安娜雅思
雅思口语素材
Part3

5-8 月的题库素材更新完了吗？

已更新完

外教一对一陪练及模考

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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。

目录

1：筹办的活动

1. How can parents teach their children to be well prepared?

A child's parents are an essential influence on their upbringing and can prepare them for life ahead in a number of ways. Parents are responsible for a child's education, be this through home-schooling their children themselves, or selecting a good school for their child to attend. Whatever the method, it is important that parents provide their child with a decent education throughout their formative years in order for them to be able to function properly in society later in life. As well as this, parents can also instruct their children in various life skills, such as how to prepare a meal or apply for a job, which are deeply important abilities for anyone to possess into adulthood.

2. What are some situations in which it is good for a person to be well prepared?

In life, there are a number of scenarios in which it pays for one to be well prepared. One of the most common of these situations that most people are likely to encounter is that of a job interview. One can prepare for this situation by carefully considering the job description, researching the company beforehand, and practicing answering interview questions they are likely to be asked. Travel is also another common situation in which one must always be prepared. One must maintain an awareness of transport timetables and costs in order to travel efficiently. It is also necessary to prepare a list of alternative routes and methods in the event the original is delayed or cancelled so as to avoid missing important appointments.

3. What can help people prepare well for a normal work/study day?

In preparing for any standard workday, it is imperative that one receives a full night's sleep the night before. This enables one to be fully refreshed and at their most productive for the day ahead. Next, it helps to have a filling breakfast in order to maintain the requisite energy for progressing through a normal work day. Some people also find that drinking coffee in the morning can help them to wake up more fully and feel livelier in beginning their day. Showering and grooming oneself adequately are similarly useful actions one can take in preparing for a typical workday.

4. Is being well organized a natural ability?

Though some people are naturally more organised than others, anybody can learn organisational skills through the development of productive habits. Naturally organised people can perhaps be understood as more motivated, being able to focus readily on achieving their goals. People without these qualities may be more easily distracted and waste their time on unproductive activities. However, medical conditions such as ADHD can impede one's ability to concentrate by no fault of their own. Subsequently, how organised a person is is not always a question of whether they are lazy or not, but can be influenced by a number of factors.

5. How can people learn to be better organized?

There are many options available to one who seeks to improve their organisational skills. The most obvious way would perhaps be to keep a checklist of everything a person has to do throughout the day. This helps to identify the most important tasks and also provides motivation in seeing them carried out. A checklist can be combined with a schedule to ensure a person works to achieve these goals in a timely fashion. Having a tidy workspace is also a useful step to take in becoming more organised. A tidy work area assures one that they always know where their various tools are, and can help a person to keep a clearer head with fewer distractions.

6. Do people who do not organize things in advance have more fun?

People who do not organise things in advance do not necessarily enjoy themselves more than organised people.

Someone who is unorganised may harbour anxieties and stresses related to the fact that they have not taken efforts to accomplish the things they need to do. Moreover, they might find themselves missing appointments or deadlines due to their lack of organisation which will work to slowly lessen their quality of life. One might also find that organising leisure time or entertainment functions in advance also has the potential to make these events more fun than if they were attempted spontaneously.

中文翻译：

1. 父母如何教孩子做好充分的准备？

父母在孩子的成长过程中起着至关重要的作用，他们可以从很多方面为孩子的未来生活做好准备。父母对孩子的教育负责，无论是通过家庭教育，还是为孩子选择一所好学校。无论采用何种方法，重要的是父母在孩子的成长过程中为他们提供良好的教育，以便他们在以后的生活中能够在社会中正常发挥作用。除此之外，父母还可以教他们的孩子各种生活技能，如找工作或做饭，这些都是非常重要的能力，任何人都可以拥有到成年。

2. 在哪些情况下，一个人做好充分准备是有益的？

在生活中，有很多情况下，做好充分准备是有好处的。大多数人可能会遇到的最常见的情况之一就是工作面试。你可以通过仔细考虑职位描述，事先调查公司，练习回答面试中可能会问到的问题来为这种情况做准备。旅行也是另一种人们必须时刻做好准备的常见情况。为了有效地旅行，人们必须了解交通情况和成本。还必须编制一份备选路线和旅游方案，以便在原计划被推迟或取消的情况下避免错过重要的计划。

3. 什么可以帮助人们为正常的工作/学习做好准备？

在准备任何一个正常的工作日时，一个人必须在前一天晚上睡个好觉。这能使人在新的一天里精神焕发，保持高效。其次，吃一顿饱腹的早餐有助于保持一天正常工作所需的能量。有些人还发现，早上喝咖啡可以帮助他们更充分地醒来，在开始新的一天时感觉更有活力。洗个澡，好好打扮一下自己，同样也是为一个典型的工作日做准备的有益行动。

4. 有条理是一种天生的能力吗？

虽然有些人天生比其他人更有条理，但任何人都可以通过培养高效的习惯来学习组织能力。天生有条理的人或许可以被理解为更有动力，能够随时专注于实现自己的目标。没有这些品质的人可能更容易分心，把时间浪费在没有生产力的活动上。然而，像注意力缺陷多动症这样的疾病也会阻碍一个人集中注意力的能力，这并不是他们自己的过错。因此，一个人的组织能力如何并不总是与他们是否懒惰有关，而是会受到许多因素的影响。

5. 人们怎样才能学会更有条理？

想要提高组织能力的人有很多选择。最明显的方法可能是列出一个人一天中必须做的所有事情的清单。这有助于确定最重要的任务，也提供了看到它们执行的动力。清单可以与时间表相结合，以确保一个人能够及时地实现这些目标。拥有一个整洁的工作空间也是让你变得更有组织性的一个有用的步骤。一个整洁的工作区域可以确保人们总是知道各种工具的位置，并且可以帮助人们保持清醒的头脑，减少干扰。

6. 那些不事先组织事情的人会更有乐趣吗？

不事先组织事情的人不一定比有条理的人更享受生活。没有组织的人可能会因为他们没有努力去完成他们需要做的事情而感到焦虑和压力。此外，他们可能会发现自己由于缺乏组织能力而错过了约会或截止日期，这将慢慢降低他们的生活质量。人们可能还会发现，事先安排休闲时间或娱乐活动，比自发进行更有可能让这些活动更有趣。

2：对社会做出贡献的人

1. Which jobs are well paid in your country?

The economy of our country is heavily reliant on its tertiary sector, and as of such, the majority of its high paying jobs are found in services. Our country has a particularly long and prosperous history in financial services and banking. Prominent bankers are therefore afforded extravagant salaries and bonuses here. Another significant element of the national economy is the legal services sector. Subsequently, solicitors generally enjoy a high paygrade. Some high paying jobs can also be found in the public sector. However, in Chinese healthcare, private specialists are still generally paid more than ordinary doctors.

2. What are the types of job that are not paid enough?

Healthcare professionals are notoriously underpaid in my country. Nursing professionals are often overworked, yet are paid disproportionately low wages in comparison to the role they fulfil. Similarly, pharmacists and dispensary assistants are typically paid relatively poorly when considering the essential nature of pharmacies in current society. A longstanding point of contention in China has surrounded the pay of farmers. Income for farmers has continued to fall over the past decade. Many view this as unfair and undeserved considering the tiring yet important task farmers have in providing food for the whole generation to survive.

3. Should young people earn as much as older people?

As young people in the workforce generally have not had as much time to build their careers as older people, it is seldom that the positions they occupy in employment are deserving of higher wages. Older people in the workforce will likely have accrued further responsibilities and tasks throughout their time spent in their profession, and as of such, can be considered to be entitled to higher pay. However, this is quite a dated understanding of career trajectories. Nowadays, through the accessibility of modern technology, young people have the potential to become wildly successful entrepreneurs, earning far more than older people.

4. What can secondary/high schools do to prepare their students for work?

High school is a very important stage of education. Most high schools focus on improving students' academic performance in preparation for Gaokao. As a result, many students become bookworms, and don't adapt properly to society outside of reading books. I believe high schools should focus on cultivating their students' comprehensive abilities, such as practical ability, thinking ability and the ability to communicate with others. In this stage of character formation, only all-round cultivation can help students fully prepare for their future jobs. In most businesses, bosses don't care about test scores, they care more about whether you can contribute to the development of the company.

5. Is university a good place to learn about the world of work?

Although college and the workplace are closely connected, I believe they are different. The world of students is much simpler with fewer pressures than the workplace. College is not a good place to learn about the workplace. The real workplace is very pragmatic and full of cruel competition. Once in the workplace, one has to work much harder to make a difference than he did in school. Most college assignments are done by oneself. Even if there is some group work to be done, students who are competent enough can do it alone. But in the workplace, almost all tasks need to be accomplished through teamwork. This is a great test of one's comprehensive and communication abilities.

6. Should people continue to train all through their working lives?

With how quickly new technologies are being developed and implemented in modern workplaces, it would be quite

short-sighted of a person not to consistently train new skills throughout their career. A person's job might come to require new software or technical skills which they did not originally possess. It therefore behoves one to train these modern skills in order to continue performing their role to the best of their ability. Furthermore, with the increasing automation of labour in the modern world, redundancy is becoming more and more of a threat to the worker. Therefore, continuing to train new skills and abilities adds an element of job security to one's professional career.

1. 在你们国家，哪些工作薪水比较高？

我国的经济严重依赖第三产业，因此，我国大部分高薪工作都在服务业。这个国家在金融服务和银行业有着特别悠久和繁荣的历史。因此，在我国，杰出的银行家们可以获得丰厚的薪水和奖金。国民经济的另一个重要因素是法律服务部门。因此，律师通常享有较高的薪酬等级。一些高薪工作也可以在公共部门找到。然而，在中国的医疗行业，私人专家的收入仍普遍高于普通医生。

2. 哪些工作的报酬不够？

在我们国家，医疗专业人员的薪水是出了名的低。护理专业人员经常超负荷工作，但与他们所担任的角色相比，他们的工资却低得不成比例。同样，考虑到当今社会药房的基本性质，药剂师和药房助理的工资通常相对较低。在中国，一个长期存在争议的问题是农民的工资问题。过去十年，农民的收入持续下降。许多人认为这是不公平的，令人焦虑的但非常重要的问题，考虑到农民为整个社会的生存提供了必须的食物。

3. 年轻人应该和老年人挣得一样多吗？

由于工作中的年轻人通常没有像老年人那样多的时间来建立自己的职业生涯，他们所从事的工作暂时不值得获得更高的工资。工作中的老年人很可能在他们的职业生涯中积累了更多的责任和任务，因此，可以被认为有资格获得更高的工资。然而，这是一个相当过时的职业轨迹的理解。如今，通过现代技术的普及，年轻人有潜力成为非常成功的企业家，赚得比老年人多得多。

4. 中学/高中可以做些什么来帮助他们的学生准备工作？

高中是我们求学生涯中很重要的阶段。大多数的高中为了准备高考，会把主要精力放在提升成绩上面。这就导致很多学生变成了书呆子，除了读书之外，他们并不适应这个社会。高中应该注重培养学生的综合能力，如动手能力，思考能力以及与他人交往的能力。在性格形成的关键阶段，只有全方位的培养，才能让学生们为将来的工作做足准备。在大多数的企业中。老板并不会关心你之前的考试成绩，他们更注重你是否能为企业的发展做出贡献。

5. 大学是了解职场世界的好地方吗？

虽然大学是离职场很近的地方，但这两者是截然不同的。学生的世界是单纯美好的，压力也比职场小得多。大学并不是了解职场的好地方。真正的职场是很现实的，充满了残酷的竞争。进入职场之后，一个人如果想做出成绩，他需要付出的努力会比在学校多得多。 大学基本都是独自完成各类作业,即使需要做一些团队作业,比较用功的学生也可以单独搞定。但在职场上,几乎所有的任务,都需要通过团队协作来完成。这对一个人的综合能力是巨大的考验。

6. 人们是否应该在整个职业生涯中继续接受培训？

随着现代工作场所新技术的发展和实施的速度，如果一个人在整个职业生涯中停止培训新技能，那将是非常短视的。一个人的工作可能需要新的软件或技术技能，这些都是他们原本不具备的。因此，人们应该训练这些现代技能，以便继续发挥他们的作用，以最好的能力。此外，随着现代世界劳动自动化程度的提高，裁员对工人的威胁越来越大。因此，不断地培训新的技能和能力会为一个人的职业生涯增加一种工作安全感。

3：想共度时光的人

1. Who do people spend the most time with in their everyday lives?

The people one spends the most time with in a typical day can vary drastically depending on the circumstances of that person's life. For example, a younger person who has yet to move away from home might interact primarily with their immediate family on a day-to-day basis. A person living alone might spend the most time with their co-workers each day, or other students if they happen to be in upper education. If a person happens to be in a relationship or married, it is more than likely that the majority of their time would be spent with their significant other.

2. How important is it to spend time with different kinds of people?

There is great value in spending time with different types of people. Each person has a unique set of interests, viewpoints, and abilities which one might not possess themselves. Therefore, spending time with as many different people as possible is a great way to pick up new talents and to learn new things in general. On top of that, frequent interaction with others also helps one to practice their own social skills, which is a highly useful quality for a person to possess. Maintaining a social awareness in this fashion will not only ensure that one treats the people around them with dignity and respect, but will also guarantee that one is treated better in everyday life.

3. What is the importance of spending some time alone?

As important as it is for one's health to maintain social relationships with other people, spending time alone, and knowing how to spend time by oneself, is a similarly important talent to have. Some alone time can help calm a person down following the events of a stressful day. Moreover, time alone is deeply needed after spending an extend period with other people in order to rest and recover social energy. It can also provide an opportunity for one to pursue personal interests and hobbies in the way they find most appropriate to them without any intrusive influences.

4. How should managers behave towards their employees?

Ideally, anyone in a managerial position should strive to set a positive example for the employees working under them. A manager should behave encouragingly towards their workers and aim to promote an atmosphere of camaraderie within the team. They should present themselves as part of the team rather than aloof, whilst still maintaining an air of authority deserving of the respect and confidence of their workers. A manager should possess good communication skills in order to retain the trust of their co-workers. With these skills, a manager should be open to the concerns of their colleagues, whilst being able to provide feedback and communicate expectations.

5. In what ways do people's behaviours changes when they are with an older person?

It is a commonly held value that one should be respectful of their elders, so people often adjust their behaviour accordingly. A person might modify their language as to be more formal. This can entail a stricter adherence to proper grammar than usual, or even the use of formal pronouns. Other changes in behaviour might be noted in an avoidance of slang terms an older person might not be familiar with. This not only helps to establish a more respectful tone, but also to avoid any potential misunderstandings.

6. Do people behave differently if the person they are talking to is rich and famous?

When interacting with the rich and famous, an often-reported experience is that of being starstruck. This describes a state in which someone will behave differently towards a person on behalf of their wealth and fame. For example, they might behave less assertively than is typical of them in an attempt to ingratiate themselves with the celebrity in

question. The extensive media coverage of rich and famous people also portrays them as larger than life and authoritative figures, which might intimidate an average person and thus cause them to behave more meekly than they might usually.

中文思路：

1. 在日常生活中，人们与谁相处的时间最多？

一个人一天中与之相处时间最长的人可能会有很大的不同，这取决于他的生活环境。例如，一个还没有离开家的年轻人可能会在日常生活中主要与他们的直系亲属互动。一个独自生活的人每天可能会花最多的时间和同事在一起，也可能是其他学生，如果他们碰巧是研究生或者博士的话。如果一个人碰巧在恋爱或结婚，很可能他们的大部分时间都花在了他们的另一半身上。

2. 和不同类型的人在一起有多重要？

花时间和不同类型的人在一起是很有价值的。每个人都有自己所不具备的独特的兴趣、观点和能力。因此，花时间和尽可能多的不同的人在一起是培养新人才和学习新事物的好方法。最重要的是，经常与他人互动也有助于锻炼自己的社交技能，这是一个非常有用的品质。以这种方式保持社会意识，不仅能确保一个人以尊严和尊重对待周围的人，而且还能保证自己在日常生活中收到更好的待遇。

3. 花点时间独处的重要性是什么？

与保持与他人的社会关系对一个人的健康同样重要，花时间独处，知道如何花时间独处，也是一种同样重要的才能。一些独处的时间可以帮助一个人在经历了充满压力的一天后冷静下来。此外，在与他人相处一段时间后，人们非常需要独处的时间，以便休息和恢复社会能量。它还可以为人们提供一个机会，让他们以自己认为最合适的方式追求自己的兴趣和爱好，而不受任何干扰。

4. 管理者应该如何对待员工？

理想情况下，任何处于管理职位的人都应该努力为手下的员工树立一个积极的榜样。管理者应该以鼓励的方式对待员工，并致力于在团队中营造一种友爱的氛围。他们应该表现出自己是团队的一部分，而不是高高在上，同时保持一种权威的氛围，值得员工的尊重和信任。为了保持同事的信任，管理者应该具备良好的沟通技巧。有了这些技能，管理者应该对同事的担忧持开放态度，同时能够提供反馈和沟通期望。

5. 当人们和老年人在一起时，他们的行为会在哪些方面发生变化？

尊敬长辈是一种普遍的价值观，因此人们往往会相应地调整自己的行为。一个人可能会修改他们的语言使之更正式。这可能需要比平时更严格地遵守正确的语法规则，甚至使用正式代词。在行为上的其他变化可能会被注意到，即避免使用一个老年人可能不熟悉的俚语。这不仅有助于建立更尊重的语气，也可以避免任何潜在的误解。

6. 如果和他们谈话的人是富人和名人，人们的行为会有所不同吗？

当与富人和名人交往时，一种经常被提到的体验就是被明星所吸引。这描述了一种状态，在这种状态下，一个人会为了别人的财富和名誉而采取不同的行为。例如，他们在试图讨好某位名人时，可能会表现得不像往常那样态度坚定。媒体对富人和名人的广泛报道也把他们描绘成比普通人更大、更权威的人物，这可能会吓到普通人，从而导致他们比平时表现得更平和。

4：童年玩具

1. Do boys and girls prefer different kinds of toys?

It is typical for parents to buy different types of toys for boys and girls. Boys tend to gravitate towards more aggressive toys such as toy guns, model soldiers, robot figurines, etc. Toys that are associated with girls more often than not concern appearance. These can take the form of customizable dolls, accessories, jewellery and makeup, etc. However, specific types of toys can appeal to both boys and girls. Spatial and constructive toys such as Lego and jigsaw puzzles are generally enjoyed by both boys and girls. Children in general love being creative, so toys which offer a set of creative tools like these can be preferred by all children regardless of gender.

2. How do toys that were popular in the past compare with toys that are popular now?

In the past, the most popular toys tended to be action figures and other such models. This popularity was often boosted if these toys were branded by a particular franchise. For example, Star Wars action figures were incredibly popular during the 70s and 80s with some still selling online today for high prices. However, children today are increasingly online, and are by and large less interested in playing with physical toys. The most popular playthings nowadays are videogames, either played through a video game console or via a smartphone. Yet certain toys such as Lego still prove popular amongst children today.

3. Do children enjoy playing with household objects?

Generally speaking, children are full of curiosity about the world. So, for children, everything in life can be a toy, including common household items. A child might be even more interested in a TV remote than a toy because they commonly see adults using it which makes them curious. Even if they don't know what the object is really used for, they can use it in a way that they understand. A child can use toilet paper to dress her Barbie dolls, or can use a mop as a weapon to fight imaginary monsters. Expensive toys that claim to be intellectually stimulating may not be suitable for children, but rather what they like best to play with is the most appropriate.

4. What should people consider when choosing a toy for a child?

When selecting a toy for a child, a variety of factors should be considered. One should be fairly confident as to the toy's build quality so that it won't easily break and present a choking hazard for children. A broken toy can cut a child's skin, causing injuries and even bacterial infections. Toys that are small enough can easily be swallowed by children, posing a choking risk. Also, children's toys must be completely non-toxic because a child's bodily resistance is very weak. It is therefore very easy to ingest harmful substances, such as toxic paint on the surface of the toy. So, parents should be very careful when choosing toys for their children.

5. Should children be allowed to choose their own toys at a toy store?

It is important for children to develop their own set of preferences and a sense of individuality as they become older. If a child is able to select their own playthings, it will also ensure that they are more engaged by the toys themselves, and thus encourage more creativity and imagination. As of such, there is no harm in allowing a child some choices in purchasing their toys from a toy store. Besides, an adult influence should still be present in order to make sure that the choice is entirely reasonable and age appropriate.

6. What are the reasons why some parents buy their children a lot of toys?

In some families, parents will purchase for their children far more toys than average. There is a myriad of reasons as to why this can be the case. Some parents might deeply value the role toys have as developmental aids, and seek to equip their child with as many as possible in the interest of their general education. Yet too many toys might be

overstimulating for the child, and thus many will go unused. Another common, if less admirable reason, could be an attempt to keep the child occupied and complacent so that they demand less of the parents' attention.

中文思路：

1. 男孩和女孩喜欢不同种类的玩具吗?

父母给男孩和女孩买不同类型的玩具是很典型的。男孩倾向于喜欢更具攻击性的玩具，如玩具枪、士兵模型、机器人雕像等。与女孩有关的玩具往往与外表有关。这些可以采取可定制的玩偶、饰品、珠宝和化妆品等形式。然而，特定类型的玩具可以同时吸引男孩和女孩。男孩和女孩都喜欢空间和构造玩具，比如乐高和拼图。一般来说，孩子们都有创造力，所以一套这样的创造性工具的玩具，无论性别，所有的孩子都会喜欢。

2. 过去流行的玩具和现在流行的玩具有什么不同?

在过去，最受欢迎的玩具往往是动作人偶和其他类似的模型。如果这些玩具是由特定的特许经营品牌，那么这种受欢迎程度通常会提高。例如，《星球大战》的动作玩偶在 70 年代和 80 年代非常受欢迎，其中一些至今仍在网上以高价出售。然而，如今的孩子越来越多地上网，而且基本上对玩实体玩具不太感兴趣。如今最流行的玩具是电子游戏，可以通过电子游戏机或智能手机玩。然而，像乐高这样的玩具至今仍深受孩子们的喜爱。

3. 孩子们喜欢玩家居用品吗?

通常来说，小孩子对这个世界充满了好奇心，因此对于孩子来说，生活中的任何东西都可以是他们的玩具。包括常见的居家用品。比起玩具，他们甚至对一个电视遥控器更感兴趣。因为他们看到大人总在使用遥控器，这会让他感到好奇。即使他们不知道这件物品的真正用途是什么，他们也可以用自己理解的方式来使用它。一个小孩子，他可以用卫生纸给自己的芭比娃娃做衣服。他可以用拖把当做武器打怪兽。那些价格不菲，号称智力开发的玩具未必适合孩子，他们喜欢玩的才是最好的。

4. 在为孩子选择玩具时，人们应该考虑什么?

为孩子选择玩具时，应考虑多种因素。一个人应该对买到的玩具的内在质量相当有信心，这样它就不会很容易破裂，并呈现窒息的危险。破裂的玩具有可能会割破孩子的皮肤，造成一定的伤害甚至细菌感染。足够小的玩具容易被孩子吞掉，引发窒息的风险。还有一点孩子的玩具必须是彻底地无毒无害的，因为孩子的身体抵抗力非常弱，非常容易收到有害物质的侵害，比如玩具表面上有毒的涂料。所以在为孩子选择玩具时，家长们应该非常慎重。

5. 应该允许孩子们在玩具店选择他们自己的玩具吗?

随着年龄的增长，培养孩子们自己的偏好和个性意识是很重要的。如果孩子能够选择他们自己的玩具，这也将确保他们更专注于玩具本身，从而鼓励更多的创造性和想象力。因此，让孩子从玩具店购买玩具并没有什么坏处。除此之外，成年人对孩子选玩具的干预也应该继续存在，以确保孩子的选择是有道理的和适合孩子年龄的。

6. 一些父母给孩子买很多玩具的原因是什么?

在一些家庭中，父母会为孩子购买比社会平均水平多得多的玩具。有无数的原因可以解释为什么会这样。一些父母可能非常重视玩具作为发展辅助的作用，并为了孩子的普通教育的兴趣，寻求尽可能多的给予他们的孩子。然而，太多的玩具可能会对孩子产生过度的愉悦，因此很多玩具会被弃置不用。另一个常见的，如果不那么令人同意的原因，可能是试图让孩子保持忙碌和自我满足，这样他们就不需要父母的关注。

5：想买给朋友的礼物

1. What do people need to consider when buying a gift for another person?

There are a number of factors one can consider in picking out the best gift possible for a person. Firstly, one might look to the recipient's personal life to see if there is anything practical they might need. For example, if a household appliance of theirs has recently broken, presenting them with a replacement would make for not only a useful, but thoughtful gift. Secondly, it is worth considering the interests and passions of the person in question. There is no point in purchasing them a present that they would have no interest in. If all else fails, one can simply ask the person what they would like as a gift.

2. What are some things that are difficult to choose for other people?

Items which carry with them a high degree of individuality are often very hard to buy for other people. Clothes for instance require an in-depth knowledge of the recipient's personal style when attempting to buy for them. This same difficulty can be extended to toiletries such as perfumes, colognes, and body washes, which are also intensely personal items valued by one's own preference. It can also prove difficult to buy media items such as books and films for people, as this requires not only a similar understanding of a person's interests and tastes, but also a knowledge of which books they have already read and which films they have previously watched.

3. Do parents sometimes buy too many gifts for their children?

It is prevalent within wealthier families for parents to buy their children too many presents. This can lead to children becoming "spoilt", where an abundance of material possessions is normalised to the extent that a child is not able to appreciate what they have. Too many toys can also overstimulate a child, causing them to become more easily distracted. Though the parents likely have their children's best interests at heart, and wish only to express their love for their children, the end result of buying too many gifts is ultimately harmful for a child's development.

4. On what occasions is it important to give gifts?

Large functions commemorating life events are almost always suitable occasions to give gifts. For weddings in particular, it is expected that every guest attending brings a gift along with them for the newlyweds. In addition to weddings, graduation ceremonies provide opportunities for gifting. In this instance, parents will typically purchase an extravagant present for their graduating child in celebration of the completion of their degree. Traditional holidays also provide an impetus for gift giving. Most famously, during the Chinese Lunar New Year, people will purchase a variety of gifts to present to their friends and family members.

5. Is there too much pressure to give expensive gifts on special occasions?

The societal pressure to give costly presents can sometimes be immense. In some cases, this pressure might cause anxiety in people shopping for gifts, which only serves to make the process more difficult. Compounding this fact is the unfortunate reality that some people consider the price of a gift as representative of their own wealth and success, and so will attempt to purchase more expensive presents in order to reflect better on themselves. This has the effect that people will feel guilty and ashamed if they do not spend at least a certain amount of money on a gift for someone.

6. In what ways might buying and giving gifts change in the future?

Today, it is not uncommon for people to purchase gifts online and have them delivered directly to the recipient's address. This differs from how gifts have traditionally been exchanged, in which the giver would buy and prepare the gift themselves to present to the giftee. As the world is becoming increasingly digitised, it may well be that

buying physical presents for someone as a gift will become a rarer and rarer occurrence. Whenever an occasion presents itself, one can instantly transfer to the recipient digital content, currency, or gift experiences as presents without having to meet face to face or even leave the house.

1. 当给别人买礼物时，人们需要考虑什么？

在为一个人挑选最好的礼物时，有很多因素可以考虑。首先，你可以看看收礼人的个人生活，看看是否有他们可能需要的实用东西。例如，如果他们的家用电器最近坏了，给他们一个替代品不仅是一个有用的，而且是一个深思熟虑的礼物。其次，这是值得考虑的利益和爱好的个人问题。给他们买一件他们不感兴趣的礼物是没有意义的。如果以上方法都不奏效，你可以简单地问对方想要什么样的礼物。

2. 哪些事情对其他人来说是很难选择的？

带有高度个性的物品通常很难给别人买到。例如，在买衣服时，需要深入了解收礼人的个人风格。同样的困难也可以扩展到化妆品，如香水、古龙水和沐浴露，这些也是个人喜好所看重的个人物品。此外，购买书籍和电影等媒体产品也很困难，因为这不仅需要对一个人的兴趣和品味有类似的了解，而且还需要了解他们已经读过哪些书，看过哪些电影。

3. 父母有时会给孩子买太多的礼物吗？

在富裕家庭中，父母给孩子买太多礼物的现象很普遍。这可能导致孩子们被"宠坏"，大量的物质财富被正常化，以至于孩子们无法欣赏他们所拥有的东西。太多的玩具也会过度刺激孩子，使他们更容易分心。虽然父母很可能把孩子的利益放在心上，只希望表达他们对孩子的爱，但买太多礼物的最终结果对孩子的发展是有害的。

4. 在什么情况下送礼是重要的？

纪念人生大事的大型活动通常都是送礼的合适场合。特别是在婚礼上，每位参加婚礼的宾客都应该为新婚夫妇带来一份礼物。除了婚礼，毕业典礼也提供送礼的机会。在这种情况下，父母通常会为即将毕业的孩子购买一份奢侈的礼物来庆祝他们完成学位。传统节日也为送礼提供了动力。最著名的是，在春节期间，人们会购买各种各样的礼物送给他们的朋友和家人。

5. 在特殊场合送昂贵的礼物是否压力太大？

赠送昂贵礼物的社会压力有时是巨大的。在某些情况下，这种压力可能会使人们在购买礼物时感到焦虑，这只会使购买过程更加困难。不幸的是，有些人认为礼物的价格代表了他们自己的财富和成功，因此会试图购买更昂贵的礼物，以更好地体现他们的虚荣心。如果人们不花至少一笔钱给别人买礼物，他们就会感到内疚和羞愧。

6. 未来买礼物和送礼物会在哪些方面发生变化？

今天，人们在网上购买礼物并直接送到收件人的地址是很常见的。这与传统上交换礼物的方式不同，在传统上，送礼者会自己购买并准备礼物送给受赠人。随着世界越来越数字化，给别人买实物礼物可能会越来越少。无论什么时候，只要有机会，人们就可以立即将数字内容、货币或礼物体验作为礼物传递给接受者，而无需面对面，甚至无需离开房子。

6：帮助你学外语的事情

1. What are the most difficult things about learning a new language?

The most difficult things about learning a new language are the time requirements and staying committed. Learning a new language is a very difficult and time-consuming process. To learn a new language effectively, a student should spend at least a few hours each day doing some form of language learning or practice. This is a large ask for most people and often dedicating enough time can be very tricky. Moreover, as progress is quite slow with learning a new language, it is easy for people to become discouraged and lose their commitment to learning the language. Therefore, the most difficult things about learning a new language are the time required and keeping your commitment.

2. How easy it is for younger and older people to learn a language?

It is far easier for younger people to learn a new language than it is for older people. This is because for one, younger people generally have more free time to commit to learning languages, and also because younger people's minds are more malleable. Older people tend to have a lot of responsibilities and commitments which do not leave them with a lot of free time, language acquisition is a very time-consuming process, so this leaves them at a disadvantage. Furthermore, older people's minds are set in their ways and less malleable, this makes the process of learning new things more difficult for them.

3. What are the best ways of learning a language?

Personally, I hold the opinion that the best way of learning a new language is immersion. Traditionally, immersive learning would require someone to move to a foreign country, so they are surrounded by the foreign language and have to use it all the time. Not everyone is in a position where they can just move to a new country, but nowadays there are other ways to get an immersive language experience. The simplest of these is to watch foreign TV, i.e. American TV dramas in the English language. You can also listen to foreign music, find interesting foreign podcasts and there are even apps that let you listen to scripted foreign conversations. I think the best way of learning a new language is by surrounding yourself with it.

4. What are the benefits of learning a foreign language?

There are many benefits of learning a foreign language, but I think the best two are experiencing new culture and improving job opportunities. On the one hand, by learning a new language you open yourself up to a whole new world of culture. You can learn about, and experience, a foreign place's music, television, and cinema. Moreover, if you visit that country, you can experience even more, such as new foods and drinks. On the other hand, speaking multiple languages, especially important international languages, provides you with many high paying job opportunities. This is clearly a very attractive benefit to learning a foreign language.

5. Is speaking other languages more important today than it used to be in the past?

I would argue that speaking other languages is more important today than it used to be in the past. We live in a highly connected globalized modern world. No country stands alone, we are all connected by trade, tourism, and politics. Therefore, it is more useful than ever to be able to speak other languages. The chances of you coming into contact with a foreigner are far higher today than they used to be in the past. It is for this reason that I believe speaking other languages is far more important today than it used to be in the past.

6. How may learning a new language change people's view of their own society?

Learning a new language sometimes has the potential to change people's view of their own society in a positive way.

When you learn a foreign language, it allows you to discover a whole new culture and way of life. Often it is only by seeing a different way of life that we start to appreciate what is special about our own. Many aspects of our own culture and society are often taken for granted and we do not realise that they are special and unique. It is good to recognize what is special and unique to your own culture and society, and this can be encouraged by learning a new language and experiencing a different world.

中文思路：

1. 学习一门新语言最困难的事情是什么？

学习一门新语言最困难的事情是需要花费的时间和保持专注。学习一门新的语言是一个非常困难和耗时的过程。为了有效地学习一门新语言，学生应该每天至少花几个小时进行某种形式的语言学习或练习。这对大多数人来说都是一个很大的要求，而且往往需要投入足够的时间。此外，由于学习一门新语言的进展相当缓慢，人们很容易气馁，失去学习语言的决心。因此，学习一门新语言最困难的事情是所需的时间和坚持不懈。

2. 年轻人和老年人学习一门语言有多容易？

年轻人学习一门新语言要比老年人容易得多。这是因为，年轻人通常有更多的自由时间来学习语言，也因为年轻人的思维更具可塑性。老年人往往有很多责任和承诺，这使他们没有很多空闲时间，语言习得是一个非常耗时的过程，所以这使他们处于不利地位。此外，老年人的思维方式是固定的，可塑性较差，这使得他们学习新事物的过程更加困难。

3. 学习一门语言的最好方法是什么？

就我个人而言，我认为学习一门新语言的最好方法是浸入式学习。传统上，沉浸式学习需要一个人搬到国外，所以他们被外语包围，必须一直使用它。不是每个人都可以搬到一个新的国家，但现在有其他的方式来获得沉浸式的语言体验。其中最简单的就是看外国电视，也就是英语美剧。你还可以听外国音乐，找到有趣的外国播客，甚至还有一些应用程序可以让你听脚本化的外国对话。我认为学习一门新语言最好的方法就是让自己置身于它的环境中。

4. 学习一门外语的好处是什么？

学习一门外语有很多好处，但我认为最好的两个是体验新的文化和增加就业机会。一方面，通过学习一门新的语言，你将自己打开一个全新的文化世界。你可以了解并体验异国的音乐、电视和电影。此外，如果你访问那个国家，你可以体验更多，如新的食物和饮料。另一方面，会说多种语言，尤其是重要的国际语言，会为你提供很多高薪的工作机会。这显然是学习一门外语的一个非常有吸引力的好处。

5. 现在讲其他语言比过去更重要吗？

我认为说其他语言在今天比过去更重要。我们生活在一个高度互联、全球化的现代世界。没有一个国家是孤立的，我们都通过贸易、旅游和政治联系在一起。因此，能够说其他语言比以往任何时候都更有用。今天你与外国人接触的机会比过去要高得多。正是由于这个原因，我认为说其他语言在今天比过去重要得多。

6. 学习一门新语言会如何改变人们对社会的看法？

学习一门新的语言有时有可能以一种积极的方式改变人们对社会的看法。当你学习一门外语时，它会让你发现一种全新的文化和生活方式。通常，只有看到不同的生活方式，我们才会开始欣赏自己的特别之处。我们自己的文化和社会的许多方面经常被认为是理所当然的，我们没有意识到它们是特别的和独特的。学习一种新的语言和体验一个不同的世界可以鼓励你，认识到你自己的文化和社会的独有的和特殊的地方。

7：特殊的蛋糕

1. When do people eat special types of food in…/your country?

The most common times when people eat special types of food in my country are either during public holidays or during personal special occasions. For the former, we have a whole array of special foods we eat during different public holidays such as dumplings during the spring festival or mooncakes during the mid-autumn festival. Furthermore, many regions have their own special foods they will eat during the festivals that are special to that region. For the latter, there are a few special foods that are used to celebrate personal special occasions such as birthday cakes and wedding cakes.

2. Do you think food for special occasions should be different from everyday food?

I think food for special occasions should be different from everyday food. During special occasions we want things to be memorable and exciting. Therefore, we will often have very extravagant or expensive foods at times like these. To eat foods like this every day would be very time consuming and cost a lot of money. Everyday foods should be things that are sustainable to make or purchase every day and not take many hours to prepare! On special occasions, we want to do something different to mark the occasion, this is why time consuming or expensive foods make sense.

3. Why do some people spend a lot of time on food for special occasions?

Some people spend a lot of time on food for special occasions because these occasions are rare, so it is important to put in a lot of effort. Most of the time, important special occasions only occur once a year, such as with birthdays and public holidays. In certain cases, some special occasions may only occur once in a lifetime, such as with a wedding. Therefore, these are days where people want to eat really good food and make memories. It is for this reason that sometimes people will spend a lot of time on food for special occasions because they want to ensure the food is brilliant.

4. What is the importance of meals as an opportunity for families to communicate?

Meals can be an incredibly important opportunity for families to communicate. In daily life, meals are a time when the family come together around the table and spend time with each other all in the same place. On certain days it may be the only time when all the family are together, this makes it a very important time for families to communicate and express things to each other. Moreover, during big special occasions, meals are often used to celebrate with the extended family. So, large meals during celebrations are good ways to communicate for family members who do not see each other often.

5. Why do some people not cook as much now as people did in the past?

I think some people do not cook as much now as people did in the past because people are very busy nowadays. In the modern world, people must work very hard. In most instances, multiple people in a single household will have a full-time job. With their work commitments, social commitments, and time needed for rest and relaxations, many people do not have the time to cook for themselves all of the time. This means it is becoming far more popular for people to order food to be delivered or buy food from a vendor when they are out. Therefore, busy work lives are the reason some people do not cook as much now as people did in the past.

6. Is there more good food available now than in the past?

Personally, I think there is more good food available now than in the past. For one, most of the food from the past, or at least the recent past, still exists today and can be found easily in restaurants and supermarkets. Furthermore,

many new foods are available now that weren't available in the past. For example, many talented chefs are always innovating and inventing new dishes, so there are a lot of new exiting foods on offer. Furthermore, in the new globalized world many foreign foods are becoming available in China as well. In large cities it is now possible to get Italian pizza and pasta, which is very exciting! So, I would say there is more good food available now than in the past.

中文翻译：

1. 在…/你们国家，人们什么时候吃特殊类型的食物?

在我的国家，人们吃特殊类型的食物的最常见时间要么是在公共假日，要么是在个人的特殊场合。对于前者，我们有一系列特殊的食物，我们在不同的公共假期吃，如春节期间的饺子或中秋节期间的月饼。此外，许多地区都有他们自己的特殊食物，他们会在节日期间吃，这是该地区特有的。对于后者，有一些特殊的食物是用来庆祝个人的特殊场合，如生日蛋糕和结婚蛋糕。

2. 你认为特殊场合的食物应该和日常食物不同吗?

我认为特殊场合的食物应该与日常食物不同。在特殊的场合，我们希望事情是难忘的和令人兴奋的。因此，在这样的时候，我们经常会吃到非常奢侈或昂贵的食物。每天都吃这样的食物，既费时又费钱。日常食物应该是每天都可以制作或购买的可持续食品，而且不需要花费很多时间来准备!在特殊的场合，我们想做一些不同的事情来纪念这个场合，这就是为什么花费时间或昂贵的食物是有意义的。

3. 为什么有些人花很多时间在特殊场合的食物上?

有些人花很多时间在特殊场合的食物，因为这些场合很少，所以花很多精力是重要的。大多数时候，重要的特殊场合一年只出现一次，比如生日和公共假日。在某些情况下，一些特殊的场合可能一生只发生一次，比如婚礼。因此，在这些日子里，人们想要吃到真正好的食物，制造回忆。正是因为这个原因，有时人们会在特殊场合花很多时间在食物上，因为他们想确保食物是美味的。

4. 作为家庭交流的机会，吃饭的重要性是什么?

吃饭对于家人来说是一个非常重要的交流机会。在日常生活中，吃饭是家人聚在一起围坐在桌子旁，在同一个地方共度时光的时刻。在一些特定的日子里，它可能是唯一的时间，所有的家庭成员都在一起，这使得它成为一个非常重要的时间，家人交流和表达彼此的东西。此外，在重大的特殊场合，吃饭通常用来与大家庭庆祝。所以，在庆祝活动期间的大餐是不经常见面的家庭成员交流的好方法。

5. 为什么有些人现在不像过去那样经常做饭?

我认为现在有些人不像过去那样做饭了，因为人们现在很忙。在现代世界，人们必须努力工作。在大多数情况下，一个家庭中的多人都有一份全职工作。由于他们的工作、社会责任以及休息和放松所需的时间，许多人并不总是有时间为自己做饭。这意味着人们外出时点外卖或从小贩那里购买食物变得越来越流行。因此，忙碌的工作生活是一些人不像过去那样做饭的原因。

6. 现在有比过去更多的好食物吗?

就我个人而言，我认为现在比过去有更多的好食物。首先，大多数过去的食物，或者至少是最近的食物，今天仍然存在，可以很容易地在餐馆和超市里找到。此外，许多过去没有的新食物现在也有了。例如，许多有才华的厨师总是创新和发明新的菜肴，所以有很多新的食物提供。此外，在新的全球化的世界里，许多外国食品在中国也变得可以买到。在大城市，现在可以吃到意大利披萨和意大利面，这非常令人兴奋!所以，我认为现在比过去有更多的好食物。

8：修复的坏物件

1. What are the kinds of things people can easily repair themselves?

Some of the things that people can easily repair themselves are simple items that do not have complicated technology. For example, things made out of wood are normally quite simple to repair. If a chair or a door is damaged, any competent person could repair it with the help of a training manual or some instructional videos on the internet. In a similar way, it is very simple to repair broken clothing if you teach yourself basic sewing skills. There are many things that one can repair without difficulty if you have the skills required.

2. When it is better to ask an expert to repair something?

It is better to ask an expert to repair something when the item in question has very complicated parts or if it is very expensive. A good example of this is a fancy watch. On the one hand, fancy watches have a lot of intricate parts and mechanisms that require a very specialist knowledge to be able to repair. Most common people would not know the first thing when it comes to watch repair. On the other hand, some watches are very expensive and may have a lot of sentimental value as well, therefore, it is important items like this are repaired by professionals so that nothing goes wrong in the process.

3. Why it is sometimes not a good idea to pay for a repair?

There are certain situations in which it is sometimes not a good idea to pay for a repair. The most common of these is with items that are likely to break again and again after they break once! My mother used to say this was true about dishwashers and washing machines. The idea is that for items like this, after they break once they will keep breaking every few months and sometimes even more frequently. This means that you quickly end up spending more in repairs than it would have cost you to buy a completely new one in the first place. So, for items like this, it is sometimes not a good idea to pay for a repair.

4. Were products better quality in the past?

I am of the opinion that products were better quality in the past. In the past there were far fewer companies and fewer manufacturers of goods. Therefore, poor quality products did not last long because word would spread, and people would stop buying things from that company or manufacturer. Nowadays, with the rise of ecommerce and online selling platforms there are far more companies selling products than ever before. This means it is a lot easier for companies to sell poor quality products. Even if they receive bad reviews for their products, there are enough buyers online that their products will still sell. So, I think products were better quality in the past.

5. Do you think some companies only intend for their products to last for a short time?

There are many companies nowadays that only intend for their products to last for a short time. A very major example of this are international phone companies such as Apple. These companies want their consumer base to keep purchasing the latest and most expensive phones on the market. Therefore, they build the phones so that after a year or so they stop working so well and become very slow. This is a process called planned obsolescence and I think it is a very immoral business practice, though technically it is not illegal. However, I think if you spend a lot of money on a product it should last a long time.

6. Are luxury brands always better quality than cheaper brands?

I do not think luxury brands are always better quality than cheaper brands. In most cases, luxury brands are good quality because they have a reputation they must maintain, and in contrast cheaper brands are lower quality because they cannot afford good materials. However, it is often the case that luxury brands get greedy and lazy. They know

people will purchase luxury brands because they are a social status symbol even if the quality is not great. Also, some cheaper brands are able to produce very high quality and well-made products which do not cost a fortune. So, the answer to whether luxury brands or cheaper brands is better quality is not always clear.

中文翻译：

1. 什么东西人们可以很容易地自己修复?

人们可以很容易地自己修复的一些东西是简单的东西，不需要使用复杂的技术。例如，用木头做的东西通常很容易修复。如果一把椅子或一扇门损坏了，任何有能力的人都可以借助培训手册或互联网上的教学视频来修复它。同样，如果你自学一些基本的缝纫技巧，修补破损的衣服也很简单。如果你具备所需的技能，有许多东西可以毫无困难地修复。

2. 什么时候最好请专家来修理东西?

当有问题的东西零件非常复杂或非常昂贵时，最好请专家来修理。一个很好的例子就是一款高档手表。一方面，高档手表有许多复杂的零件和机械装置，需要非常专业的知识才能修理。大多数普通人都不知道修理手表的需要先做什么。另一方面，一些手表非常昂贵，可能也有很多情感价值，因此，重要的是，像这样的项目维修专业人士，以确保在过程中不会出现任何问题。

3. 为什么有时候花钱修理不是一个好主意?

在某些情况下，花钱修理有时不是一个好主意。其中最常见的是那些在一次打碎之后可能会一次又一次打碎的东西!我妈妈曾经说过，洗碗机和洗衣机就是这样。这个想法是，像这样的东西，一旦坏了，它们每隔几个月就会坏一次，有时甚至更频繁。这意味着你很快就会花更多的钱在维修上，而不是买一个全新的。所以，对于这样的物品，有时花钱修理不是一个好主意。

4. 过去的产品质量更好吗?

我认为过去的产品质量好一些。在过去，公司和制造商的数量要少得多。因此，质量差的产品不会持续很长时间，因为消息会传播，人们会停止购买该公司或制造商的东西。如今，随着电子商务和在线销售平台的兴起，销售产品的公司比以往任何时候都多。这意味着公司销售劣质产品要容易得多。即使他们的产品得到了不好的评价，网上也有足够多的买家，他们的产品仍然会销售。所以，我认为过去的产品质量更好。

5. 你认为有些公司只打算让他们的产品使用很短的时间吗?

现在有许多公司只打算让他们的产品维持很短的时间。一个非常重要的例子就是像苹果这样的国际电话公司。这些公司希望他们的消费者继续购买市场上最新和最昂贵的手机。因此，他们制造手机的目的是在一年左右的时间里，它们停止工作，变得非常慢。这是一个被称为"计划性报废"的过程，我认为这是一种非常不道德的商业行为，尽管从技术上讲这并不违法。然而，我认为如果你花了很多钱在一个产品上，它应该会使用很长时间。

6. 奢侈品牌总是比便宜品牌质量好吗?

我不认为奢侈品牌总是比便宜品牌质量更好。在大多数情况下，奢侈品牌质量好是因为它们必须维护声誉，相比之下，廉价品牌质量较低，因为它们负担不起好的材料。然而，奢侈品牌往往变得贪婪和懒惰。他们知道人们会购买奢侈品牌，因为它们是社会地位的象征，即使质量不高。此外，一些便宜的品牌能够生产出高质量和制作精良的产品，而不需要花很多钱。因此，奢侈品牌和廉价品牌的质量孰优孰劣的答案并不总是明确的。

9：别人告诉你的故事

1. What kinds of children's stories are popular in…/your country?

In my country, the most popular types of children's stories are silly fanciful stories, usually containing magical elements like talking animals. In fact, I would say most children's books I have encountered in my life have been about talking animals or cute cuddly animals. I think this is because children like silly stories that are not serious or difficult to understand. A story about a talking pig or a talking tiger is very fun and exciting to most young children. So, these are the types of children's stories that are popular in my country.

2. What stories do younger children and older children like?

I think younger children like silly and absurd stories that are fun but not too complicated while in contrast older children prefer something that is a little more serious with a more complex plot. So, while young children like silly stories about talking animals and wild adventures, older children like stories with more realistic plots and complex characters. This is because older children have more developed brains and are more aware of the reality of the world. Therefore, they no longer find silly stories entertaining, but just ridiculous. I think this is the reason why the types of stories younger children and older children like are so radically different.

3. Why do children like listening to stories?

Children like listening to stories because they have very powerful imaginations. When a child listens to a story their mind is filled with powerful images and incredible scenes of what they are listening to. This is very exciting for a child and trains their imagination which has been proven to improve their performance in many areas of education. In contrast to reading the stories for themselves, listening to stories is relaxing and does not require too much energy. This is why many children like having stories read to them before they go to sleep. Overall, I believe it is the powerful imaginations children possess that lead them to like listening to stories.

4. How is technology used in storytelling today?

There are many different forms of technology that are used to facilitate storytelling nowadays. One example would be new technologies that assist parents and children in the act of storytelling. This could be things as simple as reading lights to help parents read stories to their children when it is late, and the lights are off. On the other hand, there are many new innovative technologies that are used in story telling today. There are many podcasts and radio shows that have professional voice actors read stories to kids in a captivating and wonderful way. This is very helpful for parents because it eases the burden on them for looking after their children. In fact, there are even apps nowadays which can read stories to children.

5. What are the benefits of using technology in storytelling?

There are many benefits of using technology in storytelling. On the one hand, many forms of technology make storytelling a far more immersive and entertaining experience. There are podcasts and radio shows in which professional voice actors read stories in an enthralling and captivating way. It is also possible to use technology to pair storytelling with atmospheric music or with exciting visual elements. On the other hand, these technologies also make it easier to enjoy storytelling. The responsibility is no longer on the parent to create an exciting and entertaining experience for their children. They can use apps and technology to take the burden off them and give their children a great experience.

6. Is reading stories better for a child's imagination than watching stories on TV/film?

Personally, I think reading stories is better for a child's imagination than watching stories on TV/film. I think this is

because when you read a book it forces you to use your imagination in a far greater way than with TV/film. When reading books, a person will imagine the characters, the settings, the voices and all the elements of the story in their mind, exercising their imagination powerfully. In contrast to this, TV and film do a lot of the imagination work for you. When watching a show on TV, for example, the show creates the scenes, the characters, the sounds, and almost all the elements of the story. This leaves very little to the imagination. So, I think reading stories is better for a child's imagination.

1. 在···/你的国家，什么类型的儿童故事流行？

在我的国家，最流行的儿童故事类型是傻傻的幻想故事，通常包含魔法元素，如会说话的动物。事实上，我想说我一生中遇到的大多数儿童书籍都是关于会说话的动物或可爱的动物。我认为这是因为孩子们喜欢不严肃、不难懂的傻傻的故事。一个关于一只会说话的猪或一只会说话的老虎的故事对大多数孩子来说是非常有趣和兴奋的。这些是在我们国家很流行的儿童故事类型。

2. 小孩子和大一点的孩子都喜欢什么故事？

我认为年幼的孩子喜欢傻傻的和荒谬的故事，这些故事很有趣，但不要太复杂，相反，大一点的孩子更喜欢一些更严肃、情节更复杂的故事。所以，年幼的孩子喜欢会说话的动物和野外冒险等愚蠢的故事，而大一点的孩子喜欢情节更现实、人物更复杂的故事。这是因为年龄较大的孩子大脑更发达，对现实世界的认知也更强。因此，他们不再觉得傻傻的故事有趣，而是觉得可笑。我想这就是为什么小孩子喜欢的故事类型和大孩子喜欢的故事类型截然不同的原因。

3. 孩子们为什么喜欢听故事？

孩子们喜欢听故事，因为他们有非常强大的想象力。当一个孩子听一个故事时，他们的脑海中充满了强有力的图像和令人难以置信的场景。这对孩子来说是非常令人兴奋的，它锻炼了他们的想象力，这是已经被证明可以提高他们在许多教育领域的表现。与自己读故事相反，听故事是一种放松，不需要太多的精力。这就是为什么很多孩子喜欢在睡觉前听故事。我认为是孩子们强大的想象力导致他们喜欢听故事。

4. 如今，技术是如何应用于讲故事的？

现在有许多不同形式的技术被用来促进讲故事。帮助父母和孩子讲故事的新技术就是一个例子。这可以是像阅读灯一样简单的事情，帮助父母在天黑、关灯的时候给他们的孩子读故事。另一方面，现在有许多新的创新技术被用于讲故事。有很多播客和广播节目都有专业的配音演员以一种迷人而美妙的方式给孩子们读故事。这对父母来说是很有帮助的，因为它减轻了他们照顾孩子的负担。事实上，现在甚至有应用程序可以给孩子们读故事。

5. 在讲故事中使用技术有什么好处？

在讲故事中使用技术有很多好处。一方面，许多形式的技术使得讲故事更具有沉浸感和娱乐性。在播客和广播节目中，专业配音演员以一种迷人的方式朗读故事。还可以使用技术将讲故事与有气氛的音乐或令人兴奋的视觉元素结合起来。另一方面，这些技术也让讲故事变得更容易。父母的责任不再是为他们的孩子创造令人兴奋和娱乐的体验。他们可以使用应用程序和技术来减轻他们的负担，并给他们的孩子一个很棒的体验。

6. 对孩子的想象力来说，读故事比看电视或电影更好吗？

就我个人而言，我认为读故事比看电视或电影更有利于孩子的想象力。我认为这是因为当你读一本书时，它会迫使你以一种比看电视或电影更大的方式来发挥你的想象力。一个人在读书时，会在脑海中想象故事中的人物、场景、声音和所有的元素，从而有力地锻炼自己的想象力。与此相反，电视和电影为你提供了大量的想象工作。例如，当观看电视节目时，节目创造了场景、角色、声音和几乎所有的故事元素。这给人们留下了很少的想象空间。所以，我认为读故事对孩子的想象力更好。

10：理想之家

1. What are the most popular types of homes where you live?

I live in a large city that has a relatively dense population compared to a lot of smaller towns and villages in the countryside, therefore, the most popular types of home where I live are apartments. Most people in the city cannot afford to purchase their own homes, and even if they could there is not enough space in the city for everyone to build a large grand house. Therefore, it is more efficient and sensical to supply high-rise buildings with lots of apartments that go high into the sky. Most of the time, these apartments are quite nice and the views they have of the city are incredible. So, the most popular types of home where I live are apartments.

2. Do young and old people like the same types of houses/apartments?

I do not think young and old people like the same types of houses and apartments. I think this is because young and old people grew up with very different expectations of what sorts of places they wanted to live in when they were adults. For example, older people are less interested in apartments in high rise buildings, but they are also more content with simpler types of accommodation. In contrast to this, most young people are very accepting of apartments in high rise buildings, but they also want high tech advanced accommodation with a lot of features and gadgets. So, I believe old people and young people like different types of houses and apartments.

3. What are disadvantages of living in an apartment compared with with living in a house?

The main disadvantages of living in an apartment compared with living in a house is lack of space. On average, most apartments are quite small, and they do not have a lot of rooms. Most apartments are designed to supply all the basic needs without any superfluous rooms. Therefore, apartments can be difficult for large families to live in or people who own a lot of stuff. Furthermore, most apartments do not have gardens as many of them are not on the ground floor. This makes apartments unsuited for owning many different types of pets that need space outdoors. Therefore, the biggest differences of living in an apartment compared with living in a house is lack of space and no outdoors area.

4. Do people in…/your country generally rent or buy their home?

Nowadays it is becoming the norm for people to rent their home, especially in urban areas which is where the majority of the population lives. For quite some time, it was very conventional for Chinese families to have a family home that was owned by the family. However, with the recent boom of housing development that has occurred in China things are starting to change. It is much more common nowadays for people to rent accommodation long term, however, in many cases the rent prices are so reasonable that it is much cheaper to rent than to buy a house!

5. What are the advantages and disadvantages of owning a home?

There are quite a few advantages and disadvantages of owning a home. On the one hand, the advantages are that you do not have to pay rent on the home and the property belongs to you and your family. This means there will always be a place for you and your family to live which you can pass down through the generations which is a significant advantage to owning a home. On the other hand, owning a home comes with many responsibilities. When you are renting a property, if there are any major issues such as problems with the boiler or the electricity, then these problems are the responsibility of the landlord to fix and to pay for. When you own the property yourself, it becomes your responsibility to fix these things which can result in a lot of stress and pressure.

6. Should governments be responsible for ensuring there is enough housing for the population to buy?

It is my opinion that it is the responsibility of the government to ensure that there is enough housing for the

population to buy. The government has a duty of care to its citizens, and it is important to make sure the citizens of your country have enough housing. Every citizen pays a lot of money to the government in tax, this tax is meant to be used for the development of infrastructure in the country, among other things. One of the most important forms of infrastructure is housing. If the government does not take responsibility for suppling housing for the population, then there will be a significant rise in homelessness which will be a huge drain on the country and cause a lot of problems.

1. 你居住的地方最受欢迎的房子类型是什么?

我住在一个相对于农村的许多小城镇和村庄来说，人口相对密集的大城市，因此，我住的地方最受欢迎的房子类型是公寓。城市里的大多数人买不起自己的房子，即使他们买得起，城市里也没有足够的空间让每个人建造一个大房子。因此，为高层建筑提供大量高层公寓是更有效和合理的。大多数时候，这些公寓都很不错，而且他们所拥有的城市景观令人震惊。所以，我住的地方最受欢迎的房子类型是公寓。

2. 年轻人和老年人喜欢相同类型的房子/公寓吗?

我认为年轻人和老年人不喜欢同样类型的房子和公寓。我认为这是因为年轻人和老年人在长大成人后对他们想要生活的地方有着非常不同的期望。例如，老年人对高层建筑的公寓不太感兴趣，他们也更满足于简单的住宿类型。与此相反，大多数年轻人非常接受高层建筑的公寓，但他们也想要高科技先进的住宿，有很多功能和设备。所以，我认为老年人和年轻人喜欢不同类型的房子和公寓。

3. 和住在房子里相比，住在公寓里有什么缺点?

与住在房子里相比，住在公寓里的主要缺点是空间不足。平均来说，大多数公寓都很小，没有很多房间。大多数公寓都是为满足人们的基本需求而设计的，没有多余的房间。因此，对于大家庭或拥有很多东西的人来说，公寓可能很难住。此外，大多数公寓都没有花园，因为很多花园都不在一楼。这使得公寓不适合拥有许多需要户外空间的不同类型的宠物。因此，与住在房子里相比，住在公寓里最大的区别是缺乏空间和没有户外区域。

4. /你们国家的人一般是租房还是买房?

如今，租房已成为人们的常态，特别是在城市地区，这是大多数人口居住的地方。在相当长的一段时间里，中国家庭拥有自己的房子是非常传统的。然而，随着中国最近出现的房地产开发热潮，情况开始发生变化。现在人们长期租房的情况已经很普遍了，然而，在很多情况下，租金都很合理，所以租房比买房便宜多了!

5. 拥有一个房子的优点和缺点是什么?

拥有一个房子有相当多的优点和缺点。一方面，好处是你不用付房租，房子属于你和你的家人。这意味着你和你的家人总有一个地方住，你可以传给几代人，这是拥有一个房子一个重要的优势。另一方面，拥有一个家意味着很多责任。当你租房子的时候，如果有任何重大的问题，比如锅炉或电力问题，那么这些问题是房东的责任来解决和支付。当你拥有自己的财产时，修理这些东西就成了你的责任，这会导致很多的压力。

6. 政府应该负责确保有足够的住房供人们购买吗?

我的观点是，确保有足够的住房供人们购买是政府的责任。政府对本国公民有责任，确保本国公民有足够的住房是很重要的。每个公民都要交很多钱给政府，这些钱是用来发展国家的基础设施的。最重要的基础设施形式之一是住房。如果政府不承担为人口提供住房的责任，那么无家可归的人将显著增加，这将是国家的巨大消耗，并造成许多问题。

11：待在一个新地方

1. How do most children feel on their first day at a new school?

Most children feel very nervous on their first day at a new school because everything around them is new to them. A new classroom, new classmates and teachers will make children feel uncomfortable. I believe everyone tends to stay in familiar surroundings, and the unfamiliar can be scary. Of course, some children are likely to be depressed because they are still immersed in the holiday! After all, compared with going to school, holidays are relaxing and pleasant. They can sleep until noon and play freely as long as their homework is done. Back-to-school means the happy holidays are over, but they need a little time to wake up from them.

2. What are the reasons why many students move to a new city or country to study?

I think many students move to a new city or country to study because they want to start a new chapter in their lives. By the time teenagers are entering university, they usually prefer to go to a new city. After all, they had lived in the same city for at least 18 years, from birth to high school. Young students prefer to pursue novelty and excitement, everything in their hometown is too familiar, which feels boring to them. Not only that, moving to a whole new city means they are free from parental control. Chinese parents like to interfere in their children's life. Only by distancing themselves from their parents can children have the life they want.

3. What difficulties can people have when they start working at a new company?

Some difficulties people can have when they start working at a new company are making social connections and understanding the intricacies of the job. For one, starting work at a new company can be very daunting, especially for people who do not have good social skills. There will be dozens of new people to meet, if not more, and it will be important to develop a good working relationship with all of them. Another difficulty is that there will be a lot of intricate aspects of the job that a new employee must learn. Every company runs in a unique and personal way, and it can be quite difficult to learn all the aspects of a company when you first start there!

4. Why do so many people enjoy travelling to new places?

So many people enjoy travelling to new places because these places offer new and unique cultures which are fun to experience. Travelling is all about discovering things that you cannot find where you grew up. So many people love travelling to new places because there are so many things to discover. There are new landscapes and geographies such as mountain ranges, dense forests, and beautiful oceans. There are new cuisines and foods that are unique to certain countries and sometimes even certain towns! And there is a wealth of history and culture that can be found all over the world. Therefore, people enjoy travelling to new places because it is fun and exciting.

5. It is important to find out a lot about a new place before travelling there?

I do not think it is important to find out a lot about a new place before travelling there. It is true that there are many advantages that come with doing research on a place before you visit there, but that does not make it an important thing to do. There are many people that hold the opinion that one of the reasons to travel to a new place is to experience unexpected and unplanned things. It can be far more exciting to travel to a place with very little knowledge about it and to just see what happens when you are there! You may end up doing things or going to places that you would have never planned to before!

6. Are there any possible negative impacts of frequent international travel to new places?

Frequent international travel does have some downsides. In recent years, the Novel Coronavirus pandemic has occurred globally, with some countries having serious cases. Frequent travel at this time may accelerate the spread of the virus. It also puts you at a much higher risk of contracting the virus. This is very bad for health. In addition, international travel usually requires a lot of money. Visas, air tickets, and hotels are all big expenses. One must have a stable job and income to have the support to travel. Frequent international travel can put a person's finances at risk. If all they do is travel and not work, they are likely to get into debt. I believe such behavior is not beneficial.

1. 大多数孩子在新学校的第一天感觉如何？

大多数孩子在新学校的第一天会感到非常紧张，因为周围的一切对他来说都是陌生的。陌生的教室，陌生的同学和老师，这都会让孩子感到不自在。任何人都倾向于呆在熟悉的环境中，陌生的事物会使人感到恐慌。当然，有些孩子还会感到沮丧，他们还沉浸在假期中。毕竟和上学比起来，假期是轻松愉快的。他们可以睡到中午才起床，只要做完假期作业，孩子们就可以自由自在的玩。开学意味着悠闲的假期已经结束了，但他们需要一点时间从假期中醒过来。

2. 许多学生搬到一个新的城市或国家学习的原因是什么？

我认为很多学生搬到一个新的城市或国家学习，因为他们想要开始他们生活的新篇章。当青少年进入大学的时候，他们通常倾向于选择一个新的城市。毕竟从出生到读完高中，他们已经在同一个城市生活了至少十八年。年轻的学生更喜欢追求新鲜和刺激，家乡的一切都太让人熟悉了，这让他们觉得乏味。不仅如此，搬到一个全新的城市还可以让孩子摆脱父母的控制。中国的父母很喜欢干涉孩子的生活，只有拉开彼此的距离，孩子们才能拥有自己想要的生活。

3. 当人们开始在一家新公司工作时，他们会遇到什么困难？

当人们开始在一家新公司工作时，他们可能会遇到一些困难，比如建立社会关系和理解工作的复杂性。首先，在一家新公司开始工作可能会让人望而却步，特别是对于那些没有良好社交技能的人来说。他们将会有几十个新的人要认识，与他们所有人建立良好的工作关系将是很重要的。另一个困难是，新员工必须学习工作中许多复杂的方面。每个公司都有自己独特的运营方式，当你刚开始在一家公司工作时，了解公司的所有方面是非常困难的！

4. 为什么这么多人喜欢到新的地方旅游？

很多人喜欢到新的地方旅游，因为这些地方提供了新的和独特的文化，这是有趣的体验。旅行就是去发现你在成长的地方没有的东西。很多人喜欢去新的地方旅行，因为有很多东西要发现。这里有新的风景和地理，如山脉、茂密的森林和美丽的海洋。某些国家甚至某些城镇都有独特的美食！这里有着丰富的历史和文化，遍布世界各地。因此，人们喜欢到新的地方旅游，因为这是有趣和令人兴奋的。

5. 在去一个新地方旅游之前，提前了解是否重要？。

我认为在去一个新地方旅游之前对它了解很多是不重要的。的确，在你去一个地方之前做研究会带来很多好处，但这并不是一件重要的事情。有很多人认为，去一个新的地方旅行的原因之一是体验意想不到的和没有计划的事情。去一个对它知之甚少的地方旅行，看看当你在那里会发生什么，会更令人兴奋！你可能会做一些事情或去一些你以前从未计划过的地方！

6. 频繁的国际旅行对新的地方有什么可能的负面影响吗？

频繁的国际旅行确实有一些负面影响。这几年新冠病毒在全球流行，有些国家的疫情非常严重。这时候频繁的旅行可能会加快病毒的传播。同时也让自己感染病毒的风险极速上升。这对健康是非常不利的。另外，国际旅行通常需要大量的钱。签证，机票，酒店都是一比不小的开支。一个人必须有稳定的工作和收入，才有旅行的资本。频繁的国际旅行可能会让一个人的财务状况陷入风险之中。

12：有趣的歌

1.   What are the different types of music popular with young people in…/your country?

There are many different types of music popular with young people in my country. There are millions of people in China, all with their own unique music tastes. There are some that enjoy traditional Chinese music, some that enjoy modern international pop music from America, and even some that enjoy things such as classical western music!

However, I think by far the most popular music with young people in my country is currently Asian pop music, particularly the super groups that make K-Pop and J-Pop music. This type of music is incredibly popular with young people at the moment.

2. Do older people like the same kind of music as young people?

I do not think older people like the same kind of music as young people. Music trends are constantly changing and the music that is popular today will not be the music that is popular in ten years from now. However, most people enjoy the music that was popular when they were young and first became adults. Therefore, most older people enjoy music that was popular when they were young which could be as long as 50 years ago. In contrast to this, most young people will not even listen to music from 50 years ago, let alone enjoy it! Therefore, I think older people and younger people do not enjoy the same type of music.

3. Are the words of a song more important than the music?

Personally, I think the words of a song are often more important than the music. This is a tricky question to answer, because I think both aspects are important to a song. I believe that all songs must have good music to become popular and to be enjoyed by a lot of people. However, many songs with great music can be ruined by having very poorly written lyrics. Furthermore, I think there are many more talented musicians out there than there are talented song writers. Therefore, it is more impressive and exciting when you discover a talented musician that also writes incredibly good lyrics. So, I'd say the words of a song are more important than the music.

4. Why are singing competitions on TV popular in some countries?

I think singing competitions on TV are popular in some countries because almost everybody enjoys music and people also enjoy watching competitions. Singing competitions combine many things that people enjoy and puts it all into one TV show. This is what makes them very popular. When watching singing competitions viewers experience wonderful music and brilliant singing as well as the thrill and entertainment of an exciting competition. Also, musicians are so passionate about making music that the contestants are always very interesting. This is why I think singing competitions on TV are popular in some countries.

5. What is the difference between the experience of going to live concerts and watching concerts on TV.

There is a substantial difference between the experience of going to live concerts and watching concerts on TV. Going to a live concert is an incredible experience, there are so many aspects that contribute to it. For one, you are surrounded by thousands of people who also love the music you are going to see, the energy is incredible. Furthermore, the sound of the music and the lights/effects of the visual performance are far more incredible in person than when you are watching concerts on TV. Really, the two experiences do not compare, going to a live concert is far better than watching it on TV.

6. Does music make films/movies and TV programmes more enjoyable?

I think music makes films and TV programmes more enjoyable. Music has been used in TV and films since the beginning of their creation. In fact, before cameras could pick up audio as well as video, all films were performed to music, for example the films of Charlie Chaplin. Since then, we now use music to complement the original sound in TV and film. There are world renown composers such as Hans Zimmer who have won countless awards for the brilliance of their soundtracks in films and TV shows. I think it is undeniable that music makes films and TV programmes more enjoyable.

中文思路：

1. 在···/你们国家年轻人喜欢的音乐类型有哪些?

在我国有许多不同类型的音乐深受年轻人的喜爱。中国有数百万人，他们都有自己独特的音乐品味。有些人喜欢中国传统音乐，有些人喜欢来自美国的现代国际流行音乐，甚至有些人喜欢西方古典音乐!然而，我认为目前在我国年轻人中最受欢迎的音乐是亚洲流行音乐，特别是创造 K-Pop 和 J-Pop 音乐的超级组合。这种类型的音乐现在非常受年轻人的欢迎。

2. 老年人和年轻人喜欢同一种音乐吗？

我认为年纪大的人喜欢的音乐和年轻人不一样。音乐趋势是不断变化的，今天流行的音乐不会是十年后流行的音乐。然而，大多数人喜欢在他们年轻时和刚成年时流行的音乐。因此，大多数老年人喜欢在他们年轻时流行的音乐，这可能是在 50 年前。与此相反，大多数年轻人甚至不会听 50 年前的音乐，更不用说享受它了！因此，我认为老年人和年轻人不喜欢同一类型的音乐。

3. 歌词比音乐更重要吗？

就我个人而言，我认为一首歌的歌词往往比音乐更重要。这是一个很难回答的问题，因为我认为这两个方面对一首歌来说都很重要。我认为所有的歌曲都必须有好的音乐才能流行起来，才能被很多人喜欢。然而，许多音乐很棒的歌曲可能会因为糟糕的歌词而被毁。此外，我认为有才华的音乐家要比有才华的作曲家多得多。因此，当你发现一个才华横溢的音乐家也能写出令人难以置信的好歌词时，那就更令人印象深刻和兴奋了。所以，我认为歌词比音乐更重要。

4. 为什么电视上的歌唱比赛在一些国家很受欢迎？

我认为电视上的歌唱比赛在一些国家很受欢迎，因为几乎每个人都喜欢音乐，人们也喜欢看比赛。歌唱比赛结合了许多人们喜欢的东西，并把它们都放在一个电视节目中。这就是它们非常受欢迎的原因。观看歌唱比赛时，观众不仅能体验到美妙的音乐和精彩的歌唱，还能感受到一场激动人心的比赛带来的刺激和娱乐。此外，音乐家们对音乐创作充满激情，所以参赛者总是非常有趣。这就是为什么我认为电视上的歌唱比赛在一些国家很受欢迎。

5. 去现场音乐会和在电视上看音乐会的体验有什么不同？

去现场音乐会和在电视上看音乐会的体验有很大的不同。去听一场现场音乐会是一种不可思议的经历，有很多方面都有助于它。首先，你周围有成千上万的人，他们也喜欢你将听到的音乐，这样的体验是不可思议的。此外，音乐的声音和视觉表演的灯光/效果远比你在电视上看音乐会时更令人难以置信。真的，这两种经历不能比较，去现场听音乐会比看电视要好得多。

6. 音乐使电影和电视节目更有趣吗？

我认为音乐使电影和电视节目更有趣。自从电视和电影开始创作以来，音乐就被用于电视和电影。事实上，在照相机能够同时捕捉音频和视频之前，所有的电影都是伴随着音乐表演的，例如查理·卓别林的电影。从那以后，我们现在使用音乐来补充电视和电影的原始声音。世界上有许多著名的作曲家，如汉斯·季默，他们的电影和电视节目的配乐才华横溢，赢得了无数的奖项。我认为音乐使电影和电视节目更有趣是不可被否认的。

13：未实现的目标

1. What kinds of ambitions do children often have when they are young?

I think that children have very wild and extravagant ambitions when they are young. If you ask any very young child what they would like to do when they are an adult, they will give you the most incredible answer. Children will tell you they want to be an astronaut, or a famous movie star, or even the Chairman of China! It is very sweet that their aspirations are so high and their goals so ambitious. Normally, as children get older, their ambitions

become more realistic and reasonable. However, I think it is a good thing children have such wild ambitions, it keeps them interested in their goals.

2. How important it is for children to have ambitions?

I think it is incredibly important for children to have ambitions. Honestly, I would say it is incredibly important for everyone, even adults, to have ambitions, but it is especially important for children. Ambitions drive a child to work hard and achieve the best they can in school. When children are realistic about their ambitions, they understand that they will have to work hard and be committed to achieve whatever it is they want to achieve. Therefore, ambitions are very useful for encouraging good work habits and an interest in education in children.

3. May being too ambitious not be good for children?

There are definitely some potential drawbacks for children if they are too ambitious. When people, including children, are overly ambitious they can become very competitive and aggressive to the people around them. This is a negative trait to have as a person and will make it more difficult for children to develop strong friendships and healthy relationships. Furthermore, if children are too ambitious, they may put too much stress on themselves to succeed, this can be very damaging to their physical and mental health. Therefore, it is important that children do not become too ambitious for their own good.

4. What are the reasons why people are ambitious at work?

There are a few reasons why people are ambitious at work, but the most common reason is because people want to develop and be promoted at their workplace. Many companies nowadays want their staff to have an ambitious and energetic attitude to their performance at work. Therefore, many people will go out of their way to take on extra work, do overtime, and look for exciting new solutions to problems because they want to prove themselves to their boss and co-workers. Ambition in the workplace is necessary for people who want to take on senior positions in the company.

5. What qualities are needed for ambitious people to succeed in the workplace?

To succeed in the workplace, ambitious people need to be hardworking, ingenious, and have good social skills. In the workplace, everybody wants to succeed and stand out above the rest, so it is important that you are a very hard worker so that people respect you and appreciate your work in the workplace. On top of this, to really stand out you need to come up with ingenious ideas to solutions and new methods to increase your productivity at work. Finally, you need to have good social skills so you can develop good interpersonal relationships with your co-workers and your boss. These are the qualities necessary for ambitious people to succeed in the workplace.

6. Can it sometimes cause problems if people are ambitious at work?

There are most definitely problems that can arise if people are too ambitious at work. Being ambitious at work essentially means you are being competitive and attempting to perform better than your co-workers. If you are overly ambitious, then your co-workers may begin to be unfriendly with you as people do not like being competed against. Furthermore, sometimes being overly ambitious can also displease your boss. If it seems as if you care more about your own development than the interests of the company this could produce a negative impression with your boss. So, it can sometimes cause problems if people are too ambitious at work.

中文翻译：

1. 孩子们在小的时候通常有什么样的抱负?

我认为孩子们在他们小的时候有非常狂野和奢侈的野心。如果你问任何一个很小的孩子，他们长大后想做什么，他们会给你最不可思议的答案。孩子们会告诉你他们想成为宇航员，或者著名的电影明星，甚至是中国

的主席!他们的志向如此之高，他们的目标如此雄心勃勃，这是非常可爱的。通常，随着孩子年龄的增长，他们的抱负会变得更加现实和合理。然而，我认为孩子们有这样的雄心壮志是一件好事，这让他们对自己的目标保持兴趣。

2. 对孩子来说，有抱负有多重要?

我认为孩子们要有志向是非常重要的。老实说，我认为拥有抱负对每个人来说都是非常重要的，即使是成年人，但对孩子来说尤其重要。抱负驱使孩子努力学习，在学校取得最好的成绩。当孩子们对自己的抱负现实一点时，他们就会明白，他们必须努力工作，并致力于实现他们想要实现的任何目标。因此，雄心壮志对于培养良好的工作习惯和对孩子教育的兴趣是非常有用的。

3. 野心太大可能对孩子不好吗?

如果孩子太有野心，肯定会有一些潜在的缺点。当人们(包括孩子)过于雄心勃勃时，他们会变得非常有竞争力，对周围的人咄咄逼人。作为一个人，这是一种消极的品质，会使孩子们很难建立牢固的友谊和健康的关系。此外，如果孩子们过于雄心勃勃，他们可能会给自己施加太多的压力来获得成功，这对他们的身心健康是非常有害的。因此，重要的是，孩子们不要为了自己的利益而变得过于雄心勃勃。

4. 人们在工作中有雄心壮志的原因是什么?

人们在工作中有雄心壮志的原因有几个，但最常见的原因是人们希望在工作中得到发展和提升。如今，许多公司都希望他们的员工对自己的工作表现抱有雄心壮志和充满活力的态度。因此，许多人会加班，寻找令人兴奋的新方法来解决问题，因为他们想向老板和同事证明自己。职场雄心对于想在公司担任高级职位的人来说是必要的。

5. 有抱负的人想在职场取得成功，需要具备哪些品质?

要想在职场取得成功，有抱负的人需要努力工作，有创造力，有良好的社交技能。在职场中，每个人都想成功，想要脱颖而出，所以你必须努力工作，这样人们才会尊重你，欣赏你的工作。最重要的是，要想脱颖而出，你需要想出独创性的解决方案和提高工作效率的新方法。最后，你需要有良好的社交技能，这样你才能与你的同事和老板建立良好的人际关系。这些都是雄心勃勃的人在职场取得成功所必需的品质。

6. 如果人们在工作中雄心勃勃，有时会引发问题吗?

如果人们在工作中过于雄心勃勃，那么肯定会出现一些问题。在工作中雄心勃勃本质上意味着你有竞争力，试图比你的同事表现得更好。如果你过于雄心勃勃，那么你的同事可能会开始对你不友好，因为人们不喜欢与你竞争。此外，有时候过于雄心勃勃也会让你的老板不高兴。如果你似乎更关心自己的发展而不是公司的利益，这可能会给你的老板留下不好的印象。所以，如果人们在工作中过于雄心勃勃，有时会导致问题。

14：学校/工作中不喜欢的规定

1. Why do schools need to have rules?

Schools need to have rules because most schools have hundreds of students that need to be kept in line to ensure everyone receives a good education. Any place with a lot of people requires rules to make sure those people behave properly and work in an efficient manner, schools are no exception. Rules are required to make sure students are in the right place at the right time, to make sure students behave in class and treat their teachers and fellow students with respect, and to ensure the students are learning effectively. Without these rules, schools would not function well at all.

2. What types of rules do children often have to follow at home?

Most of the time at home children have to follow rules related to chores, homework, and dinner time. Most rules in the home are created to teach children good manners and good behaviour. Therefore, a lot of rules are about helping with the housework, completing chores, and doing all their homework before a certain time in the evening. Along with these rules, there are often rules relating to assisting with cooking dinner, setting the table, and behaving properly at the dinner table. None of these rules are too harsh or complicated, they are meant to be simple rules that teach children good manners and behaviour.

3. Are there more rules for children nowadays than in the past?

I do not think there are more rules for children nowadays than there were in the past. We have become slightly more liberal in recent years and less harsh in our rules with children. Recent research has shown there to be positive results to allowing children some freedoms. Certain freedoms can often teach children a sense of responsibility and self-management. In the past, it was often the case that children had to follow a huge number of rules at both home and at school. Nowadays, I think we try to focus on important rules instead of having a rule for every little thing.

4. Do you think everybody probably breaks a law at some time in their life?

I do not think everybody probably breaks a law at some time in their life. It may be true, that a lot of people will break some minor law at some point in their life, but this does not mean everybody will. There are many laws which are not the most serious and breaking them will not result in major consequences. Nevertheless, there are a lot of people who respect law and order to the upmost degree. Therefore, they shall never break a law no matter how insignificant the consequences and repercussions may be. So, I do not think everybody probably breaks a law at some time in their life.

5. What kinds of penalties are appropriate for minor crimes [e.g. parking in the wrong place]?

For very minor crimes I think the most appropriate form of penalty is a fine. Fines are a good form of penalty because they are an effective deterrent, and they are also very variable. For example, you could have a low fine for a minor crime, but one that becomes more costly for re-offenders to increase its effect as a deterrent. In some cases, when fines do not seem to be working, it may be necessary to use community service as a penalty. Community service is effective because it costs a person their time but is not as severe as a prison sentence. Plus, it supports the local community! These are the most appropriate punishments for minor crimes.

6. Is it always wrong to break the law?

In my opinion I think in most cases it is wrong to break the law but sometimes it is not so clear. The famous example people use is the question of whether it is wrong for a father to steal a loaf of bread if his family is starving. Often people say it is not wrong because he is stealing for good reasons and to save a life. In my opinion, I believe

society and the government should make it so that people never have to resort to crime to support themselves or their families. This is because I believe it is always wrong to break the law, because there will always be a victim even if the intentions are good.

中文翻译：

1. 为什么学校需要规则?

学校需要有规章制度，因为大多数学校有数百名学生需要遵守规则，以确保每个人都得到良好的教育。任何有很多人的地方都需要规则来确保这些人的行为举止得当，并以高效的方式工作，学校也不例外。制定规则是为了确保学生在正确的时间出现在正确的地点，确保学生在课堂上表现良好，尊重老师和同学，并确保学生有效地学习。没有这些规定，学校根本无法正常运作。

2. 孩子们在家里经常要遵守什么规则?

在家里，孩子们大部分时间都要遵守与家务、家庭作业和晚餐时间有关的规则。大多数家规是为了教育孩子有礼貌和良好行为而制定的。因此，很多规则都是关于帮助做家务，完成家务，在晚上的某个时间之前做所有的家庭作业。除了这些规则外，还有一些与协助做饭、摆桌子和在餐桌上表现得体有关的规则。这些规则都不太苛刻或复杂，它们应该是简单的规则，教孩子们良好的礼貌和行为。

3. 现在对孩子的规定比过去多吗?

我不认为现在的孩子比过去有更多的规则。近年来，我们对孩子的规定稍微放宽了一些，也不那么严厉了。最近的研究表明，给予孩子一些自由是有积极效果的。一定的自由往往能教会孩子们一种责任感和自我管理的意识。过去，孩子们在家里和学校经常要遵守大量的规则。现在，我认为我们试图专注于重要的规则，而不是为每一件小事制定规则。

4. 你认为每个人在一生中都会有触犯法律的时候吗?

我不认为每个人在一生中都有触犯法律的时候。这可能是真的，很多人会在他们生活的某个时刻违反一些小法律，但这并不意味着每个人都会。有许多法律不是最严重的，违反它们不会导致重大后果。然而，还是有很多人非常尊重法律和秩序。因此，他们永远不会违反法律，无论后果和后果可能是多么微不足道。所以，我不认为每个人在一生中都有触犯法律的时候。

5. 轻微罪行[例如泊车地点不当]应受何种刑罚?

对于非常轻微的罪行，我认为最适当的惩罚形式是罚款。罚款是一种很好的惩罚形式，因为它们是一种有效的威慑，而且它们也非常多变。例如，你可以对轻微犯罪处以较低的罚款，但对再犯来说，为了增加威慑作用，罚款的成本会更高。在某些情况下，当罚款似乎不起作用时，可能有必要使用社区服务作为惩罚。社区服务是有效的，因为它花费一个人的时间，但不像监狱服刑那么严重。此外，它支持当地社区!这些是对轻微犯罪最适当的惩罚。

6. 违反法律总是错的吗?

在我看来，我认为在大多数情况下，违反法律是错误的，但有时它不是那么清楚。人们用的最著名的例子是一个问题，当一个父亲偷了一条面包，如果他的家人正在挨饿，他是否错了。人们常说，他偷东西没有错，因为他偷东西的理由很充分，而且是为了救人。在我看来，我认为社会和社会应该让人们永远不用靠犯罪来养活自己或家人。这是因为我认为违法永远是错误的，因为即使出发点是好的，也总会有受害者。

15：离不开的东西

1. Why do children often have a favorite toy they take everywhere?

Children often have a favourite toy they take everywhere because children often consider their toys as their friends. Children have incredibly active imaginations and when they are very young, they often give their toys personalities and characters. Therefore, to a child, a toy is often much more than just a toy. To a child a toy can be a friend and therefore the child feels more comfortable when then have the toy with them. A child can sometimes experience extreme forms of anxiety when they do not have their favourite toy with them. This is a very strange trait in children which normally they grow out of when they get older.

2. What are some reasons young people want to have the latest technology?

I think the main reason young people want to have the latest technology is because it is a status symbol for young people. In many young social circles, it is important to have the latest most up to date technology. Things such as Airpods or the most recent smartphone are considered stylish and important to own. In short, young people like to follow the latest trends and stay up to date. Another reason why young people want to have the latest technology is because it is often very useful. Modern technology is designed to improve the day to day lives of all people and to provide entertainment and relaxation. Therefore, these are items that young people love to own!

3. Why do some people find it difficult to throw or give anything away?

There are some people who are very protective over their possessions, and when this is taken to the extreme there are even people society calls 'hoarders'. For some people, possessions are very important and the idea of losing them or giving them away is difficult for them. These are possessions that may have sentimental value, may seem important and useful, or may just be items they do not want to get rid of. Personally, I do not understand this type of mentality and I like to clear out my things, or else clutter builds up in my house. The reasons why people like to hoard things to themselves is quite complicated.

4. In what ways does the media influence people's decisions about what they buy?

The media has a huge impact on people's decisions about what they buy. Media is very influential and often will unconsciously influence you to buy things. Most obviously, there is advertising which directly influences what people will buy by introducing them to new products and explaining why they are desirable. However, there are less direct ways media influences people as well. For example, if a product appears a lot in popular TV programmes, then people are more likely to buy, they product as they recognize it as a popular product from TV. Furthermore, famous celebrities sometimes endorse products on their social media.

5. Is there now too much choice when people buy products?

Personally, I think there is sometimes too much choice nowadays when people go to buy products. It is a commonly held belief that competition drives innovation and also lowers prices. The idea is that if there are loads of the same product then companies will compete to make their product the best and the most affordable. Personally, I find that there are just a lot of low-quality products on offer, all trying to get people to waste their money purchasing them. I think it would be better if there were less products, but products of higher quality. So, there is too much choice nowadays when people buy products.

6. Why do some people buy things they really do not need?

There are many people who buy items and products they do not really need. This is because many people like to shop for the pleasure of shopping rather than to buy products that they need. It has been proven that many people

have dopamine release in their brain when they buy products. Therefore, people like this will purchase many luxury items that do not serve a purpose simply because it makes them feel happy. Personally, I think this is a very silly way to behave and to spend money. People should only buy what they truly need.

中文思路：

1. 为什么孩子们总是有一个喜欢的玩具，他们到哪里都带着?

孩子们经常有一个最喜欢的玩具，他们带着它去任何地方，因为孩子们经常把他们的玩具当作他们的朋友。孩子们有着令人难以置信的活跃的想象力，当他们很小的时候，他们经常赋予他们的玩具个性和角色。因此，对孩子来说，玩具往往不仅仅是玩具。对一个孩子来说，玩具可以是一个朋友，因此当玩具和他们在一起时，孩子会感到更舒适。当孩子们没有他们最喜欢的玩具时，他们有时会经历极端形式的焦虑。这在孩子身上是一种非常奇怪的特征，通常他们长大后就会消失。

2. 年轻人想要拥有最新科技的原因是什么?

我认为年轻人想要拥有最新科技的主要原因是因为它是年轻人身份的象征。在许多年轻人的社交圈里，拥有最新的技术是很重要的。像 Airpods 或最新的智能手机这样的东西被认为是时尚和重要的。简而言之，年轻人喜欢追随最新的潮流，与时俱进。年轻人想要拥有最新科技的另一个原因是它通常非常有用。现代技术旨在改善所有人的日常生活，并提供娱乐和放松。因此，这些都是年轻人喜欢拥有的东西!

3. 为什么有些人很难扔掉或放弃任何东西?

有些人对自己的财产非常保护，当这种情况发展到极端时，甚至有一些人被社会称为"囤积者"。对一些人来说，财产是非常重要的，失去它们或放弃它们的想法对他们来说是困难的。这些财产可能有情感价值，可能看起来很重要和有用，或者可能只是他们不想扔掉的东西。就我个人而言，我不理解这种心态。我喜欢清理我的东西，否则我的房子里就会堆满东西。人们喜欢把东西藏起来的原因是很复杂的。

4. 媒体通过什么方式影响人们的购买决定?

媒体对人们的购买决定有着巨大的影响。媒体的影响力很大，经常会在不知不觉中影响你去买东西。最明显的是，广告通过向人们介绍新产品和解释为什么他们需要这些产品，直接影响人们的购买意愿。然而，媒体也有较少的直接影响人们的方式。例如，如果一种产品经常出现在流行的电视节目中，那么人们更有可能购买，因为他们从电视上认识到这是一种受欢迎的产品。此外，名人有时会在他们的社交媒体上代言产品。

5. 现在人们购买产品时有太多的选择吗?

就我个人而言，我认为现在人们去买东西的时候选择太多了。人们普遍认为，竞争会推动创新，也会降低价格。这个想法是，如果有大量相同的产品，那么公司将竞争使他们的产品是最好的和最便宜的。就我个人而言，我发现有很多低质量的产品，都试图让人们浪费金钱购买它们。我认为如果少一些产品会更好，但是质量要高一些。所以，现在人们在购买产品的时候有太多的选择。

6. 为什么有些人会买他们真的不需要的东西?

有许多人购买他们并不真正需要的物品和产品。这是因为许多人喜欢购物的乐趣，而不是购买他们需要的产品。事实证明，许多人在购买商品时，大脑会释放多巴胺。因此，像他们这样的人会购买很多奢侈品，而这些奢侈品并没有什么目的，只是因为它们让他们感到快乐。就我个人而言，我认为这是一种非常愚蠢的花钱方式。人们应该只买他们真正需要的东西。

16：从长辈学到的技能

1. What types of things can children learn from older people such as grandparents?

Some of the things that children can learn from older people, such as grandparents, are practical skills. It is true that when it comes to technological skills, most of the time young people have a greater knowledge on the topic than older people. However, older people are brilliant at teaching practical skills such as sewing, knitting, woodworking, and even mechanics and engineering for some older people! These practical skills are not as commonly known in young people as they used to be, so they are often things that children can learn from older people such as grandparents.

2. Why do children often enjoy learning things from older people?

I believe that children often enjoy learning things from older people because children are naturally inquisitive and enjoy the attention that comes with being taught something. On the one hand, children are all naturally very curious and love learning new skills and new knowledge. Because of this, they get very excited when older people spend time teaching them things. Furthermore, when they are being taught things, they are often the centre of attention and receive a lot of praise from adults when they demonstrate their new skills and knowledge. Thus, children enjoy learning things from older people because they are curious and enjoy the attention.

3. Do children learn better from adults who are not their parents?

I think it is sometimes the case that children learn better from adults who are not their parents. The reason for this is that children have a very personal relationship with their parents and often don't see them as teaching figures. Children are often better behaved with adults they do not know well, and as a result they pay more attention and listen carefully when adults who are not their parents are teaching them. There are some cases where parents are fantastic teachers to their children but often children are too playful with their parents to see them as teachers.

4. What kinds of help do older people need?

Older people need all kinds of help from the young and strong in society, but the most common of these needs are physical needs and mobility needs. Many older people become quite frail in their later years, and some lose a lot of their mobility, perhaps even the ability to walk. Therefore, older people often need help with a lot of physical things. Older people sometimes struggle to do housework, from repairs, to cooking, to tidying up. This is why many older people need carers in their home to help them with these tasks. Older people often need help outside the house as well, such as when they are crossing the street or attempting to carry heavy things when doing their shopping.

5. Who are the best people to help older people?

The best people to help older people are young adults. When it comes to helping older people there are two important traits required: physical fitness and patience. Most of the time, the jobs old people need help with are physical tasks such as cleaning, housework, and shopping. Therefore, it is important people helping them are young and strong so they can do these tasks without becoming tired. Moreover, these tasks can often take a lot of time and older people can sometimes be difficult to work with, so it is important the people helping them are patient and mentally strong. This is why young adults are better than teenagers because teenagers are too impatient and childish.

6. Who benefits more – the older people or the people who help them?

I think it is clear older people benefit more than the people who help them. It is true, that people who help old people receive their own benefits. For example, the helpers of old people will feel morally good about their behaviour. Furthermore, they may learn important skills or useful knowledge from the experience of helping old

people. However, none of this compares to the immense benefit that is brought to older people when the young help them. Often a task that is quite simple for a young person is very difficult for an old person to complete. Therefore, helping older people can make their lives immensely better, so I think they benefit more than the people helping them.

1. 孩子们能从像祖父母这样的老人身上学到什么？

孩子们可以从老年人，比如祖父母那里学到的一些东西是实用技能。诚然，当涉及到技术技能时，大多数时候年轻人在这个话题上比老年人有更多的知识。然而，老年人擅长教授实用技能，如缝纫，编织，木工，甚至一些老年人的机械和工程!这些实用技能在年轻人中已经不像以前那么普遍了，所以这些技能通常是孩子们可以从老人(如祖父母)那里学到的。

2. 为什么孩子们总是喜欢向老人学习？

我相信孩子们通常喜欢从长辈那里学习东西，因为孩子们天生好奇，喜欢被教导一些东西而引起的关注。一方面，孩子们天生都很好奇，喜欢学习新技能和新知识。正因为如此，当老年人花时间教他们东西时，他们会非常兴奋。此外，当他们被教导东西时，他们经常是关注的中心，当他们展示他们的新技能和知识时，从成年人那里得到很多赞扬。因此，孩子们喜欢从长辈那里学习东西，因为他们充满好奇心，喜欢被关注。

3. 孩子们从非父母的成年人那里学得更好吗？

我认为有时候孩子们从大人那里学得更好，而不是从父母那里。原因是孩子们与父母之间有着非常私人的关系，他们通常不把父母看作是教育人物。孩子们在与他们不太了解的成年人相处时往往表现得更好，因此，当不是父母的成年人教他们时，他们会更加注意和仔细倾听。在某些情况下，父母是孩子们的好老师，但孩子们往往太爱逗他们的父母，而不把他们当作老师。

4. 老年人需要什么样的帮助？

老年人需要社会中年轻人和强者的各种帮助，但这些需求中最常见的是身体需求和行动需求。许多老年人在晚年变得非常虚弱，有些人失去了很大的行动能力，甚至可能失去了行走的能力。因此，老年人经常需要帮助很多身体上的事情。老年人有时很难做家务，从修理、做饭到打扫卫生。这就是为什么许多老年人需要在家中照顾他们的人来帮助他们完成这些任务。老年人在室外也经常需要帮助，比如过马路或购物时试图搬重物时。

5. 谁是帮助老年人的最佳人选？

帮助老年人的最佳人选是年轻人。当谈到帮助老年人时，需要具备两个重要的特征:身体健康和耐心。大多数时候，老年人需要帮助的工作是体力活，如清洁、家务和购物。因此，重要的是帮助他们的人是年轻和强壮的，这样他们可以做这些任务而不感到累。此外，这些任务通常需要很长时间，而且老年人有时难以相处，所以帮助他们的人要有耐心和坚强的精神，这一点很重要。这就是为什么年轻的成年人比青少年更好，因为青少年太没有耐心和幼稚。

6. 谁受益更多——老年人还是帮助他们的人？

我认为很明显，老年人比帮助他们的人受益更多。这是真的，帮助老人的人得到了他们自己的利益。例如，帮助老年人的人会对他们的行为感到道德良好。此外，他们可以从帮助老人的经验中学到重要的技能或有用的知识。然而，当年轻人帮助老年人时，这一切都比不上给他们带来的巨大好处。对年轻人来说很简单的任务，对老年人来说却很难完成。

17：享受的一次远足

1. What are the most popular outdoor leisure activities in…/your country?

There are many popular outdoor leisure activities in China such as bike riding, basketball, and fishing. However, by far the most popular outdoor leisure activity in China is hiking. I think there are many reasons for this. For one, hiking is available to everyone, it does not require any special equipment or specific training. Therefore, people of all ages and abilities can enjoy hiking as an outdoor leisure activity. Furthermore, there are so many beautiful and scenic places to walk in China, therefore hiking is not only a fun form of exercise but also allows you to marvel at the beauty of China. So, hiking is the most popular outdoor activity in China.

2. What is the difference between outdoor activities that people do now and in the past?

I do not think there is a huge difference between the outdoor activities that people do now and those that people did in the past. For the most part, popular outdoor activities are things that people have enjoyed for decades, if not hundreds of years. Bike riding, hiking, fishing, hunting, swimming, and playing sports like golf are all things people have enjoyed for ages. The only significant difference is the rise of technology in many outdoor leisure activities. For example, where people used to enjoy flying kites in the past it is now far more common for people to go out and fly personal toy drones. But for the most part, I do not think there are a lot of differences.

3. What is the importance of outdoor activities in helping children develop?

Outdoor activities play a huge role in the development of children. Outdoor activities help children develop skills in physical fitness, mental wellbeing, and social skills. Most outdoor activities involve some form of exercise or another. Therefore, children are able to improve their physical fitness, their reflexes, and their motor control through many different outdoor leisure activities. It is also important that children engage in relaxing activities that improve their mental wellbeing and provide opportunities to socialize. So, these leisure activities help children develop very important skills for looking after themselves when they are older. So, I think outdoor activities play a very important role in helping children develop.

4. Why is leisure so important to people of all ages?

Leisure is important to people of all ages because stress can have detrimental health impacts on all people regardless of age, gender, or background. Stress is a very serious health risk in the modern world. It is responsible for all kinds of health problems, from heart failure to strokes. Therefore, it is important that people of all ages engage in leisure, so they have the opportunity to rest and relax. Even very young people can develop health problems later in life if they do not relax properly when they are young. Therefore, for the sake of people's general health it is important for people of all ages to engage in leisure activities.

5. Do women today have less time for leisure than men?

Personally, I think that woman today have less time for leisure than men. My reasons for believing this are that in the modern world most women are required to work a full-time job if they want to support themselves and a family. However, it is also often the responsibility of the woman to look after the children and raise the family. For these reasons, women have very little free time in their lives. Without any free time, it is impossible for women to engage in leisure activities. This is upsetting, because it is very important women are able to rest and relax especially with all the responsibility that is placed on them. Therefore, I think women today have less time for leisure than men.

6. How might technology impact on leisure time in the future?

I think technology may impact on leisure time in the future by alleviating the work load that humankind must endure and providing us with more leisure time. All around the world, scientists and engineers are working on technology to automate labour and eliminate jobs in society. If labour in the world becomes more automated and performed by machines, then there will be far more time for people to rest and relax. Moreover, improvements to technologies such as trains and planes will cut commute times and provide even more free time to humanity.

Therefore, I believe technology will have a positive impact on leisure time in the future.

1. 在···/你们国家最受欢迎的户外休闲活动是什么？

在中国有许多流行的户外休闲活动，如骑自行车、打篮球和钓鱼。然而，到目前为止，中国最受欢迎的户外休闲活动是徒步旅行。我认为这有很多原因。首先，徒步旅行对每个人都是可行的，它不需要任何特殊的设备或特殊的训练。因此，所有年龄和能力的人都可以享受徒步旅行作为一项户外休闲活动。此外，中国有很多美丽和风景优美的地方可以散步，因此徒步旅行不仅是一种有趣的锻炼方式，还可以让你惊叹中国的美丽。因此，徒步旅行是中国最受欢迎的户外活动。

2. 现在和过去人们做的户外活动有什么不同？

我认为现在人们所做的户外活动和过去人们所做的户外活动没有很大的区别。在很大程度上，流行的户外活动是人们享受了几十年的。骑自行车、徒步旅行、钓鱼、打猎、游泳和打高尔夫球等运动都是人们多年来喜爱的运动。唯一显著的区别是科技在许多户外休闲活动中的兴起。例如，过去人们喜欢放风筝，现在人们更喜欢出去放飞私人玩具无人机。但在很大程度上，我不认为有很多区别。

3. 户外活动在帮助孩子成长方面的重要性是什么？

户外活动对孩子的成长起着巨大的作用。户外活动可以帮助孩子发展身体素质、心理健康和社交技能。大多数户外活动都包括某种形式的锻炼。因此，孩子可以通过多种户外休闲活动来提高身体素质、反应能力和运动控制能力。同样重要的是，让孩子参加放松的活动，以改善他们的心理健康，并提供社交的机会。所以，这些休闲活动帮助孩子们发展非常重要的技能，当他们长大后照顾自己。所以，我认为户外活动在帮助孩子发展方面起着非常重要的作用。

4. 为什么休闲对所有年龄段的人都如此重要？

休闲对所有年龄段的人都很重要，因为压力会对所有人的健康产生有害影响，无论其年龄、性别或背景。在现代世界，压力是一种非常严重的健康风险。它会导致各种各样的健康问题，从心脏衰竭到中风。因此，各个年龄段的人都应该参加休闲活动，这样他们才有机会休息和放松。即使是非常年轻的人，如果他们年轻时没有适当的放松，也会在晚年出现健康问题。因此，为了人们的身体健康，各个年龄段的人参加休闲活动是很重要的。

5. 今天女性的闲暇时间比男性少吗？

就我个人而言，我认为现在女性的闲暇时间比男性少。我相信这一点的原因是，在现代社会，大多数女性如果想要养活自己和家庭，就必须从事一份全职工作。然而，照顾孩子和抚养家庭也常常是妇女的责任。由于这些原因，女性在生活中几乎没有空闲时间。没有任何空闲时间，女性就不可能从事休闲活动。这是令人沮丧的，因为女性能够休息和放松是非常重要的，尤其是在所有的责任都放在她们身上的时候。因此，我认为现在女性的闲暇时间比男性少。

6. 科技会如何影响未来的休闲时间？

我认为科技可能会影响未来的休闲时间，减轻人类必须承受的工作负担，并为我们提供更多的休闲时间。世界各地的科学家和工程师都在研究自动化劳动和消除社会工作的技术。如果世界上的劳动变得更加自动化，由机器来完成，那么人们将有更多的时间休息和放松。此外，诸如火车和飞机等技术的改进将减少通勤时间，并为人类提供更多的自由时间。因此，我相信科技在未来会对休闲时间产生积极的影响。

18：印象深刻的一堂课

1. What kinds of things do people have to remember every day?

There are a whole bunch of things that people have to remember every day, most of these things are quite mundane tasks. For example, some of the things people must remember daily are personal hygiene tasks such as brushing one's teeth. Often with tasks like this they become so natural to us that we do not even realise they are things we remember to do every day. Sometimes, these tasks are so obvious that we even forget to do them! For example, it is important to remember to drink water everyday but often it will be evening and I will realise I haven't drunk anything all day! So, the kinds of things people have to remember every day are mundane tasks.

2. Why are some people better at remembering things than other people?

I think some people are better at remembering things than other people because they engage in more habits that improve their memory. For example, it is a commonly held belief that people who read a lot have better memories than people who don't. This is because they constantly engage in activities that train and exercise their brains and memories. I think a person's memory is like any other part of their body, the more they use it the stronger it will be. So, in short, I think people are better at remembering things when they have trained their memory.

3. Does technology mean people don't need to remember things?

I believe that technology means that people have to remember less now than they used to, but it is still essential that people can remember things for themselves. Nowadays, people will use technology to help them remember things. People write down shopping lists on their phone, or they write down important things they need to remember in the future, some people even set alarms on the calendars on their phone to remind them of important events and dates. Therefore, technology is making it so that most people do not have to remember everything in their minds. However, we do not always have our phones and other technology at hand, therefore, there are still many instances in which it is important to remember things for ourselves.

4. What things do people often keep when they want to remember events in their lives?

There are a few things people often keep when they want to remember events in their lives. A few examples of these are photo albums, journals, and souvenirs from important places. Many people keep photo albums, whether these are physical photo albums or digital ones on their phones and computers, to remember important events in their lives. People keep photos from things such as weddings, graduations, and holidays so they can relive the memories. Many people also keep journals to keep track of their day to day lives and thoughts. Then people can look back on who they were and what they thought at younger ages. These are all things people often keep to remember events in their lives.

5. Do words or pictures help people to remember things more?

Personally, I think pictures help people to remember things more than words. There is a phrase "a picture paints a thousand words" which means that looking at a single picture can tell you as much as reading a thousand words could. I think this is a very true saying. For example, when people look at old photos from their childhood or from holidays a single photo can inspire many memories in them. From one photo they can be instantly reminded of many days or many places. In contrast, I think words have a much lesser effect. Most people have very visual memories and sometimes words are not very useful for helping people remember things.

6. Why do two people sometimes remember the same event in different ways?

Everyone's living habits are different, which makes them like to record their life in different ways. For example, some people like to take photos while others like to keep diaries. Depending on each person's habits, these things remind them of their previous pleasant trips. Of course, besides habit, memory also plays a role. Everyone is born with a different level of memory. People with good memories, who tends to use their brains to remember everything, get their lives in order. People with poor memory, however, often turn to memos or calendars to help them complete

the day.

1. 人们每天必须记住哪些事情？

人们每天都要记住一大堆事情，其中大多数都是非常平凡的任务。例如，人们每天必须记住的一些事情是个人卫生任务，如刷牙。通常，这样的任务对我们来说是如此自然，以至于我们甚至没有意识到它们是我们每天都记得要做的事情。有时，这些任务是如此明显，我们甚至忘记去做它们!例如，重要的是要记住每天喝水，但经常是晚上，我就会意识到我一整天都没有喝任何东西!所以，人们每天必须记住的事情都是平凡的任务。

2. 为什么有些人比其他人更善于记忆？

我认为有些人比其他人更善于记住事情，因为他们养成了更多的习惯来提高他们的记忆力。例如，人们普遍认为阅读多的人比不阅读的人记忆力更好。这是因为他们经常参与锻炼大脑和记忆的活动。我认为一个人的记忆力就像他们身体的其他部分一样，他们越使用它，它就会越强大。所以，简而言之，我认为当人们的记忆力得到训练时，他们的记忆力会更好。

3. 科技是否意味着人们不需要记住事情？

我认为，科技意味着人们现在需要记住的东西比过去少，但人们能够自己记住事情仍然很重要。现在，人们将使用技术来帮助他们记住事情。人们在手机上写下购物清单，或者写下他们将来需要记住的重要事情，有些人甚至在手机日历上设置闹钟来提醒他们重要的事件和日期。因此，科技使得大多数人不必把每件事都记在脑子里。然而，我们并不总是有我们的手机和其他技术在手，因此，仍然有很多情况下，为自己记住事情是重要的。

4. 当人们想要记住生活中的事件时，他们通常会保留什么东西？

当人们想要记住生活中的事件时，通常会保留一些东西。其中的一些例子是相册、日记和重要地方的纪念品。很多人都有相册，无论是实体相册还是手机和电脑上的数码相册，都是为了记住生活中的重要事件。人们会保存婚礼、毕业典礼和假期的照片，这样他们就可以重温这些回忆。许多人也写日记来记录他们的日常生活和思想。这样人们就可以回顾自己年轻时的样子和想法。这些都是人们经常记住的事情在他们的生活中。

5. 单词或图片能帮助人们记住更多的东西吗？

就我个人而言，我认为图片比文字更能帮助人们记住东西。有一个短语叫做"一幅画胜过千言万语"，意思是说，看一幅画所能告诉你的就像阅读一千个字所能告诉你的一样多。我认为这是一个非常真实的说法。例如，当人们看到儿时或度假时的老照片时，一张照片可以激发他们很多回忆。从一张照片中，他们可以立即想起许多天或许多地方。相比之下，我认为文字的作用要小得多。大多数人都有很强的视觉记忆能力，有时候单词在帮助人们记忆事物方面并不是很有用。

6. 为什么两个人有时会以不同的方式记住同一件事？

每个人的生活习惯都是不一样的，这使得他们喜欢用不同的方式来记录生活。比如旅行，有的人喜欢拍照片，而有的人喜欢写日记。这些东西都能让他们回忆起之前愉快的旅行，这取决于每个人的习惯。当然除了习惯，记忆力也会造成影响。每个人天生的记忆力水平就是不同的。

19：别人给你的衣服

1. Why do some people wear different kinds of clothes for leisure and for work?

Some people wear different kinds of clothes for leisure and for work because certain clothes are only appropriate for certain situations. For example, if you are a businessman, or a lawyer, or a teacher it is most likely that you will

wear a suit to work. This is because suits look very professional and give a person a sense of respect that is needed for those professions. However, it would be quite inappropriate to wear a work suit if you were going on a hike in the countryside. Therefore, people will wear different kinds of clothes for leisure and for work because there are certain clothes appropriate to certain occasions.

2.　What are the advantages and disadvantages of uniforms for work and school?

There are many different theories on the advantages and disadvantages of uniforms for work and school. On the one side, there are people who believe that wearing a uniform brings many advantages for people at work and school. These people believe that uniforms improve discipline, focus, and make a school or workplace look more respectable and tidier. However, there are those who hold the opposite opinion and believe that uniforms bring many disadvantages to the workplace or to schools. These people believe that people feel more positive and happier when they are wearing their own clothes, and this will in turn increase productivity and performance.

3.　What can people learn about someone from his or her clothes?

I think there is quite a lot people can learn about someone from his or her clothes. The clothes people wear tell you a lot about a person, because people make very specific decisions about the clothes they wear. People who are ambitious and serious will wear very traditional clothing such as suits and clean shoes. People who are creative will often wear less conventional and more experimental clothing. These people are often at the front of current fashion trends. And you can even tell what kind of people are lazy from those who dress themselves in a poor or uncoordinated manner. Therefore, there is a lot to be learned from the way a person dresses.

4.　Why do people in different parts of the world wear different types of clothes?

People in different parts of the world wear different types of clothes because all clothes are a reflection of a person's cultural history. It is true that there are certain fashion trends which have become popular internationally since the world is now a very interconnected place. However, a country's history and culture still have a huge effect on the local fashion choices of people. For example, nowadays in China there are certain fashion trends that are influenced by fashion of the Han Chinese called Hanfu. Similarly, there are countries in Africa that have their modern fashion influenced by the traditional prints and textiles of their country. It is the same all around the world. Fashion is intrinsically linked to culture and custom.

5.　What occasions do some people wear traditional national costumes?

There are many occasions in which some people wear traditional national costumes, most of the time these are occasions in which people want to honour their heritage and culture. For example, there are many special occasions in China where men will wear traditional Tang suits. Nowadays, Tang suits have become a kind of formal dress worn on special occasions such as weddings, the New Year festival, and other important occasions. Furthermore, there are certain traditional national costumes which have become fashionable to wear all the time. For example, the Qipao is a type of traditional dress that is worn by many Chinese women. Specific cities have even developed their own styles! So, there are many occasions people wear traditional national costumes.

6.　Will everybody wear the same types of clothes in the future?

I do not think everybody will wear the same types of clothes in the future. There has never been a time in all of human history in which people have worn the same clothes. Across countries and even within the same country people have different and unique styles. Clothing is a form of self-expression and therefore people will always want to wear different sorts of clothes. It is very unlikely that there will ever be a time where everybody wants to wear the same type of clothes. Besides, that seems like a very boring world to live in! So, I do not think everybody will wear the same types of clothes in the future.

中文思路：

1. 为什么有些人在休闲和工作时穿不同种类的衣服？

有些人在休闲和工作时穿不同种类的衣服，因为某些衣服只适合某些场合。例如，如果你是一个商人、律师或老师，你很可能会穿西装去上班。这是因为西装看起来很专业，能给人一种职业所需要的尊重感。然而，如果你在乡村徒步旅行，穿工作服就不太合适了。因此，人们会在休闲和工作时穿不同种类的衣服，因为有特定的服装适合特定的场合。

2. 工作和上学穿制服的优点和缺点是什么？

关于工作和上学穿制服的利弊有很多不同的理论。一方面，有人认为穿制服给工作和学习的人带来很多好处。这些人认为穿制服可以提高纪律、注意力，让学校或工作场所看起来更体面、更整洁。然而，也有人持相反的观点，认为校服给工作场所或学校带来很多不利因素。这些人认为，当人们穿着自己的衣服时，他们会感觉更积极、更快乐，而这反过来会提高工作效率和表现。

3. 人们可以从一个人的衣服中学到什么？

我认为人们可以从一个人的衣服上了解他或她。人们穿的衣服能告诉你很多关于一个人的信息，因为人们会对他们穿的衣服做出非常具体的决定。有抱负和认真的人会穿非常传统的衣服，比如西装和干净的鞋子。有创造力的人往往不那么传统，穿着更有实验性。这些人经常走在时尚潮流的前端。你甚至可以从那些穿着不协调的人身上看出什么样的人是懒惰的。因此，从一个人的穿着中可以学到很多东西。

4. 为什么世界各地的人穿不同类型的衣服？

世界各地的人穿着不同类型的衣服，因为所有的衣服都反映了一个人的文化历史。的确，有一些时尚趋势已经在国际上流行起来，因为世界现在是一个相互联系的地方。然而，一个国家的历史和文化仍然对当地人民的时尚选择有很大的影响。例如，现在在中国有一些受汉人时尚影响的时尚趋势，称为汉服。同样，非洲也有一些国家的现代时尚也受到了本国传统印花和纺织品的影响。全世界都是一样的。时尚与文化和习俗有着内在的联系。

5. 一些人在什么场合穿传统的民族服装？

在很多场合，一些人会穿着传统的民族服装，大多数情况下，这些都是人们想要尊重他们的传统和文化的场合。例如，在中国有很多特殊场合，男性会穿传统的唐装。如今，唐装已经成为一种正式的服装，穿在特殊场合，如婚礼，新年节日，和其他重要的场合。此外，还有一些传统的民族服装，一直以来都是时尚的穿着。例如，旗袍(Qipao)是许多中国女性穿的一种传统服装。特定的城市甚至发展出了自己的风格!所以，在很多场合人们都穿着传统的民族服装。

6. 将来每个人都穿同样类型的衣服吗？

我不认为未来每个人都会穿同样类型的衣服。在整个人类历史上，从来没有一个时代的人穿着相同的衣服。跨国家，甚至在同一个国家，人们有不同的和独特的风格。衣服是一种自我表达的形式，因此人们总是想穿不同种类的衣服。不太可能有那么一天，每个人都想穿同样类型的衣服。此外，那似乎是一个非常无聊的世界生活!所以，我不认为未来每个人都会穿同样类型的衣服。

20：有趣的谈话

1. What age do young children start to have their own opinions?

I think young children start to have their own opinions by the age of about 5 or 6. Young children are very inquisitive and curious, and it does not take long for them to start asking questions and developing opinions. Often,

the opinions that children have are childish or ungrounded but that is not a big problem. Children normally outgrow their silly opinions, and it is good for them to have strong personalities from a young age. So, I'd say that children start to have their own opinions by the age of 5 or 6, or perhaps even younger!

2. What kinds of things do children have strong opinions about?

Children normally have strong opinions about quite silly and trivial matters. For example, children often have very strong opinions about what foods they do and don't like. It can be quite a hassle to get a child to eat properly because they will develop very strong opinions about the foods they do not want to eat. Furthermore, these opinions change and modify all the time making it even more stressful for parents. Normally, by the time they get older children are less picky about food and their opinions on certain foods are less strong. So, I'd say children have strong opinions on trivial matters.

3. Should parents always consider their children's opinions?

It is important that parents always consider their children's opinions. It is very important for children to feel like their thoughts and opinions are valued and respected by their parents. Otherwise, children may grow up without a lot of confidence and become very shy. Even if children have some wild and unreasonable opinions, it is important that parents listen to their children and discuss their opinions with them. This will help them develop into well adjusted and intelligent adults when they are older. Therefore, I think parents should always consider their children's opinions, even when they disagree with them.

4. In which kinds of job are excellent communication skills essential?

The kinds of jobs in which excellent communication skills are essential are any jobs in which you must pass on information or knowledge to another person. There are all sorts of jobs where this is necessary. For example, teachers are required to pass on knowledge and information to their students and lawyers are expected to pass on information to the judge and jury. In both these instances, good communication skills are essential. Without them, a teacher's students will not learn well, or a lawyer may end up losing their case. Communication skills are an intrinsic part of any profession that involves being a spokesperson to a group of people.

5. What is the importance of having good listening skills?

It is seriously important to have good listening skills, they are used in all aspects of life from a person's professional life to their personal relationships. For example, in the professional world most people will have to attend countless meetings in their lifetime. These meetings are only useful and productive if you have good listening skills and take on the opinions and thoughts of others. Furthermore, in a person's personal life relationships are normally built on conversation. Conversation involves both speaking skills and listening skills. Without listening skills people will think you are self-centered and arrogant. So, listening skills are essential in all aspects of life.

6. How easy it is for people to improve their communication skills?

Personally, I think it is easy for people to improve their communication skills, it just requires practice and perseverance. Some people believe that people are either born with good communication skills or bad communication skills, but this is not the case. Communication skills can be learned like other skills such as cooking or mathematics. Communication is simply about learning how to listen to other people properly and learning how to express yourself effectively. Both things can be learned with practice and perseverance. Therefore, I think it is easy for people to improve their communication skills.

中文思路：

1. 小孩子几岁开始有自己的想法?

我认为小孩子在五六岁的时候就开始有自己的想法了。小孩子非常好奇，他们很快就会开始问问题并形成自己的观点。通常，孩子们的观点是幼稚的或没有根据的，但这不是一个大问题。一般来说，孩子们长大后会放弃那些愚蠢的想法，从小养成坚强的个性对他们是有好处的。所以，我认为孩子们在 5、6 岁甚至更小的时候就开始有自己的观点了!

2. 孩子们对什么事情有强烈的看法?

孩子们通常对一些愚蠢和琐碎的事情有强烈的意见。例如，孩子们通常对他们喜欢和不喜欢的食物有非常强烈的看法。让孩子正确饮食可能是一件相当麻烦的事情，因为他们会对自己不想吃的食物产生非常强烈的想法。此外，这些观点一直在改变和修改，这使得父母的压力更大。通常情况下，孩子长大后对食物就不那么挑剔了，他们对某些食物的看法也不那么强烈了。所以，我认为孩子们对琐事有强烈的看法。

3. 父母应该总是考虑孩子的意见吗?

父母总是考虑孩子的意见是很重要的。让孩子感到他们的想法和意见受到父母的重视和尊重是非常重要的。否则，孩子长大后可能会缺乏自信，变得非常害羞。即使孩子有一些疯狂和不合理的观点，重要的是父母倾听他们的孩子，并与他们讨论他们的观点。这将帮助他们成长为适应能力强、智力高的成年人。因此，我认为父母应该考虑孩子的意见，即使他们不同意他们的意见。

4. 在哪些工作中优秀的沟通技巧是必不可少的?

优秀的沟通技巧至关重要的工作类型是任何你必须传递信息或知识给另一个人的工作。有各种各样的工作需要这样做。例如，教师被要求向学生传授知识和信息，律师被要求向法官和陪审团传授信息。在这两种情况下，良好的沟通技巧是必不可少的。如果没有他们，老师的学生就学不好东西，或者律师最终会输掉官司。沟通技巧是任何职业的内在组成部分，包括成为一群人的发言人。

5. 有良好的听力技巧的重要性是什么?

拥有良好的倾听技巧是非常重要的，从一个人的职业生活到个人关系，倾听技巧在生活的各个方面都有应用。例如，在职业领域，大多数人一生中要参加无数的会议。这些会议只有在你有良好的倾听技巧和接受他人的意见和想法的情况下才有用和富有成效。此外，在个人生活中，人际关系通常建立在对话的基础上。会话包括说话技巧和倾听技巧。如果不善于倾听，人们会认为你以自我为中心、傲慢自大。所以，倾听技巧在生活的各个方面都是必不可少的。

6. 人们提高沟通技巧有多容易?

就我个人而言，我认为提高他们的沟通技巧是很容易的，它只需要练习和毅力。有些人认为，人要么天生就有良好的沟通技巧，要么天生就有不好的沟通技巧，但事实并非如此。沟通技能是可以学习的，就像其他技能，如烹饪或数学。沟通就是学习如何正确地倾听他人，学习如何有效地表达自己。这两件事都可以通过实践和坚持来学会。因此，我认为提高自己的沟通能力是很容易的。

21：收到的免费物品/服务

1. What kinds of things do companies give away as free gifts?

Companies give away all kinds of things for free, from food samples to cleaning products, t-shirts to baby nappies. Some companies might decide to give away a brand-new product that they have just created as a way of getting consumers talking about it, encouraging people to try using it or as a way of getting it into people's homes. Other companies may choose to give away an old product that has become unfashionable, outdated or that they can no longer sell for a reasonable price. Although the company may lose money by giving away the product, they can generate a lot of good will among their customers which can be good for a company's reputation and for future sales. Many companies give away products that have their company's logo on it, such as t-shirts, keyrings, shopping bags, and caps. Customers are happy to get the free gift while the company also gets to advertise their brand name or products for free.

2. What are some reasons why companies give free gifts?

Businesses have to think about profit above anything else, so when companies decide to give a free gift to consumers, it must be because they think that they can make money from this giveaway. For example, if consumers have to go to a shop to collect a free gift, they are likely to buy other things while they are there. The value of the products that they buy while collecting their free gift might be worth much more to the company than the value of the gift itself. Giving away free gifts is also a clever way of marketing new products or getting people to talk about your brand. Many people enjoy telling their friends about things that they have got for free, so by giving products away, there is a high chance that people will talk about that company and its products, which is extremely important for companies to generate more sales. The next time somebody goes to a supermarket or other retail store and they see the product that their friend had previously gotten for free, they will probably be much more likely to buy it than if they had never had that conversation.

3. Are people always pleased to receive a free gift?

I think that in my country, most people love getting something for free! Even wealthy people like to tell their friends about the bargains they find and there is no better bargain than a free gift. Some people pride themselves on finding good deals on products that they may not even need, so in general the answer must be 'yes'. On the other hand, some people have been ripped off by scammers in the past. These scammers often take advantage of our citizens' love of a good deal. People who have previously been cheated may view offers of free gifts as suspicious, and be extremely reluctant to participate in such offers.

4. What kinds of free services the government should offer all citizens?

Personally, I believe that governments should provide as much help as possible to its citizens, especially in terms of the most basic necessities like housing, healthcare and education. I think every citizen should have certain rights and a country's government should be responsible for ensuring that these rights are protected. Not everyone has the ability to find the type of job needed to live a normal life, but that doesn't mean that they are less important members of society. I have heard people say that you can only really judge a country by the way that its most vulnerable citizens are treated, and I agree. There are already many nations that treat vulnerable people much better than in my country, and I think we need to learn from these places and do much more for our citizens, even if it effects the amount of money that we can spend in other areas.

5. Does the government need to provide good public transport for the whole country?

Having a well-connected country is extremely important for any country. Citizens pay all different types of tax to

the government to ensure that the country can function efficiently and having good public transport is one important element of this. These days, so many people are obsessed with having a private car but this causes huge traffic congestion on roads. Though most people would probably prefer to travel in their own car, not everyone has this luxury, and the only thing they can rely on for getting around is public transport. During spring festival, we always see pictures of overcrowded train stations and airports full of people desperately trying to buy tickets. For many people, this holiday is their only opportunity to travel home to see their loved ones, and without good quality public transport, this wouldn't be possible at all. Having high speed trains that covers more and more of the country means that not only is it easier for people to get home, but they can spend more time at home too.

6. How can giving free higher education to everybody benefit a country?

Although higher education is not necessarily the best option for everyone graduating from high school, I think that it's something that everybody should have the right to have, if they want. Unfortunately, for many people from rural or less affluent communities, the cost of higher education makes it impossible for them to ever go to university to pursue a degree. Without a degree from a reputable university, most of the best jobs are impossible to get. The result of this is a society where only wealthy families can afford to send their children to the best universities. Only these well-off people can then apply for the best jobs and only they can make high salaries. This just doesn't seem like a fair society and makes it extremely difficult for anyone from a poor social background to improve their social status and standard of living. Another benefit of having free higher education is having a larger portion of the population with more knowledge and more skills, which would probably translate to a stronger economy and a more confident nation.

中文思路：

1. 公司会赠送哪些东西作为免费礼物?

公司免费提供各种各样的东西，从食品样品到清洁产品，从 t 恤到婴儿尿布。一些公司可能会决定赠送他们刚刚创造的新产品，以吸引消费者的关注，鼓励人们尝试使用，或者将其作为一种将其带入家庭的方式。其他公司可能会选择放弃一种过时的、或他们不能再以合理价格出售的旧产品。虽然公司可能会因为赠送产品而赔钱，但他们可以在客户中产生很多好感，这对公司的声誉和未来的销售都有好处。许多公司会赠送印有公司标志的产品，比如 t 恤、钥匙扣、购物袋和帽子。顾客很高兴得到免费的礼物，而公司也可以免费为他们的品牌或产品做广告。

2. 公司赠送免费礼物的原因有哪些?

企业必须考虑利润高于一切，所以当公司决定给消费者一个免费的礼物，这一定是因为他们认为他们可以从这个赠品赚钱。例如，如果消费者必须去商店领取免费礼物，他们可能会在那里购买其他东西。他们在收集免费礼物时购买的产品的价值可能比礼物本身的价值对公司更有价值。赠送免费礼物也是营销新产品或让人们谈论你的品牌的一个聪明方法。很多人喜欢告诉他们的朋友他们免费得到的东西，所以通过赠送产品，人们很有可能会谈论这家公司和它的产品，这对公司产生更多的销售是非常重要的。下次有人去超市或其他零售商店时，如果他们看到朋友之前免费得到的产品，他们可能会更有可能购买它，而不是如果他们从未有过这样的对话。

3. 人们总是很高兴收到免费的礼物吗?

我认为在我们国家，大多数人都喜欢免费得到东西!即使是富有的人也喜欢告诉他们的朋友他们找到的便宜货，没有比免费的礼物更好的便宜货了。有些人为自己找到了物美价廉的产品而感到自豪，因为他们可能根本不需要这些产品，所以一般来说，答案肯定是"是"。另一方面，有些人曾经被骗子骗过。这些骗子经常利用我们公民对好买卖的热爱。以前被骗过的人可能会认为免费礼物的提供是可疑的，并且非常不愿意参与这样的提供。

4. 政府应该为所有公民提供哪些免费服务?

我个人认为，政府应该为公民提供尽可能多的帮助，特别是在住房、医疗和教育等最基本的必需品方面。我认为每个公民都应该有一定的权利，一个国家的政府应该负责确保这些权利得到保护。不是每个人都有能力找到正常生活所需的工作，但这并不意味着他们是社会中不重要的成员。我曾听人说过，要真正判断一个国家，只能看这个国家最脆弱的公民受到的待遇，我同意这种说法。已经有许多国家比我国更好地对待弱势群体，我认为我们需要向这些国家学习，为我们的公民做更多的事情，即使这影响了我们可以在其他领域花费的资金。

5. 政府需要为整个国家提供良好的公共交通吗?

对任何国家来说，拥有一个交通发达的国家都是极其重要的。公民向政府缴纳各种类型的税，以确保国家能够有效运转，拥有良好的公共交通是其中一个重要因素。如今，很多人痴迷于拥有私家车，但这导致了道路上的巨大交通拥堵。虽然大多数人可能更喜欢自己开车旅行，但并不是每个人都有这种奢侈，他们唯一可以依靠的出行方式是公共交通。春节期间，我们总是看到这样的照片:拥挤的火车站和机场挤满了拼命买票的人。对很多人来说，这个假期是他们回家看望亲人的唯一机会，如果没有优质的公共交通，这是不可能的。高铁覆盖了越来越多的国家，这不仅意味着人们更容易回家，而且他们也可以花更多的时间在家里。

6. 如何给每个人提供免费的高等教育使国家受益?

虽然高等教育并不一定是每个人高中毕业的最佳选择，但我认为，如果他们想要，每个人都应该有权利拥有它。不幸的是，对于许多来自农村或较不富裕社区的人来说，高等教育的成本使他们无法进入大学攻读学位。没有名牌大学的学位，大多数最好的工作是不可能得到的。其结果是一个只有富裕家庭才能负担得起孩子上最好大学的社会。只有这些富裕的人可以申请最好的工作，只有他们可以获得高工资。这看起来不像是一个公平的社会，使得任何来自贫穷社会背景的人都很难提高他们的社会地位和生活水平。免费高等教育的另一个好处是，有更大比例的人口拥有更多的知识和技能，这可能会转化为更强大的经济和更自信的国家。

22：社交网络上常关注的人

1. What different types of media that are popular in your country (e.g. radio, TV, social media etc.)?

These days, traditional media like TV, radio, newspapers and magazines are less popular than ever before. The rise of the internet, social media platforms and young people's love of technology means that now online media is easily the most popular form of media. Whereas people used to rely on watching television at home to find out about what is happening in the world, they can now do that online on their mobile phones from anywhere. The same can be said of many other things – we can use social media to follow the lives of our favourite celebrities, to check the latest weather forecast, to watch the latest TV shows, to listen to our favourite singer or band, to play the hottest computer games and many other things besides. Even older people and are embracing the technology and can be widely seen using phones and tablets in public areas. Although some older and more traditionally minded people continue to enjoy listening to the radio and watching news reports on TV more than online, I think that these things will probably die out completely over the next few generations.

2. Are the same types of media important to young and old people?

One of the most obvious differences between the older and younger generations is how much time they spend watching television. For older people, television has probably always been the most important form of both entertainment and education, the place where they can keep up to date with world events and enjoy their favourite dramas. It is still common for the older generation to spend a lot of time on their sofas watching TV every day. Younger people, however, were born into a society which already had the internet and for them, television is an old-fashioned, outdated form of media. Most young people prefer to spend their time on their cell phones. Here they can still catch their favourite television shows and movies, and can also interact with friends while sharing all kinds of media, playing online games and posting on social media.

3. Do you think that people will continue to read printed newspapers and magazines in the future?

In my opinion, printed newspapers and magazines are both very old-fashioned bad for the environment, and should be phased out as soon as possible. The amount of paper that is needed to print all of the magazines and newspapers in a country with a population like ours is insane and the whole printing process requires a huge amount of energy! Though I understand why this was done in the past, it is a huge strain on our country's natural resources that simply isn't necessary in the modern world. There are some people who argue that physically holding and turning the pages of a newspaper is far more satisfying than reading the news on a phone or tablet. While that may be true for many, printing physical newspapers and magazines is impractical, expensive and unnecessary. We are becoming a more environmentally conscious country and young people in particular are much more concerned about being environmentally responsible citizens than in the past. Doing what's best for the environment often requires compromise, even if you can no longer do all the things you enjoy. It is my belief that printed newspapers and magazines will soon become a thing of the past.

4. What are the main reasons why people use social media?

There are many reasons that people use social media, depending on their job, hobbies, interests and even their marital status. Social media platforms are no longer just places for people to make friends, but serve a whole other range of purposes. Companies promote their products through social media and even advertise jobs on these platforms. Celebrities use social media to communicate with fans and promote new books, films, albums and other projects, while fans use the same platforms to interact with their idols. Working professionals who work long hours use social media to find love and lonely people use it to make friends. Everyone uses social media to stay in touch with friends and family, posting photos, videos and other details of their lives, from their latest holiday snaps to

pictures of their new babies, latest purchases and even pictures of what they had for lunch! For some, social media is just a way to pass time, relieve stress or simply escape the boredom of our otherwise dull routines!

5. It is difficult to get to know someone well through social media

Although getting to know somebody through social media is much more practical and convenient than getting to know somebody face to face, I think it's definitely much more difficult and takes much longer. When chatting online via text messages, it is easy to misunderstand what somebody says, and even if you understand the meaning of their words, without hearing the tone of their voice or seeing the expression on their face, it's very hard to truly understand them completely. Non-verbal communication is arguably just as important as verbal communication, yet most social media interaction takes place without it. Moreover, it is extremely common and easy for people to lie about themselves when communicating online. Anyone can claim to be a successful businessman in their online profile, to drive a Ferrari, own a mansion or look like a model, but these kinds of lies are much harder, even impossible to pull off face to face. Many people have experienced being lied to by somebody misrepresenting themselves and find it difficult to trust people online. In conclusion, I don't think you can ever truly know somebody until you have spent time with them face to face.

6. Whether advertising products on social media is effective

Nowadays, more and more companies seem to spend large portions of their advertising budgets on social media. This makes perfect sense, as most people spend the majority of their time on social media compared to other forms of media like television and radio. TV and radio audiences are steadily decreasing year after year, so it's only natural that companies focus less time and money on advertising on traditional media platforms and instead focus on social media platforms with much larger audiences. Unlike TV and radio, social media is highly interactive. Potential customers who see a product or service advertised online can instantly get in touch with the companies to find out more information and people working for these companies can respond to individual enquiries efficiently, making it much easier to sell. If people like a particular product, service or offer they will probably share it with all their friends and followers via social media, which means it can go viral overnight. This is a much cheaper method of advertising than more traditional methods and can potentially reach far more people in a shorter time. Social media advertising can also specifically target particular demographics which allows companies to advertise only to the types of people that they believe would be interested in what they are offering.

中文翻译：

1. 你们国家流行的媒体类型有哪些(如广播、电视、社交媒体等)？

如今，传统媒体如电视、广播、报纸和杂志比以往任何时候都不受欢迎。互联网、社交媒体平台的崛起以及年轻人对科技的热爱，意味着网络媒体很容易成为最受欢迎的媒体形式。过去人们依靠在家看电视来了解世界上正在发生的事情，而现在他们可以在任何地方通过手机在线了解。许多其他事情也是如此——我们可以使用社交媒体来了解我们最喜爱的名人的生活,来查看最新的天气预报,看最新的电视节目,听我们最喜欢的歌手或乐队,玩最热门的电脑游戏和许多其他的事情。甚至年纪较大的人也开始接受这项技术，在公共场所可以看到他们使用手机和平板电脑。尽管一些年长的、思想更传统的人继续喜欢听广播和看电视新闻报道，而不是在网上，我认为这些东西可能会在未来几代人完全消失。

2. 同样类型的媒体对年轻人和老年人重要吗？

老一辈和年轻一代之间最明显的区别之一就是他们花在看电视上的时间。对于上了年纪的人来说，电视可能一直是最重要的娱乐和教育形式，在那里他们可以了解最新的世界大事，并欣赏他们喜欢的戏剧。老一辈人每天花很多时间坐在沙发上看电视仍然是很普遍的现象。然而，年轻人出生在一个已经有互联网的社会，对他们来说，电视是一种过时的、过时的媒体形式。大多数年轻人喜欢把时间花在手机上。在这里，他们仍然可以观看自己最喜欢的电视节目和电影，还可以与朋友互动，同时分享各种媒体，玩网络游戏，在社交媒体

上发帖。

3. 你认为人们将来还会继续阅读纸质报纸和杂志吗?

在我看来，印刷的报纸和杂志都是非常老式的对环境有害的，应该尽快淘汰。在我们这样一个人口众多的国家，印刷所有的杂志和报纸所需要的纸张数量是惊人的，整个印刷过程需要大量的能源!虽然我理解为什么过去会这样做，但这对我们国家的自然资源是一个巨大的压力，而在现代世界中，这根本是不必要的。有些人认为，拿着报纸翻页比在手机上或平板电脑上阅读新闻更令人满意。虽然这对许多人来说可能是真的，但印刷纸质报纸和杂志是不切实际的，昂贵的和不必要的。我们正在成为一个更有环境意识的国家，特别是年轻人比过去更关心成为对环境负责任的公民。做对环境最好的事情往往需要妥协，即使你不再能做所有你喜欢的事情。我相信印刷的报纸和杂志将很快成为历史。

4. 人们使用社交媒体的主要原因是什么?

人们使用社交媒体的原因有很多，这取决于他们的工作、爱好、兴趣甚至婚姻状况。社交媒体平台不再仅仅是人们交朋友的地方，而是提供了一系列其他目的。公司通过社交媒体宣传他们的产品，甚至在这些平台上发布招聘广告。名人利用社交媒体与粉丝沟通，宣传新书、电影、专辑等项目，而粉丝也利用同样的平台与偶像互动。长时间工作的职场人士用社交媒体寻找爱情，孤独的人用社交媒体交朋友。每个人都用社交媒体与朋友和家人保持联系，发布照片、视频和其他生活细节，从最近的假期快照到新宝宝的照片、最新购买的东西，甚至是他们午餐吃了什么!对一些人来说，社交媒体只是一种打发时间、缓解压力或逃离无聊日常生活的方式!

5. 通过社交媒体了解一个人是很困难的

虽然通过社交媒体了解一个人比面对面地了解一个人更实际和方便，但我认为这肯定要困难得多，需要更长的时间。当你在网上发短信聊天时，很容易误解别人所说的话，即使你听懂了他们所说的话的意思，但如果没有听到他们的语气或看到他们脸上的表情，也很难真正完全理解他们的话。可以说，非语言交流与语言交流同样重要，但大多数社交媒体互动都是在没有语言交流的情况下进行的。此外，人们在网上交流时撒谎是非常普遍和容易的。任何人都可以在网上的个人资料中声称自己是一个成功的商人，开着一辆法拉利，拥有一座豪宅，或者长得像个模特，但这些谎言很难做到，甚至不可能面对面地实现。很多人都有过被虚假陈述的人欺骗的经历，并且发现很难相信网上的人。总之，我不认为你能真正了解一个人，直到你花时间与他们面对面。

6. 社交媒体上的广告产品是否有效

如今，越来越多的公司似乎把大部分的广告预算都花在社交媒体上。这完全说得通，因为与电视和广播等其他形式的媒体相比，大多数人把大部分时间花在社交媒体上。电视和广播的受众在逐年减少，因此，企业在传统媒体平台上投放广告的时间和资金减少，转而将重点放在拥有更多受众的社交媒体平台上，这是很自然的。与电视和广播不同，社交媒体具有高度的交互性。看到在线广告的产品或服务的潜在客户可以立即与公司取得联系，以获得更多的信息，而为这些公司工作的人可以有效地回应个别的询问，使其更容易销售。如果人们喜欢某种特定的产品或服务，他们可能会通过社交媒体与所有的朋友和粉丝分享，这意味着它可以在一夜之间疯传。这是一种比传统广告更便宜的广告方式，并且可以在更短的时间内接触到更多的人。社交媒体广告也可以针对特定的人群，这使得公司只能向他们认为对他们提供的产品感兴趣的人群投放广告。

23：有趣的著名城市

1. What kinds of things do tourists like to do in cities?

I think it depends on age. Tourists of different ages do completely different things in the city. Older generations, like my parents, tend to visit the famous local scenic spots, such as the Oriental Pearl TV Tower in Shanghai or the Forbidden City in Beijing - and, they must have their picture taken with those landmarks! However, younger generations may consider it as a boring way to travel. Finding a comfortable hotel in a new city is the first step to a perfect trip, and of course the most important thing is to taste the popular local food. They usually like internet-famous food or business centers. Apart from amusement parks, we are usually not interested in some of the more traditional attractions.

2. What are the benefits for cities of having lots of tourists?

I think the main benefit of tourism for any city is to the economy. Cities which attract a large number of tourists receive a huge revenue boost in many sectors, particularly in the transport, retail and hospitality industries. Tourists are more liberal with their spending habits compared to local inhabitants and many cities rely heavily on the money they can make from domestic and international tourists to survive. Tourists typically stay in hotels, eat at restaurants, utilize private and public transport and many spend exorbitant amounts of money on luxury goods and souvenirs that they may not be available to buy in their home cities or countries. Aside from the economic benefits, having a regular flow of tourists creates a more international, multicultural atmosphere for any city which can also have positive consequences. It can help to attract investment from a wide range of countries, educate local people and promote tolerance and understanding between people of a variety of racial, social and cultural backgrounds.

3. What are the disadvantages for people living in cities which are popular with tourists?

Though tourism brings many benefits to cities, there are definitely some drawbacks, especially for local citizens. During peak tourist season, cities popular with tourists get far busier than they usually are. Public places can quickly become overcrowded, increased traffic causes major congestion and longer commutes for workers, finding parking can become extremely time consuming and public transport networks struggle to cope with higher numbers of passengers. Furthermore, cities popular with tourists unfortunately tend to attract criminals such as scammers and pickpockets. This can have a negative effect on the image of a city and puts added pressure on the police to ensure laws are upheld and citizens remain safe. Another byproduct of tourism is the cost of living. Tourism drives up prices to such an extent that many locals are no longer able to afford to live in the places they were born. They have little choice but to move out of the cities into more suburban areas where house prices, public services and essential items are more reasonably priced.

4. Why are so many young people attached to city life?

There is a wide variety of reasons that young people are increasingly attracted to city life. Arguably the most important is to do with career opportunities. Compared to rural areas, cities have much greater job prospects for young, educated people. The vast majority of large, famous and reputable companies in every industry are located in or near to cities, so living too far from these cities can make it almost impossible to get a good job with such a company. Additionally, cities typically offer young people far greater social and recreational opportunities and a higher overall standard of living. There are more things to do to occupy your free time, from visiting museums and art galleries and eating international cuisine to meeting people from all over the world, starting new hobbies and joining an almost limitless variety of clubs, organizations and societies. Public services are more widely available and the standard of healthcare, education and public transport is often much higher than in the countryside.

5. Are cities better for young people than for old people?

In my opinion, most modern cities are much better suited for young people than for old people. Large cities are usually very crowded, congested and full of young, tech-savvy professionals trying to earn a living. People hurry from place to place, drivers impatiently beep their horns, commuters push their way on and off subway trains and buses and citizens increasingly rely on mobile phones and other modern technology to make more efficient use of their time. The pace of life in bustling cities just doesn't seem to fit the way that most older people like to go about their lives. In my experience, the elderly walk and drive slowly, struggle with many physically demanding tasks and have difficulty understanding how to use a lot of modern systems and gadgets. In many ways I think most old people would probably prefer to enjoy their retirement in smaller, less crowded places where they can do things at their own pace.

6. How do people improve their quality of lives in cities?

Living and working in a large city can quickly become a lonely, monotonous existence. Luckily, there is a wealth of opportunities available for citizens that can vastly improve the quality of their lives. Singles can use dating apps to meet like-minded people for friendship or romance, while there is a whole spectrum of clubs, organizations and societies for bored or lonely people to make friends, take up a new hobby or participate in meaningful community projects. A range of museums and art galleries can expand people's cultural and historical understanding and public parks provide a serene environment for people to exercise, meditate, relax or just escape from the stress of their daily routines. Public and private educational establishments in cities means that people can improve their skills and enhance their career prospects, from learning a new language to obtaining a vocational qualification. The higher salaries available in urban centers compared to rural areas can raise many people and their families out of poverty and gives thousands of people the chance to lead more comfortable, fulfilling lives.

中文翻译：

1. 游客在城市里喜欢做什么？

我认为这取决于年龄。不同年龄的游客在城市里做的事情完全不同。老一辈的人，比如我的父母，喜欢参观当地著名的景点，比如上海的东方明珠电视塔或北京的紫禁城。他们必须和地标一起拍照。然而，年轻一代可能会认为这是一种无聊的旅行方式。在一个新的城市找到一个舒适的酒店是完美旅行的第一步，当然最重要的是品尝当地流行的食物。他们通常喜欢网上有名的食物或商务中心。除了游乐园，我们通常对传统景点不感兴趣。

2. 城市有很多游客有什么好处？

我认为旅游业对任何城市的主要好处是经济。吸引大量游客的城市在许多领域都获得了巨大的收入增长，尤其是在交通、零售和酒店行业。与当地居民相比，游客的消费习惯更加自由，许多城市严重依赖从国内外游客身上赚到的钱来维持生计。游客通常住在酒店，在餐馆吃饭，使用私人或公共交通工具，许多人花大量的钱购买奢侈品和纪念品，这些东西在他们的城市或国家可能买不到。除了经济上的好处，定期的客流为任何城市创造了一个更国际化、多元文化的氛围，这也会产生积极的影响。它可以帮助吸引来自广泛国家的投资，教育当地人民，促进不同种族、社会和文化背景的人民之间的容忍和理解。

3. 生活在受游客欢迎的城市的人有什么缺点？

尽管旅游业给城市带来了很多好处，但也肯定有一些缺点，尤其是对当地居民来说。在旅游旺季，受游客欢迎的城市会比平时忙得多。公共场所很快就会变得拥挤，增加的交通会导致严重的拥堵，上班族上下班的时间也会变长，停车会变得非常耗时，公共交通网络也难以应付更多的乘客。此外，受游客欢迎的城市往往会吸引骗子和扒手等犯罪分子。这可能会对一个城市的形象产生负面影响，并给警方带来额外的压力，以确保法律的维护和公民的安全。旅游的另一个副产品是生活成本。旅游业将价格推高到这样的程度，以至于许多当地人再也负担不起在他们出生的地方生活。他们别无选择，只能从城市搬到郊区，那里的房价、公共服务和生活必需品的价格都比较合理。

4. 为什么这么多年轻人迷恋城市生活？

有各种各样的原因，年轻人越来越被城市生活所吸引。可以说，最重要的是与职业机会有关。与农村地区相比，城市对于受过教育的年轻人有更大的就业前景。在每个行业中，绝大多数大型、著名和有信誉的公司都位于城市或城市附近，所以住得离这些城市太远，几乎不可能在这样的公司找到一份好工作。此外，城市通常会为年轻人提供更多的社交和娱乐机会，以及更高的整体生活水平。在你的空闲时间里，有更多的事情可以做，从参观博物馆和艺术画廊，吃国际美食，到认识来自世界各地的人，开始新的爱好，加入各种各样的俱乐部、组织和社团。公共服务更加广泛，医疗、教育和公共交通的标准往往比农村高得多。

5. 城市对年轻人比对老年人更好吗？

在我看来，大多数现代城市更适合年轻人而不是老年人。大城市通常非常拥挤，充满了年轻的、精通技术的、试图谋生的专业人士。人们匆忙地从一个地方到另一个地方，司机不耐烦地按喇叭，通勤者推着地铁和公共汽车上下车，市民越来越依赖手机和其他现代技术，以更有效地利用他们的时间。熙熙攘攘的城市的生活节奏似乎不适合大多数老年人喜欢的生活方式。根据我的经验，老年人走路和开车都很慢，很难完成许多需要体力的任务，也很难理解如何使用许多现代系统和设备。在很多方面，我认为大多数老年人可能更喜欢在小一点、不那么拥挤的地方享受他们的退休生活，在那里他们可以按照自己的节奏做事。

6. 人们如何提高城市的生活质量？

在大城市生活和工作很快就会变成一种孤独、单调的存在。幸运的是，公民有大量的机会可以大大提高他们的生活质量。单身人士可以通过约会应用结识志同道合的人，建立友谊或恋爱关系，而无聊或孤独的人也可以通过各种俱乐部、组织和社团结交朋友，培养新的爱好或参加有意义的社区项目。一系列的博物馆和艺术画廊可以扩展人们对文化和历史的理解，而公园为人们提供了一个宁静的环境来锻炼、冥想、放松或逃离日常生活的压力。城市里的公立和私立教育机构意味着，从学习一门新语言到获得职业资格证书，人们可以提高他们的技能，增强他们的职业前景。与农村地区相比，城市中心的工资更高，可以使许多人及其家庭摆脱贫困，并使成千上万的人有机会过上更舒适、更充实的生活。

24：乡下一隅

1. What are the most popular places in the countryside for people in your region to visit?

One of the most popular places in my province is a safari park. Most people will probably never have the opportunity to travel to Africa to see wild animals like elephants, rhinos and lions living in the wild, so driving through this safari park is about as close as to the real thing as they will ever experience. It's absolutely incredible to be within touching distance of some of the world's most well-known and best-loved animals, even though it can be a bit scary at times when some of the larger or dangerous animals get too close to your car! Not only does the safari park give people the chance to see animals from around the world up close, it also has an extremely interesting museum that can educate us about the importance of looking after the environment and treating all animals with respect and understanding. I really hope that places like this will have a positive effect on people in my country's attitude towards animal rights and being kind to the environment.

2. Who will enjoy visiting the countryside?

I think that the countryside can be enjoyed and appreciated by people of all ages, and from all walks of life. For many people, the grass is greener on the other side so I think that the people who will enjoy visiting the countryside the most are those who live in crowded urban centers who haven't had the opportunity to experience the way folks live in the countryside. Simple things that country folk take for granted and don't even notice in their daily lives can be both curious and exhilarating for city dwellers. For example, looking up at night and seeing the stars that are usually impossible to perceive because of light pollution. Breathing fresh air free from exhaust fumes, chemicals and other unpleasant odors. Driving on quiet, deserted roads and walking along beautiful country lanes. Witnessing fish jump from clear rivers, bumblebees buzz around colorful flowers and birds soar in clear blue skies. Meeting friendly people who have time to stop and chat for a few minutes.

3. Do people visit the countryside more today than in the past?

As people have become more financially stable and better educated, more and more are turning their attention to the importance of both mental and physical health. People living in polluted, crowded cities are becoming more aware of the negative effects of their environment and lifestyle and getting away from it all in the countryside is actually becoming more and more popular. Though the majority of city dwellers view living in the countryside as unfashionable and restrictive and view country dwellers as naïve and uneducated, they are starting to see the benefits of spending time away from the hustle and bustle of city life. The countryside provides opportunities for breathing fresh air, enjoying beautiful and diverse natural scenery, ample space for exercise and relaxation, and peace and quiet for self-reflection.

4. Why do some people choose to live in the countryside?

There are many reasons that people choose to live in the countryside, however this is probably not a choice that most people have the luxury of making. These days, more and more people are beginning to recognize the benefits of country life and even some of the wealthiest people in society, people who have been born and raised in urban areas, are moving their families to cleaner, quitter more peaceful rural villages. That being said, most career-focused people still flock to big cities because of better career opportunities, public services, entertainment venues and a higher standard of living. The majority of people who consciously choose to live in the countryside are those who are born or brought up there. Not everyone has the desire or need to move to a city to make a living. Humans are creatures of habit and moving to a completely different type of society can be daunting or unattractive to many. These people prefer to stay in places with which they are familiar, close to family and friends, working for family businesses and enjoying a lifestyle with less pressure to climb the social ladder.

5. What's the disadvantages of living in the countryside?

There are a number of important disadvantages of living in the countryside, which is why the majority of young people tend to migrate to urban centers upon completing their education. The main disadvantage is career prospects. The vast majority of industries operate in cities so living in the countryside makes it virtually impossible to secure a good job in many lucrative sectors. Moreover, the standard of education in rural schools is typically well below the standard in urban schools. The higher salaries offered by schools, coupled with the higher standard of living in cities invariably attracts the best teachers, while schools in rural areas struggle to recruit qualified teachers. The infrastructure in urban centers offers residents a far higher standard of living compared to the countryside. The lack of public transport networks and poorly built roads makes it difficult to get around, telecommunications networks are not as advanced as in cities resulting in poor mobile phone coverage and slow or unreliable internet connections. Hospitals are understaffed or lack the specialist equipment to deliver adequate medical treatment and local governments don't have enough money to provide the kinds of public services that people living in cities take for granted.

6. Are people who live in the countryside are different to the people who live in cities?

I don't think that people living in the countryside are really different from people who live in cities, as I think fundamentally all people are very similar. Though everyone has their own goals in life, most people strive to be happy. What separates them, perhaps, is what people perceive happiness to be. For some people being happy is about possessions. Owning a luxurious house, expensive car, precious jewelry and designer clothes makes some people happy and for others, climbing the corporate ladder is the key to happiness. These types of people typically live in or move to cities where people have better career advancement opportunities and more chances to become wealthy. Though some people living in the countryside undoubtedly also have a similar outlook, I think that many of those who consciously choose to move to the countryside probably have a different philosophy. For these people, maybe material possessions or career opportunities are not as important as having fresh air to breath, time and space for relaxation and self-reflection? Perhaps they place a higher value on being close to nature, spending time outdoors and having a more relaxed pace of life.

中文翻译：

1. 你们地区的人最喜欢去的乡村地方是哪里？

我们省最受欢迎的地方之一是野生动物园。大多数人可能永远不会有机会到非洲去看生活在野外的大象、犀牛和狮子等野生动物，所以开车穿过这个野生动物园是他们所经历的最接近真实的事情。这是可以让你近距离接触的一些世界上最著名的和最受喜爱的动物，当一些较大或危险的动物太接近你的车，你有时可能会有点可怕。野生动物园不仅让人们有机会近距离观察世界各地的动物，它还有一个非常有趣的博物馆，可以教育我们保护环境的重要性，尊重和理解对待所有的动物。我真的希望像这样的地方会对我们国家的人对待动物权利和善待环境的态度产生积极的影响。

2. 谁喜欢到农村去游玩？

我认为农村可以被各个年龄层、各行各业的人欣赏和接受。对很多人来说，他们总是吃着碗里的看着锅里的，所以我认为最喜欢去农村的人是那些住在拥挤的城市中心的人，他们没有机会体验人们在农村的生活方式。在日常生活中，农村居民认为理所当然、甚至没有注意到的一些简单的事情，对城市居民来说可能是既好奇又令人兴奋的。例如，在晚上仰望天空，通常是不可能察觉到的星星的，因为光污染。呼吸没有废气、化学物质和其他难闻气味的新鲜空气。在安静、荒芜的道路上开车，在美丽的乡间小路上散步。目睹鱼儿从清澈的河流中跳跃，大黄蜂在五彩缤纷的花丛中飞舞，鸟儿在湛蓝的天空中翱翔。遇到有时间停下来聊几分钟的友好的人。

3. 现在人们到农村去的次数比过去多吗？

随着人们的经济状况越来越稳定，受教育程度越来越高，越来越多的人开始关注心理和身体健康的重要性。生活在受污染、拥挤的城市中的人们越来越意识到他们的环境和生活方式的负面影响，而远离喧嚣的乡村生活实际上正变得越来越流行。尽管大多数城市居民认为生活在农村是不时尚的和有限制性的，并认为农村居民天真和未受教育，他们开始看到花时间远离城市生活的喧嚣和忙碌的好处。乡村提供了呼吸新鲜空气的机会，享受美丽多样的自然风光，提供了充足的锻炼和放松的空间，提供了自我反省的宁静和舒适。

4. 为什么有些人选择住在农村？

人们选择住在农村有很多原因，但这可能不是大多数人有奢侈的选择。如今，越来越多的人开始认识到农村生活的好处，甚至一些社会上最富有的人，那些出生和成长在城市地区的人，也正把他们的家庭搬到更清洁、更安宁的农村。话虽如此，大多数以职业为中心的人仍然涌向大城市，因为那里有更好的职业机会、公共服务、娱乐场所和更高的生活水平。大多数有意识地选择住在农村的人都是在那里出生或长大的。并不是每个人都渴望或需要搬到城市谋生。人类是有习惯的生物，迁移到一个完全不同类型的社会可能会让许多人望而却步或缺乏吸引力。这些人喜欢呆在自己熟悉的地方，与家人和朋友在一起，为家族企业工作，享受一种没有那么大压力的生活方式。

5. 住在农村的缺点是什么？

在农村生活有许多显著的缺点，这就是为什么大多数年轻人往往在完成他们的教育后迁移到城市中心。主要的不利因素是职业前景。中国绝大多数工业都在城市中运营，因此生活在农村几乎不可能在许多利润丰厚的行业找到一份好工作。此外，农村学校的教育标准通常远低于城市学校的标准。学校提供的高工资，再加上城市较高的生活水平，总是能吸引最好的教师，而农村地区的学校则难以招到合格的教师。与农村相比，城市中心的基础设施为居民提供了更高的生活水平。公共交通网络的缺乏和劣质的道路建设，使出行变得困难，电信网络不像城市那样先进，导致移动电话覆盖不足，互联网连接缓慢或不可靠。医院人手不足或缺乏提供适当医疗的专业设备，而地方政府没有足够的资金提供城市居民认为理所当然的公共服务。

6. 生活在农村的人和生活在城市的人不同吗？

我不认为生活在农村的人和生活在城市的人有什么不同，因为我认为从根本上说所有的人都很相似。虽然每个人都有自己的人生目标，但大多数人都努力让自己快乐。区别它们的也许是人们对幸福的理解。对有些人来说，幸福就是财产。拥有豪华的房子、昂贵的汽车、珍贵的珠宝和名牌服装让一些人快乐，而对另一些人来说，升职是快乐的关键。这类人通常居住或移居城市，那里的人有更好的职业发展机会和更多的致富机会。虽然一些生活在农村的人无疑也有类似的看法，但我认为许多有意识选择搬到农村的人可能有不同的人生观。对这些人来说，也许物质财富或职业机会不如呼吸新鲜空气、放松和自我反思的时间和空间重要？也许他们更看重亲近大自然，花时间在户外，拥有更轻松的生活节奏。

25：最近才认识且想了解更多的人

1. Are there any good ways to meet new people in your country?

The advancements in technology since the invention of the internet has made it easier to meet people than ever before. Social media platforms and dating apps makes it extremely easy to meet people from all walks of life at the click of a button, from the comfort of your own home. Although this is undoubtedly a convenient and efficient way of meeting people, especially for busy professionals who don't have time to go on dates, it is not necessarily a 'good' way to meet people, as it can be difficult to really know whether somebody's online profile is even real and whether people really are who they claim to be. Though I'm not against meeting people online, I do think that people need to be a bit more aware of the risks and potential dangers and be more sensible when agreeing to meet somebody they have met online.

2. How do people behave in polite ways when meeting new people?

There is no objectively right or wrong way to behave when you meet somebody new – it completely depends on where that person comes from as different countries and cultures have vastly different methods of expressing politeness. In the UK and USA, it is common to greet somebody with a firm handshake. Having a weak handshake is a sign of nervousness and incompetence and is generally viewed quite negatively, yet in some Asian countries like the Philippines, greeting somebody new with a firm handshake is seen as aggressive and impolite. In many European countries, kissing people on the cheek is considered perfectly normal, even between two people of the same gender, yet this would cause outrage in many conservative countries! In many parts of Asia, including Japan, India and Thailand, bowing is a sign of respect. In middle-eastern countries such as Yemen and Oman bumping noses is an appropriate greeting, whereas in some African nations, people clap hands after they shake. In my opinion, the best way to be polite is to educate yourself about the traditions and culture of people from other countries. Although you may make mistakes, most people will really appreciate your effort!

3. What do you think the importance of having the same interests when making new friends?

Personally, I think having the same interests when making friends is very important at the beginning of a friendship because the first thing we do when meeting new people is search for common ground – we try find something that we have in common with that person. Having a shared interest is something that can be found out relatively quickly and easily, and can act as a platform for an enjoyable first conversation. Having a shared hobby also serves as a reason for meeting that person again, whether it be for a game of tennis, to go for a hike or to watch a film together. Although having the same interests is practically very helpful at the start of a friendship, I don't think it necessarily makes the basis for a long-lasting friendship. I think that you are more likely to build a true friendship with somebody who shares the same world view as you, someone whose moral outlook and philosophy is similar to your own, as I think these shared values are much more important than having a shared love of a particular type of music, sport or other recreational activity.

4. What are the most important qualities in a good friend?

In my opinion, the most important qualities in a true friend are trustworthiness, dependability and honesty. Aside from our family members, our friends are the people we put the most trust in. When we have a problem that we can't talk to our family about, we turn to our most trusted friends because we know that they will keep what you tell them to themselves. It is very difficult to rebuild a friendship with somebody who has betrayed your trust in the past as you will always have suspicions about them that are difficult to overcome. We depend on our friends to help us in times of need. Somebody dependable will never stand you up, will pick you up when you run out of petrol and give you a shoulder to cry on when you break up with your boyfriend or girlfriend. Although you may not always like

your friends being completely honest with you, in the long term you will definitely view it as a positive trait. Honest friends will never lie for the sake of making their lives easier and will tell you the truth, even though what they say may be hard for you to accept.

5. Do people make the closest friendships at school?

For many people, the friends that people make at school will remain friends for life. Growing up together can be a very powerful bond, especially for people living in small towns or villages whose parents and grandparents may also be friends. As society changes and making friends online becomes easier, however, I think the importance of having close friends at school becomes less significant. In the past, the majority of kids had three groups of friends – their friends from school, friends from their neighborhood and family friends. Out of those groups, children spent most of their time with their friends from school, so it was quite natural that these friends became closest. Nowadays, however, technology allows children to make friends with people all over the world. Having a larger group of friends from a young age will probably make people less reliant on their school friends. In fact, with online learning becoming so popular, children in the same school may soon only meet in a virtual environment.

6. How do the internet affect friendships in the future?

I think that we are already seeing the negative effects of the internet on friendships and unfortunately, this is likely to become more pronounced in the future. Though social media platforms and messaging apps have made it easier to make friends than ever before, the amount of time that people are spending interacting with their online 'friends', as well as the amount of time spent playing online games, watching videos and other online activities impacts the amount of time we spend in the company of our 'real' friends. These days teenagers are much more likely to spend an hour playing an online game or texting with a friend than they are actually meeting each other face to face. When communicating online without the advantage of seeing a friend's facial expressions or hearing the tone of their voice, it's easy to have a misunderstanding which can create animosity or even cause friendships to end. Moreover, social media posts can cause feeling of jealousy, particularly when supposed friends post photos of events that you weren't invited to.

中文翻译：

1. 在你们国家有什么结识新朋友的好方法吗?

自从互联网发明以来，科技的进步使人们比以往任何时候都更容易认识他人。社交媒体平台和约会应用程序让你在舒适的家中，只需点击一下按钮，就能非常容易地认识各行各业的人。虽然这无疑是一个方便和有效的方式，特别是对于繁忙的专业人士，他们没有时间去约会。这未必是一种'好'的方式来认识人因为很难知道他们的网上资料是否真实，人们是否真的是他们所声称的那样。虽然我不反对在网上认识人，但我确实认为人们需要更多地意识到风险和潜在的危险，在同意与他们在网上认识的人见面时要更加理智。

2. 人们在认识新朋友时如何表现得有礼貌?

客观上来说，当你认识一个新朋友时，你的行为举止并没有什么对错之分——这完全取决于那个人来自哪里，因为不同的国家和文化在表达礼貌的方式上有很大的不同。在英国和美国，用坚定的握手来问候别人是很常见的。握手无力是紧张和无能的表现，通常会被认为是相当消极的，但在一些亚洲国家，如菲律宾，握手有力被认为是无礼和无礼的。在许多欧洲国家，亲吻别人的脸颊被认为是完全正常的，即使是在同性之间，但这在许多保守的国家会引起愤怒!在亚洲的许多地方，包括日本、印度和泰国，鞠躬是一种尊重的表示。在中东国家，如也门和阿曼，撞鼻子是一种合适的问候方式，而在一些非洲国家，人们在握手后拍手。在我看来，保持礼貌最好的方法是了解其他国家人民的传统和文化。虽然你可能会犯错误，但大多数人会真的感激你的努力!

3. 在结交新朋友时，你认为有相同的兴趣爱好的重要性是什么?

就我个人而言，我认为在交朋友时拥有相同的兴趣在友谊的开始是非常重要的，因为我们遇到新朋友时做的第一件事是寻找共同点——我们试图找到我们与那个人的共同点。有一个共同的兴趣可以相对快速和容易地找到，并可以作为一个平台，愉快的第一次交谈。拥有共同的爱好也是我们再次见面的一个原因，无论是一起打网球、远足还是一起看电影。虽然在友谊刚开始的时候，拥有相同的兴趣是很有帮助的，但我不认为它一定会成为长久友谊的基础。我认为人们会更容易与跟自己相似的人，建立真正的友谊和相同的世界观、道德观和哲学。我认为这些共同的价值观比拥有一个共同的爱好、特殊的音乐、体育或其他娱乐活动来说更重要。

4. 一个好朋友最重要的品质是什么？

在我看来，一个真正的朋友最重要的品质是值得信赖，可靠和诚实。除了家人，朋友是我们最信任的人。当我们遇到不能和家人谈论的问题时，我们会求助于我们最信任的朋友，因为我们知道他们会保守你告诉他们的话。与曾经背叛你信任的人重建友谊是非常困难的，因为你总是对他们心存疑虑，而且很难克服。在需要的时候，我们依靠朋友帮助我们。可靠的人永远不会放你鸽子，当你的汽油用完了的时候，他会来接你，当你和你的男朋友或女朋友分手的时候，他会给你一个可以依靠的肩膀。虽然你可能不喜欢你的朋友对你完全诚实，但从长远来看，你肯定会把它视为一种积极的品质。诚实的朋友永远不会为了让他们的生活更轻松而撒谎，他们会告诉你真相，即使他们说的话可能很难让你接受。

5. 人们在学校建立最亲密的友谊吗？

对许多人来说，人们在学校结交的朋友将会是一生的朋友。一起长大可能是一种非常强大的纽带，特别是对于生活在小城镇或村庄的人，他们的父母和祖父母可能也是朋友。随着社会的变化，网上交友变得更容易，然而，我认为在学校有亲密朋友的重要性变得不那么重要了。在过去，大多数孩子有三组朋友——来自学校的朋友，来自社区的朋友和家庭的朋友。在这些群体中，孩子们大部分时间都和学校里的朋友在一起，所以这些朋友变得最亲密是很自然的。然而现在，科技让孩子们可以和世界各地的人交朋友。在年轻的时候拥有更多的朋友可能会使人们不那么依赖他们的学校朋友。事实上，随着在线学习变得如此流行，同一所学校的孩子们可能很快就只会在虚拟环境中相遇。

6. 网络如何影响未来的友谊？

我认为我们已经看到了互联网对友谊的负面影响，不幸的是，这可能在未来变得更加明显。尽管社交媒体平台和通讯应用程序比以往任何时候都更容易交朋友，但人们花在与在线"朋友"互动的时间，以及花在在线游戏上的时间，观看视频和其他在线活动会影响我们与"真正的"朋友相处的时间。如今的青少年更有可能花一个小时玩网络游戏或和朋友发短信，而不是面对面地见面。在网上交流时，如果没有看到朋友的面部表情或听到他们的声音，很容易产生误解，从而产生敌意，甚至导致友谊的结束。此外，社交媒体上的帖子可能会引起嫉妒，特别是当所谓的朋友发布了你没有被邀请的活动的照片时。

26：近期改善生活的变动（5-8月新题）

1. What changes do people make in their daily routines?

In general, I think most people vary what activities and habits they engage in daily. Each day is a new day, and no one can predict what is around the corner, therefore our day-to-day habits change frequently. For example, someone may normally have their lunch every day at 1pm, however, if they suddenly have a daily meeting scheduled at 1pm then they will have to change their daily routine. Sometimes people don't even need a reason, a lot of people like change for the sake of change, so they update their daily routine to try something new. Essentially, life is quite unpredictable and changes to our daily routine are often a necessity.

2. Do young people like making changes in their daily routines more than older people?

I have always thought that young people are more versatile and willing to accept change in their daily lives than those of the older generation. My reasoning for this is that older people are more set in their ways while younger people are up for experimentation and trying new things. For example, someone in their eighties may have been following the same lunch routine for the past 20 years and to change it would be a very big deal. In contrast to this, someone in their twenties will not have a lot of long-established habits, so making changes to their routine feels easy and natural. I think for these reasons, young people like making changes to their daily routines more than older people.

3. Is it good for people to keep making changes in their daily routines?

Personally, I think it is a great benefit to people's mental health and general mood to make changes in their daily routines. Without changes to our daily routine, it is easy to become demoralized, bored, and apathetic. When every day feels the same, the days start feeling lackluster. For example, if a man who works for a business in the inner city goes to the same place for lunch every single day, then eventually they will become bored of the food, and it will no longer be tasty. It is for this reason that it is good to have some variety in your life and to change up your daily behaviour. So, in conclusion, I think it is good for people to keep making changes in their daily routines, or else life becomes repetitive,

4. Is it a good idea for people to change job regularly?

I have always been apprehensive about the idea of changing jobs regularly, in fact, there are many disadvantages in doing so. The first drawback is that if someone changes their job too regularly it is difficult for them to gain experience or to learn and consolidate skills and knowledge. If they are always changing job, then they never have the time to develop properly as employees. This is something future employers will recognize on their CV. Another downside to changing jobs regularly is that people do not have the time to build bonds and friendships with their colleagues. This makes changing jobs regularly a rather lonely and sad activity. So, I think it is a bad idea for people to change job regularly.

5. Is being promoted at work always a change for the better?

From the stories I have been told by others, I think there are many often unconsidered negative effects of being promoted at work. For sure, it is nice to have a pay rise and access to a better office as well as the other advantages of being promoted, but these advantages come with many new stresses. For instance, being promoted almost always involves taking on longer hours and a heavier workload, not to mention a wealth of new responsibilities and risks that pertain to your role. Therefore, being promoted puts a lot of pressure on a person which can have negative effects on their health. So, I would say that being promoted at work isn't always a change for the better.

6. How can working in another country change a person's view of the world?

It is a commonly held opinion that life-experience in other countries broadens a person's understanding of the world around them. I think working in another country often leads to people having a better understanding of other cultures and customs, which also makes them more aware of their own culture and customs. For example, every country has its own set of rules and traditions on how to be polite and formal when interacting with others socially. Often these customs are very different from our own. Before we know about another country's customs, we may often assume they are being impolite and rude because we are assessing them based on our own customs. So, I think working in another country can make people more understanding.

中文翻译：

1. 人们在日常生活中做了哪些改变？

总的来说，我认为大多数人每天从事的活动和习惯是不同的。每一天都是新的一天，没有人能预测未来会发生什么，因此我们的日常习惯经常改变。例如，有些人通常在下午 1 点吃午饭，但是，如果他们突然在下午 1 点安排了一个会议，那么他们就必须改变他们的日常日程。有时候人们甚至不需要理由，很多人喜欢为了改变而改变，所以他们更新自己的日常安排，尝试新的东西。

2. 年轻人比老年人更喜欢在日常生活中做出改变吗？

我一直认为年轻人比老一辈人更多才多艺，更愿意接受日常生活中的变化。我的理由是，老年人更固步自守，而年轻人更愿意尝试新事物。例如，80 多岁的人可能在过去的 20 年里一直遵循相同的午餐习惯，改变它将是一件大事。与此相反，20 多岁的人不会有很多长期形成的习惯，所以改变他们的日常习惯感觉很容易也很自然。我认为由于这些原因，年轻人比老年人更喜欢改变他们的日常生活。

3. 人们在日常生活中不断做出改变是好事吗？

就我个人而言，我认为在日常生活中做出改变对人们的心理健康和总体情绪有很大的好处。如果不改变我们的日常生活，就很容易变得意志消沉、无聊和冷漠。当每一天都千篇一律的时候，日子开始变得黯淡无光。例如，如果一个在市中心的企业工作的人每天都去同一个地方吃午餐，那么最终他们会对食物感到厌倦，它将不再美味。正因为如此，生活中有一些变化，改变你的日常行为是有好处的。所以，总而言之，我认为人们在日常生活中不断做出改变是有好处的，否则生活就会变得重复，

4. 人们经常换工作是个好主意吗？

我一直对定期换工作的想法感到担忧，事实上，这样做有很多缺点。第一个缺点是，如果有人更换他们的工作太频繁，他们很难获得经验或学习和巩固技能和知识。如果他们总是换工作，那么他们就没有时间好好发展自己。未来的雇主会在他们的简历上看到这一点。定期换工作的另一个缺点是，人们没有时间与同事建立联系和友谊。这就使得经常换工作成为一种相当孤独和悲伤的活动。

5. 在工作中被提升总是一种更好的改变吗？

从别人给我讲的故事来看，我认为在工作中获得晋升有许多常常被忽视的负面影响。当然，有加薪、有更好的办公室以及其他被提升的好处是很好的，但这些好处伴随着许多新的压力。例如，升职几乎总是涉及更长的工作时间和更重的工作量，更不用说与你的角色相关的大量新责任和风险。因此，被提升会给一个人带来很大的压力，这可能会对他们的健康产生负面影响。所以，我想说，在工作中被提升并不总是更好的改变。

6. 在另一个国家工作怎么会改变一个人对世界的看法呢？

人们普遍认为，在其他国家的生活经历可以拓宽一个人对周围世界的了解。我认为在另一个国家工作往往会让人们更好地了解其他国家的文化和习俗，这也会让他们更了解自己的文化和习俗。例如，每个国家都有自己的一套规则和传统，在与他人社交时如何礼貌和正式。通常这些习俗与我们的习俗非常不同。在我们了解另一个国家的风俗习惯之前，我们往往会认为他们是不礼貌和粗鲁的，因为我们是根据自己的风俗习惯来评价他们的。所以，我认为在另一个国家工作可以让人们更理解。

27：有趣的邻居（5-8 月新题）

1. How well do people usually know their neighbors in…/your country?

China is a country that has a strong sense of local community, because of this people living near each other are often on very friendly terms. I would say that in my country, neighbours know each other really well and, in some cases, interact with each other on a daily basis. Especially in the older generation, neighbours will often share meals together and play games with each other in the evenings to pass the time. This is less common in younger generations, but traditions still hold up and generally young people are still polite and civil with their neighbours. I would say there is a good community culture in my country.

2. Is it harder for neighbors to get to know each other in big cities?

Big cities are sprawling places that feel very disconnected and are filled with so many people that it is hard to develop a sense of community. Due to this, I would say that it is difficult for people living near each other to become familiar and acquainted with each other. There is a general culture in most big cities that you do not interact with strangers other than for basic requests such as for directions or for asking the time, unfortunately this means that often people in big cities treat their neighbours in a similar way.

3. What are the advantages of living in a place where neighbors know each other well?

When a place has a strong sense of community there are many benefits to the individual person. The main advantage to living in a place where neighbours know each other well is that there is a well-connected group of people an individual can turn to when they are in need. If someone is ever in need of something, like a missing ingredient in a recipe, being able to turn to those that live around you for support is very important. Having a strong social network and connection with one's neighbours brings an untold number of advantages.

4. What are things that people can do to make their neighborhood a good place to live?

The most important aspects that impact the desirability of a place to live are public spaces and a sense of community. I think if people want to improve the desirability of their neighbourhood the first thing they need to do is contact their local government and petition for the improvement of public places such as parks, libraries, and public gyms. These amenities make a neighbourhood a far better place to live! After that, I think building a strong sense of local community has a huge effect. People can organize local festivals and local events to build a stronger sense of community and make their neighbourhood a more desirable place to live.

5. What are some ways that businesses can support local communities?

Personally, I think businesses have a huge impact on the development and atmosphere of local communities, and it is important they take measures to support communities rather than hinder them. Businesses become profitable and thrive off the money and labour of the community, therefore, it is crucial that these businesses reinvest some of their profits into things that benefit the community. For example, businesses can give some of their profits to local charities, they can support the construction of public buildings, or they could even organize events to celebrate and reward the local community. I believe actions like this would be a great support to local communities.

6. What are the negative impacts of modern technology on local communities?

There is an argument to be made that recent advancements in technology have had a negative impact on local communities. There are many ways in which modern technology damages local communities, from infrastructural technologies such as high-speed trains and airlines to individual technologies like smart phones. For example, local communities are often significantly damaged when high speed trains and airports are constructed in their towns and

cities. These modes of transport are sometimes built on important community buildings and moreover the influx of travelers due to these transport systems puts a lot of strain on local communities. In a more banal way, smartphones make people more interested in digital influencers and celebrities than people in their local community. There are often unseen negative impacts to technology.

中文翻译：

1. 在你的国家，人们通常有多了解他们的邻居？

中国是一个有强烈社区意识的国家，因为住在附近的人们经常关系很友好。我想说，在我的国家，邻居彼此非常了解，在某些情况下，每天都相互交流。特别是在老一辈，邻居们经常一起吃饭，晚上一起玩游戏来打发时间。这在年轻一代中不太常见，但传统仍然保持着，一般来说，年轻人仍然对他们的邻居彬彬有礼。我想说，我的国家有很好的社区文化。

2. 在大城市里，邻居之间互相了解会更难吗？

大城市是杂乱无章的地方，让人感觉非常孤独，而且人口众多，很难形成一种社区意识。因此，我想说，住在一起的人很难彼此熟悉。在大多数大城市有一种普遍的文化，就是你不与陌生人互动，除了基本的请求，如问路或询问时间。不幸的是，这意味着在大城市里，人们通常以对待陌生人的方式来对待他们的邻居。

3. 住在一个邻居彼此都很了解的地方有什么好处？

当一个地方有强烈的社区意识时，对个人有很多好处。住在邻里相互熟悉的地方的主要好处是，当一个人有需要时，可以向一群关系良好的人求助。如果有人需要什么东西，不管是像食谱中少了一种配料这样的小事，还是像丧亲之痛后的情感支持这样的大事情，能够向生活在你周围的人寻求支持是非常重要的。拥有一个强大的社会网络和与邻居的联系会带来无数的优势。

4. 人们可以做些什么来让他们的社区成为一个适宜居住的地方？

影响居住场所理想性的最重要方面是公共空间和社区意识。我认为，如果人们想要提高他们社区的吸引力，他们需要做的第一件事是联系当地政府，并为改善公共场所，如公园、图书馆和公共体育馆请愿。这些便利设施使社区成为更好的居住场所!在那之后，我认为建立一个强烈的地方社区意识会产生巨大的影响。人们可以组织当地的节日和活动，以建立更强的社区意识，使他们的社区成为更理想的居住场所。

5. 企业可以通过哪些方式支持当地社区？

我个人认为，企业对当地社区的发展和氛围有很大的影响，重要的是他们采取措施支持社区，而不是阻碍他们。通过社区的金钱和劳动力，企业变得有利可图并蓬勃发展，因此，这些企业将部分利润再投资于对社区有利的事情是至关重要的。例如，企业可以把他们的一些利润给当地的慈善机构，他们可以支持公共建筑的建设，或者他们甚至可以组织活动来庆祝和奖励当地社区。我相信这样的行动将是对当地社区的极大支持。

6. 现代技术对当地社区的负面影响是什么？

有一种观点认为，最近的技术进步对当地社区产生了负面影响。现代技术以多种方式破坏当地社区，从基础设施技术(如高速列车和航空公司)到智能手机等个人技术。例如，当高速铁路和机场在当地城镇修建时，当地社区往往受到严重破坏。这些交通方式有时建立在重要的社区建筑上，此外，由于这些交通系统而涌入的游客给当地社区带来了很大的压力。以一种更普通的方式，智能手机让人们对网红和名人更感兴趣，而不是当地社区的人。技术往往有看不见的负面影响。

28：帮助小孩（5-8月新题）

1. What kinds of help people can give their neighbors?

Neighbours can offer each other all sorts of support and help, from advice, to lending items, and even just being someone to talk to. For example, many neighbors often turn to those around them when they need simple advice on things such as what TV to buy, what schools are good in the area, or what restaurant to take a date to. Neighbours are also great for when you need to borrow an ingredient, tools, or even an item of clothing in rare occasions such as a good jacket for an important interview. Personally, I think there is no end to the kind of help people can give their neighbours.

2. How do schools encourage young people to help others?

Building support structures and comradery are generally life skills that schools like to instill in young people. Schools are not simply about book learning; they are also places where children learn practical skills such as the natural instinct to help those around them. Schools encourage children to do this in active and passive ways. For example, by setting group work and collaborative projects, schools naturally encourage teamwork in children and by extension encourage them to help those around them. There are also more active approaches, such as pairing high-achieving students with those that are struggling, this way students who are in better positions learn to help those who are less fortunate than them.

3. Do you think people naturally want to help others?

In my opinion, altruism is a natural aspect of what it means to be human. Everybody has the natural urge to help those who are in need and to support the people around them. Personally, I think everybody is born naturally helpful, but some people learn to become selfish and self-centered. For example, the modern world is a highly competitive place and to be successful many people are taught that they must put themselves first. Therefore, they are taught not to help others, but this is not their natural inclination. In short, I think it is completely natural for people to want to help others.

4. Should everyone volunteer in their community?

Volunteering is a huge commitment and I do not think everyone is best suited to it. Most forms of volunteering require time, dedication, patience and a good work ethic. For this reason, I do not think everyone should volunteer in their community. For example, most community projects require volunteers that need training to fulfil their roles. There will be many people who cannot hack the pressure of volunteering and end up giving up after a few weeks. This means a lot of time and effort is wasted on training these people. For this reason, I believe there are certain people better suited to volunteering than others.

5. What is the value of volunteering time and of giving money to help people?

There are a variety of ways people can help those less fortunate than them by offering up their own time or their own money, and these things are valued in different ways. In some instances, charities and people in need desperately need money to purchase essential items or services, in these cases the donation of money is invaluable. However, sometimes charities need time and labour far more than money, such as charity soup kitchens which often have very low running costs but need the manpower to serve the food to those in need. So, I think donating money and volunteering time are valued in very different ways,

6. Who benefits more – the volunteers or the people they help?

There are many arguments about the good feeling and sense of accomplishment achieved after doing a good act, but

in my opinion those who benefit the most are the people helped. When an individual volunteers for a charity they are normally helping the most destitute and in need of our society. Therefore, the help they give is on a scale that most people will never understand. For example, getting a free meal on a day for most people is a great treat, but for a homeless person a free meal can mean the difference between life and death. This is why I believe the people they help benefit far more than the volunteers when it comes to charity work.

中文思路：

1. 人们可以给他们的邻居什么样的帮助？

邻居们可以互相提供各种各样的支持和帮助，从建议到出借物品，甚至只是一个可以交谈的人。例如，当许多邻居需要一些简单的建议时，比如买什么电视，这一地区哪所学校好，或者约会去哪家餐馆，他们就会向周围的人求助。当你需要借一种原料、工具，甚至是罕见场合下的一件衣服，比如重要面试的一件好夹克时，邻居也是很好的选择。就我个人而言，我认为人们给邻居的帮助是无止境的。

2. 学校如何鼓励年轻人帮助他人？

建立支持体系和同窗情谊通常是学校喜欢灌输给年轻人的生活技能。学校不仅仅是书本学习;学校也是孩子们学习实用技能的地方，比如帮助周围人的本能。学校鼓励孩子们以主动和被动的方式学习。例如，通过设置小组工作和合作项目，学校自然鼓励孩子们的团队合作，进而鼓励他们帮助周围的人。也有一些更积极的方法，比如把成绩好的学生与处境艰难的学生配对，这样，境况较好的学生就能学会帮助那些不如自己幸运的人。

3. 你认为人们天生想要帮助别人吗？

在我看来，利他主义是人类天性的一部分。每个人都有帮助那些需要帮助的人，支持他们周围的人的本能冲动。就我个人而言，我认为每个人都是天生乐于助人的，但有些人学会了变得自私和以自我为中心。例如，现代世界是一个高度竞争的地方，许多人被教育要想成功，他们必须把自己放在第一位。因此，他们被教导不要帮助别人，但这不是他们的自然倾向。总之，我认为人们想要帮助别人是完全自然的。

4. 每个人都应该在社区里做志愿者吗？

志愿服务是一个巨大的承诺，我不认为每个人都适合它。大多数形式的志愿活动都需要时间、奉献精神、耐心和良好的职业道德。基于这个理由，我不认为每个人都应该在他们的社区做志愿者。例如，大多数社区项目需要受训的志愿者来履行其职责。会有很多人无法克服志愿工作的压力，几周后就放弃了。这意味着在培训这些人上浪费了大量的时间和精力。基于这个原因，我相信有些人比其他人更适合做志愿者。

5. 志愿时间和捐钱帮助别人的价值是什么？

人们可以用各种各样的方式来帮助那些比自己不幸的人，比如贡献自己的时间或金钱，而这些东西的价值体现在不同的方面。在某些情况下，慈善机构和有需要的人迫切需要钱来购买必要的物品或服务，在这些情况下，捐款是无价的。然而，有时慈善机构需要的时间和劳动力远远超过金钱，例如慈善救济厨房，通常运行成本很低，但需要人力来为需要的人提供食物。所以，我认为捐钱和志愿活动的价值体现在不同的方面，

6. 谁受益更多——志愿者还是他们帮助的人？

关于做好事后的良好感觉和成就感有很多争论，但在我看来，受益最多的是那些被帮助的人。当一个人为慈善机构做志愿者时，他们通常是在帮助我们社会中最贫困和最需要帮助的人。因此，他们给予的帮助是大多数人永远无法理解的。例如，对大多数人来说，一天能得到一顿免费的饭是很好的款待，但对一个无家可归的人来说，一顿免费的饭可能意味着生与死的区别。这就是为什么我相信，在慈善工作中，他们帮助的人比志愿者受益更多。

29：别人询问你意见（5-8 月新题）

1. What are some jobs in which people often need to give their opinion?

Certain professions in life require people to be outspoken and confident in their views, jobs like this include being a politician, a critic, or a journalist. There are jobs where the role is essentially being an opinionated person. For example, politicians represent their political party and therefore are expected to be mouthpieces for the party and to express the views of the party, which are normally in line with their own opinions. Similarly, people such as film critics or newspaper reporters are employed to give their opinions on recent movies or important events. These people are paid to express their views to the public, normally they are specialists in their field and therefore help the general population be more informed.

2. Do people give their opinions about products and services more frequently nowadays?

We live in a world where there are so many different methods for people to give their opinions, therefore, I think it is far more common for people to express their opinions nowadays than in the past. For instance, in the past most people only expressed their opinions through word of mouth to their friends and family. This is not the case anymore, in the modern world people not only express their opinions through word of mouth but also express them online with messaging services such as WeChat or on social media like Twitter and TikTok. On top of this, there are many online review sites for all sorts of things from films to local restaurants. Therefore, with so many places to give your opinion it is a far more common occurrence nowadays.

3. Why do some people not like giving their opinion?

Throughout time, there have always been individuals who are averse to sharing their thoughts and feelings on topics. In some cases, these people are very quiet and in other cases people do it for reasons of politeness. For example, not all opinions are received well. If a person gives a negative opinion on something such as telling someone they have a bad haircut or someone saying that the food they are eating is not very tasty, then it is easy to upset people. Therefore, a lot of people like to keep their opinions to themselves to ensure that they do not offend anyone. Well, I would say that this is a perfectly understandable position to take.

4. What are the kinds of things people often write about in online reviews?

The internet is a place where countless people can offer their opinions on a huge range of topics and interests. There is no end to the list of items, products, and services that people like to review online. Some of the most common forms of online reviews are food reviews and music reviews. There are a whole host of websites that offer people's opinions on food. Some people write reviews of restaurants and recipes, while others like to vlog about the local food options in their area or the food options when they are on holiday. Similarly, there are text based and video-based reviews of old and new music all over the internet. Truly, the reviews you can find online are endless.

5. Do people express their opinions more strongly online than they do face-to-face?

Many people like to use the internet as a place to voice their thoughts and opinions on many topics, often very negative and mean opinions. People express these opinions far more strongly online than they would do in person, so much so that there is a term for these types of people, they are called 'keyboard warriors'. There is a sense of anonymity online which makes people feel like they can say whatever they want without any consequences. In contrast, when face-to-face people are accountable for their opinions, so they are often more reserved in what they say. In general, people are far more expressive online than in person.

6. To what extent do online opinions reflect the general opinions of society?

It is tricky to assess how representative online opinions are of the general population. There are many things which make opinions on the internet an unreliable representation of the general opinions of society. For one, not everyone shares there opinions online. Many people live their lives without posting things online every day, therefore they are not well represented on the internet. Moreover, those who do post their opinions online are not always sincere. There is a term used nowadays called "internet trolls" which refer to people online who lie and give false opinions just to get reactions out of other people. Therefore, these things make online opinions a very unreliable representation of the opinions of the general public.

中文翻译：

1. 在哪些工作中人们经常需要给出他们的意见？

生活中的某些职业要求人们直言不讳，对自己的观点充满信心，像这样的工作包括政治家、评论家或记者。有些工作的角色本质上是一个固执己见的人。例如，政治家代表他们的政党，因此被认为是政党的喉舌，表达政党的观点，这些观点通常与他们自己的观点一致。类似地，影评人或新闻记者被雇佣来对最近的电影或重要事件发表他们的意见。这些人被雇佣来向公众表达他们的观点，通常他们是他们领域的专家，因此帮助普通大众更知情。

2. 现在人们对产品和服务发表意见的频率更高了吗？

我们生活在一个世界，人们有很多不同的方法来表达自己的观点，因此，我认为现在人们表达自己的观点比过去要普遍得多。例如，在过去，大多数人只通过口头向他们的朋友和家人表达他们的观点。现在已经不是这样了，在现代社会，人们不仅通过口口相传来表达自己的观点，而且还通过微信等即时通讯服务或 Twitter、TikTok 等社交媒体来表达自己的观点。除此之外，还有许多在线评论网站，从电影到当地餐馆，应有尽有。因此，有这么多的地方可以给出你的意见，这是一个非常常见的现象。

3. 为什么有些人不喜欢发表意见？

长久以来，总有一些人不愿意分享他们对某个话题的想法和感受。在某些情况下，这些人非常安静，而在其他情况下，人们这样做是出于礼貌。例如，并不是所有的意见都能得到好评。如果一个人对某事给出负面的意见，比如告诉别人他们的发型很糟糕，或者有人说他们吃的食物不好吃，那么很容易让人心烦。因此，很多人喜欢把自己的意见藏在心里，以确保他们不会冒犯任何人。我想说这是完全可以理解的立场。

4. 人们经常在网上评论中写些什么？

互联网是一个无数人可以就各种各样的话题和兴趣发表意见的地方。人们喜欢在网上评论的物品、产品和服务的列表是无止境的。最常见的在线评论形式是食物评论和音乐评论。有很多网站提供人们对食物的看法。一些人写餐馆和食谱的评论，而另一些人喜欢视频记录他们所在地区的当地食物选择或他们度假时的食物选择。同样，在互联网上也有关于新旧音乐的基于文本和基于视频的评论。

5. 人们在网上比面对面更能表达自己的观点吗？

许多人喜欢使用互联网作为一个地方来表达他们对许多话题的想法和意见，通常是非常消极和刻薄的意见。人们在网上表达这些观点的强烈程度远远超过他们在面对面时的表达，以至于有一个专门的术语来形容这些类型的人，他们被称为"键盘侠"。网上有一种匿名的感觉，这让人们觉得他们可以说任何他们想说的，而不会有任何后果。相反，当面对面的时候，人们会对自己的观点负责，所以他们在说话时往往更保守。

6. 网络意见在多大程度上反映了社会的普遍意见？

要评估网络意见对普通民众的代表性是很困难的。有许多事情使互联网上的意见不可靠的代表社会的普遍意见。首先，不是每个人都在网上分享他们的观点。很多人的生活中没有每天在网上发布东西，因此他们在互联网上没有很好的代表。此外，那些在网上发表意见的人并不总是真诚的。现在有一个术语叫做"网络喷子"，指的是那些在网上撒谎和发表错误意见的人，只是为了得到其他人的反应。

30：帮助你集中注意力的事物（5-8月新题）

1. Why is it important for children to learn to concentrate?

The knowledge and skills people learn during childhood are essential to their development as adults and their success in later life, which is why learning the ability to concentrate is crucial. There has been discussion recently about whether teaching children study skills and concentration techniques from a young age is beneficial. I believe it is because how well a child can concentrate often relates directly to how well they do in school and the development of their talents. For example, it is impossible to learn complicated mathematics, learn how to play an instrument, or even learn the rules of a particular sport without decent concentration skills. Therefore, it is incredibly important children learn to concentrate.

2. Why do children have to concentrate when doing sports?

Sports are complicated games in which there are always a variety of rules and dynamic gameplay that require a lot of attention to keep up with. If children do not concentrate when they are doing sports, there is a potential risk they may end up injured, and regardless they will not perform well during the game. For example, if a child is distracted while playing soccer it is very easy for them to have a ball kicked in their face or for them to run into another player. Situations like this may lead to serious injuries therefore it is crucial that children concentrate when doing sports. Furthermore, it is impossible to win the game if you don't concentrate on what is going on!

3. Is technology bad for children's concentration?

There is a lot of conversation and debate in popular media about the adverse effect of technology on children's concentration. In general, I agree with that opinion, I think smartphones are especially bad for children's attention span. For example, many of the mobile games and social media apps on smart phones are designed around offering users instant gratification. A good example of this are the short videos found on TikTok. No video on TikTok is longer than sixty seconds long, and many are only a few seconds, so they negatively affect children's ability to concentrate for long periods of time. There are very few modern technologies that reward children for sustained concentration, I think that is a real shame.

4. Which types of jobs is being able to concentrate particularly important?

Concentration is a crucial life skill for all people, however, there are a few professions in which the ability to concentrate is particularly important. This is because certain jobs have very serious risks and there can be complications if anything goes wrong. For example, surgeons, plumbers, bus drivers, and aeroplane pilots are all jobs in which concentration is absolutely necessary. If a surgeon gets distracted during a surgery, then the patient could lose their life. If a plumber gets distracted on a job, then it is possible they could flood the entire building they are working in. And finally, if bus drivers or aeroplane pilots get distracted, they could crash and kill all their passengers. Therefore, high risk jobs are jobs in which good concentration skills are utterly necessary.

5. Why may some people find it difficult to concentrate at work?

The primary reasons why people find it difficult to concentrate are stress and lack of sleep. In the modern world, professions are very demanding and often leave people stressed or with very little time to sleep. When someone is stressed, their brains are not functioning as well as they normally should, which creates focus and attention problems. The same is true for people who have not slept well enough. Essentially, struggling to concentrate is always an issue of brain function.

6. What can employers do to help their staff concentrate?

There are several measures employers can take to improve the concentration of their staff. Concentration problems are the result of people being overworked and tired, therefore the best measures employers can take are policies that encourage proper relaxation periods. For example, employers can mandate that their employees must take at least three fifteen-minute breaks during their shift. Short breaks throughout the day have been proven to vastly improve the focus and wellbeing of staff. Another possible measure would be to have a rule against people working outside of usual work hours. Many staff become overworked and stressed because they continue to check and reply to their emails late into the night. So, preventing this is crucial to helping staff concentrate properly.

1. 为什么学习集中注意力对孩子很重要？

人们在童年时期学到的知识和技能对他们成年后的发展和未来的成功至关重要，这就是为什么学习集中注意力的能力至关重要。最近，关于从小教孩子学习技能和集中注意力的技巧是否有益的讨论一直存在。我认为这是因为一个孩子的注意力集中程度通常直接关系到他们在学校的表现和他们的天赋发展。例如，如果没有良好的专注能力，就不可能学习复杂的数学，学习如何演奏一种乐器，甚至学习一项特定运动的规则。

2. 为什么孩子们在做运动时必须集中精力？

体育是一种复杂的游戏，其中总是有各种各样的规则和动态的游戏玩法，需要大量的注意力才能跟上。如果孩子们在运动时不集中精力，就有可能会受伤，而且无论如何，他们在比赛中也不会表现良好。例如，如果一个孩子在踢足球时分心，他们很容易被球踢到脸上，或者撞到其他球员。这样的情况可能会导致严重的伤害，所以，至关重要的是，孩子们在做运动时需要集中精力。此外，如果你不专注于正在发生的事情，就不可能赢得比赛！

3. 科技对孩子的注意力有害吗？

在大众媒体上有很多关于科技对孩子注意力的负面影响的讨论和辩论。总的来说，我同意这个观点，我认为智能手机尤其不利于孩子的注意力持续时间。例如，智能手机上的许多手机游戏和社交媒体应用程序都是围绕为用户提供即时满足而设计的。TikTok 上的短视频就是一个很好的例子。TikTok 上没有超过 60 秒的视频，很多视频只有几秒，所以它们对孩子长时间集中注意力的能力产生了负面影响。很少有现代技术能奖励孩子们持续的专注，我认为这是一个真正的耻辱。

4. 哪种类型的工作能够集中精力是特别重要的？

集中注意力对所有人来说都是一项至关重要的生活技能，然而，在一些职业中，集中注意力的能力尤为重要。这是因为某些工作有非常严重的风险，如果出了问题，可能会有复杂的情况。例如，外科医生、水管工、公共汽车司机和飞机驾驶员都是绝对需要集中精力的工作。如果外科医生在手术过程中分心，那么病人可能会失去生命。如果水管工在工作时分心，那么他们可能会淹没他们工作的整栋大楼。最后，如果公交车司机或飞机飞行员分心，他们可能会撞车并危害所有乘客。因此，高风险的工作是非常需要良好的集中能力的工作。

5. 为什么有些人在工作时很难集中精力？

人们难以集中注意力的主要原因是压力和睡眠不足。在现代社会，职业要求很高，经常让人们感到压力，或几乎没有时间睡觉。当一个人感到压力时，他们的大脑不能正常工作，这就会造成注意力问题。睡眠不足的人也是如此。从本质上讲，难以集中注意力一直是大脑功能的问题。

6. 雇主可以做些什么来帮助员工集中注意力？

雇主可以采取一些措施来提高员工的注意力。注意力问题是人们过度工作和疲劳的结果，因此，雇主可以采取的最佳措施是鼓励适当的放松时间。例如，雇主可以要求员工在轮班期间至少有三次十五分钟的休息时间。一天中短暂的休息被证明可以极大地提高员工的注意力和幸福感。另一个可能的措施是制定规定，禁止人们在正常工作时间以外工作。许多员工工作过度，压力很大，因为他们一直查看和回复邮件到深夜。因此，防止这种情况对帮助员工正确地集中精力至关重要。

31：经济实惠的外出（5-8 月新题）

1. Where are places people in…/your country go for a day out?

We are fortunate enough in China to have a wealth of options when it comes to places to go for a day out. In general, I would say that either people go out to cool places in the city, or people visit magnificent areas out in the countryside. For example, it is very common for people in the city to spend the day at museums, or in shopping malls, sometimes people even just like to stroll around the centre of town visiting delicious restaurants and exciting bars. On the other hand, it is also common for groups of people to plan whole days out to national parks or ancient heritage sites. There are so many sites of beautiful nature and historical buildings in China that you could never run out of places to go!

2. What are the reasons why people want to have a day out?

The average person nowadays lives a stressful and high-pressure life; therefore, people like to have a day out so they can have a break and find some distraction from their daily pressures. Well, the truth of the matter is that often people have just as many pressures at home as they do in their working lives. So, when people have time off, they want to have a day out, to get away from their homes and their workspaces. For example, by visiting a park and surrounding yourself with nature, the change in environment can do wonders when it comes to relaxing and relieving stress. In general, people want a day out to get away from the stresses of daily life.

3. How do people have a day out while staying at home?

Sometimes, for a variety of reasons, people don't want to or cannot leave their homes on their days off, but they are still able to 'have a day out'. For instance, there are many people who are so tired by the end of the work week that they just want to stay home and relax. Another significant example would be during lockdowns in the recent Covid-19 pandemic, almost everyone had to spend their days off at home. In this context, 'having a day out' simply means spending the day in a way you cannot normally during the work week. Some people may spend the day watching movies, others like to play video games, some people like listening to music and cooking their favourite meals. There are all sorts of ways people can 'have a day out' while at home.

4. What is the influence of the weather on the enjoyment of going out?

It is noticeable the difference in the general mood of everyone around you when the sun is shining and the weather is good. Well, it is impossible to deny the significant influence of the weather on how much people enjoy going out. For example, when it is sunny and glorious out, everyone seems to be in a cheery mood. In good weather people like to wear their favourite clothes, visit their favourite places, and have fun with each other. However, when the rain is pouring and it is very windy, everybody has to wrap up in layers and most people do not want to be outside. This puts most people in a bad mood, and it is hard for people to enjoy themselves.

5. What is the difference between going out alone to going out with friends?

Everything is more enjoyable when you are with your friends. Yes, there is a time and a place where it is good to go out alone, but in general it is always more fun surrounded by those you consider friends. Humans are naturally social creatures, and we enjoy the company of others, so going to restaurants, or going to markets, or the cinema, or any public place is greatly improved by the addition of good company. When someone is out with their friends whatever they are doing feels more like an event, and the day is always more memorable. In contrast, going out alone can often be lonely. So, I think going out with friends is always more fun.

6. The importance of spending money in making a day out enjoyable

It would be nice to say you don't need money to have a good time, but honestly, most of the fun things to do cost a little money. For example, when a young person goes out with their friends there are many expenses that make the day more fun. They may want to stop off for some bubble tea during their walk or go to a street market and find a delicious snack. These things cost money. Also, most places cost money to visit, you need tickets for the cinema and some museums, you need to buy food and drink at restaurants and bars, and any shop you go into normally expects you to make a purchase. To be honest, there is very little you can do if you go out without spending money.

1. 你们国家的人都去哪些地方玩？

在中国，我们很幸运，有丰富的去处可供选择。一般来说，我想说的是，人们要么去城市里凉快的地方，要么去乡村里壮丽的地方。例如，在城市里，人们在博物馆或购物中心度过一天是很常见的，有时人们甚至喜欢在市中心逛逛，参观美味的餐厅和令人兴奋的酒吧。另一方面，对一群人来说，计划一整天去国家公园或古迹也是很常见的。中国有这么多美丽的自然景观和历史建筑，你永远不会缺少地方去!

2. 人们想出去玩的原因是什么？

如今，普通人的生活充满压力和压抑；因此，人们喜欢出去浪一天，这样他们就可以休息一下，从日常压力中找到一些消遣。事实上，人们在家里的压力和在工作中一样多。所以，当人们有时间休息时，他们想要出去一天，远离他们的家和工作场所。例如，通过参观公园，让自己置身于大自然之中，环境的变化可以在放松和缓解压力方面产生作用。一般来说，人们想要出去一天，以摆脱日常生活的压力。

3. 人们是如何在家里度过一天的呢？

有时，由于各种各样的原因，人们不想或不能在休息日离开家，但他们仍然可以"出去玩一天"。例如，有许多人在一周的工作结束时太累了，他们只想呆在家里放松。另一个重要的例子是，在最近 Covid-19 大流行的封锁期间，几乎每个人都不得不在家休息。在这种情况下，"出去一天"的意思是在工作日以一种你平时无法做到的方式度过这一天。有些人可能会花一天的时间看电影，有些人喜欢玩电子游戏，有些人喜欢听音乐和烹饪他们最喜欢的食物。有各种各样的方法可以让人们在家里"出去玩一天"。

4. 天气对外出的乐趣有什么影响？

当阳光灿烂，天气晴朗的时候，你周围每个人的情绪都有明显的不同。好吧，无法否认天气对人们喜欢外出的程度有重大影响。例如，当阳光明媚，阳光灿烂的时候，每个人似乎都心情愉快。在好天气里，人们喜欢穿他们最喜欢的衣服，去他们最喜欢的地方，互相玩乐。然而，当大雨倾盆，风很大的时候，每个人都得裹得严严实实，大多数人都不想出门。这使大多数人心情不好，人们很难享受自己。

5. 一个人出去和和朋友出去有什么区别？

当你和你的朋友在一起时，一切都更愉快。是的，总有一个时间和一个地方适合独自外出，但总的来说，和你的朋友在一起总是更有趣。人类是天生的社交动物，我们喜欢有别人的陪伴，所以去餐馆、去市场、去电影院或任何公共场所，有了好伙伴就会大大改善心情。当一个人与朋友外出时，无论他们在做什么都更像是一件大事，这一天总是更值得纪念。相比之下，独自外出往往会感到孤独。所以，我认为和朋友出去总是更有趣。

6. 花钱能使外出的一天更愉快吗？

说你不需要钱就能玩得开心，这很好，但说实话，大多数有趣的事情都需要花一点钱。例如，当一个年轻人和他们的朋友出去，有许多费用，会使这一天更有趣。他们可能会在散步时停下来喝点奶茶，或者去街头市场买些美味的小吃。这些东西要花钱。此外，大多数地方需要花钱参观，你需要电影票和一些博物馆，你需要在餐馆和酒吧买食物和饮料，你去任何商店通常都希望你购物。说实话，如果你出去不花钱，你能做的事情很少。

32：交通拥堵的时刻（5-8 月新题）

1. What time of the day is traffic the heaviest in most cities?

Rush hour traffic is a major problem for commuters in any city, the typical times for rush hour traffic are in the morning and the afternoon when people are going to and returning from work. Every day, between 7:30am and 9:00am there is the early morning rush hour traffic. This is when the congestion on the roads is very heavy due to everyone commuting to work or parents dropping their kids off at school. Everyone is trying to use the roads at the same time which leads to big traffic jams. A similar thing happens in the afternoon when everyone is trying to get back home. The traffic starts to build up around 4pm as kids get out of school, and it gets really bad around 6pm as everyone leaves their offices.

2. What is the difference between being stuck in a traffic jam in a car and in a bus?

Personally, I would much rather be trapped in my car when the roads are busy than to be trapped in a busy bus during a traffic jam. Well, it is no fun being stuck in a traffic jam regardless of whether you're in a car or in a bus. However, being in your car is a far superior situation. When you are in your own car you are sat in a comfortable seat, you can control the aircon and temperature, and you can listen to whatever music you like as loud as you want. In contrast to this, on buses you could be stuck standing up on a very busy bus pressed up against other people. Clearly being stuck in a traffic jam on a bus is far worse than being in a car.

3. Do you think traffic in cities will get worse in the future?

Across the world, populations are rising and particularly so in the cities, so as more people live in the cities the traffic is likely to get worse and worse. In my opinion, not enough is being invested into the improvement of our road systems, therefore, our current roadways will not be able to accommodate the rise in population that is predicted to occur over the next few decades. Our roadways are already congested and full of traffic during rush hour and this is only going to get worse. I'd say that with proper investment into better public transport and improved roadways we may be able to mitigate the increase in traffic. Otherwise, it is going to be impossible to get anywhere!

4. Do motorways/highways make traffic flow more smoothly?

In general, the construction of well-made motorways and highways greatly improves the flow of traffic within major cities and on important routes across the country. Country roads and single lane roads are very inefficient ways to control traffic. When there is only one lane, it is impossible for faster cars to overtake slower cars in a safe manner. This leads to serious traffic jams and long lines of cars stuck behind slow trucks. Large motorways with multiple lanes greatly improve the flow of traffic by allowing a range of speeds and ample opportunity for faster cars to overtake slower cars. I think it is essential to build motorways in any major city.

5. How can public transport reduce traffic congestion?

The development of an efficient and effective public transport system is the most successful way to reduce traffic congestion in any city. If we break it down, traffic jams occur when there are too many cars on the road. Most people driving in cars are normally the only person in that car, commuting to work or to run errands in town. Buses can hold dozens and dozens of people, which means each bus takes loads of cars off the road and so seriously reduces the traffic. Not to mention, public transport such as the metro offers people a way to travel that doesn't even use the road! So, public transport can reduce traffic congestion by diminishing the number of cars on the road.

6. Can traffic problems only be solved by government action?

Although the government plays a big part in the regulation of traffic there are many ways individual people can play their part to reduce traffic as well. For example, even if the government invests into public transport or enforces congestion charges to reduce traffic in busy locations, it is up to the individual person to decide to use public transport and to avoid using their car. Many people would still rather drive their personal car and pay congestion charges than use public transport, which causes traffic problems on the road. Therefore, it is up to individual action as well as the policy making of the government to effectively solve traffic problems.

1. 大多数城市一天中什么时候交通最拥挤?

对于任何城市的通勤者来说，高峰时间的交通都是一个大问题，高峰时间的典型时间是早上和下午，人们上下班的时候。每天早上 7:30 到 9:00 是交通高峰期。这是由于每个人都通勤上班或父母把孩子送到学校，道路上的拥堵非常严重。每个人都试图在同一时间使用道路，这导致了大的交通堵塞。下午大家都想回家的时候，也会发生类似的事情。下午 4 点左右，孩子们放学后，交通开始拥堵，下午 6 点左右，每个人都离开办公室，情况变得非常糟糕。

2. 在交通堵塞中，坐小汽车和坐公共汽车有什么区别?

就我个人而言，我宁愿在道路繁忙时被困在我的车里，也不愿在交通堵塞时被困在一辆繁忙的公共汽车里。嗯，不管你是在汽车里还是在公共汽车里，被困在交通堵塞中是没有乐趣的。然而，在你的车里是一个优越得多的情况。当你在自己的车里，你坐在一个舒适的座位上，你可以控制空调和温度，你可以听任何你喜欢的音乐，只要你想要的声音。与此相反，在公交车上，你可能会站在一个非常繁忙的公交车上，和其他人挤在一起。显然，在公共汽车上被困在交通堵塞中比在汽车里糟糕得多。

3. 你认为未来城市的交通会变得更糟吗?

世界各地的人口都在增长，尤其是在城市，所以随着越来越多的人生活在城市，交通可能会变得越来越糟糕。在我看来，我们没有足够的投入来改善我们的道路系统，因此，我们目前的道路将无法容纳预计将在未来几十年发生的人口增长。我们的道路在高峰时间已经拥挤不堪，而且情况只会变得更糟。我想说的是，通过对更好的公共交通和改善道路的适当投资，也许能够减缓交通的增加。否则，城市将会被堵得寸步难行!

4. 高速公路使交通更顺畅吗?

总的来说，建造高质量的高速公路和机动车道大大改善了主要城市内和全国重要路线上的交通情况。乡村道路和单车道道路是非常低效的交通控制方式。当只有一条车道时，快车不可能以安全的方式超过慢车。汽车排在缓慢行驶的卡车后面，这导致了严重的交通堵塞。具有多车道的大型高速公路允许一定范围的速度和足够的机会让快车超过慢车，从而大大改善了交通流量。我认为在任何大城市修建高速公路都是必要的

5. 公共交通如何减少交通堵塞?

在任何城市，发展一个高效有效的公共交通系统是减少交通拥堵最成功的方法。如果我们不这样做的话，当路上有太多的汽车时，交通堵塞就会发生。大多数开车的人通常是那辆车里的唯一一个人，通勤去工作或在城里办事。公共汽车可以容纳几十人，这意味着每辆公共汽车从道路上带走大量的汽车，因此严重减少了交通。更不用说，像地铁这样的公共交通工具为人们提供了一种甚至不用道路的交通方式!因此，公共交通可以通过减少道路上的汽车数量来减少交通拥堵。

6. 交通问题只能靠政府行动来解决吗?

虽然政府在交通管理中起着很大的作用，但个人也可以通过许多方式发挥自己的作用来减少交通。例如，即使政府投资于公共交通或强制征收拥堵费以减少繁忙地段的交通，使用公共交通和避免使用汽车的决定还是取决于个人。许多人仍然宁愿开私家车，支付拥堵费，也不愿使用公共交通工具，这导致了道路上的交通问题。因此，有效地解决交通问题取决于个人行动以及政府的政策制定。

33：安静的地方（5-8 月新题）

1. Why is the countryside usually quieter than the city?

The biggest contributors to noise pollution are population size and traffic, in other words, people make a lot of noise and cars make a lot of noise. For example, large metropolitan cities are very noisy places because there is always the sound of human activity, from early in the morning until late at night. People are talking, laughing, singing, eating, and generally enjoying themselves. It can be impossible to find a quiet moment. On top of this, there are so many cars and vehicles in the city that you can always hear the hum of engines and the honking of horns. The countryside has big open spaces with no people and no cars, and therefore it is much quieter than the cities.

2. How easy it is to find somewhere quiet in large cities

Well, I would say that is it a monumentally difficult task to find somewhere quiet in large cities, but that isn't to say it's impossible. Most places in the city are noisy and full of people, it's hard to find anywhere that isn't full of commotion and noise, however some places are designed to be quiet. For example, every large city will have at least one, if not many, public libraries. Libraries are spaces that are designed and intended to be silent so that people can focus on their work and studies. Also, some major cities have large city-parks which can be very quiet in the early morning or the evening when few people are out and about. So, if you know where to look you can find quiet spaces in large cities.

3. Do older people like quiet places more than younger people?

I think that as people become older they grow a fondness for peace and quiet that most young people are not interested in. Young people are all about having fun and making noise. When you are young, you want to spend all your free time with you friends, going to cool bars and restaurants, having boisterous conversations, and laughing loads. However, as people get older, they have less energy and learn to enjoy the quieter things in life. This is why old people enjoy quiet cafes, museums, and libraries. With experience comes the understanding that sometimes it is best to be quiet and simply take life in.

4. Are homes today noisier than in the past?

When I think about it, I think many aspects of the modern world result in households being quieter than they would have been in the past. For example, nowadays when a family gets home in the evening, they will share a meal and then maybe watch TV together. Some families don't even watch TV together and instead everyone is on their phones looking at TikTok or other social media. This makes people quiet and insular. I think in the past, after dinner the household would chat together or play games together which would make a lot of noise as people laughed and had fun.

5. Why do many people prefer to have some kind of noise [e.g. TV, radio, music] when they are studying or working?

Background noise is low level sound that is not too distracting or engaging, it is very common for people to want some kind of background noise to be playing while they are studying or working. This is because some people find silence overwhelming. When a person tries to study in silence it is easy to get wrapped up in your own thoughts and to become anxious. Playing some kind of noise in the background keeps the mind occupied which makes it easier to focus on your work and stops people getting distracted by their own imaginations. So in short, background noise helps people focus.

6. What are some problems that noisy neighbors can cause?

It can be a nightmare when you live next to noisy neighbors because noise can be distracting and a nuisance in all sorts of ways. The most common issue is when neighbors are noisy during unsociable hours such as late at night. It is often the case that people struggle to sleep and end up very tired and stressed because their neighbors are making noise all through the night. However, noisy neighbors can also cause problems during the day. When at home you may be working on projects, hanging out with family, or just trying to relax and often loads of noise from your neighbors disrupts this and ruins your day.

1. 为什么乡村通常比城市安静？

造成噪音污染的最大因素是人口规模和交通，换句话说，人制造噪音，汽车制造噪音。例如，大城市是非常嘈杂的地方，因为总是有人类活动的声音，从清晨到深夜。人们在谈笑、唱歌、吃东西，一般都很享受。不可能找到一个安静的时刻。最重要的是，城市里有这么多的汽车和车辆，你总是能听到引擎的嗡嗡声和喇叭声。乡村有开阔的空地，没有人也没有车，因此比城市安静得多。

2. 在大城市里找到安静的地方容易吗？

嗯，我会说在大城市里找到一个安静的地方是一项非常困难的任务，但这并不是说这是不可能的。城市里的大多数地方都很嘈杂，到处都是人，很难找到一个不充满骚动和噪音的地方，然而有些地方是被设计成安静的。例如，每个大城市将至少有一个，如果不是很多，公共图书馆。图书馆的设计意图是保持安静，这样人们就可以专注于工作和学习。此外，一些大城市有大型的城市公园，在清晨或傍晚很少有人外出时，公园会非常安静。所以，如果你知道的话，你可以在大城市找到安静的空间。

3. 老年人比年轻人更喜欢安静的地方吗？

我认为，随着年龄的增长，人们越来越喜欢和平和安静，这是大多数年轻人不感兴趣的。年轻人喜欢玩乐和制造噪音。当你年轻的时候，你想和你的朋友度过你所有的空闲时间，去很酷的酒吧和餐馆，有喧闹的谈话，笑得很开心。然而，随着人们年龄的增长，他们的精力越来越少，并学会享受生活中更安静的东西。这就是为什么老年人喜欢安静的咖啡馆、博物馆和图书馆。随着经验的积累，人们逐渐认识到，有时最好是保持安静，简单地接受生活。

4. 今天的家庭比过去更嘈杂吗？

当我想到这一点时，我认为现代世界的许多方面都导致了家庭比过去更安静。例如，现在当一个家庭晚上回到家，他们会一起吃饭，然后可能一起看电视。一些家庭甚至不一起看电视，而是每个人都在手机上看 TikTok 或其他社交媒体。这使人们安静和孤立。我想在过去，晚饭后，一家人会在一起聊天或玩游戏，这会制造很多噪音，人们笑着玩得很开心。

5. 为什么许多人在学习或工作时喜欢听一些噪音[如电视、收音机、音乐]？

背景噪音是低水平的声音，不会太分散注意力或引人入胜，这是很常见的，人们希望在他们学习或工作时播放某种背景噪音。这是因为有些人觉得沉默令人不知所措。当一个人试图在沉默中学习时，很容易陷入自己的想法，变得焦虑。在背景中播放一些噪音可以让大脑保持忙碌，这样更容易专注于工作，也不会让人们被自己的想象力分散注意力。简而言之，背景噪音有助于人们集中注意力。

6. 吵闹的邻居会带来什么问题？

当你住在吵闹的邻居旁边时，这可能是一场噩梦，因为噪音可以分散注意力，在各种方面都是令人讨厌的。最常见的问题是在不太合群的时间，比如深夜，邻居很吵。通常情况下，人们很难入睡，最后会变得非常疲惫，因为他们的邻居整夜都在制造噪音。然而，吵闹的邻居在白天也会造成问题。当你在家的时候，你可能在做项目，和家人出去玩，或者只是想放松一下，而经常来自邻居的大量噪音会打断你的工作，破坏你的一天。

34：被赞扬的时刻（5-8月新题）

1. When should parents give children positive encouragement?

There are plenty of instances in which children display good behaviour or talents which should be rewarded and encouraged by their parents. In general, parents should give their children positive encouragement when they want to promote good behaviour and decent character. For example, when a child acts politely, or when they do something kind, or brave, or noble, these are all moments where parents should offer their children positive encouragement to reinforce these sorts of behaviour.

2. Why do children need encouragement?

It is vital to offer children encouragement and support to ensure that they develop into well adjusted adults with confidence and skills. Being a child can be difficult, and many children are unsure about their talents, their intelligence, their strength, and many other things. Often children need an adult to guide them, to encourage them, and to give them confidence in themselves. A little bit of encouragement from an adult can give a child the confidence they need to pursue their passions which may develop into remarkable talents and skills. Therefore, offering children encouragement is vital to their development.

3. Is it possible to give too much encouragement to children?

Sometimes you see children who have clearly been spoiled with too much attention and encouragement from their parents. Because of this, I think it is possible to give too much praise and attention to children. For example, if you shower a child with undeserved praise and attention then the child may become arrogant, self-centered, and poor at working with others. Furthermore, when a child is arrogant, they often think they are the best at things without putting the time and effort in to learn skills and talents, so they actually become quite poor and untalented at most things. Therefore, there are some very negative outcomes for giving children too much encouragement.

4. What is the importance of positive and negative feedback on how people work?

In all walks of life, feedback is an essential component of developing something successful and effective, it takes positive and negative feedback to hone people and projects into the best versions they can be. People's working habits are something that can be improved by positive and negative feedback. It is the responsibility of the boss and management to ensure that workers are getting the right feedback. For example, handing things in before the deadline should be given praise while turning up late for work should receive criticism. This is true for other types of work as well, such as a person's study skills and even people's athletic performance on sports teams. Positive and negative feedback is very important for affecting how people work.

5. When might people say positive things that they do not mean?

Sometimes, people are in situations where they have to say positive and supportive things that they don't really believe in. Most of the time, these are circumstances in which they don't want to hurt someone's feelings, or in which it would be socially inappropriate to be honest. For example, when a friend is trying to learn a new skill or talent such as painting or playing a musical instrument, they might be really terrible at it at first, but it is important to give people positive encouragement, so they stay committed to it and try to make themselves better. If you tell people they are bad at something it is quite likely they will give up, so it is important to say positive things even if you don't mean it.

6. Why do some people believe positive comments about themselves more than negative comments?

Let's be frank, most people are a little bit vain or egotistical, so they like to hear good things about themselves, and

they don't like to hear bad things about themselves. For this reason, some people believe positive comments about themselves, but they distrust negative comments. For example, someone may get a really bad haircut and have three of their friends tell them it is a bad haircut, however, if one person says the haircut looks good, that is the person they will believe. This seems silly, but a lot of people act this way. I think this is because some people are quite egotistical and want to live in a world where everyone thinks positive things about them.

1. 父母应该在什么时候给予孩子积极的鼓励?

有很多例子表明，孩子表现出良好的行为或才能，应该得到父母的奖励和鼓励。一般来说，当他们想要促进良好的行为和积极的性格，父母应该给孩子积极的鼓励。例如，当孩子表现得彬彬有礼，或做了一些善良、勇敢或高尚的事情时，父母都应该给予孩子积极的鼓励，以强化这些行为。

2. 为什么孩子需要鼓励?

给予孩子鼓励和支持是至关重要的，以确保他们成长为有信心的和技能的适应能力良好的成年人。做一个孩子是很困难的，许多孩子对他们的天赋、智力、力量和许多其他事情都不确定。孩子们通常需要一个成年人来引导他们，鼓励他们，给他们自信。来自成年人的一点点鼓励可以给孩子追求他们的激情所需的信心，这可能会发展成非凡的天赋和技能。因此，给予孩子鼓励对他们的发展至关重要。

3. 对孩子的鼓励是不是太多了?

有时你会看到明显被父母过分关注和鼓励宠坏的孩子。正因为如此，我认为给孩子太多的表扬和关注是可能的。例如，如果你给孩子过多的表扬和关注，那么孩子可能会变得傲慢，以自我为中心，不善于与他人合作。此外，当一个孩子傲慢的时候，他们常常认为自己在一些事情上是最好的，而没有花时间和精力去学习技能和天赋，所以他们实际上在大多数事情上都很差，没有天赋。因此，给孩子过多的鼓励会有一些非常负面的结果。

4. 积极和消极反馈对人们工作的重要性是什么?

在各行各业，反馈都是开发成功和有效的东西的重要组成部分，它需要积极和消极的反馈来磨练人和项目，使其成为最好的版本。人们的工作习惯可以通过积极和消极的反馈来改善。确保员工得到正确的反馈是老板和管理层的责任。例如，在截止日期前交东西应该得到表扬，而工作迟到应该受到批评。其他类型的工作也是如此，比如一个人的学习技能，甚至是人们在运动队的表现。积极和消极的反馈对影响人们的工作方式非常重要。

5. 什么时候人们会说一些不真实的积极的话呢?

有时候，人们处于不得不说一些他们并不真正相信的积极和支持性的事情的情况下。大多数时候，在这种情况下，他们不想伤害别人的感情，或者在这种情况下，说实话在社交上是不合适的。例如，当一个朋友想学习新技能或天赋如绘画或玩一种乐器,一开始,他们可能真的很可怕,但重要的是让人们积极的鼓励,所以他们坚持它,努力让自己更好。如果你告诉人们他们不擅长某件事,他们很可能会放弃,所以说积极的事情是很重要的,即使你不是真心的。

6. 为什么有些人更相信关于自己的正面评论而不是负面评论?

让我们坦率地说，大多数人都有一点虚荣或自负，所以他们喜欢听到关于自己的好东西，他们不喜欢听到关于自己的坏东西。因此，有些人相信关于自己的正面评论，但他们不信任负面评论。例如，一个人可能剪了一个非常糟糕的发型，有三个朋友告诉他这是一个糟糕的发型，然而，如果一个人说这个发型看起来很好，他们就会相信这个人。这看起来很傻，但很多人都这样做。我认为这是因为有些人非常自负，希望生活在一个每个人都对他们有积极看法的世界里。

35：喜欢的传统物品（5-8 月新题）

1. What are some different kinds of traditional products made in…/your country?

China has a rich history of producing unique and wonderful products that are exported across the world, China has long been famous for its silk, jade, and tea, which at a time were only produced in China and nowhere else in the world! However, we still have many traditional products made in our country, one of note is Chinese Cloisonne which is an enamel artwork that uses blue paint to create beautiful and intricate designs. Similarly, we also produce Chinese Porcelain which is a style derived from the Shang Dynasty and is recognized all over the world. And these are only two of the very many different kinds of traditional products we make in my country.

2. Traditional products are generally better quality than modern ones

There is sometimes some debate over whether traditional products are made in a way that produces higher quality items than the mass production techniques of newer products. Personally, I'm not convinced that traditional products are generally better quality than modern ones. I think it is true that there are some very poor-quality modern products, however, there are many techniques and technologies that weren't available for traditional products. Therefore, some of the modern products made nowadays are on a level of quality that never existed before. For example, the complexity of a smartphone cannot really be compared to a porcelain plate.

3. How traditional products can help a country's tourism industry

The special quality of traditional products derives from their uniqueness and their connection to a country's history and culture, this makes them incredibly valuable products for improving a country's tourism industry. For example, in China we have a very specific and recognizable type of porcelain that is one of our traditional products. You cannot find it anywhere else in the world, except for perhaps some poor-quality imitations! Well, items like this make people want to visit a country to see a unique and beautiful item they cannot witness anywhere else. Furthermore, these are special souvenirs which also bolsters a country's tourism industry. So, I'd say traditional products are valuable to tourism due to their unique nature.

4. How important it is for people to learn about their country's traditions

I think it is beneficial to individuals and to communities when people have a good grasp of their country's traditions and culture. Well, it seems pretty obvious to me that it is important to preserve traditions and pass them on from generation to generation. For example, learning about your own traditions helps create a sense of identity and give you a place in the national culture. Our traditions become a shared knowledge that connects us to each other and builds a strong sense of community. In general, I think by learning our country's traditions we become stronger and more unified as a country; therefore, it is very important we preserve our traditions.

5. Whether young people should be taught about traditions at home or at school

It is my belief that educating young people about traditions and culture is a matter of utmost importance, so I think it is a topic that should be taught both at home and at school. For example, many important cultural traditions can be taught at school through the teaching of history and social studies. Simply by teaching about our nation's history, students can gain insights into traditions that have been practiced over generations. However, I think it is even more effective when parents encourage their children to practice traditions at home. Learning is very good, but nothing beats actually doing the thing!

6. Tourists should learn about a country's traditions before visiting that country

Some people make the argument that it is essential to research a country's traditions before you go on vacation there,

but I wouldn't say that it is essential! Well, the argument goes that you have a more enriched experience and a better understanding of the culture if you learn about a country's traditions before going there. However, I think it can also be exciting and rewarding to go to a place knowing very little and discovering a mysterious and new culture while you are there! Yes, it is important to understand good manners and social etiquette of a place before going, but you don't need to learn about all their traditions. It can be a lot more fun learning these things from the local people.

1. /你的国家有哪些不同种类的传统产品？

中国有着悠久的历史，生产独特而美妙的产品，出口到世界各地，中国一直以丝绸、玉石和茶叶闻名，这些产品在当时只有中国生产，世界上没有其他地方!然而，我们国家仍然有许多传统产品，其中之一是中国景泰蓝，这是一种用蓝色颜料创造美丽和复杂的设计的搪瓷艺术品。同样，我们也生产中国瓷器，这是一种源自商朝的风格，是世界公认的。但这只是我们国家制造的众多传统产品中的两种。

2. 传统产品的质量一般比现代产品好？

对于传统产品的生产方式是否比新产品的大规模生产技术生产出更高质量的产品，有时存在一些争论。就我个人而言，我并不认为传统产品的质量一般比现代产品好。我认为，现代产品确实有一些质量很差的产品，但也有很多工艺和技术是传统产品所没有的。因此，一些现代产品的质量水平是前所未有的。例如，智能手机的复杂性无法与瓷盘相比。

3. 传统产品如何帮助一个国家的旅游业？

传统产品的特殊品质源于它们的独特性，以及它们与一个国家的历史和文化的联系，这使得它们对于改善一个国家的旅游业来说是非常宝贵的产品。例如，在中国，我们有一种非常特殊和有辨别性的瓷器，这是我们的传统产品之一。你在世界上任何地方都找不到它，除了一些质量很差的仿制品!嗯，像这样的东西会让人们想去一个国家看看他们在其他地方看不到的独特而美丽的东西。此外，这些都是特殊的纪念品，也促进了一个国家的旅游业。所以，我认为传统产品由于其独特的性质对旅游业很有价值。

4. 人们了解自己国家的传统有多重要？

我认为，当人们很好地了解自己国家的传统和文化时，对个人和社区都是有益的。嗯，在我看来，很明显，保存传统并将其代代相传是很重要的。例如，学习你自己的传统有助于建立一种认同感，并在国家文化中给你一个位置。我们的传统成为一种共享的知识，将我们彼此联系起来，并建立一种强烈的社区意识。总的来说，我认为通过学习我们国家的传统，我们会成为一个更强大、更统一的国家;因此，保护我们的传统是非常重要的。

5. 年轻人是否应该在家里或学校接受传统教育？

我认为对年轻人进行传统和文化教育至关重要，所以我认为这是一个家庭和学校都应该教授的话题。例如，许多重要的文化传统可以通过历史和社会研究的教学在学校教授。仅仅通过教授我们国家的历史，学生们就可以深入了解代代相传的传统。然而，我认为父母鼓励他们的孩子在家里实践传统会更有效。学习是很好的，但是没有什么比实际行动更好的了!

6. 游客在参观一个国家之前应该了解这个国家的传统？

有些人认为，在去一个国家度假之前，研究一下这个国家的传统是必要的，但我不认为这是必要的!这个观点认为，如果你在去一个国家之前了解了这个国家的传统，你会有更丰富的经验，更好地理解这个国家的文化。然而，我认为去一个知之甚少的地方，发现一种神秘的、新的文化也是令人兴奋和有益的。是的，去一个地方之前了解良好的礼仪和社交礼仪是很重要的，但你不需要了解他们所有的传统。从当地人那里学习这些东西会有趣得多。

36：聊得来的朋友（5-8月新题）

1. What do young people often talk about with their friends?

Young people today have no shortage of conversation topics. With the world becoming increasingly smaller due to the increased prevalence of the digital news cycle, young people frequently discuss world affairs and politics with each other. This is compounded by the fact that youth culture today tends to be very politically engaged and aware. A typical conversation between friends might take the form of general pleasantries, followed by a period of catching up, before lapsing into a discussion as to the current state of the world. Keeping up with these sorts of happenings through social media or news blogs sees that conversation remains lively, and that one never runs out of things to say.

2. Is talking with friends face-to-face always better than talking on the phone or online?

With more and more of social interaction taking place online these days, face-to-face encounters with friends are becoming less common than they once were. Such a cultural shift can carry with it detrimental effects. For example, an overreliance on online interaction can lead to one's social skills declining from a lack of practice. This means that a person is generally less prepared in dealing with people, be this in a context of friendship, or even business and economic settings. Consequently, it is healthy for friends to regularly attempt to meet and talk face-to-face, rather than interacting exclusively online.

3. What is the importance of listening carefully when talking with friends?

Conversations are a two-way street. Not only are you expected to offer positions and thoughts of your own, but also to pay attention to and engage with those of your interlocutor. To do otherwise is generally seen as deeply impolite. By ignoring what is said to them by their friends, one runs the risk of causing offence; as if their thoughts and opinions are not of value. Moreover, speaking over one's friends without listening to their half of the conversation can be seen as equally selfish and arrogant behaviour. All in all, the act of listening when talking with friends is just as important as speaking.

4. What are some everyday situations when people need to talk with people they don't know?

Language is one of the most useful and versatile tools available to us in our daily lives. Because of this, there are many everyday problems we can solve through the employment of language. This commonly takes the form of having to communicate with complete strangers. For instance, one might struggle to find what they need in a supermarket and will have to communicate their needs to a member of staff. Navigation is also another commonplace scenario in which it behoves one to engage with strangers. It is more sensible to simply ask people for directions than to wander around lost. At some point in everyone's life, they will encounter a situation in which talking with people they don't know is necessary.

5. Why do some people find it difficult to talk to people they don't know?

Many people today struggle with social anxiety. Subsequently, they might feel uncomfortable in the presence of strangers and therefore be less likely to speak. There are a number of factors which dictate why this might be the case. Some people might refrain from conversations with strangers out of a fear of social embarrassment. They could be unconfident in their own eloquence and thusly find it humiliating to speak with people they don't know well. Another reason could be a general distrust of strangers which sees the prospect of talking with people as vaguely threatening. These elements combined can make it difficult for people to start up conversations with people they don't know.

6. Do people talk to strangers the same way they talk to friends?

In general, it is seen as socially bizarre behaviour to talk with strangers as one would with their friends. Addressing a person one does not know in an overly familiar fashion can be seen as disrespectful or inappropriate. For example, a person might take offence at certain jokes or manners of expression which might well be perfectly acceptable within one's friend group. Because of this, when addressing strangers, generally a more formal and respectful register is used as to avoid causing any unintended offense. It is always important to ensure one's interlocutor is comfortable in this respect.

1. 年轻人经常和朋友谈论什么？

今天的年轻人不缺少谈话话题。随着电子新闻的普及，世界变得越来越小，年轻人经常讨论世界事务和政治。更糟糕的是，如今的青年文化倾向于积极参与政治，具有很强的政治意识。朋友之间的典型对话可能采取一般的寒暄形式，接着是一段时间的叙叙旧，然后就会陷入对世界现状的讨论。通过社交媒体或新闻博客关注这类事件，可以让对话保持活跃，而且人们永远都有话可说。

2. 和朋友面对面交谈总是比在电话或网上交谈更好吗？

随着越来越多的社交发生在网上，与朋友面对面的接触变得不像以前那么常见了。这样的文化转变会带来有害的影响。例如，过度依赖在线社交可能导致一个人的社交技能下降，因为缺乏实践。这意味着一个人通常在与人打交道时准备不足，无论是在友谊的背景下，还是在商业和经济的背景下。因此，朋友们应该经常尝试见面和面对面交谈，而不是只在网上互动。

3. 与朋友交谈时，倾听的重要性是什么？

对话是双向的。你不仅要提供自己的立场和想法，还要关注和参与对话者的立场和想法。否则通常被认为是非常不礼貌的。如果忽视朋友对他们说的话，就有得罪朋友的危险;好像他们的想法和意见是没有价值的。此外，对朋友说话却不听对方的谈话也会被视为自私和傲慢的行为。总之，与朋友交谈时倾听的行为和说话一样重要。

4. 在日常生活中，人们需要和不认识的人交谈的情况是什么？

在我们的日常生活中，语言是最有用和最通用的工具之一。正因为如此，我们有很多日常问题可以通过语言的运用来解决。这通常以必须与完全陌生的人交流的形式出现。例如，一个人可能很难在超市找到他们需要的东西，并将不得不向员工传达他们的需求。找路也是另一个常见的场景，它应该与陌生人打交道。直接向人问路比迷路到处乱逛更明智。在每个人的生活中，都会遇到这样的情况:有必要和不认识的人交谈。

5. 为什么有些人觉得和不认识的人说话很困难？

如今，许多人都在与社交焦虑作斗争。随后，他们可能在陌生人面前感到不舒服，因此不太可能说话。有许多因素决定了为什么会出现这种情况。有些人可能会因为害怕社交尴尬而避免与陌生人交谈。他们可能对自己的口才缺乏信心，因此发现与不熟悉的人交谈是一件很害羞的事情。另一个原因可能是对陌生人的普遍不信任，认为与人交谈的可能会有危害。这些因素结合在一起会让人们很难与不认识的人开始对话。

6. 人们和陌生人说话的方式和和朋友说话的方式一样吗？

一般来说，与陌生人交谈就像与朋友交谈一样，被认为是一种奇怪的社交行为。用一种过于熟悉的方式称呼一个不认识的人会被认为是不尊重或不合适的。例如，一个人可能会对某些玩笑或表达方式生气，而这些在他的朋友群中可能是完全可以接受的。正因为如此，当称呼陌生人时，通常会使用一个更正式和尊重的称呼，以避免引起任何无意的冒犯。确保谈话者在这方面感到舒适总是很重要的。

37：节省时间的改变（5-8 月新题）

1. What are some ways that people try to save time in daily life?

The modern world moves exceedingly quickly, so it is extremely valuable for people to attempt to save time wherever they can throughout the day. One way this can be achieved is through proper scheduling. A comprehensive schedule can work wonders in ascertaining which tasks of the day are superfluous or can be grouped together in order to save time. For example, instead of wasting time deciding on and preparing individual meals each day, a schedule could advocate a meal plan in which one prepares their meals for every day of the week all at once in advance. This way one can simply take their allotted meal at lunchtime saving upwards of half an hour each day.

2. Are younger or older people better at saving time?

The younger and older generations tend to spend their time in drastically different ways. One might argue that older people, having had more life experience, are more knowledgeable as to how to save time and carry out tasks as efficiently as possible. However, young people nowadays generally pursue instant gratification and will utilise all the tools at their disposal towards this aim. For example, before they go to the government center to deal with their personal issues, young people will make an appointment on the government website and fill in their requests in advance, so as to avoid lacking any documentation or waiting in line on the scene.

3. Do people waste a lot of time nowadays?

In today's world, people easily fall prey to distraction which causes them to waste time. A simple notification from social media on a one's phone can often cause one to spiral into an extended period of scrolling through their feed. Aside from this, with the majority of work now being accomplished by means of a computer in tandem with the internet, there exists a constant temptation for one to procrastinate whilst at work. This can take the form of switching between browsing content on the internet and work tasks, which not only harms workplace efficiency, but the overall quality of work being accomplished. Accordingly, one might feel well justified in assuming that people are wasting more time than ever nowadays.

4. Should schools teach children to manage their time?

It would be beneficial overall for schools to expose their students to some sort of programme designed to communicate practical life skills. Time management would constitute an essential element of such a course. Children are more prone to distraction than adults, so it makes much sense to curb these inclinations in children before poor time management becomes entrenched as a bad habit. Many children also complain upon leaving school that their education did not adequately prepare them for life in the real world, so more practically minded educational programmes such as time management would benefit not only society, but also disillusioned students on a more personal level.

5. Does using technology always make it easier to manage time?

The effectiveness of technology, as with any other tool, depends in large on how it is utilised by its owner. As a time saving device, technology can be employed to keep schedules, instantly contact people, and to accomplish tasks quickly from remote positions. However, one must not forget that technology also accounts for the vast majority of entertainment devices nowadays, and as such, are one of the primary causes of misused time in contemporary society. Regardless, given the absolute reliance of the modern world upon technology, it would be foolish to argue that technology hasn't cemented itself as an essential tool enabling industries to maximise on the amount of time and resources available to them.

6. Are people who learn to manage time efficiently more successful in life?

Yes, time management plays a critical role in anyone's success. By managing time efficiently, one is more able to remain focused, establish goals, and prioritise effectively. Each of these are qualities highly conducive to success, whether it be in one's personal life or in a workplace setting. In using one's time correctly, a person is able to cultivate new skills and better themselves in ways which can prepare them for the tasks and challenges one is likely to encounter in life. Accordingly, effective time management can generally be assumed to be a universal quality present in the character of highly successful people.

1. 人们在日常生活中节约时间的方法有哪些？

现代世界发展得非常快，所以对人们来说，在一天中尽可能节省时间是非常有价值的。实现这一点的方法之一是通过适当的安排。一个全面的时间表可以产生神奇的效果，它可以确定一天中哪些任务是多余的，或者可以把它们组合在一起以节省时间。例如，与其浪费时间决定和准备每个人每天的饭菜，一个时间表可以提倡一个饮食计划，在一个星期的每一天都提前准备好他们的饭菜。这样一来，你就可以在午餐时按规定的时间吃饭，每天节省半小时以上的时间。

2. 年轻人还是老年人更善于节约时间？

年轻一代和年长一代往往以截然不同的方式度过他们的时间。有人可能会说，老年人拥有更多的生活经验，在如何节省时间和尽可能高效地完成任务方面更有知识。然而，现在的年轻人通常追求即时的满足，并将利用所有的工具来实现这一目标。例如，在前往政务服务中心办事前，他们会提前在政府网站上预约时间，预填写资料和准备办事的材料，这样就能避免到现场才发现漏带资料或者现场排队的时间。

3. 现在人们浪费很多时间吗？

在当今世界，人们很容易分心，浪费时间。手机上一个简单的社交媒体通知往往会让人长时间浏览动态。除此之外，由于现在大多数工作都是通过电脑和互联网来完成的，人们在工作时总是会受到拖延的诱惑。这可能表现为在网上浏览内容和工作任务之间切换，这不仅会损害工作效率，还会影响工作完成的整体质量。因此，人们可以很有理由认为现在人们比以往浪费更多的时间。

4. 学校应该教孩子管理时间吗？

总体而言，学校让学生学习实际生活技能的课程将是有益的。时间管理是这门课程的一个基本内容。孩子比成年人更容易分心，所以在时间管理不善成为一种坏习惯之前，抑制孩子的这些倾向是很有意义的。许多孩子在离开学校时还抱怨说，他们所受的教育没有为他们在现实世界中的生活做好充分准备，因此，时间管理等更注重实际的教育项目不仅会使社会受益，也会使失望的学生在更个人的层面上受益。

5. 使用科技总是能让时间管理变得更容易吗？

与其他工具一样，技术的有效性在很大程度上取决于其所有者如何利用它。作为一种节省时间的设备，技术可以用来保持日程安排，即时与人联系，并远程快速完成任务。然而，我们不能忘记，科技也占了当今绝大多数的娱乐设备，因此，是当代社会滥用时间的主要原因之一。无论如何，考虑到现代世界对技术的绝对依赖，认为技术本身不能最大限度地利用时间和资源的观点是愚蠢的。

6. 学会有效管理时间的人在生活中会更成功吗？

是的，时间管理对每个人的成功都起着至关重要的作用。通过有效地管理时间，一个人更能够保持专注，建立目标，并有效地划分优先级。无论是在个人生活还是在工作环境中，这些品质都是非常有利于成功的。在正确地利用时间，一个人能够培养新的技能和更好的方式，可以准备他们在生活中遇到的任务和挑战。因此，有效的时间管理通常被认为是成功人士性格中普遍存在的品质。

38：改变世界的发明（5-8 月新题）

1. What is the most useful invention that people have in their homes?

Human innovation has led to the prevalence of new technologies within almost all of our lives. Most notably, technology has become an increasingly common presence within domestic settings for the sake of convenience. Out of all of these inventions, the one which has demonstrated the most use for people is likely the fridge. Preserving food has consistently proved to be a challenge of dire importance facing people throughout human history. However, with the ubiquitous access to fridges in modern society, anyone is capable of preserving food for as long as possible with little thought.

2. Does using equipment in the home make people lazy?

With the number of amenities each modern home is now equipped with, people have at their disposal a variety of ways to save time on household chores. However, the added convenience of these items can incline one to expend less effort than they might typically in accomplishing everyday tasks. For instance, rather than putting in the time to prepare a decent meal from scratch, one might instead use a microwave to heat up food purchased from a supermarket. Moreover, with the increasingly common usage of online food delivery apps, one might simply decide to have food delivered to their door. This in mind, it could easily be argued that the availability of household goods is making people lazier.

3. What equipment might people like to have in the home in the future?

As technology progresses, the concept of "smart homes" is becoming increasingly more popular. People therefore are more interested in investing in homes goods which can automate or enhance the general functions of a house. In the future, it will become all the more common to make use of robot vacuum cleaners such as XiaoMi to streamline the upkeep of one's home. In this respect, smart appliances also offer a variety of desirable features for people, such as the ability to operate home technologies remotely from one's phone. The future will see more and more people incorporate these sorts of appliances into their homes.

4. What types of technology are most important in schools today?

Technology sees widespread employment in schools today as to facilitate an effective, modern learning environment. Most schools make use of an extensive IT infrastructure which is employed in tandem with traditional teaching methods. For example, virtual learning environments hosted by the cloud are now commonplace in any child's education. These platforms are used to host resources and archives that a student can refer back to, rather than being forced to rely solely on the notes they take during class. As well as enhancing educational techniques, such an incorporation of technology ensures that students grow up computer literate, better preparing them for entry into the outside world.

5. Can watching television programmes in class be a good way of learning?

Not all students learn the same way, and so visual content can often prove an effective means of amplifying teaching techniques for students who may be more visually orientated learners. In an educational setting, video clips can be an excellent method of condensing information into a format most comprehensible for students. However, an overreliance on programming material can be detrimental to the overall learning experience, as students typically require a variety of different study methods in order to retain information definitively. Because of this, though a useful tool, television programmes should be used in moderation within the classroom.

6. Will the computer one day completely replace the teacher?

Nowadays, more and more people are using computers to educate themselves on subjects without the influence of a teacher. Due to the vast wealth of resources available to people for free online, computers are being used by consumers as a primary educational tool when it comes to subjects such as language learning, history, and music. However, despite their widespread use, computers are very unlikely to replace the role of the teacher in a school setting. This is because children more often than not do not possess the same agency and motivation as adults, and require some form of instruction from an authority figure in order to learn effectively.

1. 人们家里最有用的发明是什么？

人类的创新使得新技术普遍适用于我们几乎所有的生活场景。最值得注意的是，为了方便，技术在家庭环境中越来越普遍。在所有这些发明中，对人类用途最大的可能是冰箱。在人类历史上，保存食物一直是人们面临的一项极其重要的挑战。然而，在现代社会，冰箱无处不在，任何人都能够尽可能长时间地保存食物。

2. 在家里使用设备会使人懒惰吗？

随着现代家庭现在配备的便利设施的数量，人们有各种各样的方法来节省做家务的时间。然而，这些项目的额外便利可能会使人在完成日常任务时花费更少的精力。例如，人们可以用微波炉加热从超市买来的食物，而不是花时间从头开始准备一顿像样的饭。此外，随着外卖的日益普及，人们可能会简单地决定让外卖送到家里。考虑到这一点，我们可以很容易地承认，家庭用品的丰富性正使人们变得更懒。

3. 未来人们希望家里有什么设备？

随着科技的进步，"智能家居"的概念越来越流行。因此，人们更有兴趣购买能够自动化或增强房屋一般功能的家居用品。在未来，像 XiaoMi 这样的机器人吸尘器将会变得更加普遍，以简化家庭的维护。在这方面，智能电器也为人们提供了各种有用的功能，例如能够通过手机远程操作家庭设备。未来会有越来越多的人把这类电器装进家里。

4. 在当今的学校中，什么类型的技术最重要？

科技在今天的学校中广泛应用，促进了一个有效的、现代的学习环境。大多数学校利用广泛的 IT 基础设施，与传统的教学方法相结合。例如，云托管的虚拟学习环境现在在任何儿童教育中都很常见。这些平台用于存储学生可以查阅的资源和档案，而不是被迫仅仅依靠课堂上的笔记。在提高教育技术的同时，这种技术的结合确保了学生长大后能够使用计算机，为他们进入社会做好了更好的准备。

5. 在课堂上看电视节目是一种好的学习方式吗？

并不是所有的学生都以同样的方式学习，因此，对于那些更注重视觉的学习者来说，视觉内容往往可以证明是一种有效的方法来扩大教学技巧。在教育环境中，视频剪辑是一种很好的方法，可以将信息浓缩成学生最容易理解的格式。然而，过度依赖编程材料可能不利于整体学习经验，因为学生通常需要各种不同的学习方法，以明确地记住信息。因此，尽管电视节目是一种有用的工具，但在教室里还是应该适度地使用。

6. 电脑有一天会完全取代老师吗？

如今，越来越多的人在没有老师影响的情况下使用计算机进行自我教育。由于人们可以在网上免费获得大量的资源，当涉及到语言学习、历史和音乐等学科时，计算机正被消费者用作主要的教育工具。然而，尽管他们的广泛使用，计算机不太可能取代教师的角色在学校设置。这是因为孩子往往不具备成人那样的能动性和积极性，需要权威人士的某种形式的指导才能有效地学习。

39：用手机做重要的事（5-8 月新题）

1. What are some common uses of phones in everyday life?

In contemporary society, much of one's life is centred around their phone. Since the popularisation of smartphones and the increasing functionality of smartphone technology, phones have become much more than mere tools of communication. As well as retaining the capacity to contact people, phones can now be used to create visual content such as videos and photography, to view maps and receive directions, and even to pay for goods and services as one might with a credit or debit card. This isn't even to mention the vast selection of third-party apps one is able to install on their phone. Phones have truly become an irreplaceable factor of everyday life.

2. Is the most important use of a phone for calling people?

Though phones were originally conceptualised as a means to call people, the increasing versatility of phones has fast eclipsed this primary function. As a method of communication, modern phones are capable not only of voice calls, but also direct messages through a number of platforms, apps, and even email. As phones have become capable of more, their general importance to society has increased accordingly, and this versatile capacity for broad communication is not an insignificant part of the reasoning why. However, in an emergency situation, the ability to make phone calls is still likely to prove their most important piece of functionality.

3. How do younger and older people use phones?

Phones are generally used in a very different fashion between the older and younger generations. Older people are typically more reluctant to come to terms with the developments of technology, and so rarely make use of the full functionality of modern phones. They will tend to neglect potential usages phones have through apps, instead choosing to use them almost exclusively as cameras and as a device for phone calls. As a means of communication, older people generally prefer to call whoever they wish to get in contact with, whereas young people are much more likely to send direct messages outside of an emergency.

4. Is it all right to phone somebody late at night?

For most people, the majority of their free time is delegated to the evening. Because of this, calling people later in the day can sometimes be seen as impolite and intrusive. People could be using that time to unwind after a busy day, or could even be preparing for bed, so bothering a person with unsolicited phone calls at that hour is somewhat insensitive outside of an emergency. What's more, depending how late the phone call is made, it could even result in waking up someone who is already asleep, which is the height of rudeness.

5. Should making phone calls in public places be banned because it can disturb other people?

The acceptability of taking phone calls in public is very much dependant on the particular setting. For example, making a phone call in a busy public square is perfectly fine. As these sorts of places tend to be noisy anyway, very few people will be bothered by the additional sound of a phone conversation. Public places in which phone calls are not acceptable generally have individual guidelines disallowing them. Libraries for instance clearly signpost that making phone calls constitutes a disruptive action that will disturb other people around. Engaging in a phone call in such a place can carry negative repercussions, such as being reprimanded or even asked to leave.

6. Do people speak more honestly on the phone than face-to-face?

When speaking over the phone as opposed to face-to-face, there is a degree of separation which would not be present in person. This might incline people to not speak quite as openly as they would otherwise. For example, when speaking with someone face-to-face, one is also able to pick up on facial cues and expressions as well as

language. This makes one's interlocutor inherently more relatable and empathetic, inclining one to communicate more openly and honestly. Conversations which take place over the phone lack this connection, making it easier for one to hold things back or to generally speak more disingenuously without consequences.

中文思路：

1. 手机在日常生活中有哪些常见用途?

在当代社会，一个人的大部分生活都围绕着手机。自从智能手机的普及和智能手机技术的不断增强，手机已经不仅仅是交流工具。除了保留与人们联系的能力，手机现在还可以用来创建视频和照片等视觉内容，查看地图和定位，甚至可以像使用信用卡或借记卡那样支付商品和服务。这还不包括人们可以在手机上安装的大量第三方应用程序。手机已经真正成为日常生活中不可替代的因素。

2. 打电话最重要的用途是什么?

虽然手机最初的概念是用来打电话，但手机的功能越来越多，这一主要功能很快就被取代了。作为一种交流方式，现代手机不仅可以进行语音通话，还可以通过许多平台、应用程序甚至电子邮件直接发送信息。随着手机的功能越来越多，它们对社会的普遍重要性也相应提高，这种广泛交流的多功能能力在原因中并非无足轻重。然而，在紧急情况下，打电话仍可能是手机最重要的功能之一。

3. 年轻人和老年人如何使用手机?

手机在老一代和年轻一代之间的使用方式通常非常不同。年纪较大的人通常更不愿意接受技术的发展，因此很少使用现代手机的全部功能。他们往往会忽视手机的应用程序的潜在用途，而选择几乎只把它们用作相机和打电话的设备。作为一种沟通方式，老年人通常喜欢给他们想联系的人打电话，而年轻人则更喜欢在紧急情况之外直接发送信息。

4. 深夜给别人打电话可以吗?

对大多数人来说，他们大部分的空闲时间都被分配给了晚上。正因为如此，晚些时候给别人打电话有时会被视为不礼貌和冒犯。在忙碌了一天之后，人们可能会利用这段时间来放松，甚至可能是准备睡觉，所以如果不是紧急情况，在这个时间打电话打扰别人是有点不敏感的。更重要的是，取决于打电话的时间，它甚至可能会吵醒一个已经睡着的人，这是非常无礼的。

5. 在公共场所打电话应该被禁止吗，因为它会打扰别人?

在公共场合是否可以接受打电话，很大程度上取决于特定的环境。例如，在繁忙的公共广场打电话是完全没问题的。因为这类地方本来就很吵，所以很少有人会被额外的电话交谈声所打扰。在不允许打电话的公共场所，一般都有个别的规定不允许打电话。例如，图书馆明确指出，打电话是一种干扰行为，会打扰周围的其他人。在这样的地方打电话会带来负面影响，比如被训斥甚至被要求离开。

6. 人们在电话里说话比面对面更诚实吗?

与面对面交谈相比，在电话中交谈时，会有一定程度的分离感，这种分离感是面对面交谈时不会出现的。这可能会使人们不像平时那样开诚布公地说话。例如，当与人面对面交谈时，一个人也能够接受面部暗示和表情以及语言。这会让对话者内在地更有共鸣和同理心，使人倾向于更开放和诚实地交流。通过电话进行的交谈缺乏这种联系，使人更容易隐瞒事情，或通常说得更不真诚而没有后果。

40：令你惊喜而又开心的事物（5-8 月新题）

1. What are some ways that people show they are happy in your culture?

People are extremely varied, and as of such, there exists a plurality of different ways in which people can demonstrate their happiness. This can take the form of language in which one will express their cheeriness through positive affirmations or joking and merriment. Other people might be more physical in exhibiting their happiness. They might offer hugs, high-fives, and other forms of physically affectionate behaviour. It is also common for people to offer gifts when they are in a good mood, particularly amongst friends. For example, someone might buy a round of drinks for their group of friends in order to foster an atmosphere of jollity and camaraderie.

2. Can shopping make people happy?

Different people take pleasure in different things. For some, going shopping can make them feel happy. This is because making purchases and acquiring new possessions can cause the brain to release dopamine, otherwise known as "retail therapy" or a "shopper's high". Many people subsequently use shopping as a means to cheer themselves up whenever they are feeling down. However, one should take care to do so in moderation, as an overindulgence in shopping can be habit forming behaviour. In extreme cases, compulsive shopping can even lead to addiction, which is damaging to both one's mental health and finances. Ironically, a source of happiness can quickly become a cause for despair.

3. Is happiness good for a person's health?

Numerous medical studies have determined that a person's happiness, as well as being an essential factor of one's quality of life, is also beneficial to a person's health. In general, feeling happy can lower one's blood pressure which ensures a healthier heart. Moreover, doctors have found that happier people are in possession of stronger immune systems. Aside from one's physical health, happiness is similarly important in maintaining one's mental health. Joyful people suffer less from stress, anxiety, and depression, which are the most common ailments affecting a person's mental health. All in all, one's own happiness is an element of health which should not be neglected.

4. How can a person's attitude to life affect how happy they are?

A person's worldview can often alter how they feel personally. Someone who possesses a more fatalistic perception of the world and their life can often end up feeling hopeless or miserable in response. However, people with more constructive attitudes to life are more likely to establish productive life goals and work towards them. Most of the time, a person's individual happiness is tied to the conditions of their life. Subsequently, it makes sense that if one maintains a positive attitude to life, and works hard at it, happiness will in turn follow.

5. Can people learn to be happy?

People are born to feel happiness. It's not a kind of skill. People naturally feel happy when they encounter pleasant events or overcome certain difficulties. However, some people struggle with mental illnesses such as depression and anxiety, and thus find it difficult to feel happiness. Those diagnosed with these types of conditions might not be able to work at becoming happy. However, through appropriate treatment, these sorts of people have the potential to become more contented in life. Those who are not affected by such disorders might also occasionally struggle to consciously maintain their happiness, but generally, if one works to action improvements in their own life, their state of mind will improve in tandem.

6. Can periods of unhappiness have positive results for some people?

Though no one enjoys being unhappy, it can be argued that such periods have a silver lining to them. Times of

unhappiness can bestow on one a newfound appreciation for the better parts of their life. Happy memories can serve as a comfort through such periods, and thusly become even more treasured and valuable. Another positive is that, unlike happy people who are more likely to be contented in their life, unhappy people may be more motivated as to push themselves out of their negative mood. Overall, sadness can be used as a tool enabling one to better appreciate what is good about life.

1. 在你们的文化中，人们表现快乐的方式是什么？

人是千差万别的，因此，存在着许多不同的方式，人们可以展示他们的幸福。这可以采取语言的形式，其中一个将通过积极的肯定或开玩笑和欢乐来表达他们的快乐。另一些人可能会用身体来表现他们的快乐。他们可能会拥抱、击掌和其他形式的肢体接触行为。人们在心情好的时候赠送礼物也是很常见的，尤其是在朋友之间。例如，有人可能会为他们的一群朋友买一轮饮料，以营造欢乐和友爱的气氛。

2. 购物能使人快乐吗？

不同的人喜欢不同的事情。对一些人来说，购物可以让他们感到快乐。这是因为购物和获得新物品会导致大脑释放多巴胺，也被称为"购物疗法"或"购物高潮"。许多人随后利用购物作为一种方式，每当他们感到沮丧，他们就会通过购物使自己振作起来。然而，一个人应该小心适度地这样做，因为过度沉溺于购物可以形成习惯。在极端情况下，强迫性购物甚至会导致上瘾，这对一个人的心理健康和财务都是有害的。讽刺的是，快乐的源泉很快就会变成绝望的原因。

3. 幸福对一个人的健康有益吗？

大量的医学研究已经确定，一个人的幸福，作为一个人的生活质量的一个重要因素，也有利于一个人的健康。总的来说，感到快乐可以降低一个人的血压，确保一个更健康的心脏。此外，医生还发现，快乐的人拥有更强的免疫系统。除了身体健康，快乐对保持心理健康同样重要。快乐的人承受的压力、焦虑和抑郁更少，这些是影响一个人心理健康的最常见的疾病。总之，一个人的快乐是健康的一个因素，不应该被忽视。

4. 一个人对生活的态度如何影响他们的快乐程度？

一个人的世界观常常会改变他们个人的感受。那些对世界和生活有更宿命论看法的人往往最终会感到绝望或痛苦。然而，对生活持建设性态度的人更有可能建立富有成效的生活目标，并为之努力。大多数时候，一个人的个人幸福与他们的生活条件有关。因此，如果一个人对生活保持积极的态度，并为之努力，幸福就会随之而来。

5. 人们能学会快乐吗？

人们生来就会快乐，这不是一项技能。只要遇见愉悦的事情或者克服了某项困难，人们自然而然就会感到快乐。但许多人患有抑郁症和焦虑症等精神疾病，因此很难感到幸福。那些被诊断出患有这些疾病的人可能无法通过努力变得快乐。然而，通过适当的治疗，这类人有可能在生活中变得更满足。那些没有受到这些障碍影响的人可能偶尔也会努力有意识地保持他们的幸福，但一般来说，如果一个人努力改善自己的生活，他们的精神状态也会随之改善。

6. 不快乐的时期会对某些人产生积极的影响吗？

虽然没有人喜欢不快乐，但可以说，这段时期也有好的一面。不快乐的时光会让人对生活中更好的部分产生新的感激之情。在这样的时期，快乐的回忆可以作为一种安慰，因此变得更加珍贵。另一个积极的方面是，不像快乐的人更有可能对自己的生活感到满足，不快乐的人可能更有动力把自己从消极情绪中赶出来。总的来说，悲伤可以作为一种工具，使人更好地欣赏生活的美好之处。

41：未来想一起工作的家人（5-8 月新题）

1. What are common kinds of family businesses?

The success of family operated businesses is heavily contingent on how effectively the respective family unit is able to work in tandem with one another. As such, many family businesses are founded around particular skills which are commonly passed between family members. Examples can be found in bakeries and restaurants, in which cooking techniques and recipes are typically taught from generation to generation. This ensures that when a change in management is due, the succeeding child is already fully equipped with the range of skills and knowledge necessary for the job.

2. What are the advantages of working in a family business?

There are a number of advantages inherent to family-owned businesses which are not to be found in their standard counterparts. For instance, as members of the same family, the staff of family businesses may demonstrate a greater commitment to their work in the interest of their own family's prosperity and to establish an enduring family enterprise. Moreover, workers of the same family are more likely to possess a fiercer loyalty to the business than if they were not related. From an economic standpoint, labour costs within a family business can be lower, as family members might be willing to endure lower wages during times of hardship. All in all, for small businesses, it can be very practical to adopt a family orientated model.

3. What are some reasons why people might not like to work in a family business?

Although there are many positives associated with working in a family business, some people may not be attracted by the prospect. Particularly amongst the younger generations, the desire to pursue one's own independence is noticeably strong. A young person might see being tied to the enterprises of their family as potentially frustrating their aspirations for self-sufficiency. What's more is that disagreements within the family can easily carry over into the business itself, thus creating an undesirable and toxic work environment. This in mind, it is important for one to consider their own goals and ambitions carefully in deciding whether to become part of their own family business, or if seeking employment elsewhere might be more appropriate.

4. What are the advantages of working for a large company?

Though to some, the idea of joining a large company might well seem daunting, there is a plethora of advantages to be found in working within such business models. Larger companies generally have at their disposal a greater wealth of resources than their smaller scale counterparts. Accordingly, large companies are able to offer training programmes and career development opportunities that would be beyond the scope of a family-owned operation. In line with this, these businesses have the capacity for higher wages and might even offer perks such as health and dental insurance. In many situations, it is well worth seeking employment with one of these large companies.

5. What are some reasons why it is better not to stay too long with one company?

For many workers, it may actually be to their benefit to seek employment elsewhere after working with a single company for a while. Employees working too long in a single role will find it difficult to diversify their respective skillsets, and will thusly encounter problems if ever made redundant and forced to find a new position. Even if they enjoy a high decree of job security, one is more than likely to become complacent in working for the same company for a long time. In this regard, they run the risk of losing passion for their work, and subsequently feeling unfulfilled in their life. For a number of reasons both practical and personal, it behoves one to pursue variety of career opportunities.

6. Is working in a large company too impersonal?

Large companies employ a great number of people, and the responsibilities of each employee are often fixed. In addition, companies have very regular training and work patterns. As a result, employees are like machines on an assembly line that can easily be replaced by their boss. On top of this, managers and bosses of such companies will often have an overwhelming number of people working subordinate to them, making it hard to provide guidance to their individual team members. Subsequently, working in a large company can often feel directionless and impersonal.

1. 常见的家族企业有哪些？

家族企业的成功很大程度上取决于各个成员能够如何有效地相互协作。因此，许多家族企业都是建立在在家族成员之间传递的某种技能上的。在面包店和餐馆可以找到这样的例子，在这些地方烹饪技术和食谱通常是代代相传的。这就确保了当管理层发生变化时，继任的孩子已经充分具备了工作所需的技能和知识。

2. 在家族企业工作的优点是什么？

家族企业具有许多传统企业所没有的固有优势。例如，作为家族的成员，家族企业的员工可能表现出更大的忠诚度，他们的工作有利于自己的家族繁荣和建立一个持久的家族企业。此外，与没有血缘关系的员工相比，来自同一个家庭的员工更有可能对企业拥有更强烈的忠诚度。从经济角度来看，家族企业的劳动力成本可能更低，因为家庭成员可能愿意在困难时期忍受较低的工资。总而言之，对于小型企业来说，采用以家庭为导向的模式是非常实用的。

3. 人们不喜欢在家族企业工作的原因是什么？

虽然在家族企业工作有很多好处，但有些人可能不会被这种前景所吸引。尤其在年轻一代中，追求独立的愿望明显强烈。一个年轻人可能会认为自己被家庭企业束缚了，这挫败他们独立自强的愿望。更重要的是，家庭内部的分歧很容易影响到企业本身，从而创造了一个不受欢迎和有害的工作环境。考虑到这一点，一个人在决定是否成为自己家族企业的一部分，还是在其他地方找工作可能更合适时，再三考虑自己的目标和抱负是很重要的。

4. 在大公司工作有什么好处？

虽然对一些人来说，加入一家大公司的想法可能会令人望而生畏，但在这样的商业模式下工作有很多优势。规模较大的公司通常比规模较小的公司拥有更多的资源。因此，大公司能够提供超出家族经营范围的培训方案和职业发展机会。与此相一致的是，这些企业有能力提高工资，甚至可能提供医疗和牙科保险等福利。在很多情况下，在这些大公司找工作是很值得的。

5. 为什么最好不要在一家公司待太久？

对许多工人来说，在一家公司工作一段时间后到其他地方找工作实际上可能对他们有利。在单一角色上工作太久的员工会发现，他们很难使各自的技能多样化，因此，如果被裁员或被迫寻找新职位，就会遇到问题。即使他们享有很高的工作保障，一个人也很可能会因为长期在同一家公司工作而变得自满。在这方面，他们冒着对工作失去激情的风险，随后对生活感到不满足。出于许多实际和个人的原因，人们应该追求各种各样的职业机会。

6. 在大公司工作是不是太没有人情味了？

因为大公司拥有这大量的员工，而且每个员工的工作任务常常是固定的。同时，公司有着非常模板化的培训和工作模式。这就导致了员工就像流水线上的物品，很容易被公司替代。除此之外，这些公司的经理和老板通常会有大量的下属，这使得他们很难为自己的团队成员提供指导。因此，在大公司工作常常会让人觉得没有方向，没有人情味。

42：宜居之地（5-8 月新题）

1. What are the types of places where people like to live?

Different places across the country feature individual living conditions which appeal to different sorts of people. As such, there are many types of places in which people enjoy living. For example, some people are highly ambitions and driven by success. For these sorts of people, the city is most likely the most appropriate place to live, as such a location will provide them with more economic and professional opportunities. However, for many, the activity of the city is distasteful, and so they move to more rural areas in order to live a simpler lifestyle closer to nature.

2. What are some advantages for people living near their workplace?

Some people are fortunate enough to live within a convenient distance of their workplace. A shorter commute to work each day not only helps one to save time, but also money. A motorist for instance need not pay as much per week on petrol costs. Others may live close enough to their place of work as to nullify the need for a car altogether, instead walking or cycling each morning. These modes of transport not only save even more money, but are better for one's health as well as the health of the planet.

3. What are the differences between places older and younger people like to live?

Nowadays, the older and younger generations harbour very different standards as to acceptable places of living. Older people typically come to prefer more complete domestic settings, such as houses, which offer them a high degree of comfort and space. Younger people generally eschew such living spaces, finding them unaffordable. However, young people might rent a house as part of a group which can split the cost between them. Yet in the vast majority of cases, young people prefer flats rented in urban environments. As well as being more affordable, such living spaces allow for young people to engage with their communities, and remain socially active.

4. Why do some people move to a different area to live?

Oftentimes, people will start to feel suffocated and restless if living in the same place for a long time. Subsequently, seeking a change of location can be an extremely healthy response to such feelings. This can take the form of a relatively small-scale change such as simply moving towns, or a larger life decision like moving across country or even to a new country entirely. Moving to new areas can give people a new lease on life, allowing them to meet new people, encounter different cultures, and pursue better opportunities. In general, moving to different areas can be a refreshing change for a lot of people.

5. What preparations should people make before moving to a new area?

Before moving to somewhere new, there are a number of essential preparations one must make beforehand to ensure that they are able to support themselves in their new location. First of all, it is exceedingly helpful if one has found work in the area they intend to move to ahead of time. This ensures that a person is able to make a living immediately in their new home, and does not have to rely on savings to survive. Secondly, people simply moving to another area in the same city need to consider the modes of transportation and retail infrastructure around their new home. This is because people have to think about how to commute and where to buy things in their new area.

6. Is choosing where to live the most important decision people make in their lives?

For many people, where they live will come to determine many aspects of their lives. Consequently, it is important that one put as much consideration and care into this decision as possible. One must entertain a number of factors in regards to this decision such as language, culture, and standards of living. For many people, they will seek to align these qualities close to their own character and upbringing to be as comfortable as possible. Yet some people prefer

to live in places foreign to them as expatriates. In both cases, the locations in which people chose to live come to define the personal, cultural, and economic conditions of their lives.

1. 人们喜欢住在什么类型的地方?

全国各地不同的地方有不同的生活条件，吸引着不同类型的人。因此，人们喜欢居住的地方有很多种。例如，有些人雄心勃勃，为成功所驱使。对于这类人来说，城市可能是最适合居住的地方，因为这样的位置将为他们提供更多的经济和职业机会。然而，对许多人来说，城市的活动令人不快，因此他们搬到更偏远的农村地区，以过上更简单、更接近自然的生活方式。

2. 住在工作地点附近的人有什么优势?

有些人很幸运，住在离工作地点很近的地方。每天较短的通勤时间不仅能节省时间，还能节省金钱。例如，一个驾车者不必每周支付同样多的汽油费。另一些人可能住得离工作地点很近，以至于完全不需要汽车，而是每天早上步行或骑自行车。这些交通方式不仅节省了更多的钱，而且对个人和地球的健康都更好。

3. 老年人和年轻人喜欢居住的地方有什么不同?

如今，老一代和年轻一代对可接受的生活地点有着截然不同的标准。老年人通常更喜欢更完整的家庭环境，比如能给他们提供高度舒适和空间的房子。年轻人通常会避开这样的居住空间，因为他们负担不起。然而，年轻人可能会合租，这样可以分摊费用。然而，在绝大多数情况下，年轻人更喜欢在城市环境中租公寓。这样的生活空间不仅更实惠，还能让年轻人参与社区活动，保持社交活跃。

4. 为什么有些人搬到其他地方生活?

在一个地方长时间居住，人们往往会感到压抑和不耐烦。因此，换个地方可能是一种好选择。这可以是一个相对较小的改变，比如简单地搬到城镇，或者是一个更大的生活决定，比如搬到在国内其他地方，甚至是一个全新的国家。搬到新的地方可以给人们新的生活，让他们认识新的人，遇到不同的文化，追求更好的机会。总的来说，对很多人来说，搬到不同的地方是一种令人耳目一新的变化。

5. 在搬到一个新的地方之前应该做什么准备?

在搬到一个新的地方之前，有一些必要的准备工作必须事先做好，以确保他们能够让自己适应新环境。首先，如果一个人在他们打算搬去的地区提前找到了工作，这是非常有帮助的。这确保了一个人能够在他们的新家立即谋生，而不必依赖储蓄来生存。其次，如果只是在同一个城市里，换了另一个地区居住，那么人们需要考虑的就是新居的交通方式和周围的配套设施。因为人们要考虑如何上班以及如何在周边购买生活物资。

6. 选择居住地是人生中最重要的决定吗?

对许多人来说，他们的居住地将决定他们生活的许多方面。因此，在做决定时尽可能多地考虑和谨慎是很重要的。在做这个决定时，必须考虑很多因素，比如语言、文化和生活水平。对许多人来说，他们会把这些品质与自己的性格和教养联系起来，尽可能地让自己感到舒适。然而，有些人作为外派人员更喜欢住在对他们来说陌生的地方。在这两种情况下，人们选择居住的地点决定了他们生活的个人、文化和经济条件。

43：庆祝重要事件（5-8 月新题）

1. What are the most important events in people's lives?

It depends on what each person values, which varies a lot. Throughout our lives, each of us will encounter monumental events which serve as milestones for the human experience. All of us likely have a similar frame of reference for what these events entail: graduating high school, earning a degree, getting married, the birth of a first child, etc. With each of these events, there is an implication that one stage of life has ended, and moving forward, we are entering an entirely new experience with a new set of goals to achieve and a new onus of responsibility to handle. As well as this burden however, each of us can take great pride in all we have accomplished to lead us to such occasions.

2. Is it better to celebrate special events with a large group of people?

Celebrations tend to work best when many people are present to participate. If the celebration in question is to honour the achievements of a particular individual, then it is likely that the friends and family of that person would want to be involved and may even play a hand in organising the function. If the celebration is not tied to any one individual, but is perhaps of national significance, then as many people as possible should be present in order to celebrate the community as a whole. At their core, celebrations are intended to honour a special event, so the larger the scale of revelry, the more successfully it was celebrated.

3. What can people do to make sure an event goes well?

There are several aspects of preparation people should focus on. Financially it behoves one to establish an event budget beforehand. This ensures everything that is planned can also be paid for. The budget should not constitute the entire part of one's finances, as it must also take into account any emergencies which may arise. When planning the event itself, care should be taken that its logistics are achievable long before the time in which the event is due to take place. Finally, one should make sure that the people themselves are informed such an event is taking places in order for there to be any attendees at all.

4. In what ways do people celebrate important national events?

Nowadays, people celebrate important national events in a variety of ways. The easiest way to do this is to retweet national events on social media with a one or two sentence blessing. This is the most common and convenient way to celebrate. At school, teachers will organize screenings for students of important national events, such as the live broadcast of a rocket launch, the National Day parade and so on. In the past, people might have chosen to celebrate with songs or parades in the square, but now people are celebrating in a new way.

5. Why is it important to remember national events?

One common unifying factor of every culture is the holidays and events that they recognise as a people, and the choice to celebrate them together as a nation. National events serve as important reminders of a nation's history and how one understands their role as a part of said nation. As well as strengthening communal bonds between the people of a country through a shared culture and experience, national events concurrently foster a greater appreciation in the individual for their home nation. Many people would in fact consider it disrespectful to avoid remembrance of these events. So, national events have become a mainstay of many a state's culture.

6. Is celebrating national events a waste of public money?

There are many arguments for and against the use of public funds in facilitating national holidays. Some may argue that the celebration of national events is a function essential to the state – that it encourages a healthy patriotism and

willingness to contribute to society – which subsequently marks such celebrations as worthy of government funding. However, others contend that extravagant spending of public money on national events is a waste of resources which could be better invested in social programmes or other areas more directly beneficial to ordinary citizens. Though governments are unlikely to defund national events altogether, there is a chance that spending can be reduced during times of economic hardship.

中文思路：

1. 人们生活中最重要的事件是什么?

这取决于每个人所重视的事情，这区别很大。在我们的一生中，我们每个人都会遇到作为人类经历里程碑的重大事件。对于这些事件的意义，我们所有人可能都有一个相似的参照框架:高中毕业、获得学位、结婚、第一个孩子的出生，等等。每一件事情都暗示着生命的一个阶段已经结束，继续向前，我们将进入一个全新的体验，有一套新的目标要实现，有一项新的责任要处理。然而，除了这个负担之外，我们每个人都可以为我们所取得的成就而感到非常自豪。

2. 和一大群人一起庆祝特殊事件更好吗?

当有很多人参加时，庆祝活动往往效果最好。如果所讨论的庆祝活动是为了纪念某个人的成就，那么这个人的朋友和家人很可能也想参与进来，甚至可能参与组织这次活动。如果庆祝活动不是针对某一个人，而是具有国家意义的，那么就应该有尽可能多的人参加，以作为一个整体来庆祝。从本质上讲，庆祝活动是为了纪念一个特殊的事件，所以狂欢的规模越大，庆祝的越成功。

3. 为了确保活动顺利进行，人们应该做些什么?

有几个方面是需要人们注意的。从财务上来说，提前制定活动预算是必要的。这确保了计划中的一切都能得到支付。预算不应该构成一个人财务的全部，因为它还必须考虑到可能出现的任何紧急情况。当计划活动本身时，应该注意它的后勤工作要在活动原定时间之前很久就能完成。最后，应该确保人们自己被告知这样的活动正在进行，以便有任何与会者。

4. 人们用什么方式庆祝重要的国家事件?

在当今社会，人们会通过多种多样的方式来庆祝重要的国家事件。最简单的方式就是在社交媒体上转发关于国家事件的推文，并附上一两句话的祝福。这是最常见的，也是最方便的庆祝方式。在学校里，老师会组织学生一起观看一些重要的国家事件，例如火箭发射的直播，国庆阅兵等等。以往人们可能会选择在广场唱歌或者游行来庆祝，但现在大家都以新的方式来庆祝。

5. 为什么要记住国家大事?

每一种文化都有一个共同的共同点，那就是他们作为一个民族的节日和事件，以及选择作为一个国家一起庆祝这些节日和事件。国家事件是一个国家历史的重要提示，以及一个人如何理解他们作为国家一部分的作用。国家活动不仅通过共同的文化和经验加强国家人民之间的公共纽带，同时也促进个人对自己祖国的更大的欣赏。事实上，许多人会认为回避这些事件是不尊重的。因此，全国性的活动已经成为许多国家文化的支柱。

6. 庆祝国家大事是浪费公款吗?

有许多赞成和反对使用公共资金促进国家假日的争论。有些人可能会争辩说，庆祝国家大事是国家的一项重要职能——它鼓励健康的爱国主义和为社会做贡献的意愿——随后标志着这些庆祝活动值得政府资助。然而，另一些人认为，在国家活动上奢侈地花费公共资金是对资源的浪费，这些资源本可以更好地投资于社会项目或其他对普通公民更直接有利的领域。尽管各国政府不太可能完全取消对全国性活动的资助，但在经济困难时期，减少支出还是有可能的。

44：在公共场所遗失物品（5-8月新题）

1. What kind of things do people often lose in public places?

Oftentimes, objects can slip out of people's pockets when making use of public benches. These tend to be small yet vitally important items such as wallets, phones, and housekeys. Occasionally though, much larger items can be lost, though this is commonly due to the intervention of thieves. For example, a person can secure their bicycle on a bike rack only to return later and find that the lock has been cut and their bike missing. Though everyone has the right to public spaces, this can sometimes prove to be just as much as a risk as a privilege.

2. Why do some people lose things more often than other people?

A lot of the reasons why some people are more forgetful than others can be boiled down to a matter of individual disposition. Some people are highly organised and adhere to patterns to ensure they have all their belongings on them before leaving a place. For example, they might check their pockets or bag for items such as their wallet, keys, and phone before deciding on moving from one place to another. Others however may be more absent minded. They might be too distracted by their own thoughts to have the presence of mind in realising that they have left something behind. Subsequently, it is highly dependent on the individual person's character whether or not they frequently lose things.

3. What can people do to avoid losing things?

There are many small strategies one can employ in order to avoid losing things. It helps to establish consistent patterns of behaviour. If one gets into the habit of searching through their pockets to check for essential items each time they are considering leaving a location, then the likelihood of unknowingly leaving behind belongings is far lower. Aside from adjusting one's behaviour, it is also possible to simply keep important objects in places they are less likely to be lost in. For instance, in a bag one seldom removes. As these techniques become more and more normalised in daily life, the frequency of losing items is greatly reduced. Not only is this just generally convenient, but financially sensible as money no longer has to be spent in replacing lost items.

4. What are some different ways people can try to find something they have lost?

Though there is no definitive method a person can employ in locating something lost, everybody would appear to have their own favourite technique to this effect. By far the most common piece of advice in finding lost items is to think back to where one can remember last having it in their position. If one succeeds in returning to this location, half the time the lost object will be there waiting for them. If this fails, then one should check in places that the item should typically be such as on tables or in drawers. The longer one searches for something lost, the greater are their chances of retrieving it.

5. How useful is it to offer a reward for finding a lost object?

In offering a reward for lost property, one will ideally encourage more people to be on the lookout for said item. This can have the effect of tracking down lost objects sooner than they would have been found otherwise. However, there exist also a number of drawbacks in advertising a reward. The potential of financial gain runs the risk that some people will attempt to claim the reward without actually having found the item. It is important to carefully weigh the pros and cons of offering financial compensation in this respect.

6. Why do people sometimes make a lot of effort to find something they have lost?

Occasionally, people will lose an item of greater value than usual. This could be because the object in question is of significant financial worth, or that it has a certain sentimental value to its owner. In such cases, it is common for a

person to exert much more effort than is typical in attempting to recover said item. If the item is expensive, the reasoning might be that the owner would not be able to afford a replacement in the event that it remains lost. For an item of sentimental value, its loss is generally emotionally distressing for the owner, and so locating it once again is beneficial for one's mental health.

1. 人们在公共场所经常丢失什么东西？

通常情况下，人们在使用公共长椅时，物品会从口袋里溜出来。这些东西往往是很小却很重要的东西，比如钱包、手机和房门钥匙。偶尔，更大的物品会丢失，虽然这通常是由于小偷的干预。例如，一个人可以把自己的自行车固定在自行车架上，但回来后却发现锁被切断，自行车不见了。虽然每个人都有进入公共空间的权利，但有时这可能被证明既是一种特权，也是一种风险。

2. 为什么有些人比其他人更容易丢东西？

很多人比别人健忘的原因都可以归结为个人性格问题。有些人很有条理，在离开一个地方之前，他们会遵循一定的模式来确保随身携带了所有的物品。例如，在决定从一个地方搬到另一个地方之前，他们可能会检查自己的口袋或包里是否有钱包、钥匙和手机等物品。然而，其他人可能更心不在焉。他们可能被自己的想法分散了太多注意力，以至于意识不到自己落下了什么东西。因此，是否经常丢东西高度依赖于个人的性格。

3. 人们可以做什么来避免丢失东西？

为了避免丢失东西，我们可以采用许多小策略。它有助于建立一致的行为模式。如果一个人养成了每次考虑离开某个地方都要翻遍口袋检查必要物品的习惯，那么在不知不觉中遗忘物品的可能性就会大大降低。除了调整自己的行为，把重要的东西放在不太可能丢失的地方也是可能的。例如，在一个很少使用和挪动的袋子里。随着这些技术在日常生活中变得越来越规范，丢失物品的频率大大降低。这样做不仅方便，而且在经济上也是明智的，因为人们不必再花钱买丢失的物品了。

4. 人们找到丢失的东西有哪些不同的方法？

虽然没有确定的方法可以用来寻找丢失的东西，每个人似乎都有自己最喜欢的方法来达到这一效果。到目前为止，在寻找丢失的物品时，最常见的建议是回想一下自己上次把它放在自己的位置上的地方。如果有人成功回到这个地方，丢失的东西有一半的机会会在那里等着他们。如果这样不行的话，那么应该检查物品通常应该在的地方，如桌子或抽屉。寻找的时间越长，找回来的机会就越大。

5. 为寻找失物提供奖励有多有用？

在为丢失的财产提供奖励时，一个理想的做法是鼓励更多的人去寻找该物品。这可以起到更快地找到丢失的物体的作用。然而，奖励广告也存在着一些弊端。经济收益的潜在风险是，有些人会在没有真正找到物品的情况下试图索取奖励。在这方面，仔细权衡提供经济补偿的利弊是很重要的。

6. 为什么人们有时要花很大力气去找他们丢失的东西？

偶尔，人们会丢失值钱的东西。这可能是因为这件物品具有重要的经济价值，或者它对物主有一定的情感价值。在这种情况下，一个人通常会付出比一般人更多的努力来试图找回它。如果一件物品很贵，理由可能是如果它仍然丢失，物主将无力负担一个新的。对于一件具有情感价值的物品来说，失去它通常会让物主感到情感上的痛苦，所以再次找到它对一个人的心理健康是有益的。

45：国内重要水域（5-8 月新题）

1. What are some of the most popular water sports?

Surfing is an extremely popular and iconic water sport. Its popularity is derived in part from how accessible it is. Although, as a discipline, surfing takes a fair bit of practice to master, most coastal towns offer facilities and lessons to accommodate people interested in the sport. Because of this, almost any beachside town or city will have a healthy number of surfers practicing the sport throughout the year. Kayaking is also a similarly popular water sport. Unlike surfing, there is less of a skill requirement, and all one really needs to participate is a kayak and a body of water. With water sports in particular, accessibility plays a huge role in their popularity.

2. Why do people enjoy spending time near water?

Locations such as riverbanks and beaches have traditionally proven to be immensely popular tourist and holiday destinations. In the hot summer months, a waterside retreat can make for an extremely enjoyable getaway. When relaxing on the sand becomes tiresome, one can cool off with a dip in the ocean. A close proximity to bodies of water also allows one to engage in water sports or other sorts of exercises such as swimming, which can be a novelty to many people who do not usually live near water. As such, people most commonly enjoy spending time near water either for a change of scenery, or for the activities it offers.

3. Should all children have swimming lessons at school?

Swimming in general can be seen as a very important life skill. Though many people nowadays living primarily in urban environments can feasibly live most of their lives without needing to swim, situations can arise in which not knowing how to swim can be perilous. These situations can occur due to flooding or even a boat capsizing. Because of this, it is essential that children are imparted the knowledge and skills of how to swim from a young age. Once someone is taught how to swim, it becomes a reflex which they retain for the rest of their life, regardless of how long an absence they take from swimming. As such, it is a worthwhile endeavour that everyone is taught how to swim for their future life.

4. What sorts of jobs are associated with rivers?

There are many professions available which revolve around rivers. Such positions range in complexity from unskilled labour to specialist roles. Unskilled positions can be found in lock keepers who are responsible for keeping waterways and canals in working order and ensuring that all making use of the river do so responsibly and legally. Specialist workers also frequently see employment on rivers. Engineering roles focused around the repair work and operation of bridges and locks are deeply necessary for rivers. These same workers might also play a hand in surveying or planning for future developments of the river.

5. What is the importance of rivers for tourism?

Many countries across the globe are home to iconic rivers which form part of their national iconography. Examples can be found in the Yangtze River in China, the River Thames of the United Kingdom, or perhaps most famously, the Nile in Egypt. These rivers encourage tourists from all over the world to visit their host nations. Tourist boards of these countries typically do their best to capitalise on the cultural value these rivers possess, offering package deals and river cruises which allow tourists to explore and experience their natural beauty. As with many natural wonders of the world, rivers are extremely effective in attracting visitors, and an important element of any country's tourist industry.

6. What are the advantages and disadvantages of using rivers to transport people in cities?

In modern cities, rivers have largely fallen out of fashion as public transportation. As rivers have an unalterable path they take through cities, they are less suitable to develop routes throughout all areas of a city. Seeing as cities already have a vast network of roads to make use of, and metro tunnels can be built wherever urban planners deem fit, buses and trains are far more suited to transporting citizens across cities than rivers and canals. However, rivers still retain some specialist uses as transport within cities, with some utilising them to facilitate pleasure cruises and party-boats. Despite their overall obsoleteness, it is unlikely that rivers will be phased out entirely as methods of transport.

1. 最受欢迎的水上运动有哪些？

冲浪是一项非常受欢迎和标志性的水上运动。它的受欢迎程度在一定程度上源于它的易用性。尽管作为一项运动，冲浪需要相当多的练习才能掌握，但大多数沿海城镇都提供设施和课程来容纳对这项运动感兴趣的人。正因为如此，几乎任何海滨城镇或城市都会有大量的冲浪者全年都在练习这项运动。皮划艇也是一项同样受欢迎的水上运动。与冲浪不同的是，这项运动对技术要求不高，人们真正需要的只是一艘皮划艇和一片水域。特别是水上运动，可及性在其受欢迎程度中发挥了巨大的作用。

2. 为什么人们喜欢在水边消磨时间？

像河岸和海滩这样的地方历来都是非常受欢迎的旅游和度假目的地。在炎热的夏季，一次水边的静修可以是一次非常愉快的度假。当在沙滩上放松感到无聊时，可以到海里泡个澡凉快凉快。靠近水域也可以让人从事水上运动或其他类型的锻炼，如游泳，这可能是一个新奇的体验，因为许多人不经常住在水附近。因此，人们通常喜欢花时间在水附近，要么是为了改变风景，要么是为了它提供的活动。

3. 所有的孩子都应该在学校上游泳课吗？

一般来说，游泳可以被视为一项非常重要的生活技能。虽然现在许多主要生活在城市环境中的人可以在不需要游泳的情况下度过他们的大部分生活，但情况可能会出现，不会游泳可能是危险的。这些情况可能是由于洪水甚至船倾覆而发生的。正因为如此，孩子从小就被传授游泳的知识和技能是很重要的。一旦一个人学会了游泳，这就会成为一种本能反应，无论他多长时间没有游泳，这种本能反应都会伴随他一生。因此，这是一个值得的努力，每个人都被教导如何游泳，为他们的未来生活。

4. 什么样的工作与河流有关？

有许多职业是围绕河流的。这些职位的复杂性从非技术工人到专业人员不等。不熟练的职位可以在船闸管理员中找到，他们负责保持水道和运河的正常工作，并确保所有对河流的使用都是负责和合法的。专业工人也经常在河流上找到工作。围绕桥梁和船闸的修复工作和操作的工程角色对河流来说是非常必要的。这些工人也可能参与勘测或规划河流未来的发展。

5. 河流对旅游业的重要性是什么？

世界上许多国家都有标志性的河流，它们构成了国家形象的一部分。例如中国的长江，英国的泰晤士河，或者最著名的埃及的尼罗河。这些河流鼓励来自世界各地的游客参观他们的东道国。这些国家的旅游局通常会尽力利用这些河流所拥有的文化价值，提供一揽子交易和河流邮轮，让游客探索和体验他们的自然美景。与世界上许多自然奇观一样，河流是吸引游客的有效途径，也是任何国家旅游业的重要组成部分。

6. 在城市中使用河流交通的优点和缺点是什么？

在现代城市中，河流作为公共交通工具在很大程度上已经过时。由于河流在城市中有一条不可改变的路径，它们不太适合在城市的所有区域内发展路线。鉴于城市已经有庞大的道路网络可供利用，地铁隧道可以在城市规划者认为合适的地方修建，公共汽车和火车比河流和运河更适合在城市中运送市民。然而，河流仍然保留了一些特殊的用途，作为城市内的交通工具，一些人利用它们来方便游船和派对船。尽管它们总体上已经过时，但作为交通工具，河流不太可能被完全淘汰。

46：国内的名人（5-8 月新题）

1. Why are some children more popular than others at school?

There are so many factors that can contribute to some students being more popular than others at school, from their appearance to their family's social status, but I think that the most obvious one is because of their personality traits. People of all ages are naturally drawn to people that make them feel good about themselves, so students who are kind and compassionate to their peers are always going to be liked by the majority. Having a good sense of humour is also an extremely popular character trait, as any comic relief from the stresses and strains of student life is very welcome.

2. What are the advantages and disadvantages of being popular at school?

I think the advantages of being popular at school far outweigh the disadvantages. One of the main benefits is that you will probably receive special treatment from peers and, perhaps, even teachers due to your popularity. You may be able to get whatever you want simply by asking, and even when you break school rules you may be punished more leniently than others. Although they might not realize, teachers may mark your work favourably and give you better grades than your work really deserves.

3. Are students who are popular at school also popular as adults?

The kids who are popular at school are probably also going to be popular as adults, however being a popular student definitely doesn't translate to being a successful adult! Generally speaking, having the kind of personality traits that make children popular, such as kindness, compassion and a good sense of humour, will stay with people for their entire life, and these qualities are also going to make somebody popular as an adult. That being said, it is often the shy, hard-working kids who are not distracted by trying to become popular at school who go on to have the most productive lives and successful careers.

4. How important is it to be popular with colleagues at work?

Being popular amongst colleagues at work is extremely important, especially for ambitious people who plan to reach the higher echelons of their companies. Being popular means that your colleagues are willing to give you a helping hand whenever you ask, cover for you when you need time off and even lie for you to keep you out of trouble with your bosses! In my experience, unpopular employees are often overlooked for promotion in favour of somebody more popular, even if their qualifications, experience or even their job performance is superior.

5. Does a good boss have to be popular with his/her employees?

I don't think that all good bosses are popular with their employees, although being popular probably makes their job easier in some ways. On the other hand, I believe that it's much more valuable for any boss to be respected by his or her employees, as employees who respect their boss are more likely to perform than those who simply like their boss. Being a popular boss probably means having to socialize with your staff, and this can lead to some problems further down the line, especially if a boss has to fire an employee who he or she has become close to, or has to give them some other bad news. I think a good boss needs to keep some distance between themselves and their subordinates to ensure a healthy, professional relationship.

6. Are people often promoted more for their popularity than for their ability?

I think that as social creatures, humans are naturally attracted to people who make them feel good about themselves. Many popular people are popular precisely because of the personality traits that attract others, so I think that in a work environment it's natural that some people are promoted because of their popularity and not their ability. You

could argue, however, that the qualities that people need to become popular are extremely important factors in being a productive member of any workforce, so perhaps being popular is actually the result of possessing a certain type of ability that others don't have.

1. 为什么有些孩子在学校比其他人更受欢迎?

有很多因素可以导致一些学生在学校比其他人更受欢迎，从他们的外表到他们的家庭社会地位，但我认为最明显的是他们的个性特征。各个年龄段的人都很自然地被那些让他们感觉良好的人所吸引，所以那些对同龄人友善和富有同情心的学生总是会受到大多数人的喜欢。拥有良好的幽默感也是一种非常受欢迎的性格特征，因为任何从学生生活的压力和紧张中解脱出来的幽默都是非常受欢迎的。

2. 在学校受欢迎的优点和缺点是什么?

我认为在学校受欢迎的好处远远大于坏处。其中一个主要的好处是，你的受欢迎程度可能会让你从同龄人，甚至老师那里得到特殊的待遇。你可能只要开口就能得到你想要的任何东西，甚至当你违反校规时，你可能会比其他人受到更宽大的惩罚。尽管他们可能没有意识到，老师可给你作业打的分数会比你应得的更高。

3. 在学校受欢迎的学生长大后也受欢迎吗?

在学校受欢迎的孩子长大后可能也会受欢迎，然而，一个受欢迎的学生不会肯定转化为一个成功的成年人! 一般来说，拥有让孩子受欢迎的性格特征，比如善良、同情和幽默感，会伴随人们一生，而且这些品质也会让人在成年后受欢迎。话虽如此，但往往是那些害羞、勤奋、不因在学校受人欢迎而分心的孩子，日后会拥有最富有成效的生活和成功的事业。

4. 在工作中受同事欢迎有多重要?

在同事中受欢迎是非常重要的，尤其是对那些计划晋升到公司高层的雄心勃勃的人来说。受欢迎意味着你的同事愿意在你需要的时候帮助你，在你需要休息的时候掩护你，甚至为你撒谎，让你远离老板的麻烦!根据我的经验，不受欢迎的员工在升职时往往会被更受欢迎的人忽视，即使他们的资历、经验甚至工作表现都更优秀。

5. 一个好的老板一定要受员工的欢迎吗?

我不认为所有的好老板都受员工欢迎，尽管受欢迎可能会让他们的工作在某些方面更容易。另一方面，我认为对任何一个老板来说，得到员工的尊重都更有价值，因为尊重老板的员工比喜欢老板的员工更有可能表现好。成为一个受欢迎的老板可能意味着你必须和你的员工交往，这可能会导致一些问题，特别是当老板不得不解雇他或她亲近的员工，或不得不告诉他们一些其他的坏消息。我认为一个好的老板需要与下属保持一定的距离，以确保良好的、专业的关系。

6. 人们被提拔的原因是他们的声望而不是他们的能力吗?

我认为作为社会人，人类自然会被那些让他们感觉良好的人所吸引。许多受欢迎的人之所以受欢迎，正是因为他们的个性吸引了其他人，所以我认为，在工作环境中，有些人因为他们的受欢迎程度，而不是他们的能力，而得到提升是很正常的。然而，你可能会争辩说，成为受欢迎的人所需要的品质是成为一个高效的劳动力，因此，受欢迎实际上可能是拥有别人没有的某种能力的结果。

47：保持健康的方法（5-8 月新题）

1. What are some popular ways for people in your country to keep fit?

People these days seems to be much more aware of the benefits of keeping fit compared to previous generations and the development of technology means there are more and more ways to stay in shape, even inside your own house. That being said, many traditional sports are still practiced by many people where I live. Children love to play team sports like basketball, volleyball and football, and other popular sports like badminton and table tennis are enjoyed by families and people of all ages. Elderly people love to wake up early and do Tai Chi in local parks and you can often see seniors dancing to music in public areas in the evening time.

2. How easy it is to do exercise where you live?

In general, I think it's pretty easy to exercise wherever you live. Some people may use factors like pollution or a lack of sports facilities in their neighborhood as an excuse not to do exercise but there are opportunities to do exercise for nearly everybody who actually wants to. Where I live most children play team sports like basketball, volleyball and football when at school and play other popular sports like badminton and table tennis with friends and family members in their free time. Elderly people wake up early and do Tai Chi in local parks and you can often see seniors dancing to music in public areas in the evening time. There are public pools for those who like swimming and all kinds of other facilities like shooting ranges, ice skating rinks, tennis courts and golf courses for people who want to try something a bit different.

3. Where should young people do physical exercise at school?

The best place for young people to do exercise at school is in specially designed sports facilities, which are obviously designed to do specific sports. In some less prosperous areas, however, these kinds of facilities can be very limited but that doesn't mean that children shouldn't have the same opportunities to do sports. For many sports, all you really need is a ball and a flat area of land which even the poorest schools can probably afford. With a bit of imagination, it's easy enough to make some goalposts to play football, a hoop to play basketball or a net to play volleyball.

4. What are the best ways of teaching children about keeping fit and healthy?

I think the best way of teaching kids about keeping fit and healthy is by actually giving them enough time to do regular exercise and participate in sports. Although there can be some benefits from studying the physical results of exercise on the body, reading about the rules of a sport and by learning the correct movements and techniques, too much focus is often paid on the theory and not enough time on the practical. It is of no real use for inactive children having a theoretical understanding of the merits of regular exercise unless they are actually given the time, encouragement and opportunity to do it.

5. What are some ways of giving adults information about health issues?

Getting information to people has probably never been easier now that the majority of citizens have access to the internet and own a smartphone. Given how much control that our government has over what information we view online, they should do more to educate people about health issue by posting content online. They could utilize people's love of celebrities by creating advertising campaigns fronted by famous singers, actors or athletes, telling people about whatever health issue they want to promote. Hospitals and clinics could also help by offering free classes or even free health checks for adults and local governments could organize free community events to spread the word.

6. Is there is too much advertising of unhealthy food on television?

I think that there is far too much junk food advertised on television, from fast food restaurants like KFC and McDonald's to companies that produce processed foods full of additives, preservatives, fat, salt and sugar. What's worse, a lot of these companies market their products to children, who then pester their parents to buy these unhealthy snacks. In my opinion, any food that doesn't have high enough nutritional value should be banned from advertising on television, and also online. In fact, I think the government should do more to encourage people to eat healthily and actually tax products that contain unhealthy ingredients to make them less attractive for people to buy.

1. 你们国家有哪些流行的健身方法？

与前几代人相比，现在的人们似乎更加意识到保持健康的好处，科技的发展意味着有越来越多的方法可以保持健康，甚至在自己的家里。话虽如此，在我居住的地方，许多人仍然从事许多传统体育运动。孩子们喜欢集体运动，如篮球、排球和足球，其他流行的运动，如羽毛球和乒乓球是家庭和所有年龄的人喜欢的。老年人喜欢早起，在当地的公园里打太极，晚上你还可以看到老年人在公共场所随着音乐跳舞。

2. 在你生活的地方做运动容易吗？

总的来说，我认为无论你住在哪里，锻炼都很容易。有些人可能会以污染或社区缺乏体育设施等因素为借口不去锻炼，但几乎每个真正想锻炼的人都有机会去锻炼。在我生活的地方，大多数孩子在学校时都参加团队运动，比如篮球、排球和足球，在空闲时间也会和朋友和家人一起参加其他流行的运动，比如羽毛球和乒乓球。老年人早起，在当地的公园里打太极，你经常可以看到老年人晚上在公共场所随着音乐跳舞。这里有公共游泳池供那些喜欢游泳的人使用，还有各种其他设施，如射击场、溜冰场、网球场和高尔夫球场，供那些想尝试一些不同的东西的人使用。

3. 青少年在学校应该在哪里进行体育锻炼？

年轻人在学校锻炼的最佳场所是专业的体育场所，这些场所显然是专门为做特定的运动而设计的。然而，在一些不太繁荣的地区，这类场所可能非常有限，但这并不意味着孩子们不应该有同样的机会做运动。对于许多运动来说，你真正需要的只是一个球和一片平坦的土地，即使是最穷的学校也可能负担得起。只要有一点想象力，做一些踢足球的门柱、打篮球的篮筐或打排球的网是很容易的。

4. 教育孩子保持健康的最好方法是什么？

想要孩子保持健康，我认为有两个方面非常关键。一方面是要保持饮食均衡。挑食会导致营养不良，从而降低免疫力。而健康饮食的关键在于适量的吃各种食物。并且少吃零食和甜品。另一方面，要给他们足够的时间定期锻炼和参加体育活动。无论是什么季节，都应该鼓励任何年龄段的孩子多运动。运动不仅能够加快血液循环，增强体质，还有助于睡眠。获得充足的睡眠对儿童健康至关重要。

5. 向成年人提供健康信息的方法有哪些？

如今，大多数公民都能上网并拥有智能手机，向人们提供信息可能从未如此容易。考虑到我们的政府对我们在网上看到的信息的控制权，他们应该通过在网上发布内容来教育人们有关健康问题的知识。他们可以利用人们对名人的喜爱，以著名歌手、演员或运动员为代言人，发起广告活动，告诉人们他们想要宣传的任何健康问题。医院和诊所也可以提供帮助，为成年人提供免费课程，甚至免费体检，地方政府可以组织免费的社区活动来传播这一消息。

6. 电视上不健康食品的广告是不是太多了？

我认为电视上的垃圾食品广告太多了，从肯德基和麦当劳这样的快餐店到生产加工食品的公司，这些食品充满了添加剂、防腐剂、脂肪、盐和糖。更糟糕的是，很多这些公司把他们的产品推销给孩子，然后孩子们缠着他们的父母买这些不健康的零食。在我看来，任何没有足够高营养价值的食物都应该被禁止在电视和网络上做广告。事实上，我认为政府应该做更多的事情来鼓励人们健康饮食，并对含有不健康成分的产品征税，以降低它们对人们的吸引力。

48：困难的决定（5-8 月新题）

1. What kinds of important decisions do young people have to make?

In my culture, young people's opinions are not really respected by people from older generations, and as a result, many important decisions are taken by parents without much input from their children. That being said, most young people still have important decisions to make at some point in many different areas, from deciding what kind of sports to participate in during their free time, which children to make friends with in school and what type of books to read. Though these decisions may seem relatively unimportant, they can have a profound effect on their future. Being friends with the wrong group of people could hugely impact academic performance, participating in a team sport can positively affect social skills and reading the right books can shape your world view.

2. Who are the best people to help teenagers make important decisions?

The best people to help teenagers to make important decisions are not necessarily parents, who can be very selfish when making choices on behalf of their children. Although most parents ultimately want what's best for their kids, many Chinese parents worry about their own financial futures before anything else, so they often want their children to study subjects that they think will help them to become wealthy in the future. Although this is understandable, many teenagers are pushed into studying subjects that they have no interest in or aptitude for, and can result in teens resenting their parents or following a career path that makes them deeply unhappy. I've heard that in many western countries, high schools employ careers counsellors to advise teenagers about their futures, which I think makes more sense, because they can be more objective and less emotional when giving advice.

3. Is it necessary to allow children of any age to make some decisions themselves?

I think that allowing children to make decisions by themselves is very important for a number of reasons. Young children who have decision-making power will feel that their opinions and feelings are valued and that they are respected by their family members, even when they are very young. This will help them to become confident, mature and independent and will also help them to understand that all decisions have consequences, which is a vital moral lesson for all young people to learn. Children who are never asked to make their own decisions won't feel like they have any control over their own life, which may make transitioning into adulthood more difficult in the future.

4. In what ways do other young people influence the decisions teenagers make?

Being a teenager is really hard. Most teenagers are very aware of the importance of being popular, and many will often make decisions based on how they think they will affect their popularity in school. These kinds of decisions could be anything from what sneakers they decide to buy or what ringtone they have on their phone to how they talk to their teachers or whether they finish their homework on time. Although some teenagers manage to rise above this desire to be popular, the majority probably think about how their friends and classmates will react before making many daily decisions in their daily lives.

5. How far does advertising influence people's everyday decisions?

Many of my friends say that they are not affected by the power of advertising. They claim that the decisions that they make are based on rational thought and that they are too smart to be tricked by advertisements, but I just can't agree with this view, as I know many people who are obviously affected, even though they refuse to admit it! My best friend recently paid thousands for a bag made by Prada, even though it cost ten times more than almost identical bags made by other companies. To my mind, this cannot be a rational decision, so it must be something that has been affected by advertising, or at least by thinking that buying products made by certain brands is better,

even when they are way more expensive! I guess the way that some companies persuade people to buy their products must be done by the way they advertise or market their brand.

6. Is it hard to make decisions because there is too much information on the internet?

I agree that the wealth of information on the internet can make it very hard to make decisions, especially about politics or other polarizing topics. That being said, I think some people are too easily persuaded by whatever they read first, without ever trying to understand the other side of a story. Many people just repeat what they read online because they think it makes them look educated, when it actually makes them quite ignorant. To help people decide what to trust online, we need to teach people how to identify fake information and to distinguish reliable sources from unreliable ones, and to highlight just how much of what we read on the internet should not be trusted.

中文思路：

1. 年轻人需要做哪些重要的决定?

在我的文化中，年轻人的观点并没有受到老一辈人的尊重，因此，许多重要的决定都是由父母做出的，孩子没有话事权。话虽如此，在许多不同的领域，大多数年轻人在某些时候仍然有重要的决定要做，从决定在他们的空闲时间参加什么样的体育活动，在学校里和哪些孩子交朋友，以及阅读哪种类型的书。虽然这些决定看起来相对不重要，但它们可以对他们的未来产生深远的影响。结交错误的朋友会极大地影响学业成绩，参加团队运动可以积极地影响社会技能，阅读正确的书籍可以塑造你的世界观。

2. 谁是帮助青少年做出重要决定的最佳人选?

帮助青少年做出重要决定的最好的人不一定是父母，他们在代表孩子做决定时可能非常自私。尽管大多数父母最终都想给孩子最好的东西，但许多中国父母首先担心的是自己的财务未来，所以他们通常希望孩子学习他们认为可以帮助他们未来变得富有的科目。虽然这是可以理解的，但许多青少年被迫学习他们没有兴趣或天赋的科目，这可能导致青少年怨恨他们的父母或遵循使他们极不快乐的职业道路。我听说在许多西方国家，高中聘请职业顾问为青少年的未来提供建议，我认为这更有意义，因为他们在提供建议时可以更加客观，不那么情绪化。

3. 有必要让任何年龄的孩子自己做决定吗?

我认为允许孩子自己做决定是非常重要的，原因有很多。拥有决策权的孩子会感到自己的意见和感受受到重视，受到家庭成员的尊重，即使在他们很小的时候。这将帮助他们变得自信、成熟和独立，也将帮助他们理解所有的决定都有后果，这是所有年轻人需要学习的重要道德课程。从来没有被要求自己做决定的孩子不会觉得他们对自己的生活有任何控制，这可能会使未来过渡到成年更困难。

4. 其他年轻人如何影响青少年的决定?

做一个青少年真的很难。大多数青少年都非常清楚受欢迎的重要性，许多人往往会根据如何提高自己在学校的受欢迎程度来做决定。这些决定可以是任何事情，从他们决定买什么运动鞋或他们的手机铃声，他们如何与老师交谈或他们是否按时完成作业。虽然一些青少年设法超越这种受欢迎的愿望，大多数人可能会考虑他们的朋友和同学将如何反应，在他们的日常生活中做出许多决定。

5. 广告对人们日常决策的影响有多大?

我的许多朋友说他们不受广告的影响。他们声称他们做出的决定是基于理性思考，他们太聪明了，不会被广告欺骗，但我不能同意这个观点，因为我知道很多人明显受到了影响，尽管他们拒绝承认!我最好的朋友最近花了几千美元买了一个普拉达(Prada)的包，尽管它的价格是其他公司生产的几乎相同的包的十倍。在我看来，这肯定不是一个理性的决定，所以一定是受到了广告的影响，或者至少是认为购买某些品牌的产品更好，即使它们更贵!我想一些公司说服人们购买他们产品的方式一定是通过他们的品牌广告或营销来实现的。

6. 是不是因为网上的信息太多，很难做出决定？

我同意，互联网上丰富的信息使人们很难做出决定，尤其是在政治或其他两极分化的话题上。话虽如此，我认为有些人太容易被他们第一次读到的东西所说服，而从来没有尝试去理解故事的另一面。许多人只是重复他们在网上读到的东西，因为他们认为这让他们看起来很有教养，但实际上这让他们很无知。为了帮助人们决定在网上应该相信什么，我们需要教人们如何识别虚假信息，区分可靠和不可靠的来源，并强调我们在互联网上阅读的内容有多少不应该被相信。

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49：想参加的比赛（5-8 月新题）

1. What are some popular competitions that ordinary people can take part in?

In fact, there are many races suitable for ordinary people, such as marathons. It's a very popular competition. There are no requirements for age, sex or education. It doesn't matter if you run slowly. I've seen older people with gray hair still run marathons. Although in most competitions only the most talented or skillful can win, the most important thing about a marathon is to participate and enjoy it. In addition to that, students can take part in music, sports and academic competitions at school and adults can take part in competitions put on by their companies and other community competitions in their community.

2. What types of people are most likely to take part in competitions?

The obvious answer is that competitive people are the most likely to take part in competitions. Some people just love to win, so entering a competition not only gives them the chance to compete, but also to prove that they are the best at something. For those who are extroverted, the competition gives them a chance to get places and show others how good they are. Some people may meet new friends because of the game. For those who are curious, they also like to participate in the game. These people are not necessarily good at the game, they may simply be curious about the competition.

3. Why are competitions on television [e.g. singing, cooking] are becoming more popular?

I think that in the past in my country it was very difficult to become successful, especially in certain industries like acting and singing. Most of the famous singers and actors were famous not so much because of their talent, but more because of how rich their families were or which government officers they knew. Talent competitions on television have changed that view, and have also enabled ordinary people to become rich and famous for doing what they love, regardless of their family's wealth or social status, so have become very popular to compete in, and also to watch. People love seeing people like themselves succeeding because it gives them hope that they too could do something extraordinary.

4. What are some types of jobs where it is useful to be competitive?

The most obvious example would have to be professional athletes, whose job is to win competitions. If you listen to interviews with the most successful athletes in the world, they are not always the most talented, but they are almost always the most competitive and the ones who absolutely hate to lose the most. I think it's also extremely useful to be competitive if you are a business person. In a world with so much competition in nearly every industry, having a strong desire to do better than your competitors can be the difference between success and failure.

5. Do you think people can learn to be competitive?

Personally, I don't think that competitiveness is a skill, so I don't think that it is something that can truly be learned. In my opinion, competitiveness, much like kindness or stubbornness, is an inherent personality trait that some people have and others do not. Even in the world of professional sports, where winning is the only real goal, you can always see that some athletes care about the result more than others, and in their world where everyone is getting paid to win, this can only be due to their competitive nature. These are the kind of people who want to win, no matter what they are doing, even if it's something that nobody else really cares about!

6. Is it always a good idea to encourage competition at work?

I think that a bit of healthy competition at work can definitely have positive results, especially in certain industries like sales, where trying to outperform your colleagues can result in pushing yourself and your colleagues to perform

better, more revenue for your company and a higher chance of getting promotion in the future. In other industries, however, creating an environment with too much competition can have the opposite effect, especially when teamwork is crucial to the success of the business. People who become too competitive can lose good judgement and may make decisions that benefit themselves personally at the expense of their colleagues or their company.

中文思路：

1. 普通人可以参加哪些受欢迎的比赛?

事实上，有很多比赛都适合普通人参加，比如马拉松。这是一个非常受大众欢迎的比赛。这项比赛对年龄，性别，学历都没有任何要求。即使你跑的很慢也没有关系。我见过一些头发白了的老人依然参加马拉松。尽管在大多数比赛中，只有最有天赋或最熟练的人才能获胜。但马拉松比赛重在参与，享受马拉松带来的乐趣。除此之外，学生可以参加学校的音乐、体育和学术比赛，成年人可以参加他们公司举办的比赛和社区内的其他比赛。

2. 什么样的人最喜欢参加比赛?

显而易见的答案是，好胜的人最有可能参加竞争。有些人就是喜欢赢，所以参加比赛不仅给了他们竞争的机会，而且也证明了他们在某些方面是最好的。还有性格外向，表现欲强的人。比赛给了他们机会，让他们取得名次，向其他人展示自己的优秀。一些人还有可能因为比赛，认识聊的来的新朋友。好奇心重的人也喜欢参加比赛，这些人并不一定擅长于比赛，他们可能只是单纯好奇比赛的过程是什么样子的。

3. 为什么电视上的比赛(如唱歌、烹饪)越来越受欢迎?

我认为过去在我们国家想要成功是非常困难的，尤其是在某些行业，比如表演和唱歌。大多数著名的歌手和演员之所以出名，不是因为他们的才华，而是因为他们的家庭多么富有，或者他们认识哪些政府官员。电视上的选秀节目改变了这种观点，也让普通人通过做自己喜欢做的事而变得富有和出名，而不管他们的家庭财富或社会地位如何，所以选秀节目和观看节目都很受欢迎。人们喜欢看到像自己一样的人成功，因为这给了他们希望，他们也可以做一些非凡的事情。

4. 在哪些类型的工作中具有竞争力是有用的?

最明显的例子就是职业运动员，他们的工作就是赢得比赛。如果你听过对世界上最成功运动员的采访，他们并不总是最有天赋的，但他们几乎总是最具竞争力的，也是最讨厌输的。我认为，如果你是一个商人，保持竞争力也是非常有用的。在一个几乎每个行业都有如此激烈竞争的世界里，是否有比竞争对手做得更好的强烈愿望，可能是成功与失败的区别。

5. 你认为人们可以通过学习变得有竞争力吗?

就我个人而言，我不认为竞争力是一种技能，所以我不认为它是一种真正可以学习的东西。在我看来，竞争，很像善良或固执，是一种固有的个性特征，有些人有而有些人没有。即使在职业体育的世界里，获胜是唯一的真正目标，你总是可以看到一些运动员比其他人更在乎结果，而在他们的世界里，每个人都是为了获胜而获得报酬的，这只能是由于他们的竞争本性。这些人就是那种想要赢的人，不管他们在做什么，即使是没有人真正关心的事情!

6. 鼓励工作中的竞争总是一个好主意吗?

我认为一点健康的竞争在工作中肯定会有积极的结果,尤其是在某些行业销售,试图超越你的同事可以导致把你自己和你的同事表现更好,给贵公司带来更多的收入和更高的机会在未来得到晋升。然而，在其他行业,创造一个充满竞争的环境可能会产生相反的效果，特别是当团队合作对企业的成功至关重要的时候。过于争强好胜的人可能会失去良好的判断力，可能做出以牺牲同事或公司为代价的个人利益的决定。

50：忙碌的时刻（5-8 月新题）

1. Do very young children work too hard at school in your country?

In my opinion, very young children work much too hard in my country. Too much emphasis is placed upon children to perform well in school from a very early age, and compared to other countries around the world, primary school students are expected to complete much more homework and pass far more exams. This puts a huge amount of pressure on the children, who don't want to let their parents or teachers down, and in addition, children are so overworked that they don't have time for the enjoyable things that kids from other nations can do in their free time after school and on weekends.

2. Do young children learn more from playing than from classroom lessons?

It's difficult to judge whether children learn more from playing than from classroom lessons, as children have unique learning styles and all learn in different ways. Some learn best by seeing things visually, others from hearing things verbally and others from trying practical things themselves. I definitely believe, however, that in my country, too much emphasis is placed on academic study, usually at the expense of play. Children can learn so much from playing, especially learning how to interact with their peers and how to build friendships so I think kids should be given more time and freedom to play more regularly.

3. Do children need long holidays/vacations from school?

In my country, school life can be so stressful and full of pressure that having long vacations is essential. Holidays should give students the opportunity to do many things that they don't have time to do during school terms, such as pursuing extra-curricular hobbies, spending time with friends and family members and generally having a bit more time to have fun and relax. Unfortunately, school holidays are usually full with homework, extra tuition classes and other academic events that teachers and parents organize to help their children and students to get a head of the competition. True holidays from school don't really exist for most students in China!

4. What are the advantages and disadvantages of having a lot to do at work?

The obvious disadvantages of having a lot of work are that having a heavy workload can result in high stress levels which can have a negative effect on people's relationships as well as their physical and mental health. That being said, there are also many positives. Being busy keeps your mind active and can give people a strong sense of self-worth. Being busy also probably means doing a wide variety of tasks, which enables people to become proficient in a number of different areas, and this can result in promotions at work and higher paid positions in the future.

5. What ways can companies reward staff for working extra-long hours?

The most obvious way that companies can reward staff for working hours is to pay them overtime, as everyone works for money, so it makes sense for people who work longer hours to earn more money. Public companies could also offer company shares to employees who work long hours, offer them more paid holidays, overtime bonuses, health insurance or many other benefits.

6. What does the impact of time pressure have on the quality of work people do?

I think that this really depends on the personality of the employee. Some people thrive under pressure and actually perform better knowing that they have a specific deadline to meet. Others, on the other hand, find it difficult to deal with time constraints and tend to panic when they know something has to be done before a certain time. I think that part of being a good boss means knowing which employees respond positively to deadlines and which ones don't,

but I think in today's world where everything is done much faster than in the past, being able to deal with time pressure is a crucial skill.

1. 你们国家的孩子在学校学习太努力了吗?

在我看来，在我们国家，孩子还很小的时候已经非常努力了。与世界其他国家相比，我们过于强调孩子从小就得在学校表现良好，小学生被期望完成更多的家庭作业，通过更多的考试。这使得孩子们巨大的压力,因为他们不像让自己的父母失望。此外,孩子们是如此的劳累以至于他们在放学后或周末没有时间享受空闲时间，而其他国家的孩子就可以。

2. 小孩子从玩耍中学到的东西比在课堂上学到的东西多吗?

很难判断孩子们在玩耍中学到的东西是否比在课堂上学到的东西更多，因为孩子们有自己独特的学习风格，学习方式也各不相同。有些人的学习效果最好，有些人的视觉学习效果最好，有些人的听觉学习效果最好，有些人的在实践中的学习效果最好。然而，我绝对相信，在我的国家，过于强调学术研究，通常牺牲了玩耍。孩子们可以从玩耍中学到很多东西，尤其是学会如何与同龄人互动以及如何建立友谊，所以我认为应该给孩子们更多的时间和自由，让他们更经常地玩耍。

3. 孩子们需要学校的长假吗?

在我的国家，学校生活压力很大，有长假是必不可少的。假期应该给学生机会去做很多他们在学校里没有时间做的事情，比如追求课外爱好，花时间与朋友和家人在一起，通常有更多的时间去玩和放松。不幸的是，学校假期通常充满了家庭作业、额外的补习班和其他学术活动，老师和家长组织这些活动来帮助他们的孩子和学生在竞争中领先。对大多数中国学生来说，真正的假期是不存在的!

4. 在工作中有很多事情要做的优点和缺点是什么?

有很多工作的明显缺点是，有一个沉重的工作量可以导致高压，这可能会对人们的关系以及他们的身体和心理健康产生负面影响。话虽如此，也有很多积极的方面。忙碌可以让你的大脑保持活跃，并能给人一种强烈的自我价值感。忙碌也可能意味着要做各种各样的任务，这使人们能够精通许多不同的领域，这可以在未来的工作中获得晋升和更高的薪水。

5. 企业有什么奖励加班的方法?

公司奖励员工工作时间最明显的方式是支付加班费，因为每个人都是为了钱而工作，所以工作更长时间的人赚更多的钱是有道理的。上市公司还可以向工作时间长的员工提供公司股票，为他们提供更多的带薪假期、加班奖金、医疗保险或许多其他福利。

6. 时间压力对工作质量有什么影响?

我认为这取决于员工的性格。有些人能在压力下茁壮成长，而且知道自己必须在特定的期限内完成工作，实际上表现得更好。另一方面，其他人发现很难处理时间限制，当他们知道必须在特定时间之前完成某事时，往往会恐慌。我认为，作为一个好老板的一部分，就是要知道哪些员工会积极响应截止日期，哪些不会，但我认为，在当今世界，一切都比过去快得多，能够应对时间压力是一项至关重要的技能。