

安小雅 雅思口语素材

第一套 Part2
(高分版串联)
适合学生党使用

特殊说明

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

串联版 Part2 目录以及使用说明

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

如果我觉得素材有错怎么办？

我们的素材都是经过店主和外教一起编写和检查过的哦！您可以放心！

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

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

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

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

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

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(一) 魔戒

1-2: 读过的有趣书籍或故事（新题）& 想再看一次的电影（新题）

Describe a novel or a story you have read that you thought was particularly interesting. Some instructions you can follow: Why you read the novel story What the novel/story was about How long it took you to read it And explain why you thought this novel/story was so interesting.	Describe a film/movie you enjoyed and would like to see again. Some instructions you can follow: What the film/movie was When and where you saw the film/movie What the film/movie was about And explain why you would like to see this film/movie again.
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《读过的有趣书籍或故事》

A book that had a huge impression on me from a very young age is *The Lord of the Rings*. *The Lord of the Rings* is a trilogy, but the book that I find the most exciting is the first book, *The Fellowship of the Ring*.

The Fellowship of the Ring is a very famous fantasy novel. Its plot follows a mismatched group of people who are thrust into an adventure to save the world. The two main characters, Sam and Frodo, must destroy an evil ring to defeat the enemy. My dad bought me this book when I was a young child. He was a big fan of fantasy literature and read Tolkien when he was a teenager. Thus, he was very excited to share this experience with me.

I believe I read this book in only three to four days. The plot is highly interesting, full of fantasy and wild imagination. Every time I read, I was immersed in the story, as if I was on an adventure with the protagonist. It is a novel that inspires courage, strength, and dedication. It also taught me the importance of true friendship, as well as to have love and respect for those for whom you care deeply.

Not only was the narrative interesting, but it was also a bonding experience between my dad and me. It is a memory I cherish deeply. Furthermore, I can tell it brought such elation to my father to see his child loving something he also loves dearly.

有一本书从很小的时候就给我留下了深刻的印象，那就是《指环王》。《指环王》是一个三部曲，但对我影响最大的是第一部《魔戒再现》。

《魔戒再现》是一部非常出名的奇幻小说，讲述了一群不般配的人为了拯救世界而冒险的故事。两个主要角色，山姆和佛罗多，必须摧毁一个邪恶的戒指来打败邪恶。当我还是个小孩子的时候，我父亲给我买了这本书。我父亲非常喜欢奇幻文学，十几岁的时候就读托尔金的小说。所以，他很高兴能和我分享这段经历。

印象中我只用了三四天就看完了这本小说。我认为这本书非常有趣，它的情节充满了奇幻色彩和天马行空的想象力。每次阅读我都沉浸在剧情中，仿佛和主人公一起冒险。这是一部激发勇气、力量和奉献精神的小说。它也教会了我真正的友谊的重要性，以及爱和尊重那些你深深关心的人。

这本书不仅剧情很有趣，也是我和爸爸之间微妙的传承，这是我非常珍惜的一段记忆，此外，我发现，当他看到自己的孩子喜欢上自己也很喜欢的东西时，他感到非常高兴。

《想再看一次的电影》

A film that had a huge impression on me from a very young age is *Lord of the Rings*. *Lord of the Rings* is a trilogy but the film that had the greatest impact on me is the first film *The Fellowship of the Ring*.

The Fellowship of the Ring is a fantasy film based on the novels of J. R. R. Tolkien, the plot follows a mismatched group of people who are thrust into an adventure to save the world. The two main characters, Sam and Frodo, must destroy an evil ring to defeat the enemy. I watched this when I was a young child in the cinema with my father. My father was a big fan of fantasy literature and read the Tolkien novels when he was a teenager. Thus, he was very excited to share this experience with me.

I think that the film is highly educational as the plot follows the intense struggle of the main characters to overcome a monumental feat. It is a novel that inspires courage, strength, and dedication. It also taught me the importance of true friendship as well as to have love and respect for those for whom you care deeply.

I am eager to watch it again with my dad to review the childhood memories. Furthermore, I can tell it brought such elation to my father to see his child loving something he also loves dearly.

中文思路：

有一部电影从很小的时候就给我留下了深刻的印象，那就是《指环王》。《指环王》是一个三部曲，但对我影响最大的电影是第一部《魔戒再现》。

《魔戒再现》是根据托尔金的小说改编的奇幻电影，剧情讲述了一群不般配的人为了拯救世界而冒险的故事。两个主要角色，山姆和佛罗多，必须摧毁一个邪恶的戒指来打败邪恶。当我还是个小孩子的时候，我和父亲在电影院看了这部电影。我父亲非常喜欢奇幻文学，十几岁的时候就读托尔金的小说。所以，他很高兴能和我分享这段经历。

我认为这部电影具有很强的教育意义，因为它的情节是围绕着主要角色为克服一项壮举而进行的激烈斗争展开的。这是一部激发勇气、力量和奉献精神的小说。它也教会了我真正的友谊的重要性，以及爱和尊重那些你深深关心的人。

我很想和爸爸一起再看一遍这部电影，重温小时候美好的时光。此外，我可以告诉我的父亲，自己的孩子喜欢上自己也很喜欢的东西。

(二) 小学外教

3-4: 享受的一节英语课（新题）& 与其他文化的人共度时光（新题）

Describe an English lesson that you really enjoyed. Some instructions you can follow: Where the lesson took place What the lesson was about What the teacher did And explain why you enjoyed this lesson so much.	Describe someone from another culture (e.g. a friend, a teacher) who you enjoy spending time with. Some instructions you can follow: Who this person is What his/her cultural background is When and where you met this person And explain why you enjoy spending time with this person from another culture.
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《享受的一节英语课》

I would like to discuss an English lesson I attended in primary school. Back when we had graduated to the fourth grade, we were introduced to a new English teacher, Mike, who originates from Britain. After we were introduced to Mike, we had weekly lessons taught by him. His lessons made a long-lasting impression on me.

Encountering Mike was actually the first time I had met a foreigner. His method of teaching was completely dissimilar from our former English teacher. As well as using the textbook, he enjoyed conversing with us in English, and frequently made utterly exaggerated facial expressions and gestures. Mike was the type of man who wore his heart on his sleeve. His face beamed when he was joyful. When he was puzzled, his eyes and eyebrows would scrunch together until they were almost closed! He is an incredibly enthusiastic person who often broke out into laughter. No matter what we said in class, he would always praise us unreservedly. What's more, he also spoke a small amount of Chinese. However, due to his strange accent, he repeatedly caused the class to burst into laughter.

I can still recall this English lesson now. Even though I didn't exactly know every word he said at that time, I could understand the topic by his facial expressions and body language. He brought me to the realization that English is not simply written in books. It is essential to converse with others in order to learn English properly.

中文思路:

说到这个话题，我想谈谈我很久以前上过的一堂英语课。小学四年级的时候，我们的英语课上多了一位新老师。他叫迈克，是一个英国人。从那以后，我们每周都有一节课由迈克老师来上。他的课堂给我留下了深刻的印象。

那是我第一次见外国人，他的教学方式和原本的英语老师完全不同。他没有讲课本上的内容，而是用英语和我们聊天，还经常做出一些非常夸张的表情和动作。我觉得他心情都写在了脸上，他高兴的时候会咧开嘴大笑，在感到困惑的时候，眼睛眉毛几乎都皱在一起了，非常与众不同。他是个非常乐观和爱笑的人，课堂上不管学生说了什么，他都会非常大声的表扬他。不仅如此，他还会说一点点中文，由于口音奇怪，常常会惹得同学们哈哈大笑。

我至今还清楚地记得这堂英语课。虽然我没有听懂他说的每句话。但是结合它丰富的表情和肢体语言，我能很好的理解他想表达的意思。他让我明白了英语不是写在书本上的文字，必须要开口和人交流，才能学好英语。

《与其他文化的人共度时光》

Considering the topic of interesting foreigners, I would like to discuss my foreign English teacher in primary school. He is an utterly fascinating foreigner, who has left a deep and lasting impression upon me. His name is Mike, who originates from Britain. His hair is brunette and curly. He is a lanky man, very tall and slim, and overall, he is rather handsome.

Encountering Mike was actually the first initial time I had met a foreigner. His method of teaching was completely dissimilar from our former English teacher. As well as using the textbook, he enjoyed conversing with us in English, and frequently made utterly exaggerated facial expressions and gestures. Mike was the type of man who wore his heart on his sleeve. His face beamed when he was joyful. When he was puzzled, his eyes and eyebrows would scrunch together until they were almost closed! He is an incredibly enthusiastic person who often broke out into laughter. No matter what we said in class, he would always praise us unreservedly. Every aspect of his character has made a long-lasting impression on me.

Mike is an English teacher I esteem. His lessons were always full of fun and jokes. It was very interesting to attend his lessons. He brought me to the realization that English is not simply written in books. It is essential to converse with others in order to learn English properly. I just admire him so much and will think about him from time to time.

中文思路：

说到这个话题，我想谈谈我小学时候的英语外教，他是个非常有趣的外国人，给我留下了深刻的印象。

小学四年级的时候，我们的英语课上多了一位新老师。他叫迈克，是一个英国人。他留着棕色的卷发，高高瘦瘦的，非常帅气！从那以后，我们每周都有一节课由迈克老师来上。

那是我第一次见外国人，他的教学方式和原本的英语老师完全不同。他没有讲课本上的内容，而是用英语和我们聊天，还经常做出一些非常夸张的表情和动作。我觉得他心情都写在了脸上，他高兴的时候咧开嘴大笑，在感到困惑的时候，眼睛眉毛几乎都皱在一起了，非常与众不同。他是个非常乐观和爱笑的人，课堂上不管学生说了什么，他都会非常大声的表扬他。这一切都给我留下了深刻的印象。

迈克是我非常喜欢的英语老师，他的课堂上总是充满乐趣。和他相处让我觉得轻松又愉快。。他让我明白了英语不是写在书本上的文字，必须要开口和人交流，才能学好英语。我非常喜欢迈克老师，至今我时不时还会想起他。

(三) 羽毛球场

5-6: 受欢迎的运动场（新题）& 去过的一个户外活动场所（新题）

Describe a popular place for playing sport (e.g. a stadium, a sports centre) that you know about. Some instructions you can follow: Where this place for playing sport is How you know about this place Whether you have visited this place And explain why you think this place for playing sport is popular.	Describe a place you went to do an outdoor activity. Some instructions you can follow: Where you went and when What outdoor activity you did at this place Why you did this outdoor activity And explain how you felt about doing the outdoor activity at this place.
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《受欢迎的运动场》

I regularly frequent the stadium at our school. The stadium is a popular open-air space, it is known by everyone in the school. The stadium was constructed adjacent to the student dormitories, which was most likely a cunning design choice to encourage and facilitate the daily exercise of the students.

My first visit to the stadium occurred when I was a freshman and my roommate challenged me to a game of basketball at the stadium court. After that experience, the stadium became my habitual location to work out. The stadium is spacious, and there are a whole host of sports facilities within its grounds. There is a track for running, a field for soccer, and courts to play badminton. I am an enthusiastic athlete and adore playing sports. So, I usually invite my classmates to join me in the stadium after school to play a few rounds of badminton.

I feel elated when I play sports here, partly because the venue and equipment are state of the art, and partly because the grounds are illuminated at night, so I can continue to play sports outdoors. Whenever I see large groups of people around me playing sports and exercising here, I feel revitalized and full of energy.

I would wager that even those who aren't into sports still like the stadium. Almost all the significant school events are held on the stadium grounds, such as the campus singing competition, the school sports meeting, the welcome party for freshmen, and many other fun and exciting events. Some students like to go on strolls in the stadium with their male and female friends, and I am convinced that everyone has left here with good memories. It is for these reasons I believe the stadium is immensely popular with the student body.

中文思路:

我们学校的体育场是我经常去的一个户外场所。它是我们学校里非常受欢迎的一个地方，没有人不知道这里。可能是出于方便学生日常运动的目的，体育场就建造在我们学生宿舍的边上。

我第一次去体育场是大一的时候，我的舍友约我来这里打篮球。之后我经常来这里运动。体育场很大，里面有非常多的运动场所和设施，我们可以在里面跑步，踢足球和打羽毛球。我是一个喜欢运动的人，平时经常在放学后约同学过来打羽毛球。

在这里运动是非常开心的，一方面是因为它的场地和设备都是非常新的，另一方面是它晚上还会开灯，充足的光线让我在晚上也可以在户外进行运动。这里有非常好的运动氛围。每次我看到身边有这么多人和我一起努力的时候，就会重新充满了能量。

即使是不喜欢的运动的人，相信他也会喜欢这座体育场。我们学校几乎所有大型活动都会在体育场举办。

比如校园歌手大赛，校运动会，迎新晚会等等。这都是很受同学们欢迎的节目。还有一些同学喜欢和自己的男女朋友在运动场散步，相信每个人都在这里留下过美好的记忆。这就是这座体育场如此受欢迎的原因。

《去过的一个户外活动场所》

I regularly frequent the stadium at our school. The stadium is a popular open-air space, it is known by everyone in the school. The stadium was constructed adjacent to the student dormitories, which was most likely a cunning design choice to encourage and facilitate the daily exercise of the students.

My first visit to the stadium occurred when I was a freshman and my roommate challenged me to a game of basketball at the stadium court. After that experience, the stadium became my habitual location to work out. The stadium is spacious, and there are a whole host of sports facilities within its grounds. There is a track for running, a field for soccer, and courts to play badminton. I am an enthusiastic athlete and adore playing sports. So, I usually invite my classmates to join me in the stadium after school to play a few rounds of badminton.

Badminton is also not a very physically demanding sport. This means it is an easy way to exercise and get the blood pumping without the risk of over exerting myself. Thus, if I am ever struggling to study, I would go to the stadium and play a short round of badminton. After this, I will feel much more energized which helps me focus on my studies.

I feel elated when I play sports here, partly because the venue and equipment are state of the art, and partly because the grounds are illuminated at night, so I can continue to play sports outdoors. Whenever I see large groups of people around me playing sports and exercising here, I feel revitalized and full of energy.

我们学校的体育场是我经常去的一个户外场所。它是我们学校里非常受欢迎的一个地方，没有人不知道这里。可能是出于方便学生日常运动的目的，体育场就建造在我们学生宿舍的边上。

我第一次去体育场是大一的时候，我的舍友约我来这里打篮球。之后我经常来这里运动。体育场很大，里面有非常多的运动场所和设施，我们可以在里面跑步，踢足球和打羽毛球。我是一个喜欢运动的人，平时经常在放学后约同学过来打羽毛球。

羽毛球也是一项体力要求不高的运动，没有过度劳累的风险。因此，如果我专注学习了一段时间，晚，我会和我的朋友在宿舍楼下打羽毛球。每周我都会运动 2-3 次。在这之后，我会感到更加地专注和精力充沛，这有助于我集中精力学习。

在这里运动是非常开心的，一方面是因为它的场地和设备都是非常新的，另一方面是它晚上还会开灯，充足的光线让我在晚上也可以在户外进行运动。这里有非常好的运动氛围。每次我看到身边有这么多人和我一起努力的时候，就会重新充满了能量。

（四）洗衣机

7-8：分享某物的时刻（新题）& 与某人意见不合的时刻（新题）

Describe a time when you had to share something with another person or other people Some instructions you can follow: What you had to share Who you had to share with Why you had to share And explain how you felt about sharing something with another person other people.	Describe a time when you disagreed with somebody about something. Some instructions you can follow: Who you disagreed with What you disagreed about What the result of this disagreement was And explain how you felt about disagreeing with this person.
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《分享某物的时刻》

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

At first, my roommates disagreed. First, they thought buying a washing machine was redundant and unaffordable spending. Moreover, we only have a narrow balcony that would become even narrower with a washing machine. I told them it would only cost 200 yuan each to split it up. The washing machine could be placed at the corner of the balcony and wouldn't occupy much space. After three weeks of relentless coaxing, they finally agreed.

At the beginning, I considered the washing machine as a personal item. It would be great if I could buy one for myself. However, due to the limited space of my dormitory, I have to share a washing machine with my roommates. It is impossible for all of us to buy one.

After buying the washing machine, I basically use it once every 3-4 days. Even though it is shared between four people, as long as we agree on the washing plan in advance, one washing machine can meet our needs. Throw your clothes in, pour in a bit of detergent and conditioner, and there you have it — a load of fresh laundry in an hour. This also saves me a lot of money, which I can spend on whatever I want. I have to say, sharing a washing machine is definitely a good idea.

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

一开始我的其他几个舍友并不同意买洗衣机，一方面是因为这是一笔额外的支出，对于她们来说负担不起。另一方面是因为我们宿舍阳台很小，洗衣机会让阳台变得更加拥挤。我告诉她们我们可以四个人共享一台洗衣机，分摊下来一个人只需要 200 元而已。洗衣机可以放在阳台的角落处，并不会影响通行。几个星期后，他们经不住我的软磨硬泡，终于同意了。

一开始，我认为洗衣机是一件个人用品，如果可以单独使用的最好的。但由于宿舍实在太小，我不得不与我的舍友们共享一台洗衣机。我们不可能每人购买一台。

在购买洗衣机后，我基本上 3-4 天才会使用一次，即使是四个人分享，也完全没有影响到我。我只需要要把衣服放进去，加上洗衣液和消毒液，一小时后我就能得到一筐干净的衣服。最重要的是这让我节省了一大笔钱，我可以用这笔钱买其他我喜欢的东西。四个人合买一部洗衣机真是一个好主意。

《与某人意见不合的时刻》

Several months ago, I had a big disagreement with my dorm mate Anna, which was all about my idea of buying a washing machine.

Anna held an opposing opinion. First of all, she thought buying a washing machine was redundant and unaffordable spending. I told her it would only cost 200 yuan each to split it up. Moreover, we only have a narrow balcony that would become even narrower with a washing machine. But I didn't agree with her opinion because without a washing machine, I would have no choice but to handwash my clothes. The amount of classes I have to attend daily always leaves me drained by the end of the day, so handwashing, especially during summer when the laundry load increases, is simply too much time and energy

Since Anna and I share a room, I can't make the decision on my own. So, I had to prevail upon her almost every day with the advantages of getting a washing machine and the time that we would save. After three weeks of relentless coaxing, she finally agreed.

Although the matter was finally satisfactorily resolved, it still gave me food for thought. Anna and I come from different families, so we have different lifestyles. Since we live together, we should consider problems from the perspective of each other. In this way, many problems can be solved easily.

大约半年前，我和我的舍友 anna 发生了巨大的分歧，这一切都是因为我想买一台洗衣机。

我的舍友 anna 并不同意买洗衣机，一方面是因为这是一笔额外的支出，对于她来说负担不起。另一方面是因为我们宿舍阳台很小，洗衣机会让阳台变得更加拥挤。而我完全不同意她的观点，如果没有洗衣机，我只能用手洗衣服。每天下课我已经很累了，回到宿舍还要洗衣服，尤其是炎热的夏天，脏衣服很多。这让我感到费时费力。

我生活在宿舍里，买洗衣机不仅是我一个人的事，因此我一直在尝试说服 anna。我几乎每天都会告诉她洗衣机有多好用，一台洗衣机能为我们节约多少时间。几个星期后，她经不住我的软磨硬泡，终于同意了。

虽然这件事最后圆满解决了，但依然带给我一些思考。我和 anna 来自不同的家庭，因此有着不同的生活习惯。这是一件非常正常的事。既然大家住在一起，就要要多站在对方的角度想问题，这样很多问题都能迎刃而解。

9-10: 节省时间的改变 & 改变世界的发明

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

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

Without a washing machine, I would have no choice but to handwash my clothes. The stack of classes I have to attend daily always drains me at the end of the day, so hand washing, especially during summer, when the laundry load increases, is simply too time wasting and exhausting. At first, my roommates disagreed. First, they thought buying a washing machine was redundant and unaffordable spending.

The other reason was that we only have a narrow balcony that would become even narrower with a washing machine. It was not an easy task to convince them to buy a washing machine. I had to coerce them almost every day with the advantages of getting a washing machine and the time we would be able to save. After three weeks of relentless coaxing, they finally agreed.

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

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

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

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

《改变世界的发明》

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

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

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

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

As commonplace an object as the washing machine has become nowadays, it is undeniably a breakthrough invention and the epitome of simplicity and efficiency.

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

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

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

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

(五) 手机导航

11-12: 需要寻找信息的时刻（新题）& 决定等待的时刻（新题）

Describe a time when you had to find some information. Some instructions you can follow: What kind of information you had to find Where you looked for the information How much you enjoyed looking for the information And explain why you needed the information.	Describe a time when you made a decision to wait for something. Some instructions you can follow: What you decided to wait for What you did while you were waiting How you felt while you were waiting And explain why deciding to wait was a good/bad decision.
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《需要寻找信息的时刻》

When I cast my mind back over recent memories, I recall when I was commuting by bus to a crucial interview, and was caught in a traffic jam. My heart was torn with anxiety since it was likely I would miss the interview if the situation didn't improve soon.

At that time, I needed to search for some information that could show me the fastest route to my destination. So, I used Baidu Maps on my phone for the most expedient route to my interview. It revealed to me that there was a traffic accident ahead, and it was estimated to take over 30 minutes to pass through by bus. Alternatively, I could walk to the nearest metro station within 10 minutes and commute there by subway. So, I immediately left the bus and ran to the metro station.

We live in an era of information overload. Now there are many ways for us to find useful information quickly. Baidu maps is a very useful app. I like to use it to query road conditions. This information makes my travel more convenient and efficient. When we have an emergency, real-time traffic information is very important. If I didn't use my mobile phone to navigate and had just waited in the bus, I would have definitely missed my interview.

Fortunately, I arrived there on time. Baidu Maps has helped me to better plan my travel routes and get to my destination within the shortest possible time.

我记得不久前，我去参加一个重要的面试时，路上遇到了堵车。我当时心急如焚，虽然我提前了一些时间出发，但如果继续堵车，我最终可能会错过面试时间。

此时，我需要一些路况信息，告诉我如何最快的到达目的地。我拿出手机打开百度地图查询如何更快地到达面试的地点。导航软件显示前方发生了交通事故，预计通行时间超过 30 分钟。我可以选择步行 10 分钟前往最近的一个地铁站，然后可以坐地铁直达目的地。于是我立刻下车跑步去地铁站。

我们生活在一个信息爆炸的时代，现在有很多途径能让我们快速寻找到有用的信息。而百度地图是一款非常实用的 APP，我喜欢用它来查询路况。这些信息让我的出行更便捷和高效。

在我们有急事的时候，有效的交通信息是非常重要的。如果我没有用手机导航，坐在公交车上傻傻的等下去，我一定会因此错过面试。庆幸的是，我最终准时到达了面试地点。手机地图帮助我更合理的安排出行，用最短的时间到达目的地。

《决定等待的时刻》

When I cast my mind back over recent memories I recall when I was commuting by bus to a crucial interview, and I was caught in a traffic jam. My heart was torn with anxiety since it was likely I would miss the interview if the situation didn't improve soon.

I used Baidu Maps on my phone for the most expedient route to my interview. In this moment, I found I was at a crossroads. One option was to be patient and trust the traffic would clear. The other was to immediately depart the bus and sprint as fast as my legs could carry me to the nearby subway station, and then continue my commute via subway. The navigation software showed that the two methods took about the same amount of time. I decided to wait on the bus, hoping the congestion would ease soon.

As I was nervous, my palms were sweating and I could hardly sit still. I tried using different navigation software to find out which route would be the fastest. Yet this did little to ease my anxiety. I kept looking at my watch, hoping that time would slow down a bit.

After about half an hour, the bus finally passed the congested section. This directly caused me to arrive ten minutes behind schedule. Because I was so anxious, my performance in the interview was not ideal. At that moment, I felt that I had made a mistake in waiting that morning.

This was a lesson for me. Whenever I am confronted with obstacles, it's necessary to keep calm and be swift in my decision making, as hesitation will do nothing but waste my time, and thus cause me to miss important opportunities.

我记得不久前，在我去参加一个重要的面试时，在路上遇到了堵车。我当时心急如焚，因为虽然我提前了一些时间出发，但要是继续堵车，我最终还是会错过我的面试时间。

我拿出手机打开百度地图查询如何更快地到达面试的地点。这时候我有两个选择，一就是继续等下去，二就是立刻下车用最快的速度跑到附近的地铁站，然后改坐地铁。导航软件显示这两个方法用时是差不多的。于是我决定继续在公交车上等待，希望拥堵能很快缓解。

因为担心面试，等待的时候我的手心直冒汗，几乎坐立难安。我尝试使用不同的导航软件，查询哪种交通方式能更快的到达目的地。然而这并没能缓解我的焦虑。我不停的看表，期待时间能过的慢一点。

大概半个小时后，公交车终于通过了拥堵路段。这直接导致我比规定时间晚到了十分钟。因为过于着急，我在面试中的表现并不理想。那一刻，我觉得早上选择继续等待是个错误的决定。

当我面临困难的选择，最重要的是不要着急，一定要冷静下来分析，然后用最快的速度做出选择。犹豫只会浪费时间，也有可能因此错过了重要的机会。

13-15: 用手机做重要的事 & 交通拥堵的时刻 & 困难的决定

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

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

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

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

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

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

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

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

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

《交通拥堵的时刻》

When I cast my mind back over recent memories I recall when I was commuting to a crucial interview, and I was caught in a traffic jam. I was to attend an internship interview with a renown Global Fortune 500 company which I had eagerly anticipated for quite some time. My appointment was scheduled for 10 o'clock in the

morning in a downtown office building quite a distance from my school.

I researched routes to the office buildings the day preceding the interview and was informed that it should take no longer than an hour by bus. Therefore, I decidedly set out with a half hour to spare on the day of my interview, however out of nowhere the traffic was chock-a-block and my bus came to a standstill without moving a single inch for almost 20 minutes.

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

Logically, I decided to pace it to the metro station and fortunately I arrived there with ample time to catch the train. This experience has imparted on me a valuable lesson: when one has important appointments, early is always preferential to late, and the subway is a more reliable mode of transport than the bus.

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

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

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

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

《困难的决定》

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

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

Logically, I decided to pace it to the metro station and fortunately I arrived there with ample time to catch the train. When I am confronted with obstacles, it's necessary to keep calm and be swift in my decision making, as hesitation will do nothing but waste my time, and thus cause me to miss important opportunities.

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

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

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

(六) 网红小镇

16-17: 安静的地方 & 经济实惠的外出

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

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

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

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

中文思路:

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

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

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

《经济实惠的外出》

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

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

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

中文思路:

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

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

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

18: 会推荐给游客的我国某处地方（新题）

Describe a part of your country that you would recommend to visitors.

Some instructions you can follow:

Which part of your country you would recommend

How you know about this part of your country

Whether many visitors go there

And explain why you would recommend this part of your country to visitors.

Not long ago, I went on a short trip with some of my friends. The destination was a famous old town. The whole village was tranquil and beautiful and there were few tourists about. We enjoyed spending our time wandering there. I would wholeheartedly recommend it to other visitors.

This town is a few kilometers away from our school. It's was recommended to me by friends a long time ago. There are countless ancient buildings within the village and a small river surrounding the whole town. As well as the beautiful scenery, there are some interesting boutique shops in the village. Aside from the hustle and bustle of downtown, this town is very tranquil. There are only a few people in the street. Motor and electric vehicles are also forbidden there. So walking is the only means of transportation in this ancient town. Wandering along the path, visitors can clearly hear the sound of the river running. So, it is enjoyable to stroll with friends in such a beautiful and quiet place.

The reason why I recommend this town to visitors is that it is not commercialized like other ancient towns. Here visitors can experience the old town residents' daily life, and try the peasant dishes in the village. It's a unique experience that you don't see anywhere else.

不久前，我和我的几个朋友进行了一次短途旅行。目的地是附近的一座古镇。那里的游客很少。整个古村显得安静又美丽，我享受在那里漫步的感觉。我想把这座古镇推荐给其他游客。

这个古镇在离我们学校几公里外的地方。很久以前我就听朋友推荐过，镇子里有很多年代久远的古建筑群，还有一条小河包围着整个古镇，村里除了美景，还有一些很有创意的精品小店。不同于市中心的喧闹，这个小镇很宁静。路上人不多，也没有摩托车和电动车在小路上来往。步行是这座古镇上唯一的交通方式。沿着小路闲逛，游客可以清晰的听到小河的流水声。和朋友一起所以在这么一个美丽的，安静的地方漫步是一件很享受的事情。

我之所以推荐这座小镇给大家，是因为它不像普通的古镇一样商业化。在这里游客可以真正看到古镇居民的日常生活，吃到村里特色的农家小菜。这都是其他地方见不到的特别体验。

(七) 聪明的弟弟

19-20: 印象深刻的童年朋友（新题）& 未来想一起工作的家人

Describe a friend from childhood who you remember very well. Some instructions you can follow: Who the friend is How you met him/her What you used to do together And explain why you remember this childhood friend so well.	Describe a family member you might like to work with in the future. Some instructions that you can follow: Who this person is Whether you have worked with this person before What kind of work you might like to do with this person And explain why you might like to work with this family member in the future.
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《印象深刻的童年朋友》

When I was in primary school, I had a very close friend, Mike, who was also my neighbor. Every evening after dinner, my parents used to take me to a park in our community to play games with others. That's where I met Mike.

He's only a few months younger than me — we could almost be twins. He looks kind of chubby, but you shouldn't judge a book by its cover. He is highly intelligent, but has carried himself with humility for as long as I can remember. whenever I had finished my homework, I would play with him in our community. We would share our toys with each other and he even taught me how to ride a bike.

He is the smartest boy that I have ever met. When we were young, we went to the same math tuition classes, and I could not help but notice how quickly he could come up with the right solutions. In addition, he is also an admirable independent learner. Every time he got a new toy, he would know how to work it almost without reading the instructions.

His intelligence and amiability left a deep impression on me. I've always admired down-to-earth and friendly people, and those characteristics are what you can expect from him. He is one of those humble and friendly people. He is never the one to brag about his achievements, and always tries his best to help out. These excellent qualities of his had a great influence on me, and I will always remember this precious friend.

中文思路:

在我小学的时候，我有个关系非常好的朋友。他叫 MIKE，是我的邻居。每天晚上吃完饭，家长们习惯于带自己的孩子去小区里面一块固定的空地玩耍。我就是在那里认识 MIKE 的。

他年纪跟我相仿，只比我小几个月。他看起来胖胖的，为人很谦虚。他最大的优点就是非常聪明，很久以前我就发现了这一点。

每天晚上写完作业，我都会和 MIKE 一起在小区里面玩耍。我们会分享自己的玩具给彼此，他甚至还教会了我如何骑自行车。Mike 是我见过最聪明的小孩，小时候我们经常一起上数学补习班，他总是能迅速地想到每道题的解题方法。另外，他的自学能力也很强，每次有了新玩具，他几乎不用看说明书就能知道应该怎么玩。

我对 mike 印象深刻是因为他不仅聪明，还是个很好相处的人。我一直以来都很厌恶那些傲慢自大的人。

相反，我很欣赏谦虚的，为人友善的人。MIKE 就是这样的一个人。他不自夸，从不把自己的成就挂在嘴边。无论谁向他问问题，他都会虚心地尽其所能解答。他的这些优秀的品质对我的性格产生了很大影响，我会一直记得这个珍贵的朋友。

《未来想一起工作的家人》

Given the opportunity, I would like to work with my cousin. He's only a few months younger than me — we could almost be twins. He looks kind of chubby, but you shouldn't judge a book by its cover. He is highly intelligent but still carries himself with humility, and that hasn't changed for a long time.

We have not worked together before, but we once threw our grandpa a birthday party. From that party, I saw his remarkable organizational skills. His intelligence has always been reflected in his rank in the class exam score standings. When we were young, we went to the same math tuition classes and I could not help but notice how quickly he could come up with the right solutions. In addition, he is also an admirable independent learner. We will continually encounter new things to learn at the workplace, so I cannot stress the importance of that particular quality. I have developed a strong passion for accounting and to have such an outstanding person as him as a colleague would be a dream come true.

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

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

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

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

(八) 纸灯笼

21-22: 美丽的物品（新题）& 喜欢的传统物品

Describe an object that you think is very beautiful. Some instructions you can follow: What the object is Where you first saw the object What it looks like And explain how you feel about this beautiful object.	Describe a traditional product made in your country which you like. Some instructions that you can follow: What this product is When you first tried this product How this product is made And explain why you like this traditional product.
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《美丽的物品》

When I was a young child, every Chinese New Year my uncle would purchase me a new lantern, which is a traditional custom in China. Small lanterns serve as a symbolic representation of the elders' expectations and wishes for the younger ones that year. Now that I am older, I still enjoy purchasing lanterns as a custom during the annual festivals. In the not-too-distant past, I purchased myself a magnificent lantern in honor of the Mid-Autumn Festival.

This was a cute goldfish lantern made of silk, about the size of my palm. The goldfish's tail was made of wire and could turn into different shapes. There was a light bulb in the lantern and you could press a switch on the handle so that the whole lantern lit up. I saw this lantern for the first time in a small store on the roadside and immediately decided to buy it.

I have a fondness for this paper lantern, on the one hand because they are exquisite and beautiful. Some lantern designs are so impressive a piece of ordinary fabric is transformed into various adorable animal shapes. Furthermore, many lanterns can be hung together to become picturesque scenery. On the other hand, festivals add a sense of magic and wonder to the world. Whenever I see a red lantern, I am immediately overwhelmed with the sense that a holiday is upon us

小的时候。每年春节我的舅舅都会买一个新的灯笼送给我，这是中国人过年的一种习俗。小小的灯笼表达了长辈对晚辈的期待和祝福。长大后我依然很喜欢在过节的时候买上一个灯笼，不久前的中秋节，我给自己买了一个非常漂亮的灯笼。

这是一个用丝绸制作的金鱼灯笼。大概和我的手掌差不多大，小小的非常可爱。金鱼的尾巴是用铁丝做的，可以弯曲成不同的样子。灯笼里有灯泡，只要按下手柄上的开关，整个灯笼就会亮起来。我第一次在路边的小店见到这个灯笼，就立即决定买下它。

我非常喜欢这个灯笼。一方面是因为它本身很美，一块平凡的布料经过加工就会变成各种可爱的动物造型。许多灯笼挂在一起就会变成一道靓丽的风景。另一方面，灯笼让节日变得更有气氛。只要看见红色的灯笼。我就会立刻觉得快要放假了。

《喜欢传统物品》

Paper lanterns originated in China and are now very traditional items. In the sprawling downtown streets of most Chinese cities, you can take in the beautiful colors and intricate designs of lanterns hung from shop fronts and balconies during festivals. Lanterns have become an iconic and significant element of Chinese culture.

My first experience with hanging up lanterns occurred when I was a young child. On every Chinese New Year, my uncle would purchase me a new lantern, which is a traditional custom in China. Small lanterns serve as a symbolic representation of the elders' expectations and wishes for the younger ones that year. Now that I am older, I still enjoy purchasing lanterns as a custom during the annual festivals. In the not-too-distant past, I purchased myself a magnificent lantern in honor of the Mid-Autumn Festival.

Conventionally, most traditional lanterns are crafted with the artisanal techniques that goes back generations. So, they are handmade, made of bamboo and paper. However, in recent years people have developed a preference for using cloth to craft lanterns since traditional paper handmade lanterns are easily damaged. Many places have even set up large-scale industrial factories where machines are used to produce a variety of gorgeous lanterns at a low cost.

I have a fondness for lanterns, on the one hand because they are exquisite and beautiful. Some lantern designs are so impressive a piece of ordinary fabric is transformed into various adorable animal shapes. Furthermore, many lanterns can be hung together to become picturesque scenery. On the other hand, festivals add a sense of magic and wonder to festivals. Whenever I see a red lantern, I am immediately overwhelmed with the sense that a holiday is about to be upon us.

灯笼是一项源自于中国的传统物品。每逢节日街道上都会挂满彩色的灯笼。灯笼已经成为了中国文化一张重要的名片。

我第一次挂灯笼是在小的时候。每年春节我的舅舅都会买一个新的灯笼送给我，这是中国人过年的一种习俗。小小的灯笼表达了长辈对晚辈的期待和祝福。长大后我依然很喜欢在过节的时候买上一个灯笼，不久前的中秋节，我给自己买了一个非常漂亮的灯笼。

传统的灯笼大多数是手工制造的，原料是竹子还有纸。由于手工制作的灯笼很容易破，近些年人们更喜欢使用布来做灯笼。很多地方更是成立了专业的工厂。这些工厂有专业的机器，可以用很低的成本做出各种各样好看的灯笼。

我喜欢灯笼一方面是因为它本身很美，一块平凡的布料经过加工就会变成各种可爱的动物造型。许多灯笼挂在一起就会变成一道靓丽的风景。另一方面，灯笼让节日变得更有气氛。只要看见红色的灯笼。我就会立刻觉得快要放假了。

(九) 脱口秀

23-24: 喜欢的节目（新题）& 想参加的比赛

Describe a programme that you enjoyed very much (e.g. on TV or the internet). Some instructions you can follow: What the programme was about Where you watched this programme Who you watched it with And explain why you enjoyed this programme so much.	Describe a competition (e.g. music, cooking, sport) you would like to take part in. Some instructions that you can follow: What the competition is Where and when it happens What you have to do to win the competition And explain why you would like to take part in this competition.
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《喜欢的节目》

ROCK & ROAST is a competition-based network show that I can't get enough of. The show was originally aired in the United States before it began to be broadcasted to China and has become popular all over the country. If my memory serves, the competition is held and recorded in Shanghai each year between June and August. The organizers conduct multiple rounds of selection from all across the country. After selection, the contestants are required to pass through several rounds of testing, with the eventual winner being crowned the ROCK & ROAST King. Each round of selection is broadcast on Tencent Video and so it is easy to access.

I discovered this show because I live with a roommate who is an avid fan of ROCK & ROAST. After he introduced me to the show, I became equally captivated by it. Every Friday, we sit in front of the computer like clockwork to watch it together just as the episode is released and aired online.

I appreciate this show because it appeals to me due to its unique form and content. I find one of the most impressive and entertaining aspects of the show to be the five-minute segments of stand-up comedy all the contestants are required to perform. This is doubly impressive to me because the contestants are not only professional stand-up comedians, but also fascinating people from all walks of life. Some are policemen, some are chefs, and the contestants share amusing anecdotes from their various industries with everyone. Their humorous words are also full of interesting and unique perspectives on life or society, which are new and inspiring. Every time I watch the show, I laugh until my stomach hurts. I think the show is an excellent diversion from the stresses of life, all my worries flee away after I watch it.

中文思路：

脱口秀大会是我非常喜欢看的一档竞赛类网络节目。这档节目让起源于美国的脱口秀风靡了全中国。这个节目每年都会举办一次，如果我没记错的话，它应该是在上海举办的，大概每年6到8月。主办方会在全国进行多轮的海选，选手需要通过重重考验，最终冠军会获得脱口秀大王的称号。每一轮的比赛都会被制作成综艺节目，在腾讯视频上播出。

这个节目一开始是我的室友推荐给我的，她非常喜欢看脱口秀。后来我也成了节目的忠实粉丝，每周五节目更新后，我们两个都会坐在电脑前一起观看。

我非常喜欢这个节目，因为它不管是形式还是内容都非常吸引我。节目中我印象最深的一句话就是，每个人都能说五分钟脱口秀。因此选手们除了专业的脱口秀演员，也有来自各行各业的脱口秀爱好者。他们有的人是警察，有的是厨师，参赛者会分享各个行业有趣的故事给大家。他们风趣幽默的语言中充满

了对人生或当下社会的思考，这让节目充满了新鲜感。每次看节目我都会笑到肚子痛，之后所有的烦恼都会一扫而空。

《想参加的比赛》

ROCK & ROAST is a competition-based network show that I can't get enough of. The show was originally aired in the United States before it began to be broadcasted to China and has since become popular all over the country. In fact, I'm so interested in talk shows that I'd like to try out for the competition myself.

If my memory serves, the competition is held and recorded in Shanghai each year between June and August. The organizers conduct multiple rounds of auditions from all across the country. After auditioning, the contestants are required to pass through several rounds of testing, with the eventual winner being crowned the ROCK & ROAST King. Each round of auditions is broadcast on Tencent Video and so it is easy to access.

To take part in this competition, I need to think about what I want to say in advance and write it down. The content can be one's own life experience, or it can be a critique of everyday life. I need to make my point in a funny, humorous way, which cannot be done without much practice.

I want to enter this competition because its unique form and content appeals to me. I always consider myself to be a good speaker, and I wanted to try out for the competition to see if I could achieve renown. This is doubly impressive to me because the contestants are not only professional stand-up comedians, but also fascinating people from all walks of life. Their wisecracks also contain interesting and unique perspectives on life or society, which are new and inspiring.

脱口秀大会是我非常喜欢看的一档竞赛类网络节目。这档节目让起源于美国的脱口秀风靡了全中国。事实上，我对脱口秀非常有兴趣，我想尝试参加这个比赛。

这个节目每年都会举办一次，如果我没记错的话，它应该是在上海举办的，大概每年 3 到 5 月。主办方会在全国进行多轮的海选，选手需要通过重重考验，最终冠军会获得脱口秀大王的称号。每一轮的比赛都会被制作成综艺节目，在腾讯视频上播出。

参加脱口秀大会，我需要提前思考我想说的内容，并且把他们记录下来。这些内容可以是自己的生活经历，也可以是对某种现象的批判。我需要用风趣幽默的语言，表达出自己的观点。而这一切离不开刻苦的练习。

我想参加脱口秀大会，因为它不管是形式还是内容都非常吸引我。一直以来我都觉得自己口才不错，我想试试参加比赛看看是否能获得名次。节目中我印象最深的一句话就是，每个人都能说五分钟脱口秀。因此选手们除了专业的脱口秀演员，也有来自各行各业的脱口秀爱好者。他们风趣幽默的语言中充满了对人生或当下社会的思考，这让节目充满了新鲜感。

(十) 迷路孩子找妈妈

25-26: 帮助小孩 & 被赞扬的时刻

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

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

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

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

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

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

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

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

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

《被赞扬的时刻》

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

It was a weekend which could not have been more ordinary. My roommate Anna and I were handling some affairs in the mall when I saw a little girl sitting on the ground, crying. I did not give it much thought at first, but when I realized that she was still there, crying, after I finished my work, it suddenly occurred to me that the girl might have been lost and separated from her parents. So, I approached her and asked what had happened.

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

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

中文思路：

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

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

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

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

27: 收到钱作为礼物（新题）

Describe a time when someone gave you some money as a gift.

Some instructions you can follow:

Who gave you the money

Why they gave it to you

What you did with it

And explain how you felt about receiving this money.

When I was working a part time job in a mall last summer, I helped a lost girl find her mother. Her mother thanked me sincerely for this and gave me some money as a token of gratitude.

It was a weekend which could not have been more ordinary. My roommate Anna and I were handling some affairs in the mall when I saw a little girl sitting on the ground, crying. I did not give it much thought at first, but when I realized that she was still there, crying, after I finished my work, it suddenly occurred to me that the girl might have been lost and separated from her parents. So, I approached her and asked what had happened.

She indeed had got separated from her mother, so I immediately took her to the mall's information desk. The staff responded quickly and tried to help the girl find her mother through the Tannoy. Soon, her mother came rushing over to the information desk. She was thrilled to have her daughter back and could not stop thanking me. She even offered me some cash as a token of gratitude. At first, I felt happy to receive the money, but after several seconds' thought, I realised that I did not help her for the reward, I simply did so because it was the right thing to do. So, I refused to take the money as a gift. She ended up buying Anna and me two drinks with the money, which we gladly accepted.

While helping this little girl out felt only like a simple act of decency, to the mother, however, it was a big favor.

中文思路:

大约是去年夏天，我在商场做兼职的时候，帮助一个迷路的孩子找到了她的妈妈，孩子妈妈给我了一些钱作为感谢。

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

果不其然，小孩就是跟她妈妈走散了。于是我赶紧带她去商场的服务中心寻求帮助。服务中心的经理行动很迅速，立刻就在商场广播找小孩妈妈。很快，他妈妈就赶到了服务中心。找回孩子让她非常激动，连声向我致谢并主动要给我一些钱作为报答。一开始我还是挺开心的，但仔细想想，我认为这是我应该做的事情，并不是为了有所回报。所以我没接受这些钱，还给了她妈妈。最后小孩子的妈妈用这些钱给我和 anna 买了两杯饮料，我们也欣然接受了。

帮助这个孩子对我来说只是举手之劳，但是对于她妈妈来说，我帮助她解决了一个大麻烦。

(十一) 组织毕业旅游

28-29: 忙碌的时刻 & 庆祝重要事件

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

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

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

We eventually had a great time in Xiamen. We strolled by the sea and went deep into the local alleys in search of the best finger-lickers. We also took lots of nice pictures and had the biggest blast in a very long while.

Graduating from college is an important milestone and rite of passage for every person. This implies that it has come to a stage where I need to wean off my naiveté, become independent, and shoulder my own portion of the responsibility in this society. At the end of this trip, I would embark on another journey, one in which this circle of best friends will inevitably get “disbanded” following graduation. Who knows when we’ll meet again. It is my greatest wish that that we retain this beautiful memory until the time has come for us to wear the mortarboard, so that we each have something to look back upon and cherish in the coming years.

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

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

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

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

《忙碌的时刻》

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

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

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

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

中文思路：

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

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

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

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

30: 拍过的一张满意的照片（新题）

Describe a photo you took that you are proud of.

Some instructions you can follow:

Who or what was in your photo

When you took the photo

Why you took it

And explain why you are proud of this photo you took.

A short while ago, I shot a photograph that I am very delighted with and honoured to have taken. It was a photograph of myself and my closest companions. It was taken while we were undertaking a graduation trip to Xiamen, a coastal city with a special place in all our hearts. We had been excitedly anticipating this trip for a long time. Once we finally arrived, we had a superb time in Xiamen.

Although we had become acquainted with each other and had been good friends for at least four years, we had never taken a formal photo together. One fine morning just before we were due to leave, at my suggestion, we took a picture adjacent to the wharf in Gulangyu Island. In this photograph, we are all beaming and look elated with bright smiles. Although to most it may just look like a run of the mill photo, to me it has a lot of sentimental value.

Graduating from college is a significant milestone and rite of passage for every individual. With my graduation comes the implication that the time has arrived in which I must wean off my naivete, become self-sufficient, and shoulder my own portion of the responsibility in this society. At the conclusion of this trip, I would embark upon another venture, one in which my cohort of best friends will inevitably get “disbanded” following graduation. Who knows when we’ll meet again.

I am honoured with my decision to capture this photograph not only because the scenery in the shot is very picturesque, but also because it captures the beautiful affection we shared with each other as friends. Every time I turn on my phone and I am faced with this picture my mind is cast back to the wonderful years I spent in college.

不久前，我拍了一张令我非常满意而且值得骄傲的照片。那是一张我和我最好的朋友们的照片。那时候，我和几个最好的朋友，一起进行了一场期待已久的毕业旅行。我们选择了大家都喜欢的海滨城市厦门。后来，我们在厦门度过了一段非常快乐的时光。

虽然我们已经认识四年了，但是从来没有正式的拍过合照。在临走前的一天，在我的提议下，我们一起在鼓浪屿的码头旁拍了一张照片。这张照片里，我们都洋溢着灿烂的微笑。虽然它看起来这只是一张寻常的照片，但它对我的意义非常大。

大学毕业对一个人来说是很重要的。这意味着我不再是孩子，需要独立到社会中去承担责任。我将开始一段全新的旅程。另外，毕业意味着我和这群最好的朋友将会各奔东西，以后可能很难聚在一起。

我为这张照片感到骄傲不仅因为照片上的风景很美，更因为它承载着我们几个朋友之间的美好情意。每当我打开手机看到这张照片时，我都能回忆起大学时的美好生活。

(十二) 丢饭卡

31-32: 令你惊喜而又开心的事物 & 在公共场所遗失物品

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

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

Early the next morning, I got right to the entrance of the service center in time to declare the student ID lost, but who would have thought that a pleasant surprise had long been waiting for me. The anonymous kind soul not only handed my student ID in to the service center, but he/she also went so far as to not touch a single cent. I wanted to thank the benevolent student in person but sadly this person never identified themselves. I would not put a student ID under the category of crucial credentials, but being able to have it back was still a fulfilling outcome since it hadn't been long since I last topped it up with 200 yuan, which, considering my status, was not at all a small sum. Also worth noting is the fact that IC cards are not password-protected, meaning the decision to spend the prepaid balance was literally at the finder's mercy. So to have my balance untouched and my student ID returned to the service center in time are testaments to the prevalence of benevolence in this world. From my perspective, of course, to regain what was lost is an amazing feeling in and of itself.

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

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

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

(十三) 邻居

33-34: 有趣的邻居 & 聊得来的朋友

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

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

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

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

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

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

35: 鼓励你做有趣事情的人（新题）

Describe a person who inspired you to do something interesting.

Some instructions you can follow:

Who the person is

What interesting thing you did

How this person inspired you to do this thing

And explain how you felt after this person inspired you to do something interesting.

Anna is my best friend on campus. We have plenty of common interests, one of which is food and delicacies, so there's no stopping it once the conversation starts.

Recently, I have wanted to run a WeChat public account about the food on campus. When I first told Anna about my idea, I was afraid she would laugh at me. Unexpectedly, she thought it was a great idea and told me that it would be a pleasure to share some excellent recommendations with others. If the official account can be successfully operated, it might even make us some profit.

Anna is an outgoing and social girl who is always well informed about the latest breaking news and trends. She trumps me by a mile in this respect, and never fails to surprise me. For example, she is always good at sharing any new and obscure diner she finds with me. The most important thing is that she knows a lot about food. After she knew I wanted to run a public account, she shared a lot of useful information with me. Thanks to Anna's encouragement and help, my first tweet was completed quickly.

As a lover of food, all I ever wanted was to make a friend with whom I can talk and pour my heart out. My first tweet has been read by hundreds of people now. If my official account is really profitable in the future, I will treat Anna to an expensive dinner.

中文思路:

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

最近，我想做一个关于校园美食的微信公众号。一开始我把这个想法告诉 anna 的时候，还担心她会嘲笑我。没想到她认为这是一个很棒的创意。Anna 告诉我能把自己喜欢的东西和别人分享是一件快乐的事，如果公众号能成功运营，还能给我带来一些额外的收入。

anna 是个非常开朗的人，喜欢交朋友。她总是对当下热点和潮流特别了解。最近发生了什么有趣的事，又或是哪里又开了新餐厅，她都能第一时间发现。最重要的是她对美食很有研究。她知道我要做公众号之后，分享了很多有用的信息给我。因为有了 anna 的鼓励和帮助，我的第一篇推文很快就完成了。

对于热爱美食的人，能找到一个志同道合的朋友一起分享和讨论，真的是一件非常愉快的事。我的第一篇推文现在已经有好几百的阅读量为，如果我的公众号未来真的盈利了，我一定会请 anna 吃一顿昂贵的大餐。

(十四) 打羽毛球

36-37: 近期改善生活的变动 & 保持健康的方法

Describe a change you made in your life recently that was positive. Some instructions that you can follow: What the change was Why you decided to make this change Whether anyone helped you to make this change And explain why it was a positive change to make.	Describe something you do that you think is important for keeping fit and healthy. Some instructions that you can follow: What you do How often you do it Who you do it with And explain why you think this activity is important for keeping fit and healthy.
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Since the start of this year, I have endeavored to practice badminton 2-3 times per week, which was an idea proposed by my roommate Anna. She has made a habit of playing badminton, and in recent days she has repeatedly asked me to participate in the sport with her. I came to this decision because I have encountered great pressure recently and have been vulnerable to fatigue, and I was informed that participating in sports can assist the release of pressure and invigorate me.

Badminton was the natural choice because it happens to be a widespread sport in China and therefore it is very straightforward to locate spots to practice badminton and opponents to play with. Anna invites me to play with her practically every week. I find there are less obstacles preventing me from participating in exercise when I am encouraged by my friends, so I must offer my gratitude to Anna, who has transformed me in a positive way.

Since I set out to practice badminton, I have undergone a transformation into a more vigorous person. Despite the sweltering weather in summer, which makes me sweaty and overheated during exercise, I feel refreshed after showering. Whenever I feel weary or lack enthusiasm, a simple 30-minute workout helps me rejuvenate. This new style of living has been remarkably beneficial to my daily mental state, moreover, I have shed a few pounds and become healthier than before.

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

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

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

38: 帮助你集中注意力的事物

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

Some instructions that you can follow:

What it is you do

Where and when you do this

Whether you always do the same thing

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

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

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

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

中文思路:

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

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

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

39: 别人询问你意见

Describe a time when someone asked you for your opinion.

Some instructions that you can follow:

Who asked you for your opinion?

Why this person wanted to know your opinion

What opinion you gave this person

And explain how you felt when this person asked for your opinion.

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

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

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

中文思路:

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

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

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

40: 完成的难事（新题）

Describe a time when you succeeded in doing something that was difficult.

Some instructions you can follow:

What you succeeded in doing

Why it was difficult to do

How much help you needed

And explain how you felt when you succeeded in doing this difficult thing

Last year, I found myself to be overweight, so I decided that I wanted to lose some weight. To be honest, this is a difficult goal for me to achieve, because I am the kind of person who easily becomes fat. I seldom do exercise, and enjoy all kinds of junk foods and high calorie bubble teas. It is quite tough for me to form healthy habits and lose weight.

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

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

I have to admit, the process of losing weight was so painful that I almost gave up several times. Thanks to all my friends' encouragement and support, I succeeded in the end. I was visibly thinner! And I became more attractive and self-confident. It made me feel like I am actually a person with great potential, and that as long as I work hard, I can accomplish many seemingly impossible things.

中文思路：

去年我做出了一个困难的决定，那就是我下定决心要减肥，因为我发现自己超重了。之所以说减肥很困难，原因是我是个特别容易变胖的人。我很少做运动，而且我喜欢吃垃圾食品和喝高热量的奶茶。

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

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

我不得不说减肥实在是太痛苦了，好几次我都差点坚持不下来。幸亏有朋友的鼓励和支持，我最终成功地减肥了！我肉眼可见的变瘦了，变得更漂亮和更自信了。这让我相信自己是一个有潜力的人，只要我下定决心，就没有什么事情是我做不到的。

(单独话题)

41: 喜欢打扮的人 (新题)

Describe a person you know who enjoys dressing well.

Some instructions you can follow:

Who the person is

What job/studies the person does

What sort of clothes the person wears

And explain why you think this person enjoys dressing well.

Out of all my companions and acquaintances, my roommate Anna is the individual who has the greatest style and taste when it comes to dressing up. She is a beautiful and attractive girl, with a tall and lithe figure, and a fair complexion. She is always dressed impeccably. Due to this, she is extremely popular with boys.

Both of us are currently students. Acquaintances who don't know her too well all assume she majors in art due to her style. When in fact, her major is finance. While I am accustomed to dressing myself in simple T-shirts and a casual pair of jeans when I go out, she is always found sporting her delicate dress and accessorizing herself with an attractive single-shoulder bag. It goes without saying, she also puts on leisure wear for casual occasions. It is clear that each of her outfits is carefully curated, so all the items in a particular outfit look perfectly harmonious in terms of style and color. I have often envisaged her as a successful fashion blogger, and perhaps if that was the case, I would turn into one of her fans!

As Anna's roommate, we are with each other every day. It's clearly evident that she takes more care of her appearance than anyone I am acquainted with. When she has an important date, she spends an hour considering and selecting the perfect clothes to wear. Occasionally she even asks for my advice and for a second opinion on outfit options. After this, she then spends a further hour applying makeup. Therefore, she must begin her preparation immediately after lunch if she has a date in the afternoon. I think it is very common for a girl to take care in her appearance and to enjoy dressing up. Of course, I would still prefer it if she wasn't late every time I make an appointment with her for dinner.

中文思路:

在我的所有朋友中，最懂得打扮的就是我的舍友 anna 了。她是个很漂亮的女孩，拥有高挑的身材和白皙的皮肤。除此之外，她总是穿着非常得体。因此她非常受异性的欢迎。

她和我一样都是学生，不认识她的人大多数都会觉得她是艺术类的学生。然而她的专业是金融学。当我习惯于穿着 T 恤和牛仔裤出门的时候，她总是穿着精致的连衣裙，背着好看的单肩包。当然如果是一些比较随意的场合，她也会选择穿休闲装。显然，她的每一套衣服都是经过精心搭配的。因此不管从款式还是色彩，看起来都非常和谐。我经常觉得她以后可以当一个时尚博主，我说不定会成为她的粉丝。

作为 anna 的舍友，每天我们都会见面。她显然比我认识的其他人更在意外貌。每当有重要的约会，她会花上一个小时来选择今天要穿的衣服。有时还会征求我的意见。选好衣服之后她还会用一个小时来化妆。因此如果是下午的约会，她吃完午饭就会开始准备了。我认为一个女孩子喜欢打扮是一件很正常的事情。当然如果下次我约她吃饭的时候，他能不要迟到就更好了。

42: 校外学习的某种重要东西（新题）

Describe something important that you learned, not in school or college.

Some instructions you can follow:

What you learned

How you learned it

How easy/difficult it was to learn

And explain why learning this was important to you.

Last summer vacation, I fortunately passed my driving test and received a driving license, but I was not yet able to drive on the road alone. I believe that it is not whether a person has received his license that means he can drive safely, but whether he has accrued enough driving skills and experience to drive safely in the city or on the highway. So, I called my dad to help improve my skill at driving.

My dad drove me to a suburban area where the roads were very broad and with almost no other cars. Under the guidance of my dad, I practiced turning, braking, passing traffic lights and so forth. In the beginning, I was not yet very proficient in driving. I always turned the steering wheel unconsciously so that the car would not travel in a straight line. I think it's a very difficult skill to master. After a week of training, I was gradually becoming more self-confident. Although I drove slowly and got nervous, I succeeded in driving safely without any accident.

Driving is a difficult but useful skill. When I become an experienced driver, I want to go on a road trip with my classmates. In fact, I don't really mind where we go because driving in a car will offer us a private space to chat, to exchange gossip, and to listen to music as loud as we want. Most importantly, we can stop the car at any moment, and in any place, so as to never miss any beautiful scenery along the road.

中文思路:

去年暑假，我很幸运的通过了驾驶考试，拿到了驾驶证。但是我依然不敢真正的独自一人开车上路。在我看来，一个人取得了驾照，并不代表他会开车。这取决于他是否掌握了足够的开车技巧以及经验，能在城市或者高速公路上安全地驾驶。所以我就叫上我爸爸来指导我如何开车。

爸爸开车带我到了一个郊区的地方，这里道路很宽，而且几乎没有其他车往来。于是我们就在路上不断地练习转弯，刹车，通过红绿灯等等。一开始我还是不太熟练，总会不自觉的转方向盘，以至于不能走直线。我认为这是一项非常难以掌握的技能。经过了长达一周的训练，我才逐渐不那么紧张了。虽然独自开车的时候，我心里还是有点慌，开得非常慢，但总算是安全驾驶，没有出任何事故。

开车是一项困难但非常有用的技能。在我学会了开车后，我想跟我的同学一起去自驾游。其实我不太在乎去哪，只要是自驾的就行。自驾游可以联络我们之间的感情，几个人在一个空间里，一路上说说笑笑，可以无所顾忌。

43: 忘记约定的时刻（新题）

Describe a time when you forgot an appointment (e.g. a doctor's appointment or meeting a friend).

Some instructions you can follow:

When and where the appointment was

Why you forgot the appointment

What happened after you forgot the appointment

And explain how you felt about forgetting the appointment.

Not too long ago, I overlooked something important and made a **calamitous** (灾难性的) mistake, but fortunately I gained wisdom and experience from it. The mistake occurred shortly after I had commenced a new job. I am employed as a part-time tutor for junior high school students in my spare time while I'm at university. I had made **ample preparations** (充足的准备) to ensure I would perform an excellent job as a tutor, I was eager to leave a good impression on both students and parents.

Although I **attributed significant importance** (非常重视) to this part-time job, I unexpectedly **muddled and misremembered** (搞混和忘记了) the date of the part-time job! When that morning arrived, just as I was sleeping like a dog, my roommate shook me awake and informed me today was the **initial** (最初的) day of my part-time job. I immediately **sobered up** (清醒了), snatched my bag and exited the house.

From the moment I departed my dormitory, I was **running behind the clock** (迟了). Since I was **in such a haste**, I ended up entering the completely wrong subway! I felt incredibly foolish and was quite dismayed when I realized I would have to exit the carriage and find a subway going the opposite direction. By the time I reached the student's home, I was very **tardy** (迟到)! However, it taught me a very valuable lesson about being punctual. From then on, I would confirm what activities I was engaged to do the following day before sleeping and never depart in a rush so that I would never make such a **horrendous** (可怕的) mistake again.

中文思路:

不久前，我犯了一个灾难性的错误，我忘记了一件重要的事。但幸运的是，我从中吸取了教训。

这个错误发生在我开始一份新工作后不久。在大学期间，我利用课余时间给初中生做兼职家教。为了做好这份家教工作我看了很多书，我希望能给学生和家长都留下一个好印象。这对我来说很重要。

虽然我很重视这份兼职，但是我竟然糊涂地记错了兼职上课的时间！那天早上，正当我睡得迷迷糊糊的时候，我的室友把我摇醒。告诉我今天是我兼职的第一天，赶紧起床出发了！我立刻就清醒过来，随便收拾了一下就出门了。

从我离开家的那一刻起，我就已经来不及了。因为太匆忙了，我最终乘坐了完全错误的地铁！我觉得自己非常愚蠢，当我意识到我必须离开车厢去找另一个方向的地铁时，我感到非常沮丧。当我到达的时候，我已经很晚了！然而，它给了我一个关于不要迟到的重要教训。从那以后，我每天睡前都会确认我第二天需要做的事情，从不匆忙出门，这样我就不会再犯这样可怕的错误了。

44: 户外看到塑料污染的时刻（新题）

Describe a time when you saw a lot of plastic waste in a natural environment (e.g. a park, a beach, a river).

Some instructions you can follow:

When and where you saw this plastic waste

How you think this plastic waste got there

Why you noticed it

And explain how you felt about seeing plastic waste in this natural environment.

I was quite dismayed recently when my family and I took a vacation to Xiamen. In one sense, the trip to Xiamen was brilliant and I had a thrilling time in this fantastic city. However, there was an aspect to Xiamen that was a consistent disappointment and upset me greatly.

I went to Xiamen when I was a child. The public beaches in Xiamen were very beautiful, the water was crystal clear, and the sand was very clean. But when I went to Xiamen last year on this vacation, I found that the beach was badly polluted. The water quality was poor and murky, in fact, my family were concerned about the safety of swimming in the water.

There were lots of plastic bottles and garbage bags floating in the sea and littered on the beach. I believe most of the rubbish is littered by tourists. I found this incredibly upsetting. I think it is sad that there are many people who are inherently selfish and do not care about the impact of their actions. I wish I lived in a world where people were more conscious of their ecological impact and took greater efforts to reduce the damage we cause to the planet. Xiamen is a beautiful city, with wonderful people, however, it would be far more beautiful without all the pollution on the beaches. Maybe in the future, people will take more care not to litter and cause pollution.

中文思路：

最近我和家人去厦门度假，我很沮丧。从某种意义上说，厦门之旅是精彩的，我在这座神奇的城市度过了一段激动人心的时光。然而，厦门也有一个方面，让我一直对它感到失望，让我非常沮丧。

小时候我去了厦门。厦门的公共海滩很漂亮，水很清澈，沙子也很干净。但是当我去年这个假期去厦门的时候，我发现海滩被严重污染了。水质很差，浑浊，事实上，我的家人担心在水里游泳的安全。

有很多塑料瓶和垃圾袋漂浮在大海和海滩上。我相信绝大部分的垃圾都是游客随手乱扔的。这非常令人沮丧。我认为这是可悲的，有许多人天生自私，不关心他们的行为的影响。我希望我生活在这样一个世界，人们更加注意到他们对生态的影响，并采取更大的努力来减少我们对地球造成的破坏。厦门是一个美丽的城市，有很棒的人，然而，如果没有海滩上所有的污染，它会更美丽。也许在未来，人们会更加注意不乱扔垃圾，不造成污染。

45: 朋友的家（新题）

Describe the home of somebody who you know well.

Some instructions you can follow:

Whose home this is

How often you go there

What this home looks like

And explain how you feel about this person's home.

When I consider this topic, my aunt's house immediately comes to mind. Since we have a deep and close relationship, my parents and I visit my aunt on an almost monthly basis.

My aunt has just given birth to her second infant earlier this year and since that momentous event her house has radically transformed and taken on a brand-new look, which has been very affecting. It is a large abode with four rooms, and it used to have a clean and spacious appearance. However, recently the living room looks immensely cramped with baby products sprawling over every surface. My aunt has not only purchased new and cumbersome furniture for the baby but has also discarded the tea table to free up space to set up a fenced and padded area for the baby to play in. Moreover, she has transformed the guest room into a storeroom and crammed it to the brim with strollers of different sizes and a mountain of packages and diapers.

On top of all of this, the house is a never-ending barrage of baby cries almost every half hour which fills me with anxiety and stresses me out. To be quite frank, I preferred my aunt's house the way it was before. Nowadays, it is simply too disordered and untidy for my taste. At my age, it is just beyond me how drastic a change a child can introduce to a family and their house.

中文思路:

谈到这个话题，我第一个想起我姑姑的家。因为我们是很要好的亲戚，几乎每个月我的父母都会带我去姑姑家做客。

之所以我对姑姑家印象深刻，是因为姑姑今年刚生了二胎，她们家自从有了小宝宝，一切都变得不一样了。姑姑家面积很大，有足足四个房间。之前她家非常宽敞和整洁。但是最近一段时间，她的客厅显得有些杂乱，到处都堆满了婴儿用品。她不仅为宝宝添置了一些新的家具，姑姑甚至把客厅的茶几丢掉了，换成了婴儿围栏和软垫，方便小宝宝玩耍。除此之外，客房也已经变成了储物间。里面放着几台不同尺寸的婴儿推车，还有堆积如山的快递和尿布。

不仅如此，她家几乎每过半小时就会传来婴儿的哭声，哭声会让我变得非常焦虑。事实上，我更喜欢姑姑家以前的样子。现在杂乱的样子让我难以接受。作为一个年轻人，我实在无法理解为什么生孩子会对一个人的家产生如此大的变化

46: 喜欢种植的人（新题）

Describe a person you know who enjoys growing plants (e.g. flowers, vegetables, fruit trees).

Some instructions you can follow:

How you know this person

What plants this person enjoys growing

Where this person grows plants

And explain why you think this person enjoys growing these plants.

I have a penchant for planting and growing my own flowers on our balcony. However, since I grew up in an urbanized area, I seldom encounter others who share my interest in gardening. My uncle, who is a farmer, is the one exception in my life. Since our family visits him almost every year during the Spring festival, I have known him for as long as I can remember.

My uncle's house and farm are located in a village. Due to its favourable geographic conditions for agriculture, almost every household in the village grows their own fruits, my uncle included. On his own plot of land, my uncle plants a wealth of fruit trees, including delicious apple and pear varieties.

My uncle is enthusiastic and impassioned about planting and gardening. Whenever I pay him a visit, he will treat me to freshly picked ripe fruits he has grown with his own hands. We have long discussions for hours on end about his techniques and processes, through which he grows apples of supreme quality. There is a discernable shine in his eyes when he discusses his trees and fruits. He speaks with the reverence of someone talking about a great treasure. Every fall, his yard is stacked with boxes and boxes of apples and pears, the bountiful harvest of a whole year's work. For my uncle, gardening is not simply a hobby, but his livelihood and the source of his family's income. The fruit trees are so important to my uncle it is as if they were his children. And I must admit the apples that my uncle grows are large and sweet and taste unquestionably superior to those you can purchase in a supermarket. It is plain to see how much hard work my uncle must have put in to produce apples of such fine quality.

中文思路:

我从小长在城市里，除了自己在阳台上养花以外，我很少能接触到喜欢种植的人。印象比较深刻的就是我的表舅舅。他是一个农民，几乎每到过年我的父母都会带我去他家里拜访。因此在我很小的时候就认识他了。

舅舅家所在的村因为地理环境适宜，几乎整个村都在种植果树。因此我舅舅也不例外。他在属于自己的土地上种植了大量果树。包括苹果树和梨树。

舅舅对种植充满了兴趣，每次我去到他家，他都会热情的送给我很多自己种的新鲜水果。然后滔滔不绝的讲述自己如何培养出了质量更好的苹果。谈到自家的果树，他总是像谈论到什么宝贝一样，眼里绽放着异样的光彩。每年秋天，他家的院子里都会堆满成箱的苹果和梨，这就是他们一整年的收获。舅舅喜欢种果树，不仅是因为兴趣，这也是他们全家的经济来源。对于我舅舅来说，这些果树就像他的孩子一样。不得不说，自己种的苹果真的又大又甜，比在超市里买的好吃太多了。他一定付出了很多心思，才能种出这么好的苹果。

47: 购物时发生的问题（新题）

Describe a problem you had when you bought something in a shop/store or online.

Some instructions you can follow:

What you bought

Where and when you bought it

What problem you had with it

And explain how you felt about having this problem.

I had a somewhat disagreeable online shopping experience this summer and it really infuriated me and tested my patience.

I purchased a bottle of sunscreen from Taobao because I had a visit to the seaside coming up just round the corner with a couple of my friends for our holiday. Prior to placing the order, I made a point of double checking the delivery date with the seller to ensure my purchase would arrive the day before I was to set off on my vacation.

Imagine my shock and disdain when I was examining the delivery status online and discovered that the seller would not hold up their promised delivery schedule. When I furiously challenged the seller on this point, I was informed that the product in question was temporarily out of stock. Despite the paltry apologies of the seller, I found it impossible to forgive them for making such an imbecile mistake. You must consider the gravity of the situation, with the blinding sun on the beach it was extremely likely I would get burned to a crisp without sunscreen. I was left with no alternative but to rush to a shopping mall and acquire an identical bottle of suncream as the brand I ordered online. And to make matters worse, it cost me double the amount of its online counterpart. I couldn't help but feel I had suffered a great wrong. The oversight and indolence of the online seller not only cost me an arm and a leg but also spoiled my mood. I left a poor review and made a complaint about the online merchant, but it did little to help my situation. The lesson I have learned is that while online shopping may offer competitive prices, unexpected problems may arise, such as delays in delivery and poor customer service. The next time I shop online, I will make sure to plan well ahead.

中文思路:

今年暑假，我在网上购物时发生了一件非常不愉快的事。这让我非常生气。

因为和朋友约好了要去海边度假，我在淘宝网购买了一只防晒霜。购买前我特意和卖家确认了发货时间，以确保我能在出发前一天收到它。

当我在查询物流的候，我惊讶的发现卖家并没有按照约定好的时间发货。我气愤的询问卖家为什么会这样。她告诉我仓库临时缺货了。虽然卖家向我道了歉，但我完全不能原谅这种低级错误。要知道沙滩上的太阳是很毒辣的，如果没有防晒霜，我的皮肤很有可能被晒伤。那一刻我别无选择，只能立即去商场购买了一只同品牌的防晒霜。更让我生气的是，商场的价格足足比网上贵了一倍。

我感觉自己蒙受了巨大的损失。因为卖家的疏忽，我不仅多花了好几百块钱，度假的心情也被破坏了。虽然我投诉了这家店铺，但并没有挽回什么损失。网购虽然便宜，但是很可能会出现各种意外。下次如果需要买什么，我一定得提早做打算。

48: 国内的名人想

Describe a well-known person in your country who is very popular.

Some instructions that you can follow:

Who this person is

What you know about this person

Why he/she is so popular

And explain how you feel about this person being so popular.

Li Jiaqi has a sea of fans and is currently the most popular anchorman in China. I am a great admirer of him as a person.

I have never met Li Jiaqi in person, and so all I know about him is the information I have learned on the internet. Before his rise to fame, he was an ordinary cosmetics salesman, but he left that job behind to become an influencer. Li Jiaqi usually endorses a range of excellent products in his live broadcast. After the introduction of the new and exciting products, he provides his viewers with purchasing links. Most importantly, the price he offers is very competitive and always undercuts the standard supermarket retail price, and he usually throws in some additional gifts.

The reason why I believe he rose to fame and immense popularity is that people can purchase the cosmetic products they require at a heavily discounted price through his live broadcasts. In contrast to this, makeup in the mall is far too expensive for the budgets of most citizens. Furthermore, Li Jiaqi is known to recommend products that are not only a fair price but also of excellent quality, this makes them perfectly suited for most of the populous.

He will analyze the ingredients of popular skincare products on social media and explain to fans which type of individuals are more suited to this style of product. My favourite aspect of his broadcast is his lipstick recommendations. Every lipstick he recommends is a super gorgeous color and has never let me down. In my opinion, Li Jiaqi is a very down to earth and hardworking individual. I have been elated to witness his growing popularity.

中文思路:

李佳琦拥有非常多的粉丝，是当下全中国最火的主播，我非常喜欢他。

我对他的了解仅限于网络上的新闻。他以前是一个普通的化妆品售货员，后来才转行成为一名主播。李佳琦在直播中通常会推荐很多好用的产品，经过一番介绍之后，他会提供产品的购买链接。最重要的是他给出价格是非常优惠的，通常还会有很多额外的赠品。

他之所以受欢迎，是因为通过他的直播间，粉丝们可以用更低的价格买到自己需要的产品。商场里的彩妆对大多数人来说太贵了。李佳琦经常会推荐一些平价又好用的产品，非常适合普通人。

我认为李佳琦是个非常真实且努力的人。看到他越来越受欢迎，我为他感到开心。他会在社交媒体上认真的分析当红护肤品的成分，并且解释这个产品适合什么样的人使用。除此之外，他还会推荐口红。他推荐的每一只颜色都超级好看，从来没有让我失望。

49: 宜居之地

Describe a place you have visited – not your home town – that you would recommend as a good place to live.

Some instructions that you can follow:

Where this place is

How well you know this place

What people can do in this place

And explain why you would recommend this place as a good place to live.

Shanghai is situated in China's most economically advanced region, the Yangtze River Delta region. It is not only rich in history but also abounds in modern architecture. In my heart, Shanghai shall always be an utterly incomparable city that is suitable for young people to live in.

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

Shanghai is renowned throughout the country for its robust and developed economy. In China, Shanghai has developed the epithet “magic city”, it has earned this title due to the cutting-edge fashion and modernization of the metropolis. There is a wealth of interest for young people to work in Shanghai because there are more opportunities and higher salaries there. Living in Shanghai, you can buy the most fashionable clothes and eat delicious snacks from all over the country.

Shanghai is not only a highly developed modern city but also a place of great interest. When one stands in Cheng Huang Temple, you can gaze upon the antique buildings and pavilions overhead. Yet also, when one looks far ahead from the same angle, the tall buildings in Lujiazui are clearly visible. Here, business and leisure also mix marvelously. Whilst you are surrounded by the hurried footsteps of white-collar workers, you may also witness an old couple walking by the Huangpu River. This magical collision makes the city full of charm and is the cause of my deep attraction to it.

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

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

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

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

50: 国内重要水域

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

Some instructions that you can follow:

Where in your country it is

How big it is

What it looks like

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

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

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

To be frank, the Yangtze River is not the easiest thing to describe, but I can tell that it differentiates itself from the Yellow River in that it runs through a relatively straightforward path from the Qinghai-Tibet Plateau to the Pacific Ocean. In contrast, the Yellow River, touted as the cradle of the Chinese civilization, meanders much more intensively.

Yangtze River also plays a decisive role in China. Hydropower stations have been built in many regions along the river to supply electricity to the surrounding areas and farther provinces alike, ensuring continued development. Furthermore, the Yangtze River also serves as a key tourist destination, as more and more people buy into the idea of appreciating the views of both riverbanks from the comfort of a ferry. This tourism industry in turn creates more job opportunities for the local residents. To get an idea of just how important the Yangtze River is to China, look no further than the back of the ten-yuan note, printed thereon is the Three Gorges of the Yangtze River.

中文思路:

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

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

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

长江在我国地位非常重要。现在我国在长江的多个区域都建设了水电站,为周围乃至更远的地方输送电力,为城市的发展提供充足的保障。另一方面,长江是我国重要的旅游景区。越来越多的人乘坐游轮欣赏长江两岸的美景。这也为当地居民提供了更多就业机会。我们每天使用的十元人民币,背后的图案正是著名的长江三峡,这也充分说明长江对我们国家的重要性。