terms with them: 与他们友好相处; 与他们保持良好关系

³⁸⁴ run an errand: 办个事; 帮忙跑腿

³⁸⁵ gracious: 礼貌大方

³⁸⁶ have play dates and birthday parties: 约着一起出去玩和生日派对; play dates 即为一起出去玩的约会

³⁸⁷ tag or hide-and-seek: 抓人游戏和捉迷藏

³⁸⁸ if there is ever an emergency: 如果有紧急情况

³⁸⁹ make everyone feel at peace: 让每个人都感到平静

³⁹⁰ creates good bonds: 建立良好的关系

³⁹¹ develop a sense of community: 培养社区意识

Topic 45 喜欢一起聊天的朋友（享受的聊天对象）

1. Where do young people like to meet?

I would say that young people like to meet in places with a fun, energetic atmosphere. For example, they might like meeting in a popular café or restaurant instead of somewhere quieter like a public park. It's always great to catch up over drinks or a nice meal³⁹². They might even go to the mall to walk around and window-shop³⁹³. Some young people may like to meet in more private places, but I think that in general they go to places that are fun to be in³⁹⁴.

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

Well, young people are usually very interested in each other's personal lives. So instead of just discussing their jobs with each other, they like to talk about who they're dating, who they're friends with, and other things along those lines³⁹⁵. As a young person, life can be very overwhelming. So it's very helpful to have a support system of people who are going through similar things³⁹⁶. They can talk about any friendship or relationship issues with each other, and they can support each other in looking for jobs.

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

Yes, I suppose that it's important to be honest when talking with friends. Your friends are the people that you should trust with your honest thoughts and opinions³⁹⁷. You should feel comfortable enough sharing how you really feel with them. Of course, you should try to avoid being cruel or mean³⁹⁸. If your honest opinion is going to hurt their feelings, you need to be gentle about sharing it with them. But I still don't think you should lie to your friends.

4. On what occasions do people talk with strangers?

I think people talk with strangers when they're having a shared experience. For example, it's very common to strike up a conversation with³⁹⁹ a stranger when you're both waiting in line. It's nice to make small talk⁴⁰⁰ and get to know the person you're standing in line with. You might also chat with a stranger if you're stuck on a bus that's in a traffic jam. It definitely helps to pass the time. Strangers can be surprisingly friendly toward each other, given the right circumstances⁴⁰¹.

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³⁹² catch up over drinks or a nice meal: 在喝酒或吃饭的时候叙叙旧

³⁹³ window-shop: 逛商店，只逛不买

³⁹⁴ places that are fun to be in: 有趣的地方

³⁹⁵ and other things along those lines: 以及其他类似的事情

³⁹⁶ have a support system of people who are going through similar things: 有经历过类似的事情的人们组成的一个后援团。A support system 是指“一个可以为你提供实际或情感支持的朋友圈或人际网络”

感支持的朋友圈或人际网络”

³⁹⁷ the people that you should trust with your honest thoughts and opinions: （你的朋友应该）是那些你可以放心的告诉他们你自己内心真实想法和看法的人

³⁹⁸ avoid being cruel or mean: 不要挖苦和刻薄

³⁹⁹ strike up a conversation with: 搭讪攀谈

⁴⁰⁰ make small talk: 闲聊

⁴⁰¹ given the right circumstances: 在合适的环境下

Topic 46 (国家/家乡) 有名的人

1. What kinds of people are popular at work?

I think people who take charge and get things done are popular at work. People are drawn to them because they exude confidence⁴⁰². People who have a good sense of humour are also popular at work. It's very easy to get tired out by⁴⁰³ all the tasks you have to do at work. When you have someone who can crack jokes⁴⁰⁴ and make you feel a bit less stressed, you'll really appreciate their presence and want to spend time with them.

2. Are bosses more popular than employees at work?

No, I don't think bosses are more popular than employees at work. Even though they're the ones in charge, that sense of authority can actually be what makes people keep their distance. Nobody wants to get too familiar with the boss. They don't want to risk getting on their boss's bad side⁴⁰⁵, so they tend to avoid them. It's easier to bond with employees because they're all equals with each other. You're bound to see a lot more friendships among employees than between employees and bosses.

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

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

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

One main advantage is that you'll have a lot of friends if you're popular. School can be very hard to get through if you don't have a good support system. So it's nice to be surrounded by people who like you and want to spend time with you. But a disadvantage is that being popular might make you treat others with less care and respect. If you feel like you're the top dog⁴⁰⁶, you might start looking down on less popular people⁴⁰⁷.

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⁴⁰² exude confidence: 散发自信

⁴⁰³ get tired out by: 被...弄的筋疲力尽

⁴⁰⁴ crack jokes: 讲笑话

⁴⁰⁵ risk getting on their boss's bad side: 冒得罪老板的风险

⁴⁰⁶ the top dog: 赢家; 圈子里的头

⁴⁰⁷ looking down on less popular people: 瞧不起不受欢迎的人

Topic 47 认识的不同文化的人

1. Where and how can we get to know people of different cultures better?

I suppose that one of the best ways to get to know people of different cultures is to establish friendships with them. It's always great to welcome someone from another culture into your friend group. If there's someone from another culture at your work, you could also have lunch with them or just go for coffee after work. Having good conversations and showing a genuine interest in their culture will help you get to know them better. Besides, you can travel the world in order to really get to know other cultures.

2. What are the advantages and disadvantages of cultural diversity?

One great benefit of cultural diversity is that it introduces fresh perspectives⁴⁰⁸. I think it's dangerous to assume there's only one right way of thinking about things. People from different cultures will usually have very interesting ideas about all sorts of things. Cultural diversity helps us appreciate others' differences instead of being afraid of them. On the other hand, sometimes cultural diversity can lead to people not appreciating their own culture enough. They might try to adopt elements of other cultures instead of focusing on theirs⁴⁰⁹.

3. How can traditional culture and other cultures coexist?

Cultures can coexist with increased understanding between people. If someone doesn't understand another culture, then there might be conflicts that are the result of fear and misunderstandings. However, if different cultures take the time to communicate with each other and get to know each other, then they will have a much better chance of not only coexisting, but thriving. I think that sharing cultures can be a beautiful way to appreciate cultural diversity⁴¹⁰ and to learn more about different perspectives and philosophies. One culture doesn't have to come at the cost of another⁴¹¹.

见下页

⁴⁰⁸ it introduces fresh perspectives: 引入了新的视角

⁴⁰⁹ try to adopt elements of other cultures instead of focusing on theirs: 尝试接受其他文化中的元素, 而不是专注于自己的文化

⁴¹⁰ appreciate cultural diversity: 了解文化多样性

⁴¹¹ One culture doesn't have to come at the cost of another.: 一种文化不一定要以另一种文化为代价

4. Which Chinese traditions are disappearing?

Well, speaking of this, I think kowtowing to the elders⁴¹² during the spring festival is vanishing. Kowtowing means kneeling and touching the forehead to the ground⁴¹³, which is a way that Chinese people show their deepest respect to others. It was a strong tradition that Chinese people, especially children, would kowtow to the elders during the spring festival to show respect and express good wishes. But it's a shame that this traditional custom is fading⁴¹⁴. I think it's a good one to keep in our culture.

5. What is the relationship between cultural diversity and linguistic diversity?

I suppose that language is very much tied to culture⁴¹⁵. Language often contains all the nuances⁴¹⁶ of a culture. In that sense, a culture is often defined by its language, or in some cases, multiple languages. So without linguistic diversity, you risk losing cultural diversity as well. Even within one culture, there may be several different languages. For example, there are many regional dialects⁴¹⁷ in China. Each dialect belongs to a specific sub-culture⁴¹⁸. So I think that cultural diversity and linguistic diversity go hand in hand⁴¹⁹.

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⁴¹² kowtowing to the elders: 给长辈磕头

⁴¹³ kneeling and touching the forehead to the ground: 跪在地上并额头触地

⁴¹⁴ is fading: 正在逐渐消失

⁴¹⁵ language is very much tied to culture: 语言与文化有很大

的联系

⁴¹⁶ nuances: 细微的玄妙之处

⁴¹⁷ regional dialects: 地方方言

⁴¹⁸ sub-culture: 亚文化

⁴¹⁹ go hand in hand: 相辅相成的

Topic 48 时尚人士

1. Do you think online shopping will replace in-store shopping in the future? Why?

I don't think that online shopping will ever completely replace in-store shopping, despite its growing popularity⁴²⁰. Even though online shopping can be convenient for some things, sometimes you need to actually go to a store to test out a product or try something on before you buy it. Online shopping is also not accessible to everyone; some people don't have internet access or are not tech savvy⁴²¹. So I think that in-store shopping will never fully disappear.

2. Why is fashion very important to some people?

Well, it's mainly because it is a way of expressing your identity; some people really care about how they look and they want to use fashion to show their personality. Some people also use fashion as a symbol of wealth and status. The more expensive clothes you buy, the wealthier you appear to others. Besides, fashion is a way to fit in with your peers⁴²² by keeping up to date with current fashion trends.

3. Are older people as fashionable as young people? Why?

I suppose that overall, young people are more fashionable than older people. Older people tend to get stuck in their ways and don't change their fashion at all as trends change, whereas young people change with the times. Younger people also care more about their looks than older people do. It seems to me that older people are more focused on comfort than fashion. However, there are always some exceptions to the rule⁴²³, and some older people are very fashionable.

4. Are women more fashionable than men? Why?

No, I don't think so. I think this depends entirely on the personality of the individual. Some men are as fashionable as women, or even more so. I know a lot of people believe the stereotype⁴²⁴ that women are more fashion-forward than men. But these days, that's not always the case⁴²⁵, as some women never buy new clothes and don't care about following fashion trends, and some men love to be stylish and on trend. So it seems to me that people can be fashionable regardless of gender.

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⁴²⁰ despite its growing popularity: 尽管它（网上购物）越来越受欢迎

⁴²¹ tech savvy: 精通技术; 知道怎么用科技产品

⁴²² fit in with your peers: 融入同龄人

⁴²³ there are always some exceptions to the rule: 对这个常规来说总有一些例外

⁴²⁴ stereotype: 刻板印象

⁴²⁵ that's not always the case: 情况并非总是如此

Topic 49 喜欢种植物的人

1. Are there many people growing their own vegetables now?

Yeah, a lot of people have started to grow their own vegetables. It's a very eco-friendly plan, since it saves people from buying wrapped vegetables⁴²⁶ at the grocery store. It's also very economical, since you don't have to spend as much on groceries. I think it's a fun hobby that makes people more appreciative of the food they eat. I hope that more and more people decide to hop on this trend⁴²⁷ and enjoy growing their own vegetables.

2. Do you think it's good to let kids learn how to plant?

Yes, it's great to let kids learn how to plant. For one, it teaches them to have a good relationship with nature. If they learn about how different plants grow, it can give them an appreciation for the beauty of nature⁴²⁸. In turn, they'll start to care more about the environment. For another, it gives them responsibility. If you tell them to plant something, then they have to learn how to care for it by watering it. It's good for them to have that discipline.

3. What do you think of the occupation of farmer?

I think that being a farmer is a really interesting job. It definitely presents lots of challenges⁴²⁹. For example, you have to deal with unpredictable weather⁴³⁰, which can sometimes negatively affect your crops. You also have a lot of responsibilities, especially if you have a lot of animals on the farm. But I suppose that it's worth it because you get to work on the land and spend a lot of time outdoors. Plus, you can be very independent since you run the farm yourself.

4. What are the differences between traditional and modern agriculture?

Traditional agriculture seemed a lot simpler. It was more about working the land and finding a balance between human presence and the environment⁴³¹. Farming was a very humble occupation. You didn't see any huge machinery or any signs of industrialism. But modern agriculture is about efficiency. It's more about harvesting vegetables or fruits to be turned into products for the average consumer. I think that it's a lot more effective, because people tend to use more agricultural machines to get the work done. They are way more productive than traditional ways of farming.

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⁴²⁶ wrapped vegetables: 包装好的蔬菜

⁴²⁷ hop on this trend: 顺应这一潮流

⁴²⁸ it can give them an appreciation for the beauty of nature:
就可以让他们欣赏自然之美

⁴²⁹ presents lots of challenges: 带来很多挑战

⁴³⁰ deal with unpredictable weather: 应对不可预测的天气

⁴³¹ finding a balance between human presence and the
environment: 在人类的存在和环境之间找到平衡

Topic 50 激励你做有趣事情的人

1. What qualities make a role model?

There are lots of qualities that a role model should have. For one, they should have a lot of integrity⁴³². They should be honest and hardworking. They should also be very kind. Personally, I think it's just as important to be kind as it is to be powerful. Role models should also have good morals. They should stick to their beliefs, even when it gets difficult or unpopular. That's how you know someone truly has a strong character⁴³³.

2. Do people need to be encouraged when facing difficulties?

Yes, definitely. Without a support system⁴³⁴, people can get overwhelmed and feel like giving up. But encouragement from a close friend or a family member can go a long way⁴³⁵. It can give the person some extra comfort and strength to face the problem head-on⁴³⁶. I can't imagine not having the encouragement of my loved ones when I'm going through hard times. Having their love and support has helped me keep going.

3. What kind of things can inspire people?

People can be inspired by lots of different things. I think one common source of inspiration is family. A lot of people who struggle with their jobs remember that they're providing for their family. That inspires them to press on⁴³⁷ even though they're having a hard time. Others are inspired by people who have overcome similar difficulties, or even harder obstacles. Seeing other people go through tough times⁴³⁸ can help them find the strength to⁴³⁹ face their own challenges.

4. What kinds of jobs need inspiration?

I suppose that difficult jobs require inspiration⁴⁴⁰. For example, if you work in a high-stress, high-risk position like a doctor, you might need extra inspiration to keep going. The decisions that doctors have to make are literally life-and-death⁴⁴¹. So when they face difficulties in their career, they need to stay inspired in order to continue to do that hard work. In terms of creative inspiration⁴⁴², anyone who creates art of some kind^{3/4} whether they're a writer, an artist, or a dancer^{3/4} needs to be inspired to do their job.

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⁴³² have a lot of integrity: 非常正直

⁴³³ truly has a strong character: 真的有坚强的性格

⁴³⁴ Without a support system: 无人支持

⁴³⁵ go a long way: 有很大帮助

⁴³⁶ face the problem head-on: 直面问题

⁴³⁷ press on: 坚持下去

⁴³⁸ go through tough times: 经历艰难的时刻

⁴³⁹ find the strength to: 找到力量去...

⁴⁴⁰ inspiration: inspiration 不只是灵感的意思，也指鼓舞、激励、动力

⁴⁴¹ life-and-death: 生死攸关的

⁴⁴² In terms of creative inspiration: 就创作灵感而言

Topic 51 童年玩伴

1. Do you still keep in touch with your friends from childhood? Why or why not?

Yes, I keep in touch with some of my friends from childhood. I understand why it doesn't happen for everyone. After all, people grow and change, and sometimes they grow apart from their childhood friends⁴⁴³. However, I've always gotten along with my childhood friends. We still have a lot in common, so even though we've grown up and moved to different cities, we still keep in touch fairly often. It's really nice to have those close friendships that last for years.

2. What do you think of social media?

It seems to me that social media is both a blessing and a curse⁴⁴⁴. On the one hand, social media allows us to stay connected to a degree that wasn't possible before⁴⁴⁵. We can constantly check in with one another and share important moments from our lives with friends and family. However, it also means that our interactions and posts can become very shallow and based on likes rather than a genuine desire to share and maintain connections. It can also make us very vain and self-involved.⁴⁴⁶

3. Do you think social media will replace face-to-face communication?

No, I don't think social media will replace face-to-face communication. Social media definitely fills a gap in some people's lives⁴⁴⁷, especially when they can't see their friends and family on a daily basis. It helps them stay close over distance. However, I suppose that people will always prefer in-person interactions over chatting via social media. Seeing a loved one face-to-face is way better than texting or instant-messaging⁴⁴⁸ them. So I don't think that social media could ever compare or come close to replacing that.

4. How important is childhood friendship to children?

I think childhood friendship is super important to children. Those first friendships set a standard for their interpersonal relationships throughout their lives⁴⁴⁹. The communication skills they learn in early friendships can be strengthened and applied to their adult friendships. Plus, children need companionship. Having close friends helps them enjoy each day and overcome personal challenges. Without friends, children would be lonely and miserable. They need friends to develop social skills, learn about other perspectives, and form their identity as individuals⁴⁵⁰.

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⁴⁴³ grow apart from their childhood friends: 会与童年的朋友渐行渐远

⁴⁴⁴ both a blessing and a curse: 是福也是祸, 指有好处也有弊端

⁴⁴⁵ stay connected to a degree that wasn't possible before: 我们在一定程度上保持联系, 这在以前是不可能的

⁴⁴⁶ make us very vain and self-involved.: 让我们非常虚荣和自私

⁴⁴⁷ fills a gap in some people's lives: 填补了一些人生活中的空白

⁴⁴⁸ instant-messaging: 即时通讯

⁴⁴⁹ set a standard for their interpersonal relationships throughout their lives: 为他们一生的人际关系设定了标准

⁴⁵⁰ form their identity as individuals: 形成他们个人的身份认同