

安小雅 雅思口语素材

第四套 Part2
(简单版串联)
适合上班族使用

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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) 代糖饮食

1-2: 近期改善生活的变动 & 保持健康的方法

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| Describe a change you made in your life recently that was positive. What the change was Why you decided to make this change Whether anyone helped you to make this change And explain why it was a positive change to make. | Describe something you do that you think is important for keeping fit and healthy. What you do How often you do it Who you do it with And explain why you think this activity is important for keeping fit and healthy. |
|---|---|

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

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

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

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

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

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

(二) 婚礼

3-4: 庆祝重要事件 & 忙碌的时刻

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

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

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

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

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

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

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

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

《忙碌的时刻》

At the end of last year, my best friend Anna finally married her boyfriend. We have a close relationship, so her wedding was an important event for me to celebrate. I wanted to give her a surprise, so I contacted some other friends to prepare a decent wedding room for her. Though we were very busy on that day, I still feel proud when I recall the happy moments now.

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

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

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

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

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

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

(三) 做蛋糕的邻居

5-6: 有趣的邻居 & 聊得来的朋友

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| Describe an interesting neighbor. Some instructions that you can follow: Who the neighbor How you met this neighbor How often you see this neighbor And explain why you find this neighbor interesting. | Describe a friend you enjoy talking with. Some instructions that you can follow: How you first met this friend What kind of person this friend is What you talk about with this friend And explain why you enjoy talking with this friend. |
|--|---|

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

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

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

中文思路:

最近我认识了一位有趣的邻居，她叫 anna，我们非常聊得来。

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

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

(四) 汽车

7-8: 节省时间的改变 & 改变世界的发明

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

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

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

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

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

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

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

《改变世界的发明》

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

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

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

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

中文思路：

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

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

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

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

(五) 移民

9-10: 别人询问你意见 & 被赞扬的时刻

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| Describe a time when someone asked you for your opinion. Some instructions that you can follow: Who asked you for your opinion? Why this person wanted to know your opinion What opinion you gave this person And explain how you felt when this person asked for your opinion. | Describe an occasion when somebody said something positive about some work that you did. Some instructions that you can follow: Who said something positive? What kind of work you did Why this person was positive about your work And explain how you felt when you heard this positive comment. |
|--|---|

《别人询问你意见》

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

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

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

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

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

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

《被赞扬的时刻》

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

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

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

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

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

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

(六) 茶叶

11-12: 帮助你集中注意力的事物 & 喜欢的传统物品

| | |
|---|--|
| Describe something that helps you to concentrate on work/study. Some instructions that you can follow: What it is you do Where and when you do this Whether you always do the same thing And explain how much this helps you to concentrate on work/study. | Describe a traditional product made in your country which you like. Some instructions that you can follow: What this product is When you first tried this product How this product is made And explain why you like this traditional product. |
|---|--|

《帮你集中注意力的事物》

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

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

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

中文思路:

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

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

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

《喜欢的传统物品》

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

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

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

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

中文思路：

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

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

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

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

(七) 禾木

13-14: 安静的地方 & 宜居之地

| | |
|--|---|
| Describe a quiet place where you like to spend time. Some instructions that you can follow: Where this quiet place is How you found this quiet place How often you spend time in this quiet place And explain why you like spending time in this quite place. | Describe a place you have visited not your home town you would recommend as a good place to live. Where this place is How well you know this place What people can do in this place And explain why you would recommend this place as a good place to live. |
|--|---|

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

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

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

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

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

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

去年 10 月的时候, 我和我男朋友趁着休年假的时间, 去了禾木旅游。这是我们第一次来到禾木。那是一个非常安静优美的边陲小镇。在来禾木之前, 我就在网上听说过这个美丽的地方, 因为它被称为东方的小瑞士。很多去过的朋友也跟我推荐它。

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

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

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

一路上, 我看到了草原, 木屋, 小河还有雪山。这是一个神奇的地方, 当我站在禾木的木屋前, 我抬头可以看见远处连绵的雪山, 平视可以看到星星点点的木屋和野马。走到禾木公园, 我可以进行一次清幽

的森林漫步。最重要的是，因为这里人烟稀少，所以这里让人感到无比的宁静舒适，远离了城市的热闹与喧嚣。

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

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(八) 丢东西

15-16: 令你惊喜而又开心的事物 & 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. |
|--|---|

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

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

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

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

中文思路:

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

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

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

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

(九) 单独话题

17: 国内的名人

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

Some instructions that you can follow:

Who this person is

What you know about this person

Why he/she is so popular

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

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

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

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

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

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

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

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

李子柒能火遍全球并不令我意外。现在大部分年轻人都在一线城市工作，压力比较大，包括我。而李子柒的视频刚好给了我一些激励，在这些视频当中，她将乡间生活演绎得快活潇洒，这可是我一直以来的向往。

18: 帮助小孩

Describe a time when you helped child.

Some instructions that you can follow:

Who the child was

When and where you helped the child

How you helped the child

And explain how you felt about helping this child.

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

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

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

中文思路:

大约几个月前，我在小区里帮助了一个陌生的小孩。说起来这是一个很有趣的经历。

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

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

19: 经济实惠的外出

Describe a special day out which didn't cost very much.

Some instructions that you can follow:

Where and when you went

What you did

What the you spent money on

And explain why you enjoyed this special day out.

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

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

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

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

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

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

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

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

20: 交通拥堵的时刻

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

Some instructions that you can follow:

When and where the traffic jam happened

What you did while you were in the traffic jam

How you felt about having to spend time in the traffic jam

And explain what problems the delay caused you.

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

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

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

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

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

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

21: 用手机做重要的事

Describe a time when you used a phone to do something important.

Some instructions that you can follow:

When and where you used the phone

What you used the phone for

Why it was important to do this

And explain what happened as a result of using the phone.

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

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

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

中文思路:

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

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

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

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

22: 未来想一起工作的家人

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

Some instructions that you can follow:

Who this person is

Whether you have worked with this person before

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

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

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

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

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

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

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

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

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

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

23: 国内重要水域

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

Some instructions that you can follow:

Where in your country it is

How big it is

What it looks like

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

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

Actually, I have no idea about how big it is, but I do know that it is the second longest river in China. Unlike the Yangtze River, the Yellow River has a very zigzag shape. It runs through a relatively straightforward path from the Qinghai-Tibet Plateau to the Pacific Ocean in Shandong. There are a lot of sediments in the Yellow River. The water is so turbid that it looks earthy yellow.

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

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

中文思路:

黄河是中国的母亲河，可以说是我国历史上最重要的一条河流。我相信所有中国人都知道这一点。很小的时候我就学过关于黄河的歌曲。我并不清楚黄河具体有多大，我只知道黄河是中国第二长的河流。不同于长江，黄河的形状非常曲折。如果我没记错的话，它起源于我国著名的青藏高原，然后几乎流经我国一半以上的省份，最终在山东汇入海洋。黄河的水里有很多泥沙，水质非常混浊，因此看起来是土黄色的。

黄河之所以是我国最重要的河流之一，是因为我们中华文化就是在黄河边上起源的。可以这么说，没有黄河，中国也不会存在了。另外，黄河边上的人们用黄河水灌溉粮食，用于生活和工业。更重要的是，现在我国在黄河的多个区域都建设了水电站，为周围乃至更远的地方输送电力，为城市的发展提供充足的保障。

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

24: 困难的决定

Describe a difficult decision you made that had a very good result.

Some instructions that you can follow:

What the decision was

Why it was difficult to make the decision

What helped you to decide

And explain why the decision you made had such a good result.

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

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

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

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

去年，我做了一个困难的决定，但换个角度，我认为那是一项有积极意义的冒险。

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

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

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

25: 想参加的比赛

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

Some instructions that you can follow:

What the competition is

Where and when it happens

What you have to do to win the competition

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

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

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

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

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

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

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

(一) 福尔摩斯

26-27: 想再看一次的电影（新题）& 读过的有趣书籍或故事（新题）

| | |
|--|--|
| 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. | 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. |
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《想再看一次的电影》

I am a big fan of movies and love thrillers in particular. Every time I watch a fascinating movie, it feels like I'm following the main character on an adventure. Recently, I have wanted to watch Sherlock again which was introduced by my friends. In fact, I found it almost impossible to tear my eyes away from the screen! It was when I was in college that I watched it for the first time. This movie is full of intrigue and suspense.

Sherlock is a film adaptation of the Sherlock Holmes series of novels. Holmes and Watson are famous detectives who protect England from evil. Most importantly, they protect people from the criminal mastermind, Professor Moriarty. The battles of wit between Sherlock and Moriarty are very interesting, because both of them are geniuses.

I want to watch Sherlock again because it's my favourite British film. The director of this movie must be a genius because the criminal is never the person who you think it is going to be. Therefore, the conclusion is always a surprise.

我喜欢看电影，尤其喜欢看悬疑电影。每当我遇到精彩的电影，那种感觉就像我在跟着主角一起冒险。最近我很想再看一次《神探夏洛克》，这部电影是我的好朋友推荐给我的。我第一次看大约是刚上大学的时候，我和舍友一起在宿舍看的。这部电影里有许多有趣的单独的故事。这些故事充满了神秘和悬念，

《神探夏洛克》是由福尔摩斯系列小说改编的电影。福尔摩斯和华生是著名的侦探，他们保护英国免遭罪恶。最重要的是，它们保护人们免受超级恶棍 Moriarty 博士的伤害。夏洛克和莫里亚蒂之间的智慧之战非常有趣，因为他们都是天才。

我想再看一次《神探夏洛克》，因为它是我最喜欢的一部英国电影。这部电影的编剧一定是个天才。因为罪犯从来都不是你想象中的那个人，总有出人意料的结局出现。

《读过的有趣书籍》

I am a big fan of reading and love all kinds of novels. Every time I read a fascinate novel, it feels like I'm following the main character on an adventure. Recently, I bought a set of the Adventures of Sherlock Holmes, which was introduced by my friends. In fact, I found it almost impossible to put down! The book contains many separate and exciting stories. These stories are full of interesting and suspense which is why I found the book so hard to put down.

The Sherlock Holmes novels are actually a large collection of stories written by Sir Arthur Conan Doyle. Holmes and Watson are famous detectives who protect England from evil. Most importantly, they protect people from the super-villain, Dr Moriarti. The battles of wit between Sherlock and Moriarti are very interesting, because both of them are geniuses.

The Adventures of Sherlock Holmes is a series of books. I have just finished the first set, which took about a week. I am looking forward to reading the rest of the story.

I really like mystery novels and detective novels because I like to try and solve the mystery myself before I finish the book. I have bought many different types of detective novels since I was young, among which the best one is the Sherlock Holmes series. This is because the criminal is never the person who you think it is going to be. Therefore, the conclusion is always a surprise. So, I think that's the reason why the Sherlock Holmes stories are so interesting and popular.

中文翻译：

我喜欢读书，尤其喜欢看各类小说。每当我遇到精彩的小时，那种感觉就像我在跟着主角一起冒险。最近我买了一套《福尔摩斯合集》，这本书是我的好朋友推荐给我的。事实上，我发现这本书实在太好看了，简直停不下来。这本书里有许多有趣的独立的故事。这些故事充满了神秘和悬念，简直让人爱不释手。

福尔摩斯系列小说是阿瑟·柯南·道尔爵士创作的一套大型小说。福尔摩斯和华生是著名的侦探，他们保护英国免遭罪恶。最重要的是，它们保护人们免受超级恶棍 Moriarti 博士的伤害。夏洛克和莫里亚蒂之间的智慧之战非常有趣，因为他们都是天才。

福尔摩斯系列是一套丛书，我才刚刚看完第一部。大约用了一周的时间。我很期待接下来的故事。

我喜欢悬疑小说和侦探小说，因为我喜欢在看完之前尝试自己解谜。夏洛克·福尔摩斯的小说非常好，因为罪犯从来都不是你想象中的那个人，总有出人意料的结局出现。所以这就是福尔摩斯系列如此有趣的原因。

(二) 新东方直播

28-29: 喜欢的节目（新题）& 享受的一节英语课（新题）

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| 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 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. |
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《喜欢的节目》

Recently, I have gotten into an online live-streaming program. That is, an online shopping live stream program hosted by English training giant New Oriental. In my spare time, I stay home alone in the evening and watch the program on my phone.

Many years ago, TV shopping shows were just about TV hosts selling stuff. But in this program, senior English teachers act as the host and do live commerce. It's a new model of learning English while buying products.

I have never thought that a TV shopping show would be so much fun. In the program, these teachers are teaching English while being the hosts. They not only introduce products in English, but also write the relevant words on a blackboard to help explain. For example, the first time I watched the program, I learned some terms for steak, such as sirloin, rib eye, and filet.

And also, the teachers told us their childhood stories and life experiences in English. I feel as if I am taking free English classes. This program is so interesting, and I wish more people knew about it.

最近，我迷恋上一档网络直播节目，那就是由著名的教育机构新东方创办的网络购物直播。在我有空的时候，我会一个人呆在家里，在手机上看这个节目。

很多年前，电视购物节目只是电视台主持人在卖东西，而我喜欢的这一档节目则是由资深的英语老师直播带货。它开创了一个全新的模式，那就是边买东西还能边学英语。

我从没想过一个电视购物节目竟然如此的有趣。在节目里，这些英语老师们既充当了主持人的角色，同时也是一位英语老师。他们不仅用英语来介绍商品特征，同时还会把一些相关的英语词汇写在小黑板上进行讲解。比如，我第一次看这个节目，我就学会了几种牛排的说法，例如，西冷，肉眼和菲力。

于此同时，新东方的老师们还用英语给大家分享他们小时候的故事和生活中的体会。这让我觉得我简直是在免费上他们的英语课！要知道他们平时的课程可是很贵的！这档节目真的太有趣了，我希望有更多的人能知道它！

《享受的一节英语课》

Recently, I have gotten into an online live-streaming program. This program is the most interesting English class I have had recently. In my spare time, I stay home alone in the evening and watch the program on my phone.

Many years ago, TV shopping shows were just about TV hosts selling stuff. But in this program, senior English teachers act as the host and do live commerce. It's a new model of learning English while buying products.

In the program, these teachers are teaching English while being the hosts. They not only introduce products in English, but also write the relevant words on a blackboard to help explain. For example, the first time I attend this lesson, I learned some terms for steak, such as sirloin, rib eye, and filet.

And also, the teachers told us their childhood stories and life experiences in English. I feel as if I am taking free English classes. This special teaching method makes me feel that learning English is no longer boring.

中文思路：

最近，我迷恋上一档网络直播节目。这档节目是我最近上过的最有趣的英语课。在我有空的晚上，我会一个人呆在家里，在手机上看这个节目。

很多年前，电视购物节目只是电视台主持人在卖东西，而我喜欢的这一档节目则是由资深的英语老师直播带货。它开创了一个全新的模式，那就是边买东西还能边学英语。

在节目里，这些英语老师们既充当了主持人的角色，同时也是一位英语老师。他们不仅用英语来介绍商品特征，同时还会把一些相关的英语词汇写在小黑板上进行讲解。比如，我第一次上课，我就学会了几种牛排的说法，例如，西冷，肉眼和菲力。

于此同时，新东方的老师们还用英语给大家分享他们小时候的故事和生活中的体会。这让我觉得我简直是在免费上他们的英语课！这种特殊的上课方式，让我觉得学英并不枯燥。

(三) 公司附近的运动场

30-31: 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. |
|---|--|

《受欢迎的运动场》

I like to play badminton at the stadium near my workplace in my spare time. It's the most popular sports place in the area. It's close to many office buildings, and badminton games held by industry associations at the end of each year are held there.

The stadium is very famous, and I learned about it from my colleague some time ago. Last week, I played badminton there. It is a large outdoor stadium with 10 or so badminton courts. I can always find partners to play me.

The stadium is the largest multi-purpose stadium in the neighborhood. Aside from my favorite badminton court, there are also basketball and track courts. There is even a small children's entertainment area at the edge of the stadium. People of all ages can find a place for their own activities here.

I have been to other badminton courts, but most of them are old and of poor quality. This court has good facilities and level surfaces. There is also a store next to it people can buy drinks from. It's an outdoor area, so you cannot play in bad weather, but all in all, many people enjoy playing badminton here.

每当我有空的时候，我都喜欢去我们公司附近的体育场打羽毛球。这个体育场是我们这个区域最受欢迎的运动场地。它不仅距离各个写字楼很近，每年年底行业协会举办的羽毛球比赛也会在这里进行。

我很早就从同事那里知道了这个体育场，因为它还挺有名气的。上周我刚刚去那里打过羽毛球。这是一个很大的户外体育场，里面有好多个羽毛球场，可能有十个以上。在那里我总能快速找到和我一起打羽毛球的伙伴。

这个体育场是附近最大的多功能的体育场。除了我最喜欢的羽毛球场。这里还有篮球场和田径场。在体育场的边上甚至有一个小型的儿童娱乐区。不论是什么年龄段的人都能够在这里找到适合自己的活动。我去过其他的一些羽毛球场，它们大多都又旧又破。而这个羽毛球场的设施维护的很好，地面平整。场地旁边还有一个很大的便利店，方便人们去买饮料。虽然这里是室外的受到天气条件的限制，但是总的来说，这里还是非常受欢迎的。

《去过的一个户外活动场所》

I like to play badminton at the stadium near my company in my spare time. It's the most popular sports place in the area. It's close to many office buildings, and badminton games held by industry associations at the end of each year are held there.

The stadium is very famous, and I learned about it from my colleague early on. Last week, I played badminton there. This is a large outdoor stadium with 10 or more badminton courts. I can always find partners to play me. I am a big fan of outdoor sports. As I am getting older, my back often hurts. Doing exercise can help relieve my pain. Besides, it also makes me look younger and more energetic.

I love playing badminton. It's a fun sport which is not too intense. And there is no risk of overworking or hurting myself. And also, I just need to find one partner to play badminton with. I have been to other badminton courts, but most of them are old and not good. This court has good facilities and level surfaces. There is also a store next to it, people can buy drinks there. It's an outdoor area, so you cannot come to play in bad weather. But all in all, it's fun to play badminton here.

每当我有空的时候，我都喜欢去我们公司附近的体育场打羽毛球。这个体育场是我们这个区域最受欢迎的运动场地。它不仅距离各个写字楼很近，每年年底行业协会举办的羽毛球比赛也会在这里进行。

我很早就从同事那里知道了这个体育场，因为它还挺有名气的。上周我刚刚去那里打过羽毛球。这是一个很大的户外体育场，里面有好多个羽毛球场，可能有十个以上。在那里我总能快速找到和我一起打羽毛球的伙伴。我是个喜欢户外运动的人。随着年龄的增长，我经常觉得腰酸背痛，运动能有效的缓解我身体的疼痛。除此之外还能让我看起来更加年轻和有活力。

我喜欢打羽毛球，因为这是一项有趣的运动，同时它对身体要求不高，没有过度劳累或伤害自己的风险。另外，羽毛球对人数的要求很低，我只需要寻找一个伙伴就够了。我去过其他的一些羽毛球场，它们大多都又旧又破。而这个羽毛球场的设施维护的很好，地面平整。场地旁边还有一个很大的便利店，方便人们去买饮料。虽然这里是室外的，经常受到天气条件的限制。但是总的来说。这里打羽毛球是很开心的。

（四）网购查不到物流

32-34：需要寻找信息的时刻（新题）& 决定等待的时刻（新题）& 购物时发生的问题（新题）

| | | |
|---|---|--|
| Describe a time when you had to find some information. 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. | 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. |
|---|---|--|

《需要寻找信息的时刻》

Recently, my company paid me a quarterly bonus, so I thought I'd get a new phone to treat myself. After comparing some options, I finally settled on the latest iPhone. So, I placed an order at Pinduoduo.com, because for the same product it offered the best price when compared to other retailers.

Never did I expect that I would not receive it even several days after shipping. I tried to reach out to the seller but never got any reply. Then I decided to search for the shipping information myself, only to find out that it had stopped at a transit station. So, I continue my search online for the contact information of that transit station. The staff there told me that the package seemed to be lost and that they were still trying to find it in the warehouse.

To be honest, I don't like searching for information at all, because it's very boring. But I had to in this case because the seller didn't solve the problem at all and Pinduoduo only gave some very official replies. If I want to receive my phone as soon as possible, I can only search for the relevant information by myself and communicate with the postal service. I believe it was totally a mistake to buy a phone at phone at Pinduoduo. Sure, it was indeed a bargain, but the after-sales service was so lousy that I will never buy anything there again.

不久前公司发了我的季度奖金，于是我想换一部新手机来慰劳下自己。经过了一段时间的比对，我最终决定买一款最新的 iPhone，于是我就在拼多多下单了。因为同样的产品，拼多多是最便宜的。

没想到在发货好几天后，我依旧没收到。我试图联系卖家，但卖家一直没回复我。于是我决定自己寻找快递信息。我查到我的快递停留在了一个中转站，于是我在网上继续搜索那家中转站的联系方式，那边的工作人员告诉我快递疑似丢失，他们还在仓库里面找。

说实话我一点也不喜欢搜索信息，因为这是一件非常枯燥乏味的事。但是拼多多的客服实在是太不负责任了，他们完全不解决问题，只会给出一些很官方的回复。如果我想快点收到我的手机，只能自己搜索相关信息，然后和快递沟通。我认为我在拼多多上买手机的决定是彻头彻尾的错误。虽说它的价格是便宜的，但售后服务实在是太差了，我再也不会上面买东西了。

《决定等待的时刻》

Well, my company paid me a quarterly bonus at that time, so I thought I'd get a new phone to treat myself. Finally, I settled on the latest iPhone after some comparison, so I placed an order at Pinduoduo.com. Because for the same product compared to other retailers it offered the best price.

Never did I expect that I would not receive it even after several days of shipping. I tried to reach out to the seller but never got any reply. I got so outraged that all I wanted to do at that moment was to get a refund. But then it came to me that the price might be the lowest one I could ever have. So, I decided to wait it out after some thinking.

The wait made me feel excruciating and I was worried about my phone every day. Then I decided to search for the shipping information myself, only to find out that it had stopped at a transit station. So, I continue my search online for the contact information of that transit station, and the staff there told me that the package seemed to be lost, while they were still trying to look for it in the warehouse.

Fortunately, after maybe three or four days, I received my phone to my surprise. Granted, the decision to wait was a good one, yet I believe it was totally a mistake to buy a phone at phone at Pinduoduo.

中文思路:

不久前公司发了我的季度奖金，于是我想换一部新手机来慰劳下自己。经过了一段时间的比对，我最终决定买一款最新的 iPhone，于是我就在拼多多下单了。因为同样的产品，拼多多是最便宜的。

没想到在发货好几天后，我依旧没收到。我试图联系卖家，但卖家一直没回复我。我非常生气，那一刻我只想申请退款。但我又想到，这家店的价格是我能找到的最低价。我思考了一阵，决定再等等看。

等待是令人煎熬的，我每天都在担心我的手机。于是我决定自己寻找快递信息。我查到我的快递停留在了一个中转站，于是我在网上继续搜索那家中转站的联系方式，那边的工作人员告诉我快递疑似丢失，他们还在仓库里面找。

庆幸的是，大概过了三四天，我竟然收到了我的手机。虽说我决定等待的决定是对的，但我认为我在拼多多上买手机的决定是彻头彻尾的错误。虽说它的价格是便宜的，但售后服务实在是太差了，我再也不会上面买东西了。

《购物时发生的问题》

Well, I had a terrible shopping experience not too long ago. My company paid me a quarterly bonus at that time, so I thought I'd get a new phone to treat myself. Finally, I settled on the latest iPhone after some comparison, so I placed an order at Pinduoduo.com. Because for the same product compared to other retailers it offered the best price.

Never did I expect that I would not receive it even after several days of shipping. I tried to reach out to the seller but never got any reply. Then I decided to search for the shipping information myself, only to find out that it had stopped at a transit station. So, I continue my search online for the contact information of that transit station, and the staff there told me that the package seemed to be lost, while they were still trying to look for it in the warehouse.

I got so outraged that all I wanted to do at that moment was to get a refund. But then it came to me that the price might be the lowest one I could ever have. So, I decided to wait it out after some thinking. Fortunately, after maybe three or four days, I received my phone to my surprise. Granted, the decision to wait was a good one, yet I believe it was totally a mistake to buy a phone at Pinduoduo.

Sure, it was indeed a bargain, but the after-sales service was so lousy that I will never buy anything there again.

中文思路：不久前我经历了一次糟心的购物体验。那时候公司发了我的季度奖金，于是我想换一部新手机来慰劳下自己。经过了一段时间的比对，我最终决定买一款最新的 iPhone，于是我就在拼多多下单了。因为同样的产品，拼多多是最便宜的。

没想到在发货好几天后，我依旧没收到。我试图联系卖家，但卖家一直没回复我。于是我决定自己寻找快递信息。我查到我的快递停留在了一个中转站，于是我在网上继续搜索那家中转站的联系方式，那边的工作人员告诉我快递疑似丢失，他们还在仓库里面找。

我非常生气，那一刻我只想申请退款。但我又想到，这家店的价格是我能找到的最低价。我思考了一阵，决定再等等看。庆幸的是，大概过了三四天，我竟然收到了我的手机。虽说我决定等待的决定是对的，但我认为我在拼多多上买手机的决定是彻头彻尾的错误。虽说它的价格是便宜的，但售后服务实在是太差了，我再也不会上面买东西了。

(五) 接待外国客户

35-36: 与其他文化的人共度时光（新题）& 完成的难事（新题）

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

《与其他文化的人共度时光》

I can still recall the day not so long ago when an American client visited our company. The client's name was Mike. He was an all-American middle-aged man who spoke English as well as the American films.

The task of receiving him was assigned to me by my boss. To be honest, though I had been practicing English recently, my level of fluency was still limited to some simple dialogues like shopping and getting directions when traveling abroad. Since no mistakes were allowed on such formal occasions, I felt quite nervous.

On that day, Mr. Mike arrived to our company on time. All I could do was take the client to the conference room and ask him to have a seat, and then in my broken English, I briefed him about the general situation of our company. To my great relief, (maybe he noticed my nervousness) he didn't even ask me any questions about the business! Just some simple inquiries about places to eat nearby.

Chatting with foreigners, actually, is not as difficult as it seems because they are friendly. With some basic English and maybe a few gestures, you can clearly express yourself. I really enjoyed this experience. Compared to some annoyed Chinese clients, it made me feel at ease and happy to chat with Mike.

我还记得不久前的一天，我们公司来了一个美国客户。这位客户叫 Mike，是一个纯正的美国中年男人，英语说的就像教科书里面一样好。

领导将接待他的任务分配给了我。说实话，虽然我最近一直在学英语，但是我还没有在正式场合接待过外国人。我的英语能力仅限于出国旅游时的一些简单对话，比如买东西和问路。而正式场合则不允许出错，所以我还是非常紧张的。

那天下午，mike 如约来到了我们公司。我只能硬着头皮把他带到会议室坐下，然后用我蹩脚的英语向他介绍了我们公司的大致情况。令我感到欣慰的是，他似乎看出了我的紧张，因此他没有问我业务上的问题！只是简单地问了一下附近有什么吃饭的地方。

现在回想起来，其实跟外国人聊天并不是一件可怕的事情。他们真的非常友好和宽容。一些蹩脚的英语，再加上一些手势就足以让他们理解你想要表达的意思。比起一些挑剔的中国客户，和 mike 相处让我感到轻松和愉快。

《完成的难事》

I can still recall the day not so long ago when an American client visited our company. The task of receiving him was assigned to me by the manager, and fortunately, I succeeded in this tough job.

To be honest, though I have been practicing English recently, my level of fluency is still limited to some simple dialogues like shopping and getting directions when traveling abroad. Since no mistakes were allowed on such formal occasions, I felt quite nervous.

I was going to ask a colleague who speaks good English to join me in this task that day. However, I realized that everyone had their own work to do, and no one would be able to do me a favor. All I could do was take the client to the conference room and ask him to have a seat, and then in my broken English, I briefed him about the general situation of our company. To my great relief, he didn't even ask me any questions about the business! Just some simple inquiries about places to eat nearby. It was probably for only about ten minutes that I talked to him before my manager showed up. And then their formal meeting started.

Chatting with foreigners, actually, is not as difficult as it seems. With some basic English and maybe a few gestures, you can clearly express yourself. I really enjoyed this experience. Not only was it fun, but also it made me feel confident in my English learning ability.

中文思路：

我还记得不久前的一天，我们公司来了一个美国客户。领导将接待他们的任务分配给了我，幸运的是我成功的完成了这个困难的任务。

说实话，虽然我最近一直在学英语，但我的英语能力仅限于出国旅游时的一些简单对话，比如买东西和问路。而正式场合则不允许出错，所以我还是非常紧张的。

那天，我原本想找个英语好的同事和我一起完成这个任务。但是我发现每个人都有自己的工作，没有人可以帮助我。我只能硬着头皮把他带到会议室坐下，然后用我蹩脚的英语向他介绍了我们公司的大致情况。令我感到欣慰的是，他们没有问我业务上的问题！只是简单地问了一下附近有什么吃饭的地方。我大概只跟他聊了十几分钟，我的领导就过来了。然后他们就开始了正式的会议。

其实跟外国人聊天并没有想象中困难。一些简单的英语，再加上一些手势就足以让他们理解你想要表达的意思。我非常享受这段经历，它不仅有趣，而且还给了我学好英语的信心。

(单独话题)

37: 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.

Anna was the first person I got to know since joining the company and she also happens to be my direct manager. As far as I can remember, she is always properly dressed.

Anna and I work in work in financial securities. Anna spends most of her time processing data which means she does not deal with clients face to face. Still, she wears professional attire every day and keeps her hair perfectly combed all the time.

Anna is the undisputed queen of professional dressing in our department. I used to equate professional clothing with a white blouse, pants and a pair of black high heels, the kind of look that tended to make people mistake me for a real estate agent. But seeing the way Anna dresses, I know I couldn't have been more wrong. Outdated ladies' suits are never her choices. Instead, she prefers stylish, solid-color blouses and dark skirts. In fall and winter, she will also put on a silk scarf or wool shawl. Every article of Anna's clothing is exquisite and chic.

I believe Anna has taken such great care in dressing for work out of professional necessity because no one likes to be colleagues with a scruffy person. If she shows up for work one day in a T-shirt and jeans, her subordinates would consider it unprofessional. By dressing well, Anna is conveying to others her attitude towards life and work, and that is to be conscientious, be rational and be serious.

中文思路:

Anna 是我在公司入职后第一个认识的人，同时也是我的直属领导。在我的印象中，她的穿着总是非常得体。

我和 anna 都从事证券相关的工作。大多数时间，她都在后台处理数据，不会直接面对客户，但她依然每天都穿着非常正式的职业装，头发看起来也没有一丝凌乱。

Anna 是我们部门公认的最会打扮的人。一开始我对职业装的理解就是白衬衣搭配西裤，再穿上一对黑色高跟鞋。但这样子总让人觉得我是房产中介。然而 anna 颠覆了我的观点。她从来不穿那种过时的女士西服，她喜欢有设计感的纯色衬衣，搭配深色的裙子。如果到了秋冬季节，他还会搭配丝巾或者羊毛披肩。她的每一件衣服都很精致且有设计感。

我认为 anna 之所以花了很多心思在穿衣打扮上，是因为职业的需要。没有人喜欢和一个邋遢的人成为同事。如果有一天 anna 穿着 T 恤和牛仔裤来上班，那他的属下都会认为她很不专业。他用精致的服饰向其他人传达了她的生活态度和工作态度。那就是认真和理性。不论是对工作，还是生活，她都会严谨的对待。

38: 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 long ago, I was confined at home for two weeks because of the pandemic. While working remotely during this period, I caused myself quite a big problem by forgetting about an important video conference.

The conference on the Tencent Meeting platform was scheduled for a Wednesday morning. But since I had worked late and gone to bed without even washing up the night before, the video call had completely slipped my mind. The next morning, I was woken up by a call from a colleague who kindly reminded me that it was already past the meeting's scheduled start time and that the managers were getting impatient waiting for me to get online. My mind went blank for a moment. I then jumped out of bed and logged in to the conference only to find myself disheveled and still in pajamas. In fact, since working from home my work-life balance had been thrown out of whack and I had been feeling a bit overwhelmed. Staying at home all the time was also not conducive to my mental health. I regretted the incident so much that I was feeling down the entire day. I was afraid I might have left a bad impression on the managers and made my colleague think of me as unreliable.

中文思路:

不久前，因为疫情的原因，我被迫居家办公了两周。就在这期间，我忘记了一次重要的视频会议，这给我带来了不小的麻烦。

那是原定于周三早上在腾讯会议 app 上进行的一场视频会议。因为前一天晚上加班到很晚，工作结束后我甚至没有洗脸就睡觉了。完全忘记了原本约定好的会议。第二天早上，当我还在睡梦中的时候，我被同事的电话铃声吵醒了，她好心的提醒我会议已经开始了，而我还没有上线。领导们等待的很不耐烦。我的大脑空白了片刻，我立刻从床上弹起来打开电脑。尴尬的是视频中只有我头发凌乱，还穿着睡衣。

事实上，居家办公以后，我的工作和生活完全搅在了一起。这搞得我有些手忙脚乱。每天待在家里，导致我整个人精神状态不佳。这件事让我非常后悔，事实上后来的一整天我的情绪都非常低落。我想我可能给领导留下了非常不好的印象。同事们也会觉得我是个不靠谱的人。

39: 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.

Lately, the riverside park near our house has been hosting night fairs every weekend. Except for a few stalls that sell handicrafts, most are there selling drinks and snacks, from lemon tea to hamburgers to barbecued food. The park is bursting at the seams during the events as they are very popular among young people.

As the night fairs have become an internet sensation, I went to one of them last weekend. While I was looking for a place to throw away some garbage, I was surprised to find that all the trash cans were filled to the brim with plastic cups and bowls. There was even garbage scattered on the grass next to the trash cans. The mixture of plastic waste and food residues was a real eyesore. While the organizer had made many trash cans available, they were not nearly enough considering the traffic the event generated and the waste it produced in a single night. If the garbage was not cleaned up in time, it would cause environmental pollution.

As a matter of fact, I am a very environmentally conscious person and it pained me to see plastic waste dumped on the lawn. The night fairs were meant to boost the local economy but have ended up taking a huge environmental toll on the park. I think the organizer must take responsibility and not allow the issue to go on by actively seeking solutions to it.

中文思路:

最近，我们家附近的江边公园里，每到周末都会举办大型的夜市。夜市除了少数摊位售卖手工艺品，大部分摊位都售卖各种小吃。比如柠檬茶，汉堡，烧烤等等。这个夜市在年轻人中非常受欢迎，每次举办的时候都人山人海。

上周末我也去了这个网红夜市，在我到处寻找垃圾桶的时候，我惊讶的发现这里所有的垃圾桶都被塑料杯子和碗堆满了。由于垃圾桶已经塞不下了，很多垃圾被直接丢在垃圾桶旁边的草地上，塑料垃圾混合着一些食物残渣，看起来非常碍眼。虽然主办方提供了很多垃圾桶。然而这里的游客太多，大量的小吃摊位一晚上就会产生大量的塑料垃圾。这些垃圾没有被及时清理，就会造成环境污染。

事实上，我是个很注重环保的人。看到塑料垃圾被随意丢弃在草坪上，我感到非常痛心。夜市的本意是为了活跃经济，但是却给公园的环境带来的巨大的负担。我想主办方应该对此负责，他们应该积极寻找解决办法，而不是任由自然环境被破坏。

40: 印象深刻的童年朋友（新题）

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.

Speaking of the person who impressed me most during my childhood, it has to be my desk mate Anna. I am very lucky to have met such a lovely desk mate.

Anna was the most beautiful girl in our school. She had white skin and big eyes, as if she was a porcelain doll. I found her beautiful from the first time I set eyes on her. Her desk mate was always envied by all the boys in the class. Every year our teacher would re-arrange the seating plan, and I became her desk mate in grade six.

People usually think that good-looking girls are likely to be arrogant, but Anna was really quite easy to get along with. Although she was not so good at her studies, she was very cheerful and liked to laugh. We also shared a hobby; the game of Mole World. To be honest about how I felt about her, I have to admit that I wanted to be as beautiful as she was.

What impressed me most about Anna was, of course, her beauty. I don't know how beautiful she is now, but she was really pretty when she was a kid. At that time, I thought she had the potential to be a movie star. Not only that, but she had a gift for dancing, and always attracted people's attention when there was a school play. Perhaps I was unconsciously a little attracted to Anna. Being good-looking is really an enviable trait after all.

中文思路:

谈到童年印象最深的人，那一定是我的同桌 anna 了。我不知用了多少运气才遇到这么可爱的同桌。

Anna 是我们全校最漂亮的女生，雪白的皮肤，大大的眼睛，长的就像芭比娃娃一样好看，从开学的第一天我就注意到她了。安娜的同桌总遭到全班所有男生的妒忌。每年开学班主任都会重新排座位，就这么奇妙的，六年级的时候，我成为了那个幸运儿。

通常大家都认为长的好看的女生大概率会很高傲，但 anna 还是很好相处的。她虽然成绩一般般，但是很开朗，很喜欢笑。我们还有个共同的爱好，就是打摩尔庄园。那时候我们常常一起打游戏。我对她的感觉，就是喜欢，更多的是羡慕，如果我也能长那么好看就好了。

Anna 留给我最深刻的印象当然是漂亮。虽然我不知道她现在是什么样子，但是她小时候真的很好看。我一度觉得她会成为明星。不仅如此她还会舞蹈，每当学校有演出她总是最吸引目光的那个。虽然我是个女孩子，都会不自觉的被 anna 吸引，长的好看真的个让人羡慕的特质。

41: 美丽的物品（新题）

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.

I received a diamond ring from my boyfriend for my birthday last year, which came as a real pleasant surprise. It was a beautiful ring. The moment I put it on, I understood why women love diamond rings so much: they sparkle.

The first time I laid my eyes on the ring was at a mall. My boyfriend and I were out shopping and when we stopped by a jewelry store, the ring immediately caught my eye. It was beautifully shaped with one diamond surrounded by a circle of smaller ones and it looked like a flower in full bloom. Under the light in the store, the diamonds sparkled in different colors from different angles and the presence of those smaller stones made the ring look big and shiny. I learned from the shop assistant that the ring would cost several thousand yuan. It was not as costly as I had imagined, but I thought about my financial circumstances and decided to leave without it.

I have been taking great care of my diamond ring and only wear it on important occasions. It is not only because it is pretty, but also because it is a symbol of the love from my boyfriend, who told me that he would buy me a bigger and more expensive diamond ring when he proposes to me. As a matter of fact, I am already looking forward to it. I guess women are born to be attracted to shiny objects.

中文思路:

去年生日的时候，我收到了男朋友送我的钻戒，这让我感到非常惊喜。这枚钻戒真的很美。带上钻戒的那一刻，我才开始理解为什么女人都喜欢钻石。因为它实在是太闪耀了。

我第一次见到这枚钻戒是在商场里，那天我和男朋友一起逛街。路过珠宝店的时候，我就被这枚钻戒吸引了。它的造型很精美，中间有一颗稍大一点的钻石，周围镶嵌了一圈小钻石。看起来就像一朵盛开的花。在店铺里灯光的照耀下，钻石从不同角度折射出各种颜色的光芒。因为周围那一圈小钻石的存在，整个钻戒看起来很大很闪。我问了下服务员价格，大概几千元。并没有我想象中那么贵，但我想了想自己的信用卡账单。最后还是离开了商场。

之后我一直小心的收藏着这枚钻戒，只有在一些重要场合才会拿出来带。不仅仅因为这枚钻戒很漂亮。更因为它代表了男朋友的心意。男朋友还告诉我，以后向我求婚的时候会买一枚更大更贵的钻戒。事实上，我已经开始期待了，女人天生对闪闪发光的东西没什么抵抗力。

42: 别人的家（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.

Anna is my best-connected colleague and we have lunch together almost every day. On weekends and holidays, she invites me over. I drop by about 1-2 times a month, and I know her home very well.

Since I got the job, I have been living with my parents in their home, the interior of which is plain and simple. However, the condo of Anna's, which is a two-storey loft and just a stone's throw from the company, is elegant. With the interior decoration designed by her, Anna has made the over 40 square meters loft a pleasant place to live in. On the first floor is the living room, and the bedroom and the bathroom are located on the second. Studded with various flowers and plants, the space is even more beautiful; the row of star-shaped lights hanging on the balcony is most eye-catching, which twinkles automatically according to the intensity of the daylight. It's incredibly dreamlike.

Besides, what I am fond of about her home is the Smart Home system. When Anna opens the door, the ceiling lamp in the living room is automatically switched on and the curtains automatically open. The TV and the air conditioner are speech controlled. I have to say that this modernized home is indeed my cup of tea. Every time I am here, chatting or watching a movie, I feel completely relaxed. This is the home of my dreams, and I will build my own in the near future.

中文思路:

Anna 是我关系最好的同事，我们几乎每天中午都会一起吃午饭。到了周末或者节假日，anna 经常邀请我去她家做客。我大概每个月都会去她家 1-2 次，因此我对她家非常熟悉。

工作以后，我一直和父母住在一起，因此我的家看起来非常普通。而 anna 在离公司不远的地方租了一个 loft，屋子里的一切都是她自己布置的。这间房子不大，只有 40 多平米。一楼是客厅，二楼是卧室和洗手间。为了让这个家看起来温馨一点，anna 买了很多花草放在屋里。最吸引我的就是她在阳台上挂了一排星星形状的灯，这些灯可以感应光的强弱，到了夜晚就会自动亮起来。看起来非常梦幻。

除此之外，我最喜欢的就是她家的全屋智能家电。当她打开房门，客厅的吊灯就会自动亮起，窗帘也会自动打开。房间里的电视和空调都是可以语音控制的。不得不说，我非常喜欢这样现代化的家，每次到她家和她一起聊天和看电影，都让我感到非常放松。anna 的家简直是我梦想中的房子，我希望未来我也能拥有一套这样的公寓。

43: 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.

I recently took a set of photos of my dog. I think every one of them looks great and of course I picked my favorite and set it as my phone's screensaver.

Last month, I took my dog to the park on a beautiful weekend and asked my boyfriend to join and help me. My boyfriend would play with the dog and I would be taking pictures. After a while, I realized my job was harder than I had thought because the pet couldn't understand my instructions. Instead of cooperating with me, he just ran around on the lawn to his heart's content. So, it took quite some time for me to get a picture that I was satisfied with. Then, the dog happened to be looking into the camera and I happened to have captured the moment. Thus was born a picture I was proud of. In the picture, the dog was smiling and running against the background of sunshine, blue skies and green grass that looked like a nice painting.

Since my dog is already ten years old, I had always wanted to have some formal photos taken of him to keep for later. I consulted some pet photo studios but their charges were exorbitant. That was why I had decided to take matters into my own hands. The reason I am so proud of the photo I am talking about is that I managed to record a beautiful moment of my dog at a low cost. To me, the picture could not have been better.

中文思路:

不久前，我给我们家的狗拍了一组写真照。我认为每一张都很好看，当然我还是挑了最喜欢的一张设置成了我的手机屏保。

上个月，我挑了一个天气很好的周末，带狗狗来到了公园。我还叫上了我的男朋友帮忙。他负责和小狗玩，而我负责拍照。我拍了一会儿才发现，宠物摄影之所以难，是因为小狗听不懂人话，无法配合摄影师拍照。它只会开心的在草坪上跑来跑去。过了非常长的一段时间后，我才拍出了让我满意的照片。那时候小狗的眼神刚好看向镜头，我也抓拍到了这个的瞬间。一张我引以为豪的照片就这样产生了。照片里小狗微笑着在草坪上奔跑，那天阳光很好，蓝色的天空加上绿色的草地，背景美的就像一幅油画。

我家的狗狗已经十岁了，一直以来，我都想给它拍一些正式的照片留作纪念。我咨询过一些宠物照相馆，他们的收费实在是太贵了。所以我决定自动手。我之所以为这张照片骄傲，是因为我用很低的成本，就记录下了关于狗狗的美好瞬间。而且在我眼里，这张照片的水平完全不输给专业的摄影师。

44: 与某人意见不合的时刻（新题）

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.

My memory was brought back to a Friday, which should have been beautiful, but turned out to be ruined by a disagreement with my boss. On that very day, I had finished all the work and was ready for a date with my boyfriend at a Michelin-starred restaurant.

Everything was going well before my phone rang over dinner. Unexpectedly, my boss called and asked me bluntly to go back to the office to work overtime and settle a business plan.

I was a little angry, as his attitude was hard to take. In addition, I was off work trying to maintain a balanced personal life with my boyfriend. Be that as it may, I minced my words, saying that I was heading home by high-speed train and that I was unlikely to return to the office. However, my boss went so far as to say he could send me an electronic version. I couldn't help saying that I couldn't work on weekends without the laptop, which happened to be not around. There was silence for a while and then he hung up.

When I got home afterward, I began to feel regretful. Behaving like that was definitely not smart at all. I grabbed the phone and made a call to my boss, saying that I could make time to settle the work the next day. That was a lesson for me. Never, ever turn your boss down without thought, even though he is going too far, or the opinions differ. Just suck it up.

中文思路:

我记得不久前，我跟我的上司有一次意见不合的经历。我清楚的记得那是一个美好的周五，我已经完成了所有工作，期待着下班后跟我的男朋友一起去一家米其林餐厅约会。

本来一切都很美好，可当我和男朋友正在吃饭的时候，我的上司给我打了个电话。在听到电话铃的时候我就感觉不妙。果不其然，他用很不客气的语气命令我回办公室完成一份商业计划书。

我当时非常生气。因为周五下班后的时间就是我的个人时间，而且我正在跟我男朋友进行一场美妙的约会。我委婉地说我回家的高铁上，没法完成。但我上司竟然说他可以发电子版给我。我实在没办法了，只能说我没带电脑周末无法工作。他沉默了片刻就把电话挂了。

晚上回到家后，我开始后悔了。如此对待自己的上司不是一个聪明人应该做的事。于是我立刻联系我的领导，告诉他明天我可以抽空完成工作。这对我来说是一次教训，以后最好不要直接拒绝上司的无理要求，即使我不同意他的观点，也只能尽量忍耐。

45: 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.

I received 88 yuan in Hong Bao (red envelopes containing cash as gifts or bonuses) from my boss during the Lunar New Year this year. Although the amount was small, it still made me very happy since 8 is a lucky number in China as it symbolizes money and wealth.

In our country, it is customary for employers to give employees Hong Bao on their first day of work after the Lunar New Year break and our boss follows that tradition. For businesses, giving staff Hong Bao is not only an expression of their new year wishes to everyone, but also a great way for them to build team cohesion.

To be honest, I would typically feel exhausted and overwhelmed on my first day at work after a long Lunar New Year holiday. That is because I would normally have been travelling around during the break and would have just returned to the city. Besides, it would take me some time to adjust to work after having been off for so long. Receiving Hong Bao at such a juncture would certainly buoy everyone's spirit.

I had a nice lunch and a cup of milk tea the day I received my Hong Bao and immediately felt less tired. I think the giving and receiving of Hong Bao at work is a necessary ritual and bosses who know better would always prepare Hong Bao for their staff because it would warm their hearts. Of course, it would make me even happier if my boss could be more generous by putting more money in my Hong Bao next year.

中文思路:

今年过年的时候，我收到了我的老板给我的红包。里面有 88 元。8 在中国是一个幸运的数字，象征着金钱和富有。虽然钱不多，但收到红包我还是非常开心的。

在中国，新年发开工红包是一种传统习俗。每年春节后第一天上班，老板都会给我们公司的每个人准备红包。这不仅表达了公司对每个人的新年祝福，同时也是增加集体凝聚力的一种方式。

说实话，漫长的新年假期，回到公司上班的我通常是疲惫的和茫然的。因为我在假期一直在旅行，才刚刚回到城市里。另外这么多天没上班了，我一时半会还不能适应上班的节奏。这时候我们老板给我们每人发个红包，这就让我们都提起精神来了。

收到钱的那天中午，我吃了一顿丰盛的午餐，还买了一杯奶茶。第一天上班的疲惫感也因此减轻了不少。我认为开工红包是非常必要的，聪明的老板都会为自己的员工准备红包。这是一种暖心的行为。当然，如果明年老板能够大方一点，给红包里多放一些钱，我会更加开心。

46: 分享某物的时刻（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.

One afternoon a few months ago, I ran into Anna, a colleague of mine, in front of our company building after work. It was raining heavily that day, but I didn't have an umbrella with me and was desperately trying to hail a cab from the curb. It seemed that she noticed my situation and came over, kindly offering to share her umbrella with me, as she happened to have one with her.

It was already dark at that time and more, and more people were leaving work. I figured it wouldn't be a good idea to keep waiting like that, so I thanked her nicely and decided to walk with her to the nearest subway station under her umbrella. It's always hard to get a taxi in CBD during rush hour, let alone on a rainy day, but her umbrella was so big that it could shelter the two of us perfectly.

Except for knowing each other's names, we previously barely had any interaction because we didn't work in the same department. So, I was so grateful for this unexpected kindness, and we both got more familiar with one another as a result. Indeed, it was an act of great generosity that Anna was willing to share her umbrella with me, and I have made a new friend out of this whole thing. If she should ever need a favor from me in the future, I shall certainly do whatever possible for her.

中文思路:

几个月前的一个下午，我下班后在公司门口遇到了我的同事 anna。那天的雨下的很大，我忘了带伞，正在路边着急地尝试拦下一台出租车。她应该是看出了我的困境，很热心的走过来问我是否需要分享一把伞，因为她刚好带了伞。

那时候天已经黑了，公司的人也越来越少，我觉得这么等下去也不是办法。于是我非常开心地向她道谢，决定跟她一起撑伞走到最近的地铁站。要知道上下班高峰期在 CBD 打车本身就是很困难的，况且今天还是下雨天。她的伞很大，完全可以遮住两个人。

我们两个并不在一个部门工作，除了知道对方的名字，几乎没什么交集。我对这份突如其来的帮助显得非常感激。经过这次事件后，我们两个也熟悉了不少。

Anna 愿意跟我分享一把雨伞，这是非常热心的行为。这件事让我收获了一个新朋友。在以后的工作中，一旦她有需要我帮忙的地方，我肯定会尽我所能地帮她。

47: 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.

There are so many famous spots in China, and Sanya is my favourite among them. I would like to recommend it to visitors.

Sanya is a tropical island with some of the finest beaches, clearest seas and best hotels in China. I often see videos about Sanya on Tik Tok.

The climate in Sanya is perfect, which is its most fascinating feature. The temperature there is above 30 degrees almost all year round. It is unusual because it is very cold in the north of our country during the winter, but in Sanya it stays sunny and beautiful. Visitors can do lots of fun activities. They can go for walks along the beach, eat at lovely restaurants, and even go diving since Sanya is famous for its diving.

Visitors are able to observe lots of beautiful fish and coral reefs close up, which is a very impressive sight. Atlantis Water World, a very famous water park, is also worth a try. It has many thrilling and interesting water games. From another perspective, Sanya has one very definite drawback. That is, there are so many tourists during the holidays that people have to wait in long lines wherever they go.

中文思路:

中国有非常多著名的景点，但我最喜欢的还是三亚。我想把它推荐给其他想要度假的游客。

三亚是一个热带岛屿，拥有全中国最细腻的沙滩，最清澈的大海和最棒的酒店。我经常在抖音上看到有关三亚的视频。

三亚最吸引人的就是他独特的气候，那里的温度几乎常年在 30 度以上。这对很多人来说是与众不同的。北方的冬天很冷，但三亚阳光明媚又美丽。在那里，游客们可以做很多有趣的活动。他们可以沿着海滩散步，在优美的海景餐厅吃饭，甚至可以去潜水，因为三亚以潜水而闻名。游客们可以近距离观察到美丽的鱼和珊瑚礁，这是非常令人印象深刻的。亚特兰蒂斯水世界也是不能错过的，那是一个非常出名的水上乐园。拥有众多惊险刺激的水上项目。要说三亚有什么缺点，那就是节假日游客太多，不论去哪里都需要排很久的队。

48: 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.

As important as they are, social skills are what I need to learn outside school. In fact, social skills encompass a lot, which, in my opinion, includes the ability to get along with people, to communicate with superiors and colleagues, and to have some self-discipline in our manners.

The school days are simple, excluding conflicts of interest or hierarchical relationships. Since I started working, I've found that there's still a lot more to learn outside school. For example, how should I greet my colleagues and superiors on my first workday? What tone should I use when reporting to the superiors? Socializing is difficult to learn without teachers. But all I need to do is observe and follow suit once I can tell what is proper.

Overall, socializing is complex and important as well, and nothing is optimum for it. One will certainly be annoying if he is incompetent socially. Worse still, he may not be recognized by his superiors. Therefore, it matters for the new hand, me included.

社交能力是我在校外学习的重要能力。其实这是一个广泛的概念，在我看来，社交能力包括了在社会上与人相处的能力，跟上司和同事沟通的能力和言谈举止的自我约束。

在学校上学的日子总是很单纯的，不会有利益冲突和上下级的关系。但自从我开始工作之后，我发现我需要学习的事情还很多。比如，我上班的第一天，遇到同事或者上司，我该如何打招呼。亦或者我应用何种语气跟上司汇报工作。学习社交是非常困难的一件事，这种事情没有人曾经教过我。我唯有观察周遭的同事是怎么做的，然后向他们学习。同时，我还需要甄别这些做法是否恰当。

总的来说，社交是一项非常复杂而且重要的能力，而且它并没有最优的答案。如果一个人不具备适当的社交能力，他不仅会被同事排斥，工作还可能不被上司认可。所以这项技能对于我这个职场新人来说真的是太重要了。

49: 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.

My boss, Anna, is a person who cares for plants. I've acquainted myself with her since my first workday. In our company, ordinary employees like me have no fixed office and must instead pick random positions in the public area. For Managers and those above, they have their own offices, and so does my superior, Anna. What interests me is that she has planted a lot of leafy plants in her office.

Plants in small pots standing upright and several flower stands are on her table. Flowers are blooming in a riot of colour. I cannot even name the flower types as a non-enthusiast.

Anna cleans and maintains the plants every day, and waters them occasionally with a watering can. I think she loves and enjoys growing plants. The other day I asked her how to develop a habit like her. For her, she said, cultivating plants in her spare time is a good way of coping with stress. When she is fatigued and distressed, tending the green plants can help her to relax a bit. Above all, these plants are very beautiful and pleasing to the eye.

我看得出来，我的上司 Anna 是一个喜欢种植物的人。从我入职的第一天起我就认识她了。在我们公司里，像我一样的普通员工是没有固定位置的，在公共区域内可以随便坐。但经理级别以上的人，都有自己固定的办公室。我的上司 Anna 就在她的办公室里种了很多绿植。

她的办公桌上放了几个架子，而架子上都摆满了各种植物。她种的都是小盆小盆的花。因为我不擅长植物，具体我也说不出来她养的是什么品种的植物。我记得有几盆是带颜色的花，有一些就是纯绿色的各种形态的植物。

Anna 每天都会摆弄她的植物，时不时会拿出喷壶给它们浇水。我觉得她是喜欢种植的，并且很享受这项爱好。有一次我问她为什么喜欢这些植物，她告诉我在工作之余养一些植物有利于舒缓压力。当自己觉得疲惫或者苦恼的时候，摆弄一下植物可以让自己放松一些。最重要的是这些小植物很好看，放在桌子上就很让人赏心悦目。

50: 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.

I used to think baking was such a specialized skill that I would never have the free time to learn. That was until recently, when my good friend Anna took me to a great baking shop called ABC cooking. In this shop, Anna and I got the chance to design our own cake. During the process, a professional teacher was there to help guide us through everything. She taught me how to make a cake base with flour and how to whip the cream. I also acquired some professional baking knowledge, such as how to choose suitable flour, the methods used for different mixing techniques, and so on. I followed the teacher's instructions step by step, and finally, I made a perfect cheesecake in about two hours.

At first, I held on to my idea that this kind of baking class would be frivolous and that I wouldn't learn anything practical from it. It was Anna, however, who kept urging me to give it a try. She sourced a lot of reviews online about the store and kept telling me how well the class would work out for me. Well, it turns out that Anna was totally right after all. And she really knows me well as a good friend, because I am more than satisfied with the class. I believe there is nothing more stress relieving than baking with my bestie on the weekends, as compared to, say, just hanging out and watching movies.

以前，我总觉得烘焙是一项非常专业的技能，我是没有空闲时间去学习的。直到不久前，我的好朋友anna带我去了一家很棒的烘焙体验馆，叫做ABC cooking。在店里，我和anna将有机会每人制作一款完全属于自己的蛋糕。制作过程中，有一位专业的老师全程指导我们。她告诉我如何用面粉制作蛋糕坯，如何打发奶油。我还学到了一些专业的烘焙知识，比如怎么选择面粉，搅拌的手法有什么要求等等。我跟着老师一步一步操作，大约两个小时的时间，我做出了一款超完美的芝士蛋糕。

一开始我坚持认为这种烘焙体验课并不专业，学不到什么有用的知识，是anna一直劝我来试试。她在网上搜集了很多关于这家店的评价，并且一直告诉我这个课程有多么适合我。事实证明anna是对的，最为好朋友她真的非常了解我。这个课程令我非常满意。相比逛街和看电影，在周末的时候和好朋友一起来做蛋糕，我相信没有比这更解压的事情了。