

# 安小雅 雅思口语素材

第三套 Part2  
(简单版非串联)  
适合学生党使用

## 关于答疑和其他讯息

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## 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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## 1: 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.

Michael, my roommate, is quite a chic guy. We are in the same class, with our majors in finance. He is tall, lean, and extremely charming, I must say. Part of the reason for his stylish image, as I see it, is that he is an expert at dressing well and gets his outfit right.

Michael always prepares himself well every day before going to class. He will style his hair with hairspray, and from what I can tell, he changes his hairstyle almost every week. Also, he owns a lot of clothes and shoes in various styles. Basically, it takes him over 10 minutes every morning to decide on his OOTD, that is, outfit of the day.

As guys, we typically don't pay much attention to our appearance. Many of my classmates, including myself, are usually sloppy, and we just go to class wearing flip-flops and a T-shirt. Michael, however, will always put on the latest trendy T-shirt and limited-edition Nike sneakers. And it seems to me that he also has a great eye for color, because how he is dressed always leaves people with a brighter impression.

Though I am his roommate, I am still a little embarrassed to ask him why he cares so much about his clothing. It is probably to do with his family background or personal habits, or maybe he dresses properly just to impress girls. After all, Michael is the guy I know who has had the most girlfriends.

中文思路:

我的舍友 Michael 是一个非常喜欢打扮的人。我跟他是同班同学，我们的专业是金融学的。不得不说 Michael 长得高高瘦瘦的，非常帅气。在我看来，之所以他形象好，有一部分的原因得归功于他非常会打扮，穿衣很得体。

Michael 每天出门上课前都会用心打扮。他会用发胶给头发搞一个造型，据我观察，他几乎每个星期都会换个发型。同时他有很多不同风格的衣服和鞋子。每天早上他基本上都要花费十几分钟来挑选今天要穿的衣服。

其实对于绝大部分的男生来说，我们都不会专注于个人形象的。包括我在内的很多同学平时都是邋邋塌塌的，踢个拖鞋，穿个 T 恤就去上课了。而 Michael 都会穿当下最新款的潮牌 T 恤，限量版的 Nike 运动鞋。而在我看来，他也非常擅长颜色搭配。他的穿着总让人觉得眼前一亮。

作为舍友，我也不好意思去询问他为什么这么注重穿衣打扮。大概是因为家庭环境和个人习惯的原因。也可能穿着得体会使他容易受女生的欢迎，毕竟 Michael 是我认识的女朋友最多的男孩

## 2: 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.

About half a month ago, I had inflammation around one of my wisdom teeth. A lot of the time, the pain was so bad I couldn't even eat. That was when I decided to have the tooth removed. I managed to make a doctor's appointment online but was only able to book a time slot that was two weeks in the future (because of the doctors' tight schedules).

A couple of days ago while out shopping with a friend, I received a call from the hospital and was asked to go see the doctor as fast as I could since it was already past our agreed timeslot. I panicked. As the toothache had gradually subsided and because it had been quite some time since I scheduled the appointment, the whole thing had completely slipped my mind.

There was just no way for me to make it to the hospital in time since it was already four o'clock in the afternoon and the doctor was supposed to get off work in an hour. I explained the situation to the nurse on the line and apologized. The nurse helped me cancel the appointment and advised me that this would count as a default on my part, and that after three defaults, I would be banned from making appointments with doctors at their hospital.

There was no denying that it was my mistake for not keeping the appointment and I felt ashamed for having caused others inconvenience and wasting valuable medical resources. I made another doctor's appointment that night, but this time I took the extra step of setting a reminder on my phone. I am confident that I won't repeat the same mistake this time around.

大约半个月前，我的智齿发炎了，我经常因为牙痛而无法吃饭。那时候我下定决心要去拔掉这颗智齿。我打开市口腔医院的预约网站，谁知道近期所有的时间都已经约满了，无奈之下我只能预约两周以后的时间。

直到前几天，当我和朋友在外面逛街的时候，我突然接到了医院打来的电话，告诉我现在已经过了预约时间，请尽快过来。我懵了。因为在我预约了看病时间后，我的牙渐渐不疼了，加上时间过去太久，我已经完全忘了这件事。

当时已经下午四点多，医院还有一个小时就要下班。即使我立刻赶去医院，时间也来不及了。我告诉护士我不小心忘记了这件事，我感到很抱歉。护士帮取消了预约，并且告诉我她会在医院的系统上记录这次违约。一旦我爽约超过三次，以后就不能挂号了。

事实上，忘记约定确实是我的过错，我的行为给他人带来了不便，浪费了医疗资源。我感到很羞愧。晚上，我在网上重新预约了看医生的时间，并且用手机设置了提醒事项。相信这次一定不会再发生类似的事情了。

### 3: 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.

Not long ago, on a weekend, I went to the beach with my family for a vacation. There were many tourists at the seaside since it was a holiday. Later in the afternoon, when we went out for a walk, I found tons of plastic waste left on the beach, like plastic bottles, plastic bags and some food packages. Honestly, at that moment I was disappointed.

When the tide went out at night, some plastic bottles were washed back to the shore by waves. It was hard to ignore that. Most plastic waste was left by tourists in the day. They came to the beach to have a good time on their vacation, but they forgot to take their own garbage away with them when they left. I believe most tourists are conscientious, but unfortunately, there are always selfish people. They may have just forgotten and probably didn't mean to, but I still think this act was unpardonable.

All the plastic waste we litter will pollute nature. I watched a documentary, and it told me that plastic waste is fatal to ocean life. Some hungry marine creatures will gnaw at plastics, putting their lives at risk. Some big marine creatures are also affected by plastic waste. Whales, dolphins and sea turtles are severely injured once they are entangled in discarded plastic fishing nets. The earth is not an exclusive possession of human beings. We should protect the environment like we protect our homes.

中文思路:

不久前的一个周末，我和家人一起去海边度假。由于是节假日，海边的游客很多。到了傍晚，我们一家人出门散步时，我发现沙滩上残留了大量的塑料垃圾。比如塑料水瓶，塑料袋以及一些食品的包装袋。实话说，那一刻我感到很失望。

当晚上退潮时，一些塑料瓶就会随着海浪被冲回岸边，这很难不让人注意到。这些塑料垃圾大多是白天的游客留下的。他们来海边享受度假的快乐时光，走的时候却忘了把自己生产的垃圾带走。我相信大部分的游客还是自觉的，无奈的是总有一些自私的人。他们也许只是忘了并不是故意的，但我依然觉得这种行为是不可原谅的。

我们随手丢弃的塑料垃圾，都会对大自然造成污染。我曾经看过一部纪录片，塑料垃圾对海洋的危害是致命的。一些饥饿的海洋生物会啃食塑料，这可能会给它们带来生命危险。一些大型的海洋生物也同样遭受着塑料垃圾的侵害，鲸鱼，海豚和海龟一旦被废弃的塑料捕鱼网缠住，会导致它们严重受伤。地球不是人类专属的，我们应该像爱护自己家一样保护环境。

## 4: 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.

My desk mate, Michael, impressed me the most during primary school and I still think about him from time to time. He was very naughty and talkative, often made fun of classmates, and talked loudly and nonsense all the time. To be honest, I did not like to deal with him at first. But he was my desk mate. I had no choice but to sit beside him every day. We didn't talk much other than while discussing during the class and working on the homework.

Michael just kept running his mouth and rattled on and on. In front of others, he always pretended that he knew everything, was a real show-off, and was constantly boasting about himself. He seemed to have an uncontrollable urge to tease others. For example, he often pulled the pigtails of other girls. He did similar things almost every day.

I still remember that one day he lost the math textbook that he borrowed one from me. At first, I thought he did it on purpose and had a big fight with him over it. To my surprise, he bought me a new one and gave me a pencil case as a gift on the next day. Things went well since then, I felt he was not so as irritating as he looked. Even though he loved to make trouble and was a braggart, he might just have wanted to attract the attention of others. Deep down, he was essentially a nice person. Though we haven't seen each other for a long time, I still recall him very well because of such memorable experiences.

我的同桌 Michael 是我在小学期间印象最深的人，我至今还时不时会想起他。他是个非常爱捣乱爱说话的人，经常戏弄同学，而且天天在班级里大声嚷嚷，胡说八道。说实话我不太喜欢跟他相处，但他又是我的同桌，我不得不天天跟他坐到一块去。

Michael 是个话痨，他能跟你谈天论地。他整天假装自己什么都知道，然后在同学面前谈天说地，吹嘘自己很厉害。同时，他还非常爱作弄同学，例如经常揪女同学的辫子。这样的事情他几乎每天都要做，我至今记得某一天，他把我借给他的数学书弄不见了。一开始我还以为是他故意的，于是我还跟他吵了一架。但让我吃惊的是，第二天他竟然重新买了一本数学书还给我，然后还给我买了一个文具盒作为礼物。从那以后我们之间的关系缓和了许多，我觉得他并不像表面看起来那么讨厌。虽然他爱捣乱爱说话，但他可能只是想引起同学的关注而已。他本身还是一个善良的人。虽然我们很多年没有见面了，但由于这些特别的经历，他依然给我留下了很深的印象。

## 5: 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 bought a music box not long ago and it has to be one of the most beautiful pieces of craftsmanship I have seen in a while.

The first time I set my eyes on it was in a boutique at a mall. The store specialized in toys and had a section dedicated to a variety of music boxes; dozens of them. The collection was somewhat untraditional, as all the boxes were made entirely of wood. A music box with a merry-go-round structure immediately caught my eye. It had a burlywood base and a colorful merry-go-around on top of it. On the backs of the horses were a little girl and some small animals. The base was fitted with several small bulbs so that the box would light up when turned on at night. The music box was exquisitely crafted and all the animals looked lifelike. Even though it was a bit pricey, I paid for it without the least hesitation.

I think the music box would make a perfect gift and intend to give it to my girlfriend. I even had my girlfriend's name inscribed on the bottom of the box, an idea I borrowed from the shop assistant. My girlfriend used to complain that my gifts to her were dull and unoriginal, but I bet she will love this one because no girl, and I mean no girl, could resist a present that is so pretty and so lovely.

中文思路:

不久前，我买了一个很漂亮的音乐盒。它是我这段时间内见过最好看的工艺品了。

我第一次看到它是在一个商场里，那是一家专门售卖各种玩具的精品店。店里有一个区域，专门售卖各种各样的音乐盒，大约有几十上百个。这些音乐盒不同于老式音乐盒，它们的所有部件是用木头制作的。我逛了一圈，一眼就被一个小木马的音乐盒所吸引。它的底座是原木色的，上面有一座彩色的旋转木马，木马上坐着一个小女孩和一些小动物。它的底部装有几个小灯泡，夜晚的时候打开开关整个音乐盒就会亮起来。这个音乐盒做工精美，所有的小动物都看起来栩栩如生。即使它的价格有些昂贵，我还是毫不犹豫的买了下来。

我认为这个音乐盒是个非常好的礼物，我准备把它送给我的女朋友。在服务员的建议下，我还在音乐盒的底部刻上了她的名字。以前她经常抱怨我送的礼物很没创意，相信这次她一定会喜欢的。我认为没有女孩子会拒绝这么精美和可爱的工艺品。

## 6: 与其他文化的人共度时光（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.

On my last summer break, I went on a trip to Tibet with my parents. While there, I embarked on a one-day tour of Lhasa organized by a local travel agency, which was how I got to know my tour guide, Kelsang.

Born and raised in Tibet, Kelsang came from a completely different cultural background than mine. He didn't speak fluent Chinese and his pronunciation even sounded strange at times, but he was able to communicate well. He had dark skin, which made his teeth look particularly white. I was impressed by Kelsang's sincerity and infectious smile, and really enjoyed spending time with him.

On the day of the tour, Kelsang came to our hotel early in the morning to pick us up. He greeted us in the lobby with his signature smile and then spent the whole day guiding us around attractions with patience and care. He also recommended local specialties and even helped plan our routes for the next few days, which proved to be quite a time saver.

I had always considered Tibetans a mysterious people and was concerned that they might be aggressive and difficult to get along with. But Kelsang had shown himself to be extremely warm and friendly. We had a great day with Kelsang and I count myself lucky to have met him.

中文思路:

去年暑假，我和我的父母一起去西藏旅游。到达目的地后，我在当地的旅行社报名了拉萨的一日游。因为这次机会，我认识了我的导游格桑。

他是一名土生土长的藏族小伙，和我来自完全不同的文化背景。他的汉语说的并不流畅，一些词的发音甚至听起来有些奇怪。但这并不妨碍我们之间的交流。他的皮肤很黑，因此笑起来显得牙齿特别白。格桑质朴的笑容给我留下了深刻的印象，和他相处让我感到非常愉快。

约定那天的一大早，格桑就来到我们所在的酒店接我们。第一眼见到他是在酒店大堂，他微笑着冲我们打招呼。之后的一整天，他非常细心的给我们介绍每一个景点。还给我们推荐了当地特色的美食。他甚至帮我们规划了后面几天的路线，让我节省了非常多的时间。

一直以来，我都觉得藏族是个神秘的民族。没见到格桑之前，我对他们这个民族还是有点担忧，可能是担心他们会很凶，很不好沟通。但认识格桑后，我发现藏族人是热情友善的。他带我们度过了美好的一天，我很庆幸我能遇到他。

## 7: 朋友的家（新题）

Describe the home of somebody who you know well.

Some instructions you can follow:

Whose home this is

How often you go there

What this home looks like

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

To be honest, I barely visit my friends at home. This is because my buddies and I will usually hang out at the mall or other public places rather than at someone's house. But I do recall going to the home of Michael, a classmate of mine from elementary school, and it was indeed a pleasant experience.

One day, Michael told me that his dad had just bought him the latest PS4 console, and he invited me to come over to his place and play it with him after school. I said yes, of course. After school, I happily went to his home, which was only maybe a ten-minute walk from the school. It was a really big house, and if my memory serves me right, there were 4 bedrooms rooms and several bathrooms. And what's more, it was luxuriously decorated.

Well, none of the rooms could hold the attention of a young boy like me, as I went there solely for the console! Never had I ever tried a PS4 before, and it was something completely new to me. As I recall, I got hooked on it that first time at Michael's house, and stayed there until it got dark. From that point on, every weekend, we would meet up at his place to play games while his parents were working overtime! What a lovely memory!

中文思路:

说实话，我几乎没怎么去过朋友的家里。因为一般我和朋友们都会约在商场或者其他公共地方聚会，而不会选择去别人的家里。但我记得在我小的时候，我去过我小学同学 Michael 的家里，那的确是一次愉快的经历。

我记得那是某一天，Michael 说他爸爸刚给他买了一部最新的 PS4 游戏机，他邀请我放学后去他家跟他一起玩。对此我当然一口答应。放学后我就兴高采烈地去了他们家。他们家在离学校不远的地方，从学校走过去大概 10 分钟就到了。他们家很大，如果我没记错的话应该是有 4 个房间，好几个厕所。而且他们家装修地非常豪华。

但这一切对于年少的我来说没有吸引力，我去他们家完全是为了游戏机！我以前从来没玩过 PS4，这对我来说非常新鲜。我记得我第一次去他们家就沉迷进去了，直到天黑才走。自此，每逢周末，我们都会趁他爸妈加班的时候约在他家玩游戏机！这真是一段美好的回忆。

## 8: 想再看一次的电影（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.

When it comes to a film that I want to watch again, I would like to talk about my favorite film, The Pursuit of Happiness. I have actually already watched it at least ten times, but I still want to see it again. I first watched this movie alone on my laptop back when I was a teenager.

The film tells a story of a man named Chris and his inspirational experience. At first, he earned his living by selling a kind of old fashion medical equipment, but it didn't sell well. Then, his wife divorced him because he was too poor. So, he had to start a new life with his little son. At their worst, he and his son spent some nights in the restroom of the railway station. Luckily, he found a job selling stocks over the telephone. He worked much harder and avoided missing any phone calls. Step by step, he earned his first fortune, and then set up a securities company named after himself.

This film is so inspiring that whenever I am in bad mood or tired of study, I will watch it again, since it reminds me that life is difficult, and success is not as easy as it sounds. Only when we put all our effort into working hard and seek out every chance to promote ourselves, then, with a little bit of luck, can we get a better salary and live a happier life. Every time after watching I feel full of fighting spirit!

中文思路:

说起让我想再看一次的电影,我想说一下我最喜欢的电影,《当幸福来敲门》,我看了这部电影不下十次。但现在我依然想抽空再看一次。我是在小时候在自己家里第一次看的。

这个电影讲述了男主角的励志经历。他最初是一个的医疗器械推销员,但是不太挣钱。所以,他的妻子由于他过于贫穷而跟他离婚了,他不得不带着几岁大的孩子开始新生活。最潦倒时,父子俩甚至要跑到火车站的澡堂里捱过漫长的黑夜。然而他非常努力地寻找其他工作,不放过任何一个机会。他从一个电话证券推销员做起,终于经过不断的努力,最终成立了用自己名字命名的证券公司

这部电影非常激励人心。每当我心情低落或者厌倦了学习的时候,我都想再看一次这部电影。因为这部电影告诉我,生活是困难的,成功并不容易。我只有付出全部的努力去工作,寻找每一个提升自己的机会,再加上一点点运气,我才能得到更好的薪水,过上更幸福的生活。每次看完我都觉得自己又充满了斗志!

## 9: 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.

Not long ago, I took a picture of myself. I just love that photo so much. I've set it as my phone's wallpaper. I'm a little proud of it every time I see it.

This photo was taken on a weekend last month when I went to a popular cafe with my good friend Anna. I'm a big fan of selfies, and whenever I buy a new outfit or put on nice makeup, I like to take pictures of myself with my phone. Perhaps my makeup looked a little better than usual that day, or maybe the light was just right in that cafe. As soon as I sat down, I couldn't help but start taking pictures. I took one of my most captivating photos of the year. In the photo, I was fair-skinned and looked very thin. I even felt like a star.

After dinner, I posted the series of photos I took that day on social media. Some friends I hadn't seen in a long time complimented me on how much better I looked. On top of that, I got a lot of likes. Every girl wants to be praised, and I have to admit, I was in a great mood that whole night. I think good-looking photos not only make me proud, but also make me more confident and attractive.

中文思路:

不久前，我给自己拍过一张照片。我实在是太喜欢那张照片了。我已经把它设置成了我的手机桌面。每次看到我都有些自豪。

这张照片是上个月的一个周末，我和好朋友 anna 一起去一个网红咖啡馆的时候拍的。我是个非常喜欢自拍的人，每当我买了新衣服或者化了好看的妆，我都喜欢用手机给自己拍照。或许是那天我的妆化的比平时更好看一些，也可能是那家咖啡馆的光线刚刚好。一坐下我就忍不住开始拍照。紧接着我拍出了今年我最满意的一张照片。照片里的我皮肤白皙，并且看起来很瘦。我甚至觉得自己有点像明星。

吃完饭后，我把那天拍的一系列照片发在了社交媒体上。一些很久没见的朋友都夸我变得更好看了。除此之外我还收获到了非常多的点赞。每个女孩子都是渴望被赞美的，不得不承认，那一整晚，我的心情都非常美妙。我认为好看的照片不仅能让我感到自豪，也会让我变得更自信和有魅力。

## 10: 读过的有趣书籍或故事（新题）

Describe a novel or a story you have read that you thought was particularly interesting.

Some instructions you can follow:

Why you read the novel story

What the novel/story was about

How long it took you to read it

And explain why you thought this novel/story was so interesting.

Throughout the National Day holiday last year, I decided to remain at home for a week because I was frightened of embarking upon a crowded vacation. During that period, I read a book that certainly thrilled me, which was a translation of a popular foreign book, entitled *THIS IS GOING TO HURT*.

It was initially endorsed to me by a companion who informed me it was hilarious and full of suspense. I've been under an immense amount of pressure at work lately, and I sought to read a book that would dispel my feelings of discontent. Well, it didn't disappoint me. This is a bestselling novel in the UK since I discovered it sold out in Amazon in a very short time. The content of the novel is comprised of the private diary of a male gynecologist, in which he muses upon the difficulties he faced, as well as all sorts of bizarre and humorous patients. The author conveys many poignant stories in an amusing language. I also witnessed Adam's composure and compassion and his optimistic attitude towards life.

This book is very exciting and abounds with British humor. Also, it records numerous private problems that occur in his hospital, which makes it more captivating. I am unable to put the book down once I have started reading it, and on one occasion I read the book nonstop until midnight. I was taken aback by Adam's compassion and respect for his profession. Sure enough, as the author says, obstetrics and gynecology are the only places where patients are excited and really look forward to it.

中文思路:

今年国庆假期，因为惧怕外面的人山人海，我选择了在家休息一周。在这段时间我读到了一本非常令我兴奋的书。那就是英国的 Adam Kay 所著的 *THIS IS GOING TO HURT*。

最初这本书是我的朋友推荐给我的，他告诉我这本书笑点爆炸，非常令人兴奋。我最近工作压力很大，想看一本能驱散心中不快的书，果然它没有让我失望。这是一本在英国非常畅销的书，听说在英国亚马逊上架三小时就被抢购一空。他是一个男妇产科医生的私密日记，里边记录了医生的艰辛，还有各种奇葩的患者。作者用风趣幽默的语言表达了很多动人的故事。我也从中看到了亚当的沉稳和善良以及他的人生态度。

这本书很令人兴奋，全书充满了英式幽默，知识科普配合三句话一个笑点，让我一度脸红心跳无法自拔，幽默又有深意。我曾经看到凌晨一点还舍不得放下。亚当对职业的热爱和尊重又令我感动。果然，就像作者说的那样，妇产科是唯一让人兴奋，并且真的有所期待的地方。

## 11: 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.

I remember a disagreement that happened at the end of last term. My classmates Alex and I quarreled during a basketball match. It was a basketball knockout match between our economic school and the literature school, which meant that the team who lost the game would be eliminated. We were the champions of last year's competition, but we performed very terribly in this match.

Near the end of the match, I accidentally made a mistake and passed the ball out of bounds. This was definitely a fatal turnover and we probably would lose the match. At this time Alex complained to me for this turnover. He thought I shouldn't have made a mistake at this critical moment. But I didn't agree with him as I considered I shouldn't be responsible for this turnover.

We were usually intimate friends, but we were both quick-tempered and fiery. Maybe it was because we were anxious and desired to win the match, we could not control our anger and then quarreled. Although our teammates calmed us down in time, the quarrel still affected our performance. Finally, we lost the match.

When I calmed down after the match, I felt very regretful about it. When there is a disagreement with others, communication is the only way to solve the problem. If we could stay calm and make the best out of the situation, we would have been likely to snatch a victory out of defeat. This was a lesson for all of us!

中文思路:

我记得那是上学期末发生的事情。我和我的同学 Alex 在一场篮球比赛中吵了起来。那是我们班和隔壁学院进行的一场篮球淘汰赛，这意味着输掉比赛的一方将会被淘汰。我们班是上一届的冠军，但是我们在这场比赛中表现得非常差，全场比赛都在落后。

在接近比赛结束的时候，我一不小心失误了，把球传出了界外。这对我们队来说无疑是致命的失误。于是 Alex 就对着我抱怨一通。他认为我不应该在这个关键时刻犯错。而我并不同意他的观点，因为我认为这不是我的责任。

我和 Alex 平时是很要好的朋友，但我俩都是急性子，性格比较火爆。可能是当时大家都比较着急，想要赢下比赛，所以就控制不住火气吵了起来。虽然队友及时把我俩安抚下来，但这场争吵还是影响到我以及其他队员的发挥，我们最终还是输掉了比赛。

赛后当我都冷静下来时，我都对此很后悔。当遇到与他人意见不一致的时刻，沟通是解决问题的唯一方法。如果当时我们冷静下来，发挥我们平时的实力，我们是非常有可能反败为胜的。这对我们来说都是一个教训！

## 12: 需要寻找信息的时刻（新题）

Describe a time when you had to find some information.

Some instructions you can follow:

What kind of information you had to find

Where you looked for the information

How much you enjoyed looking for the information

And explain why you needed the information.

Lately, I've been busy with my thesis. In order to finish it, I spent almost every day looking up all kinds of information.

At first, in order to determine the topic of my thesis, I searched the Internet for lots of relevant information. After quite a few days, I finalized my research direction. After that, I had to write an outline. It was not so easy as the first step. Besides searching the Internet for wanted information, I had to consult books in the library. I've been up to my neck in work in the past month. But I've not finished the outline so far. What a pity! I worked so hard because the thesis is necessary for me to successfully graduate from college. And a thesis is different from the compositions we're often asked to write. It is academical. A thesis needs to be supported by professional knowledge and related data. And an excellent thesis needs to be supported by large amount of information. So, I must earnestly seek useful information.

In fact, I don't like looking for academic information. It's really boring. I have to find out the parts that are useful to me from the vast sea of literature and data. It's very time-consuming. I often felt dizzy when I read books. I prefer fun and creative work. If it's seeking gourmet information, I believe I will be very glad to do it.

中文思路:

最近，我一直忙于我的毕业论文。为了完成我的论文，我几乎每天都在查找各种资料。

一开始，为了确定论文的选题。我在网上搜索了大量相关的信息。好几天以后，我终于确定自己的研究方向。之后需要确定的就是我的论文提纲了。这一步就没有之前那么容易了，除了上网找资料，我还得去图书馆查阅书籍，寻找相关的数据。我已经忙了一个多月，遗憾的是我到现在还没有完成我的论文。我之所以需要这些信息，是因为作为一个学生，如果想要顺利毕业，就必须完成自己的毕业论文。而论文和我们平时写的作文不一样，它是学术性质的。需要有专业知识和相关数据的支持。而一篇优秀的毕业论文，更是需要大量信息的支持。因此，我必须认真的寻找有用的信息。

事实上，我并不喜欢寻找学术相关的信息。这是一件十分枯燥的事。我必须在大量文献和数据中找出对我来说有用的部分。这非常费时间。我经常觉得自己看书看的头晕眼花。我更喜欢有趣和有创造力的工作。如果是我喜欢的事情，比如寻找美食信息，相信我会很乐意去做。

### 13: 享受的一节英语课（新题）

Describe an English lesson that you really enjoyed.

Some instructions you can follow:

Where the lesson took place

What the lesson was about

What the teacher did

And explain why you enjoyed this lesson so much.

Speaking of this topic, I want to talk about an English lesson in primary school. When we were in the fourth grade, we had a new English teacher, Mike, who is British. Since then, we have had one class every week taught by Mike. His lessons left a deep impression on me.

That actually was the first time I met a foreigner. His teaching method was completely different from the former English teacher. He liked to chat with us in English, and often made very exaggerated facial expressions and actions. I think his emotions were all showing on his face. He grinned when he was happy. When he was confused, his eyes and eyebrows were almost all wrinkled together. He is a very optimistic person who laughed a lot. No matter what we said in class, he would praise us very loudly. Other than that, he also spoke a little Chinese. Because of his strange accent, he often made all the students laugh hard. All these have made a long-lasting impression on me.

I like his English very much. Even though I didn't exactly know every word he said, I could understand his topic by his facial expressions and body language. He made me understand that English is not just written in books. It is necessary to chat with others in order to learn English well.

中文思路:

说到这个话题，我想谈谈我小学时候的一堂英语课。这发生在我小学四年级的时候，我们的英语课上多了一位新老师。他叫迈克，是一个英国人。自此之后，每周他都会给我们上一节课。他的课我留下了深刻的印象。

事实上，这是我第一次见外国人。课堂上，他的教学方法跟其他老师不一样，他没有讲英语语法，而是教我们唱了一首英文歌。他喜欢用英语和我们聊天，还经常做出一些非常夸张的表情和动作。我觉得他心情都写在了脸上，他高兴的时候会咧开嘴大笑，在感到困惑的时候，眼睛眉毛几乎都皱在一起了，非常与众不同。他是个非常乐观和爱笑的人，课堂上不管学生说了什么，他都会非常大声的表扬他。不仅如此，他还会说一点点中文，由于口音奇怪，常常会惹得同学们哈哈大笑。这一切都给我留下了深刻的印象。

我非常喜欢他的英语课。虽然他说的每句话我都不全听懂，但通过他的表情和肢体语言我的确能明白他要表达的意思。他让我明白了英语不是写在书本上的文字，必须要开口和人交流，才能学好英语。

## 14: 完成的难事（新题）

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

Some instructions you can follow:

What you succeeded in doing

Why it was difficult to do

How much help you needed

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

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.

It was not until last year's summer holiday that I finally made up my mind to try this extreme sport. I 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. It was definitely a difficult choice for me. I stayed alone for a while, going upstairs and downstairs again and again, very confused. I finally summoned up my courage and was ready to jump. Well, since I had come, I thought I should leave with no regret. I spent a lot of time hesitating at the top of the tower, but it only took me a second to decide to jump.

When I did jump, I felt nothing but the sense of weightlessness. 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!

中文思路:

我经常在电视和真人秀节目中看到蹦极。毫无疑问，这是一项相当危险但令人难以置信的迷人的极限运动。

就在去年暑假，我终于成功挑战了这项极限运动。我去了著名的蹦极地点澳门塔。虽然我不恐高，但当我从 200 多米高的塔顶上往下看时，我仍然感到害怕。塔顶狂风大作，波涛汹涌，我的大脑一片空白。我的朋友一直在鼓励我，希望给我一些帮助。然而这并没有很大作用。我一个人呆了一会儿，上了楼又下了楼，很困惑。我终于鼓起勇气，准备跳下去。嗯，既然我到了这里，我想我应该无怨无悔地离开。我在塔尖上犹豫了很长时间，但我只花了一秒钟就下定决心要跳下去。

当我跳起来的时候，除了失重的感觉之外什么都没有。当然，在整个过程中我一直在尖叫，但我必须承认这是非常，非常刺激和棒极了！其实，恐惧总是来源于我们的想象。所以，我们没有什么可怕的，只要抓住机会！

## 15: 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.

The last time I remember someone giving me money as a gift was during Chinese New Year. So, I got lucky money from my parents, which happens every year because I am not married yet. What I did after I got it was that I said thank you to them, I **greeted** (问候) them with traditional Chinese New Year four letter **idioms** (成语). Yet, I have received lucky money for many years and I usually save them in a special red box under my bed. I have to say that it is a large amount of money as each envelope contained 100 yuan at least and I have saved them for many years. Besides, I don't want to spend them yet, as I want to buy a Macbook Pro which is quite expensive.

I consider this tradition as a good thing because it brings much joy to children in the Chinese New Year. On the contrary, it is such a burden for their parents because they have to give a large amount of money to other children especially in the north of China. This tradition varies from the north of China to the south of China. People from the north of China, such as Beijing and Tianjin usually place 500 yuan in each envelop while the southern people give 20 yuan. It is a very interesting topic that Chinese people will argue about this every Chinese New Year, attempting to **prove** (证明) that their own tradition is the right one.

中文思路:

我记得上一次有人给我钱是在中国的春节期间。因为我还没有结婚，我每年都从我的父母那里拿到了压岁钱。之后我做跟他们说谢谢，我用的是中国传统四字成语。然而，我每年都收到压岁钱，我通常把它们保存在一个特殊的红色盒子然后放在我的床下。我不得不说，这是一大笔钱，因为每个信封至少有 100 元，而且我已经存了很多年了。此外，我还不想花钱，因为我想买一台比较贵的 Macbook Pro。

我认为发压岁钱是一种非常好的传统，因为这给孩子们带来了快乐。相反，这对他们的父母来说是一个负担，因为他们必须给其他孩子一大笔钱，尤其是在中国北方。这个传统从中国的北方到南方各不相同。北方的人，比如北京和天津，通常每个信封里放 500 元以上，而南方的人会给 20 元左右。这是一个非常有趣的话题，每年春节我们中国人都会讨论这个问题，试图证明他们自己地方的传统是正确的。

## 16: 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.

I remember one of the most unusual times I shared something with another person was when I had just arrived Beijing from Shanghai.

It was a very busy day at the airport and many people were trying to grab a taxi. Eventually I got one of my own, but just before I was about to enter the taxi a woman rushed up to me. She asked me where my destination was and I told her Sanlitun. She was so happy and begged me to let her share my taxi as she was meant to be attending her brother's birthday celebrations in Sanlitun and was almost late. She seemed so sad that I immediately agreed and allowed her to share my taxi.

At first, I was a bit annoyed by this because I thought it was a very impolite request to make of a stranger. However, we got to talking in the taxi and she was an incredibly lovely woman full of warmth and kindness. I was suddenly very happy I was able to aid such a thoughtful and friendly woman in her time of need. Moreover, when we arrived to Sanlitun she insisted upon paying the entire taxi fare. It tells us that sharing with people is always the right thing to do.

中文思路:

我记得我的一次不同寻常的分享，这事发生在我刚从上海度假回到北京的时候。

这是机场非常忙碌的一天，非常多人在等出租车。最后我很幸运地拦下了一部出租车，但就在我要进出租车之前，一位女士冲到我面前。她问我要去哪里，我告诉她是三里屯。她高兴得跳了起来，求我让她和我共用一辆出租车，因为她本来是要去三里屯参加她哥哥的生日派对的，却迟到了。她看起来很绝望，我心软了就同意了她的请求，允许她和我共用一辆出租车。

一开始，我有点恼火，因为我认为这是来自一个陌生人的非常不礼貌的要求。然而，我们在出租车上聊了起来，她是一个非常可爱的女人，充满了温暖和善良。我突然非常高兴，我能够帮助这样一个体贴和友好的女人。而且，当我们到达三里屯时，她坚持要付全部的车费。这件事告诉我们，与人分享永远是正确的事情。

## 17: 喜欢的节目（新题）

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.

When I am free, I like to watch television programmes at home because there are lots of punchlines in the variety shows that help me blow off some steam. My favourite things to watch are quiz programs and games shows. I like these because I think competitions and challenges are a very exciting thing to watch. One of my favourite game shows is 'Running Man'. Most of the time I will watch it alone. Sometimes I will do it with my mum. 'Running Man' is the most popular variety show in China, people love watching it because there are loads of fun and interesting tasks the contestants have to complete. Some of the tasks include a bike race in which the slowest rider is the winner, playing jump rope on a Shiatsu sheet, attempting to tear nametags off other contestants and other absurd tasks. Therefore, Running Man is not like the conventional game show which tests strength or intelligence, the tasks are always unusual so often the outcome is unexpected. I think this is what makes it such an interesting and brilliant television program.

The program makes me feel very happy and excited. My favourite thing is the way the people interact with each other on the show. The silliness of the tasks makes all the contestants act in very ridiculous ways which always makes me laugh a lot. The show also makes me feel good and I feel that watching Running Man is a lovely way to relax after a hard day's work.

中文翻译:

当我空闲的时候，我很喜欢在家看综艺节目。综艺节目总是充满笑点，这能让我感到开心和放松。我最喜欢看的是智力竞赛节目和游戏节目。我喜欢这些是因为我认为比赛和挑战是一件非常令人兴奋的事情。我最喜欢的游戏节目之一是《跑男》。大多数时候我是自己一个人看的，偶尔也会和家人一起。《奔跑吧兄弟》是中国最受欢迎的综艺节目，人们喜欢看它，因为参赛者要完成许多有趣的任务。其中一些任务包括自行车比赛，最慢的选手获胜，在指压板上玩跳绳，试图撕掉其他选手的名牌，以及其他一些荒谬的任务。因此，《跑男》不像传统的测试力量或智力的游戏节目，任务总是不寻常的，所以结果往往出人意料。我认为这就是为什么它是一个如此有趣和精彩的电视节目。

这个节目让我感到非常高兴和兴奋。我最喜欢的是人们在节目中相互交流的方式。任务的愚蠢让所有的参赛者都以非常可笑的方式表演，这总是让我哈哈大笑。节目让我感觉很好，我觉得看《跑男》是一天辛苦工作后放松的好方法。

## 18: 会推荐给游客的我国某处地方（新题）

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

Some instructions you can follow:

Which part of your country you would recommend

How you know about this part of your country

Whether many visitors go there

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

Among the numerous places of interest in China, I think the Imperial Palace in Beijing is well worth a visit.

The Imperial Palace is an architectural complex which used to be the residence and office of the ancient Chinese emperors; and nowadays, something of a treasure trove. The magnificent and perfectly preserved historical building is prestigious for its vast holdings of paintings, calligraphy, ceramics, and antiquities of the imperial collections. For each young Chinese student learning history in school, they will be introduced to the history of the Imperial Palace.

The Imperial Palace, as a scenic spot, appeals to all. Hundreds of thousands of people pay a visit each year, me included. I travelled here with my family when I was a child.

The reason for my recommendation is that the Imperial Palace is the history of China in miniature, which has seen a tumultuous decade of warfare and revolution. In the Imperial Palace, visitors cannot only learn the history of China, but also appreciate the advanced technology of ancient architecture and numerous rare cultural relics as well. Meanwhile, it is sort of a wake-up call for all the Chinese, as it represents revolutionary transformation through political turmoil. As you can see here, a wide range of cultural relics from before 1949 is still missing.

中文思路:

我国有数不清的名胜古迹，其中，我认为最值得一看的是北京的故宫。

故宫有多重身份，在数百年前，他是中国古代皇帝的住所和办公之地，是倾全国之力建造的伟大建筑群。在现代，他是一个保存完好的历史建筑和保存着非常多文物的博物馆。每个孩子在学校学习历史的时候，老师都会介绍故宫，所以我相信每一个中国人都知道它。

故宫是一个非常热门的景点，每年都有上百万的游客去游览。我很小的时候，我们家就去故宫旅游。

之所以我会推荐故宫给游客，是因为故宫是我国历史的一个缩影，它体现了我国几百年来历史变迁。通过游览故宫，游客既能学习到我国的历史，也可以了解我国古代建筑的最高技术，以及欣赏各类珍稀文物。同时，它也是对我们的一种警醒。因为故宫曾经遭受过各种战争和动乱的破坏。一个很好的例子就是，故宫里 1949 年以前的所有文物都遗失了。

## 19: 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.

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

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

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

中文思路:

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

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

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

## 20: 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.

If there is one person that I know who likes planting, it is my childhood neighbor Ms. Liu, whom I affectionately call Grandma Liu. I have known Grandma Liu for as long as I can remember and we used to both live on the first floor. Most elderly people seem to enjoy planting flowers, but not Grandma Liu. She grew a variety of vegetables in the open space in front of her door.

Grandma Liu's vegetables were mostly cabbages and small onions, along with some peppers and loofahs. The loofahs in particular were a pretty sight. They climbed up Grandma's window as if adorning it with a green painting that was very pleasing to the eye. When harvest seasons came, Grandma Liu would bring us some of her vegetables and proudly announced to my mom that she had grown them herself.

I reckon Grandma Liu must love her vegetable garden a lot. On the one hand, growing vegetables can make her life fuller by taking up some of the free time elderly people normally have and serve as a source of pleasure that she could not get otherwise. On the other hand, most senior people do not find vegetables on the market to be fresh or healthy. When mass production is involved, pesticides are unavoidable. The satisfaction one can get from eating vegetables grown with one's own hands must be unparalleled.

中文思路:

谈到喜欢种植的人，我印象最深的就是小时候住在我家隔壁的刘奶奶。她是我的邻居，当时我们两家都住在一楼，我从有记忆起就认识她了。印象中大多数的老人家都是喜欢种花的，但是刘奶奶非常与众不同。她门口的空地上种了各种各样的蔬菜。

她家门口种的最多的就是青菜和小葱，除此之外还有一些辣椒和丝瓜。不得不说丝瓜是一种很好看的植物，它顺着刘奶奶家的窗户一直向上生长。整个窗户看上去绿油油的，十分赏心悦目。每当蔬菜成熟的时候，刘奶奶都会给我们家送上一些。并且非常骄傲的告诉我妈妈，这是她自己种的蔬菜。

我认为刘奶奶非常喜欢她的菜园，一方面，老年人有非常多的空闲时间，种菜可以让她的生活变得充实起来。对她来说，这是一种别样的生活乐趣。另一方面，很多年纪大的人会觉得外面买的菜不新鲜，大批量种植蔬菜的时候难免会使用农药，这是对健康不利的。能吃到自己亲手种的菜，那种满足感是无与伦比的。

## 21: 受欢迎的运动场（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.

Old Trafford is a world-famous stadium and is also known for its nickname, that is, the Theatre of Dreams. Located in the city of Manchester, England, it is the home of the well-known Manchester United Football Club. I got to know it when I was very young as a big fan of Manchester United.

The stadium is so vast that it may be among the largest in the world. Every weekend, there are Premier League games held there. And on other occasions, the venue also hosts music festivals, concerts, and other entertainment events.

Unfortunately, I have not yet had the opportunity to visit. I have always dreamed of going to a Manchester United game at Old Trafford ever since I was a kid. If one day I make it to the UK, then I'll definitely spare the time to see a game there! And maybe I could take a picture with Cristiano Ronaldo if I should ever get the chance!

Manchester United is a team with a long history and millions of fans, and it is home to numerous superstars including David Beckham and Cristiano Ronaldo. To my knowledge, the Club has the largest number of fans among all soccer teams in the world, so its home, Old Trafford, is certainly a famous venue. Every soccer fan, I believe, must have heard of this place.

中文思路：（热爱其他球队的话，把名字一换即可。）

老特拉福德足球场是一个全球闻名的运动场，同时他还有一个昵称，那就是梦剧场。它坐落在英国曼彻斯特市里，是著名的曼联足球队的主场。我很小的时候就知道了它，因为我是曼联的球迷。

他的场地非常大，是世界上数得上号的大型体育场。每逢周末，老特拉福德足球场都会举办英超足球比赛。在其他时候，这个场地也会举办音乐节，演唱会等等的娱乐活动。

很遗憾的是我至今还没有去过这个地方。我从小就有一个梦想，那就是去老特拉福德球场看一次曼联的比赛。如果我成功留学英国，那我肯定会腾出时间去那里看比赛！如果有机会的话，我还可以跟 C 罗合影！

曼联是一只有着悠远历史和无数球迷的球队，诞生过非常多的足球明星，比如贝克汉姆，C 罗。据我所知，曼联是全球众多足球队里粉丝最多的一个队伍。所以它的主场老特拉福德绝对是非常著名的。我相信每一个足球迷都听说过这个地方。

## 22: 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 love taking photos. I believe it is very interesting. Whenever I see delicious food or beautiful scenery, I would like to record them.

Recently, my mother bought me a SLR camera that I had been asking for. I feel very grateful for that because she always supports my hobbies and interests. After that, I frequently visited some internet famous restaurants and coffee shops with my friends and take photos there. I have to say that both in terms of color and quality, photos taken by the camera are much better than those taken by a mobile phone. Whenever I post photos taken by me on social media, many of my friends would like the photos. This makes me feel very proud.

At this point, I must thank my mother for supporting and encouraging me each time when I have some new ideas. Recently, I became obsessed with photography, so she bought me the most expensive camera and signed me up for an online photography training course in summer vacation. She usually tells me that besides study, youngsters should have things they like to do.

I think the encouragement from my mother is very important to me. She not only supports me economically but also gives me great confidence. She makes me feel I am a gifted person and so I become more confident.

中文思路:

我是个很喜欢拍照的人，我认为拍照是和一件很有趣的事。每当我遇到美食或者美景，我都希望把它们记录下来。

最近，我在我的恳求下，妈妈给我买了一部单反相机。这让我非常感激，她总是很支持我的兴趣爱好。之后，我经常和我的朋友一起，去一些网红餐厅和咖啡馆拍照。不得不说，照相机拍的照片，无论是色彩还是质感，都比手机好得多。每当我把自己拍的照片发在社交媒体上，总会有很多朋友为我点赞。这让我非常骄傲。

在这里我必须感谢我的妈妈，每次我有一些新奇的想法，她总是会支持并鼓励我。最近我迷上了摄影，她立刻给我购买了昂贵的相机，并且还同意我在暑期参加一个线上摄影培训课程。她经常告诉我，除了学习以外，年轻人应该有自己喜欢做的事情。

我认为妈妈的鼓励对我来说是非常重要的。她不仅在经济上支持我，更给了我很大的信心。她让我觉得我是个有天赋的人，也让我变得更加自信。

## 23: 决定等待的时刻（新题）

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.

Not long ago, there was a new outbreak of novel coronavirus in my city due to a few out-of-town visitors. Unlike before, this time the virus spread very fast. In order to reduce the risk of transmission, the government required everyone to go do a nucleic acid test.

The inspection point was right at the gate of my community. When I went downstairs, I found there was already a sea of people waiting in line to get a test. Anxiously, I joined the queue as fast as possible.

Summer evenings were sultry and the heat wave was unbearable. At first, I didn't feel bored. I chatted with my mother while standing in line. But as time went by, I gradually lost my patience. My clothes were soaking wet and I looked like I had just got out of a swimming pool. In the end, I waited for more than two hours to get my nucleic acid test done. I hope I will never have to experience this again.

I think it's a bad decision to line up for nucleic acid tests. I had been waiting for a long time to get the acid test done before I planned to give up. It was foolish to leave at that moment. If I can swing it, I think I will go to a nearby hospital or a testing site with fewer people to do it. Although the testing point of my community is far closer, but it takes far longer time than other places.

中文思路:

不久前，因为几个从外地来的游客，我所在的城市爆发了新一轮的新冠病毒。这次的病毒传播速度非常快，为了降低传播的风险，政府要求我们每个人都去进行一次核酸检测。

检测点就在我们小区门口，我一下楼就发现前面已经排起了长长的队伍。人多到我根本看不清队伍的头在哪里。我焦急的加入了排队的人群。

夏天的傍晚是闷热的，起初半个小时，我并没有感觉无聊。我一边排队一边和妈妈聊天。但随着时间一点点过去，我渐渐失去了耐心。我的衣服已经湿透了，像刚从游泳池里爬出来一样。最后我等了两个多小时才做完核酸，我希望以后再也不要有这样的经历了。

我认为排队做核酸是个错误的决定。当我想放弃的时候，我已经等待了很长时间了。这时候选择离开无疑是愚蠢的。如果再给我一次机会，我想我会选择附近的医院或者人少一点的检测点做核酸。小区的检测点虽然方便，但长时间的等待真的让人难以接受。

## 24: 去过的一个户外活动场所（新题）

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.

Each spring, all of our classmates will go for a spring outing. This year is no exception. After a round of voting, we chose Baiyun Mountain as the destination this year. Our goal is to climb to the top of Baiyun Mountain.

On the morning of one weekend, we started off with great strength and vigour. Baiyun Mountain is not so high and is more like a park. You may choose to walk to the mountain top or take a cable car. We carried food and water in our backpacks and walked all the way up. We walked and talked along the way and took photos of each other. Although the mountain is not high, it took us 3 hours to get to the top.

As to why we choose to climb the mountain, one reason is that it has no sporting risk and it's a relatively safe outdoor activity, the other is most of our classmates have not been to Baiyun Mountain, so they were curious about this famous scenic spot in Guangzhou city.

The fact showed that our outing plan was very successful. All of our classmates had great fun. We chatted and enjoyed with songs and laughter along the way. Though we attended classes every day, we had little chance to have a trip together. I think it's very interesting to take a trip with classmates.

中文思路:

每年春天，我们全班同学都会一起去春游，今年也不例外。经过一番投票，大家选择了白云山作为今年春游的目的地。我们的目标就是爬到白云山的山顶。

在某个周末的早上，我们一群人浩浩荡荡的出发了。白云山是一座不太高的山，更像是一座公园。除了步行上山，也可以选择坐缆车。我们背着食物和水，一路从山脚往上走。大家一边走一边聊，互相拍照，虽然这座山不高，但我们用了三个小时才爬到山顶。

至于我们为什么要选择爬山这项活动，一方面是因为这是一项没有运动风险和相对安全的户外活动。另一方面是因为我们班上大多数的同学都没去过白云山，对这个著名的广州景点好奇。

事实证明我们这个出游计划非常成功，同学们都玩得非常开心。我们一路上谈天说地，欢歌笑语。虽然我们每天都在一起上课，但是很少有机会一起出行。我认为和班里的同学一起短途旅行是一件很有趣的事。

## 25: 购物时发生的问题 (新题)

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

Some instructions you can follow:

What you bought

Where and when you bought it

What problem you had with it

And explain how you felt about having this problem.

A few weeks ago, I bought a dress online. Then, I ran into some problems. This made the shopping experience unpleasant for me.

I had seen a similar style of dress at the mall before, only the brand at the mall was expensive. I even asked the salesperson if there were some discounts. The answer was no. The next day, I was surprised to find the same style online, but it was only a third of the price of the mall. I immediately placed an order for the dress on Taobao.

After I received it, I carefully looked at the dress and it was more or less the same as the one in the mall. However, I found some problems shortly afterwards. After I washed it, the dress started to shrink and it became smaller than before. And it no longer fits. After a while, the fabric of the dress also started to become wrinkled. All this made me very unhappy.

I contacted the seller online and unfortunately, the seller did not admit his fault. The owner told me that the problem was caused by my improper maintenance. He said it was not a quality problem. The clothes that have been worn cannot be returned or exchanged. This made me very mad. From this, I understand the truth that you get what you pay for. Although the price of things online is good, the after-sales service is far worse than at the mall.

中文思路:

几个星期前,我在网上买了一件衣服。然后,我遇到了一些问题。这使我觉得这次购物经历并不愉快。

之前我有在商场看到过类似款式的衣服,只不过商场的品牌价格昂贵。我甚至询问过售货员是否有一些折扣。答案是否定的。第二天,我惊喜的在网上发现了相同的款式,然而它的售价只有商场的三分之一。我立刻在淘宝网下单购买了这件衣服。

收到货之后,我认真观察了那件衣服,它大致和商场的没有区别。然而不久后我还是发现了一些问题。在我洗过之后,衣服开始缩水,它变得比以前小,这导致它不再合身。一段时间过后,这件衣服的面料也开始变得褶皱。这一切让我非常不满。

我联系了网上的卖家,遗憾的是卖家并不承认自己的过错。老板告诉我出现这样的问题是由于我保养不当造成的,并不是衣服有质量问题。已经穿过的衣服是不能退换的。这让我非常生气。这件事让我明白了一分钱一分货的道理。网上的东西虽然价格划算,但是售后服务是远远不如商场的。

## 26: 近期改善生活的变动

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

Some instructions that you can follow:

What the change was

Why you decided to make this change

Whether anyone helped you to make this change

And explain why it was a positive change to make.

I've developed a habit of staying up late in recent years. On a daily basis, it wasn't until the early morning that I was able to go to bed. This caused me to have low spirits during the day. Worse, it even gave me a trance-like feeling after getting up on days when I had classes to attend in the morning. I was left with no other option but to secretly take naps in class. Burning the mid-night oil had not only affected my mood, but also my weight. I tended to feel hungry if I hadn't gone to bed before midnight, which prompted me to go out and have some late-night snacks. This summer, I even found that I struggled to put on my clothes; a truly depressing realization. Thus, I decided to make positive changes - I started to go to bed early and get up early.

Such changes couldn't have been possible without the support of my roommate Anna, to whom I am very grateful. Anna maintains a strict daily routine and reminds me when it is time to sleep every night. Thanks to her supervision, I have successfully changed my bad habits.

It's been nearly a month since I started to keep in the habit of early sleeping and early rising. If my cellphone is at hand, I will involuntarily pick it up and start playing. However, I quickly fall asleep without a cellphone. Now, I am feeling that I am heading towards a better state. I am more energetic and getting up early is no longer a difficult thing for me. Even on weekends, I naturally wake up at 8 or 9 in the morning. Going to bed early has also improved my skin conditions and it's been a long time since I had acne. It is a positive change to develop good living habits and I am prepared to stick to these habits in the future.

中文思路:

最近几年，我习惯于晚睡。每天都是凌晨才睡觉。这使我白天精神很差。如果早上有课，起床后我整个人都是恍惚的。上课的时候我只能偷偷睡觉。熬夜不只让我的精神变差，还让我的体重增加。如果凌晨十二点我还没睡觉，我通常会觉得饿。然后我就会出门吃宵夜。今年夏天，我发现去年买的衣服都穿不上了。这让我觉得很沮丧。因此，最近我做出了积极的改变，我开始早睡早起。

我要感谢我的舍友 Anna，他帮助我完成了这个积极的改变。Anna 拥有良好的作息习惯，每天晚上她都会提醒我该睡觉了。朋友的监督使我更容易改掉坏习惯。

我坚持早睡早起已经快一个月了，秘诀就是不要带手机上床。只要手机在我身边，我就会不自觉的开始玩。没有手机会让我很快入睡。我觉得自己的状态有在慢慢变好。我变得精力充沛，早起对我来说不再是一件困难的事。即使到了周末，早晨八九点我也会自己醒来。早睡也让我的皮肤变好了，我已经很久没有长痘痘了。养成良好的作息习惯是一项积极的改变，以后我也会继续坚持下去。

## 27: 有趣的邻居

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.

I feel that I have to talk about my friend Anna, who is an interesting person. In addition, she has also made my life more enjoyable.

Anna is one of my classmates who lives next to my dorm. I've known her ever since we started school. She is a cheerful girl who always actively greets me when we meet in the corridor. We see each other every day since we often take classes together. The reason I find her so much fun is that she does not toe the line - she always has some novel ideas and puts them into action.

For example, she recently bought a set of mahjong, one of the most popular leisure games in China, and invited me to play with her. When my roommates and I still played mahjong on cellphones, she bought a set of real Mahjong and even a foldable mahjong table. Ever since then, Anna's dorm has become the most cheerful place on the floor. Anna would invite girls in the dorm to play at 7 every evening. Over time, everybody came to enjoy going there to play mahjong. Every time I pass by her door, I would hear the cheerful voices of mahjong players.

Apart from that, she is passionate about food and drama series, and often recommends some of the best snack stores and shows to me. Being with her is always an enjoyable experience full of pleasant surprises.

中文思路:

我必须要谈谈我的朋友 anna，她是个有趣的人。同时，她也让我的生活变得更加有趣。

Anna 是我的同班同学，住在我的隔壁宿舍。刚开学的时候我就认识她了，她很开朗，每次在楼道遇见，他都会主动给我打招呼。我们经常一起上课，所以每天都会见面。我之所以觉得她有趣，是因为她不是一个循规蹈矩的人，她总会有一些新奇的想法，并且会马上付诸行动。

麻将是中国最喜欢的休闲游戏之一，最近她买了一副麻将。并且经常叫我过去一起玩。当我和我的舍友还在用手机玩麻将游戏的时候，她买了一副真实的麻将，甚至还买了一个可折叠的麻将桌。自此以后，anna 的宿舍成为了整层楼最热闹的地方。每天晚上 7 点，Anna 就会准时在宿舍号召周围的同学过来打麻将。久而久之，大家都喜欢去她们宿舍玩麻将。每当我从她门口经过，都会听到里面传来麻将的声音。

除此之外，她还热爱美食和看连续剧，她经常会向我推荐一些好吃的小吃店和好看的电视剧。跟她在一起总是充满了快乐和惊喜。

## 28: 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.

The other day, I helped my cousin complete his homework for winter vacation. I have to admit that it was a wonderful experience.

It all happened at a family dinner. Before we finished our meal, my cousin was urged by his mother to do his homework. Because there was less than one week left before the start of school and my cousin had just begun his homework. Given the nearing deadline, he turned to me for help.

For a college student, primary school students' homework is just a piece of cake. I agreed immediately and started to help him with a hand-written newspaper, a kind of hands-on task that nearly every Chinese elementary school student has tried. I took out a sheet of blank paper and drew some patterns that I like on it, and finally added some excerpted Tang poems in the margin. It is easier said than done: I spent more than one hour completing just a single assignment. Furthermore, I also helped him complete a handmade New Year's greeting card.

What struck me about this experience was that homework assigned to pupils today is totally different from that of my time. When I was an elementary school student, I only had homework for subjects like mathematics, English and Chinese. Schools now put more emphasis on cultivating all aspects of a student's qualities. In addition to academic tasks, pupils are also given some hands-on assignments. This is a very positive change. But I still wish that my cousin could complete his homework earlier instead of asking someone else to help him.

中文思路:

不久前，我帮助我的表弟写完了他的寒假作业。不得不说这是个奇妙的经历。

那是一次家庭聚餐，我们还没吃完饭，表弟就被他妈妈催着写作业。还有不到一周就要开学了，表弟才刚刚开始写寒假作业。因此，他请求我帮帮他。

对于一个大学生来说，小学生的作业不是一件难事。我立刻答应了他，并开始帮他做手抄报。手抄报是每个中国小学生都做过的作业。我拿来一张白纸，在纸上画上我喜欢的图案，最后在空白处摘抄了我喜欢的唐诗。说起来简单，这份东西花了我一个多小时才做好。除此之外，我还帮他做了一张手工新年贺卡。

做完之后我最深的感受是，现在小学生的作业和我小时候完全不一样。我自己上小学的时候，大概只有数学，英语和语文有作业。现在的学校更注重孩子的综合素质。除了文化课之外，还会布置一些动手的作业。这是一项非常好的改变。只是希望表弟之后能自己早点完成，不要再让我帮他写作业了。

## 29: 别人询问你意见

Describe a time when someone asked you for your opinion.

Some instructions that you can follow:

Who asked you for your opinion?

Why this person wanted to know your opinion

What opinion you gave this person

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

I recently gave a good opinion to my dad and I felt very proud of it. A few weeks ago, it was my mother's birthday. My father came to me and asked me for some advice. He had planned a lovely day to celebrate her birthday and had bought her a fantastic present. However, he was having trouble with choosing a place to take her for a special dinner.

My father wanted to take her somewhere they had not been to before, that served great food and had a good atmosphere. But he wasn't good at this and he asked me for opinion. So, I thought about it and made the decision that they should go to Da Dong Roast Duck. He loved the decision! He told me they had often thought of going there as it is well renowned, but they never managed to find the time. On the day of my mother's birthday, they went to the restaurant and later that night my father told me they had a brilliant time. He said I had made the perfect decision and that my mother thought it was the best birthday dinner she had ever had! I felt very proud that I was able to help my parents and make a decision that brought them so much joy. Sometimes, it can be stressful making decisions. But in this case, I knew exactly what the right choice was to make.

中文思路:

最近我做了一个很好的决定，我为此感到非常自豪。几个星期前，是我妈妈的生日。我父亲来找我，问我一些建议。他计划了一个美好的日子来庆祝她的生日，并给她买了一份奇妙的礼物。然而，他在选择一个地方带她去一顿特别的晚餐时遇到了麻烦。

父亲想带她去一个他们以前没去过的地方，那里的食物很棒，气氛也很好。我爸爸不擅长找餐馆，所以来寻求我的帮忙。所以，我想了想，决定让他们去大董烤鸭店。他喜欢这个决定！他告诉我，他们经常想去那里，因为那里很有名，但他们一直没有抽出时间。在我妈妈生日那天，他们去了餐厅，那天晚上晚些时候，我爸爸告诉我他们玩得很开心。他说我做了一个完美的决定，我妈妈也认为这是她吃过的最好的生日晚餐！我感到非常自豪，我能够帮助我的父母，做出一个给他们带来这么多快乐的决定。有时候，做决定会很有压力。但在这种情况下，我知道正确的选择是什么。

## 30: 帮助你集中注意力的事物

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

Some instructions that you can follow:

What it is you do

Where and when you do this

Whether you always do the same thing

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

Every morning, I would make a to-do list of things that must be done during the day. Whenever I feel distracted and want to play with my cellphone or just do nothing, the list always pulls me back to reality and forces me to re-focus on my studies or work.

Honestly, I am a person easily distracted by external disturbances. That has caused a huge disruption to my life and studies because I find that I frequently get distracted for no reason at all. My mind may start to wander not 10 minutes after I sit in the classroom. A class lasts only 40 minutes, however, and though I am probably very attentive for the first 20 minutes, I then spend the rest of the time staring into space.

When I realized I had such a problem, I decided to make a change. I started to make a to-do list every morning when I got up and carry the notebook around with me. Within the constraints of the list, I am able to voluntarily remind myself of the need to stay concentrated throughout the day because I've got a lot of things to do. I must admit that such an approach is very effective. My life and studies have become more organized and I am more focused on the tasks at hand.

Whenever my thoughts start to wander, the list always magically pulls me back to reality. Each time I finish a task, I would mark a tick on the list, and it gives me a sense of accomplishment when I find that all my tasks have been achieved by the time I go to bed. It helps improve my efficiency in a very effective manner.

我会每天早上制定每天必须要做的事情清单。当我感到注意力不集中想玩玩手机或者发呆的时候，这个清单都会让重新专注于学习或工作。

说实话，我是个非常容易收到外界干扰而无法集中注意力的人。这对我的生活和学习造成了很大困扰，因为我常常莫名其妙地走神。在课室坐下不够 10 分钟，我可能就开始胡思乱想，一堂课 40 分钟，我可能只有前 20 分钟能认真听课，剩余的时间都在发呆。

当我我认识到这个问题，我下定决心改变。我开始在每天早上起床后，列一个必做的事情清单，并写在本子上随身携带。有了这个清单的约束，我会时常暗示自己我得专注下来，我今天还有很多事情要做。我不得不说这个方法真的非常管用。我的生活和学习开始变得有条理，我也能更加专注于我手头上的事情。

每当我走神的时候，这个清单都会把我拉回现实。我每做完一件事情就会在清单上打一个勾，当晚上睡觉前看见我的清单上的任务全完成了，我就会感到这一天过得非常充实，非常有效率。

## 31: 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.

Recently, camping has become one of the most popular outdoor activities among young people. On my last holiday, a few friends and I went to a park to camp, which turned out to be an unforgettably wonderful experience.

It was the weekend. My friends and I took a tent, some beverages and lots of snacks to the park. After we selected an appropriate spot, the boys started to put up the tent in the meadow while we girls were responsible for preparing food. I took with me a variety of fresh fruits, milk tea and crisps. In no time, the table was piled with different foods. It was hot, but we immediately had access to some refreshing coolness after the tent was set up. We had a picnic, played board games and took photos in the meadow. It was a fun day.

Camping is really suitable for young people as it is both fun and affordable. The venues are freely available and all you need to do is to find friends with a tent and buy some food. The total cost for a whole day's fun is just several hundred yuan, or mere dozens of yuan per person. Compared with eating out, going shopping or playing escape rooms, camping is truly inexpensive.

Due to the COVID-19 pandemic, it's been a long time since last I traveled. On occasions where residential buildings were quarantined, I even couldn't get out of my home. Enjoying the sunshine, blue sky and getting close to nature is a rare luxury for me now. It was a beautiful sunny day with green meadows and a blue sky, and I took many amazing photos. I still cherish the good memories of that special day.

最近一段时间，露营成为了年轻人最喜欢的户外活动之一。上个假期，我和几个朋友一起去公园露营，那真是奇妙又美好的一天。

那是一个周末，我和几个朋友一起带着帐篷，饮料还有很多零食来到了公园。找好地方后，男生在草地上开始搭帐篷，我们几个女生负责准备食物。我带了各种新鲜的水果，奶茶，薯片，不一会桌子上就堆满了食物。虽然天气很热，帐篷搭好之后立刻凉爽了不少。我们一群人在草地上野餐，玩桌游，拍照。度过了非常开心的一天。

露营真的非常适合年轻人，好玩并且花费不高。场地是免费的，我只需要找一个有帐篷的朋友，然后买一些食物。几百元就可以玩上一整天。平均下来一个人才几十元。比起吃饭，逛街或者是玩密室，露营实在是太便宜了。

因为疫情的关系，我已经很长时间没有旅游了。有时候小区封闭，我甚至连家门都出不了。能够在周末享受阳光和蓝天，亲近大自然，对我来说是一件非常难得的事。那天阳光超好，绿色的草地加上蓝色的天空，我拍了超多好看的照片。我非常怀念这特别的一天。

## 32: 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.

On an afternoon not long ago, I decided to take a taxi instead of the metro due to the hot weather. Unexpectedly, I was stuck in a huge traffic jam. After driving along the viaduct for some time, the car became slower and slower.

I did not mind that at all in the beginning because taking a taxi was much more comfortable than taking a bus. I even took out my cellphone and played a level of a game. But when I returned from the game to reality, I found I was still on the same viaduct. I started to become anxious. On the one hand, I was bored; on the other hand, the taxi kept the meter running when stationary, and so the traffic jam would cost me more than a dozen yuan extra. After a while, the taxi had moved only a few hundred meters forward. There was a time when I even wanted to get out of the car and walk. However, it was a dangerous thing to walk on high-speed lanes given the fact that the congestion had occurred on a viaduct. Ultimately, I had no other option but to wait. My anxiety started to grow and time seemed to go by more slowly.

It wasn't until half an hour later that the taxi managed to exit from the viaduct. It turned out that a serious accident had occurred around the exit: a truck rolled over at the middle of the lane, causing a serious traffic jam. Finally, I arrived at my destination one hour later than expected, at a doubled taxi fare. The dual loss in time and money made me frustrated. It seems, after all, that the subway is a more appropriate means of transportation for me. It costs only one-tenth of a taxi's fare, without causing concerns about traffic congestion.

不久前的一个下午，因为天气太热，我放弃了坐地铁，选择了打车出门。令我没有想到的是路上遇到了大塞车。当车进入高架桥行驶了一段路后，车速变得越来越缓慢。

起初我并不着急，因为出租车比公交车要舒适的多，我甚至拿手机打了一把游戏。打完游戏回过神来，我竟然还在高架桥上。我开始有些着急了。一方面是因为无聊，另一方面出租车等待也是需要付费的，交通拥堵已经让我多花了十几块钱车费。时间又过去了一阵，我的车大概只前进了几百米。我一度想下车步行，但拥堵发生在高架桥上，在高速路上步行是一件危险的事。最后我只能选择继续等待。我开始变得焦虑，时间仿佛也过的越来越慢。

大约过了半个小时，出租车才驶出高架桥。高架桥的出口处发生了严重的事故，一辆货车侧翻在路中央，因此导致了严重的交通问题。最后，我比计划时间迟了一小时才到达目的地。车费也多花了两倍。时间和金钱的双重损失让我非常懊恼，看来还是地铁更适合我。地铁的花费只有打车的十分之一，还不用担心堵车。

### 33: 安静的地方

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.

A quiet place that I enjoy spending time in is the Donghu Park which is not too far from where I live. This is another advantage as I do not have to travel far to see the lovely park. Because of this I visit the park at least once a week.

The Donghu Park was built many years ago, and it has always been one of the parks that locals often go to. The park is large, with pavilions, promenades, meadows and several lakes. On weekends, the park is very crowded. Many families would have a picnic on its grass land. There are also many tourists boating on the lake. The park also has a long jogging path, and many nearby residents often jog in the park in the early morning and late afternoon.

I like visiting the park because it is a place where I can get away from the crowds and hectic lifestyle of Guangzhou. Donghu Park can be very busy, as it is a popular tourist attraction, but I know where there are quiet and serene areas. Therefore, at the weekend, I love to go there for a jog to relieve myself of all my stresses. I find it is very enjoyable to be surrounded by beautiful nature. In these quiet areas, I can often hear the birds singing and the wind rushing through the trees.

Donghu Park is filled with my good memories, so I enjoy spending my leisure time there.

中文思路:

我最喜欢待在的安静的地方是我家附近的东湖公园，它离我住的地方不远。我不用走很远就可以看到这个公园，这是一个很大的优点。正因如此，我每周至少去一次。

东湖公园在很多年前就建造好了，它一直是我们当地人经常去的公园之一。公园很大，里面有亭子，长廊，草地还有几个湖。周末的时候公园人很多，很多家庭会去草地上野餐，也有很多游客在湖上划船。公园里还有长长的专用慢跑道路，每天清晨和傍晚的时候，很多附近的居民都会在公园里跑步。

我喜欢参观公园，因为它是一个让我可以远离人群和繁忙生活方式的地方。东湖公园可以很热闹，因为它是一个受欢迎的旅游景点，但我知道那里有安静和宁静的地区。因此，在周末，我喜欢去那里慢跑，以减轻我所有的压力。我发现被美丽的大自然包围是很愉快的。在这些安静的地方，我经常能听到鸟儿歌唱，风吹过树林。

东湖公园充满了美好的回忆，所以我喜欢在休闲时候呆在那里。

## 34: 被赞扬的时刻

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.

My final presentation last semester was highly valued by my teacher. She said that it was a perfect presentation. What's more, I also gained extraordinarily good academic results for the term.

The final presentation was collectively carried out by our group of six. In the group, we assumed different roles with some responsible for developing PowerPoint slides and some for research. I was responsible for delivering the presentation. I started to practice my presentation two weeks in advance in order to achieve a perfect outcome. Whenever I was free, I would rehearse my presentation in front of a mirror in the dorm. Every day I would spend at least 1 hour practicing in order to be able to give the speech without the script.

The reason our group was so highly acclaimed by our teacher was that, compared with other groups, we were the most well-prepared one. Our PPT slides were exquisitely designed with rich content and well-researched sources. Prior to the presentation, I'd already been confident about myself.

I am extremely happy about getting the teacher's affirmation that we'd done a great job. This is not vanity, as we were praised because of our hard work. Most importantly, I got a great academic result thanks to my good performance. Undeniably, the honor is not mine alone because the other five group members have also contributed a lot behind the scenes. I like my Economics teacher very much and have decided to continue my efforts in this discipline.

上学期末，对于我的期末汇报，我的老师给予了高度评价。她说这是一场完美的汇报。最后我也获得了非常好的期末成绩。

这项期末汇报是我们小组六个人共同完成的。我们每个人都有不同的分工，有的人负责做 ppt，有的负责查找资料。而我负责演讲。为了使演讲更加完美，我提前两周就开始练习了。有空的时候我就在宿舍对着镜子不停的练。为了脱稿演讲，我每天至少都会练习一个小时。

老师之所以对我们小组有很高的评价，是因为和其他人相比，我们的准备是最充分的。我们的 PPT 制作精美，内容丰富并且有充足的数据支撑。演讲前，我就对自己充满了信心。

能得到老师的肯定，我感到非常高兴。这不是因为虚荣，而是因为老师的赞扬是对我辛勤付出的肯定。最重要的是我因此得到了一个好成绩。当然这并不是我一个人的功劳，其他五个同学在背后默默付出了很多。我非常喜欢我的经济学老师，今后我会继续好好学习这门课程。

## 35: 喜欢的传统物品

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.

I want to talk about a very interesting traditional product called Lao Gan Ma. It is a very popular sauce made of chili and soybean in China. Its usage is versatile. It can be either directly consumed or used to cook dishes. The majority of Chinese people have a bottle of Lao Gan Ma chili sauce in their fridges.

The first time I tried it was when I was still in elementary school. At that time, I was not a fan of chili and I found its flavor really odd. Over time, my liking for the sauce has grown. If mom forgets to add some Lao Gan Ma to a dish, I will immediately tell her that something is missing.

With years of development, Lao Gan Ma is now a well-known large company in China. The varieties of its products have also increased from one offering to dozens of chili sauces. All products are produced in specialized factories. Industrialization has led to reduced product cost, so now I can buy a bottle of Lao Gan Ma at a price of less than 10 yuan.

I like it not because of its unique flavors, but because of a dietary habit and nostalgia, just like how foreigners like butter. Any ingredient immediately produces a wonderful taste once the chili sauce is applied. It is of constant appeal to me. The chili sauce is also sold in some Chinese grocery stores overseas, a sufficient proof of how popular the product is among the Chinese people.

我想谈谈一个十分有趣的传统产品，它叫做老干妈。这是在中国十分流行的一种调味品，它是用辣椒和黄豆制成的酱。用途多种多样。它可以直接食用，也可以用来炒菜。对于大部分的中国人而言，每家的冰箱里都会有一瓶老干妈。

我第一次吃应该是小学的时候了，那时候我不吃辣椒，我觉得它的味道实在是太奇怪了。但随着年龄的增长，我越来越喜欢吃老干妈。如果妈妈炒菜的时候忘了放老干妈，我就会觉得少了一点味道。

老干妈经过很多年的发展，现在已经是全国知名的大企业。产品也从最初的一种发展到了几十种。所有的产品都是由专业化的工厂生产的。工业化使得产品成本降低，现在只要不到十块钱，我就可以买到一瓶老干妈。

我喜欢老干妈不仅因为它独特的口味，更是一种饮食习惯和情感的寄托。就像外国人喜欢吃黄油一样。任何东西加上老干妈，立刻就有了一种奇妙的味道。非常吸引我。在海外的一些华人超市，都可以买到老干妈，这足以证明中国人都多喜欢这个调味品。

## 36: 聊得来的朋友

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.

Anna is my college classmate. She lives in the dormitory next to mine. We became acquainted with each other at the beginning of the first semester, and have remained friends for more than three years since. We are on good terms and always chat with each other without reserve. She is a girl with an excellent personality, always carrying a smile on her face no matter what happens. I also admire her optimism and positivity. I always feel so much better after talking to Anna about my unpleasant experiences.

I am mentally sensitive to a point that I get easily nervous from even the slightest bit of pressure. I also tend to lose my temper over trivial matters.

As graduation was around the corner, after which we would go our separate ways, almost all of us were under great pressure, and an emotion mixing anxiety with sentimentality welled up in our hearts. On that day, we talked about our future work and life.

Anna told me that this was the Senior Year and to go for a walk if I felt stressed. Besides, exercise is also a good way to blow off some steam. We exchanged a lot of ideas and feelings, and encouraged and comforted each other. This conversation eased our nervous emotions and rekindled our motivation to learn and hope for the future. I was glad to have Anna as my closest friend.

中文思路:

Anna 是我的大学同学，住在我隔壁宿舍，我们刚开学的时候就认识了，至今已经三年多。我们两关系特别好，平时无话不说。她是个性格特别好的女孩，不论发生什么事，她总是笑嘻嘻的。她乐观又积极，每次我有不开心的事，和 Anna 聊天都会让我舒缓很多。

我是个容易紧张的人，每当压力来袭，我就会变得很敏感。一点小事就会让我发脾气。最近因为快毕业了，升学和就业让我感到压力很大。而且毕业也意味着大家要离开学校各奔东西了，所以我既焦虑又伤感。一个周末的下午，我决定找 Anna 聊一聊。

Anna 告诉我毕业季都是这样的，如果觉得压力大，可以出去散散步，运动也是很好的舒缓压力的方式。我们交换了非常多的想法和感想，也互相鼓励和安慰。这次的交谈让我两紧张的情绪舒缓了下来，重新燃起了学习的冲劲以及对未来的希望。我很庆幸有 Anna 这样的知心好友。

## 37: 节省时间的改变

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.

Last semester, I bought an electric bike. This has changed my life because the bike helps me save a lot of time.

Located in the university city, our campus covers a vast area. It takes at least 15 minutes for one to walk from the teaching area to the living area. Most roads around the university are uneven, and there are many slopes to climb. Therefore, it is necessary for me to choose an appropriate means of transport. Previously, I had always ridden a bike to commute, and when I encountered an upward slope, I had to push the bike, which wastes not only time but energy. An e-bike travels faster than traditional bikes and is more convenient to use. Riding on my e-bike, I can easily climb over any slope. More importantly, just like traditional bikes, riding an e-bike does not require a driver's license. Ever since I purchased the e-bike, I have never been late for class, and it only takes me 10 minutes to get to my classroom from the dormitory.

The purchase process was also quite simple, only taking me half an hour to pick up the e-bike after making the payment, though this was months of my savings. An e-bike costs about 2,000 yuan, which is not a small sum for students like me. Thus, I don't think such a change is an easy thing to do.

The e-bike saves time in other aspects too. If I wanted to travel to a distant place before, I had to take the bus. That may take a lot of time if I encounter traffic. Now, I opt to ride an e-bike because it helps me to reach my destination in the shortest time possible, completely eliminating my worries about traffic jams.

上学期，我买了一部电动自行车。这让我的生活发生了一些改变，电动车帮助我节约了很多时间。

我们学校位于大学城，校园面积非常大。如果只靠步行，往返教学区与生活区就需要至少十五分钟时间。学校周围的路大多数不是平坦的，经常需要上坡和下坡。所以，选择一个适合自己的代步工具就非常有必要。以前我都是骑自行车，遇到上坡只能推着自行车走，不仅浪费时间还很费力。电动车比自行车速度快，使用起来更方便，骑着电动车我可以轻松的爬上任何一个斜坡。最重要的是电动车和自行车一样不需要驾照。自从买了电动车，我上课再也没有迟到过。十分钟就可以从宿舍赶到教室。

买电动车很简单，从付钱到提车只需要半个小时。但这笔钱我存了好几个月。一部电动车需要大约两千元，这对学生来说并不是一笔小数目。所以我认为这样的改变并不容易。

电动车还在其他很多方面为我节省时间。以前我去远一些的地方，只能选择公交车。有时候遇到塞车，会耗费很多时间。现在我都会选择骑电动车，电动车帮助我用最短的时间到达目的地，完全不用担心堵车。

## 38: 改变世界的发明

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.

Smart phones are an invention that have changed the world. The availability of smart phones has fundamentally changed people's lives. When I was a kid, cellphones were just a single-function communication device with which people made phone calls to contact their relatives living afar. Today's cellphones, however, are not only a communication tool, but more importantly, they are our mobile assistants. With a smartphone, we don't even have to carry our wallets with us.

Apparently, smartphones are more popular among young people. They consider the latest models to be synonymous with trendiness. Many young men and women simply must have the newest iPhone regardless of their staggering retail prices. Older people have also gradually accepted the conveniences brought by smartphones. My mother, for example, has learned not only how to watch videos and news on cellphones, but also how to make payments via WeChat with my guidance.

Smart phones are pushing the world in a more advanced direction from all angles. If you ask me what the most indispensable thing in my life is, I would unhesitatingly tell you it is my cellphone. In the old days, we had to subscribe newspapers if we wanted to read news, turn on the TV to watch videos and carry a camera when we traveled. Now, the only thing we need to carry is a smart phone because it offers alternatives for all of the above functions. Smartphones have made communications throughout the world unprecedentedly efficient, which is also why they have changed the world.

智能手机是一项改变世界的发明。在有了智能手机之后，人们的生活发生了巨大的变化。在我小的时候，手机只是单一的通讯工具，人们用手机打电话，和远方的亲人取得联系。但现在手机不仅是通讯工具，更是我们的移动管家。有了手机甚至出门连钱包都不用带。

很显然智能手机在年轻人中更受欢迎。他们认为最新款的智能手机是时尚的代名词。很多年轻人无论如何都要购买最新款的 iPhone 手机，尽管这款手机的售价惊人。老年人也在逐渐接受智能手机带来的便利。比如我妈妈，在我的影响下，她现在不仅会用手机看视频和新闻，甚至还会使用微信支付。

智能手机正在全方位的让这个世界朝着更先进的方向发展。如果你要问我生活中最离不开的东西是什么，那一定是我的手机。以前我们看新闻需要订阅报纸，看视频需要打开电视，出门旅行需要携带照相机。但是现在，只需要一部智能手机，以上的所有都可以被代替。智能手机让整个世界的沟通与交流前所未有的高效，正是这个高效，改变了世界。

## 39: 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.

Last year, I used the navigation software of my phone when I had got lost to successfully arrive at my destination.

When my friend Anna and I were travelling in Xiamen, we decided to go to a famous satay noodle restaurant called Wutang. Anna and I went there and searched for more than half an hour without finding it. What's worse, I found that we had lost our way. It was hot and the restaurant we wanted to go to was closing. Just when I was worried, Anna suggested we use mobile navigation, hoping it would help us.

The app showed that we were still a few hundred meters from our destination, and it also indicated which directions we should take. So, we followed its suggestions and found the snack bar soon after.

Mobile navigation is so useful and important, especially for those like me who have no sense of direction. Unlike traditional maps, I can not only see my location, but also the fastest way to my destination. If I take a wrong turn, the navigation software will immediately alert me. Xiamen's road networks are complex, and if one is not careful, they will lose their way. My phone helped me this time, otherwise we would never have made it to the restaurant before it closed. This is also a lesson for me, that I must use mobile phone navigation in the future when going out, so as not to get lost and waste time again.

中文思路:

去年我在迷路的时候使用我手机上的导航软件，成功到达了我想去的地方。

那时候，我和舍友 anna 在厦门旅游。我在网上找到一家著名沙茶面，准备去尝尝。我和 anna 按着网上给的地址，找了半个多小时都没找到，更糟糕的是，我发现我们迷路了。那时候天气很热，而我们想去的小吃店就快要下班了。正在我着急的时候，anna 建议我试下手机导航，希望它能帮助我们。

手机导航软件指示我们距离目的地还有大概几百米的路程，同时也指出了我们应该往哪个方向走。于是我们顺着导航走，不久，我们顺利找到了小吃店。

手机导航真的太有用太重要了，尤其是对于我这种路痴来说更是如此。它不同于传统地图，我不仅能看到目的地的位置，手机还会通过 GPS 实时定位。一旦我走错路，导航软件会立刻提醒我。厦门的路况复杂，一不小心就会失去方向。我的手机在重要的时候帮助了我，如果单纯靠门牌号码，我们肯定不能在这家店关门到达。这对我来说也是一次教训，以后出门的时候一定要多使用手机导航，以免迷路浪费时间。

## 40: 令你惊喜而又开心的事物

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.

Recently, I have been so happy about getting an offer from my dream school! It is surprising and exciting.

It was late at night on the last Sunday of April. This is still fresh in my mind. I had insomnia that night, unable to fall asleep in bed. All of a sudden, my phone buzzed and I saw that I had received an email in English. My heart began to race. I was wondering: No way! Could it be my offer? I was so thrilled and clicked on the email. Indeed, it was the offer from my dream school!

I was ecstatic and felt like I was the Chosen One! I jumped out of bed immediately and gave my parents a call to let them know the great news. I was so excited that my hands were shaking. It took me a long time to calm down. It was such a surprise. I have been making preparations for studying abroad for a year. I applied to numerous schools but failed to receive a response from any one of them. I was under a lot of pressure. I had been through a lot of anxiety and insomnia and even thought that I had depression.

Now I have finally got an offer. And it is from my dream school. I will officially be a graduate student as long as I follow their instructions and submit my language results before the deadline! This is surely the biggest surprise I have had in a very long time.

中文翻译:

最近的一件令我惊喜而又开心的事情就是，我收到了梦想中的学校的 offer 了！

我清楚的记得那是4月的最后一个星期天的深夜。我有点失眠，在床上辗转反侧无法入睡。突然我的手机响了，我收到了一封英文邮件。那一刻，我心跳瞬间加速，心想，不会吧！难道是 Offer 来了？我怀揣着激动的心情点开了邮件。竟然真的是我梦想中学校的 offer！

我瞬间狂喜，感觉我就是那个天选之子！我立刻激动跳下床，打电话告诉了我爸妈这个令人喜悦的消息。我兴奋地手都有点发抖，过了很久我才平静下来。这个消息真的令人太惊喜了。因为最近一年以来，我一直做出国留学的准备。我向非常多的学校递交了申请，但没有任何一个学校回复我。我感到压力非常大，经常焦虑到失眠。我感觉最近我都有点抑郁了。

如今我终于申请上了一间学校，而且还是我梦想中的学校。只要我在规定时间内提交合格的语言成绩，我就能在正式成为一名研究生了！这真是近一段时间我收到的最大的惊喜了。

## 41: 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.

If possible, I would like to work with my cousin. My cousin is three years older than me. He is tall, thin, and good-looking. Our families have been living in the same neighborhood since we were little. He and I had been playmates in our childhood. He has been working for a while and is now a bank clerk.

We have not been colleagues, but the two of us are responsible for shopping and cleaning every year during the Chinese New Year. Before each and every purchase, my cousin would ask about the items that our family members need in a detailed way, and then write them down. This shows his consideration and organizational skills. He is a person that people can trust and rely on. If we can work together, he will certainly be a reliable colleague.

Since I major in finance, I am likely to work in a bank after graduation. Working with my cousin would enable me to ask him questions in case I ever find things confusing. I believe that he would explain everything to me and that his help will allow me to accustom myself to the work faster. It is always rewarding to have a mentor who is patient to provide us with instructions at work.

Finally, as the age difference between my cousin and me is not huge, we will have a great rapport. I imagine that if I had to work with my parents, it probably will not work out because of our huge generational differences.

如果有机会的话，我希望能和我的表哥在未来一起工作。我的表哥比我大三岁，是一个高高瘦瘦的帅气小伙。我们两家人从小就住在同一个小区里，我和他从小玩到大。他已经工作了一段时间了，现在在银行工作。

虽然我们没一起工作过，但每年过年的时候，我们都会一起购买过年需要用到的物品和打扫卫生。每次采购物资前，他都会仔细问清楚家里人需要什么，然后详细登记在册，然后一并采购。他是个很有条理的人，做事很认真仔细，令人放心。所以如果未来我们一起工作的话，他肯定是一个靠谱的工作伙伴。

另外，我学的也是金融学，未来很可能也会在银行工作。那如果我们能一起工作，我有什么不懂的地方都可以请教他。他肯定会耐心指导我。这样的话我应该能尽快地融入工作的环境，做得更加出色。有一个耐心的前辈指导我的工作，这是非常非常有益的和有幫助的事情。

还有最后一点是，我们年纪相差不大，沟通起来很方便。假如我和我爸爸妈妈一起工作，那我们是非常有可能闹崩的！因为我们之间有很大的代沟。

## 42: 宜居之地

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

Some instructions that you can follow:

Where this place is

How well you know this place

What people can do in this place

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

Shenzhen, in my opinion, is a very livable southern Chinese city. It is the economic center of Guangdong Province and one of China's four first-tier cities. I traveled to Shenzhen last year and I was deeply attracted.

In fact, I have limited knowledge about Shenzhen because I haven't lived there for a long time. However, its charm just felt very apparent thanks to its fashionable and futuristic CBDs, which are the most modern in the country. There is also this incredible seaside arterial road that allows you to see the ocean near one of the CBDs. Moreover, Shenzhen also boasts the highest greening rate in China, and parks make for a ubiquitous sight therein. Citizens not only take family outings and camp in the park on weekends, but also go beachside cycling. Shenzhen is also home to an actual coastal tourist site with golden beaches and five-star resorts — Dameisha Beach. It is certainly comparable to the renowned Sanya, and lies only a few hours away by car during holidays.

One of the reasons I think Shenzhen is highly livable is a climate so excellent that down jackets are not a clothing necessity. It is also a vibrant city and a melting pot of numerous large enterprises. Many well-known Chinese enterprises are headquartered in Shenzhen, to name a few, Tencent, Huawei, BYD, etc. These enterprises provide a sea of job opportunities for young people to learn and thrive — an opportunity I am certainly looking very much forward to after graduation.

中文思路:

我认为深圳是一个很适合居住的地方。它位于中国的南部，是广东省的经济中心，也是中国的四座一线城市之一。去年我曾经去深圳旅游，这座城市非常吸引我。

事实上，我对深圳了解的不算多。我没有在那里长期生活过。但是这座城市真的非常有魅力。他有着中国最现代化的 CBD 区域，看起来摩登又时尚。深圳有一条主干道就是沿着海边修建的，在 cbd 的不远处竟然可以看到大海，非常不可思议。深圳有着全中国最高的绿化率，这座城市到处都可以看到公园。居住在这里的人，周末不但可以全家去公园露营或者踏青，还可以沿着海边骑自行车。节假日的时候，只需要开车几个小时，就可以到达深圳大梅沙，这里是真正的大海边，拥有金黄的沙滩和五星级的度假村。和著名的旅游胜地三亚并没有什么区别。

我认为深圳宜居，因为这里拥有绝佳的气候。住在这里的人甚至连羽绒服都不需要准备。深圳更是一座充满活力的城市，拥有有非常多的大企业，很多中国知名企业的总部都在深圳。比如腾讯，华为，比亚迪等。这些企业提供大量的工作机会。年轻人在这里可以快速的学习和成长。如果有机会的话，我希望毕业后能去深圳工作。

## 43: 庆祝重要事件

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.

Last summer, my friends and I won the first prize of the university's entrepreneurship competition as a result of our team efforts. With such an ideal outcome, we decided to celebrate with a bountiful dinner.

As the team leader, I chose a western restaurant which we had rarely visited due to its extravagant prices. I ordered steaks, salads and other delicious dishes. The restaurant offers not only a first-class dining environment, but also decent food. Everyone was satisfied with the dinner. After our meal, we went to an outdoor cafeteria where I suggested playing Werewolf, a highly popular game on campus. We played such a vibrant and thrilling game as we enjoyed our desserts. It was a beautiful and cool summer night. Our joyful laughter completely replaced all the tiredness we had accrued during the competition, and we had a pleasant, happy and brilliant night together.

We had prepared for this competition for a long time. Every afternoon after class, we would practice and discuss tactics together. Especially since we lost in the final last year, we were all desperate to win the trophy. What's more is that we will graduate soon, and so this was the last opportunity for us to participate in the competition together. This experience will be a good memory for everyone.

中文思路:

去年夏天，我和我的同学获得了学校创业比赛的一等奖（这个可以自行替换为得到奖学金、社团活动拿奖之类的活动）这个比赛是我们团队努力很久的成果。终于获得了理想的成绩。我们决定用一顿丰盛的晚餐来庆祝胜利。

作为队长，我选了一家小贵的西餐厅，平常是舍不得来这里吃饭的。我们点了牛排，沙拉以及其他美味的菜。这里不但环境好，食物也非常美味。每个人都对晚餐非常满意。饭后我们又来到了一家户外咖啡馆，我建议大家可以玩“狼人杀”，这是校园里最受欢迎的游戏。我们在吃甜点的时候玩了这个充满活力和刺激的游戏。那是一个美丽的夏夜，天气凉爽。伴随着我们欢乐的笑声，之前备战的辛苦都不存在了，大家度过了一个充满喜悦和欢乐的灿烂夜晚。

我们团队的成员都很看重这场比赛。每天下午下课后，我们都会集中讨论，研究方案。尤其是我们去年在决赛中被淘汰了，所以我们今年都无比渴望胜利。更重要的是，我们就快要毕业了，这是我们最后一次一起参加比赛，这次经历会成为每个人心中的美好回忆。

## 44: 在公共场所遗失物品

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.

I lost a newly purchased iPhone a few years ago. It was the newest model back then and I had had it for only less than a month. The incident has left a permanent scar on me since.

It was the weekend, and I had gone shopping with a few close friends. I clearly remember that I bought a cup of milk tea and paid with my cellphone after a meal. I put my cellphone casually in the pocket of my hoody and then continued shopping. About ten minutes later, I realized that I couldn't find my phone. I thought I had left it in the milk tea shop, but the clerk told me they hadn't seen it. I tried to call myself with my friend's phone but unfortunately, I was met with a message that it had been turned off. I then realized that my phone might have been stolen.

I tried every possible means to find my phone after going home. I kept calling, yet it was turned off all the time. I resorted to iCloud to locate my phone, but that failed too. No words could describe how frustrated I was at that moment.

Ultimately, I never found it, and it troubled me gravely. I reapplied for the SIM card but still lost all the data on the phone as it never occurred to me to back it all up. I spent a lot of money on buying a new phone too. I have been taking better care of my belongings in public places since then as I have learned that placing them carelessly may bring serious consequences.

中文思路:

几年前,我曾经把自己新买的手机弄丢了,那是一部我刚刚购买不到一个月的新款 iPhone。这件事让我印象非常深刻。

那是一个周末,我和好朋友一起去商场逛街。我清楚的记得,吃完饭后,我买了一杯奶茶,当时还用手机付款了款。喝完奶茶后,我顺手把手机放在了我的卫衣口袋里,然后继续逛街。大约十分钟后,我发现我的手机找不到了。我以为自己把手机忘在了奶茶店,但店员告诉我并没有捡到一部手机。我尝试用朋友的手机给自己打电话,不幸的是,已经提示关机了。这时候我才开始意识到,我可能遇到小偷了。

回到家后,我尝试用各种方法找回我的手机。不停的打电话,但是一直提示关机。我尝试用 icloud 定位我的手机,然而也无济于事。那一刻,我非常沮丧。

最后,我的手机也没有找回来。丢手机是一件非常麻烦的事。我重新补办了电话卡,因为忘记备份,手机里所有的资料都找不回来了。买新手机也花费了一大笔钱。从那以后,在公共场合我都会看好自己的随身物品,随手乱放可能造成非常严重的后果。

## 45: 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.

中文思路：（第一套是长江，第二套写的是珠江，第三套是黄河，第四套是阳澄湖）

The Yangcheng Lake is a very famous lake in China. Most people have heard its name because of the Dazha crabs it produces. Dazha crabs are a widely known cuisine.

The lake is located in Jiangsu Province, not far away from Suzhou City. I had no idea of how big the lake was. A few years ago, I visited there, finding that it was a rectangular lake with many parks distributed along its shore. There was a big green by the lakeside, where many people were fishing and children were flying kites. The lake area offers beautiful scenery in good weather, and is very suitable for families seeking pleasure during spring weekends.

Despite not being the largest lake in China, Yangcheng Lake is nevertheless a sizeable one. It has a long history and local residents have been relying on the lake's resources since ancient times. People use water from the lake to irrigate grain crops and farm fish. In modern times, the Dazha crabs produced by the Yangcheng Lake have obtained nationwide popularity, making it an important economic resource for nearby residents. On September 10<sup>th</sup> every year, Dazha crabs are harvested from the Yangcheng Lake; large numbers of crabs are packaged and shipped to the entire country for sale. Dazha crabs are a favorite cuisine for the Chinese people despite their high prices, and they are constantly in short supply. Yangcheng Lake has played a significant role in the economic development of Jiangsu province in both ancient and modern times.

阳澄湖是我国非常著名的一个重要湖泊，大部分人听说过阳澄湖，是因为这里盛产大闸蟹。大闸蟹是国家家喻户晓的美食。

这座湖泊位于江苏省，离苏州市不远。我不知道阳澄湖具体有多大。几年前我曾到那里旅游，它大概是一个长条形的湖，沿湖两岸建了很多公园。湖边有很大的草坪，不仅有人钓鱼，还会有小孩放风筝。天气好的时候风景非常秀丽。非常适合一家人周末踏青。

阳澄湖虽然不是中国最大的湖泊，但在当地算是比较大的了。它有着悠久的历史，自古周围居住的人们都以湖泊的资源为生。人们用阳澄湖的水灌溉粮食和养鱼。到了现代，阳澄湖出产的大闸蟹风靡全国，成为了周围居民的重要经济来源。每年的9月10月是阳澄湖大闸蟹丰收的时刻，大量的大闸蟹被包装好运至全国售卖。大闸蟹是中国人非常喜欢的食物，即使价格昂贵，依然供不应求。无论是古代亦或者现代，阳澄湖都是对江苏的经济发展起到了重要作用。

## 46: 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.

Concerning the celebrities I am interested in, I would like to talk about my favorite actor, Wang Yibo. He is one of the hottest stars in the entertainment industry today. Not only is he particularly handsome, but he has a very charismatic personality. He has a lot of fans.

Wang Yibo started out as a singer. He participated in many variety shows and starred in several TV Series, but it was not until he starred in the Chen Qingling TV series that he began to go viral. Wang became unbelievably famous, which is when I became a fan of his.

I was interested in Wang Yibo at first, of course, because of his handsome appearance. Wang is very tall and has an absolutely charming figure. I was obsessed with him for a long time. As a star of the Chinese variety show, *Street Dance of China*, he has proved to be a versatile talent underneath his good looks. He's basically the best dancer among all the male stars I know. He's super hardworking despite his talent. He constantly strives for perfection with every single dance move. Every time he's exhausted from dance practice, he'll pull himself together, and continue so as to ensure his performance at the competition.

I think he's a very authentic person whom I'll always support.

中文思路:

谈到感兴趣的名人,我想说说我最喜欢的男演员王一博。他是当今娱乐圈的最红的男明星之一。不仅拥有帅气的外形,性格也非常讨人喜欢。他拥有非常多的粉丝。

王一博起初是以歌手的身份出道的。他参加过很多综艺节目,还主演了几部电视剧。但直到 2019 年,他主演了电视剧陈情令,他才真正地爆火。王一博也因此走进了大众视野。我就是从那时候成为了他的粉丝。

我对王一博感兴趣,起初当然是因为他英俊的外形。王一博拥有完美的身高和绝对迷人的身材。很长时间里我都对他非常着迷。后来我看了他主演的综艺节目这就是街舞,我发现他帅气的外表下藏着无尽的才华。他几乎是我认识的所有男明星中,舞跳的最好的。他是天生的舞者。每当舞台上音乐响起,他整个人都在闪闪发光。它不仅拥有天赋,同时也十分努力。他对于每个舞蹈动作都精益求精,即使累的筋疲力尽,也会为了比赛爬起来继续练习。

我觉得他是个非常真实的人,我想我会一直支持他的。

## 47: 保持健康的方法

Describe something you do that you think is important for keeping fit and healthy.

Some instructions that you can follow:

What you do

How often you do it

Who you do it with

And explain why you think this activity is important for keeping fit and healthy.

I've developed a habit of staying up late in recent years. On a daily basis, it wasn't until the early morning that I was able to go to bed. This caused me to have low spirits during the day. Worse, it even gave me a trance-like feeling after getting up on days when I had classes to attend in the morning. I was left with no other option but to secretly take naps in class. Burning the mid-night oil had not only affected my mood, but also my weight. I tended to feel hungry if I hadn't gone to bed before midnight, which prompted me to go out and have some night snacks. This summer, I even found that I struggled to put on my clothes; a truly depressing realization. Thus, I decided to make positive changes - I started to go to bed early and get up early.

Such changes couldn't have been possible without the support of my roommate Anna, to whom I am very grateful. Anna maintains a strict daily routine and reminds me when it is time to sleep every night. Thanks to her supervision, I have successfully changed my bad habits.

It's been nearly a month since I started to keep in the habit of early sleeping and early rising. If my cellphone is at hand, I will involuntarily pick it up and start playing. However, I quickly fall asleep without a cellphone. Now, I am feeling that I am heading towards a better state. I am more energetic and getting up early is no longer a difficult thing for me. Even on weekends, I naturally wake up at 8 or 9 in the morning. Going to bed early has also improved my skin conditions and it's been a long time since I had acne. It is a positive change to develop good living habits and I am prepared to stick to these habits in the future.

最近几年，我习惯于晚睡。每天都是凌晨才睡觉。这使我白天精神很差。如果早上有课，起床后我整个人都是恍惚的。上课的时候我只能偷偷睡觉。熬夜不只让我的精神变差，还让我的体重增加。如果凌晨十二点我还没睡觉，我通常会觉得饿。然后出门吃宵夜。今年夏天，我发现去年买的衣服都穿不上了。这让我觉得很沮丧。因此，最近我做出了积极的改变，我开始每天早睡早起。

我要感谢我的舍友 anna，他帮助我完成了这个积极的改变。Anna 拥有良好的作息习惯，每天晚上她都会提醒我该睡觉了。朋友的监督使我更容易改掉坏习惯。

我坚持早睡早起已经快一个月了，秘诀就是不要带手机上床。只要手机在我身边，我就会不自觉的开始玩。没有手机会让我很快入睡。我觉得自己的状态有在慢慢变好。我变得精力充沛，早起对我来说不再是一件困难的事。即使到了周末，早晨八九点我也会自己醒来。早睡也让我的皮肤变好了，我已经很久没有长痘痘了。养成良好的作息习惯是一项积极的改变，这对我的健康和身材都有帮助。

## 48: 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.

I recently made a difficult yet important decision, which was to have my wisdom teeth extracted. Over the past year, I have suffered a lot from toothaches. They are very painful and unbearable. The gums around my wisdom teeth were often inflamed and swollen, making it difficult to open my mouth, let alone biting down on food.

Then last month, I finally went to see a dentist. After he examined the affected teeth position, he recommended that I remove two wisdom teeth as soon as possible, preferably on that day. Maybe it was because I had suffered from it for too long, I agreed without a second thought. But while I was waiting, I searched a bit on the Internet and found that many people said it was very uncomfortable after wisdom teeth extraction. Once the anesthetic has worn off, some had swelling and discomfort for days and could not eat at all. Sitting in the operating room, I suddenly became nervous, hesitating whether I really wanted to continue. I called my mom, who comforted me and said that it was a minor operation. She told me it's okay and asked me not to worry too much. With the calming words from her, my anxiety and tension eased a little bit. Soon after, the doctor called me. I managed to pull myself together and went into the operating room.

The whole process was very fast, and it was done in less than half an hour. The doctor applied an anesthetic to my gums, and I felt pretty good. It didn't hurt at all, but there was still a bit of bleeding in my mouth. Well, tooth extraction is not as terrible or scary as some people said on the Internet. I fully recovered in about two days, and I could eat and drink as other people do. I am glad that I made the right decision.

最近我做了一个困难且重要的决定，那就是我决定去拔智齿。最近一年以来，我经常犯牙疼。牙疼真的是很难受的一件事情，因为我不但会遭受牙疼，而且我的牙龈会肿起来，使得我难以吃饭。

大概是上个月，我去了医院看医生。医生在给我做完检查后跟我建议立刻把智齿拔了，最好今天就拔。可能是这几天被智齿折磨的太惨，我想都没想立刻就答应了。但是在我等待的时候，我上网搜了搜，发现很多人说拔完智齿非常难受，好几天都无法吃饭，而且半边脸都会肿起来。坐在手术室外的我顿时紧张了起来，犹豫着是否真的要去拔智齿。于是我给妈妈打了个电话，妈妈安慰我说这是个小手术，没事的，别担心。在妈妈的安慰下我的紧张情绪稍微舒缓了一些，不久后，医生喊我进去拔牙了，我鼓起勇气就去了。

拔牙的过程很快，半小时不到就结束了。医生给我敷了麻药，我感觉挺好的，不疼，就是牙齿里还是有点出血。其实拔牙没有网上说的那么可怕，过两天我就完全康复了，跟正常人一样该吃吃该喝喝。我很庆幸我做了个正确的决定。

## 49: 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.

A campus entrepreneurship competition is held by my school in May every year. It is my hope to participate in the competition. As it is one of the most important competitions, the school's leadership pays a lot of attention to the competition. Winners will be able to represent the school at a municipal level competition. If a team can win the municipal competition, it will be a remarkable achievement for the team members.

The entrepreneurship competition requires participants to team up and submit a business plan that is both feasible and likely to succeed in the market. The business plan should be designed to make investors (i.e., judges) interested in the project and willing to invest. The team that gets the most votes from the judges wins.

Participants are supposed to conduct market research that is detailed and broad. Thus, I need to first search the Internet to collect information and identify the project that I am interested in. Next, I will proceed to conduct field research. Suppose that I plan to open a bubble tea store. I should find a target area and gather information such as the rent and the consumer flow of that area, as well as the profit margin of similar stores.

Although it is just a simulation, I should take it seriously like a real entrepreneur. I need to collect all kinds of information and submit a reasonable project analysis report.

The competition is of great significance. Winning the competition will certainly make my resume look much better, whether I choose to pursue further education or to go to work.

每年的5月我们学校都会举办校园创业大赛，我很想参加这个比赛。创业大赛是全校范围内最大型的比赛之一，学校非常重视。冠军队伍还会代表学校参加市级的创业比赛。如果能从中脱颖而出，这将会是一个非常棒的成就。

创业大赛的内容是参赛者以小组为单位，提出一项具有可行性和市场前景的创业计划书，从而吸引投资者，也就是评委，给你出资创业。最后，获得最多评委支持的队伍获胜。

参加比赛首先要进行深入和广泛的市场调查，我需要在网上搜索资料，找到自己想要做的项目。之后就是进行实地调研，比如我想开一家奶茶店。我需要了解目标地段店铺的租金，客流量，以及利润率等信息。虽然是模拟创业，但是我需要像真实的创业者一样，调研各种数据，然后提交一份项目分析报告。

这是一场含金量很高的比赛。如果我能够获奖，将来无论是深造还是就业，这都将使我的简历更有分量。

## 50: 忙碌的时刻

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.

Since last month, I have been more occupied than I have in a long time. I have to not only attend classes on campus, but also allocate some time in between breaks to review English, since after all, I have decided to study abroad. While I normally unwind during the weekend, now I'm receiving English tuition. To be honest, I even dream of myself reciting words in my sleep.

I have typically been quite relaxed since starting my college life. I can almost do whatever I want every day except when final exams are around the corner. But recently, I'm actually getting déjà vu of the spell prior to the college entrance examination. I wake up around seven every morning and then shuttle between classrooms and the library depending on the timetable. I created a strict review to-do list for myself, jotting down the number of exercises completed and vocabularies memorized every day on a piece of paper, hoping to pass IELTS as quickly as I possibly can. The to-do list has certainly raised my productivity, and looking at a fully completed list each night can feel very satisfying.

This fast-paced life has also brought me some challenges. Waking up early has made me feel sleepy during the day, not to mention the frequent backache from the protracted sedentary lifestyle. However, the busyness really curbs any random or distracting thoughts. Despite the occasional pressure, time seems to pass quickly when I devote myself to those books. This feeling fulfills me, and thankfully I'm now very used to navigating life at such a pace.

中文思路:

最近一个月是我这一段时间来最忙的时候了。因为决定出国留学，我不仅需要在学校上课，课余时间还要复习英语。周末原本是我的休息日，现在也要用来上英语培训班。说实话，我现在做梦都会梦到自己在背单词。

上大学以来，我的状态一直是很放松的。除了期末考之前忙一些，平时几乎想干什么就干什么。但最近，一切仿佛回到了高考前。每天早上七点多我就起床了。有课的日子我回去教室上课，没有课就去图书馆复习英语。为了让自己快速的通过雅思考试，我给自己制订了严格的复习计划，每天完成多少练习题，背多少个单词。并且全部写在一张纸上。每完成一项就在前面打勾。不得不说，这样确实让我的效率提高了不少。如果今天的任务全部完成了，晚上看着计划单，我会非常有成就感。

快节奏的生活也给带来了一些困扰。因为睡眠时间减少，白天我经常会觉得很困。长时间坐着看书，我感到腰酸背痛。不过，忙碌的生活让我没有时间胡思乱想。虽然偶尔也会感觉到压力，但当我全身心的投入到书本中后，时间会过得很快。忙碌的感觉让我觉得很充实。我已经越来越习惯这种生活节奏了。