

安娜口语素材 第一套 Part2 (简单版串联)

5-8 月的口语题库素材更新完了吗？

完了

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。

外教一对一陪练及模考

严选 5 位 3 年以上教龄且是英语教学专业的外籍老师，全天提供 1V1 口语陪练及模考服务。

上课内容包括：陪练过题库、模拟评分，纠正发音、润色答案，指导口语技巧。

试听课低至 18.8 元/50 分钟，公众号随约随上，视频对话，无需爬梯子。

外教陪练服务将在 5 月 25-30 日正式上线。有兴趣的话请关注我的微信公众号：安娜雅思。上线后会发消息通知。

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，就是串联话题中共用的部分哦！

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) 丢饭卡

1-2: 令你惊喜而又开心的事物 (5-8 月新题) & 在公共场所遗失物品 (5-8 月新题)

Describe something that surprised you and made you happy. Some instructions that you can follow: What the surprise was How you found out about the surprise What you did after you found out And explain why the surprise made you happy.	Describe an occasion when you lost something in a public place Some instructions that you can follow: What you lost When and where you lost this thing What you did to try and find it And explain how you felt about losing this thing in a public place.
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I recently lost my student ID card in the canteen. Thankfully, it was found by a kind soul and returned to me.

I went to the canteen after a class on Wednesday before going back to the dormitory to do my laundry. That was when I realized I lost my student ID. I flipped my room upside down and still couldn't find it. What's worse, neither did I have any idea of where it could be, I could also not declare it lost because the service center was already closed at around 7 p.m.

Early the next morning, I went to the service center in time to declare the student ID lost. But to my surprise, a good soul not only handed my student ID in to the service center, but he/she also went so far as to not touch a single cent. I wanted to thank the benevolent student in person but sadly this person never identified himself. Although it was not a very important thing, being able to have it back was still a fulfilling outcome since it hadn't been long since I last topped it up with 200 yuan. It was not a small sum to me. Also worth noting is the fact that IC cards are not password-protected, meaning the decision to spend the prepaid balance was at the finder's mercy. There are still many kind people in this world. In my view, of course, to regain what was lost is an amazing feeling.

不久前，我在学校饭堂丢失了我的饭卡，但幸运的是，有个好心人捡到了我的饭卡并还给我了。

那是一个星期三，下课后我步行去饭堂，吃完饭我就回宿舍了。就在我准备洗衣服的时候，我发现我的饭卡不见了。我翻遍了我的宿舍，但是一无所获，我完全不记得丢在哪里。更糟糕的是，这时候已经是晚上 7 点了，挂失卡片的服务中心已经下班了。

第二天早上，我准时的在学校服务中心门口等待挂失卡片。令我惊喜而又开心的是，有个好心人捡到了我的饭卡并交给了服务中心，里面的钱竟然一点没少！我想亲自向这个热心的同学致谢，但服务中心的人告诉我他并没有留下个人信息。领回饭卡后我感到很开心，饭卡虽然不是重要的证件，但我刚往里面充了 200 块钱。这对我来说不算是一笔小钱。重要的是，饭卡并没有密码，这意味着任何人只要捡到我的饭卡都可以随便支付。捡到我饭卡的同学没有用它买东西，而是及时交给了服务中心，这个世界还是善良的人多，失而复得的感觉实在是太好了。

(二) 洗衣机

3-4: 节省时间的改变 (5-8 月新题) & 改变世界的发明 (5-8 月新题)

Describe a change you made in your daily life that saved you a lot of time. Some instructions that you can follow: What the change was When you made this change How easy it was to make this change And explain how making this change in your daily life saved you a lot of time.	Describe an invention which you think has changed the world in a good way. Some instructions that you can follow: What this invention is What it does How popular it is with people of different ages And explain how you think this invention has changed the world in a good way.
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《节省时间的改变》

I recently suggested to my dorm-mates that we get a washing machine for ourselves in our room and split the cost between us. There is no doubt that the washing machine has completely changed my life. I no longer need to handwash my clothes, thereby saving me a lot of time.

Without a washing machine, I would have no choice but to handwash my clothes. Hand washing, especially during summer, is simply too time wasting. At first, my roommates disagreed because they thought buying a washing machine was redundant and unaffordable spending.

The other reason was that we only have a small balcony that would become even smaller with a washing machine. It was not easy to convince them to buy it. I had to coerce them almost every day with the advantages of getting a washing machine and the time we would be able to save. At the end, they finally agreed.

Ever since we bought the washing machine, I have become a much happier person. Throw your clothes in, pour a bit of detergent and disinfectant, and there you have it — a bucket of fresh clothes in an hour, which, by the way, I could spend to my time to do whatever I want. Take, for instance, practicing spoken English or reading. Just imagine the improvement I can accumulate from those saved hours. What a useful tool a washing machine is!

最近, 在我的提议下, 我和我的舍友集资买了一台洗衣机。不得不说, 这台洗衣机简直改变了我的生活, 我再也不需要自己洗衣服了。这为我节约了大量的时间。

在没有洗衣机之前, 我只能用手洗衣服。每天下课我已经很累了, 回到宿舍还要洗衣服, 尤其是炎热的夏天, 脏衣服很多。这让我感到费时费力。一开始我的其他几个舍友并不同意买洗衣机, 一方面是因为这是一笔额外的支出, 对于她们来说负担不起。另一方面是因为我们宿舍阳台很小, 洗衣机会让阳台变得更加拥挤。说服我的舍友买洗衣机并不是一件容易的事, 我几乎每天都会告诉他们洗衣机有多好用, 一台洗衣机能为我们节约多少时间。几个星期后, 他们经不住我的软磨硬泡, 终于同意了。

自从有了洗衣机, 我的幸福指数直线上升。我只需要要把衣服放进去, 加上洗衣液和消毒液, 一小时后我就能得到一筐干净的衣服。我可以用这个时间去做任何我想做的事。如果我每天都用这一小时来开口说英语, 或者读一些书, 那我将会得到很大的个人提升。所以, 洗衣机真是一个好东西!

《改变世界的发明》

I recently suggested to my roommates that we get a washing machine for ourselves and split the cost between us. It is so useful that I consider it to be one of the most important inventions in the world.

Without a washing machine, I would have no choice but to handwash my clothes. The timetable of classes I have to attend daily always exhaust me by the end of the day, so handwashing, especially during summer, is simply too time-consuming.

Throw the clothes in, pour in a bit of detergent and conditioner, and there you have it — a fresh load of laundry in an hour, which, by the way, I can spend however I choose. Take, for instance, practicing spoken English or reading. Just imagine the improvement I can accumulate from those saved hours. What a useful tool a washing machine is!

I believe everyone needs a washing machine, regardless of age. Washing machines are not so much a convenience for young people, who are too lazy to do their household chores, as they are reliable inventions of the modern era for the elderly, whose energy levels are simply incomparable to their younger counterparts. In fact, my friends, family members, and I all consider the washing machine as a necessity in life.

Washing machines are common items nowadays, it is undeniably a breakthrough invention and the symbol of simplicity and efficiency.

最近，在我的提议下，我和我的舍友集资买了一台洗衣机。不得不说，这台洗衣机简直改变了我的生活，它实在是太有用了。洗衣机真是一项伟大的发明！

在没有洗衣机之前，我只能用手洗衣服。每天下课我已经很累了，回到宿舍还要洗衣服，尤其是炎热的夏天，脏衣服很多。这让我感到费时费力。自从有了洗衣机，我只需要要把衣服放进去，加上洗衣液和消毒液，一小时后我就能得到一筐干净的衣服。我可以用这个时间去做任何我想做的事。如果我每天都用这一小时来开口说英语，或者读一些书，那我将会得到很大的个人提升。

我认为所有人都需要洗衣机，无论是年轻人还是长者。年轻人通常很懒，他们不愿意做家务。上了年纪的人，他们的体力和精力都在下降，更需要使用一些现代化的工具。我和我的朋友，家人都认为洗衣机是生活中的必需品。

虽然洗衣机现在已经是普遍的家用电器，但不可否认，它是一项伟大的发明。它让人们以一种更简单，更高效的方式生活。

(三) 迷路孩子找妈妈

5-6: 帮助小孩 (5-8 月新题) & 被赞扬的时刻 (5-8 月新题)

Describe a time when you helped child. Some instructions that you can follow: Who the child was When and where you helped the child How you helped the child And explain how you felt about helping this child.	Describe an occasion when somebody said something positive about some work that you did. Who said something positive? What kind of work you did Why this person was positive about your work And explain how you felt when you heard this positive comment.
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《帮助小孩》

I helped a lost girl find her mother in a mall last summer. It was very memorable.

It was a weekend, and it could not have been more ordinary. My roommate Anna and I went to a mall to window-shop and I saw a little girl sitting on the ground, crying. I did not give it much thought at first, but when I realized that she was still there, crying, after we did our round in a store, it suddenly occurred to me that the girl might have been lost and couldn't find her parents. So, I went to her and asked what had happened.

She indeed had got separated from her mother, so I immediately took her to the mall's information desk. The staff responded quickly and tried to help the girl find her mother. Soon, her mother came rushing to the information desk. She was happy to have her daughter back and could not stop thanking me. She even offered me some cash as a token of gratitude.

I did not help her for the reward, I simply did because it was the right thing to do. Helping this little girl out was just not a big deal, to the mother, however, it was a big favor. I could see that how grateful she was, she almost ran out of superlatives for me. Helping others has really given me so much joy, and I was really proud of what I did then.

大约是去年夏天，我在商场里面帮助一个迷路的孩子找到了她的妈妈，这件事给我留下了深刻的印象。

那是一个寻常的周末，我和我的舍友 Anna 一起在商场里面逛街。突然我看见了一个坐在地上哭泣的小孩。一开始我不以为意。但当我们逛完一家商店出来后，发现他还在原地哭。这时候我觉得这个小孩可能是迷路了，跟他父母走散了。于是我上前询问究竟发生了什么事情。

果不其然，小孩就是跟她妈妈走散了。于是我赶紧带她去商场的服务中心寻求帮助。服务中心的经理行动很迅速，立刻就在商场广播找小孩妈妈。很快，他妈妈就赶到了服务中心。找回孩子让她非常激动，连声向我致谢并主动要给我一些钱作为报答。

我认为这是我应该做的事情，并不是为了有所回报。帮助这个孩子对我来说只是举手之劳，但是对于她妈妈来说，我帮助她解决了一个大麻烦。她妈妈对我非常感激，并且不停的赞扬我，帮助别人自己也会快乐，那一刻我感到很骄傲。

《被赞扬的时刻》

When I was working a parttime job in a mall last summer, I helped a lost girl find her mother. Her mother thanked me sincerely for this.

It was a weekend, and it could not have been more ordinary. My roommate Anna and I went to a mall to window-shop and I saw a little girl sitting on the ground, crying. I did not give it much thought at first, but when I realized that she was still there, crying, after we did our round in a store, it suddenly occurred to me that the girl might have been lost and couldn't find her parents. So, I went to her and asked what had happened.

She indeed had got separated from her mother, so I immediately took her to the mall's information desk. The staff responded quickly and tried to help the girl find her mother. Soon, her mother came rushing to the information desk. She was happy to have her daughter back and could not stop thanking me. She even offered me some cash as a token of gratitude.

I did not help her for the reward, I simply did because it was the right thing to do. Helping this little girl out was just not a big deal, to the mother, however, it was a big favor. I could see that how grateful she was, she almost ran out of superlatives for me. Helping others has really given me so much joy, and I was really proud of what I did then.

中文思路：

大约是去年夏天，我在商场做兼职的时候，帮助一个迷路的孩子找到了她的妈妈，孩子妈妈对我和商场的其他员工都表示了感谢。

那是一个寻常的周末，我和我的舍友 Anna 一起在商场里做兼职。突然我看见了一个坐在地上哭泣的小孩。一开始我们不以为意。但当我忙完自己的工作，发现他还在原地哭。这时候我觉得这个小孩可能是迷路了，跟他父母走散了。于是我上前询问究竟发生了什么事情。

果不其然，小孩就是跟她妈妈走散了。于是我赶紧带她去商场的服务中心寻求帮助。服务中心的经理行动很迅速，立刻就在商场广播找小孩妈妈。很快，他妈妈就赶到了服务中心。找回孩子让她非常激动，连声向我致谢并主动要给我一些钱作为报答。

我认为这是我应该做的事情，并不是为了有所回报。帮助这个孩子对我来说只是举手之劳，但是对于她妈妈来说，我帮助她解决了一个大麻烦。她妈妈对我非常感激，并且不停的赞扬我，帮助别人自己也会快乐，那一刻我感到很骄傲。

(四) 邻居

7-8: 有趣的邻居 (5-8 月新题) & 聊得来的朋友 (5-8 月新题)

Describe an interesting neighbor. Some instructions that you can follow: Who the neighbor How you met this neighbor How often you see this neighbor And explain why you find this neighbor interesting.	Describe a friend you enjoy talking with. Some instructions that you can follow: How you first met this friend What kind of person this friend is What you talk about with this friend And explain why you enjoy talking with this friend.
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Anna is my best friend on campus and she lives just next door to my room in the girls' dormitory. We have lots of common interests, one of which is food and delicacies, so there's no stopping once the conversation starts.

We became friends not long after the new semester started. Because we live close to each other, we often go to classes and have meals together. It's almost a guarantee that we'll see each other's faces before the day ends.

Anna is an outgoing and social girl who is always well informed about the latest breaking news and trends, take, for example, the latest memes and newly opened restaurants. I bet you she'll be the first to know nine times out of ten. It's always interesting listening to her ramble, and I would accredit that to her expertise in delicacies. I may be a foodie myself, but I would never be able to reach such great lengths when it comes to knowing how to locate the best outlets in town. Anna trumps me by a mile in this aspect, she just never fails to bring me surprises, sharing her newfound diner at some nook of the city. What's even more amazing is her ability to sniff out discount coupons better than the best detection dog in the police squad, wondrously allowing us to buy two gourmet dishes for the price of one. Weekend food exploration at the newly opened online eatery is always on our menu when we're free. As a lover of food, it is all I ever wanted to make a friend with whom I can talk and share our hearts out. Anna is a blessing to my life and it is such an honor to have such a fun and kindhearted neighbor. Anna, you have no idea how much joy you've given me.

Anna 是我最好的大学朋友，她住在我隔壁宿舍。我们有着共同的兴趣爱好，这让我们非常聊得来。我们都喜欢美食，因此我们之间总有说不完的话题。

我在开学不久就认识她了。我们住的很近，经常一起上课和吃饭。我几乎每天都会见到她。

anna 是个非常开朗的人，喜欢交朋友。她总是对当下热点和潮流特别了解。最近发生了什么有趣的事，又或是哪里又开了新餐厅。他都能第一时间发现。和她聊天我总能听到很多有趣的事。最重要的是她对美食很有研究。我也喜欢美食，但我并不知道去哪里找到那些好吃的餐厅。Anna 和我完全不一样，她总能带给我惊喜，她总能发现好吃的餐厅并且分享给我。不仅如此，她还擅长于找折扣券，我们经常可以用一半的价格吃到各种美食。我们有空就会在一起讨论这周末去吃什么，最近又有哪些新开业的网红店。对于热爱美食的人，能找到一个志同道合的朋友一起分享和讨论，真的是一件非常愉快的事。Anna 给我的生活带来了许多乐趣。

(五) 组织毕业旅游

9-10: 忙碌的时刻 (5-8 月新题) & 庆祝重要事件 (5-8 月新题)

Describe a time when you were very busy. Some instructions that you can follow: When this time was Why you were so busy What you did to deal with the situation And explain how you felt about being so busy.	Describe an important event in your life that you celebrated. Some instructions that you can follow: What this event was Who celebrated the event with you How you celebrated the event And explain why the event was important to you.
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《忙碌的时刻》

Graduation is an event worth celebrating. To this end, some of my friends and I recently planned a graduation trip. We had been looking forward to this trip for a long time, so it was necessary that we select a time when everyone is unoccupied.

For the destination, we settled on Xiamen, a coastal city we all love. As the first to propose this trip, I felt obliged to spend the most effort planning our itinerary, train tickets, hotel reservations, tour guidebook. It was not easy to prepare for a trip for four as I had to consider each of our different interests. The hotel reservation, in particular, took me the most time.

We eventually had a great time in Xiamen. We walked along the seaside. and went deep into the local alleys in search of the best restaurants. We also took lots of nice pictures and had the biggest blast in a very long while.

Graduating from college is an important milestone for every person. This shows that it has come to a stage where I need to become independent, and shoulder my responsibilities in this society. Graduation means this circle of best friends will inevitably get "disbanded". Who knows when we'll meet again. I hope we can have a good memory together when we are about to graduate. Even many years later, I can recall the joy of that moment.

毕业是最近一段时间来，我生活中最值得庆祝的事了。为了庆祝顺利毕业，不久前，我和几个最好的朋友，挑了一个大家都有空的时间，一起进行了一场期待已久的毕业旅行。

我们选择了大家都喜欢的海滨城市厦门，作为我们的目的地。这场毕业旅行是我提出来的，因此我做了很多准备工作，比如买火车票，订酒店，还有制定旅行攻略等等。四个人的旅行并不容易，我需要考虑每个人的喜好。酒店的选择就花了我非常多的时间。

后来，我们在厦门度过了一段非常快乐的时光。我和好朋友一起在海边漫步，去小巷子里寻找当地特色美食，还拍了超多好看的照片。我已经很久没有那么开心过了。

大学毕业对一个人来说是很重要的。这意味着我不再是孩子，需要独立到社会中去承担责任。我将开始一段全新的旅程。另外，毕业意味着我和这群最好的朋友将会各奔东西，以后可能很难聚在一起。我希望能快要毕业的时候，一起留下一段美好的回忆。哪怕很多年以后想起，我都能回忆起当时的那份喜悦。

《庆祝重要事情》

Graduation is an event worth celebrating. To this end, our circle of four were recently planning a graduation trip. We had been looking forward to this trip for a long time, so it was necessary that we select a time when everyone is unoccupied.

As the first to propose this trip, I felt obliged to spend the most effort planning our itinerary, train tickets, hotel reservations, tour guidebook. I was so busy at that time coordinating different kind of issues every day. It was not easy to prepare a trip for four as I had to consider each of our different interests. The hotel reservation, in particular, took me the most time.

I find it necessary to ask for help when feeling overwhelmed. Take for instance our graduation trip preparation. There was a point in time when the departure date was nearing and I decided to ask Anna for help with the itinerary planning. She agreed without hesitation, as can be expected from my best friend. She ended up being very supportive, helping me complete not only the details of the tour guidebook, but also talking to other members of our circle. With Anna's helping hand, the preparation became much more productive.

We eventually had a great time in Xiamen. We strolled by the sea and went deep into the local alleys in search of the best delicacies. We also took lots of nice pictures and just had a real blast. Although the preparation was tough, it was all worth it in the end.

中文思路：

毕业是最近一段时间来，我生活中最值得庆祝的事了。为了庆祝顺利毕业，不久前，我和几个最好的朋友，挑了一个大家都有空的时间，一起进行了一场期待已久的毕业旅行。

这场毕业旅行是我提出来的，因此我做了很多准备工作，比如买火车票，订酒店，还有制定旅行攻略等等。那段时间我实在是太忙了。每天都在协调各种问题。四个人的旅行并不容易，我需要考虑到每个人的喜好。酒店的选择就花了我非常多的时间。

当我自己忙不过来的时候，寻求朋友的帮助是很有必要的！离出发的日子越来越近了，我请求 anna 一起加入毕业旅行的策划。她非常爽快的同意了，不仅帮我一起做旅行的攻略，还帮助我和其他几个朋友沟通。有了 anna 的帮助后，我的效率有了很大的提高。

后来，我们在厦门度过了一段非常快乐的时光。我和好朋友一起在海边漫步，去小巷子里寻找当地特色美食，还拍了超多好看的照片。我已经很久没有那么开心过了。虽然前期的准备让我感到忙碌，但这一切都是值得的。

(六) 手机导航

11-13: 用手机做重要的事 (5-8 月新题) & 交通拥堵的时刻 (5-8 月新题) & 困难的决定 (5-8 月新题)

Describe a time when you used a phone to do something important. Some instructions that you can follow: When and where you used the phone What you used the phone for Why it was important to do this And explain what happened as a result of using the phone.	Describe a situation when you had to spend a long time in a traffic jam. When and where the traffic jam happened What you did while you were in the traffic jam How you felt about having to spend time in the traffic jam And explain what problems the delay caused you.	Describe a difficult decision you made that had a very good result. Some instructions that you can follow: What the decision was Why it was difficult to make the decision What helped you to decide And explain why the decision you made had such a good result.
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《用手机做重要的事》

When I cast my mind back over recent memories, I recall when I was commuting to a crucial interview, and I was caught in a traffic jam. I was to attend an internship interview with a renowned Global Fortune 500 company which I had eagerly anticipated for quite some time.

My heart was torn with anxiety since it was likely I would miss the interview if the situation didn't improve soon. I had to use Baidu Maps on my phone to find a faster route to my interview. It showed me that there was a traffic accident ahead, and it was estimated to take over 30 minutes to pass through by bus. Alternatively, I could walk to the nearest metro station within 10 minutes and commute there by subway.

Logically, I decided to go by foot to the metro station. Fortunately, I arrived there on time. Baidu Maps has helped me to better plan my travel routes and get to the destination within the shortest possible time.

I have learned a lesson from this experience: with important appointments, early is always better than late, and the subway is a preferred way over the bus.

我记得不久前，我去参加一个重要的面试时，路上遇到了堵车。那是我期待已久的一次实习面试，对方公司是一家著名的 500 强企业。

我当时心急如焚，虽然我提前了一些时间出发，但如果继续堵车，我最终可能会错过面试时间。我拿出手机打开百度地图查询如何更快地到达面试的地点。导航软件显示前方发生了交通事故，预计通行时间超过 30 分钟。我可以选择步行 10 分钟前往最近的一个地铁站，然后可以坐地铁直达目的地。

于是我立刻下车跑步去地铁站。这次意外多亏了我的手机。如果我没有用手机导航，坐在公交车上傻傻的等下去，我一定会因此错过面试。

庆幸的是，我最终准时到达了面试地点。手机地图帮助我更合理的安排出行，用最短的时间到达目的地。这件事是一个教训，但凡以后有重要的事，地铁是比公交更好的选择。还有，提前多早出发都不为过！

《交通拥堵的时刻》

When I look back my recent memories I recall when I was commuting to a crucial interview, and I was caught in a traffic jam. I was to attend an internship interview with a renown Global Fortune 500 company which I had prepared for quite some time. My appointment was scheduled for 10 o'clock in the morning in a downtown office building quite a distance from my school.

I researched routes to the office buildings the day before the interview and was informed that it should take no longer than an hour by bus. Therefore, I decidedly set out with a half hour to spare on the day of my interview, however the traffic was congested and my bus didn't move for almost 20 minutes.

My heart was torn with anxiety since it was likely I would miss the interview if the situation didn't improve soon. I had to use Baidu Map on my phone to find a faster route to my interview. It showed me that there was a traffic accident ahead and it was predicted to take over 30 minutes to pass through by bus, alternatively I could walk to the nearest metro station within 10 minutes and commute there by subway.

Logically, I decided to walk to the metro station and fortunately I arrived there in time. This experience was a valuable lesson to me: when one has important appointments, early is always better than late, and the subway is a more reliable mode of transport than the bus.

我记得不久前，我去参加一个重要的面试时，路上遇到了堵车。那是我期待已久的一次实习面试，对方公司是一家著名的 500 强企业。面试时间是早上 10 点，地点在离我们学校很远的市中心写字楼里。

我提前一天就查询好了交通方式，我从学校坐公交大概 1 个小时左右就能到达面试的地方。于是第二天我特意提前半小时出发。但意外还是发生了，我在路上遇到了严重的堵车，公交车停滞不前了快 20 分钟。

我当时心急如焚，虽然我提前了一些时间出发，但如果继续堵车，我最终可能会错过面试时间。于是我拿出手机打开百度地图查询如何更快地到达面试的地点。导航软件显示前方发生了交通事故，预计通行时间超过 30 分钟。我可以选择步行 10 分钟前往最近的一个地铁站，然后可以坐地铁直达目的地。

于是我立刻下车跑步去地铁站。庆幸的是，我最终准时到达了面试地点，堵车让我差点错过了面试。这件事是一个教训，但凡以后有重要的事，地铁是比公交更好的选择。还有，提前多早出发都不为过！

《困难的决定》

When I look back over recent memories I recall when I was commuting to a crucial interview, and I was caught in a traffic jam. I was to attend an internship interview with a renowned Global Fortune 500 company which I had prepared for quite some time. My heart was torn with anxiety since it was likely I would miss the interview if the situation didn't improve soon. I had to use Baidu Map on my phone to find a faster route to my interview. It revealed to me that there was a traffic accident ahead.

In this moment, I found I was at a crossroads, one option was to be patient and trust the traffic would clear, the other was to immediately leave the bus and run as fast as I could to get to the nearby subway station, and then continue my commute via subway. This was a difficult decision because the traffic jam could be resolved at any moment, moreover, there could be unexpected delays on the subway. The incorrect decision could have easily resulted in my failure to attend the interview. I wrestled with this decision for some time, but finally chose to take the subway instead, because the subway can be relied upon to arrive on time, so if I ran with all my might, I would probably make it.

Logically, I decided to walk to the metro station and fortunately I arrived there on time to catch the train. When I encounter some troubles, it's necessary to keep calm and be swift in my decision making, as hesitation will do nothing but waste my time, and thus cause me to miss important opportunities.

我记得不久前，在我去参加一个重要的面试时，在路上遇到了堵车。那是我期待已久的一次实习面试，对方公司是一家著名的 500 强企业。我当时心急如焚，因为虽然我提前了一些时间出发，但要是继续堵车，我最终还是会错过我的面试时间。我拿出手机打开百度地图查询如何更快地到达面试的地点。导航软件显示前方发生了交通事故，

这时候我有两个选择，一就是继续等下去，二就是立刻下车用最快的速度跑到附近的地铁站，然后改坐地铁。这是个困难的选择，因为前方堵塞随时可能会通车，但转乘地铁的话则或许要花费比原定计划更长的时间。错误的决定很可能会让我错过面试。我纠结了一阵，最终还是决定改坐地铁。地铁时间更可控，只要我跑快一点，或许还来得及。

于是我立刻下车跑步去地铁站。庆幸的是，我最终准时到达了面试地点。当我面临困难的选择，最重要的是不要着急，一定要冷静下来分析，然后用最快的速度做出选择。犹豫只会浪费时间，也有可能因此错过了重要的机会。

(七) 打羽毛球

14-15: 近期改善生活的变动(5-8 月新题) & 保持健康的方法(5-8 月新题)

Describe a change you made in your life recently that was positive. Some instructions that you can follow: What the change was Why you decided to make this change Whether anyone helped you to make this change And explain why it was a positive change to make.	Describe something you do that you think is important for keeping fit and healthy. Some instructions that you can follow: What you do How often you do it Who you do it with And explain why you think this activity is important for keeping fit and healthy.
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《近期改变生活的变动》

Since early this year, I have decided to play badminton 2-3 times per week which was an idea proposed by my roommate Anna. She has been playing badminton regularly and now she always asks me to join. I made this decision because I have encountered great pressure recently and have been vulnerable to fatigue, and I heard that doing sports can help to release pressure and make me lively.

Badminton was a good choice because it is a very popular sport in China and therefore it is very easy to find places to play badminton and people to play with. Anna invites me to play with her almost every week. It becomes much easier to do exercise when you are with friends, this is all thanks to Anna, who has changed me in a positive way.

Since I started to play badminton, I have turned into a more vigorous person. Despite the hot weather in summer, which makes me sweaty and overheated when I play, I feel refreshed after showering. Whenever I feel tired or lack enthusiasm, a simple 30-minute workout helps me rejuvenate. I am able to keep a good mental state every day and I have lost weight and become healthier than before.

今年以来，我做出了一个改变（我为了保持健康），开始每周打 2-3 次羽毛球。这是我的舍友 Anna 提议的。她一直以来都有打羽毛球的习惯，现在她都会叫上我一起去打羽毛球。之所以最近我做出了这个改变，是因为最近我的学习压力比较大，经常感到疲惫。听说运动能够释放压力，并且让人更有精神，所以我决定试一试。

在众多运动中，羽毛球是一个很好的选择，羽毛球在中国是一项非常受欢迎的运动，因此我很容易找到一起打球的伙伴。Anna 几乎每周都会喊我一起打球，有了朋友的督促，坚持运动变得容易了很多。我很感谢 Anna，她帮助我做出了积极的改变（这句可删掉）。

自从我开始打羽毛球后，我整个人都变得更有活力了。虽然夏天运动会很热，但运动后洗完澡，我整个人就会觉得焕然一新。每当我感到疲倦或缺乏激情时，只要 30 分钟的简单运动就能使我恢复活力。我现在每天都能保持一个良好的精神状态。而且自从开始运动后，我感觉我变瘦了，变得更健康了。

16: 帮助你集中注意力的事物（5-8 月新题）

Describe something that helps you to concentrate on work/study.

Some instructions that you can follow:

What it is you do

Where and when you do this

Whether you always do the same thing

And explain how much this helps you to concentrate on work/study.

Something I do to help me focus on study is to engage in light exercise. My friend taught me this a few years ago when I was struggling to focus on my studies. He told me that we are easy to become sluggish, because our bodies are restless, and our blood has not been pumping fast enough. Therefore, he suggested that I should often do some sports which will help me concentrate on my studies.

Badminton was a good choice because it is a very popular sport in China and therefore it is very easy to find places to play badminton and people to play with. Secondly, badminton is also not a very physically demanding sport. This means it is an easy way to exercise and get the blood pumping without the risk of over exerting myself. So, I would go to an open space and play a short round of badminton after supper or on the weekend. After this, I feel much more energized which helps me focus on my studies.

I think this is a fantastic method to concentrate on my studies because it works every time. Whenever I feel tired or unenthusiastic, just thirty minutes of light exercise revitalizes and encourages me. Ever since my friend taught me this technique, I have been more determined with my studies. I think it is a method that everyone should use to improve their own study behavior. I try to recommend it to all my friends and fellow students.

中文思路:

从事轻运动能够帮助我的学习。几年前，当我在课堂上试图集中精力学习时，我的朋友教会了我这一方法。他告诉我，我们经常反应迟钝的，因为我们的休息的不够，血液流动不够快。因此，他建议我做一些运动，这有助于集中精力。

羽毛球是一个很好的选择，因为在中国，它是一项非常受欢迎的运动，因此我们很容易跟朋友找到地方一起打羽毛球。其次，羽毛球也是一项体力要求不高的运动。这意味着这是一个简单的方式来让血液加快流动和锻炼身体，而没有过度劳累的风险。因此，如果我专注学习了一段时间，晚饭后或者周末，我会和我的朋友在宿舍楼下打羽毛球。每周我都会运动 2-3 次。在这之后，我会感到更加地专注和精力充沛，这有助于我集中精力学习。

我认为这是一个很好的方法来集中注意力。这方法每次都很管用。每当我感到疲倦或缺乏激情时，只要 30 分钟的简单运动就能使我恢复活力。自从我的朋友教我这个技巧，我的注意力变得更集中，我的学习也得到了促进。我认为这是每个人都应该用来改善自己学习行为的方法。我试着把它推荐给我所有的朋友和同学。

17-18: 别人询问你意见 (5-8 月新题) & 未实现的目标

Describe a time when someone asked you for your opinion. Some instructions that you can follow: Who asked you for your opinion? Why this person wanted to know your opinion What opinion you gave this person And explain how you felt when this person asked for your opinion.	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.
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《别人询问你意见》

Recently my best friend Anna told me that she had discovered herself to be 5 kilograms heavier than before! She was aware that I had successfully lost weight last year, so she asked me for my opinion on what she should do. Of course, I was happy to offer my opinions to a friend. So, we discussed the situation and then made a plan for her to lose 5 kilograms in three months. In order to achieve this goal, I encouraged her to take part in some exercise every day, such as playing badminton. And, moreover, I also suggested she should simultaneously adjust her diet.

Compared to many sports, playing badminton is a very healthy and undemanding kind of sport. Due to the fact that badminton is an very popular sport in China, it is very easy to find locations to play badminton and people to compete against. Furthermore, badminton is also not a very physically demanding sport. Thus, it is an uncomplicated way for her to exercise without risk of overexerting or injuring herself.

Proper exercise at the conclusion of a hectic day of study can be very relaxing and enjoyable. At the same time, I also advised her to make proper dietary adjustments to aid her in her weight loss, such as eating fewer late-night snacks and junk food. Otherwise, all her exercise will be in vain! Anna is now on a strict regime of working out and dieting, the result of which is she has lost some weight so far. I am more than delighted that my suggestion worked!

中文思路:

前不久我的好朋友 anna 告诉我她发现自己长胖了将近 5kg, 这真是一个让人沮丧的消息。因为我在去年曾经成功减肥, 所以他希望我能帮助她。对此我非常乐意! 所以, 我们讨论了一下, 给她设定了一个目标, 希望她能在 3 个月内减重 5kg。为了实现这个目标, 我建议她每天都做一些运动, 比如打羽毛球, 同时她要调整饮食。

在众多的运动项目中, 打羽毛球则是一项非常好的运动。为它在中国很受欢迎, 因此很容易跟朋友找到地方一起打羽毛球。此外, 羽毛球也不是一项对身体要求很高的运动。这意味着, 这是一个人们更容易进行锻炼的方式, 而没有过度劳累或伤害自己的风险。

在结束了一天忙碌的学习后进行适当的运动将会是非常令人放松且愉快的。于此同时, 我也建议她进行适当的饮食调整来帮忙减肥, 例如少吃宵夜和零食。不然她的运动都白费了! Anna 目前正在坚持运动和节食, 目前已经减了一些体重了。我很庆幸我的意见帮助了 anna, 没有比这更快乐的事了。

《未实现的目标》

A couple of months ago, I had an ambition to lose weight in a short time. To be honest, this is a difficult goal for me to achieve, because I am the kind of person who easily becomes fat. I seldom do exercise, and enjoy all kinds of junk foods and high calorie bubble teas. It is quite tough for me to form healthy habits and lose weight.

However, considering I was overweight, which was not only unattractive, but also a serious health risk, I made up my mind to lose weight as quickly as possible. So, I began to play badminton several times a week and follow a strict, healthy diet.

Badminton is a very healthy yet undemanding sport. It is easy to find places to play badminton and friends to play against. Badminton is also not a very physically demanding sport. Thus, it is an easy way for me to exercise without risk of overexerting or injuring myself. Meanwhile, I have to make proper dietary adjustments to aid me in my weight loss, such as eating fewer late-night snacks and junk food.

I've actually been dieting for a couple of months now, but I haven't been exercising as much as I had planned because of my laziness. Although I kept myself from eating late night snacks and high-calorie foods, I still didn't lose much weight, maybe just a kilo or two. I have to say, losing weight is really a very difficult thing!

中文思路：

大概一两个月前，我下定决心要实现一个目标，那就是短时间内减肥，因为我自己超重了。之所以说减肥很困难，原因是我是个特别容易变胖的人。我很少做运动，而且我喜欢吃垃圾食品和喝高热量的奶茶。

但是考虑到我现在真的很胖，这样不仅难看，对健康也有很大的风险。我还是下定决心去减肥。而减肥的方式就是每周打几次羽毛球和严格遵循一个健康的饮食方式。

打羽毛球则是一项非常好的运动。我很容易就能在学校里约上几个同学朋友一起打羽毛球。此外，羽毛球也不是一项对身体要求很高的运动。这意味着，这是一个人们更容易进行锻炼的方式，而没有过度劳累或伤害自己的风险。同时，我也进行适当的饮食调整来帮忙减肥，例如少吃宵夜和零食。

其实我已经开始实施计划一两个月了，但因为我的懒惰，我没能按照计划经常运动。虽然我控制住自己不吃宵夜和高热量的食物，但我还是没瘦下来，可能只瘦了一两斤。不得不说，减肥真的是一件很困难的事情！

(八) 网红小镇

19-20: 安静的地方 (5-8 月新题) & 经济实惠的外出 (5-8 月新题)

Describe a quiet place where you like to spend time. Some instructions that you can follow: Where this quiet place is How you found this quiet place How often you spend time in this quiet place And explain why you like spending time in this quite place.	Describe a special day out which didn't cost very much. Some instructions that you can follow: Where and when you went What you did What the you spent money on And explain why you enjoyed this special day out.
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《安静的地方》

Not long ago, I went on a short trip with some of my friends. The destination was a famous old town nearby. As we went on a weekday, there were few tourists there. The whole village was quiet and beautiful. We enjoyed spending our time wandering there.

This town is a few kilometers away from our school. It's been recommended to me by friends a long time ago, but this was my first time visiting. We went there by bike and after arriving to its gates we walked into the village. There were many ancient buildings within the village and a small river surrounding the whole town. Aside from the beautiful scenery, there are some interesting boutique shops in the village. My boyfriend, Michael, and I started wandering around the town. When we passed stalls with delicious food, we would purchase snacks and have a taste! We walked throughout the afternoon and ventured down every street in the town.

Aside from the hustle and bustle of downtown, this town is very tranquil. There are a few people in the street. Motor and electric vehicles are also forbidden there. Wandering along the path, I could clearly hear the sound of the river running. So, it is romantic to stroll in such a beautiful and quiet place. I love it.

中文思路:

不久前,我和我的几个朋友进行了一次短途旅行。目的地是附近著名的一座古镇。因为我们是工作日去的,那里的游客很少。整个古村显得安静又美丽,我享受在那里漫步的感觉。

这个古镇在离我们学校几公里外的地方。很久以前我就听朋友推荐过,但这是我第一次去。我们一行人先是骑车到了小镇的大门口,然后步行进去这个镇。镇子里有很多年代久远的古建筑群,还有一条小河包围着整个古镇,村里除了美景,还有一些很有创意的精品小店。我和我的男朋友 Michael 就开始在小镇里乱逛,看见好吃的就买点尝尝,看见某处风景不错就停下来拍照。我们走了整整一个下午,几乎把小镇里每条街道都走过了。

不同于市中心的喧闹,我们学校旁边的这个小镇很宁静。路上人不多,也没有摩托车和电动车在小路上来往。沿着小路闲逛,我可以清晰的听到小河的流水声。和男朋友一起所以在这么一个美丽的,安静的地方漫步是一件很浪漫的事情。我太喜欢那里了。

《经济实惠的外出》

Not long ago, I went on a short trip with some of my friends. The destination was a famous old town nearby. As we went on a weekday, there were few tourists there. The whole village was tranquil and beautiful. We enjoyed spending our time wandering there and it didn't cost us an arm and a leg to visit this town.

This town is a few kilometers away from our school. It's been recommended to me by friends a long time ago, but this was my first time visiting. We voyaged there by bike and after arriving to its gates we walked into the village. There were countless ancient buildings within the village and a small river surrounding the whole town. Aside from the beautiful scenery, there are some interesting boutique shops in the village. My boyfriend, Michael, and I started wandering around the town. When we passed stalls with delicious food, we would purchase snacks and have a taste! We walked throughout the afternoon and ventured down every street in the town.

It's not overly commercialized, so everything is cheap. Snacks costs only several Yuan and some of the milk tea cost just more than ten Yuan. Moreover, It is free to visit and there is no requirement to spend anything there.. The town is a great weekend getaway, and I'll be back again.

中文思路:

不久前，我和我的几个朋友进行了一次短途旅行。目的地是附近很著名的一座古镇。因为我们是工作日去的，那里的游客很少。我们在那度过了美好的时光，而且还没花什么钱

这个古镇在离我们学校几公里外的地方。很久以前我就听朋友推荐过。但这是我第一次去。我们一行人先是骑车到了小镇的大门口，然后步行进去这个镇。镇子里有很多年代久远的古建筑群，还有一条小河包围着整个古镇。村里除了美景，还有一些很有创意的精品小店。我和我的男朋友 Michael 就开始在小镇里乱逛，看见好吃的就买点尝尝。我们走了整整一个下午，几乎把小镇里每条街道都走过了。

这里并没有过度商业化，所以东西都很便宜。小吃都是几块钱一份，一些现做的奶茶也是十几块钱而已。这是一趟很省钱的出行。风景是免费的，浪漫的氛围也是免费的。这个小镇是一个周末散心的好去处，我还会再来的。

21-23: 享受的远足 & 乡下一隅 & 新地方

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	Describe a place in the countryside 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	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
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Last autumn, I organized our whole class to travel to an Internet-famous town not far from our school.

This Internet-famous town is a few kilometers away from our school. We first rode bikes to its gate and then walked in. There were many ancient buildings inside, which were very suitable as backgrounds for taking photos. So, we took group photos in front of the quaint architecture and then strolled separately. My boyfriend Michael and I started wandering around the town. When we saw delicious food, we bought and tasted it. When we saw gorgeous scenery and stopped to take some photos. We walked all afternoon and passed almost every street in the town.

Although the scenery of this town could not compare with some of the famous scenic spots in China, I was still happy. Because my boyfriend was good at taking photos, he took lots of nice-looking pictures for me. At the same time, we also found delicious homemade glutinous rice dumplings and ate many without a break! For me, traveling to a new place is not only about scenic spots and humanities but also about who you travel with. I was happy to travel with my boyfriend. Although we walked for a long time aimlessly, I didn't feel tired at all. I'll come again if I have a chance next time.

去年秋天，我组织了我們全班的同學一起去離我們學校不遠的一個網紅小鎮旅遊。

這個網紅小鎮在離我們學校幾公里外的地方。我們一行人先是騎車到了小鎮的大門口，然後步行進去這個鎮。鎮子裡有很多年代久遠的古建築群，非常適合拍照。於是我們就在古樓前拍了合照，然後就分開閒逛了。我和我的男朋友 Michael 就開始在小鎮裡亂逛，看見好吃的就買點尝尝，看見某處風景不錯就停下來拍照。我們走了整整一個下午，幾乎把小鎮裡每條街道都走過了。

虽说这个小镇的风景比不上国内的一些著名景区，但我还是很开心。因为我的男朋友很会拍照，他给我拍了很多好看的照片。同时我们还发现了一家特别好吃的自制糯米团子，我们一口气吃了好多个！其实对我来说去到一个新地方旅行并不单单看景色和人文，更重要的是跟谁一起旅游。跟我男朋友出来旅游就很开心，虽说我们漫无目的地走了很久很久，但我丝毫不感到累。下次还有机会的话我会再来逛逛。

24: 筹办的活动

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 happy event were.

Last year, I organized all my classmates to go on a short trip to an internet-famous village. I was the vice-monitor of our class. Anna, our monitor, and I planned this activity together. At first, we wanted to go to a riverside park, where we could ride bikes and have a picnic. But later Anna said that there were too many people in our class and it was difficult to manage. In case someone accidentally drowned, there would be trouble. So, we discussed for a long time and decided to go to this village near our school.

This village is several kilometers away from my school. There are not only buildings of considerable antiquity, but also a number of local delicacies available in the village. Most people in our school have heard of it, and the locals tend to visit it a lot. So, we went to visit the town on a sunny weekend.

I have to say this village didn't let us down. The village has beautiful scenery and many delicious snacks stands. Our class took a group photo in front of the ancient building at the gate. And we also shared our photos with each other. We had a good time in the town, and every student was satisfied with the event I organized.

中文思路:

去年秋天,我组织了全班同学一起去离我们学校不远的网红小村庄旅游。我是我们班的副班长,我和班长 Anna 一起筹划了这次集体活动。一开始我们想去一个江边公园活动,在那里我们可以骑自行车,野餐。但后来 Anna 说我们班人比较多,不好管理,万一有人不小心溺水了就麻烦了。所以我和她商量了很久,决定去学校附近的一个网红小镇。

这个网红小村庄在离我们学校几公里外的地方。村庄里不但有年代久远的古建筑群,还售卖着许多品种的美食,听说那里的自制糯米团子非常好吃。虽然它在网上不算很有名,但是我们学校的很多人都知道它,本地人也很喜欢去那里。所以最后我们就在一个阳光明媚的周末去了这个小镇游玩。

不得不说这个小镇没让我们失望,镇子里风景秀丽,还有很多好吃的小吃摊子。我们全班在门口的古楼前拍了合影留念,还互相分享了各自拍的照片。我们一行人在小镇玩得很开心,每个同学都很满意我的安排。

(九) 马云

25-26: 国内的名人 (5-8 月新题) & 对社会做出贡献的人

Describe a well-known person in your country who is very popular. Some instructions that you can follow: Who this person is What you know about this person Why he/she is so popular And explain how you feel about this person being so popular.	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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《国内名人》

I think Jack Ma is a very smart businessman and I admire him very much. I imagine everyone in China knows who he is. The online shopping platform Taobao and the online payment system Alipay he founded and developed have greatly influenced people's shopping habits in today's society.

Ma started Alibaba after quitting his job as an English teacher. Entrepreneurship requires not only courage, but also creativity and an accurate understanding of the market. Several years ago, online shopping was not a hit in China. People were still accustomed to purchasing items they required in the mall. On the one hand, people could see the actual goods when they shop instore, and on the other hand, people may be concerned that online shopping could not guarantee the quality of goods. However, Jack Ma created an ingenious way to solve this, which was to build a third-party platform, Alipay. When people shop online, Alipay, as a trusted third party, will temporarily keep the money as escrow and informs the seller that the buyer has made the payment. At the time the money is neither directly controlled by the buyer nor the seller, which perfectly solves the problem of mistrust between the two parties.

At the current moment, online shopping has become an indispensable aspect of our daily lives, and Jack Ma has therefore become the wealthiest man in China and also a household name.

中文思路:

我认为马云是一个非常聪明的商人，我很钦佩他。我认为全中国没有人不认识他，马云很受欢迎，无论是年轻人还是老人，他创建的支付宝和网络购物方式影响了当今社会人们的购物习惯。

马云原本是一名英语老师，辞职后才创立了阿里巴巴。创业不仅需要勇气，更需要创造力和对市场的眼光。许多年以前，网上购物没在国内兴起。人们还是习惯于在商场购买自己需要的商品。一方面是因为现场购买商品可以看到商品实物，另一方面是担心网上购物容易发生货不对板的问题。但马云想到一个非常聪明的方法，那就是构建一个第三方平台，也就是支付宝。微信公众号：安娜雅思。人们在网上购物的时候，支付宝作为一个受信任的第三方，会将货款暂时保存，这样一来就完美地解决了双方的不信任问题。

现在，网购成为了我们日常生活中必不可少的一部分，马云也因此一度成为中国首富以及一个家喻户晓的名人。

《对社会做出贡献的人》

I think Jack Ma is a very smart businessman and I admire him a lot. I think everyone in China probably knows him, and I often see news about him on the Internet. The online shopping platform Taobao and the online payment system Alipay he created have influenced people's shopping habits in today's society.

Many years ago, online shopping was not a hit in China. People were still accustomed to buying stuff they need in the mall. On the one hand, people could see the actual goods when they shop offline, and on the other hand, people might be worried that online shopping could not guarantee the quality of goods. But Jack Ma thought of a very clever way to solve this, that is, to build a third-party platform, Alipay. He gave up his job as an English teacher with a stable income and founded his own company. When people shop online, Alipay, as a trusted third party, will temporarily keep the money as escrow and informs the seller that the buyer has made the payment. At the time the money is neither directly controlled by the buyer nor the seller, which perfectly solves the problem of mistrust between the two parties. Buyers do not need to worry about deceptive practices, and sellers can also increase sales quickly.

Today, more than a decade later, Taobao has become China's largest online trading platform. Online shopping has become an indispensable part of our daily lives, and Jack Ma has therefore become the richest man in China. That is what Jack Ma has contributed to our society. It is for these reasons I admire him most.

中文思路：

我认为马云是一个非常聪明的商人，我很钦佩他。我认为全中国没有人不认识他，我经常在网上看到有关他的新闻。他创建的支付宝和网络购物方式影响了当今社会人们的购物习惯。

许多年以前，网上购物没在国内兴起。人们还是习惯于在商场购买自己需要的商品。一方面是因为现场购买商品可以看到商品实物，另一方面是担心网上购物容易发生货不对板的问题。但马云想到一个非常聪明的方法，那就是构建一个第三方平台，也就是支付宝。他放弃了收入稳定的英语教师的工作，创建了自己的公司。人们在网上购物的时候，支付宝作为一个受信任的第三方，会将货款暂时保存，这样一来就完美地解决了双方的不信任问题。买家既不需要担心上当受骗，卖家也可以快速地提高销量。

现在，网购成为了我们日常生活中必不可少的一部分，马云也因此一度成为中国首富以及一个家喻户晓的名人。

(十) 上海

27-28: 宜居之地 (5-8 月新题) & 有趣的著名城市

Describe a place you have visited – not your home town – that you would recommend as a good place to live. Where this place is How well you know this place What people can do in this place And explain why you would recommend this place as a good place to live.	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.
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《宜居之地》

Shanghai is located in China's most economically advanced region, the Yangtze River Delta region. It is not only rich in history but also full of modern buildings. In my heart, Shanghai is always an incomparable city.

I do not know that much about Shanghai. When I graduated from high school, I travelled to Shanghai for my first ever visit. My parents took me on a trip there. During that visit, I was totally impressed by the city of Shanghai.

Shanghai is well-known throughout the country for its developed economy. In China, people often like to call Shanghai "magic city", which is due to the fashion and modernization of the metropolis. Many young people are interested in working in Shanghai because there are more opportunities and higher salaries here. Living in Shanghai, you can buy the most fashionable clothes and eat delicious snacks from all over the country.

Shanghai is not only a modern city but also an interesting place. Here, antiquity and modernity blend magically. Standing in Cheng Huang Temple, you can see the antique buildings and pavilions overhead. Looking far ahead from the same angle, the tall buildings in Lujiazui are clearly visible. Here, business and leisure also mix marvelously. You can see the hurried footsteps of white-collar workers. Behind them, there may be an old couple walking by the Huangpu River. This magical collision makes the city full of charm and also attracts me deeply.

上海位于中国经济最发达的长三角地区。这座城市即拥有丰厚的历史，同时也充满了摩登的建筑。在我心里，上海一直是一座无与伦比的城市。这里非常适合年轻人居住。

我对上海了解的不算多。我第一次去上海是高中毕业的时候，我的父母带我去长三角旅游。那时上海就给我留下了深刻的印象。

上海以发达的经济闻名全国。在中国人们往往喜欢称呼上海为魔都，足以见得这座城市的时尚和现代化。很多年轻人喜欢去上海工作，因为上海有更多的机遇，同时还有更高的薪酬。住在上海，你可以找到最时尚的大牌服装，也可以吃到全国各地的美味小吃。

上海不仅是一座现代化的城市，更是一座有趣的城市。站在城隍庙，你可以看到头顶的仿古建筑和凉亭。同一个角度望向远处，陆家嘴的高楼清晰可见。在这里忙碌和悠闲也会神奇的交汇。你可以看到白领匆忙的脚步，他们的背后也许有一对在江边散步的老人。这种神奇的碰撞让这座城市充满着魅力。也深深地吸引着我。

《有趣的著名城市》

Shanghai is located in China's most economically advanced region, the Yangtze River Delta region. It is not only rich in history but also full of modern buildings. In my heart, Shanghai is always an incomparable city.

When I graduated from high school, I went to Shanghai for the first time. My parents took me to travel to the Yangtze River Delta region. At that time, Shanghai had impressed me a lot.

Shanghai is well-known throughout the country for its developed economy. In China, people often like to call Shanghai "magic city", which is due to the fashion and modernization of the metropolis. Many young people are interested in working in Shanghai because there are more opportunities and higher salaries here.

Shanghai is not only a modern city but also an interesting place. Here, antiquity and modernity blend magically. Standing in Cheng Huang Temple, you can see the antique buildings and pavilions overhead. Looking far ahead from the same angle, the tall buildings in Lujiazui are clearly visible. Here, business and leisure also mix marvelously. You can see the hurried footsteps of white-collar workers. Behind them, there may be an old couple walking by the Huangpu River. This magical collision makes the city full of charm and also attracts me deeply.

中文思路：

上海位于中国经济最发达的长三角地区。这座城市即拥有丰厚的历史，同时也充满了摩登的建筑。在我心里，上海一直是一座无与伦比的城市。

我第一次去上海是高中毕业的时候，我的父母带我去长三角旅游。那时上海就给我留下了深刻的印象。

上海以发达的经济闻名全国。在中国人们往往喜欢称呼上海为魔都，足以见得这座城市的时尚和现代化。很多年轻人喜欢去上海工作，因为上海有更多的机遇，同时还有更高的薪酬。

上海不仅是一座现代化的城市，更是一座有趣的城市。在这里古老和现代神奇的交融在一起。站在城隍庙，你可以看到头顶的仿古建筑和凉亭。同一个角度望向远处，陆家嘴的高楼清晰可见。在这里忙碌和悠闲也会神奇的交汇。你可以看到白领匆忙的脚步，他们的背后也许有一对在江边散步的老人。这种神奇的碰撞让这座城市充满着魅力。也深深地吸引着我。

(十一) 风筝

29-30: 喜欢的传统物品 (5-8 月新题) & 童年玩具

Describe a traditional product made in your country which you like. Some instructions that you can follow: What this product is When you first tried this product How this product is made And explain why you like this traditional product.	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
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《传统物品》

Kites are just one of my favorite traditional crafts. Even as far back as ancient times, people were capable of making kites for recreation. Military generals even found ways to use them for sending signals and messages. Now kites are merely used as toys enjoyed by children and adults alike.

The first time I encountered real kites was in primary school when a teacher taught us how to make simple ones using white papers, wooden sticks, and strings.

Traditional kites are made of bamboo strips and paper. Now, most of the kites we can buy are made by professional factories. Most of them are made of cloth. I remember when I was very small, my grandfather would take me to fly kites in the park, but back then, I was too young to fly a kite by myself. Every time, my grandfather would launch the kite into the air first, and then I would run around holding the end of the string. Whenever my grandpa took me to fly kites, I would be as happy as a clam all day long!

In fact, I have not flown a kite for a long time now, partly because I am busy with my studies, and partly because there are so many new toys and entertainment products now. But the kite has always been a traditional object that I enjoy. It is not only a toy, but also a memory of my childhood.

我喜欢的一个传统物品就是风筝。古代的人们会制作纸风筝，用来娱乐消遣。甚至在古代，将军们还会使用风筝来传递消息。到了现代，风筝逐渐地变成了一种玩具，适合大人小孩玩。

我记得小学的时候老师就教过我们自制风筝，那是我第一次接触它。在课堂上，老师教我们用白纸，木棍和绳子做成简易的风筝。

传统的风筝是用竹条和纸做成的，现在我们能买到的风筝，大多都是专业的工厂生产的。它们大多数都是由布做成。我记得在我很小的时候，爷爷总会带我去公园里放风筝。但那时候我年纪太小，不会自己放风筝。每次都是我爷爷先把风筝放飞到空中，然后我再抓着绳子的一端到处乱跑。只要我爷爷带我去放风筝，我都能开心一整天！

其实现在我已经很久没有放风筝了，一方面是因为学生生活比较忙，另一方面是因为现在新潮的玩具和娱乐方式太多了。但风筝永远是我喜欢的一件传统物品，他不单单是一件玩具，还是我童年的回忆。

《童年玩具》

Since I was a child, I have been interested in kites. They are just one of my favourite toys. Even as far back as ancient times, people were capable of making kites for recreation. Now kites are merely used as toys enjoyed by children and adults alike.

The first time I encountered real kites was in primary school when a teacher taught us how to make simple ones using white papers, wooden sticks, and strings.

I remember when I was very small, my grandfather would take me to fly kites in the park, but back then, I was too young to fly a kite by myself. Every time, my grandfather would launch the kite into the air first, and then I would run around holding the end of the string. Whenever my grandpa took me to fly kites, I would be as happy as a clam all day long!

I have not flown a kite for a long time now, partly because I am busy with my studies, and partly because there are so many new toys and entertainment products now. But the kite has always been a traditional object that I enjoy. It is not only a toy, but also a memory of my childhood.

中文思路：

我喜欢的一个童年玩具就是风筝。古代的人们会制作纸风筝，用来娱乐消遣。到了现代，风筝逐渐地变成了一种玩具，适合大人小孩玩。

我记得小学的时候老师就教过我们自制风筝，那是我第一次接触它。在课堂上，老师教我们用白纸，木棍和绳子做成简易的风筝。

我记得在我很小的时候，爷爷总会带我去公园里放风筝。那是一段美好的回忆。对于那时候的我来说，能让手里的风筝在天空中飞起来是一件非常不可思议的活动。但那时候我年纪太小，不会自己放风筝。每次都是我爷爷先把风筝放飞到空中，然后我再抓着绳子的一端到处乱跑。只要我爷爷带我去放风筝，我都能开心一整天！

其实现在我已经很久没有放风筝了，一方面是因为学生生活比较忙，另一方面是因为现在新潮的玩具和娱乐方式太多了。但风筝永远是我喜欢的一件传统物品，他不单单是一件玩具，还是我童年的回忆。

(十二) 英语博主

31-32: 帮助你学外语的事情 & 社交网络上常关注的人

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.	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.
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I follow a well-known blogger on Weibo, her name is Anna. She has many followers on her Weibo account, including many of my classmates. I first knew her after my roommate recommended her to me.

She is a blogger who shares English videos. As a Chinese woman, she is beautiful. She studied in the UK before and now works there, so she speaks English very well. She often shares some daily English expressions and some funny experiences abroad.

Her short videos only last a minute or two, so watching her videos is a relaxing and pleasant thing. I like watching her videos on my smartphone alone in the dormitory. This way I can make full use of my free time.

Learning English through short videos is an efficient method that is not restricted by time and space. The English knowledge she shares is usually something I cannot learn in books. For example, she will interpret many English phrases in movies and tell everyone how to speak like natives in a certain situation. In addition, she will interview some passers-by at random and ask some hot issues to make her English vlogs. I think the way the British answer questions is interesting, and their ideas are quite different from those of the Chinese. I often watch her videos in some of my free time, which improves my English level. I also recommend Anna to my friends, and they all like her very much.

我在微博上时常关注一个知名博主，她就是 Anna。她在微博上有很多粉丝，很多我的同学也关注了她。我第一次知道她是因为我舍友把她推荐给我的。她是一个分享英语视频的博主。她是一个中国人，长得很漂亮。她之前在英国留学，现在还在英国工作，所以他英文讲得很好。她经常会分享一些英语的日常用语，还有一些国外的有趣见闻。

她录的视频时长很短，往往只有一两分钟，所以每次看她的视频都是一件轻松且愉快的事情。我很喜欢一个人在宿舍用手机看她的视频。这样可以把碎片化的时间充分利用起来。

通过短视频来学习英语是一种高效的，不受时间空间限制的学习方法。她分享的英语知识通常是我在书本上学不到的。比如她会截取很多电影中的英文短语，告诉大家某种情境下说什么才更加地道。除此之外，她还会随机采访一些路人，问一些热点问题。做成英文 vlog。我觉得英国人回答问题的方式很有趣，想法也和中国人很不同。我经常在我的一些碎片化时间里看看她的视频，提升了我的英语水平。我也把 Anna 推荐给了我的朋友，她们都很喜欢她。

(十三) 宿舍夜谈交友条件

33-34: 别人告诉你的故事 & 有趣的谈话

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 that 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 interesting.
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《女生版》

On a weekend last month, my roommates and I had an intriguing late-night gab session when we discussed whether we should go for a wealthy or a physically attractive boyfriend. Despite our different views, we were very engaged in the conversation and stayed up late into the night.

The conversation started when my roommate Anna mentioned that her boyfriend gave her a pricey Coach bag as a birthday gift and took her to a deluxe restaurant for dinner. Anna was so delighted by this that she kept smiling all night. However, Lucy, my other roommate, felt a little bit disappointed, as her boyfriend only gave her an ordinary music box for her birthday. Thus, we began to discuss our thoughts on romantic relationships.

Anna said that although her boyfriend only has an ordinary look, he often treats her to lunch at fancy restaurants and gives her gifts that are to her taste. And Lucy said that her boyfriend leads a simple life, but he is totally attractive. The places they often go for dinner are the diners near our school. As for me, I think girls definitely like good-looking guys, but when it comes to finding the suitable one for a relationship, personalities and habits stand out. Even handsome guys cannot charm their way through life.

Although we held different points of view, we just shared them with each other, so we talked very enthusiastically until late at night. It was such an interesting discussion that I still recall it now.

大概是上个月的某个周末的深夜，我和我的舍友进行了一场非常有趣的谈话。那就是讨论交男朋友应该交有钱的还是长得帅的。这场对话起源于我舍友 Anna 的男朋友在她过生日的时候给她送了一个比较贵的 Coach 包包，还带她去了一个装修豪华的餐厅吃了晚餐。Anna 非常开心，整个晚上都喜笑颜开。但于此同时，我的另一个舍友 Lucy 就有点失落了。她说她男朋友在她生日的时候只送了一个很普通的音乐盒给她。于是我们宿舍几个人就开始了一场关于恋爱的讨论。Anna 就说，她男朋友虽然长相一般，也不高，但是经常会带她去市区吃高档餐厅，过节都会给她送一些昂贵或者称心如意的礼物。于此同时，Lucy 就说她男朋友生活很朴素，但外形出众，非常帅。他们常去的是学校周边的小店。我觉得每个女生肯定喜欢长得帅的男生，但是要谈感情的话还是看个人性格和消费习惯合不合适。长得帅并不能当饭吃啊。虽然我们的观点存在差别，但我们只是单纯地讨论，所以大家聊得非常起劲，一直聊到深夜才睡下。这真的是一次非常有趣的讨论，我至今还印象深刻。(回答《故事》的时候，把最后这句改成 interesting story)

《男生版》

On a weekend not too long ago, my roommates and I had an intriguing late-night gab session in which we discussed how to get a girlfriend.

The conversation began when my roommate Michael shared his story about how he got a new girlfriend recently. He met a charming girl, Anna, in an English tutoring class and he was totally attracted to her at the first glance. Then he took an opportunity to exchange WeChat accounts with Anna, and then chatted with her on WeChat every day. He would share some fascinating news, good restaurants and interesting places with her every day. At Christmas, he prepared a big surprise for Anna. Then Anna gradually developed feelings for him, and then a few days ago, they finally got together.

My other roommates and I were very envious about him when we heard his love story. Michael is a great conversationalist thus he was very welcomed by other girls. Though I haven't got a girlfriend yet, I thought that to get a girlfriend, I should not only rely on rhetoric, but also impress her with my sincerity and actions. Like paying more attention to her health and buying her breakfast every day. Michael countered this by saying this way was so old-fashioned.

Despite our different points of view, we shared them with each other and listened to everyone's opinions, so we talked very enthusiastically until the early hours. It was such a fascinating and memorable conversation that I still recall it to this day.

中文思路：

大概是上个月的某个周末的深夜，我和我的舍友进行了一场非常有趣的谈话。那就是如何交女朋友。

这场对话起源于我舍友 Michael，他告诉我们他最近刚刚交了一个女朋友。他给我们分享了他是怎么把他女朋友追到手的故事。Michael 在一个英语培训班认识了她的女朋友 Anna。从见她的第一眼，他就被她吸引住了。然后他找机会跟 Anna 互加了微信，然后天天在微信上跟她聊天。每天给她分享一些有趣的故事，介绍好吃的餐厅和好玩的地方。圣诞节的时候，他还给 Anna 准备了一个巨大的惊喜。Anna 逐渐对他产生了感情，于是乎几天前，他们终于在一起了。

听到 Michael 恋爱了的故事，我们几个舍友都非常羡慕。因为 Michael 本身就是一个特别会聊天的人，他总是特别受女生欢迎。虽然我还没有女朋友，但我认为交女朋友不能只靠花言巧语，而是要用真诚和行动打动她。比如多关心她身体健康，每天给她买早餐之类的。Michael 则反驳我说我这做法也太过时了。虽然我们的观点存在差别，但我们只是单纯地讨论，所以大家聊得非常起劲，一直聊到深夜才睡下。这真的是一次非常有趣的讨论，我至今还印象深刻。

(十四) 刚认识的男/女朋友

35-36: 最近才认识且想了解更多的人 & 想共度时光的人

Describe a person you only met recently who you would like to get to know better. Some instructions that you can follow: 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.	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.
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《女生版》

Recently I met a boy, Michael, in an English tutoring class. He is quite tall, about 1.8 meters in height. Despite an ordinary face, he has a perfectly charming personality. I do enjoy being with him.

He is a funny and thoughtful person who is well-informed about trendy topics and Internet-famous food, either a newly opened restaurant or the latest hit at HeyTea. Sometimes we have dinner together after class. I think he is full of joie de vivre and can always find various novel, interesting things. I feel like there is a surprise awaiting me every time when we are together.

His English is pretty good, so he is always the first to answer the teacher's question, making him stand out against others in the class. He is a humorous guy and particularly nice to talk to. The chats I have with him often make me laugh out loud. He never brings up any embarrassing or uncomfortable topics but can always make everything just right. Although we just met, he has indeed made a pleasant impression on me. I have relished every second with him and want to know more about him. Of course, it would be better if he becomes my boyfriend.

中文思路:

我最近认识了一个男生，他英文名叫 Michael。我是在一个英语培训班上认识他的。他挺高的，大概有一米八的样子，虽然长相一般，但特别有人格魅力。我非常喜欢跟他在一起。

他是一个特别有趣，有想法的人。他对近期热门话题和网红美食特别了解，比如哪里开了一家有趣的餐厅，又或者喜茶又新出了一款新奶茶。下课后我们偶尔会一起吃饭。我觉得他是一个很有生活情趣的人，总能发现各种新奇好玩的事情。跟他相处，让我觉得每天都有惊喜。

他的英语很好，所以在培训班上他总是能第一个回答老师的问题。这就显得他在我们小小的班级里格外的出众。他是个很幽默的男生，特别会聊天。每次课间跟他聊天，他总能把我逗的哈哈大笑。而且尺度把握得很适中，不会跟我聊一些尴尬或者令人不适的话题。虽然我才刚认识他，但我对他的印象非常好，我很享受跟他相处的每一分钟。我很想继续了解他。当然，如果他能成为我的男朋友，那就更好了。

《男生版》

Recently I met a charming girl, Anna, in an English tutoring class. She is in good shape and has a very charming smile. I was totally attracted by her at the first glance. I do enjoy being with her.

Her English is pretty good, so she is always the first to answer the teacher's question, making her stand out against others in the class. During class, I sit next to her and often sneak a few glances at her. Whether she was serious or smiling happily, I was fascinated and attracted by her. Sometimes I even feel I'm more than happy just watching her.

She is a lovely and interesting girl. We often chat during the breaks and I find she is well-informed about trendy topics and Internet-famous food such as a newly opened restaurant, or the latest hit at HeyTea. I feel like a surprise awaits me every time whenever we are together. Although we just met, she has indeed made a pleasant impression on me. I relish every second with her and want to know more about her. Of course, ideally, I would like for her to become my girlfriend.

中文思路：

最近我认识了一个漂亮的女生，她叫 Anna。我是在一个英语培训班上认识她的。她身材很好，笑容非常灿烂。从我见到她的第一眼，我就被她吸引住了。我非常喜欢跟她在一起。

她的英语很好，所以在培训班上她总是能第一个回答老师的问题。这就显得她在我们小小的班级里格外的出众。在培训班里，我就坐在她隔壁。我时常偷偷地看她几眼。无论是她认真的样子还是开心的笑容，都让我看入迷了，时常在课堂上走神。有时候我甚至觉得，我就这么静静地看着她就已经很开心了。

她是一个很活泼有趣的女生。我们经常在课间聊天，我发现她对近期热门话题和网红美食特别了解，比如哪里开了一家有趣的餐厅，亦或者喜茶又新出了一款新奶茶，他都能第一时间发现。跟她相处，总能发现各种新奇好玩的事情，让我觉得每天都有惊喜。虽然我才刚认识她，但我对她的印象非常好，我很享受跟她相处的每一分钟。我很想继续了解她。当然，如果她能成为我的女朋友，那就更好了。

(十五) 眼镜

37-38: 离不开的物品 & 修复坏物件

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.	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
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《离不开的物品》

My glasses are so significant to me that I cannot live without them. Without their help, I can't study and live normally. Myopia is really troublesome for life.

I have suffered from myopia for more than ten years since elementary school. Perhaps I used to play with my mobile phone too much when I was a child. As I get older, my myopia is getting more and more serious, and it is now 500 degrees. Without my glasses, the world is blurry for me, and I have to look very closely to see anything clearly. That's why I wear glasses no matter where I go. Especially when I wake up every morning, everything I see is foggy, and it feels like I am still in a dream. Only when I put on my glasses do I feel that I really wake up. Sometimes I feel that life without the glasses is dangerous, especially when I am taking a shower. Without my glasses, I can hardly see anything in the foggy vapor and I can slip easily.

Wearing glasses is also very laborious, especially when I go shopping or traveling. In this kind of situation, I will put on contact lenses. Of course, wearing contact lenses for a long time will lead to uncomfortable eyes. I hope I can get the chance to take the myopia surgery, so that I can say farewell to my glasses.

中文思路:

我的眼镜是我生活中离不开的东西，它对我来说至关重要。没有了眼镜我简直没有办法正常地学习和生活，近视真的是很令人困扰的一件事情。

可能是我小时候经常看手机的缘故，我小学起就患上了近视眼，因此我已经戴眼镜十几年了。而且随着年龄的增加，我的近视眼越来越严重，现在已经有 500 度了。这意味着不戴近视眼镜的话，我看到的东
西都是模糊的，得靠近了看才能看清。所以无论是去哪里，我都得戴上眼镜。尤其是当每天醒来的时候，我一睁眼看到的东
西都是雾蒙蒙的，感觉像没睡醒一样。只有当我带上了眼镜，我才觉得自己是真的睡醒了。有时候我觉得离开眼镜我真的活不下去，比如洗澡的时候。脱下眼镜后，我在蒸腾的水汽中我几乎看不到任何东西，很容易滑倒。

戴眼镜是一件很麻烦的事，尤其是出门逛街或者旅行的时候。这时候我就会换上隐形眼镜。当然隐形眼镜戴久了眼睛也会很难受。之后有机会的话，我想尝试一下近视手术，这样我就能彻底告别眼镜了。

《修复坏物件》

My glasses are so significant to me that I cannot live without them. Without their help, I can't study and live normally. But unfortunately, they broke last week. It was when I stayed at home, I placed them on my table, and swept them to the ground when I cleaned my table. The lenses fell out of the frame. For a moment, I felt very upset.

I have suffered from myopia for more than ten years since elementary school. Without my glasses, the world is blurry for me, and I have to look very closely to see clearly. That's why I wear glasses no matter where I go. Unexpectedly, I put the lenses back into the frame with little effort. But something more troublesome happened. My glasses were deformed, meaning that the spectacles would fall off whenever my head swung. No matter how hard I tried to bend my glasses right, they failed to return to their original condition. It was evening time by then, so I couldn't go out to repair them. I spent a night with blurred vision and could not finish my homework. The next day, I spent dozens of yuan to replace the frame and fix my glasses in an optician's nearby.

So, I learned a lesson from that day, thus, to avoid breaking down my glasses!

中文思路:

我的眼镜是我生活中离不开的东西，它对我来说至关重要。没有了眼镜我简直没有办法正常地学习和生活，但不幸的是，上周末我的眼镜坏掉了。我的眼镜本来是放在桌子上的，我收拾桌子的时候一不小心，把它碰到了地上。眼镜片从镜框中掉了出来。一瞬间，我感到非常懊恼。

我小学起就患上了近视眼，因此我已经戴眼镜十几年了。这意味着不戴近视眼镜的话，我看到的東西都是模糊的，得离近了看才能看清。所以无论是去哪里，我都得戴上眼镜。所以我想尽快把我的眼镜修好。出乎意料，我几乎不费什么努力就把眼镜片装回去眼镜框里。但更麻烦的事情发生了，我的眼镜变形了。这意味着只要我的头一晃，眼镜就会掉下来。无论我如何用力试图把眼镜掰正，它都无法回到最初的样子。那时候已经是晚上了，所以我没有办法出去修我的眼镜。我度过了视线模糊的一个晚上，无法完成我的作业。直到第二天我才花了几十块钱在家门口的眼镜店替换了一个眼镜框，修好了我的眼镜。

从这件事我得出了一个教训，那就是以后要避免摔坏我的眼镜！

(十六) 校服

39-40: 学校/工作中不喜欢的相关规定 & 别人给你的衣服

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.	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
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《学校/工作中不喜欢的相关规定》

One school rule I don't like is that we are required to wear uniforms during school. The purpose of this rule may be to avoid issues arising from difference in dress among students and to foster a sense of community.

School uniforms are very common in our country. Almost all primary and middle schools require students to wear school uniforms. The school uniform is ordered by the school and then sent by our teacher to every student. There are summer school wears and winter school wears. In the winter, a large cotton-padded coat will be issued. They are not free clothes which means students need to buy them. The summer uniform is about 50 yuan while the winter uniform is about 100 yuan. Each school uniform style is also different. Generally speaking, the style of school uniform is very outdated. For example, my high school uniform jacket is a simple white and green style, and the pants are totally green, which is not good-looking at all. However, due to the principles of the school, all students need to wear the uniform, or they will get demerits.

When I was in high school, I hated wearing school uniforms. One reason is that I have my own personality and the clothes I like, which can prove that I am unique and different from others. On the other hand, I want to wear my favorite clothes to class, which I think would make me happier and more motivated to attend class. Also, it's weird that everyone wears the same clothes at school, because outside of school, only people in prison get dressed up the same clothes.

我不喜欢的一条学校规定就是学校要求我们在校期间必须穿校服。目的可能就是为了避免学生之间的穿衣攀比，以及培养集体意识。

校服在我们国家非常常见，几乎所有的小学和中学都会要求学生穿校服。校服是学校统一订购，由老师发到每一个学生手中的。有长袖长裤，也有短袖短裤。冬天的时候还会发一件大棉服。校服是收费的，夏装大概是 50 元一套，冬装的话需要 100 元左右。每个学校的校服款式还不一样。

一般来说校服的款式都很过时，比如我高中的校服上衣就是简单的白色和绿色的搭配，裤子是绿色的，一点都不好看。但迫于学校的要求，所以所有学生都需要穿校服，不然就会被记过。

在我高中的时候，我非常讨厌穿校服。一方面，我有自己的个性有我喜欢的衣服，这可以证明我是唯一的，跟别人不一样。另外，我想穿上我喜欢的衣服去上课，这样的话我认为我会更开心，更有上课的动力。还有就是，每个人都在学校穿一样的衣服让人感觉很奇怪，因为除了学校，只有监狱的人才会被统一服装。

《别人给的衣服》

From primary school to high school, the school will give us students a uniform. These are the clothes I wore most during my childhood.

School uniforms are very common in our country. Almost all primary and middle schools require students to wear school uniforms. The school uniform is ordered by the school and then sent by our teacher to every student. There are summer school wears and winter school wears. In the winter, a large cotton-padded coat will be issued. They are not free clothes which means students need to buy them. The summer uniform is about 50 yuan while the winter uniform is about 100 yuan. Each school uniform style is also different. Generally speaking, the style of school uniform is very outdated. For example, my high school uniform jacket is a simple white and green style, and the pants are totally green, which is not good-looking at all. However, due to the principles of the school, all students need to wear the uniform, or they will get demerits.

Although the school uniform is not very good-looking, I have to say that the quality of them is very good, especially the pants. I still have my high school uniform pants as my pajama pants. They are soft and haven't faded even after many times in the wash. Sometimes I even see a student in college who wears the same pants as me, which means he went to the same high school as me! At this time, it feels like seeing my family member!

从小学到高中，学校都会给我们学生发统一的校服。这是我童年时期穿得最多的衣服了。

校服在我们国家非常常见，几乎所有的小学和中学都会要求学生穿校服。校服是学校统一订购，由老师发到每一个学生手中的。有长袖长裤，也有短袖短裤。冬天的时候还会发一件大棉服。校服是收费的，夏装大概是 50 元一套，冬装的话需要 100 元左右。每个学校的校服款式还不一样。

一般来说校服的款式都很过时，比如我高中的校服就是简单的白色和绿色的搭配，一点都不好看。但迫于学校的要求，所以所有学生都需要穿校服，不然就会被记过。

虽然校服不太好看，但不得不说校服的质量还挺好的，尤其是长裤和短裤。我至今还保留了我高中的校服裤作为我的睡裤。校服裤质地很柔软，洗了很多遍还不会掉色，用来做睡裤是再好不过了。有时候我还在大学里还遇见跟我穿一样裤子的学生，这就意味着他是跟我读同一个高中的！这感觉就像见到亲人一样！

(十七) 蛋糕课自制蛋糕

41-42: 印象深刻的一堂课 & 特殊的蛋糕

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	Describe an occasion when you had a cake that was special. Some instructions that 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.
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I am crazy for dessert, especially cakes and milk tea. Speaking of the most special cake, I would like to share with you my first experience of making a cake.

On my birthday this year, my good friend Anna took me to a great baking shop called ABC cooking. The shop looks very bright and clean, and it is located in the busiest mall in the city. In this shop, Anna and I got the chance to design our own cake. Since both of us had no baking experience, we chose to start with cheesecake, which was the simplest. During the process, there was a professional teacher who guided us through everything. She taught me how to make a cake base with flour and how to whip the cream. I also acquired some professional baking knowledge, such as how to choose suitable flour, what are the methods used for different mixing techniques, and so on. I followed the teacher's instructions step by step, and finally, I made a perfect cheesecake in about two hours.

To be honest, it is the most special cake for me. I took it home and shared it with my parents. They said that the cake was delicious and my mother didn't even believe it was made with my own two hands. I think this bakery lesson was interesting and memorable. It was meaningful to make a cake for myself on my birthday. I seem to be in love with baking ever since then. If I have free time in the future, I will join a similar baking course again.

我是个非常喜欢吃甜品的人，一切的蛋糕奶茶都是我的最爱。要说最特殊的蛋糕，我想谈谈自己第一次做蛋糕的经历。

今年我过生日的时候，我的好朋友 anna 带我去了一家很棒的烘焙体验馆，叫做 ABC cooking。那家店坐落于城市最繁华的商场内，看起来非常明亮和干净。在店里，我和 anna 将有机会每人制作一款完全属于自己的蛋糕。因为没有基础，我们选择了最简单的芝士蛋糕。制作过程中，有一位专业的老师全程指导我们。她告诉我如何用面粉制作蛋糕坯，如何打发奶油。我还学到了一些专业的烘焙知识，比如怎么选择面粉，搅拌的手法有什么要求等等。我跟着老师一步一步操作，大约两个小时的时间，我做出了一款超完美的芝士蛋糕。

我认为这是最特别的一个蛋糕，我把它带回家分给了我的父母，他们都觉得非常美味，我妈妈甚至不相信这是我做的。我认为这次是一堂特别的而又令人印象深刻的课程。能在生日的时候亲手给自己做一个蛋糕，是一件很有意义的事。我似乎有点爱上烘焙了。如果以后有时间，我还会再次参加类似的课程。

(十八) 单独话题

43: 收到的免费物品/服务

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

Some instructions that 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.

Recently, there was a new outbreak of novel coronavirus in my city. In contrast to the previous outbreak, this time the virus spread rapidly. In order to reduce the risk of transmission, the government required everyone to undertake a nucleic acid test. To encourage people to participate, the mass nucleic acid tests are free which means our government will pay for it.

During that period, I often went out for recreation and arranged parties with my friends. I would visit restaurants, shopping malls and other crowded places on an almost daily basis. Because of the cold weather, I often didn't wear a mask. So, I was very afraid that I had been infected by the virus and I thought it was important for me to do a nucleic acid test. The inspection point was right at the gate of my community. When I went downstairs, I found there was already a sea of people waiting in line to get a test. Anxiously, I joined the queue as quickly as possible.

The winter evening was cold and there were long lines. What was even worsen was that I could do nothing but wait. I took out my phone and started to scroll through videos on Tiktok. Finally, I waited for more than two hours to get my nucleic acid test done. It was teasy to wait outside on such a cold day, even if it was free. I hope I will never have to experience this again. Not every free service is pleasant.

中文思路:

不久前，我所在的城市爆发了新一轮的新冠病毒。这次的病毒传播速度非常快，为了降低传播的风险，政府要求我们每个人都去进行一次核酸检测。为了提高人们参与的积极性，这种大规模的核酸检测都是免费的。

那段时间，我经常出门和朋友聚会，几乎每天都会去餐馆，商场等人员密集的场所。由于闷热，我并没有一直带着口罩。所以我很焦急，我担心自己被病毒感染。我觉得核酸检测这件事情很重要。检测点就在我们小区门口，我一下楼就发现前面已经排起了长长的队伍。人多到我根本看不清队伍的头在哪里。我焦急的加入了排队的人群。

冬天的傍晚天气寒冷，排队的人很多。由于气温很低，我的心情非常沮丧。我冷的直发抖。然而我别无办法，只能继续等待。我只能拿出手机刷刷抖音。最后我等了一个多小时才做完核酸，冬天在寒冷的外排队等待是非常令人恼火的，即便做核酸是免费的我希望以后再也不要有这样的经历了。免费的东西并不都能让人感到愉快。

44: 想买给朋友的礼物

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

Every year on Anna's birthday, I choose to buy a gift for her. She is my best friend and primary school classmate. I have known her for more than ten years. We are familiar with each other, and I know all her family members. Sometimes I feel that we are like relatives without the blood relation.

Anna and I don't study in the same city, and we only meet each other on vacation. But distance is never a problem. We chat on WeChat almost every day and share our lives with each other. In addition, we often play online games together.

Actually, I thought long about what gift I should give to Anna. At first, I wanted to offer her a nice-looking music box, but I was worried that she might not like the style I chose. Then I planned to send a box of chocolates, but it seemed a little too basic. Finally, I decided to present Anna with a bunch of flowers. Other items seem durable, but I am not sure whether the recipient likes or dislikes them. All girls like flowers, which is an impeccable gift. I can imagine how happy Anna will be when she receives the flowers. When people don't know what gift to buy, it is a good idea to send flowers.

中文思路:

每年 anna 生日的时候，我都会买礼物送给她。因为她是我的最好的朋友。她是我的小学同学，我已经认识她超过 10 年了。我们非常了解彼此。我认识她家里的所有成员，有时我觉得我们就像没有血缘关系的亲人一样。

我和 anna 不在一个城市读书，只有放假的时候才会见面。但距离从来不是问题。我们几乎每天都会在微信上聊天，分享彼此的生活。除此之外，我们还会经常一起打线上游戏。

其实在送什么礼物给 Anna 的这件事情上我想了很久。一开始我想着送她一个好看的音乐盒，但我又担心她可能不喜欢我挑选的款式。后来我又想着送一盒巧克力，但这貌似有点敷衍。在最后，我决定给 Anna 送一束花。其他物品看似可以用很久，但我不确定接受礼物的人喜欢或不喜欢。而女孩子都喜欢鲜花，这是一件无可挑剔的最好的礼物。我已经可以想象 anna 收到花会有多么的开心。在人们不知道买什么礼物的时候，送花肯定是一个好选择！

45: 从长辈学的技能

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

I have enjoyed doodling ever since I was a young child. My mother noticed my talent for drawing and thought that I have a knack for it, so she enrolled me in a drawing course for a few years.

My drawing teacher was Mrs. Anna. She was a good teacher and had a knack for teaching students how to draw. She told me that Drawing requires patience. It takes time to draw an good picture, and this is due to the fact that the colors need to be coordinated perfectly, and any errors in the process require a long time to correct.

Yet, despite the patience required, I find that drawing is therapeutic, which really helps to calm me down. So often, when I feel stressed in my study, I like to use my spare time to draw and paint. Drawing is not only relaxation, but I can also earn some pocket money by drawing for others. So far, I have made more than 1,000 Yuan by drawing manga profile pictures for others online. Although painting is difficult to learn and I have suffered a lot in the process of learning, I think it's all worth it.

从我小时候开始，我就喜欢乱涂乱画。我妈妈觉得我喜欢画画，并看起来有点天赋。所以她就让我学了几年的画画。

我的老师是 Anna，她是一个好老师，非常擅长教学，我的画画能力在她的指导下有着飞速的提升。她告诉我，画画需要耐心，而且一般需要画一些时间才能画出一幅好画。各种颜色之间需要完美地混合，任何错误都需要很长时间才能纠正。

与此同时，我发现它有治愈作用，它真的帮助我平静下来。通常在学习紧张的时候，我喜欢用空余时间去画画。另一方面，画画不单单能放松身心，而且我还能帮别人画画，挣一点零花钱！到目前为止我已经在网上帮别人画漫画头像挣了超过一千块钱了。虽然画画很难学，学习的途中我也吃过很多苦。但我认为这都是值得的。

46: 有趣的歌

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.

During the annual Spring Festival, we will hear a funny and catchy song, that is “Gong Xi Fa Cai”. This song is unique to our country and represents our traditional culture. It was first sung by the famous Hong Kong singer Andy Lau and later covered by many singers.

I believe every Chinese person has heard this song because it is so popular. During the Spring Festival every year, all shopping malls and supermarkets will play this song repeatedly. The lyrics are made up of new year's blessings, such as "may you have a prosperous new year" and "good luck", etc. I remember I had listened to it when I was in primary school. More than ten years later, it is still a hit song. As soon as I hear the familiar melody, I will realize that the new year is coming! Festive songs represent people's beautiful expectations for the new year, which is the same as Jingle Bell's implication for Christmas.

In my view, the reason why this song has remained popular is mainly that its melody is cheerful, which matches the festive atmosphere of the new year. In addition, its well-written lyrics are full of festival celebrations, family reunion blessings and good wishes for the coming year. “Gong Xi Fa Cai” shows a song can gain popularity for more than ten years and even become a symbol of the Spring Festival, which is really an impressive thing.

中文思路:

在每年过春节的时候，我们都会听到一首有趣的，朗朗上口的歌，那就是《恭喜发财》。这首歌是我们国家独有的歌，代表着我们的传统文化。这首歌起初是香港著名歌手刘德华唱的，后来被很多歌手翻唱。

我相信每个中国人都听过这首歌，因为它实在是太出名了。每年春节的时候，所有商场，超市都会循环播放这首歌。歌词大致是一些新年的祝福，比如恭喜发财，好运常来等等。我记得我小学的时候就听过它，直到十几年后的今天，这首歌还是非常热门。只要一听到那熟悉的旋律，我就会意识到，快要过年啦！喜庆的歌曲是人们对于新年的美好期待，这就跟 Jingle Bell 对于圣诞节的意义一样。

之所以这首歌能一直流传下来，我觉得主要还是因为它的曲调很欢快，跟过年的喜庆氛围非常搭配。另外就是他的歌词也写得很好，充满着对节日的庆祝，对家人团圆的祝福和来年的美好祝愿。一首歌能流行十几年，甚至成为了春节的符号，这真的是一件很有趣的事情。

47: 理想之家

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 house would be a large house in the countryside. I would like it to be surrounded by nature. Also, it should be conveniently close to public transportation. I can go downtown within an hour. I would like to live with my whole family. They are very important to me, so I would need enough space for them in my ideal home. I would like the house to be very large so that it has enough space for all the things which are important to me, such as clothes and toys. I would like a beautiful garden where I can plant flowers. Besides, I would want French windows in my balcony in order to make my house brighter and have a better countryside view.

The reason why I want to live in countryside is that I live in a very large urban city now. I live a very busy and hectic life surrounded by many tall buildings. It is crowded in the city, all the buildings are small and living spaces are tight. The fast pace of life makes me feel depressed, so this house would be the perfect place away from all the negatives of the big city. This house would be able to offer me a peace and calm in the city.

中文思路:

我理想的房子是一个郊区的大别墅。我希望拥有良好的自然环境，同时也要交通方便，最好可以在一个小时内到达市中心。

我想和全家人住在一起。他们对我很重要，我非常爱他们，所以我希望在理想的家里给他们足够的空间。我希望小屋很大，这样就有足够的空间容纳所有的人和对我来说重要的东西，比如我的衣服和玩偶。我希望这座房子是有花园的。我可以在院子里种上我喜欢的花。房子一定要有很大的落地窗。大窗户可以让屋里拥有更多阳光。

我喜欢郊区是因为我现在住在一个非常大的城市。我过着非常忙碌的生活，周围是灰色的混凝土和密集的建筑。城市里没有空间，所有的建筑都很小，生活空间紧张。快速的生活节奏令我压抑和窒息。这房子会是完美的避难所，远离大城市的所有不好的东西。这所房子能给我带来城市中所缺少的宁静和安宁。

48: 未来想一起工作的家人（5-8 月新题）

Describe a family member you might like to work with in the future.

Some instructions that you can follow:

Who this person is

Whether you have worked with this person before

What kind of work you might like to do with this person

And explain why you might like to work with this family member in the future.

Given the opportunity, I would like to work with my cousin. He's only a few months younger than me. He looks kind of chubby, but you shouldn't judge a book by its cover. He is highly intelligent yet carries himself with humility.

We have not worked together before, but we once threw our grandpa a birthday party. From that party, I saw his great organizational skills firsthand. His intelligence has always been reflected by his rank in the class exam score table. In addition, he is good at self-study. We will continually encounter new things to learn at the workplace, so this is a particularly important quality. I have developed a strong passion for accounting and to have such an outstanding person as him as a colleague would be perfect for me.

As I've mentioned before, his humility and amiability would make him the perfect colleague, unlike those more arrogant people out there. I've always admired modest and friendly people, and those characteristics are what you can expect from my cousin. He is one of those humble and friendly people. He is never one to brag about his achievements, and always tries his best to help out. For me, he will make a resourceful teacher and a reliable friend, that's why I think having a good colleague like him would be a wonderful experience.

如果可以的话，未来我想和我的表弟一起工作。我表弟年纪跟我相仿，只比我小几个月。他看起来胖胖的，为人很谦虚。他最大的优点就是非常聪明，很久以前我就发现了这一点。

我们没有一起在公司工作过，但我们曾经一起给爷爷筹办生日聚会。这次合作中表弟表现出了超高的组织协调能力。他很聪明，他经常在班级考试中名列前茅。小时候我们经常一起上数学补习班，他总是能迅速地想到每道题的解题方法。另外，他的自学能力也很强，工作中将会有很多需要学习的新东西，这是一项很重要的能力。我希望未来能和他一起去会计事务所工作。我很喜欢会计这份工作，如果能跟他这样优秀的人一起工作那就更好了。

我想跟他一起工作的原因是他是个谦虚的，很好相处的人。我一直以来都很厌恶那些傲慢自大的人。相反，我很欣赏谦虚的，为人友善的人。我的表弟就是这样的一个人。他从不自夸，从不把自己的成就挂在嘴边。无论谁向他问问题，他都会虚心地尽其所能解答。他会成为我的良师益友，跟他一起工作肯定是一件愉悦的，高效的事情。

49: 国内重要水域（5-8 月新题）

Describe an important river, lake or area of water in your country.

Some instructions that you can follow:

Where in your country it is

How big it is

What it looks like

And explain why this river, lake or area of water is important for your country.

Yangtze River is a very important river in China. I believe I can speak for all my fellow Chinese on that point. There are folk songs praising the majestic river, and I've learned some from a very young age.

Yangtze River is China's longest river. If my memory serves, its springhead lies on the Qinghai-Tibet Plateau, from where it flows through more than half of China's provinces and connects with the Pacific Ocean in Shanghai.

To be frank, the Yangtze River is difficult to describe, but I can tell that different from the Yellow River, it runs through a straightforward path from the Qinghai-Tibet Plateau to the Pacific Ocean. In contrast, the Yellow River, meanders much more intensively.

Yangtze River also plays an important part of China. Hydropower stations have been built in many regions along the river to supply electricity to the surrounding areas and farther provinces. Furthermore, the Yangtze River also serves as a key tourist destination, as more and more people take cruise ships to enjoy the beautiful scenery along the Yangtze River. This tourism industry in turn creates more job opportunities for the local people.

中文思路:

长江是中国非常重要的一条河,我相信所有中国人都同意这一点。很小的时候我就学过关于长江的歌曲。

长江是中国最长的河流。如果我没记错的话,长江起源于我国著名的青藏高原,然后几乎流经我国一半以上的省份,最终在上海汇入太平洋。

说实话,我很难描述长江长什么样,但不同于黄河,长江基本上是直直地从青藏高原流向大海。中国的另一条母亲河,黄河,则形状曲折得多。

长江在我国地位非常重要。现在我国在长江的多个区域都建设了水电站,为周围乃至更远的地方输送电力,为城市的发展提供充足的保障。另一方面,长江是我国重要的旅游景区。越来越多的人乘坐游轮欣赏长江两岸的美景。这也为当地居民提供了更多就业机会。

50: 想参加的比赛（5-8 月新题）

Describe a competition (e.g. music, cooking, sport) you would like to take part in.

Some instructions that you can follow:

What the competition is

Where and when it happens

What you have to do to win the competition

And explain why you would like to take part in this competition.

One of my desires is to take part in The Challenge Cup. It is a very reputable biannual national academic competition. The upcoming contest will take place in June this year.

The Challenge Cup is different from other competitions because it entails a very high level of academic expertise. Participants are required to submit a social survey report or natural science thesis. Next, a national-level review committee will be commissioned to assess the works of all participants and determine the winners.

It is a massive team-project because it is impossible to complete all the tasks individually. To enter the competition, I would need to put together and register a team of like-minded individuals. After confirming the members, we also need a reasonable division of labor. Moreover, it is important to note that a high-quality report can only be produced on the back of realistic and detailed data, which requires an extensive social survey and data mining — the most challenging task of the entire project.

The Challenge Cup is a competition prestigious enough to propel its winners past the postgraduate entrance examination and straight to a Master's degree scholarship. So yes, I'd like to win the competition very much. At the same time, I will gain lots of social experience in the process of social investigation, and my own ability will also be improved. All in all, The Challenge Cup will be a very valuable experience to me.

中文思路：

挑战杯是我非常想参加的一个比赛。这是一个全国性的，非常有影响力的学术类比赛。它每两年举办一次，今年 6 月将会开始新一届的挑战杯竞赛。

挑战杯不同于其他竞赛，它是一个专业性很强的学术比赛。参赛者需要提交自己团队编写的社会调查类报告，或者是自然科学类的论文。然后由国家级的部门评审，最终确定获奖者。

这是一个团队合作项目，一个人是不可能完成的。如果我想参加这个比赛，我必须找到一些志同道合的同学一起组队。确定成员后，我们还需要合理的分工。每个人都需要做自己最擅长的事。一份高质量的调查报告，必须要有真实且详细的数据支撑。我需要做详细的社会调研和数据收集。这将是最困难的工作。

这是非常有分量的一个奖项，如果得到了这个奖项，那我就很有可能可以保送我们学校的研究生。所以我非常希望能得到它。同时，在做社会调查的过程中，我将收获一些社会经验。个人能力也会有所提升，这将是非常宝贵的经历。