

安娜口语素材
第三套 Part2
(简单版串联)
偏工作党

5-8 月的题库素材更新完了吗？

已更新完。

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，就是串联话题中共用的部分哦！

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。

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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。

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) 代糖饮食

1-2: 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)

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| Describe a change you made in your life recently that was positive. 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. 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. |
|---|---|

I am a massive dessert lover. When I am stressed at work, a cup of milk tea will make me feel much better. But as I grow older, my metabolism slows down, which directly leads me to becoming fat gradually. With more and more abnormal indicators in my medical examination report, I realized the seriousness of the problem and began to change my dietary habits. The most important measure is to control the intake of sugar. Most of the added sugar in my diet comes from beverages- cola, sports drinks, milk tea and so on. The first step towards change is to quit drinking sugary drinks.

It is difficult for me to stop drinking beverages. In the first couple of days, I was so feeble that I seemed to have caught a cold. Later, my colleague Anna recommended sugar substitutes to me. For example, regular coke was replaced with soda and coke zero. That was a good idea, and we began to track each other's progress. I hardly drank sugary drinks after persisting for some time, but I still did not drink much water.

I think this is a positive change. Too much sugar not only harms my body but also degrades my skin. I really want to stay healthy, but I am too busy at work. It is more realistic to change my dieting habits than to start taking exercise. Recently, I have started replacing all white-granulated sugar with sugar substitutes. This change has made me lose weight and sleep better than before.

我是个甜品重度爱好者。工作过压力大的时候，一杯奶茶会让我的心情好很多。但随着年龄的增长，我的新陈代谢越来越慢。这直接导致我开始变胖。随着体检报告上异常指标越来越多，我意识到了问题严重性并且开始改变自己的饮食习惯。其中最重要的部分就是控制糖的摄入。而饮食中的大部分添加糖来自含糖饮料——可乐、运动饮料、奶茶等等。改变的第一步就是戒掉饮料。

不喝饮料对我来说很困难，开始的几天，我觉得自己很虚弱，仿佛感冒了一样。后来我的同事 anna 给我推荐了代糖。比如用苏打水和零度可乐替代普通可乐。这是个不错的主意，我们开始互相监督。经过一段时间的坚持，虽然我还是不怎么爱喝水，但我几乎已经不喝含糖饮料了。

我认为这是一个积极的改变。(我认为这对健康很有好处) I deem that it benefits health. 过多的糖分不仅对身体有害，也让我的皮肤变差。我很想要保持健康，但我的工作太忙了。比起运动，改变饮食习惯要现实的多。最近我开始用代糖替换一切白砂糖。这样的改变让我的体重开始下降，睡眠也比之前更好了

(二) 婚礼

3-4: 庆祝重要事件 (5-8 月新题) & 忙碌的时刻 (5-8 月新题)

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| 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. | 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. |
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《庆祝重要事件》

At the end of last year, my best friend Anna finally married her boyfriend. We have a close relationship, so her wedding was an important event for me to celebrate. I wanted to give her a surprise, so I contacted some other friends to prepare a decent wedding room for her,

In fact, I consulted a wedding coordinator in advance, but their charges were too expensive, with even a simple plan costing thousands of yuan. So, I did a lot of research on the internet and decided to do it myself. I bought a lot of decorative balloons, flowers, and lights. The afternoon before the wedding, Anna's friend and I spent about four hours decorating the room. I had to say, it was fantastic.

The day before the wedding, Anna was busy with other things until midnight, but the moment she stepped into the room, she was astonished.

A wedding is when two independent people become a family in the presence of their relatives and friends. And then share the happiness with everyone. This is the most important moment in a one's life. Although it was not my wedding, as a best friend of hers, I was more than happy to witness their love and give my blessing. The wedding was very successful and we took many beautiful photos. I still recall those happy moments once in a while.

去年年底的时候，我的朋友 anna 终于和认识三年的男朋友结婚了。Anna 和我非常要好，她的婚礼对我来说很重要，这是一件非常值得庆祝的重要事件。所以我提早半个月就联系了其他的几个朋友，我们一起帮 anna 布置了婚房，准备给她一个惊喜。

其实我提前咨询了一些布置宴会的公司，他们的收费实在是太昂贵了，很简单的方案都需要几千块。我在社交媒体上搜索了很久，决定自己动手布置。我买了很多装饰的气球，鲜花和彩灯。婚礼的前一天下午，我们几个人用了大约四个小时来布置房间，最后的效果令我非常满意。婚礼前一天 anna 忙到很晚，踏进房间的那一刻她的眼里全都是惊喜。

婚礼就是在自己亲朋好友的见证下，两个独立的人共同组成了一个家庭。然后把幸福分享给大家。这是一个人一生中最重要时刻。虽然这不是我的婚礼，但作为新娘最好的朋友，能够见证他们的爱情并且送上自己的祝福，这足以令我感到开心。第二天的婚礼进行的非常顺利，我们拍了很多好看的照片。那天的美好回忆将在我脑海中存在很久很久。

《忙碌的时刻》

At the end of last year, my best friend Anna finally married her boyfriend. We have a close relationship, so her wedding was an important event for me to celebrate. I wanted to give her a surprise, so I contacted some other friends to prepare a decent wedding room for her,

In fact, I consulted a wedding coordinator in advance, but their charges were too expensive, with even a simple plan costing thousands of yuan. So, I did a lot of research on the internet and decided to do it myself. I bought a lot of decorative balloons, flowers, and lights. The afternoon before the wedding, Anna's friend and I spent about four hours decorating the room. I had to say, it was fantastic.

There were so many things to do that day, and time was so tight. I felt a little disconcerted for a moment. But I soon calmed down and recorded everything that needed to be done on my phone, and then finished it one by one. It was a hectic process, but we managed to get everything done in a very organized way.

The day before the wedding, Anna was busy with other things until midnight, but the moment she stepped into the room, she was astonished. The wedding was very successful and we took many beautiful photos. I still recall those happy moments once in a while.

去年年底的时候，我的朋友 anna 终于和认识三年的男朋友结婚了。Anna 和我非常要好，她的婚礼对我来说很重要。其他的几个朋友，我们一起帮 anna 布置了婚房，准备给她一个惊喜。虽然那天很忙碌，但每次想起来我都觉得很骄傲。

其实我提前咨询了一些布置宴会的公司，他们的收费实在是太昂贵了，很简单的方案都需要几千块。我在社交媒体上搜索了很久，决定自己动手布置。我买了很多装饰的气球，鲜花和彩灯。那天要做的事情实在是太多了，而且时间又很紧张。我一时间感到有点手忙脚乱。但我很快冷静下来，用手机记录下来每一件需要做的事情，然后一件一件的完成它。这个过程虽然很忙碌，但我们还是很有条理地把所有事情都做完了。

婚礼前一天 Anna 忙到很晚，踏进房间的那一刻她的眼里全都是惊喜，她非常满意我布置的房间。第二天的婚礼进行的非常顺利，我们拍了很多好看的照片。虽然布置婚房的那天，我忙的焦头烂额，绑气球绑得手都快断了，但我觉得这一切非常值得。那天的美好回忆将在我脑海中存在很久很久。

(三) 做蛋糕的邻居

5-6: 有趣的邻居 (5-8 月新题) & 聊得来的朋友 (5-8 月新题)

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| 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. |
|--|---|

I have recently met a fascinating neighbor. Her name is Anna, and we get along well with each other.

Not long ago, our residential community was locked down due to the COVID-19 pandemic. For a long time, I was forbidden to leave the community, and all takeout services had also been suspended. Because I didn't know how to cook, I ate poorly at that time. One day, I noticed that Anna was selling her homemade desserts in the community WeChat group, which gave me a big surprise. After adding her WeChat account, I began to talk with Anna. She is a dessert chef and runs a cake shop herself. As she happened to be stuck at home, she made some desserts for sale.

Anna is hearty and cheerful. She was very friendly to me the first time I met her. Besides the desserts I bought, she also offered me some snacks. We are both dessert lovers, so we have gradually become familiar with each other. I visit her almost every week. I'm bound to say that the desserts made by Anna are really delicious. We often discuss tasty food together, and she will also share with me funny things in the cake shop. Chatting with her always makes me happy. Anna had also invited me to her house and taught me how to make some simple paper cupcakes. This process is really fascinating for me.

中文思路:

最近我认识了一位有趣的邻居，她叫 anna，我们非常聊得来。

不久前，我们小区因为疫情的原因被封了。很长一段时间，我被禁止出小区。所有的外卖也暂停了。因为我不会做饭，那段时间我吃的很差。直到某一天，我在小区的微信群里看到 anna 在出售自制的甜品。这实在是太令我惊喜了。加了微信之后，我和 anna 聊了起来，她是一名甜品师，自己开了一家蛋糕店。最近在家里刚好有空，所以就做了一些甜品出售。

Anna 是个非常热情开朗的人，第一次见面她就对我非常友好。除了我买的甜品，她还送给我一些零食。我们都是甜品爱好者，渐渐的我们熟悉起来。我几乎每周我都会见到她。不得不说 anna 做的甜品实在是太好吃了，我们经常在一起交流美食，她还会和我分享蛋糕店里的趣事。和她聊天总是令我心情愉快。anna 还邀请我去她家并且教我做一些简单的纸杯蛋糕。不得不说这个过程实在是太有趣了。

(四) 汽车

7-8: 节省时间的改变 (5-8 月新题) & 改变世界的发明 (5-8 月新题)

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| 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》

Last year, I bought a car for my family. The first pot of gold that many young people earn after graduation is used to buy their ideal car. Of course, some wealthy middle-aged people, such as business owners or executives, will choose to buy a luxury car with lots of money. Its emergence has changed my life.

Since I had a car, I have been able to get where I want to go in the shortest time. I often feel that the bus and the subway cannot meet my daily needs. At the end of last year, I used my end-of-year bonus to buy a car. It is not easy to make this change. Although it was merely a cheap economy car, it still cost all my savings. Fortunately, my life has changed because of it, and it has helped me save much time.

If I want to take a long-distance trip on holiday, self-driving is the best choice. I can drive to suburban parks or resorts with my family and friends. Many beautiful scenic spots are far away from the city, so they are hard to reach without a car. If I take public transport, perhaps I have to transfer several times, which will take me a whole day. In addition, it can also help me transport goods. If I need to move house or go shopping in the supermarket, a car will make it easy. Cars have greatly shortened my commute time, which has also made me more productive.

去年，我买了一辆家用汽车。很多年轻人毕业后赚到的第一桶金，都是用来买一辆自己的梦中情车。当然，一些有实力的中年人，比如企业老板或者高管，他们会选择用很多钱买一辆豪华汽车。它的出现改变了我的生活。自从有了汽车，我能用最短的时间到达我想去的地方。

我时常觉得公交和地铁无法满足我的日常需求。去年年底，在我拿到年终奖之后，我用这些钱买了一辆汽车。做出这项改变并不容易，虽然它只是一辆很便宜的经济型轿车，但依然花费了我所有的存款。庆幸的是有了它之后，我的生活发生了一些改变，同时汽车帮助我节约了很多时间。

假如我想在假期进行一场长途旅行，自驾就是最好的选择。我可以和我的家人朋友一起，开车去郊外的公园或度假村。很多美景都在远离城市的地方，没有汽车是很难到达的。如果乘坐公共交通，我可能需要转好几趟车，这将花费我一整天的时间。开车的话几个小时就能到达。另外，汽车还可以帮助我运输货物，如果我需要搬家或者去超市采购，一辆汽车会让这件事变得非常简单。汽车大大缩短了我的通勤时间，这也让我的工作效率变的更高。

《改变世界的发明》

In my view, the automobile is the greatest invention in modern history. Its emergence has changed people's lives. Since I had a car, I have been able to get where I want to go in the shortest time.

The car can help me do a lot of things. If I want to take a long-distance trip on holiday, self-driving is the best choice. I can drive to suburban parks or resorts with my family and friends. Many beautiful scenic spots are far away from the city, so they are hard to reach without a car. In addition, it can also help me transport goods. If I need to move house or go shopping in the supermarket, a car will make it easy.

The first lump sum that a significant proportion of young people earn following their graduation is put towards the acquisition of their dream car. It is no doubt also true that some wealthy middle-aged people, such as business owners or executives, will decide to purchase a luxury car with their immense riches. This definitively demonstrates the popularity of cars among individuals of different ages.

Cars allow people to reach farther places more conveniently, which also boosts cultural exchanges and economic development among different regions. Although high-speed trains and planes are faster, their ticket prices are generally more costly. For most people, cars are more economical and convenient. In conclusion, it has beneficially changed the world.

中文思路：

我认为汽车是近代史上最伟大的发明，它的出现改变了人们的生活。自从我有了汽车，我能用最短的时间到达我想去的地方。

汽车可以帮我做很多事。假如我想在假期进行一场长途旅行，自驾就是最好的选择。我可以和我的家人朋友一起，开车去郊外的公园或度假村。很多美景都在远离城市的地方，没有汽车是很难到达的。另外，汽车还可以帮助我运输货物，如果我需要搬家或者去超市采购，一辆汽车会让这件事变得非常简单。

很多年轻人毕业后赚到的第一桶金，都是用来买一辆自己的梦中情车。当然，一些有实力的中年人，比如企业老板或者高管，他们会选择用很多钱买一辆豪华汽车。这足以说明汽车在不同年龄段的人群中都很受欢迎，无论年轻人还是老人。

汽车让人们可以以一种更方便的方式到达更远的地方。这也促进了不同地区的文化交流和经济发展。虽然高铁和飞机的速度更快，但它们往往票价昂贵。对于大多数人来说，汽车更经济 and 方便。它以一种好的方式改变了世界。

(五) 移民

9-10: 别人询问你意见 (5-8 月新题) & 被赞扬的时刻 (5-8 月新题)

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| 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 occasion when somebody said something positive about some work that you did. Some instructions that you can follow: 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. |
|--|---|

《别人询问你意见》

In recent years, our lives have been greatly affected by the impact of the epidemic and the unstable economic situation. Not long ago, my husband asked me seriously if I wanted to emigrate. This is a very serious choice for us, so of course my husband asked for my opinion. After a lot of thought and research, I think emigration is a good idea.

After I had the idea to emigrate, I spent a lot of time searching related policies on the internet, and finally I chose Canada as our target. In fact, I have struggled with this choice for a long time. Emigration means that we are going to live in a completely different place. Including different climates, eating habits and language environments. But considering the future education of our son and the growing overtime culture in China, Canada has relatively low barriers to immigration despite the cold climate and it also has excellent educational resources. In the long run, it is good for our family.

I feel respected when my husband asks for my advice. Any important family decision should be made by two people together. His timely communication with me shows that he values my opinion and cares about our careers and the future of our family. I'm happy about that.

近几年来，由于疫情的影响和经济形势的不稳定，我们的生活受到了很大影响。一段时间以前，我丈夫很认真地询问我是否要想要移民。这是对于我们家庭来说是一个很严肃的问题。我丈夫当然要询问我的意见。对此，经过了一番深思熟虑和调查研究，我认为移民是个不错的主意。

有了出国的想法后，我花费了大量的时间在网上查询移民政策，最终我认为加拿大是最好的选择。其实对于这个问题，我也纠结了很久。移民意味着我们将要生活在完全陌生的环境里。包括不同的气候、饮食习惯和语言环境。但考虑到未来孩子的教育以及国内越来越严重的加班文化，虽然那里气候寒冷，但加拿大的移民门槛相对较低，并且拥有优秀的教育资源。长远的看，这对我们家庭的发展是有好处的。

对于我丈夫询问我的建议，我觉得我受到了尊重。任何家庭的重要决策都应该由两个人共同决定，他能及时和我沟通，这代表了他很重视我的意见，同时他对我们的职业生涯和家庭的未来是非常在意的。对此我很开心。

《被赞扬的时刻》

In recent years, our lives have been greatly affected by the impact of the epidemic and the unstable economic situation. My husband and I have been thinking about whether should emigrate. After a lot of thought and research, I think emigration is a good idea. My husband praised my research and decision and was very supportive with me.

After I had the idea to emigrate, I spent a lot of time searching related policies on the internet, and finally I chose Canada as our target. In fact, I have struggled with this choice for a long time. Emigration means that we are going to live in a completely different place. Including different climates, eating habits and language environments. But considering the future education of our son and the growing overtime culture in China, Canada has relatively low barriers to immigration despite the cold climate and it also has excellent educational resources. In the long run, it is good for our family.

When my husband knew my analysis, he totally agreed with me. I was very happy about that. For one, it shows that my husband respects and cares about my opinion. For another, it indicates that we are like-minded and compatible. We're on the same page when it comes to significant family issues.

近几年来，由于疫情的影响和经济形势的不稳定，我们的生活受到了很大影响。我和丈夫一直在考虑是否要移民。对此，经过了一番深思熟虑和调查研究，我认为移民是个不错的主意。我丈夫对我做的研究和决定大加赞扬，并且非常支持我的选择。

有了出国的想法后，我花费了大量的时间在网上查询移民政策，最终我认为加拿大是最好的选择。其实对于这个问题，我也纠结了很久。移民意味着我们将要生活在完全陌生的环境里。包括不同的气候、饮食习惯和语言环境。但考虑到未来孩子的教育以及国内越来越严重的加班文化，虽然那里气候寒冷，但加拿大的移民门槛相对较低，并且拥有优秀的教育资源。长远的看，这对我们家庭的发展是有好处的。

我丈夫听完我做出的分析，他对我做出了积极的肯定。因为他的想法和我谋而合。对此我感到非常开心。一方面这代表我丈夫很尊重和在意我的想法，另外这也说明我们两个的确很合拍。在家庭重大问题上的选择上，我们的方向是一致的。

(六) 茶叶

11-12: 帮助你集中注意力的事物 (5-8 月新题) & 喜欢的传统物品 (5-8 月新题)

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| 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. | 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. |
|---|--|

《帮你集中注意力的事物》

Drinking a cup of tea helps me to concentrate on my work. Tea is an important part of Chinese culture, and if I remember correctly, tea originated in China. Most people like to drink tea with hot water, and of course, some use it for cooking. Tea has many benefits in that it is refreshing and can strengthen immunity. Many doctors think drinking tea is a way to stay healthy.

Every morning when I arrive at the office, the first thing I do is make a cup of tea. Even on a warm summer day, a cup of hot tea makes me feel better and allows me to get to work faster. Now people are generally under great working pressure, and I often need to work extra hours. Under such circumstances, I will make a strong cup of tea to help me focus and avoid distraction or drowsiness. I have to say this trick works. Many people around me like to drink coffee to refresh themselves to work better. But coffee is not my thing at all. I am a tea person.

Not only does tea help me concentrate, but it also makes me relaxed. There is a special pantry in my workplace, which is like a breakroom for the company. When I'm tired, I will have a cup of tea and a chat with colleagues during the break. This helps me to balance my mood. I feel relaxed and energetic and can work better.

中文思路:

我认为喝茶是很好的帮助我集中注意力的方式。茶叶是中国文化中的重要一员, 如果我没记错的话, 茶叶是起源于中国的。喝茶有非常多的益处, 除了可以提神, 还能提高免疫力。有不少医生认为多喝茶一种保持健康的方式。

每天早上来到办公室, 我都会第一时间冲一杯热茶。哪怕是炎热的夏天, 喝一杯热茶也会让我觉得身体很舒服, 让我能更快地进入工作状态。现在社会的工作压力都很大, 我时常需要加班。在这些时候, 我都会泡上一杯浓茶来帮助我集中注意力, 避免走神或者瞌睡。我不得不说这方法对我来说很管用。我身边很多人都喜欢喝咖啡来提神和帮助他们更好的工作。但我一点也不爱喝咖啡, 我只喜欢喝茶。

喝茶不仅能帮助我提高注意力, 也让我的情绪更放松。我的公司里有专门的茶水间, 那里就像公司里的休息室。当我感到疲惫的时候, 利用休息的时间喝杯茶、与同事聊上几句。这有助调节和改善我的情绪, 让我精神放松的同时让机体得以补充能量, 从而更好地完成工作。

《喜欢的传统物品》

One of my favorite traditional items is tea. Tea is an important part of Chinese culture, and if I remember correctly, tea originated in China. Most people like to drink tea with hot water, and of course, some use it for cooking. Tea has many benefits in that it is refreshing and can strengthen immunity. Many doctors think drinking tea is a way to stay healthy.

My family loves tea. My grandpa makes a pot of green tea first thing in the morning before starting his daily activities. The first time I drank tea was probably when I was in elementary school. At that time, I felt tea was bitter and not good at all. But as I grew up, I started to like the taste.

Tea is made of the leaves of the tea tree. The leaves are roasted and dried and finally become tea. Soak the tea leaves in boiling water for a few minutes and a pot of hot tea is done. In ancient times, tea was made by hand, but now, most of the tea is produced by industrial factories.

Now people are generally under great working pressure, and I often need to work extra hours. Under such circumstances, I will make a strong cup of tea to help me focus and avoid distraction or drowsiness. I have to say this trick works. Many people around me like to drink coffee to refresh themselves to work better. But coffee is not my thing at all. I am a tea person. Of course, I have to avoid tea in the evening as it makes me sleepless.

中文思路：

我喜欢的一项传统物品是茶叶。茶叶是中国文化中的重要一员，如果我没记错的话，茶叶是起源于中国的。大多数人喜欢用茶叶泡水喝，当然也会有人用它来做菜。喝茶有非常多的益处，除了可以提神，还能提高免疫力。有不少医生认为多喝茶一种保持健康的方式。

我家里人都很喜欢喝茶，我爷爷每天早上起来的第一件事情就是冲一壶绿茶，然后再开始他的一天。我第一次喝茶应该是小学的时候，当时我觉得茶水很苦，一点都不好喝。但我长大后，我开始喜欢上这个味道。

茶叶其实是茶树的叶子，经过炒制和晒干，就成了茶叶。把茶叶放在开水里泡上几分钟，一壶热茶就完成了。古代的茶叶都是手工炒制的，而现在，茶叶多数是由专业的工厂生产。

现在社会的工作压力都很大，我时常需要加班。在这些时候，我都会泡上一杯浓茶来帮助我集中注意力，避免走神或者瞌睡。我不得不说这方法对我来说很管用。我身边很多人都喜欢喝咖啡来提神和帮助他们更好的工作。但我一点也不爱喝咖啡，我只喜欢喝茶。当然我必须避免在晚上喝茶，因为这会让我失眠。

(七) 禾木

13-14: 安静的地方 (5-8 月新题) & 宜居之地 (5-8 月新题)

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| 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 place you have visited not your home town 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. |
|--|---|

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 a tranquil and beautiful 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

A: Winter approaches in Hemu Village in October. There are few people in the whole scenic spot, no bustling tourists or noisy and the noise of stores.

B: Apart from the indigenous residents, most of the people in the village make their living by running homestay restaurants and mini-hotels. There are no high-rise buildings and endless work, but fresh air and easy life.

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.

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。那是一个非常安静优美的边陲小镇。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。

A: 十月的禾木已经进入了冬季, 整个景区人很少, 没有熙熙攘攘的游客, 也没有嘈杂喧嚣的店铺。

B: 村子里的人除了原住民, 大部分人都以经营民宿为生。这里没有高楼大厦和做不完的工作, 确有新鲜的空气和简单平淡的生活。

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，我正计划着在夏天的时候再来一次，在这里住上一个星期，尽情地享受这里的美景和静谧。

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(八) 丢东西

15-16: 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)

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| 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. |
|--|---|

Not long ago, my boyfriend and I went to the cinema, but I left my handbag on the seat when we left. Luckily, I soon realized my bag was missing and quickly went back and retrieved it!

It was a Friday when after a busy day at work, we agreed to watch a movie at the cinema in TEEMALL to chill out. The movie was wonderful and we were so engrossed in it that we still immersed ourselves in its plot when we left.

Just as we were about to get on the subway to go home, I found my handbag was missing. I panicked for a moment because there were a lot of important credentials in my bag and it would take a lot of time to get them reissued if I lost them. My boyfriend asked me to try to recall the last time I used it. And it was in the cinema, so we raced back there.

Thankfully, my handbag was well kept by the cinema staff, which really surprised me so much. If it had been picked up by some bad guy, then I would probably never have gotten it back. To celebrate this lost and found experience, my boyfriend and I went out for a big dinner. Meanwhile, it was a wake-up call for me: always protect personal belongings when going out.

中文思路:

不久前, 我和我男朋友去电影院看电影, 但走的时候把我的包落在了座位上。幸运的是, 我很快就发现了我遗失了我的包, 迅速地回去并找回了它!

我记得那是一个周五, 在结束了一天忙碌的工作后, 我们约定在天河城的电影院看个电影放松一下。电影很精彩, 我们看得非常投入, 以至于离场的时候还一直沉浸在它的情节里。

正当我们正准备上地铁回家时, 我发现我的包不见了。我一时间有些慌乱, 因为我的包里装着很多重要的证件, 如果丢失将需要花费大量的时间来补办。我男朋友告诉我, 我应该想想最后一次是在哪里用的它。很快的, 我想起我应该是在电影院丢的包。于是我们飞奔回电影院找。

庆幸的是, 我的包被电影院的工作人员发现并放到了服务台。这真的是太令我惊喜了。如果我的包被一些不怀好意的人捡到, 那我很可能就再也找不回来了。为了庆祝这次失而复得的经历, 我和男朋友去吃了一顿大餐来庆祝。同时这对我来说也是一次警醒, 以后出门在外一定要保护好个人物品。

(九) 单独话题

17: 国内的名人 (5-8 月新题)

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.

Li Zi Qi is a content creator I follow on Tiktok who shares traditional Chinese food. A couple of years ago, when I was at home and browsing videos on Tiktok her video caught my eye. I've been an avid follower of her content ever since!

All I know about her is from the news I read on the Internet. She is a girl from Sichuan who lived with her grandmother since childhood. Her family was not well off, so she worked outside the home when she was very young. The rich work experience taught her various skills, which became the material for her later videos.

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'm not surprised that Li Zi Qi become a global hit. In the modern world, the majority of young people are employed in large cities, and suffer from great pressure, including myself. I was inspired by Li Zi Qi's videos, in which she portrayed rural life in a spirited way that I had always wanted to experience.

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。

我对她的了解全部来自于网上看到的新闻。她是一个四川姑娘，从小和奶奶一起生活。她的家庭并不富裕，因此很小的时候她就在外面打工。丰富的工作经历让她学到了各种技能，这也成为了日后拍视频的素材。

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，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。她用视频给大家展现了简单又美好的乡村生活的样子。

李子柒能火遍全球并不令我意外。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。

18: 帮助小孩 (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.

About a few months ago, I helped a child-stranger in my community. It was a memorable and funny experience.

One day after work, I was so exhausted that I rushed home for a rest. In my community, when I walked through the public garden, a little boy came up and patted me, asking for help. He and his friends were playing badminton, but unexpectedly, the shuttlecock got stuck in the tree. None of them were tall enough to get it down. They had tried all kinds of methods they could imagine, but still failed. I looked at the shuttlecock in the tree and tried to reach it, but I was unable to reach it either. Then an idea came to my mind. I found a long branch in the bush. With the branch in my hand, I tried to hit the shuttlecock while jumping. Soon the branch hit the shuttlecock to make it fall out the tree. The little boy ran to pick it up and thanked me at once. Before I left, he took out a lollipop from his pocket as a gift for me.

After I helped the little boy, I was ravished with joy. A small effort to me means a lot to him. It was so lucky that I happened to pass by. If not, they might have wasted a lot of time and even caused danger to themselves when fetching the shuttlecock. After I was back home, I ate the lollipop from the little boy and felt happiness from the bottom of my heart.

中文思路:

大约几个月前，我在小区里帮助了一个陌生的小孩。说起来这是一个很有趣的经历。

那是一天下班后，我很疲惫，急匆匆的穿过小区的花园准备回家。这时候，一个小男孩走过来拍了拍我，希望我能提供一些帮助。他和小伙伴在小区里打羽毛球，谁知道力气太大，羽毛球挂在了树上。他们由于身高不够，尝试了各种方法都没能把羽毛球弄下来。我看了看树上的羽毛球，并且伸手试了试，我也够不着。接着我脑子里突然出现了一个好办法。我在花坛里捡了一条长长的树枝，然后手里拿着树枝用力向上跳。不一会儿，树枝打到了羽毛球，它终于从树上掉了下来。小男孩跑过去捡起羽毛球，连忙对我表示感谢。我要走的时候，他还从兜里掏出一根棒棒糖送给我。

能帮助到小男孩我非常开心。这对我来说只是举手之劳，却帮他解决了大麻烦。如果不是我刚巧路过，他们可能浪费很多时间。如果不小心发生什么危险就更麻烦了。回到家后我吃着小男孩送给我的棒棒糖，我感到很幸福。

19: 经济实惠的外出（5-8 月新题）

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.

A few days ago, I travelled to Macao with my boyfriend to celebrate my birthday. We had so much fun with only a small amount of money.

We haven't been able to travel abroad for more than 2 years because of the coronavirus. Then one day I noticed some advertisement about trips to Macao on the internet. It said that the Macao government had announced a series of preferential policies in order to recover the local economy. Policies such as buy-one-get-one-free on flight tickets and 50% discounts in many five-star hotels were so attractive that I immediately put this journey on our schedule.

We had a wonderful day there. I found it difficult to believe that it only cost us a little over 100 yuan to live in Sheraton, a well-known five-star hotel. In addition, the hotel staff offered us free cakes and breakfasts when they knew it was my birthday. I, together with my boyfriend, took photos at the seaside as well as in parks. All of these activities were free. We spent only several hundred yuan on lunch and dinner all day.

It was such a blessing to take a vacation in a luxury hotel with my boyfriend and to get away from noisy and crowded offices. We came across a famous Japanese cuisine restaurant near the hotel, and it was indeed delicious. This pleasant day was unforgettable. I hadn't been so happy and relaxed for a long time. I do hope to have another opportunity to spend my next vacation in Macao.

不久前，为了庆祝我的生日。我和男朋友一起去了澳门旅行。这趟旅行我们玩的非常开心，最重要的是我们只花了很少的钱。

因为疫情的影响，我大约已经两年多没有出国旅行了。直到某天我在网上看到了有关澳门旅行的宣传。澳门政府为了促进经济恢复，推出了很多旅行相关的优惠政策。机票可以买一送一，许多五星级酒店都可以半价。不得不说这非常吸引我，我立刻预订了澳门的行程。

我在澳门度过了愉快的一天。我不敢相信我用一百多元就住上了五星级的喜来登酒店。不仅如此，酒店得知那天是我的生日，还赠送了免费的蛋糕和早餐。我们去了海边和公园拍照，这一切都是免费的。整整一天，我们只花费了几百元，用来吃午餐和晚餐。

能摆脱了拥挤和嘈杂的办公室，和男朋友两个人在豪华酒店里度假实在是太幸福了。我还在酒店附近找到了一家有名的日料。不得不说那家餐厅真的很美味。这个愉快的一天令我非常难忘，我已经很久没有这么放松和开心了。如果有机会的话，我希望下次假期，还能澳门度假。

20: 交通拥堵的时刻（5-8 月新题）

Describe a situation when you had to spend a long time in a traffic jam.

Some instructions that you can follow:

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.

Traffic jams are commonplace in everyone's daily life. Not long ago, I was caught in a traffic jam at a critical moment, which caused me great inconvenience.

Last month, I was dispatched on a business trip out of town. It was inconvenient for me to take the subway with my suitcase, so I chose to take a taxi to the high-speed railway station. I set off well ahead of schedule, and I even might have had time to have breakfast there if everything went well. However, I got stuck in a traffic jam halfway there. I was in a hurry and according to the navigation app, I would miss my train. I asked the driver if we could take a different route and he gave me a negative answer. There was nothing I could do but wait. Honestly, I felt a bit desperate at that moment. Why could something so unlucky happen to me?

In the end, I arrived at the railway station 50 minutes later than planned, so I missed my original train and had to change to the next one, which completely disrupted my plan. To make matters worse, my phone was running out of battery because I had been using it to check the road conditions. I had a very bad day that day and also learned a profound lesson. If you are in a rush, then the subway is the best and most reliable choice!

交通拥堵是每个人生活中很容易碰到的事。不久前，我在重要的时刻遇到了堵车，这件事给我带来了很大的不便。

大约是上个月，公司派我去外地出差。因为带着行李箱坐地铁很不方便，所以我选择了打车前往高铁站。我提前预留了充足的时间，如果一切顺利的话，到了高铁站我甚至有时间去吃个早饭。然而在半途中，前方发生了严重的拥堵。此时我非常着急，按照导航软件计算的时间，我将会错过我的高铁。我询问司机是否可以换一条路，得到的答案是否定的。我除了等待什么也做不了。实话说，那一刻我感到有些绝望。怎么这么倒霉的事就让我遇到了呢？

最后，我到达高铁站的时间比计划时间迟了 50 分钟。我错过了原本的车次，只能改签下一班列车。这彻底打乱了我原本的计划。更糟糕的是，因为我一直用手机查询路况，我的手机快没电了。那一天我过得非常糟糕。同时也得到了一个深刻的教训。如果有急事的话，地铁是最可靠的交通工具！

21: 用手机做重要的事 (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.

A mobile phone is an important tool in my work and I often use it to set up reminders for important meetings or deadlines of tasks. My time arrangement might be in a mess without it.

My mobile phone did me a big favor the other day. It was the birthday of an important client, and I had been absorbed in my busy work at the time and totally forgot it. At lunchtime, my phone gave a reminder alarm and reminded me of the birthday. Soon I called my client to give my birthday blessings, and she was so surprised that I remembered her birthday. Undoubtedly, the client was deeply impressed by my phone greeting. To me, the reminder function of the mobile phone is hugely practical. There are many tasks at work, some arrangements of which may be made a month earlier, and forgetting is likely to occur if listing them all by memory. Fortunately, my mobile phone is a good solution to this matter, and it can remind me of them immediately and accurately no matter how many they are.

As a matter of fact, this client has not reached cooperation with our company yet. A shrewd businessman certainly does not choose his partner based on a birthday greeting. However, there's no denying that a good relationship has been built between us, and I've made a good impression on her. That's a good start.

中文思路:

手机是我工作中很重要的工具，我经常用手机来设置提醒事项。比如重要的会议，或者是任务的截止时间等等。如果离开了手机，我的时间将会变得非常混乱。

前几天，我的手机就帮了我一个大忙。那天是一个重要客户的生日，由于最近工作繁忙，我完全忘记了这件事。到了午饭的时候，我的手机闹钟突然响起，并且提醒了我这件事。我连忙给客户打电话送上了祝福，客户很惊讶我竟然记得她的生日。很显然，因为这件事，我给这位重要客户留下了不错的印象。

我认为手机提醒是一项非常实用的功能。毕竟工作中的琐事太多，一些安排甚至会提前一个月确定。如果仅凭记忆力的话，难免会发生意外。手机就能很好的解决这个矛盾。不管有多少安排，它都能在第一时间准确的提醒我。

事实上，这位客户现在还并没有和我们公司达成合作。一个精明的商人显然不会因为一个生日的问候就选择自己的合作伙伴。但不可否认的是，我们现在相处的很愉快，我给她留下了很好的印象。这是一个好的开始。

22: 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.

I'd like to talk about my uncle, who is a very successful man. He works at Tencent, a well-known Internet giant in China, which is also my dream company. I once sent a resume to Tencent when I graduated, but I was not admitted due to professional discrepancy. If possible, I wish to work with my uncle at Tencent someday.

I have never worked with my uncle and only see him at the annual family reunion. He is very polite and particularly humorous, so the dinner party with him is always in a harmonious atmosphere.

My uncle has entered the management hierarchy of Tencent. Obviously, I can't reach his position. If I had a chance to work at Tencent, I would like to join his department and start my work by doing the most basic things. I am most interested in the position of game design, for I am very fond of games produced by Tencent, and it would be a very marvelous thing if I could participate in the design.

I want to work with my uncle because he is quite capable in his professional work as well as good at getting along with people. I believe I could learn a lot if I worked with him. Maybe I could also have my own business in ten years. Of course, the more important reason is that Tencent offers the highest salary in the whole industry, and a high salary is very attractive to many young people.

我想要谈谈我的叔叔，他是一个非常成功的人。他就职于中国著名的互联网公司腾讯，这可是我梦寐以求的企业。大学毕业的时候我曾经给腾讯投过简历，可惜因为专业不符没有被录取。如果将来有机会的话，我想进入腾讯和我的叔叔一起工作。

我并没有和我的叔叔一起工作过，只有在每年家庭聚会的时候我才能见到他。他待人非常有礼貌，并且非常幽默，有他在聚餐的氛围总是能保持融洽。

我的叔叔在企业里已经做到了管理层，显然我想做到这个职位是不可能的。如果可以的话，我想进入他的部门从最基础的做起。我最感兴趣的职位是游戏策划。我很喜欢玩腾讯出品的游戏，如果能参与其中，这将是一件非常美妙的事情。

我想和叔叔一起工作，一方面是因为他的能力很强，不论是专业能力还是与人相处的能力。和他一起工作，相信我能学到很多东西。或许十年之后，我也能做出一番事业。当然更重要的是因为腾讯有着整个行业最高的工资，对于年轻人来说，高工资是非常具有吸引力的。

23: 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.

The Yellow River is the mother river of China that carries an important connotation. I believe I can speak for all my fellow Chinese on that point. There are folk songs praising this river, and I've learned some from a very young age.

Actually, I have no idea about how big it is, but I do know that it is the second longest river in China. Unlike the Yangtze River, the Yellow River has a very zigzag shape. There are a lot of sediments in the Yellow River. The water is so turbid that it looks earthy yellow.

Chinese civilization originated from the Yellow River, so it is one of the most important rivers in China. It would be fair to say that China would not exist without the Yellow River. Since ancient times, people on both sides of the Yellow River have used the water to irrigate grain and transport goods. More importantly, China has built hydropower stations in many regions along the river so as to transmit power to surroundings and even more distant places, which sets the ground for urban development.

Therefore, whether in history or contemporary society, the Yellow River is an important river in China, which represents Chinese culture to a certain extent and can be seen as the symbol of our country. We should protect the Yellow River rather than rather than over-exploit it.

中文思路:

黄河是中国的母亲河，可以说是我国历史上最重要的一条河流。我相信所有中国人都知道这一点。很小的时候我就学过关于黄河的歌曲。我并不清楚黄河具体有多大，我只知道黄河是中国第二长的河流。不同于长江，黄河的形状非常曲折。如果我没记错的话，它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，最终在山东汇入海洋。黄河的水里有很多泥沙，水质非常混浊，因此看起来是土黄色的。

黄河之所以是我国最重要的河流之一，是因为我们中华文化就是在黄河边上起源的。可以这么说，没有黄河，中国也不会存在了。另外，黄河边上的人们用黄河水灌溉粮食，用于生活和工业。更重要的是，现在我国在黄河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。

所以说，无论是从历史上，还是当代社会看，黄河都是中国非常重要的一条河流。他在一定程度上代表了中华文化，是我们国家的标志。我们应该保护好黄河，避免过度开发。

24: 困难的决定 (5-8 月新题)

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.

Last year, I made a difficult decision however from another perspective it was the greatest venture that I have ever attempted.

I often see bungee jumping on TV and reality shows. There is no doubt that it is a kind of dangerous but super cool extreme sport. The celebrities often struggled to overcome their fears and told the audience how great it feels to exceed their expectations of themselves. Every time I watch this sport, I feel excited and always want to have a try.

It was not until last year's summer holiday that I traveled to Macau with my friends and finally tried this extreme sport. We went to Macau Tower, which is a famous bungee jumping place. Although I'm not afraid of heights, I still felt frightened when I looked down from more than 200 meters in the air. It was windy at the top of the tower and my mind went blank (大脑一片空白). It was definitely a difficult challenge for me. I stayed alone for a while, going upstairs and downstairs again and again, very confused. I finally summoned up my courage (鼓起勇气) and was ready to jump. Well, since I had come, I should leave with no regret. Finally, I bravely made a nice jump!

It was truly scary before I jumped off from the platform. However, when I did jump, I felt nothing but the sense of weightlessness (失重感). Of course, I kept screaming during the whole process, but I have to say it was very, very thrilling and awesome! In fact, fear always springs from our imagination. Bungee jumping is a safe sport, seldom accidents occur every year. So, there is nothing we have to fear, just do it!

去年,我做了一个困难的决定,但换个角度,我认为那是一项有积极意义的冒险。

我经常在电视里和综艺节目中看到蹦极,我感觉这是一项很酷的活动。明星们总是艰难的克服了自己的恐惧,然后告诉观众超越自我的感觉真棒。每次看电视我都感到很兴奋,一直很想要尝试一下。

直到去年的假期,我和我的朋友去澳门旅游,我决定去尝试这项冒险。我们去了澳门塔,这是一个著名的蹦极圣地。虽然我并不恐高,但当我站在 200 多米的高空向下看,还是觉得腿软。楼顶风很大,此时我的大脑一片空白,这对我来说绝对是一件困难的决定。我一个人待了一会,反反复复上楼下楼,心里很纠结。最终我还是说服自己站上了跳台。好吧,既然来了,总不能留下遗憾。我在塔顶纠结了很久,然而决定跳下去只用了一秒钟。

从平台上跳下来之前真的很吓人。然而,当我真的往下跳了,我头脑一片空白,只感受到了失重。当然,在整个过程中我一直在尖叫,但我不得不说,这棒极了,非常非常惊心动魄!事实上,恐惧总是来自于我们的想象。蹦极是一种安全的运动,每年很少发生事故。所以,不用怕,只管跳吧!

25: 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.

Not long ago, I saw a very interesting piece of news which was that a shopping mall in my province held a space-out competition in May, attracting many citizens to take part. The winner received a prize of 10,000 Yuan. It was interesting because I never imagine that one could actually make money by spacing out. I have strong desire to attend if there is one in my city.

The competition is very simple. All participants need to do is to lie on a yoga mat and keep their body still except for their eyes. Of course, sleeping is not allowed. If a candidate can keep still for four hours without falling asleep, then he/she can win a prize. I don't think it requires any special preparation. The only thing I would need is a fine sleep before that day. I occasionally space out, so I believe it would be a piece of cake for me.

I want to join in this competition because it's really creative. In fact, spacing out means letting your brain empty. In my opinion, it is a good way to relax. Not to mention the prize for the winner. Nowadays, people are living such hectic lives that they have little private time, so am I. So, I really want to seek a chance to calm down and think about my career plan. I think spacing out doesn't mean being lazy and it is a wise attitude to life.

不久前，我看到了一条非常有趣的新闻，某商场举办了一场发呆比赛，吸引了众多市民参加。获胜者将会获得一万元的奖金。这实在是太有趣了，我没想到有一天真的可以躺着赚钱。如果我所在的城市有的话，我会非常想参加。

比赛的内容非常简单，参赛者只需要躺在瑜伽垫上发呆，比赛过程中除了眼睛之外，其他身体部位都不能动。当然睡觉也是不被允许的。如果选手能保持四个小时躺着不动，并且不睡着，那他就可以获得奖金。我认为这项比赛并不需要什么特别的准备，唯一需要的就是前一天晚上睡个好觉，避免在比赛时真的睡着。我平时就是个喜欢发呆的人，所以我觉得这对我来说并不难。

我想参加这个比赛是因为它真的很有创意。发呆其实就是放空脑袋，在我看来这是一种很好的休闲方式。更别说赢了比赛还可以获得奖金。现代人的生活太忙碌了，几乎没有什么属于自己的时间。我每天都忙于工作，我很想找个机会在快节奏的生活中静下来好好思考。我认为发呆并不是懒，而且是一种颇有智慧的生活态度。

(十) 李子柒

26-27: 社交网络上常关注的人& 对社会做出贡献的人

| | |
|---|---|
| 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. |
|---|---|

《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.

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.

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。

(十一) 空乘的故事

28-29: 别人告诉你的故事 & 有趣的谈话

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| 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. |
|--|--|

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。这让我非常感兴趣。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。

(十二) 实习主管

30-31: 想共度时光的人 & 最近第一次见且想了解更多的人

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| 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. |
|--|---|

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。

(十三) 修东西

32-33: 修复的坏物件 & 从长辈学到的技能

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| 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。

(十四) 禾木

34-36: 新地方 & 乡下一隅 & 享受的远足

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| 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，它被称为东方的小瑞士。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，在这里什么住上一个星期，尽情地享受这里的美景和静谧。

37: 有趣的城市

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.

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。

(十五) 单独话题

38: 特殊的蛋糕

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。

39: 收到的免费物品/服务

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.

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。而接送机则为我我和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。

40: 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 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。

41: 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 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!

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。

42: 别人给你的衣服

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.

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。

43: 童年玩具

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。

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

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。

45: 帮助你学外语的事情

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

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.

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。

47: 未实现的目标

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。

48: 学校/工作中不喜欢的规定

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。

49: 离不开的东西

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。

50: 印象深刻的一堂课

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。

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