

安娜口语素材
第三套 Part2
(简单版非串联)
偏工作党

1-4 月考试的话该怎么准备？

已更新完毕

特殊说明

高分版串联素材的词汇和句型比较难，为了避免大家无法使用，所以我们同时会提供这套素材的简单版本，烤鸭可以在网盘里面找到，但这套素材的简单版就没有录音了。

串联版 Part2 目录以及使用说明

串联版 Part2 指的是一篇范文回答多个话题。具体分类看看以下目录就知道了。但是有些话题问的方向不一样，如果用同一篇范文来回答的话会有跑题嫌疑。所以有些串联的话题我们还是写了 2-3 篇范文，根据问题的问法稍作了一些修改。但是大体上的内容和思路都是一致的~ 中文思路里，画着下划线的，就是串联话题中不一样的地方哦！

雅思口语题目该信谁家

雅思机构千千万，每个机构搜集到的口语题目多多少少有点出入。有些同学只信雅 X 哥，有些则会看 X 站雅思、土 X 雅思等等、还有些大机构比如新 X 方，X 阁等等会给自己学员发口语题库。

市面上绝大部分的口语题目都是根据考生反馈来整理的，有些机构也不会自己整理，直接化身搬运工。这就是口语题库的鱼龙混杂的原因。

而我们家的题库是完整的考官题本，可以说是做到了 99.9% 的准确。只要你所面对的雅思口语考官职业素养正常的话，

那 Part1 和 Part2 可以做到每个小问题都 100% 一模一样，Part3 一开始的 3-6 个问题也肯定从我们这个题库里出。

我知道很多同学至此还是不相信我给的题目，退一步说，为了图方便，我也可以完全按照雅思哥的口语题库写答案。这样又省事又不会被考生质疑。但是我明明能提供一份正确的题库，我为何要发一份有错的给大家呢？

这年头要证明自己不容易，所以我也只能说一句：考完了之后对照看看市面上的题库和我的，你就知道我不是在胡扯

其他考试相关服务

我们背后有强大的前雅思考官团队，提供前考官口语模考，资深考官写作批改，前考官口语小班课程，还有 21 天打卡团（提供重点词汇及真题，每日复习计划，监督打卡，还有口语点评）详情请关注我们的“安娜雅思”微信公众号，或者在淘宝联系客服，微信联系店主均可。

Part2 素材使用方法!!!

划重点！店主不太建议直接背诵 Part2 哦。建议大家熟悉素材的答题思路，然后把素材中的**关键点**（When, Where, Who, Why, your feeling）和**关键词句**记清楚，然后考试的时候在这个框架内自由发挥，说流利即可。

以下内容皆是我跟**高级雅思考官**（负责培训新考官和做口语写作复试的资深考官）交流所得，很可能会颠覆其他机构老师的说法，但请相信我哦。如果不信的话，也可以参加我们的前考官口语模考，您亲自询问考官的。

（1）如果考生**回答不够 2 分钟**，那考官会**再追问 1-2 个问题**。比如：Do you still meet this person recently? Do you go to this place recently? 但这些问题都是**不计入考试成绩的**，不用在意。话说回来，**如果说不够 1 分 50 秒**，考官很有可能会给你扣一点分数！所以，最好是 keep talking，就算讲的内容跟主题无关，你也得讲到考官打断你为止。

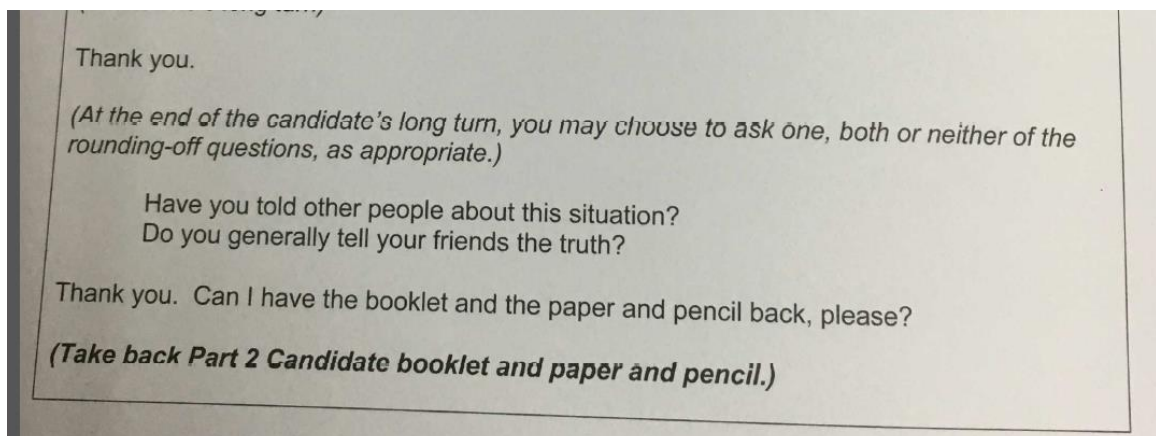
（2）Part2 **无需完全按照题目下面列出的 4 个小问题回答，可以自由发挥**。但这些小问题一般都是时间地点人物原因，就按照这些点准备即可。**而且就算 Part2 跑题了也没关系！真的没关系！**考官在意的是回答的 quality！考官不会仔细听你是否回答了这些小问题，而是通过通篇的观感和表达来评分。所以**遇到你不太熟悉的话题，你千万不要说 I am not familiar with this topic and can I change another one?** 一旦这么说你就死翘翘了。

如果你实在没话说，你就擦边地回答，比如题目问《你小时候喜欢玩的智力游戏》，你想不到怎么回答，那你可以说你小时候喜欢的体育运动，或者小时候玩的电脑游戏。而且不要害臊，要 keep talking，尽可能说够两分钟，让考官打断你为止。

（3）如果你在 Part2 回答不够两分钟，那么考官将会给你追加提问 1-2 个问题，但注意，这 1-2 个问题是不计入成绩的，只是为了凑时间。因为雅思口语规定是 15 分钟，每个 Part 都有固定的时间。

重点来了，在这些追加的问题当中，有一个常见的问题会把大家心态搞崩。那就是**问你：Have you ever shared this story to others?** 也就是问你是否分享过故事。**这时候不要慌！这就是纯属追加提问的。至于你背没背，考官心里有数，也不会这么直接的跟你说！**有好一些烤鸭跟我反馈说他们没**有背素材，但也被提问了**。所以大家只需要冷静地**回答 No.**就可以了。

这一点是我反复跟高级考官确认过的，毋庸置疑。



看看考官题本，这是写在题本上面的问题！官方给的套路！

(4) 无论你是背诵还是自由发挥，安娜建议你跟考官有眼神交流，或者加上一些肢体动作。切忌一直低头说。同时注意句子间的停顿，以及单词的重读变化。

更多的考试注意事项请看文件夹里面的使用说明。

关于口语考试流程

安娜曾通过自己的渠道拿到**考官的绝密提问小本本**，也就是口语考试中，考官手上拿的小本本的图片版。里面有详细的口语考试流程，考官需要说的话，以及每个部分的具体提问内容。

需要**2020 年 1-4 月完整版题本**的童鞋，请**转发我们口语小本本的推文至朋友圈集 8 个赞**或者**转发至 100 人以上的雅思学习群(保留 3 分钟以上)**

在我们的公众号：安娜雅思。对话框回复：口语小本本。即可收到相应的推文。

操作好了之后**把截图记录在微信发给店主**，店主会给您发**2020 年 1-4 月完整版题本**。

没错，就是 2020 年的，题目跟现在不一样的。想了解口语考试中考官提问的秘密的话，可以看看这本。

如果我觉得素材有错怎么办？

我们的素材都是经过店主 Anna 和外教一起编写和检查过的哦！您可以放心！

其实外国人在生活中有一些常用的口头上的表达，看起来很奇怪但实际并没有错的，国内老师也不会懂这些。所以呀！如果你觉得素材有错，我们是非常欢迎您来询问我们滴！千万不要觉得不好意思哦！下面举两个例子：

"Anna is two years my elder." 安娜比我大两岁。**"She is four months my younger"** 她比我小四个月。

这是一种比较现代的说法，当然我们平时都会讲 "Anna is two years older than me" 和 "She is four months younger than me." 但其实外国人都都会用前者多一些的。

"the majority of the girls were content discussing about how handsome or how affluent their boyfriends were." 女孩子们都在热烈地讨论他们的男朋友有多帅。

这是现代英语的另一个特征，就是外国人在口头上都常常会省略掉介词。这里就把 **were content with** discussing 的 **with** 去掉了。这在口语上是完全没问题的，但大家在写作中就尽量要避免哦。

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(一) 李子柒

1 - 2: 社交网络上常关注的人 (1-4 月新题) & 对社会做出贡献的人 (1-4 月新题)

更多雅思视频网课备考资料南大学姐一手更新，唯一微信：abckg525 如果此素材不是从此微信购买，从其他卖家买。其他买家均为转卖，资料随时有更新补充，请务必加微信abckg525

Describe a person you follow regularly on social media or other media. Some instructions that you can follow: Who this person is How you know about this person What kinds of things he/she talks about And explain why you follow this person regularly on social media or other media.	Describe a person you know who does a job which is useful to society. Some instructions that you can follow: Who this person is What job this person does What skills this person needs to do the job And explain why you think this job is useful to society.
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《社交网络上常关注的人》

Li Zi Qi is one of the hosts I follow on Tiktok who shares traditional Chinese food. A couple of years ago, when I was at home and checking out videos on Tiktok her video caught my attention. I've been following her every new video ever since. 更多雅思视频网课备考资料南大学姐一手更新，唯一微信：abckg525 如果此素材不是从此微信购买，从其他卖家买。其他买家均为转卖，资料随时有更新补充，请务必加微信abckg525

She often shares her cooking process through short videos. In her videos, she shows her primitive rural life to the audience without reservation which starts with sunrise and ends with sunset. Every video she produces is all about her understanding and her love of life. Once Li Zi Qi spent more than a year to restore the ancient process of making "the Four Treasures of the Study". She has also used ancient methods to make hand-brewed soy sauce. She even cut down some wood and bamboo by herself to build a thatched shed and a swing in her yard. She showed us the simple and romantic life of the countryside.

I follow Li Qi because her videos are so interesting. Now most young people are working in big cities, and suffer from great pressure, including me. I was inspired by Li Qi's videos, in which she portrayed rural life in a playful way that I had always wanted to experience.

中文思路:

李子柒是我在抖音上关注的一个分享中国传统美食的主播。大约三年前的某一天，我在家里刷抖音，她的视频一下子吸引了我。从那以后每次她出新视频我都会持续关注。

她经常在短视频平台分享自己制作美食的过程。在她的视频中日出而作，日落而息的原始农村生活，毫无保留地展现在了观众面前。她做的每一个视频倾注的全部都是自己对生活的理解与热爱。李子柒曾经用了一年多的时间，去还原“文房四宝”笔墨纸砚古时候的制作全过程，也曾经用过古法去制作手工酿造的酱油，甚至曾以一人之力在家里的院子里，用砍下来的木头和竹子亲自搭了一座茅草棚和一个秋千。他用视频给大家展现了简单又美好的乡村生活的样子。

我关注李子柒是因为她的视频总能让我看的津津有味。现在大部分年轻人都在一线城市工作，压力比较大，包括我。而李子柒的视频刚好给了我一些激励，在这些视频当中，她将乡间生活演绎得快活潇洒，这可是我一直以来的向往。

《对社会做出贡献的人》

Li Zi Qi is a content creator I follow on Tiktok who shares traditional Chinese food. Though she is not a big name or a successful enterpriser, she does a great job to promote our traditional culture.

She often shares her cooking process through short videos. In her videos, she shows her primitive rural life to the audience without reservation which starts with sunrise and ends with sunset. Every video she produces is all about her understanding and her love of life. Once Li Zi Qi spent more than a year to restore the ancient process of making "the Four Treasures of the Study". She has also used ancient methods to make hand-brewed soy sauce. She even cut down some wood and bamboo by herself to build a thatched shed and a swing in her yard. She showed us the simple and romantic life of the countryside.

It's not easy being a short video creator. Li qi not only needs to have a good understanding of traditional Chinese culture, but also needs to use videos to present it to the audience in an interesting manner. She is not only popular in China, but she also promotes Chinese culture to the world. She has tens of millions of YouTube followers and receives a wealth of compliments. She is the one who has brought Chinese traditional culture to the world again.

中文思路：

李子柒是我在抖音上关注的一个分享中国传统美食的主播。她虽然只是个普通人，但我认为她对中国传统文化的宣传作出了很大的贡献。

她经常在短视频平台分享自己制作美食的过程。在她的视频中日出而作，日落而息的原始农村生活，毫无保留地展现在了观众面前。她做的每一个视频倾注的全部都是自己对生活的理解与热爱。李子柒曾经用了一年多的时间，去还原“文房四宝”笔墨纸砚古时候的制作全过程，也曾经用过古法去制作手工酿造的酱油，甚至曾以一人之力在家里的院子里，用砍下来的木头和竹子亲自搭了一座茅草棚和一个秋千。他用视频给大家展现了简单又美好的乡村生活的样子。

做一名短视频创作者并不容易。李子柒不仅需要对中国传统文化有足够的了解，还需要用视频把它们生动的展示在观众面前。她不仅在火遍中国，还把中国文化宣传到了全世界。她在 YouTube 上有几千万的粉丝。外国网友表示看着李子柒制作的全过程真实又令人激动，大赞中国文化十分惊艳，中国女孩十分迷人！李子柒让中国传统文化再次走向了世界。

(二) 空乘的故事

3 - 4: 别人告诉你的故事 (1-4 月新题) & 有趣的谈话 (1-4 月新题)

Describe a story someone told you that you remember well. Some instructions that you can follow: Who told you the story When this person told you the story What the story was about And explain why you remember this story well	Describe an interesting discussion that you had with friends. Some instructions you can follow: What the discussion was about What opinions you and your friends expressed What the result of the discussion was And explain why you found this discussion was.
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When I was in high school, I had a very good friend called Anna. After graduation, we went to college in different cities, so we didn't keep in touch for a long time. Last summer holiday, I surprisingly met Anna again at a KTV party. She recognized me as soon as I walked in the room and then she greeted me with delight. She looked much more beautiful than in the past. As she used to be a shy and introverted girl, she dressed smartly and was well-spoken now.

We talked about college life, and Anna told me that she majored in flight attendance. She had been working as an intern in China Southern Airlines for half a year and would be able to enter the company directly after graduation. Well, she greatly aroused my interest. She told me many interesting stories about flying. For example, once she saw a pretty little English girl and said hello to her in English. Unexpectedly, the little girl was mixed race and spoke in fluent Sichuan dialect. She also told me that while working on planes, she occasionally meets celebrities and can take photos with them if she's allowed.

I thought it was a very interesting conversation. I think being a flight attendant is a very cool and mysterious profession, and I learned more about the daily life of a flight attendant through our conversation. I also heard some intriguing stories that I had no access to in my own life. All this makes me feel very fascinated.

高中时期，我有一个很好的朋友叫做安娜。毕业后我们去了不同的城市上大学，所以失去了联系。去年暑假的时候，我在一次聚会上遇见了 Anna。我一进门她就认出了我，热情的和我打招呼。她看起来比以前漂亮多了。以前她又内敛又害羞，但现在穿着优雅谈吐得体。

我们聊起了大学生活，安娜告诉我他学了空乘专业，也就是我们常说的空姐。现在他已经在南航实习半年了，毕业后就可以直接入职。这让我非常有兴趣。她给我讲了很多有关飞行的趣事。比如有一次她看到一个漂亮的英国小女孩，用英文上去打招呼。没想到小女孩是混血，竟然说着一口流利的四川方言。这让我忍不住哈哈大笑。她还告诉我在飞机上工作偶尔会遇到明星，如果经纪人允许还可以跟他们合影呢。

我认为这是一次非常有趣的谈话。我认为空乘是一个很酷很神秘的职业，和安娜的对话让我了解到了这个职业的日常。我还听到了一些自己生活中完全接触不到的趣事。这一切都让我觉得很新鲜。

(三) 实习主管

5 - 6: 想共度时光的人 (1-4 月新题) & 最近第一次见且想了解更多的人 (1-4 月新题)

Describe a person that you enjoy spending time with. Some instructions that you can follow: How you met this person What type of person he/she is What you have done together And explain why you enjoy spending time with this person.	Describe a person you only met recently who you would like to get to know better. You should say: Who this person is Where you met him/her What you talked about And explain why you would like to get to know this person better.
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Not long ago, I went to a securities company as an intern, where I met Anna. She was my director and my mentor during the internship. She is a woman I admire very much, and it was pleasant to spend my time with her.

I had first met her during the interview. We were not familiar with each other until I took part in the internship. Anna is about thirty years old. She always wears decent business suits and looks professional.

One day during my internship, she asked me to present at a meeting. I worked hard to prepare for it and stayed up late during the week to create a presentation that satisfied me, but I was criticized by Anna at the meeting. Being told off in front of so many people made me feel wronged and upset. Anna probably saw my low mood and invited me to have lunch after the meeting. At this time, she seemed to become a totally different person and spoke to me gently. She carefully analyzed my problems and told me how to overcome them. After listening to her analysis, I became uplifted at once. I was surprised by how she could come up with such a perfect plan in such a short time.

In the following weeks at the internship, I often asked Anna for advice, and my ability improved rapidly through the high-intensity work. Anna is a person I want to be around because I can always learn a lot from her. I hope I can be like her someday.

上个暑假，我去了一所证券机构实习。在那里我认识了 anna，她是我的主管，也是我实习期间的导师。她是我非常欣赏的女性，和她相处总令我感到愉快。(我想了解她更多一些)

我在面试的时候曾经见过她，直到我参加实习之后，我们才渐渐熟悉起来。Anna 大约三十岁左右，总是穿着很得体的职业装，看起来非常专业。实习的某一天，她要我做一个会议上的演讲。虽然我非常努力地准备了一周，每天熬夜到很晚，做出了一份自己很满意的答案，但在会上还是被 anna 批评的一无是处。当着那么多人的面被批评让我感到委屈又沮丧。Anna 大概是看出了我低落的情绪，会后她约我一起吃午饭。这时候她像完全变了一个人，说话很温和。她认真分析我的问题所在，并且告诉我应该怎么做。听了她的分析，我的思路瞬间明朗了。我很惊讶她为什么可以在这么短的时间内，想出如此完美的方案。之后的实习中，我经常向 anna 请教，我的能力也高强度的工作中在迅速增长。我喜欢和 anna 呆在一起，从她身上我总能学到很多书上没有的东西。(我想了解她更多一些) 希望有一天我也能成为像她那样的人。

（四）修东西

7 - 8: 修复的坏物件（1-4 月新题）& 从长辈学到的技能（1-4 月新题）

Describe a time when something in your home broke and you tried to repair it. Some instructions that you can follow: What thing broke Why this thing broke What you did to try to repair it And explain how successful you were at trying to repair this thing.	Describe a useful skill you learned from an older person. Some instructions that you can follow: Who the other person was What skill you learned from this older person How easy or difficult it was to learn this skill And explain why it was useful for you to learn this skill
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《修复的坏物件》

Not long ago, I successfully repaired the light in my house. To be honest, it was a piece of cake for me.

If my memory serves me correctly, it was a night when my wife and I were chatting in our bedroom, one of the lights went off suddenly. So, I tried to find out what has going on. I took the bulb off and put it back on. Nothing worked. The light still didn't work. Then I took the bulb off the other lamp, and it worked! So, I knew it was the old bulb that was broken and needed to be replaced. It was late and the supermarket nearby was closed, so I went and bought a new bulb the next day and solved the problem by putting it back in. The most probable reason why it was broken was that it might have been used for a long time.

Actually, I'm pretty good at fixing household items. Whether it's an electrical malfunction, a leaky pipe or some simple repair of electrical appliances, I can handle them! I am a person with great curiosity. My father was very good at repairing electrical appliances in our house. When I was a teenager, whenever he was repairing the household items, I would sit next to him and watch, and I learned gradually. This is a very useful skill, because many tiny household problems can be solved quickly with my hands, but it can take a day or two to get a repairman to fix them.

中文思路:

不久前，我成功地修好了家里的灯。说实话这对我来说实在是小菜一碟。

如果我没记错的话，那是一个周内的晚上，我和我妻子正在聊天，突然，房间里的一个吊灯灭了。于是我就主动去试图修灯泡。我把灯泡拆下来再装回去，发现没有任何作用，灯还是不行。然后我把另外一个灯的灯泡拆下来装到这个灯上，发现灯亮了。于是我就知道是原来的灯泡坏了，需要换一个。那时候已经很晚了，楼下的超市已经关门了，所以我第二天去买了个新灯泡，重新装上去就解决了问题。灯泡坏了一般都是使用时间太久了导致的。

其实我是个非常擅长修理家用物品的人。无论是家里电器跳闸，水管漏水亦或者一些简单的电器修复，我都非常擅长。因为我是一个非常好奇的人，以前小时候，我爸爸就非常擅长修理家里的电器。每当他在修复的时候，我都蹲在隔壁观摩，久而久之我就学会了。这是一项非常有用的技能，因为很多家中的小问题其实只需动动手就能解决，但要找上门师傅维修的话则需要一两天的时间。

《从长辈学到的技能》

Actually, I'm pretty good at fixing household items. My father taught me this skill when I was a teenager.

Whether it's an electrical malfunction, a leaky pipe, or some simple repair of electrical appliances, I can handle them! I am a person with great curiosity. My father was very good at repairing electrical appliances in our house. In my childhood, whenever he was repairing the household items, I would sit next to him and watch, and I learned gradually. This is a very useful skill, because many household problems can be solved quickly with my hands, but it can take a day or two to get a repairman to fix them.

But I have to say it's a very difficult skill. For one, the items and the switches which are involved in electricity are very dangerous, a slightest mistake may make me hurt myself. For example, when I replace a light bulb, I have to turn off the switch first, otherwise I might get electrocuted. For another, there are so many things that can break down in our home, such as broken light bulbs and clogged toilets. These are all unique and different experiences, but you get better at repairing them each time you experience it again.

中文思路：

我是个非常擅长修理家用物品的人，这项技能是我爸爸教给我的。

无论是家里跳闸，水管漏水亦或者一些简单的电器修复，我都非常擅长。因为我是一个非常好奇的人，以前小时候，我爸爸就非常擅长修理家里的电器。每当他在修复的时候，我都蹲在隔壁观摩。久而久之我就学会了。这是一项非常有用的技能，因为很多家中的小问题其实只需动动手就能解决，但要找上门师傅维修的话则需要一两天的时间。

不过这是一项非常难的技能。一方面，因为涉及用电的地方都很危险，稍有不慎就可能会受伤。比如，在我换灯泡的时候，我必须先把电闸关掉，不然我很可能会被电到。另一方面，家里可能会坏的东西真的太多了，从换灯泡，到通厕所，还有清洁吸尘器等。其实这项技能更多地像是积累的经验，时间久了，那么你就会变得更专业。

(五) 禾木

9 - 11: 新地方 (1-4 月新题) & 乡下一隅 (1-4 月新题) & 享受的远足 (1-4 月新题)

Describe a place in the countryside that you enjoyed visiting. Some instructions you can follow: Where you went in the countryside Why you went to this place in the countryside What you saw and did there And explain why you enjoyed visiting this place in the countryside.	Describe a time that you remember being in a new place. Some instructions that you can follow: Where you were Why you were in the new place What you remember about it And explain how you felt about being in this new place	Describe a long walk that you enjoyed. Some instructions you can follow: Where and when you went on the walk Who you went with What you saw on the walk And explain why you enjoyed this long walk
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《新地方》&《乡下一隅》

Last October, my boyfriend and I went to Hemu for a trip during our annual leave. This was our first time in Hemu. Hemu is very famous. Before I came to Hemu, I had heard about this beautiful place on the Internet because it is called the Little Switzerland in China. Many friends of mine who have been there have also recommended it to me.

Hemu is located in the Altai region in northern Xinjiang province. The town is located in the mountains, with only one winding road in and out, so it maintains the most primitive natural scenery its quaint nature

Along the way, I saw grassland, wooden houses, rivers, and snowy mountains. This is a magical place. When I stood in front of the wooden house, I could look up and see the snow-capped mountains in the distance. When I looked down, I could see the wooden houses and wild horses dotted through the land. Walking to Hemu Park, I could take a quiet forest walk. Most importantly, because it is sparsely populated, I felt totally peaceful and comfortable, away from the hustle and bustle of the city.

The trip was very short. I only stayed in Hemu for two days. But the serenity and comfort of the place stayed with me for a long time, and I'm planning to return for a week in the winter to soak up the beauty and quiet.

中文思路:

去年 10 月的时候，我和我男朋友趁着休年假的时间，去了禾木旅游。这是我们第一次来到禾木。禾木非常著名，在来禾木之前，我就在网上听说过这个美丽的地方，因为它被称为东方的小瑞士。很多去过的朋友也跟我推荐它。

禾木位于新疆北部的阿勒泰地区，这座小镇位于崇山峻岭之中，出入都只有一条盘山公路，所以这使得它能保持最原始的自然风光和人文特色。

一路上，我看到了草原，木屋，小河还有雪山。这是一个神奇的地方，当我站在禾木的木屋前，我抬头可以看见远处连绵的雪山，平视可以看到星星点点的木屋和野马。走到禾木公园，我可以进行一次清幽的森林漫步。最重要的是，因为这里人烟稀少，所以这里让人感到无比的宁静舒适，远离了城市的热闹与喧嚣。

这次的旅途很短，我只在禾木待了两天就走了。但这里的宁静和舒适让我久久不能忘怀，我正计划着在冬天的时候再来一次，在这里住上一个星期，尽情地享受这里的美景和静谧。

《享受的一次远足》

Last October, my boyfriend and I went to Hemu for a trip during our annual leave. This was our first time in Hemu. Hemu is very famous. Before I came to Hemu, I had heard about this beautiful place on the Internet because it is called the Little Switzerland in China. Many friends of mine who have been there have also recommended it to me.

Hemu maintains the most primitive natural scenery. In Hemu, my boyfriend and I went on a forest hike. Apart from regular shuttle buses, we had to go to almost all the attractions on foot. When we entered the forest park, we passed a fast-flowing river flanked by thick birch forests. Along the way, we could look up and see the snow-capped mountains in the distance, and in the distance. I could see wooden houses dotted with sheep. There were many eagles circling overhead. We took pictures as we walked along the path, unknowingly we had walked for more than two hours. The forest park is so big that if we kept walking, we would have arrived at another village!

I really love going on a long walk like this since I have never seen such picturesque scenery before. The trip was very short. I only stayed in Hemu for two days. But the serenity and comfort of the place stayed with me for a long time, and I'm planning to return for a week in the winter to soak up the beauty and quiet.

中文思路：

去年 10 月的时候，我和我男朋友趁着休年假的时间，去了禾木旅游。这是一座位于新疆北部的小镇。在来禾木之前，我就在网上听说过这个美丽的地方，它被称为东方的瑞士。很多去过的朋友也跟我推荐它。

禾木拥有最原始的自然风光。在禾木，我和我丈夫进行了一次森林远足。那里没有汽车，除了固定的班车，几乎所有景点都要靠步行。从酒店出发，我们经过了一条湍急的小河，两旁都是茂密的白桦林。一路上，我抬头可以看见远处连绵的雪山，远望可以看到星星点点的木屋和绵羊。头顶上还有很多鹰在不停的盘旋。我们边拍照边往前走，不知不觉走了两个小时。禾木非常大，如果一直走下去的话，会走到另一个村庄！

我很喜欢这次远足，作为一个生活在城市里的人。这样的自然风光是我从未见到过的。我只在禾木待了两天就走了。但这里的宁静和舒适让我久久不能忘怀，我正计划着在冬天的时候再来一次，在这里住上一个星期，尽情地享受这里的美景和静谧。

12: 有趣的城市（1-4 月新题）

Describe a famous city that you find interesting.

Some instructions that you can follow:

Where the city is

How you know about the city

Why the city is famous

And explain why you find this city interesting.

Last October, my boyfriend and I went to Lhasa for a trip during our annual leave. This was our first time in Lhasa. Lhasa is very famous. Before I came to Lhasa, I had heard about this beautiful place on the Internet because it is called the Sunshine City. Many friends of mine who have been there have also recommended it to me.

Located on the Tibetan Plateau, Lhasa is one of the highest cities in the world. Lhasa owns the world-famous Potala Palace, and it is also the holy land of Buddhist believers.

Lhasa is a magical and interesting city, where the air is thin, but the people are full of faith. I was impressed by the simplicity and enthusiasm of the Tibetans. When I arrived at the Potala Palace, I could see the snow-capped mountains in the distance when I looked up, and I could see the houses, cars, and people of the city. The numerous temples, the monks on the roads, and the traditional architecture of Lhasa give a sense of the local people's piety. At the same time, Lhasa is a relatively modern city, there are many commercial squares, and it is full of cars which shows its prosperity. Modernity and religion are in perfect harmony in Lhasa, and that's what makes Lhasa interesting.

The trip was very short. I only stayed in Lhasa for five days. But the serenity and comfort of the place stayed with me for a long time, and I'm planning to return for a week to soak up the beauty and quiet.

中文思路:

去年 10 月的时候，我和我男朋友趁着休年假的时间，去了拉萨旅游。拉萨是一座非常著名的城市，在来拉萨之前，我就在网上听说过这个美丽的城市，因为它被称为日光之城。很多去过的朋友也跟我推荐它。

拉萨位于青藏高原，是世界上海拔最高的城市之一。这里不仅有全世界闻名的布达拉宫，更是许多佛教信徒心中的圣地。

拉萨是一个神奇又有趣的城市，这里的空气稀薄，但是这里的人却充满了信仰。藏民们纯朴和热情让我印象深刻。当我登上布达拉宫，我抬头可以看见远处连绵的雪山，平视可以看到城市的房屋以及星星点点的车流。当地众多的寺庙，路上的僧人和传统的建筑都让人感受到当地人们的虔诚。同时拉萨也是一座相对现代化的城市，众多的商业广场和满街的汽车都展示着它的繁华。现代与信仰在拉萨完美地融合在一起，这就是拉萨有趣的地方。

这次的旅途很短，我只在拉萨待了五天就走了。但这里的宁静和舒适让我久久不能忘怀，我正计划着在冬天的时候再来一次，在这里住上一个星期，尽情地享受这里的美景和静谧。

(六) 单独话题 (1-4 月新题)

13: 特殊的蛋糕 (1-4 月新题)

Describe an occasion when you had a cake that was special.

Some instructions you can follow:

What kind of cake it was

Why you had this cake

Who you were with

And explain how you felt about having this special cake.

Last weekend, I ate a very special cake. The shape of the cake is no different from ordinary cakes, but the sugar used to make the cake had been replaced by a substitute sugar. This means the cake won't give me too many calories. It is very attractive to me because I'm trying to lose weight.

I saw the non-sugar cake recommendation on Tiktok a few months ago, and I was intrigued. But the smallest cake in the shop was six inches, and I couldn't eat it all by myself. It happened to be my colleague Anna's birthday last week, so I immediately ordered my dream cake for Anna. Anna was surprised when she knew this cake contained non-sugar. Finally, we shared this cake, and we were both full and thought it was yummy.

I think this cake is very delicious because it does not taste very sweet. Also, there is a lot of fresh fruit in it, which is very to my taste. The most important thing is that it's very healthy. Using the substitute sugar to make a cake with lower calories in the cake. I have a sweet tooth, and my life is almost inseparable from bubble tea and cakes. But they all contain a lot of sugar, so I've been putting on weight as I've gotten older, and I've been upset about it. I'm so happy that I found non-sugar cake and it will be my first choice when I want a cake in the future.

中文思路:

上周末, 我吃了一个很特殊的蛋糕。这个蛋糕的外形和普通蛋糕并无区别, 只不过制作蛋糕的白砂糖被替换成了代糖。这意味着这个蛋糕并不会让我摄入过多的糖分。这对正在减肥中的我是十分友好的。

几个月前我就在抖音上看到了无糖蛋糕的推荐, 对此我很感兴趣。但这家店最小的蛋糕也有 6 英寸, 我一个人根本吃不完。刚好上周我同事 anna 过生日, 我立刻预订了这款心仪已久的蛋糕。Anna 听说这款蛋糕是无糖的, 她也非常感兴趣。最终我们分享了这个蛋糕, 我们都觉得蛋糕很好吃, 都吃饱了。

我认为这个蛋糕非常棒, 它吃起来并不会很甜, 蛋糕中间加了很多新鲜水果, 非常符合我的口味。最重要的是它非常健康。用代糖制作蛋糕坯和奶油, 并不会影响蛋糕的口感。但这个小小的改变使蛋糕的热量降低了一半。我是个甜食爱好者, 我的生活几乎离不开奶茶和蛋糕。这些食物都含有大量的糖, 因此随着年龄的增长, 我的体重一直在增加, 为此我很苦恼。我很开心我发现了无糖蛋糕, 以后我想吃蛋糕的时候, 它将成为我的首选。

14: 收到的免费物品/服务 (1-4 月新题)

Describe a time when you received something without having to pay for it

Some instructions you can follow:

What this free thing was

Why it was free

What you did to get this free thing

And explain how you felt about receiving this free thing.

When I just graduated from university, I got a credit card from China Merchants Bank. Since I use this credit card often and I have a good credit record, I got another platinum credit card last year. This means that I will receive a free medical check-up and dental cleaning every year. I really like these free services.

As competition among banks becomes increasingly fierce, many banks may offer some perks to VIP customers in order to retain them, such as a medical check-up, dental cleaning, or airport transfer. If I buy my own physical examination and dental cleaning, I may need to spend more than one thousand yuan. And the airport shuttle provides great convenience for my family and me to travel. Moreover, these services are provided by some high-end medical institutions and service providers, and I can get a good experience from them every time.

Platinum credit cards usually come with hefty annual fees, but my card's annual fee can be redeemed with points. This means that as long as I use this card to pay for everything, I can get a lot of free services for almost nothing. I'm a pragmatist, I spend my money rationally, and I don't overspend aggressively, so credit cards aren't a spending trap for me. On the contrary, it has been a huge convenience for me. This platinum credit card is really useful.

中文思路:

大学刚刚毕业的时候，我办了一张招商银行的信用卡。因为我经常使用这张信用卡，而且我的信用记录良好，去年我得到了一张白金信用卡。这意味着我每年都会收到招行赠送的免费的体检和洗牙。我非常喜欢这几项免费服务。

由于银行之间竞争日益激烈，为了留住客户，很多银行都会给贵宾客户赠送相应的福利。比如体检，洗牙，接送机等等。如果我自己购买体检和洗牙，我可能需要花费一千多元。而接送机则为我我的家庭出行提供了极大的便利。而且提供这些服务的都是一些高端的医疗机构和服务商，我每次可以得到良好的服务体验。

白金信用卡通常都有高额的年费，但是我这张卡的年费是可以积分兑换的。这意味着只要我日常支出都用这张信用卡支付，那我几乎不用额外付钱即可享有非常多的免费服务。我是一个实用主义者，我的日常支出都非常理性，而且我从不进行激进的超前消费，所以信用卡对我来说并不会是一个消费的陷阱。相反，它还给我带来了巨大的便利，这张白金信用卡真的太有用了。

15: 筹办的活动（1-4 月新题）

Describe a time when you were preparing for a happy event .

Some instructions you can follow:

What the event was

How you prepare for this event

Who helped you prepare for it.

And explain how successful your preparations for this event were.

Nowadays, the pace of work in the city has become faster and we suffer from much greater pressure. Not long ago, my colleagues and I prepared a team-building event to have some fun and relieve ourselves. It was a successful and happy event, and I haven't seen our colleagues smiling that much in ages.

At first, we planned to go hiking in the countryside, but considering the seriousness of the recent epidemic, we finally canceled the original plan and planned a table tennis match in the company instead. There were already several ping-pong tables in the office building, so we just needed to bring some rackets. We also bought lots of popcorn and other snacks, as well as prizes for the winners.

We started our team-building with an office Ping-Pong match. Colleagues were teamed up against one another and winners continued playing other winners, while losers from the first round continued to play winners from the losers' bracket. In between matches, we tested our strength, endurance, and teamwork. While it was really intense and fast, spirits were high and it was a fun game for everyone, including beginners. We all gave it our best. Even though there was some defeat, all my colleagues were totally relaxed, completely switched off from the stress of work, and joyfully played around with the ball. We shared smiles and popcorn all around, and our hearts were full of joy.

如今，城市的工作节奏已经变得疯狂和越来越快，承受着越来越大的压力。不久前，我和我的同事组织了一次团建来给大家找点乐子，放松下身心。团建很成功，我从来没见过大家笑得如此开心。

一开始我们准备去郊外爬山，但考虑到最近疫情严重，最终我们还是取消了原定计划，改为在公司里进行乒乓球比赛。公司大楼本来就有几张乒乓球桌，所以我们只需准备球拍。另外我们还买了很多爆米花和其他零食，还有最后给赢家发的奖品。

我们以办公室乒乓比赛开始了我们的团建。同事们被组队对抗，赢家继续和其他赢家比赛，而第一轮输家继续和输家组的赢家比赛。在比赛间隙，我们测试了自己的力量、耐力和团队精神。虽然它真的是紧张和快速，情绪很高，这是一个有趣的游戏，对每个人，包括初学者。我们都尽力了。虽然有一些失败，但我所有的同事都非常放松，完全摆脱了工作的压力，愉快地玩着球。我们分享着微笑和爆米花，我们的心是满满的。

16: 理想之家（1-4 月新题）

Describe the kind of house or apartment you would like to live in.

Some instructions that you can follow:

Where this house or apartment would be

What it would look like

What would be special about the house or apartment?

And explain why you would like to live in this house or apartment

My ideal home would be a log cabin in the countryside. The reason why like such a house is that I have been to a beautiful place, Hemu, where I was deeply impressed by the quiet and comfortable environment and the delicate and secluded cabins. I hope to live in a house like that when I retire.

My dream cabin doesn't have to be big, just big enough for me and my husband to live in. The house should be made of wood and the interior decoration should be natural. The house needs to have all kinds of furniture and necessities, as well as air conditioning and heating, so that we can live comfortably throughout the seasons. My husband loves growing flowers and an elaborate garden is a must. Meanwhile, our Samoyed can have his own dog house in the garden.

Living here, I want to open the door every morning to see the sun and hear the sound of birds. In my spare time, I can throw a party with my friends in the yard and enjoy a delicious outdoor barbecue.

This house is perfect for me! Away from the hustle and bustle of the city, I can really enjoy life and embrace nature. I don't have to worry about crazy work anymore. Of course, I also want my home to have convenient transportation, so that I can often go downtown to buy things!

中文思路:

我理想的家就是一个位于乡下的小木屋。之所以我喜欢这样的家，是因为我曾经去过一个美丽的地方，禾木，那里恬静舒适的环境和精致幽静的小木屋给我留下了很深的印象。我希望以后退休后能住在那样的房子里。

我梦想中的木屋不需要很大，足够我和我丈夫生活就足够了。房子应该是木头制作的，里面的装修也应该贴近自然。屋子里需要有各种家具和生活必需品，同时要有空调和暖气，这样的话不管夏天还是冬天，我们都能舒服地住在里面。我丈夫喜欢养花，一个精致的花园是必须的。同时，我们家的萨摩耶也可以在花园里拥有它自己的窝。

住在这里，我希望每天早上一打开门就能看见阳光，可以听到鸟叫的声音。空闲的时候我可以和朋友们在院子里聚会，并且享用一顿美味的户外烧烤。

这样的房子我来说是完美的！远离了城市的热闹和喧嚣，我能真正地享受生活、享受自然。我再也不需要操心令人抓狂的工作。当然，如果我也希望我家能拥有便捷的交通，这样我就能时常回市区买东西。

17: 别人给你的衣服 (1-4 月新题)

Describe an item of clothing that someone gave you.

Some instructions that you can follow:

What the item of clothing was and who gave it to you

What it looked like

When you wore it

And explain why this person gave you this item of clothing

My mother gave me a great coat this Christmas. It was a coat I have long dreamed of. It was quite expensive and I genuinely didn't expect my mother to buy it for me.

It is a long brown cashmere coat and many celebrities have worn it. It is light and thin but can keep me warm. It comes with a good cut, which makes me look tall and slender. All my friends said that I looked elegant in this coat. It felt so great.

The coat is very precious to me. I only wear it on dates with friends or on formal occasions. I'm afraid of tearing or soiling it. I can't imagine wearing such a gorgeous coat while eating in the canteen. Therefore, I prefer to wear my down jacket to go to classes.

My mother bought me the coat because she loves me very much. She has seldomly bought anything valuable for herself. But she tries her best to satisfy me when I want something. More importantly, she thought that as I was about to graduate, it would be a very important moment and so she wanted to buy me something special. I'm extremely grateful to my mother. She must be the best mother in the world.

中文思路:

今年圣诞节的时候，妈妈送给我一件很棒的衣服。这是我梦想已久的一件外套，它的价格非常昂贵，我真的没想到妈妈会买下来送给我。

这是一件棕色的长款羊绒外套，很多明星都穿过它。它很轻薄，但是穿上却很暖和。这件衣服拥有优秀的剪裁，显得我又高又瘦。所有的朋友都说我穿着这件衣服显得非常有气质。这种感觉实在是太棒了。

这件衣服可是我的宝贝，只有在和朋友约会，或者一些正式的场合我才会穿着它。我很怕把它弄坏或者是弄脏了。我无法想象我穿着如此华丽的外套去食堂吃饭的情景，因此上课的时候我更喜欢穿着我的羽绒服。

我的妈妈之所以会给我买这件衣服，是因为她很爱我。平时她很少给自己买什么贵重的东西。但只要是我喜欢的，他都会尽力满足我。更重要的是她觉得我快毕业了，这是一个很重要的时刻。她想买一些特别的礼物送给我。我非常感谢我的妈妈，她一定是全世界最好的妈妈了。

18: 童年玩具（1-4 月新题）

Describe a toy that you often played with as a child.

Some instructions that you can follow:

What kind of toy it was

How old you were when you got it

Whether you played with the toy by yourself or with other people

And explain how you felt about this toy

When I was little, I loved slot cars more than any other toy. A slot car is an electric miniature-racing car that is guided by a slot in the track on which it runs. A slot car set usually has four main parts: the controllers, the track, the cars themselves and the battery. I was so into the toy because of a popular Japanese anime called "The Racing Brothers!!" The anime is about mini four-wheel drive racing and how kids and adults compete annually over the hobby around the world using customized motorized miniature cars. I remember receiving a slot car toy as a birthday gift from my parents when I was crazy about the anime at 10 years old. I still recall that after I unboxed the gift, it took me about half an hour to set up the track and connect the controllers. I plugged the battery into the mains and put the cars on the track. Although I was possessive about my belongings, I shared this toy with my friends. I would always invite those who were passionate about it over to play with me. Though I don't play with the car anymore, I still have it in my room. It brings back nostalgic memories of my youth.

中文思路:

当我还小的时候，我喜欢轨道车玩具胜过其他任何玩具。这是一辆有动力的微型赛车，由赛道上的一个插槽引导。一辆槽车通常有四个主要部分：控制器，赛道，汽车本身和电池。我非常喜欢这个玩具，因为一个流行的日本动漫叫“四驱兄弟!!”这部动漫讲述的是世界各地的儿童和成人每年如何使用四驱车来争夺冠军。我记得在我十岁的时候，当我对日本动漫非常着迷的时候，我收到了父母送给我的生日礼物——一辆四驱车。我仍然记得在我打开礼物的盒子后，我花了大约半个小时来设置轨道和连接控制器。我把电池插到电源上，把赛车放到赛道上。虽然我对我的财产占有欲很强，但我还是把这个玩具和我的朋友们分享。我总是邀请那些对热爱它的人来和我一起玩。虽然我不再玩这辆车了，但我把它放在我的房间里。它唤起了我对青年时代的怀旧回忆。

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19: 想买给朋友的礼物（1-4 月新题）

Describe a gift you would like to buy for a friend

Some instructions that you can follow:

How well you know this friend

How much time you spend with him/her

What type of gift you would like to buy him/her

And explain why you would like to buy this gift for your friend

With the Chinese New Year around the corner, I would like to talk about something special I am planning to gift. Leah is a very close friend and colleague of mine. She sits next to me in the office. While we are on different teams, we have a lot of overlapping duties and collaborate closely on outreach projects. In addition to our professional ties, we share many hobbies, such as hiking, cooking, and cycling. And we both love and have cats. Recently, I have found one interactive toy that could keep my cat entertained for hours. It is an automatic toy, quiet and non-threatening. It's great for shy cats because it's not overwhelming. I found that my cat just went crazy about it. The toy moves around the floor like a bug, dragging a small feather behind it. I would turn it on for five minutes a few times a day and watch my cat go wild. With the positive feedback I got from my own cat, I am pretty sure that Leah's cat will feel the same. It will also help her cat to exercise, and to promote cat-owner bonding. Now I am eagerly waiting for our next workday so that I can surprise her with this gift.

中文思路：

随着中国新年的临近，我想谈谈我计划送什么特别的礼物。利亚是我非常亲密的朋友和同事。她在办公室里坐在我旁边。虽然我们在不同的团队，但我们有很多重叠的地方，并且会在外展项目上紧密合作。除了我们的职业关系外，我们还有很多共同的爱好，比如徒步旅行、烹饪和骑自行车。我们都爱猫，也都养猫。最近，我发现了一个互动玩具，可以让我的猫娱乐几个小时。它是一个自动玩具，安静，不会造成伤害。这对害羞的猫来说非常好，因为它不会让猫咪不知所措。我发现我的猫太喜欢它了。这个玩具像虫子一样在地板上移动，身后拖着一根小羽毛。我每天会打开它几次，每次五分钟，看着我的猫发疯。我从自己的猫那里得到了积极的反馈，我很肯定 Leah 的猫也会有同样的感觉。它还能帮助她的猫锻炼身体，增进猫主人之间的感情。现在我急切地等待着我们的下一个工作日，这样我就可以用这个礼物给她一个惊喜。

20: 帮助你学外语的事情（1-4 月新题）

Describe something you did that helped you to learn another language.

Some instructions that you can follow:

What you did

Where you did it

Who you did it with

And explain how doing this helped you to learn another language.

Learning a new language is a very essential and useful endeavor. I feel that knowing a foreign language helps to connect people of various cultures, and English is one of the most widely spoken languages nowadays. Many of my colleagues frequently speak English in the office, and in some certain situations, I need to send emails to overseas clients. Some colleagues told me that Cambly offers quality, innovative, and professional classes at all levels. Unfortunately, due to the pandemic, most of their offline classes are still suspended. Therefore, I had to take online courses. To my surprise, their online courses are very user-friendly and practical, with programs adapted to an online setting without ever betraying their quality teaching. Every day, I would receive a selection of exercises, texts, dialogues, and mini-lessons in English. These include fun stories and historical notes that match my language level. Often, within a few minutes after I send my answers, I would receive a correction email with personalized explanations from my teacher. Last but not least, at the end of each lesson, I get a taste of English culture, literature, songs, films, and more. I feel like these short, personalized and fun online English lessons really help me to be motivated and engaged. I have improved a lot.

中文思路：

学习一门新的语言是非常必要和有用的。我觉得掌握一门外语可以帮助不同文化背景的人建立联系。英语是当今最普遍的语言之一。我的许多同事经常在办公室说英语，在某些情况下，我需要给海外公司发邮件。一些同事告诉我，坎布里在各个层次上都提供高质量、创新和专业的课程。不幸的是，由于疫情，他们的大部分线下课程仍在停课。因此，我必须上网络课程。令我惊讶的是，他们的在线课程非常友好和实用，有适合在线课程的程序，但从来没有背叛他们的教学质量。每天，我都会收到精选的英语练习、课文、对话和迷你英语课。其中包括与我的水平相匹配的有趣故事和历史笔记。通常在我发出答案后的几分钟内，我就会收到一封来自老师的更正邮件，里面有我个人的解释。最后但并非最不重要的是，在每节课结束时，我可以品尝英国文化、文学、歌曲、电影等。我觉得这些简短的、个性化的、有趣的在线英语课程真的帮助我获得动力和参与。我进步了很多

21: 有趣的歌 (1-4 月新题)

Describe a song that you think is interesting.

Some instructions that you can follow:

What country the song is from

How you know about the song

What the song is about

And explain why you think this song is interesting.

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I love listening to music, and here I would like to describe a very interesting song called “Dear Future Husband” by American singer-songwriter Meghan Trainor. The single was released in 2015, less than a year after Meghan Trainor achieved worldwide success with her catchy tune, “All About That Bass.” Once it came out, I was soon addicted to it. The concept is simple: Trainor judges the merits of a string of potential suitors. However, the execution of this concept is done in such a creative and fun way. Though she doesn’t consider herself a feminist, Trainor continues to produce girl power anthems and “Dear Future Husband” is no exception. Sure, the music video features Trainor all dolled up like a 1950s housewife, but she warns her potential suitors, “don’t be thinking I’ll be home and baking apple pies” because she’s got a nine to five job too. I think the song is really cute and smart in delivering its message against gender norms and in smashing old-fashioned spousal expectations. It is important for all girls to embrace bravery and forget about being perfect.

中文思路:

我喜欢听音乐，在这里我想描述一首非常有趣的歌曲，叫做“亲爱的未来丈夫”，由美国创作歌手梅根·特雷纳。这首单曲于 2015 年发行。距离梅根·特雷纳凭借《All About That Bass》这首朗朗上口的歌曲在全球获得成功还不到一年。听过后我就立刻喜欢上了这首歌。这首歌的大意很简单：特雷纳会判断一连串潜在追求者的优点。然而，这一理念的执行方式却是基于一种创造性且有趣的方式。尽管特雷纳不认为自己是女权主义者，但她继续创作女性力量的颂歌，“亲爱的特色丈夫”也不例外。当然，MV 中特雷纳打扮得像个 20 世纪 50 年代的家庭主妇，但她警告潜在的追求者，“不要以为我会在家烤苹果派”，因为她也有份朝九晚五的工作。我认为这首歌真的很可爱，也很聪明，它打破了性别规范，打破了传统的配偶期望。对所有女孩来说，拥抱勇敢，忘记完美是很重要的。

22: 未实现的目标（1-4 月新题）

Describe an ambition you haven't achieved yet.

Some instructions that you can follow:

What your ambition is

Why you want to achieve this ambition

How long you have had this ambition

And explain why you haven't achieved this ambition yet.

I really love traveling, and top of my bucket list is to visit all the provinces of China. While I was born and grew up here, there are still so many either well-known (but amazing) attractions or adventures off the beaten path that I haven't had a chance to visit or experience yet. Since 18 years old, I have been traveling either on my own or with likeminded friends. I am particularly interested in visiting places with very old local architectures, rich folk cultures, unforgettable beautiful sceneries, and long histories telling the interesting stories of the past decades and centuries. I was so close to achieving this ambition in 2021 with only two more provinces left to visit. However, due to continued waves of coronavirus outbreaks, it became difficult to travel around freely. I felt like I could not fully enjoy the trips because of potential COVID-related risks. I am especially worried about becoming quarantined and being unable to return for work. That said, I have started to embrace the changes and become more mindful of travel-related policies. Once I feel more comfortable travelling again, I will do so because I think it is important for boosting mental health and personal growth and a good way to balance one's life and work.

中文思路：

我真的很喜欢旅游，我的愿望清单上的第一项就是去中国所有的省份旅游。虽然我在这里出生和长大，但这里仍然有许多人迹罕至但令人惊叹的景点，或远离人迹罕至的冒险之旅，我还没有机会参观或体验。从 18 岁开始，我就一直独自旅行，或者和志同道合的朋友一起旅行。我特别喜欢参观当地风格的古老建筑、村民的民间文化、令人难忘的美丽风景和讲述几十年甚至几百年有趣故事的悠久历史。2021 年，我差点就实现了这一目标，当时还剩下两个省。然而，由于疫情的持续爆发，人们很难自由出行。由于新冠肺炎的潜在风险，我感觉无法充分享受旅行。我特别担心被隔离，不能回来工作。也就是说，我已经开始接受变化，对旅游相关政策更加关注。一旦我再次感到舒适和快乐的旅行，我就会这样做，因为我认为这是促进心理健康和个人成长的重要方式，也是一种平衡生活和工作的好方法。

23: 学校/工作中不喜欢的规定（1-4 月新题）

Describe a rule (e.g. at school or work) you dislike and would like to change.

Some instructions that you can follow:

What the rule is

What the reason for the rule is

Why you dislike the rule

And explain how you would like to change the rule.

Something I have always disliked and would like to change about work is the fixed working hours from 9 to 5. Though the typical workday model is already ingrained in our lives, more and more companies have decided to implement a flexible work schedule. For those of us who work a 9-to-5 shift, the rush hour can be draining, as travel to and from work may be riddled with many stress-inducing situations, such as traffic congestion, irate commuters, and the like. Once we are in a bad mood, it can be difficult to get our mind to focus on work. In addition, with a rigid schedule, we can end up spending more time in the office than at home, which means we won't have time to take up hobbies and passions for personal growth or even pursue errands and attend to personal needs. Therefore, instead of sticking to the old fashioned, fixed 8-hour work schedule, I really hope the management team might consider a working arrangement where employees can choose which days or hours to work within a set time period or limit. They could come in earlier or later than the standard hours, and possibly even punch out early provided they have completed their tasks for the day. Working from home or remotely may even be allowed. I am sure a healthier work-life balance will play an important role in an employee's health and happiness.

中文思路:

我一直不喜欢并希望改变的工作时间是固定的朝九晚五。尽管这一刻板印象已根植于我们的生活中，但越来越多的公司决定实行弹性工作时间。对于我们这些朝九晚五的人来说，上下班的高峰时间会让我们筋疲力尽，因为上下班的路上可能充满了许多引发意外的情况，比如交通拥堵、愤怒的通勤者等等。一旦我们心情不好，就很难把注意力集中在工作上。此外，有了严格的时间表，我们在办公室的时间会比在家的时间更长，这意味着我们将没有时间去从事个人成长的爱好和激情，甚至追求差事和处理个人需求。因此，我非常希望管理层能够考虑一种工作安排，让员工可以在规定的时间或限制内选择工作的天数或时间，而不是拘泥于老式的 8 小时固定工作时间表。他们可以提前或晚于标准时间上班，甚至可能提前打卡下班，前提是他们已经完成了当天的任务。甚至可能允许在家或远程工作。我相信更健康的工作和生活平衡将对员工的健康和幸福起到重要作用。

24: 离不开的东西（1-4 月新题）

Describe something you can't live without – not a mobile/cell phone or computer.

Some instructions that you can follow:

What this thing is

What you used for it

How long you have had it

And explain why you can't live without this thing.

I would say I really couldn't live without coffee, especially during workdays. The thing is that coffee isn't just about great taste or flavor. I have grown attached to its ability to affect me mentally and socially. First off, I will admit that coffee has a positive effect on my mental performance. It stimulates the nervous system and increases concentration, alertness and attention. Starting the day's work with a steaming mug can make me more focused and ready for the challenges ahead. Also, taking a break out of the working day to refresh and relax is very important. The busy modern-day work schedule has increasingly left us with less time to ourselves. Taking a stroll away from the desk for a coffee with colleagues is an excuse to take a well-deserved recess. This, in turn, will aid my happiness and productivity at work. Last but not least, there is always something new to try. From caramel and vanilla to white chocolate and mint infusions, the drink is always reinventing itself. This is also why coffee is perfect with any meal - an accompaniment to my light work lunch. It really is an essential part of my work life now.

中文思路：

我想说，我真的不能没有咖啡，特别是在任何工作日。问题是，咖啡不仅仅是美味或味道。我已经对它影响我精神和社会的能力产生了依恋。首先，我承认咖啡对我的心理表现有积极的影响。它刺激神经系统，提高注意力、警觉性和注意力。用一个热气腾腾的杯子开始一天的工作，能让我更专注，也能为未来的挑战做好准备。此外，工作之余休息一下，放松一下也是非常重要的。现代繁忙的工作日程使我们留给自己的时间越来越少。离开办公桌散步，和同事喝杯咖啡，是享受应得休息的一个借口。这反过来也会让我在工作中更快乐，更有效率。最后但并非最不重要的是，总有新的东西可以尝试。从焦糖、香草到白巧克力和薄荷，这种饮料总是在自我改造。这也是为什么咖啡与任何一顿饭都是完美的搭配——搭配我清淡的工作午餐。这是我在工作生活中必不可少的一部分。

25: 印象深刻的一堂课（1-4 月新题）

Describe a lesson that you remember well.

Some instructions that you can follow:

What the lesson was about

When and where this lesson took place

What happened during this lesson

And explain why you remember this lesson so well

I would like to share a recent training course at work concerning unconscious bias, as well as diversity and inclusivity in the workplace. It was a free online course accessible on a computer or mobile device to all staff. In the highly interactive 2.5 hour virtual webinar, the training seeks to raise awareness of the mental shortcuts that lead to snap judgments—often based on age and gender—about people’s talents or character. In response, the training provides tools to adjust automatic patterns of thinking, and ultimately reduces bias in attitudes and behaviors at work, from hiring and promotion decisions to interactions with customers and colleagues.

I think the training is very effective because it does more than simply increase awareness of bias and its impact. It teaches workers to manage their biases, change their behavior, and track their progress. It offers information that contradicts stereotypes and allows us to connect with people whose experiences are different from ours. And it’s not just a onetime education session. It entails a longer journey of structural change to policies and operations, like the elimination of self-assessments from performance reviews. I have started to find the workplace to be more inclusive, where differences are cherished rather than tolerated, and thus feel a greater sense of belonging and respect for my contributions.

中文思路：

我想分享一下最近的一个培训课程，内容是关于无意识偏见以及多样化和包容的环境。这是一门免费的在线课程，所有员工都可以通过电脑或移动设备访问。2.5 小时的，非常丰富的在线研讨会，旨在提高认识的心理捷径。这种捷径是基于年龄和性别，对一个人的天赋和特性的草率的判断。同时提供思维自动调整模式，并最终减少工作态度和行为中的偏见。这关系到招聘和晋升，以及客户和同事的互动。

我认为这种培训非常有效，因为它不仅能提高人们对偏见及其影响的认识。它教我们管理他们的偏见，改变他们的行为，跟踪他们的进步。它给我们提供了打破刻板印象的信息，并让我们与那些经历与我们不同的人建立联系。这不仅仅是一次一次性的教育。这需要较长的旅程，并对政策和业务进行结构性改革，例如从业绩审查中取消自我评估。我开始发现工作场所变得更加包容——在这里，人们珍视差异，而不是容忍差异，对我的贡献有更大的归属感和尊重。

（八）单独话题（保留旧题）

26: 令你兴奋的书

Describe an exciting book that you enjoy reading

Some instructions that you can follow

What type of book it was

Why you read the book

What the book was about

And explain why the book was so exciting.

Throughout the National Day holiday last year, I decided to remain at home for a week because I was frightened of embarking upon a crowded vacation. During that period, I read a book that certainly thrilled me, which was a translation of a popular foreign book, entitled *THIS IS GOING TO HURT*.

It was initially endorsed to me by a companion who informed me it was hilarious and full of suspense. I've been under an immense amount of pressure at work lately, and I sought to read a book that would dispel my feelings of discontent. Well, it didn't disappoint me. This is a bestselling novel in the UK since I discovered it sold out in Amazon in a very short time. The content of the novel is comprised of the private diary of a male gynecologist, in which he muses upon the difficulties he faced, as well as all sorts of bizarre and humorous patients. The author conveys many poignant stories in an amusing language. I also witnessed Adam's composure and compassion and his optimistic attitude towards life.

This book is very exciting and abounds with British humor. Also, it records numerous private problems that occur in his hospital, which makes it more captivating. I am unable to put the book down once I have started reading it, and on one occasion I read the book nonstop until midnight. I was taken aback by Adam's compassion and respect for his profession. Sure enough, as the author says, obstetrics and gynecology are the only places where patients are excited and really look forward to it.

中文思路:

今年国庆假期，因为惧怕外面的人山人海，我选择了在家休息一周。在这段时间我读到了一本非常令我兴奋的书。那就是英国的 Adam Kay 所著的 *THIS IS GOING TO HURT*。

最初这本书是我的朋友推荐给我的，他告诉我这本书笑点爆炸，非常令人兴奋。我最近工作压力很大，想看一本能驱散心中不快的书，果然它没有让我失望。这是一本在英国非常畅销的书，听说在英国亚马逊上架三小时就被抢购一空。他是一个男妇产科医生的私密日记，里边记录了医生的艰辛，还有各种奇葩的患者。作者用风趣幽默的语言表达了很多动人的故事。我也从中看到了亚当的沉稳和善良以及他的人生态度。

这本书很令人兴奋，全书充满了英式幽默，知识科普配合三句话一个笑点，让我一度脸红心跳无法自拔，幽默又有深意。我曾经看到凌晨一点还舍不得放下。亚当对职业的热爱和尊重又令我感动。果然，就像作者说的那样，妇产科是唯一让人兴奋，并且真的有所期待的地方。

27: 机智地解决问题的人

Describe a time when someone you know found a clever solution to a problem.

Some instructions that you can follow

Who the person is

What the problem was

What the person did

And explain why you think this was a clever solution to the problem.

Reciting English words has always been a challenge for me when I study English. I continuously find it arduous to repeatedly recite the English word because I find the process tedious and I frequently forget the words I have studied by the following day. Because I am aware my colleague Anna is very adept at the English language, I called on her for advice, in response she educated me in an excellent strategy for memorizing English words.

Anna confided in me that she also found word books were tedious and she seldom acquired English through them. She recommended I watch a selection of British or American TV series. When I encountered some valuable words or wonderful sentences, I could take screenshots and then transcribe them into my word book. This sorting process was additionally a learning process but watching American TV series was of far more interest to me. It was a relaxed and stimulating process to undergo the task of reciting words. After heeding Anna's advice, I started to watch a British series after dinner instead of local variety shows. After a period of time, my vocabulary ability was far superior to before. Anna was so intelligent, and her advice was so supportive!

Although Anna is not an English teacher, she resolved my problem of reciting words in a very educated way. As a colleague, I'm fortunate to have met such a companion who is willing to share her learning skills with me.

中文思路:

背单词一直是我在英语学习中很苦恼的一件事。我发现自己对背单词这件事产生了异常的困难，因为我觉得这很无聊，而且我刚背完的单词，第二天就忘了。我同事 Anna 英语说得非常好。当我去请教她如何背单词的时候，他教给我一个非常好的方法。

Anna 告诉我单词书是很枯燥的，她建议我去看一些英剧或者美剧。如果遇到一些有用的单词，或者精彩的句子，可以截屏保存下来，然后抽空整理成自己的单词本。这个整理的过程也是学习的过程，看美剧是非常有趣的事。在一个轻松有趣的过程中就完成了背单词的任务。听了 Anna 的建议后，我把茶余饭后的综艺节目换成了英剧夏洛克，一段时间后，我的词汇量比原先好多了。我认为这个方法非常适合我。

Anna 虽然不是英语老师，但她用非常巧妙的方法解决了我背单词的难题。作为同事，她也乐于跟我分享学习的技巧。能遇到这样的朋友是我的幸运。

28: 浪费时间的场合

Describe an activity you usually do that wastes your time

Some instructions that you can follow

What it is

How long you have been doing it

When do you usually do it

And explain why you are still doing it knowing it is a waste of time

Mobile games are my preferred form of leisure activity, particularly the game, King of Glory. This is an immensely popular online game in China. Plenty of my friends revel in playing the game.

As a matter of fact, I've been a participant of King of Glory for about two years. The game catered towards user friendliness and fresh players find it easy to understand, moreover it is incredibly convenient to gather my companions to play since it is connected with everyone's Wechat account. There is nothing more jubilant than a group of companions playing a game together. Almost every night prior to when I go to bed, I automatically log on to the game and play for a period. Since I'm so overloaded with work during the day, the only personal time I can acquire is at night.

However, I am aware it's a waste of time and interferes with my rest. As an initial point, playing games fills me with such excitement that when I prepare to sleep, I am still obsessing about the game. As a consequence, it takes me a long time to fall asleep. As a further point, if I lose the game, I will become enraged and I would feel obliged to play again until I was victorious. Sometimes, if I'm unfortunate, I might play for hours on end.

Although I am aware that playing mobile games is a damaging and unhealthy habit, I can't find any other stimulating ways to relax. After all, the pace of modern life is rapid. Mobile games have no restrictions on time or location and are the most convenient and fastest way of relaxing. I've been searching for alternatives that can save time, but regrettably, I haven't succeeded in my search.

中文思路:

手机游戏是我最喜欢的休闲活动，尤其是王者荣耀。这是一款在中国非常流行的网络游戏，我身边的很多朋友都喜欢玩。

事实上，我玩这款游戏已经有两年的时间了。游戏设计的非常吸引人，一部手机就可以操作。我不仅可以自己玩，还可以邀请自己的微信好友，没有什么比一群朋友一起打游戏更开心的事了。几乎每天晚上躺上床，我都会不自觉的打开游戏。因为白天我的工作太忙了，只有在晚上睡觉前才有一点自己的时间。

但我知道这其实很浪费时间，并且影响我的休息。首先，打游戏会让我很兴奋，当我准备睡觉时，脑袋里还想着刚才的游戏。我需要很长一段时间才能入睡。其次，如果游戏输了，我会非常生气，我必须再来一局，一直打到赢了为止。有时候运气不好，我可能会连续打好几个小时。不知不觉一晚上的时间就这么浪费掉了。

虽然我知道打游戏是个不好的习惯，但是我也找不到其他的放松方式。毕竟现代人的生活节奏太快。手机游戏对时间地点都没有限制，是最简单，最快捷的娱乐方式。我一直在寻找可以节约时间的替代品，但是很遗憾现在还没有找到。

29: 早起

Describe a time when you had to get up very early.

Some instructions that you can follow:

Where you were

What time you had to get up

Why you had to get up so early

And explain how you felt about getting up very early.

A short while ago, I was dispatched out of town at short notice to attend a very urgent meeting. The meeting was to commence at ten o'clock, thus I had to catch a 7 a.m. flight to Shanghai in the early hours of the day. I set the first 4:30 alarm in my life to ensure I would arrive to the airport before my plane took off at 7 a.m. Despite the fact I must arise early to commute to work every day, 4:30 in the morning sounds absurd and incredulous.

Although I attempted to fall asleep before 12 o'clock, I was startled and confounded when the alarm clock sounded. It seemed as if I just closed my eyes and opened them immediately. It was a strenuous task to get out of bed. Fortunately, during my commute there was no delay, no accident, and everything went swimmingly. Ultimately, I pulled myself together and arrived at the airport punctually after a brief struggle. However, I was so drained that I fell asleep as soon as I got on the plane. I believe the couple hour's rest on the plane did me wonders, because afterwards I felt quite refreshed.

To be honest, when I attended college, I used to stay up till the early hours and still be energetic the following day no matter how early I arose. However, as the years pass by, I must admit that arising early is no longer a piece of cake for me.

中文思路:

不久前，公司临时通知我去外地参加一个非常紧急的会议。会议将在十点钟召开，所以我必须乘坐早上七点的飞机前往上海。七点是飞机的起飞时间，为了在六点前赶到机场，我设定了人生中第一个四点半的闹钟。虽然每天上班都需要早起，但是凌晨四点半这个时间听起来还是有些不可思议。

虽然我已经尽量在十二点前睡觉，但是闹钟响起的那一刻，我整个人都不敢相信。我似乎才刚刚闭上眼睛。起床这件事实在是太困难了。很庆幸，飞机没有延误，也没有意外情况发生，一切都很顺利。我强撑起精神，按时赶到了机场。只是我太困了，一上飞机我就睡着了。可能是因为在飞机上又休息了两个多小时，之后的时间里我精神还不错。

实话说，以前上大学的时候我也经常通宵出去玩，不管多早起床一整天都能精力充沛。但是随着年龄的增长，我不得不承认，早起对我来说是一种沉重的负担。

30: 敬佩的商人

Describe a businessman you admire

Some instructions that you can follow:

Who this person is

What his or her business is

What you know about this person's business career

And explain why you admire this businessperson.

I really admire Facebook COO Sheryl Sandberg, who has been the social media giant Facebook's executive for years, charged with growing the company's advertisement business and handling its communications. The first time I knew her was on a piece of social news. She has, no doubt, succeeded handsomely. She used her business acumen to increase Facebook's revenue several times over. Sandberg was rewarded for her work with a position on the Facebook board of directors. She was also the first woman to join the board.

Apart from her business achievement, she has also inspired me a lot with her continuous dedication to encourage women to "lean in" and show confidence in the workplace. She published a book named "Lean In: Women, Work, and the Will to Lead." She also established a foundation named after the book to focus on women's issues in the workplace. The biggest impact has been a surge in women supporting women. In the past, helping each other was presented as a duty that, if ignored, would land you in "a special place in hell." Sheryl reframed this sisterly support as joyful and strategically smart. "Lean In" catapulted Sandberg into a household name and has changed so many women's lives. Sheryl is a role model and icon for me, as well as women across the globe.

中文思路:

我非常钦佩 Facebook 首席运营官谢丽尔·桑德伯格(Sheryl Sandberg)，她在社交媒体巨头 Facebook 担任高管多年，负责拓展公司的广告业务和处理沟通事宜。我第一次看到她的名字是在新闻上。毫无疑问，她取得了巨大的成功。她用自己的经营智慧让 facebook 的营收增加了好几倍。桑德伯格因她的工作而获得了 Facebook 董事会的席位。她也是第一个加入董事会的女性。

除了她在商业上的成就，她不断鼓励女性“向前一步”，在工作中展现自信，这也给了我很大的启发。她出版了一本名为《向前一步：女性、工作和领导意志》(Lean In: Women, Work, and the Will to Lead)的书。她还建立了一个以这本书命名的基金会，以关注职场中的女性问题。最大的影响是女性支持女性的人数激增。在过去，互相帮助被认为是一种责任，如果忽视了，就会把你带到“地狱里一个特殊的地方”。谢丽尔把这种姐妹式的支持定义为快乐和战略性的智慧。《向前一步》让桑德伯格一举成名，并改变了许多女性的生活。谢丽尔是我也是世界各地的女性的榜样和偶像，

31: 咖啡馆

Describe a café you've been to.

Some instructions you can follow:

Where this café is and what it looks like

Why you went there

What you drank or ate there

And explain what you liked or disliked about this café.

I like coffee a lot. Recently in the buzz is a super popular coffee chain brand in China, Manner Coffee. Originally just a boutique coffee shop set up on Nanyang Road in Shanghai covering 2 square meters and actually just a take-out window, Manner Coffee currently has hundreds of stores nationwide, covering six cities.

Their standard menu only offers a limited number of beverages, such as espresso and Americano with prices of 10 Yuan and 15 Yuan respectively, as well as latte, Australian white coffee, cappuccino, hand-brewed coffee, etc. At the same time, the store also sells coffee machines, coffee cups and other products like ear bags and other related products.

Manner Coffee has become my go-to choice after lunch. I usually just choose the store close to my workplace and ask for takeout. I like Manner for the following reasons. First, Manner's stores are equipped with expensive coffee machines that guarantee high quality and good taste. Second, Manner's price is very affordable. Manner offers a 5-yuan discount if customers bring their own cups. That is a pretty motivating offer! The average price of Manner's coffee is around 15-20 RMB. It is way lower than other players in the market such as Starbucks, Peet's or Costa. Last but not least, while most of Manner's stores are tiny, they are located either near or inside office buildings. This allows me to order first on my phone and pick up my coffee on my way to work.

中文思路:

我非常喜欢咖啡。最近，在中国极受欢迎的咖啡连锁品牌——Manner 咖啡(Manner coffee)正处于风口浪尖。最初只是上海南洋路上一家 2 平米的精品咖啡店，实际上只是一个外卖窗口。如今，Manner coffee 在全国 6 个城市拥有数百家门店。

他们的标准菜单只提供有限数量的饮料，如浓缩咖啡和美式咖啡，价格分别为 10 元和 15 元，以及拿铁、澳大利亚白咖啡、卡布奇诺、手工煮咖啡等。同时，该店还销售咖啡机、咖啡杯等产品，如耳袋等相关产品。

美纳咖啡已经成为我午餐后的首选。我通常只选择工作地点附近的店铺打包带走。我喜欢美纳咖啡原因如下。首先，Manner 的商店配备了昂贵的咖啡机，保证了高质量和好味道。第二，美纳咖啡的价格非常实惠。如果顾客自己带杯子，可以享受 5 元的折扣。这是一个非常激励人心的提议！美纳咖啡的平均价格在 15-20 元左右。它的价格远低于星巴克、Peet's 或 Costa 等其他市场参与者。最后但并非最重要的一点是，虽然大多数玛纳的商店都很小，但它们要么位于办公楼附近，要么位于办公楼内部。这让我可以先在手机上点餐，然后在上班的路上买咖啡。

32: 搬到新家/新学校

Describe a time when you moved to a new home/school

Some instructions you can follow:

When you moved

Where you moved

Why you moved

And how you felt about it

I remember moving into a new apartment during my second year of my graduate studies. I used to live a bit far from the campus in order to have something a bit larger and at a lower price point. Though graduate student workers who are U.S. citizens are allowed to find additional employment off campus to supplement their stipends, international students aren't allowed to due to visa restrictions. Without income, all I considered all I considered was the affordability of the place. But what I didn't account for were all the possible extracurricular activities I could partake in. For the time I would be saving, I personally would be losing the college experience. Therefore, after a year, I decided to move to a community located within walking distance to the campus.

The new apartment is within three blocks of all academic buildings. Most other either owners or renters are students, faculty, and staff from the college and other collegiate institutions. It is the perfect building for a grad student who is looking for a safe and secure place to live that is in close proximity to the campus. It has a neighbourhood park and is in close proximity to shopping facilities. In addition, it is well served by public transportation and is very pedestrian and bicycle friendly. While closer campus living meant higher rent per month, I felt it was needed, offering me greater access to a variety of campus activities and organizations, adding to my sense of community.

中文思路:

我记得我在研究生二年级的时候搬进了一个新公寓。我以前住得离学校有点远，这样可以住得宽敞一点，价格也便宜一点。虽然美国公民的研究生可以在校外找到额外的工作，以补充他们的津贴，但国际学生由于签证限制不允许这样做。没有收入，我只想找一个负担得起的地方。但我没有考虑到的是我可以参加所有可能的课外活动。为了节省一些钱，我将失去大学的经历。因此，一年后，我决定搬到一个步行就能到学校的社区。

新公寓离所有的教学楼只有三个街区的距离。大多数其他业主或租户是学生，教师，和学院和其他学院机构的工作人员。对于一个想要在校园附近找到一个安全的住处的研究生来说，这是一个完美的建筑。它有一个社区公园，离购物中心很近。此外，它有良好的公共交通，非常适合步行和骑自行车。虽然更近的校园生活意味着每月租金更高，但我觉得这是必要的，这让更多机会参加各种校园活动和组织，增加了我的社区意识。

33: 花费超过预期的物品

Describe a time when you had to pay more than you expected for something .

Some instructions that you can follow

What you were paying for

How you felt when you saw the price

What you did about it

And explain why the amount of money you had to pay was unexpected.

I am a planner and don't often buy more than expected. But recently, I learned that my mom's old phone broke down and she needed a new one. I told her that I would look at it and get one for her as a birthday gift.

Initially, my budget was around 5000 Yuan. After comparing various models, I decided to pick the latest iPhone for over 7000 Yuan. There are several factors contributing to my decision. Well, first, since her old one is also an iPhone, it can be considered an upgrade and can be traded to Apple to get a small discount. Also, my mom likes to take a lot of photos whenever she travels. The cameras on this phone have improved which means it can take more vivid and clear pictures. It also brought in a few features from the Pro models, such as a stabilization feature on the main camera to correct for shaky hands. In addition, the battery life is better, easily lasting a full day, if not more, even with heavy use.

Since the new model just came out, I paid a premium to get it. If I could have waited a bit longer, the price would come down a little bit and I might even have gotten it within my budget range. That said, my mom's old phone is around 4 years old and sometimes it takes a long time to start or send messages. It is definitely something she urgently needed. Therefore, I do not regret buying it, even if it meant spending more on it.

中文思路:

我是个爱计划的人，通常不会买超出预期的东西。但是最近，我听说我妈妈的旧手机坏了，她需要一个新的。我告诉她我会看一看，然后给她买一个作为生日礼物。

起初，我的预算是 5000 元左右。在比较了各种型号后，我决定买一部最新款的 iPhone，价格超过 7000 元。有几个因素促成了我的决定。嗯，首先，因为她的旧手机也是 iPhone，它可以被视为升级，可以用它换到苹果，以获得小折扣。此外，我妈妈喜欢在她旅行的时候拍很多照片。这手机的摄像头改进了。可以拍出更生动和清晰的照片。它还引入了 Pro 机型的一些功能，比如主摄像头增加了防抖动功能，这意味着即使在运动的时候也能拍出清晰的照片。此外，电池寿命更好，即使大量使用，也能轻松维持一整天。

由于新型号刚刚上市，我付了额外的钱。如果我能再等一段时间，价格就会下降一点，我甚至可能在我的预算范围内买到它。也就是说，我妈妈的旧手机大约有 4 年了，有时启动或发送信息需要很长时间。这绝对是她迫切需要的东西。因此，我不后悔买了它，即使这意味着要花更多的钱。

34: 有趣的外国人

Describe a foreign person who you have heard or known that you think is interesting

Some instructions that you can follow

Who the person is

How you knew him/her

What kind of person he/she is

And explain why you think he/she is interesting

John, my college English teacher, is known for his quick wit and humor. He is an American, so his teaching style is quite different from that of other Chinese teachers. Very often his class would be scheduled just after lunch, so our response would be poor. However, the way he taught English was so much fun and so interesting that within minutes, all of the students were upright and smiling. He kept giving running commentary spontaneously and his sense of humor filled the class with loud laughter. It seemed he rarely lost his cool. Even if students behaved improperly, he would address the situation simply with his approach towards them.

His way of teaching was exceptional and practical, connecting it to our daily activities and the latest news. He often started speaking spontaneously about foreign movies, authors, rap songs, politics, etc. And he made us think with all kinds of funny, yet thought-provoking questions. He would encourage us to debate over a wide array of issues and assigned us to a side that probably we didn't agree with, making the assignment a true challenge.

He was such an inspiring educator and also an interesting foreign teacher. I was deeply impressed by his humorous language and rich body movements. He is remembered not for the knowledge he imparted, but for the captivating way he encouraged our achievement.

中文思路:

我的大学英语老师约翰以机智和幽默而闻名。他是个美国人，所以和其他中国教师的授课方式区别很大。通常他的课安排在午饭后，所以我们的反应很差。然而，他教英语的方式是如此的有趣和有趣，几分钟内，所有的学生都坐直和微笑。他不停地即兴发表评论，他的幽默感使全班哄堂大笑。他似乎很少失去冷静。即使学生行为不当，他也会简单地用他的方法解决问题。

他的教学方式特别实用，与我们的日常活动和最新新闻联系在一起。他经常开始自发地谈论外国电影、作家、说唱歌曲、政治等。他用各种有趣又发人深省的问题让我们思考。他会鼓励我们就一系列广泛的问题进行辩论，并指定我们可能不同意的一方，这使任务成为真正的挑战。

他是一个不但是一个非常鼓舞人心的教育家还是一个非常有趣的外教。他幽默诙谐的语言和丰富的肢体动作，让我印象深刻。人们怀念他，不是因为他传授的知识，而是因为他以一种迷人的方式鼓励我们取得成就。

35: 希望养成的习惯

Describe a good habit a friend has that you would like to develop.

Some instructions that you can follow

Who the friend is

What the habit is

What made you notice this good habit

And explain why you would like to develop this habit.

As started to put on years, I began to be concerned about my health as an increasing number of abnormal items appeared on my annual physical examination form. Everyone informs me that exercise is the optimal method to remain healthy and keep active, therefore, I intend to commence a regular exercise regime. My colleague Anna is very active, and she does appear younger and healthier compared to her peers.

Despite the fact Anna is in her thirties, her son is about to enter primary school. However, she is as slender as any of the youthful girls in our company because she maintains her great physique. No matter how overburdened she is, she attends the gym every week. She also goes jogging in the morning if she can arise early enough. We live a stone's throw from each other. When I venture out for breakfast in the morning, I occasionally bump into Anna running in our community.

Compared to Anna, I have the impression that I am an incredibly slothful person. I've despised exercise since I was a child. I would seldom sit at home if I could lie down. I used to announce that my motto was that the most important thing in life is to remain in an inert state. However, in recent years, a plethora of health problems has arisen. Thus, I began to ponder if I was truly living in an optimal way. I intend to commence exercising and get into the habit of exercising regularly. Perhaps in this process, I will discover the charm of sports.

中文思路:

随着年龄的增加, 每年体检表上异常的项目越来越多, 我开始担心自己的健康。我计划开始规律的运动, 每个人都告诉我运动是保持年轻和健康的最佳方式。我的同事 Anna 就很喜欢运动, 她的确比同龄人看起来要更年轻。

Anna 虽然已经 30 多岁了, 她的儿子都快上小学了。但身材丝毫不比我们单位的年轻女孩差。整个人看起来状态非常好。不论工作多忙, 她每周都会去健身房锻炼。如果起得来, 早上他还会去晨跑。我们两个住的很近, 有时我早上出门买菜, 刚好会遇到在晨跑的 Anna。

比起 Anna, 我感觉自己实在是太懒了。我从小就很讨厌运动。在家里只要能躺着我绝对不会选择坐着。以前我经常说自己的座右铭是生命在于静止。但最近几年, 一系列的健康问题逐渐发生。我开始思考自己的生活方式是否真的正确。我想试着开始运动, 进而养成规律运动的好习惯。说不定在这个过程中, 我会发现运动的魅力。

36: 等待特殊事情

Describe a time when you had to wait for something special to happen.

Some instructions that you can follow

What this special thing was

Why you had to wait for it

What you did while you were waiting

And explain how you felt about waiting for this special thing to happen.

This happened before graduating college. I wanted to go to grad school right away. I would like to gain more specialized knowledge and I believed that the programs I chose would help get me there. The curriculum that I am interested in emphasizes a more practical application of knowledge with access to hands-on learning opportunities. I weighed my options, researched the benefits of a graduate education, and discovered the value of having an advanced degree. I anxiously waited for an answer after all the frantic work of putting together applications for several grad schools.

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I made sure that I sent all my applications before the deadlines as some other friends did. For a long time, I waited anxiously at home every day. But I was getting a little bit frustrated when I found some friends had heard back and I hadn't. Postgraduate application is very important to me, and I have put in a lot of effort to this end. I refreshed my email every hour, and read online for the insider view on when I could expect university offers to come out. The pressure of waiting for the results felt worse than what I felt before sitting for any exam. However, I couldn't do anything about it, all I could do was wait. It was the most an unsettling experience I had ever had. Luckily, I received an offer at the last minute, and it was so unforgettable.

中文思路：

这发生在大学毕业之前。我想马上去读研究生。我想获得更专业的知识，我相信我选择的项目会帮助我达到这个目标。我感兴趣的课程强调知识的更实际应用，并提供动手学习的机会。我权衡了自己的选择，研究了研究生教育的好处，并发现了拥有一个高等学位的价值。在拼了好几个研究生院的申请表之后，我焦急地等待着答复。

我像其他一些朋友一样，确保在截止日期之前把所有的申请都寄出了。在很长的一段时间里，我每天都在家里焦急的等待。但当我发现一些朋友收到了回复，而我却没有时，我感到有点沮丧。研究生申请对我来说是一件很重要的事，为此我付出了很多努力。我每隔一小时就会刷新我的电子邮件，并在他们的官方网站上搜索关于我何时能收到大学录取通知书的最新消息。等待结果的压力比我在参加任何考试之前感到的更糟糕。因为我无法为此做任何努力，我能做的只有等待。这种感觉非常让人焦虑不安。幸运的是，我在最后时刻收到了 offer，那感觉实在是太难忘了。

37: 有名的运动员

Describe a sportsperson who did very well at an event.

Some instructions that you can follow

Who the sportsperson was

What the sports event was

Why the sportsperson did well

And explain how you felt when the sportsperson did very well.

Speaking of China's most famous athletes, I am sure most people, including me, would probably come up with the household name Guo Jingjing. Guo, originally from Hebei province, is considered one of China's greatest Olympians. If my memory serves me right, she has taken part in the Olympic Games for four times and won several gold medals.

Guo is famous because she had not lost a major international event, either individual or synchronized in diving. It is a remarkable achievement that seldom an athlete can achieve. Sometimes she is referred to as China's "princess" or "queen" of diving, which is in appreciation of what she has achieved. Especially after she won the gold medal in 2008 Beijing Olympic Games, she became more and more a household name, I believe there is almost no Chinese person who does not know her. Guo Jingjing began to practice diving since she was a child, and she trained very hard, which should be the reason why she performed so well.

However, she is not only known for exceling at sports. After she retired from the national team and got married, she was also enthusiastic about charity activities. She and her husband regularly participate in UN charity activities and actively contribute to charities to promote good causes. Many sports stars may fade into obscurity after retirement, but Guo is so dedicated to public welfare that her image is even brighter in people's minds.

中文思路:

说到中国最著名的运动员，我相信大多数人，包括我在内，可能会想到郭晶晶这个家喻户晓的名字。郭晶晶来自河北省，被认为是中国最伟大的奥运选手之一。

郭晶晶之所以出名，无论是个人还是双人3米跳板，她从来都没有在重大的国际比赛中输过。她有时被称为中国跳水的“公主”，这是人们对她所取得的成就的一种赞赏。如果我没记错的话，她参加了4次奥运会，取得了好几次冠军。尤其是她取得了2008年北京奥运会的金牌后，她变得更加的家喻户晓了，我相信几乎没有中国人会不认识她。郭晶晶从小就开始练习跳水，而且她训练非常刻苦，这应该是她表现如此优异的原因吧。

但她不仅以擅长体育而闻名。在她退役和结婚了之后，她还热心参加公益事业。她和他丈夫经常参加联合国的慈善活动，以及积极慈善机构捐款，推动公益事业。很多体育明星退役后可能就变得默默无闻了，但郭晶晶是如此地热衷于公益事业，这使得她在人们心中的形象越发高大。

38: 善待不喜欢的人

Describe a time you were friendly to someone you didn't like

You should say

When and where it happened

Who he/she was

Why you didn't like this person

And explain why you were friendly to him/her on that occasion

The other day, when I was entering the office, I overheard the front desk co-worker discussing with another colleague the Employee Award, which was being presented to a colleague who is originally from the rural area. The front desk employee was complaining that the award was being given to a migrant worker instead of the local runner-up. I didn't hear the entire conversation but enough that the context was clear.

Initially, I was a bit shocked and upset. Personally, I have many friends who are not born in the city but choose to work hard and stay to get a better life. I am a strong ally for them and the whole migrant worker community. It hurt to hear derogatory remarks like this. While I respect the right for someone to have whatever opinion they like on this or any subject, I believe that no one should hear that sort of disrespectful comment at work.

As much as I disliked her and what she said, I didn't choose to confront her to the extent of physical fights or verbal abuse (like a curse). I was instead polite to her and said to her "What I heard was disrespectful and unkind. I can't make you think differently, but I want to ask you not to make comments like that in the office." I spoke up in a friendly manner only to signal that it is not okay. If I ever heard it again, I would report through established channels via an anonymous hotline, as our company specifically calls for non-discrimination policies to be in place.

中文思路:

有一天, 当我走进办公室的时候, 无意中听到前台同事在和另一个同事讨论“员工奖”, 这个奖是颁发给一个来自农村的同事的。前台员工抱怨说, 这个奖颁给了一名农民工, 而不是当地的亚军。我没有听到整个对话, 但已经足够清楚情况了。

一开始, 我有点震惊和不安。就我个人而言, 我有很多朋友, 他们不是出生在城市, 而是选择努力工作, 留下来享受更好的生活。我是他们和整个农民工社区的坚定盟友。听到这样的贬损的话很伤人。虽然我尊重人们对这件事或任何话题有自己喜欢的观点的权利, 但我认为, 在工作中, 任何人都不应该听到这种无礼的评论。

尽管我很不喜欢她和她说的话, 但我并没有选择与她发生肢体冲突或言语虐待(比如诅咒)。相反, 我对她很有礼貌, 对她说: “我听到的是不尊重和不友好的。我无法让你改变想法, 但我希望你不要在办公室发表那样的评论。”我以一种友好的方式说出来, 只是想表示不行。如果我再听到这样的话, 我会通过匿名热线的既定渠道举报, 因为我们公司特别呼吁实行非歧视政策。

39: 有创造力的人

Describe a creative person (egg. an artist, a musician or an inventor) whose work you admire.

Some instructions that you can follow

Who this person is

What you know about this person

What you consider his or her greatest success

And explain why you admire this person's work.

The individual that I wish to discuss is my idol Jay Chou. He is a renowned singer recognized by everyone in China. He possesses a set of diminutive, yet bright, eyes and delicate lips. Jay would not be considered the most handsome celebrity compared with others, however he is definitely the most inventive individual in my mind.

Dissimilar to most singers, Jay's songs are essentially composed solely by himself and the majority of them are profound, either expressing some positive attitude or promoting traditional Chinese culture. For instance, "Blue and White Porcelain", a melody depicting traditional Chinese porcelain, and "Listen to Mom", a ballad that expresses love for his mother. The lyrics of conventional pop music are simply related to love which is so superficial, illogical, and tasteless.

He is additionally a diligent, determined, and dedicated person. Before rising to fame, he had already composed a wealth of music, however none went viral. This may be attributed to his unique music style, which lies between pop music and R&B. It wasn't until a music producer discovered his aptitude and he seized the opportunity, that Chou became an instant hit.

His success and his diligence complement each other, and I believe this is the reason why he achieved such great success. Therefore, I admire Jay Chou with all my heart, he is my favorite idol.

中文思路:

我想谈到的人就是我的偶像周杰伦。他是非常著名的一个歌手，在中国家喻户晓，没有人不认识他。他有着一双不大的眼睛但是很有神，薄薄的嘴唇。在众多的明星中，杰伦不算最帅的。但是，要说谁最有创意的，就只有杰伦了。

不同于大部分的歌手，周杰伦的歌基本上都是他自己创作的。他的歌都是有深度的，表达了一些积极的态度，亦或者是传颂了中国传统文化。比如描写中国传统瓷器的《青花瓷》，也有表达对母亲的爱《听妈妈的话》。很多流行歌曲的歌词非常肤浅，都是谈情说爱的，而且没有逻辑和内涵。

周杰伦还是一个很勤奋很坚毅的，很专注于工作的人。在他成名之前，他默默地写了很多歌，但一直都不温不火。这也许是因为他的音乐风格比较独特，是介乎于流行音乐和 R&B 之间的一种风格。直到后来有个音乐老师发现他的天赋，他又努力地抓住机会，所以他才能一炮走红。

在我看来，他的成功和他的勤奋是相辅相成的。这也是他能成功的原因。所以我对周杰伦非常敬佩，他是我最喜欢的偶像。

40: 困难的决定

Describe a decision that was difficult for you to make.

Some instructions that you can follow

What you had to make a decision about

Where and when you made the decision

How long it took you to decide

And explain why this was a difficult decision for you to make.

Making my decision to study abroad for a Master's has probably been one of the most challenging choices I've faced to date. At first, the idea of studying abroad couldn't have been more appealing to me. The thought of travelling to a new place and immersing myself into another culture has always been up there on my bucket list. However, with the pressure to finalize my decision fast approaching, the idea had lost some of its initial sparkle. As a result, I was in a state of indecision.

There were several things holding me back. I attributed my uncertainty to a natural fear of change—as I'm sure most students would feel when faced with the prospect of embarking on a yearlong expedition, miles away from the comforts of home. For me, no longer regularly being able to see my beloved family and friends was a difficult reality for me to accept. Even though I was in an arduous state of decision-making, it's safe to say my parents didn't need convincing at all. On the contrary, they were suspiciously eager for me to go. Obviously, I know their enthusiasm was really due to wanting me to grasp an opportunity that may not present itself again.

After listening to the opinions of others, I finally made up my mind to study abroad because the sense of uncertainty sparked my curiosity, reigniting my desire to travel and explore.

中文思路:

出国读研可能是我迄今为止所面临的最具挑战性的选择之一。起初，出国留学的想法非常吸引我。去一个新的地方旅行，让自己沉浸在另一种文化的想法一直是我的清单上的一部分。然而，随着最终决定的压力迅速逼近，这个想法失去了最初的一些亮点。结果，我处于优柔寡断的状态。

有几件事阻碍了我。我把我的不确定性归因于对变化的自然恐惧——我相信大多数学生在面临为期一年的考察时，也会有这样的感觉，远离舒适的家。对我来说，不能经常见到我深爱的家人和朋友是一个难以接受的现实。尽管我处于艰难的决策状态，但可以肯定地说，我的父母根本不需要说服。相反，他们却怀疑地盼着我去。显然，我知道他们的热情其实是希望我抓住一个可能不会再出现的机会。

在听了别人的意见后，我最终决定还是要出国留学。这种不确定的感觉激发了我的好奇心，重新燃起了我对旅行和探索的渴望。

41: 自行车/摩托车/汽车旅行

Describe a bicycle/motorbike/car trip that you think would be interesting.

Some instructions that you can follow:

Where you could go

Who you could go with

How easy/difficult the trip would be

And explain why you think using a bicycle/motorbike/car for this trip would be interesting.

I have been wanting to go on a fascinating vacation in the next holidays! With the rapid development of highways in China, an increasing number of people are showing interest in "self-driving tours" to enjoy their holiday in a more flexible and fun way. China offers plenty of wonderful scenic drive options. I would like to have a road trip with family and friends to explore the splendor of Xinjiang in northwest China. I have read many books about it. Though I haven't been there, I know all the fantastic places there!

The northern part of Xinjiang in particular is widely recognized for its heavenly beauty. Heading north from Urumqi, the capital city of Xinjiang, we could pass by Burqin County and Kanas Lake. Primitive villages can still be found there. Hemu Village, for instance, offers a peek into a hidden Chinese fairyland. On our way back to Urumqi, we could stop by the Nalati Grassland which is called the "Sky Grassland"

The reason to drive in Xinjiang is fairly simple. Xinjiang is so vast and diverse. Apart from the sea, everything on the travel bucket list can be found in the region: golden deserts; great, red-tinged canyons; turquoise high-plateau lakes; and snowcapped mountains. The region's roads have improved considerably in recent years, making it a perfect way to explore the Uygur culture and find traces of the ancient Silk Road. It will definitely be an interesting and wonderful trip!

中文思路:

我已经迫不及待地想在下一个假期出门旅游了! 随着中国高速公路的快速发展, 越来越多的人对“自驾游”产生了兴趣, 以一种更灵活、更有趣的方式享受假期。中国有很多美丽的风景可供选择。我想和家人朋友一起自驾游, 去探索中国西北的新疆的美好。

特别是新疆北部, 因其天籁之美而被广泛认可。从新疆首府乌鲁木齐往北走, 可以经过布尔沁县和喀纳斯湖。在那里仍然可以找到原始的村庄。例如, 禾木村可以让你一窥隐藏的中国仙境。在回乌鲁木齐的路上, 我们可以在那拉提草原停留一下。那里被称为“天空草原”。

在新疆开车的原因相当简单。新疆幅员辽阔, 丰富多彩。除了大海, 人们的旅行愿望清单上的所有东西都能在这个地区找到: 金色的沙漠, 淡红色的峡谷, 蓝绿色的高原湖泊和雪山。近年来, 该地区的道路有了很大改善, 使它成为探索维吾尔文化和寻找古代丝绸之路痕迹的完美方式。这绝对会是一次有趣且完美的旅行!

42: 优质服务

Describe an occasion when you received very good service from a company or shop/store.

Some instructions that you can follow:

What kind of company/shop/store it was

What you needed from the company/shop/store

Who in the company/shop/store helped you

And explain why you thought the service was very good.

Too often we hear about airline companies failing to meet customer expectations. But today, I actually would like to share my recent good experience with China Eastern.

I was planning to visit my parents during the mid-autumn festival. Since within the past two weeks, I had been to the southern coastal province of Fujian, where new COVID outbreaks were reported, I was a bit worried that I might not be allowed to board the plane. I first headed to the China Eastern website for help. To my surprise, I saw tons of ways to reach out. In seconds, I got access to a mobile app, a FAQ page, and a direct line of contact to the service department. A little more digging led me to a WeChat account staffed with a 24/7 social care team. After communicating my problem with the staff on the line, I was reassured that as long as I got a valid COVID test within 48 hours of departure, I should be okay. In addition, even though the airline was not at fault, the staff didn't hesitate to offer refunds in case I would like to cancel my flights due to the COVID situation. I was really impressed by how the agent handled her response with empathy. These small moments of joy with a brand are often what people remember the most.

中文思路:

我们经常听到航空公司不能满足顾客的期望。但是今天，我想和大家分享一下我最近在东方航空的一些经验。

我打算在中秋节期间去看望我的父母。两周前，我去了中国南部沿海省份福建，那里报告了新的冠状病毒疫情，我有点担心自己可能被禁止登机。我首先去中国东方网站寻求帮助。令我惊讶的是，我看到了很多方法去联系他们。几秒钟后，我就进入了一个移动应用程序、一个 FAQ 页面，并直接与服务部门取得了联系。经过进一步的挖掘，我找到了一个微信账户，里面有一个 24/7 的社会关怀团队。在与工作人员进行了电话沟通后，我得到了保证，只要在出发后 48 小时内进行有效的 COVID 检测，就不会有问题。此外，即使航空公司没有责任，如果我因为新冠疫情而取消航班，工作人员也会毫不犹豫地给我退款。我真的被代理如何处理她的回应与同情印象深刻。这些与品牌有关的开心时刻往往是人们记忆最深刻的。

43: 假期旅行

Describe a place you went to on holiday/vacation that you would recommend.

Some instructions that you can follow:

Where you went for your holiday/vacation

Why you went to this place

What you did while you were there

And explain why you would recommend this place for a holiday/vacation.

Several years ago, I embarked upon a family holiday to Thailand. My sister, mother, father and I all travelled together. It was an event I had been anticipating to for a long time, and it truly was worth the wait – I adored it so much. We ventured to a seaside town that was famed for its exquisiteness. The oceans surrounding the town were crystal clear and aquamarine in colour. Each occasion I ventured down to the beach, I was overcome with the urge to plunge into the water immediately. I adore swimming, so I pleaded with my dad to take me snorkeling with him out in the reef.

The subsequent day we went out in the ocean as I had requested, and it was everything I had hoped for. There was a plethora of beautiful sights. Fish of all colours – bright yellow and orange. The coral reef was awe-inspiring as well, with shades of pink and blue. The water was quite shallow and very warm, and I felt like I could stay there for hours. It was an occasion I'll never forget.

I must admit the beaches in Thailand are the most gorgeous beaches I have ever visited. I intend to recommend them to my friends and encourage them to travel there themselves. It is utterly worth it. I have visited many beaches in our country, including Sanya and Qingdao, but none can compare with Thailand.

中文思路:

去年我全家去泰国度假。我姐姐、妈妈、爸爸和我一起去的。这是我期待已久的旅程，真的值得等待——我非常喜欢。我们去了一个以美丽而闻名的海滨小镇。城镇周围的海洋晶莹剔透，呈淡蓝色。每次我去海滩的时候，我只想马上跳进水里。我喜欢游泳，所以我让爸爸带我去海边的珊瑚礁多的地方潜水。

第二天，我们按照我的要求出海了，这正是我所希望的。有那么多美丽的景色。各种颜色的鱼-明亮的黄色和橙色。珊瑚礁也很漂亮，有粉红色和蓝色的。水很浅，很暖和，我觉得我可以呆在那里呆上几个小时。这是我永远不会忘记的事情。

我不得不说泰国的海滩是我去过的最美丽的海滩。我想把它推荐给我的朋友，并鼓励他们去那里参观。这是完全值得的。我去过我们国家的许多海滩，包括三亚和青岛，但没有任何一个地方能与泰国相比。

44: 难学的技能

Describe a skill that was difficult to learn

Some instructions that you can follow:

When and why you learnt this skill

How you learnt this skill

Why it was difficult to learn

And explain how you felt about learning this skill.

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When I was a little child, my dad **endeavored to (努力)** teach me how to play chess. Chess is a magnificent game of strategy in which each player must **tactically (战略上)** move pieces on a board in an attempt to capture the other person's king.

Honestly, it is an incredibly **convoluted (复杂的)** game which takes a lifetime to master. It was quite the struggle for me to become **adept at (擅长)** chess. However, I dedicated myself to learning the art of chess. Originally, my father and his companions always took me to practice chess with them. At first, I just stood by and observed. After I became **acquainted with (熟悉)** the rules of the game, my dad began to instruct me, teach me strategies, and inform me how to solve various problems. Gradually, I began to understand the secret of chess

Thus, I have very fond memories of playing chess with my dad when I was a child. I am also grateful to my dad for teaching me this skill and encouraging me to **stay persistent**. When I was in high school, I represented my school in the chess competition in the city and was awarded second place. I was very proud of this achievement.

Chess has also been proven to improve people's cognitive faculty; thus I think it is a very **astute (精明)** way to spend one's time when there is nothing else to do.

中文思路：

从我还小的时候，我的爸爸就教我下象棋。国际象棋是一种战略游戏，每个玩家必须在棋盘上移动棋子，试图夺取对方的“国王”。

老实说，这是一个非常复杂的游戏，需要花很多时间来掌握。当我还是个孩子的时候，学习如何下象棋对我来说很困难。然而，我和哥哥并不沮丧！我们致力于学习国际象棋的艺术。一开始爸爸和朋友下棋总会带着我，我就站在旁边一直看。在我熟悉游戏规则之后，他开始教我策略，告诉我我遇到不同的情况应该如何解决。渐渐地我开始熟悉起来。

因此，在童年的日子里，我和爸爸在象棋里找到了快乐。我也很感谢爸爸教给我这项技能，并且督促我坚持下来。高中的时候我曾代表学校参加市里的象棋比赛，并且获得了第二名的好成绩，对此我感到非常骄傲。另外，国际象棋也被证明可以提高人们的认知能力，所以我认为在无事可做的时候来下棋，是一种非常明智的方式。

45: 为家人骄傲

Describe a time when you felt very proud of something a family member did.

Some instructions that you can follow:

Who the family member was

What he/she did

Where and when this happened

And explain why you felt so proud of what your family member did.

I am very proud of my mother because she has been very accommodating regarding my education.

I recall that while I planned to travel abroad for higher studies after college, many of my relatives, who ironically are educated and assert they are “progressive”, strongly objected to it with various concerns. Some opined that there is no need for female students to study abroad after graduating from an already prestigious school. They held the opinion that it was necessary for me to get married and bear a child first, otherwise, I would be reduced to a “leftover woman”, who remains single and couldn’t find a proper date in my late twenties. Despite that I am on equal grounds as, if not superior to, some male classmates when it comes to performing brilliantly in some qualification exams, the general expectation for a young woman is to be able to marry a “suitable man”.

Fortunately, my mother did not hold their position and was not fearful at all that if her daughter entered higher studies, her daughter would go “wild” on her own, her reputation would be tarnished, and her prospects of a “good marriage” ruined. I recall asking for her support and she gazed at me with beaming eyes and responded with a large grin, “Of course you have my full support”. She didn’t even mention marriage. She insisted that I study to my heart’s content. She said, “Live, study, and be happy. Marriage will occur when it occurs.” I smiled back, “You are the finest, Mom.” I felt so honoured to have her as a mother, and I prayed, “Let there be many such mothers, and fathers too. Only then, there will be more independent and confident female leaders in society.”

中文思路:

我为我的母亲感到骄傲，因为她在我的教育方面一直很通融。

我记得，当我打算大学毕业后出国深造时，我的许多亲戚，他们都受过教育，自称是“进步派”，都以各种顾虑强烈反对。一些人认为，女性没有必要在名牌大学毕业后出国留学。他们认为，我必须先结婚生子，否则，我就会沦为一个“剩女”，在我快三十的时候还没有找到一个合适的约会对象。尽管在某些资格考试中表现优异，我和一些男同学的地位是平等的，如果不是优于他们的话，但人们对年轻女性的普遍期望是能够嫁给一个“合适的男人”。

幸运的是，我的母亲没有坚守他们的立场，她一点也不担心，如果她的女儿上了大学，她的女儿就会“疯狂”，她的名誉就会受损，她的“美好婚姻”的前景就会毁掉。我记得我请求她的支持，她用明亮的眼睛盯着我，咧嘴笑着说：“我当然全力支持你。”她甚至没有提到婚姻。她坚持要我尽情地学习。她说：“生活、学习、快乐。当它发生时，婚姻就会发生。”我也微笑着回答：“妈妈，您是最棒的。”我很荣幸能有她这样的母亲，于是我祈祷道：“但愿这样的母亲和父亲也能有很多。”只有这样，社会上才会有更多独立自信的女性领导者。”

46: 完成的难事

Describe a time when you had to do something difficult, and you succeeded.

Some instructions that you can follow:

What you had to do

Why you had to do it

Why it was difficult to do

And explain how you felt about succeeding in doing this.

I've desired to alter my job since last year because it was too fatiguing. Our company was understaffed, the result of which was that each staff member was required to do double the work. The continuous and intense work had detrimental effects upon me and put me in an anxious state, thus I had physical health problems during this period. The most crucial factor was that my income didn't correspond to the amount of work I put in. However after I attempted for a while, I found it very challenging to change jobs.

I began by sending resumes online and also contacting the HR department for assistance. Fortunately, I received a handful of interview opportunities. But the interviews fell short of my expectations. A company offered me a job in which I was required to relocate to Shanghai, but I didn't want to abandon my hometown and my family. Various other companies didn't offer me a place despite the fact they had an excellent conversation with me. I assume all of this was due to the fact I had been a graduate for years and I was of an age that probably would get married imminently. These companies feared that I would contemplate getting married and bearing children right after I joined them, which means I may have to take maternity leave and dedicate time to my family. At last, after being interviewed by in excess of ten companies, I finally discovered my new career.

I believe I am absolutely qualified for my work, however it is a crucial reality nowadays. In China, countless companies and employers are hostile towards women. Women generally are required to undertake more responsibility and need to work harder to be recognized.

中文思路:

最近一年的时间里，我很想换一份工作，因为现在的工作很累。公司的人手不足，导致我们一个人要做平时两个人做的事。长时间高强度的工作让我精神压力很大，身体健康也出现了问题。最重要的是我认为我的收入和我付出的劳动并不匹配。但尝试过后，我发现换工作是一件非常困难的事。

我开始在网上投简历。也联系了一些做 HR 的朋友，幸运的，我得到了一些面试的机会。但面试结果并不如我所料。有间公司给了我工作机会，但是要我去上海上班，我并不想离开我的家乡和家人。更多的公司虽然和我聊的很愉快，但没有给我 offer。因为我已经毕业好几年了，到了要结婚的年纪。这些公司担心我刚入职就考虑结婚生子，这样会很大程度的影响工作。我大概面试了超过十家公司，才找到了现在的这份新工作。

我自认为工作能力没有任何问题，但这件事实是在太困难了。在中国，整个社会的就业环境对女性是非常不友好的。女性通常要承担更多的责任，需要付出更多的努力才能被认可。

47: 小学印象最深的人

Describe a person from your primary/elementary school that you have good memories of.

Some instructions that you can follow:

Who this person was

What you remember about him/her

How often you think about him/her

And explain why you have good memories of this person from your primary/ elementary school

Throughout my primary school years, Michael, my primary school classmate, impressed me significantly. He was a slight child and had a rotund face and tiny eyes. If my memory serves me correctly, he often wore a pair of glasses, which gave him the appearance of an honest individual. Michael had been doing excellently in his studies in primary school. He frequently got full marks in exams and always ranked first in our class. To this day, if someone asks me questions about study, I would think of him.

The reason why I remember him the most is due to the fact that my father continuously utilised Michael as a comparative example to educate me. He frequently said 'observe Michael, he adores studying and is permanently the first place in your class, why can't you accomplish this? You should learn from him!' I was so infuriated with my father. He could conceive no other methods to encourage me to study, and I began to suspect he only utilised Michael as an example to demonstrate that I was not incapable of learning well, but just indolent. However, as a primary school student, I really didn't desire to compare myself with others every day. All I aspired to do was play basketball and watch TV. Despite the fact I believed Michael had a wonderful personality and is usually not egotistical, we just couldn't be in good relationship. We seldom talked and played together.

As I became more mature, I gradually realized that my father's way of raising me was incorrect. Everyone is an individual. One's ability of learning has nought to do with others. As a father, he should not have used Michael as an example to educate me continuously. This form of education is counterproductive.

中文思路:

在我小学期间，我印象最深的就是我的小学同学 Michael 了。他长得不高，脸圆圆的眼睛小小的，经常带着一副眼镜，看起来非常憨厚老实。Michael 在小学期间学习一直非常好，在考试中经常拿满分，永远是我们班的学习第一名。直到现在，如果有人问起我关于学习的问题，我都会想起他。

之所以他对我印象最深，那是因为我爸爸老用 Michael 作为例子来教育我，让我向他学习。爸爸经常挂在嘴边的一句话就是，你看看你的同学 Michael，人家多么热爱学习，天天拿第一，你要好好向他学习！我都快被我爸爸烦死了。他没有其他督促我学习的手段，我感觉他只会拿 Michael 作为例子，想证明我不是没能力学好，只是懒。但是作为一个小学生的我，我真的不想天天跟别人比来比去。那时候的我，满脑子都是打篮球和看电视。虽然我认为 Michael 这个人性格很好，平时也不嚣张，但我跟他就是做不了朋友。平时我们很少说话很少在一起玩耍。

长大后我逐渐认识到，我爸爸的这种教育方式是不对的，每个人都是一个独立的个体。学习的好坏跟别人没有关系，作为父亲的他不应该天天用 Michael 作为例子教育我，这样的教育方式只能适得其反。

48: 给别人建议

Describe a time when you gave advice to others

You should say:

When it was

To whom you gave the advice

What the advice was

And explain why you gave the advice

Anna is my close companion and reciting English words has always been a challenge for her when she studies English. She continuously finds it arduous to repeatedly recite the English word because she finds the process tedious and she frequently forgets the words she has studied by the following day.

Last week, Anna confided in me about this problem. Therefore, I offered her some advice. I informed her that I also found word books were tedious and I seldom acquired English through them. I recommended she watch a selection of British or American TV series. When she encountered some valuable words or wonderful sentences, she could take screenshots and then transcribe them into her word book. This sorting process was additionally a learning process but watching American TV series would be of far more interest to her. It was a relaxed and stimulating process to undergo the task of reciting words. I also recommended to her to watch a British series after dinner instead of local variety shows. Through this technique, she could improve her vocabulary at an impressive rate.

A foreign teacher introduced me to this method of improving vocabulary. This teacher resolved my problem of reciting words in a very educated way. Anna and I have an almost comparable level of English. As a companion, I am very glad to share my learning methods with Anna, hoping they are successful.

中文思路:

Anna 是我的好朋友，她一直觉得背单词英语学习中很苦恼的一件事。她发现自己对背单词这件事产生了异常的困难，因为她觉得这很无聊，而且她刚背完的单词，第二天就忘了。

上周和 Anna 一起吃饭，她谈起最近学英语的苦恼，于是我就给了她一些建议。我告诉她单词书是很枯燥的，我建议她去看一些英剧或者美剧。如果遇到一些有用的单词，或者精彩的句子，可以截屏保存下来，然后抽空整理成自己的单词本。这个整理的过程也是学习的过程，看美剧是非常有趣的事，在一个轻松有趣的过程中就完成了背单词的任务。我还建议她茶余饭后的综艺节目换成英剧夏洛克，一段时间后，词汇量一定会有很大的提升。

这个方法是一个外教老师教给我的，她用非常巧妙的方法解决了我背单词的难题。我和 anna 的英文水平差不多，作为朋友，我非常乐于把我的学习方法分享给 anna，希望也能帮助到她。

49: 感兴趣的名人

Describe a famous person you are interested in

You should say:

Who this person is

How you knew about this person

What this person was like before this person became famous

And explain why you are interested in this person

In regard to the matter of the celebrities I am interested in, I would like to discuss my favorite actor Deng Lun. He is most assuredly one of the hottest stars in the entertainment industry at the present moment. Not only does he have a handsome appearance, but he has a very captivating and enamouring personality. Therefore, he has a sea of fans.

Deng majors in acting and has partaken in a plethora of TV series since graduation including several TV series that swept the country, however he was not recognized by the public because he performed only minor supporting roles. Until three or four years prior, he performed as the primary actor in a TV series, which was the most prominent and celebrated show of that summer. Deng became unbelievably famous, which is when I became his fan.

I was first captivated by Deng Lun due, of course, to his handsome appearance. Deng Lun is very tall and has an absolutely ravishing figure. I was transfixed by him for a considerable length of time. Later I watched the variety show 'Escape Room' starring him, in which I discovered that he is not only handsome but also coy and fascinating. He is by and large the wisest person on the show and frequently solves very challenging problems. However, he was rather timid, and was repeatedly frightened by the apparitions that suddenly appeared in the Chamber. Whenever I watch the show, I burst into laughter due to his antics. I think he's a very sincere person, and thus I believe I'll always support him.

中文思路:

谈到感兴趣的名人，我想说说我最喜欢的男演员邓伦。他是当今娱乐圈的最红的男明星之一。不仅拥有帅气的外形，性格也非常讨人喜欢。他拥有非常多的粉丝。

邓伦毕业表演系，毕业后他参加了很多电视剧的拍摄。还有几部风靡全国的电视剧，但因为演的是配角，戏份很少，并没有被大众所认可。直到 2018 年，他主演了电视剧《香蜜沉沉烬如霜》，这部剧是那年暑假绝对的 top1。邓伦也因此走进了大众视野。我就是从那时候成为了他的粉丝。

我对邓伦感兴趣，起初当然是因为他英俊的外形。邓伦拥有完美的身高和绝对迷人的身材。很长时间里我都对他非常着迷。后来我看了他主演的密室逃脱类综艺节目，我发现他帅气的外表下藏着有趣的灵魂。他在节目里是绝对的脑力担当，经常能解决一些困难的问题。但是他胆子非常小，常常被密室里突然出现的鬼怪吓得不轻。每次看节目我都会被逗的哈哈大笑。我觉得他是个非常真实的人，我想我会一直支持他的。

50: 感兴趣的想学的技能/事

Describe something you think it would be interesting to learn more about

Some instructions you can follow:

What it is

How you first became interested in this

How you could learn more about it

And explain why you think it would be interesting to learn more about this.

Ever since I entered the professional world, writing has been my greatest downfall. Therefore, I really aspire to improve my writing ability.

Possessing aptitude when it comes to writing is an invaluable skill in the workplace. An individual with powerful expressive ability is often considered a higher value employee by the leader at work and is more likely to receive desirable opportunities. I often fret that I lack the ability to write a good report. I possess a million ideas in my head, but I have trouble transcribing them into words. My boss frequently informs me that my articles lack logic, always repeat nonsense and contain no central idea, which makes me appear very disordered.

I believe the optimal way to improve writing is to read more books. However, I seldom read books. The majority of my time is spent playing games and watching TV series. As a matter of fact, all of my literary friends can write exceedingly well. Therefore, I think to dedicate more time to reading is the simplest and most direct method to improve writing.

Writing ability is an essential skill in today's society, every industry within society requires people with impeccable writing ability. My work ethic is indisputably excellent, but I am poor in my expression. If I can improve my writing skills, I should acquire more promotions. Through which I can attain more money.

中文思路:

自从我工作以来，写作一直是我的短板。因此我很想提高我的写作能力。

写作能力是工作中非常实用的技能。一个表达能力强的人，在工作中往往能更受领导重视，也更容易获得好的机会。我常常苦恼于写不出精彩的报告。我脑袋中有无数的想法，但我很难用适当的语言将它们表达出来。我的老板时常说我的文章缺乏逻辑，总是重复地说废话，没有中心思想，这让我非常困惑。

我认为提高写作能力最好的方法就是多读书。我很少看书，大多数的时间被我用来打游戏和看电视剧。事实上，我身边爱读书的朋友，每个人的文章都写的非常好。我认为这是最简单直接的方法。写作能力在当今社会真的是太有用的，无论是各行各业都需要写作能力。我的工作能力并不差，就是输在了表达上。如果我能提高我的写作能力的话，我应该能获得更多的升职机会。这样的话我就能挣更多的钱。