

安小雅 雅思口语素材 Part3

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

下面举两个例子：

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

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

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

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

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1: 美丽的物品 (新题)

1. Do you think there are more beautiful things now than in the past? Why?

I think that this question is difficult to answer because beauty is such a subjective concept. What some people regard as beautiful could be perceived as hideously ugly by others, and nobody can really be right or wrong. Personally speaking, I think that the most beautiful things are natural, and, therefore, I cannot say that more beautiful things exist today compared to in the past. On the other hand, modern technology has allowed us to experience these natural wonders in higher definition with more vivid colours than ever before. A recent example is the James Webb telescope, which has captured clearer, more accurate pictures of the universe than we have ever seen. So, in some ways, the incredible inventions of the modern era makes the world a more beautiful place.

2. What beautiful scenery spots are there in your country?

One of the best things about living in such a huge country is the diversity of the landscape. Whichever part of our beautiful nation you go to, there is a wealth of scenic spots that will take your breath away. Travel west to Tibet and witness the epic Himalaya mountains. Visit Hangzhou and experience the serene beauty of west lake and its picturesque pagodas. Venture south to enjoy tropical weather and pristine beaches lined with palm trees in Hainan. Travel to the jungle in Sichuan and observe China's national animal, the giant panda, in its natural habitat along with a myriad of other weird and wonderful creatures.

3. Where do you think people usually come into contact with beautiful things?

I think that this question is difficult to answer because beauty is such a subjective concept. What some people regard as beautiful could be perceived as hideously ugly by others, and nobody can really be right or wrong. In my opinion, the most beautiful things that exist are natural, so I think that anyone who spends a lot of time outdoors around nature will come into contact with beautiful things more regularly than those who live in a concrete jungle like Shanghai or Beijing. Park rangers get the chance to witness all manner of living things in their natural habitat. Fishermen can experience the brutal power of the sea. Even farmers get to enjoy stunning sunrises and sunsets while spending their days immersed in nature.

4. Why do you think people enjoy visiting beautiful places?

There are many reasons that people enjoy visiting beautiful places. For some, taking selfies at famous landmarks and beauty spots is a sign of success or wealth. It can fuel people's egos and make their friends jealous, while showing everybody they know what a wonderful life they are leading. Others simply enjoy travelling in order to learn about different cultures and civilizations. Despite the wonders of modern science and technology, people still don't really understand just how some man-made structures were built. Places like the Great Pyramid in Giza or the Inca ruins in Peru can inspire a sense of awe in the tourists who are lucky enough to visit and can help satisfy human curiosity.

中文翻译：

1. 你认为现在有比过去更美丽的东西吗?为什么?

淘宝店铺：安小雅。我认为这个问题很难回答，因为美是一个非常主观的概念。有些人认为美丽的东西，在其他人的看来可能是丑陋，没有人能真正确认是非对错。就我个人而言，我认为最美丽的东西是自然的，因此，我不能说现在有比过去更美丽的东西。另一方面，现代技术使我们能够以更高的清晰度和比以往任何时候都更生动的色彩来体验这些自然奇观。最近的一个例子是詹姆斯·韦伯望远镜，它捕捉到了比我们所见过的更清晰、更精确的宇宙图像。所以，在某种程度上，现代的不可思议的发明让世界变得更加美丽。

2. 你们国家有哪些美丽的景点?

生活在这样一个巨大的国家，最好的事情之一就是风景的多样性。无论你去我们国家的哪个地方，都有大量的美丽景点会让你摒住呼吸。向西前往西藏，见证史诗般的喜马拉雅山脉。参观杭州，体验西湖的宁静之美和风景如画的宝塔。南下海南享受热带天气和满布棕榈树的原始海滩。到四川的丛林中去看看中国的国家动物——大熊猫，前往它的自然栖息地和观赏无数其他神奇而有趣的生物。

3. 你认为人们通常在哪里接触到美丽的事物?

我认为这个问题很难回答，因为美是一个非常主观的概念。有些人认为美丽的东西，在其他人的看来可能是可怕的丑陋，没有人能真正是非对错。在我看来，世界上最美丽的东西是自然的，所以我认为任何花大量时间生活在大自然周围的人会比那些生活在像上海或北京这样的水泥丛林里的人更经常接触到美丽的东西。公园管理员有机会在自然栖息地目睹各种各样的生物。渔民们可以体验大海的残酷力量。即使是农民也能享受迷人的日出和日落，同时沉浸在大自然中。

4. 你认为人们为什么喜欢游览美丽的地方?

人们喜欢游览美丽的地方有很多原因。对一些人来说，在著名的地标和景点自拍是成功或财富的象征。它可以助长人们的自尊心，让他们的朋友嫉妒，同时向所有人展示他们知道自己过着多么美好的生活。还有一些人只是为了了解不同的文化和文明而喜欢旅行。尽管现代科学技术创造了奇迹，人们仍然不明白一些人造建筑是如何建造的。吉萨的大金字塔或秘鲁的印加遗址等地方可以激发游客的敬畏感，他们足够幸运地参观，可以帮助满足人类的好奇心。

2: 受欢迎的运动场（新题）

1. Do young people like to do sports?

Although many young people still love participating in sports, doing sports regularly seems to be less common than in the past. The prevalence of computers and mobile devices seems to have made our generation physically lazy and less likely to want to go outside for physical exercise. Though some people argue that Esports are technically sports, I would disagree. Although Esports require a huge amount of skill, just like regular sports, they lack the physicality to really be classed as a sport. Funnily, it's often older people who can be seen participating in sports in the community, whether they are playing badminton or table tennis, jogging or doing Tai Chi.

2. What are the benefits of sports for young people?

I don't think the importance of young people participating in sports can be overstated. Firstly, there are numerous physical benefits that can impact the rest of your life. Doing sport regularly as a youngster is a habit that will likely continue into adulthood and will probably result in better physical health, fewer serious medical problems and a longer life. Competing in sport at a high level can also have many positive consequences. It can teach discipline, perseverance and independence from an early age which can be helpful for your future career. Team sports can teach the importance of teamwork and collaboration while encouraging children to meet new people, make new friends and learn how to interact with people from various social and economic backgrounds. Copyright by 安小雅.

3. Is it necessary to build public sports spaces?

I think that it is not only necessary, but essential for any healthy society. Public sports facilities can be extremely important for their communities. They are places that people can come together and enjoy some friendly competition with friends and family members, while giving single people the chance to meet like-minded people and make new friends. For many people, particularly those with little money, public sports are a convenient, practical way of getting some fresh air, participating in regular sports or doing regular exercise, and socializing with other members of the community. Even for those who do not participate, sports spaces allow them to catch up with old friends, discuss current affairs and community issues.

4. What do you think of companies donating sports venues for poor children?

This may be a cynical point of view, but large companies rarely, if ever, do anything out of the goodness of their heart. They would only ever donate a sports venue to poor children if there was a benefit to themselves. In most cases, the benefits are for the company's public image, and they often go to great lengths to make sure as many people as possible hear about their generosity. They also have ample space to advertise their products and some even insist on the facility being named after them. That being said, I don't actually think the motives for donating are actually that important. Having new sports facilities can bring a huge amount of joy to poor children and be an important factor in them living a healthy lifestyle.

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中文思路：

1. 年轻人喜欢做运动吗？

虽然许多年轻人仍然喜欢参加体育运动，经常做体育运动似乎不像过去那么普遍了。电脑和移动设备的普及似乎使我们这代人在身体上变得懒惰，不太愿意出去锻炼身体。虽然有些人认为电竞是技术上的运动，但我不同意。虽然电子竞技需要大量的技巧，就像普通的体育运动一样，它们不需要身体素质才能真正被归类为一项运动。有趣的是，经常可以看到老年人在社区参加体育活动，无论是打羽毛球或乒乓球，慢跑或打太极。

2. 运动对年轻人有什么好处？

我认为年轻人参加体育运动的重要性怎么说都不为过。首先，有很多身体上的好处会影响你的余生。作为一个年轻人经常做运动是一个习惯，可能会延续到成年，可能会带来更好的身体健康，更少的严重的医疗问题和更长的寿命。高水平的体育竞赛也会产生许多积极的影响。它能教会孩子自律、坚持和独立，这对你未来的职业生涯很有帮助。团队运动可以教导团队合作和协作的重要性，同时鼓励孩子们认识新的人，结交新的朋友，学习如何与来自不同社会和经济背景的人互动。

3. 有必要建设公共体育空间吗？

我认为对任何健康的社会来说，这不仅是必要的，而且是必不可少的。公共体育设施对他们的社区非常重要。在这些地方，人们可以聚集在一起，与朋友和家人进行一些友好的竞争，同时也给单身人士提供了认识志同道合者和结交新朋友的机会。对许多人来说，尤其是那些没有多少钱的人来说，公共体育是一种获得新鲜空气、参加定期运动或进行定期锻炼、与社区其他成员社交的方便、实用的方式。即使是那些不参与的人，体育空间也可以让他们与老朋友叙旧，讨论时事和社区问题。

4. 你怎么看待那些为贫困儿童捐赠体育场馆的公司？

这可能是一种愤世嫉俗的观点，但大公司很少(如果有的话)做任何出于好心的事情。只有当体育场馆对他们自己有好处时，他们才会把它捐给贫困儿童。在大多数情况下，这些好处是为了公司的公众形象，他们经常竭尽全力确保尽可能多的人听到他们的慷慨。他们也有足够的空间来宣传他们的产品，一些人甚至坚持以他们的名字命名设施。话虽如此，我其实并不认为捐赠的动机有那么重要。拥有新的体育设施可以给贫困儿童带来很多快乐，是他们过上健康生活方式的一个重要因素。

3: 与某人意见不合的时刻（新题）

1. What do you do if you disagree with someone?

I think this depends on a couple of things, particularly who I am disagreeing with and how much I care about the topic. If for example, I disagreed with the opinion of my parents or one of my teachers, I would probably just let it go, or keep my opinion to myself to avoid conflict, as I wouldn't want to be seen as being disrespectful. When I'm arguing with my friends or my sibling, however, it's a totally different story! We often argue for hours about all kinds of things. Although we can get heated and often raise our voices, we rarely let it affect our relationship, and most of the time we've forgotten about it by the next day.

2. How can we stop an argument from escalating into a fight?

Chinese people can be extremely hot-tempered. Minor arguments can often escalate very quickly into a fight, which can result in somebody getting badly hurt. I think a lot of this can be explained by face. We Chinese do not like to lose face by feeling disrespected or looked down on, so we will often fight back instead of admitting we are in the wrong. We are too quick to get angry and many of us really need to work on controlling our emotions better, or even being more honest and admitting our mistakes. Personally, I think that a person who can admit that they have done something wrong is much more admirable than somebody who is willing cause a fight in an attempt to save face rather than just tell the truth.

3. Who do you think should teach children to respect their teacher?

Although many people expect or rely on teachers to teach their children how to behave properly, I think that the primary responsibility should always be with the child's parents. If children are allowed to misbehave at home without sensible parental guidance, it will quickly become normalized, and they will probably behave in a similar way at school. Children who are not being taught right and wrong at home will probably run into many problems when they go to school, which can have long-lasting effects throughout their childhood and beyond. Just as parents are responsible for providing a safe environment for their children to grow up, they are also responsible for teaching them to act in a responsible way.

4. What disagreements do parents and children usually have?

These days I think most disagreements are either related to school or a child's hobbies. Most parents are very demanding of their kids, because doing well at school is connected with becoming rich and successful later in life. Parents who think their children are getting bad grades or not making enough effort to study hard will get angry and this will probably cause many arguments, especially if the child genuinely is trying their best. Because of the generation gap, most parents also look at their children's hobby as unhealthy or a waste of time, while kids become who addicted to gaming and social media spend more and more time online. Also, some parents argue with their teenagers about getting a boyfriend or girlfriend, as they see it as a big distraction from their studies.

中文翻译:

1. 如果你不同意某人的观点, 你会怎么做?

我认为这取决于几件事, 尤其是我不同意谁的观点, 以及我有多关心这个话题。例如, 如果我不同意我父母或老师的观点, 我可能会让它过去, 或者把我的观点藏在心里以避免冲突, 因为我不想被认为是不尊重别人。然而, 当我和我的朋友或兄弟姐妹争吵时, 情况就完全不同了! 我们经常为各种事情争论好几个小时。虽然我们会变得很激烈, 经常提高我们的声音, 但我们很少让它影响我们的关系, 大多数时候我们会在第二天忘记它。

2. 我们怎样才能防止争吵升级为打架呢?

中国人有时脾气特别暴躁。小的争吵常常会迅速升级为一场斗殴, 这可能会导致一些人受到严重伤害。我认为这可以用面子来解释。我们中国人不喜欢因为不受尊重或被人看不起而丢脸, 所以我们经常会反击, 而不是承认自己的错误。我们太容易生气了, 我们中的许多人真的需要努力更好地控制我们的情绪, 甚至更诚实地承认我们的错误。就我个人而言, 我认为一个能够承认自己做错了事情的人比那些为了挽回面子而挑起一场争斗的人更令人钦佩, 而不是仅仅说出真相。

3. 你认为谁应该教孩子尊敬老师?

虽然许多人期望或依赖老师来教他们的孩子如何举止得体, 但我认为最主要的责任总是与孩子的父母。如果孩子们在没有父母合理指导的情况下被允许在家里胡作非为, 这很快就会成为常态, 他们在学校可能也会有类似的行为。那些在家里没有接受正确和错误教育的孩子, 在上学后可能会遇到许多问题, 这可能会对他们的整个童年和以后产生长期的影响。正如父母有责任为他们的孩子提供一个安全的环境成长, 他们也有责任教育他们以负责任的方式行事。

4. 父母和孩子通常会有哪些分歧?

现在, 我认为大多数的分歧不是与学校有关, 就是与孩子的爱好有关。大多数父母对他们的孩子要求很高, 因为在学校表现好与以后的生活变得富有和成功有关。如果父母认为他们的孩子成绩不好, 或者没有努力学习, 他们就会生气, 这可能会引起很多争吵, 特别是如果孩子真的很努力的话。因为代沟, 大多数父母也认为他们的孩子的爱好是不健康的或浪费时间, 而孩子成为沉迷于游戏和社交媒体花越来越多的时间在网上。此外, 一些父母与他们的青少年争论是否要找男朋友或女朋友, 因为他们认为这对他们的学习有很大的干扰。

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4: 朋友的家（新题）

1. What are the differences between buildings in the city and in the countryside?

One of the most obvious differences is that buildings in cities are usually much taller than those in the countryside. In urban areas, land is way more limited and expensive, so companies build skyscrapers because it's so much cheaper. Also, buildings in cities tend to look more modern and integrate more technology. Many large companies want to display a positive public image and spend millions to make their offices look more impressive than their rivals. Most buildings in the countryside are residential. Normal people don't worry so much about what their houses look like, as long as they keep them warm in the winter and don't collapse in a storm! Many houses in a community are built by the same construction company so they look almost identical.

2. Do you prefer to live in the city or in the countryside?

Personally, I prefer to live in the city, mainly because there's so much more to do compared to the countryside. Nearly all the best events happen in our big cities like Shanghai, Beijing or Guangzhou. Famous singers never play concerts in the countryside, so you have to live in a city to have any chance of meeting your idol. The countryside doesn't even have cinemas and the internet is usually pretty slow, so if you are into films or online gaming, living in the city is much more attractive. There are some downsides, however. Living in a city can be dangerous, especially for people living alone. Crime rates are much higher and traffic jams can cause long delays. Places are often overcrowded, and it can take ages to queue in shops or train stations. Heavy pollution in cities can cause all kinds of health problems and there isn't much relief from the loud noise!

3. What safety risks are there in residential buildings in cities?

There are a number of safety risks in residential buildings in the city. The crime rate in cities is much higher than in the countryside, so there is a much greater chance that your apartment will be burgled. Many people don't know their neighbors, even though they may have been living next to them for years, so people don't look out for each other the way people do in the countryside. Privacy is another big issue for people who live in cities. In cities, land is very expensive so buildings are built much closer together than in the countryside. This makes it much more difficult to have privacy, and there is always the possibility that somebody in a nearby building is watching you without you realizing.

4. Is it expensive to decorate a house or an apartment in the place where you live?

If somebody in your family knows how to decorate, decorating a house or an apartment can still be done quite cheaply. Also, if you know someone who sells decorating materials, you can save a lot of money. The problem for many people is that if they don't have the skills or the contacts, they must rely on a company to do the decorating for them. Unfortunately, you can't really trust many companies in China these days. There are so many scammers who will do almost anything to make some money. Some companies will use poor-quality materials that can cause safety problems while some will just do the job as quickly as they can without taking enough care.

中文翻译：

1. 城市和乡村的建筑有什么不同？

最明显的区别之一是，城市的建筑通常比农村的建筑高得多。在城市地区，土地更有限，更昂贵，所以公司建造摩天大楼，因为它便宜得多。此外，城市里的建筑往往看起来更现代，融入了更多的科技。许多大公司想要展示一个积极的公众形象，花费数百万美元使他们的办公室看起来比竞争对手更令人印象深刻。农村的大部分建筑都是住宅。正常的人不太担心他们的房子是什么样子的，只要他们在冬天保持温暖，不要在暴风雨中倒塌！社区里的许多房子都是由同一家建筑公司建造的，所以看起来几乎一模一样。

2. 你喜欢住在城市还是农村？

就我个人而言，我更喜欢住在城市，主要是因为与农村相比，城市有更多的事情可以做。几乎所有最好的活动都发生在像上海、北京或广州这样的大城市。著名的歌手从不在乡下开演唱会，所以你必须住在城市里才有机会见到你的偶像。农村甚至没有电影院，网络通常很慢，所以如果你喜欢看电影或玩网络游戏，住在城市更有吸引力。然而，也有一些缺点。住在城市里是很危险的，尤其是对独居的人来说。犯罪率高得多，交通堵塞会造成长时间的延误。那里经常很拥挤，在商店或火车站排队要花很长时间。城市里的严重污染会导致各种各样的健康问题，而且噪音太大也无法缓解问题。

3. 城市住宅建筑存在哪些安全隐患？

城市住宅建筑存在诸多安全隐患。城市的犯罪率比农村高得多，所以你的公寓被盗窃的可能性要大得多。许多人不认识他们的邻居，即使他们可能已经住在一起很多年了，所以人们不像农村人那样互相照顾。对于生活在城市的人来说，隐私是另一个大问题。在城市，土地非常昂贵，所以建筑之间的距离比农村要近得多。这让隐私变得更加困难，而且总是有可能有人在附近的建筑里看着你，而你却没有意识到。

4. 你住的地方装修房子或公寓贵吗？

如果你家里有人知道如何装修，装修房子或公寓仍然可以很便宜。而且，如果你认识卖装饰材料的人，你可以省很多钱。很多人面临的问题是，如果他们缺乏技能或人脉，他们必须依靠一家公司来为他们做装修。不幸的是，现在在中国你不能真的相信很多公司。有很多骗子为了赚钱会做任何事情。一些公司会使用质量低劣的材料，这可能会导致安全问题，而一些公司会在没有足够小心的情况下尽快完成工作。

5: 去过的一个户外活动场所 (新题)

1. What outdoor activities are popular in China?

Children love to play team sports like basketball, volleyball and football, and other popular sports like badminton are enjoyed by families and people of all ages. Elderly people love to wake up early and do Tai Chi in local parks, go fishing in lakes, while you can often see seniors dancing to music in public areas in the evening time. With the rise of the Chinese economy, people with more money to spend have started to enjoy doing more exotic sports and activities in increasingly modern and diverse facilities. Sky diving, bungee jumping, scuba diving, mountain climbing and wind surfing have become more popular, as have less extreme sports like golf and tennis. People are also a bit more health conscious than in previous generations so jogging in parks and other public areas has become widespread.

2. Are those people who like dangerous activities more likely to be successful?

I think that people who like doing dangerous activities such as skydiving or bungee jumping are probably more likely to become successful, but they are also more likely to go bankrupt than those who prefer a more relaxed way of life. People who like danger love to take risks. To be successful in business, you also have to take risks, so having that type of personality probably gives you a better chance of succeeding. I have read many books by famous businessmen, and many of them, including Elon Musk and Jeff Bezos, talk about the risks they took to make their businesses work. Although not all successful people are risk takers, I think it definitely helps.

3. Do you think it's better for people to change jobs when there are new chances?

Changing jobs is a very serious decision that shouldn't be taken lightly, with a wide range of factors that need to be taken into consideration. In general, however, I think that changing your job when an opportunity arises is an admirable thing to do. People often say that 'a change is as good as a rest' and switching jobs every so often can help keep your mind active and your life interesting. Some people who have been doing the same job for years are completely miserable and have become so used to their boring routines that they have forgotten how much fun a new job can be. Changing jobs can also give you the chance to learn a new skill set, meet new people, live in a different place and experience new cultures.

4. Should young people try as many new activities as possible?

Many people say that 'variety is the spice of life' and I agree. Finding what you love to do while you are alive is something that many people never achieve, which is very sad. We only have a limited time on Earth, so I think we should try and make the most of every opportunity we get. The more activities you try, the more likely you will find something that you really love. Even if you try many activities that you hate doing, at least you can cross it off your list and hopefully learn something along the way. One disadvantage of this kind of attitude, however, is that if you are always looking for something new to experience, you may never stick with one thing for long enough to master it. Becoming an expert pianist, for example, takes years of practice, so people who are eager to try as many things as they can will probably have to settle for doing many things adequately without ever excelling at any of them.

中文思路:

1. 哪些户外活动在中国流行?

孩子们喜欢集体运动, 如篮球、排球和足球, 其他流行的运动, 如羽毛球是家庭和所有年龄的人都喜欢的。老年人喜欢早起, 在当地的公园里打太极, 在湖泊里钓鱼, 而你经常可以看到老年人在晚上的公共场所随着音乐跳舞。随着中国经济的崛起, 有更多钱可花的人开始喜欢在越来越现代化和多样化的设施中进行更多具有异国情调的体育活动。跳伞、蹦极、水肺潜水、爬山和风帆冲浪越来越受欢迎, 高尔夫和网球等舒缓的运动也是同样的。人们也比前几代人更注重健康, 所以在公园和其他公共场所慢跑已经变得很普遍。

2. 那些喜欢危险活动的人更容易成功吗?

我认为喜欢跳伞或蹦极等危险活动的人可能更容易成功, 但他们也比那些喜欢更轻松的生活方式的人更容易破产。喜欢危险的人喜欢冒险。要想在商业上取得成功, 你也必须承担风险, 所以拥有这种性格可能会给你更好的成功机会。我读过许多著名商人的书, 其中许多人, 包括埃隆·马斯克和杰夫·贝佐斯, 都谈到了他们为使企业运转起来所冒的风险。虽然不是所有的成功人士都是冒险家, 但我认为这绝对有帮助。

3. 你认为人们在有新机会的时候换工作更好吗?

换工作是一个非常严肃的决定, 不能掉以轻心, 需要考虑很多因素。然而, 总的来说, 我认为有机会换工作是一件令人钦佩的事情。人们常说“换换工作就像休息一样好”, 经常换工作有助于保持思维活跃, 生活有趣。有些人多年来一直做同一份工作, 完全是痛苦的, 他们已经习惯了无聊的日常工作, 他们已经忘记了一份新工作有多么有趣。换工作也可以让你有机会学习新技能, 认识新朋友, 在不同的地方生活, 体验新的文化。

4. 年轻人应该尝试尽可能多的新活动吗?

许多人说“多样性是生活的调味品”, 我同意这一点。在你活着的时候找到你喜欢做的事情是很多人从来没有做到的, 这是非常悲哀的。我们在地球上的时间有限, 所以我认为我们应该尽量充分利用我们得到的每一个机会。你尝试的活动越多, 你就越有可能找到你真正喜欢的东西。即使你尝试了很多你讨厌做的事情, 至少你可以把它从你的清单上划掉, 并希望在这个过程中学到一些东西。然而, 这种态度的一个缺点是, 如果你总是在寻找新的体验, 你可能永远不会坚持一件事足够长时间来掌握它。例如, 成为一名专业钢琴家需要多年的练习, 所以渴望尝试尽可能多的事情的人可能不得不满足于充分地做很多事情, 但从来没有在任何一件事情上表现出色。

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6: 喜欢的节目（新题）

1. What programs do people like to watch in your country?

From my own experience, the most popular types of TV programmes in China are talent competitions and soap operas. I think that people love watching talent competitions because it shows normal people becoming famous and successful and gives many people the hope that they could follow a similar path. Dramas are especially popular with teenagers and young adults because they deal with the complexities of family life and romantic relationships. Everyone can identify with the difficulties faced by the characters in these shows and while they are often unrealistic or overdramatic, they can give people a way of escaping from the boredom and routines of their own lives.

2. Do people in your country like to watch foreign TV programs?

I think that foreign TV programs used to be extremely popular in China, but as China's political relationships with western countries like the UK, USA and Australia has become more difficult in recent times, the government has made it more and more difficult for people to watch foreign shows and has made great efforts to encourage its citizens to enjoy domestic programs instead. Copyright by 安小雅. That being said, Chinese people are still huge fans of Japanese animated shows as well as Korean dramas, as the similarities between the cultures make these shows more identifiable for Chinese people.

3. What's the benefit of letting kids watch animal videos rather than visiting zoos?

To be honest, I don't think that watching videos of animals can ever be better than seeing these creatures in real life, but I suppose that there might be some benefits. Observing animals in a zoo might make children think that keeping animals in captivity is acceptable or normal, which may result in them not respecting animal rights as much as they should. Videos of animals in their natural habitat can, on the other hand, give children a greater understanding of just how incredible wild animals are and give them a more profound respect for them. These videos can also be watched by children all over the world and not just by those who are lucky enough to live in a city with a zoo or a safari park.

4. Do teachers play videos in class in your country?

I'm not sure about the policy in other schools, but it is quite rare for teachers in my school to play videos. My teachers seem to prefer more traditional teaching methods like using the blackboards to draw diagrams and encouraging us to read books to learn more about a subject. We do occasionally watch nature or historical documentaries in science or history class, but these are few and far between. Personally, I think teachers should be a little more modern in their approach, as the internet is full of interesting videos about all types of subjects that can enrich our learning much more than some of the ways we normally learn.

中文翻译：

1. 你们国家的人喜欢看什么节目？

从我个人的经验来看，中国最受欢迎的电视节目类型是选秀节目和肥皂剧。我认为人们喜欢看选秀比赛，因为它展示了普通人成名和成功的过程，给了很多人希望，他们可以遵循类似的道路。肥皂剧特别受青少年和年轻人的欢迎，因为它们涉及复杂的家庭生活和爱情关系。每个人都能理解这些电视剧中的角色所面临的困难，虽然它们往往不现实或过于戏剧化，但它们可以给人们提供一种逃离无聊和日常生活的方式。

2. 你们国家的人喜欢看外国电视节目吗？

我认为外国电视节目曾经在中国非常受欢迎，但随着中国与英国、美国和澳大利亚等西方国家的政治关系最近变得越来越紧张，政府让人们观看外国节目变得越来越困难，同时国家也努力鼓励公民观看国内节目。尽管如此，中国人仍然是日本动画和韩剧的超级粉丝，因为两种文化的相似性让这些节目更容易被中国人认同。

3. 让孩子看动物视频而不是去动物园有什么好处？

说实话，我不认为看动物的视频会比在现实生活中看到这些动物更好，但我认为这可能会有一些好处。在动物园里观察动物可能会让孩子们认为圈养动物是可以接受的或正常的，这可能会导致他们不尊重动物的权利。另一方面，动物在自然栖息地的视频可以让孩子们更好地了解野生动物是多么有趣，并让他们对它们产生更深刻的尊重。世界各地的孩子也可以观看这些视频，而不仅仅是那些幸运地生活在有动物园或野生动物园的城市的孩子。

4. 你们国家的老师在课堂上播放视频吗？

我不太清楚其他学校的政策，但是我们学校的老师很少播放视频。我的老师似乎更喜欢传统的教学方法，比如用黑板画图表，鼓励我们阅读书籍来更多地了解一个话题。我们偶尔会在科学课或历史课上看自然或历史纪录片，但这类纪录片很少。就我个人而言，我认为老师们应该在他们的的方法上更现代一点，因为互联网上充满了各种类型的有趣视频，比我们日常学习的一些方法更能丰富我们的学习。

7: 拍过的一张满意的照片 (新题)

1. Why do some people like to record important things with photos?

I think that having a visual record of something important is extremely useful. If a crime has been committed, for example, having photographic evidence to support your claim is probably the best type of evidence there is, except video evidence. Being able to show police a picture of somebody committing a crime is much more reliable than just telling them what you or another witness saw. It is also much easier for people to understand a photo than other types of documents. If you are reading a newspaper, you can usually understand what a story is about just by looking at the photo, without even reading the article. I think most people are very visual so looking at a photo is something that everyone can understand without needing any other skills.

2. What can people learn from historical photographs?

In my opinion, people can learn a huge amount about our history and culture from historical photos. For most young people today, history is quite boring because we are expected to read long articles and memorise many names and dates. When we see photos, however, we can immediately see how different life was in the past without having to read or memorise anything! Simply by looking at the photos we can see the changes in landscape, fashion, housing, technology and many more aspects, which can give us a greater appreciation of all the things that we have that our ancestors didn't. It might actually make us happier about our lives and more positive about the future.

3. Is taking photos the best way to remember something?

Some of my western friends told me that they don't understand why Chinese people love to take so many photographs. They say that they prefer to just enjoy special moments in their lives without recording it. But in my opinion, it makes perfect sense to take photos to remember important events, although I'm not sure it is the best way to remember something. When we get old, our memories fade. Some elderly people who suffer from dementia can't even remember their children's names so there's no way they can recall other important moments in their life. When we look at old photos, old memories can be triggered so photos can help us to remember things that we would otherwise forget.

4. What do you think of beautified selfies?

To be frank, I'm not a big fan of taking selfies, and I think a lot of people my age these days spend way too much time and energy taking selfies. Although I enjoy looking at the selfies of my friends and even strangers sometimes, I don't like to take many myself, as I don't want to share too much of my life with others. Sometimes I think people who take too many selfies are just attention seeking or want to make their friends jealous by posing in exotic places or with luxurious handbags or cars. I know that sometimes I feel sad about my own life not being as interesting as some of my friends when I see their photos, so I don't want to cause these types of feelings in other people.

中文翻译：

1. 为什么有些人喜欢用照片记录重要的事情？

我认为对把重要的事情用图片的形式记录下来是非常有用的。例如，如果某项犯罪行为的确存在，除了视频证据之外，照片证据最好的支撑证据类型。能够向警方展示某人犯罪的照片比仅仅告诉他们你或另一个目击者看到了什么要可靠得多。与其他类型的文档相比，人们更容易理解照片。如果你正在看报纸，你通常只需要看照片就能理解一个故事是关于什么的，甚至不用读文章。我认为大多数人都很注重视觉感受，所以看照片是每个人都能理解的事情，不需要任何其他技能。淘宝店铺：安小雅。

2. 人们能从历史照片中学到什么？

在我看来，人们可以从历史照片中学到很多我们的历史和文化。对于今天的大多数年轻人来说，历史是很无聊的，因为我们被要求读很长的文章，记住很多名字和日期。然而，当我们看到照片时，我们可以立即看到过去的生活是多么不同，而无需阅读或记忆任何东西！仅仅通过看这些照片，我们就能看到风景、时尚、住房、科技等许多方面的变化，这能让我们更好地欣赏所有我们的祖先没有的，但我们现在拥有的东西。它可能会让我们对生活感到更快乐，对未来更积极。

3. 拍照是记忆的最好方式吗？

我的一些西方朋友告诉我，他们不明白为什么中国人喜欢拍这么多照片。他们说，他们更喜欢享受生活中的特殊时刻，而不是记录下来。但是在我看来，用照片来记住重要的事件是很有意义的，尽管我不确定这是记住事情的最好方式。当我们老了，我们的记忆就会褪色。一些患有痴呆症的老人甚至不记得他们孩子的名字，所以他们不可能回忆起生活中其他重要的时刻。当我们看到旧照片时，旧的记忆会被触发，所以照片可以帮助我们记住那些我们可能会忘记的事情。

4. 你怎么看美化自拍？

坦白地说，我不太喜欢自拍，而且我觉得现在很多我这个年纪的人花了太多的时间和精力自拍。虽然有时候我很喜欢看朋友甚至陌生人的自拍，但我自己不喜欢拍很多，因为我不想和别人分享太多我的生活。有时候我觉得自拍太多的人只是为了吸引眼球，或者是想让朋友嫉妒，比如在有异国风情的地方，或是拿着豪华的手袋和车。我知道，当我看到一些朋友的照片时，我有时会因为自己的生活不像他们那样有趣而感到难过，所以我不想让其他人也产生这种感觉。

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8: 喜欢打扮的人（新题）

1. Do you think online shopping will replace in-store shopping in the future? Why?

I think for many people, online shopping has already replaced in-store shopping, as many people I know buy most of their things online. That being said, there are some things that I would never buy online, such as clothes or expensive electronic items like mobile phones, tablets or laptops. Even though you can take photos to see how clothes will look in some apps these days, it's hard to know if clothes bought online will actually fit you or look good or not. Also, there are so many scammers in China that you can't know for sure if something that looks good in a picture is genuine or counterfeit. Though online shopping will probably replace in-store shopping for many things in the future, I think people will continue to go to shops to buy many goods.

2. Why is fashion very important to some people?

I think fashion has always been important for young people to some extent and now that we are living in a more prosperous society, it has become even more significant. Many teenagers have so many rules to follow that we all look the same. We have to wear a school uniform and can only wear our hair in certain styles. We aren't allowed to wear makeup or jewellery at school, so when we not at school, fashion is our chance to show more of our personality. The way you dress can express what sort of person you are, or even how you are feeling on a particular day. It can make young people feel like an individual, not just another member of a group. Dressing up can help relieve stress and make people feel better about themselves.

3. Are older people as fashionable as young people? why?

Generally speaking, I don't think older people are as fashionable as young people, mainly because they don't care as much about being fashionable as they did in the past. Most adults that I know are too busy working to care about fashion. They work during the week and spend time with their family on the weekend, so they probably don't have as much time to focus on clothes as teenagers do. Also, most adults are already married or in a relationship, so they don't have to dress fashionably in order to find a boyfriend or girlfriend! They prefer to spend their money on eating at nice restaurants or going to interesting places as they know that many fashionable products are actually a rip off!

4. Are women more fashionable than men? Why?

I definitely think that women in my country are more fashionable than men, although I think teenage boys these days are much more aware of fashion than in previous generations. If you go to any shopping mall, you will see many beautiful women dressed very fashionably, but often their husbands are dressed in dull, unfashionable clothes that don't even fit them properly. In my opinion, his is because women rely on their appearance more than men to be successful. A typical man will probably focus on finding a wife who looks beautiful rather than one who has a good personality. Most women, however, look for husbands who come from a rich family or have a good job. They are not so worried about whether he is handsome or fashionable, so there is less pressure on men to look good.

中文翻译：

1. 你认为网上购物将来会取代实体店购物吗?为什么?

我认为对很多人来说，网上购物已经取代了实体店购物，因为我认识的很多人都在网上买东西。话虽如此，有些东西我永远不会在网上购买，比如衣服或昂贵的电子产品，如手机、平板电脑或笔记本电脑。尽管现在你可以在一些应用程序中通过拍照来看看衣服的外观，但很难知道在网上购买的衣服是否真的适合你或者真的好看。此外，中国有很多骗子，你不能确定照片上看起来不错的东西是真的还是假的。虽然在未来网上购物可能会取代实体店购物，但我认为人们会继续去商店购买很多商品。

2. 为什么时尚对有些人很重要?

我认为时尚在某种程度上对年轻人来说一直很重要。现在我们生活在一个更加繁荣的社会，时尚变得更加重要。许多青少年都有很多规则要遵守，所以我们看起来都一样。我们必须穿校服，并且只能留特定的发型。我们不允许在学校化妆或佩戴珠宝，所以当我们不在学校的时候，时尚是我们展示更多个性的机会。你的穿衣方式可以表达你是什么样的人，甚至可以表达你在某一天的心情。它能让年轻人感觉自己是一个独立的个体，而不仅仅是群体中的一员。打扮可以帮助缓解压力，让人们自我感觉更好。

3. 年级大的人和年轻人一样时尚吗?为什么?

一般来说，我不认为老年人像年轻人那样时尚，主要是因为他们不像过去那样在意时尚。我认识的大多数成年人都忙于工作，无暇顾及时尚。他们在工作日工作，周末和家人在一起，所以他们可能没有青少年那样多的时间关注衣服。而且，大多数成年人都已经结婚或恋爱了，所以他们不需要为了找男朋友或女朋友而穿得很时髦!他们更喜欢把钱花在吃好的餐厅或去有趣的地方，因为他们知道许多时尚的产品实际上是骗人的!

4. 女人比男人更时尚吗?为什么?

我认为我们国家的女性肯定比男性更时尚，尽管我认为现在的男孩比前几代人更了解时尚。如果你去任何一家购物中心，你会看到许多漂亮的女人穿着非常时髦，但她们的丈夫往往穿着沉闷、不时髦的衣服，甚至不适合他们。在我看来，他的观点是因为女性比男性更依赖于她们的外表来获得成功。一个典型的男人可能会把重点放在找一个漂亮的妻子，而不是一个性格更好的妻子。然而，大多数女性会找来自富裕家庭或有一份好工作的丈夫。她们不太担心他是否英俊或是否时髦，所以男人看起来不那么有压力。

9: 决定等待的时刻（新题）

1. Do people in your country like to take public transportation?

Nobody I know would choose to use public transport over a private car. In China, having a nice car is a sign of your wealth and success. Unfortunately, people who usually use public transport are looked down upon because we think that they are poor or unemployed. Having your own car is also more convenient, especially in the winter where you must wait for a bus or a train on the street in freezing weather. The only time that some people enjoy using public transport is if they are going on a trip with a large group of friends. They can travel on a bus, train or plane together and have much more fun than if they were traveling alone or in a small group.

2. Why do some people like a slow-paced life?

Everybody is different. Some people enjoy living in a busy city where life is fast, whereas some people prefer life in the countryside where everything happens more slowly. In my opinion, I think the type of life you prefer depends on how ambitious you are. Ambitious people realize how hard you need to work to be successful, so they accept a faster pace of life. They become so used to it that they get bored during holidays when they have less to do. Personally, I prefer a slower pace of life. When you are always in a hurry, you are so focussed on fitting everything into your busy schedule that you don't have time to appreciate the beauty of life. You can't enjoy a meal because you are rushing to finish. You can't enjoy a film because you are trying to send messages at the same time. You can't even enjoy a good rest because your mind is full of plans and thoughts about tomorrow.

3. Is being patient good for people? Why?

Patience is a virtue. In real life you can't always get what you want immediately so learning to be patient is important to live a normal life. Sometimes you may have to work hard for years to achieve your goal, so if you are not patient enough, you may give up and never fulfil this goal. Unfortunately, many people in my country are very impatient. People who are rich expect to get what they want when they want it and lose their temper when they are made to wait for anything. Many people cut in line at shops or restaurants because of impatience and this can cause fights and arguments. I think people should be taught the importance of patience because without it, we will never live in a harmonious society.

4. Are people less patient now than people in the past? Why?

In my opinion, people are more impatient now compared to the past and I believe that technology is probably responsible for this. In the past, if you wanted to buy something, you would have to wait for the weekend to go shopping. Nowadays, we can order things online and get it delivered the next day! Many years ago, if you wanted to watch your favourite movie, you would have to go to the cinema or go to a shop and buy it, whereas now you can just stream it to your phone at home. Every aspect of our life is more convenient than in the past and this has made us very impatient. We are so used to getting what we want at the touch of a button that we get very irritated when this doesn't happen.

中文思路:

1. 你们国家的人喜欢乘坐公共交通工具吗?

我认识的人都会选择私家车,而不是公共交通工具。在中国,拥有一辆好车是财富和成功的象征。不幸的是,经常使用公共交通工具的人会被看不起,因为我们认为他们是穷人或失业的人。拥有自己的汽车也更方便,如果你没有的话,你会不得不在冬天里,边吹着冷风边在街上等待公共汽车。只有一种情况是 人们喜欢乘坐公共交通的,那就是当他们和一大群朋友去旅行时。他们可以一起乘公共汽车、火车或飞机旅行,比独自旅行或结伴旅行更有趣。

2. 为什么有些人喜欢慢节奏的生活?

每个人都是不同的。有些人喜欢生活在繁忙的城市,那里的生活很快,而有些人喜欢在农村的生活,那里的生活节奏更慢。在我看来,我认为你喜欢什么样的生活取决于你有多大的雄心壮志。雄心勃勃的人会意识到自己需要多么努力地工作才能获得成功,所以他们接受更快的生活节奏。他们变得如此习惯这种生活,以至于他们在假期里感到无聊,因为他们没有什么事情可做。就我个人而言,我更喜欢慢节奏的生活。当你总是匆匆忙忙的时候,你会专注于把所有的时间都安排到繁忙的工作中,而没有时间去欣赏生活的美好。你不能因为急着吃完饭而享受一顿饭。你无法欣赏一部电影,因为你同时在试图发信息。你甚至不能享受一个舒服的休息,因为你的大脑充满了明天的计划和想法。

3. 耐心对人们有好处吗?为什么?

忍耐是一种美德。在现实生活中,你不可能总是马上得到你想要的,所以学会耐心对过正常的生活很重要。有时你可能要努力多年才能实现你的目标,所以如果你不够耐心,你可能会放弃,这样就永远不会实现这个目标。不幸的是,我们国家的许多人没有耐心。有钱的人想要什么就会得到什么,万一需要等待的话,他们就会发脾气。因为不耐烦,许多人在商店或餐馆插队,这可能会引起打架和争吵。我认为人们应该被教导耐心的重要性,因为没有它的话,我们永远不会生活在一个和谐的社会。

4. 现在的人比过去的人更没有耐心吗?为什么?

在我看来,现在的人们比过去更没有耐心,我相信这可能是科技造成的。在过去,如果你想买东西,你必须等到周末才能去购物。现在,我们可以在网上订购东西,第二天就能收到!许多年前,如果你想看你最喜欢的电影,你必须去电影院看或去商店购买 DVD,而现在你可以在家把电影传输到你的手机上。我们生活的方方面面都比过去方便了,这让我们很不耐烦。我们已经习惯了一按按钮就能得到我们想要的东西,所以当这种情况没有发生时,我们会非常生气。

10: 读过的有趣书籍或故事（新题）

1. How does technology help people tell stories?

Although you don't need technology to tell a story, it can definitely help bring a story to life. In the past, people used to sit around campfires listening to their elders tell stories about great warriors, emperors and their ancestors. Though they were very interesting to listen to, these stories were only spoken and didn't appeal to other senses. Nowadays, CGI allows story tellers to tell stories that would've been almost impossible to tell visually in the past. When we look at old films, we laugh at the special effects because they were so unrealistic, but the technology used to make films today is so believable and realistic that it's impossible to tell whether something is actually real or just made on a computer.

2. Do you prefer to read e-books or paper books?

Personally, I prefer reading e-books, because it's so much more convenient. My e-book reader can hold thousands of books and is lighter than one normal size paperback book. It also has a light so I can read in the dark without having to hold a torch or light a candle. Scrolling between pages is easier than with a paper book too and it's much better for the environment. I don't know the statistics, but the amount of paper they use to make paper books must be really high, and I don't think we should be cutting down trees to make books in this day and age. I guess that e-readers are too expensive for some people to buy, so maybe we need to look at how we can make them cheaper for everyone to buy.

3. Why are mystery novels so popular nowadays?

I think that humans naturally like to solve puzzles, it just seems to be an important part of who we are. Mystery novels are a type of puzzle, where we only find out the solution at the end. Even though we can't usually solve the mystery ourselves, it is still very satisfying to discover the answer to something mysterious. If you look at popular culture around the world, there are mysterious stories everywhere that people love to talk about. There's the Loch Ness Monster in Scotland, the Nazca lines in Peru and the Great Pyramid in Egypt. People just love a good mystery!

4. What kinds of stories do children like?

Nowadays, children seem to love stories about superheroes. These characters have powers that normal people can only dream of and can do things that are impossible in reality. I think this plays on many things that kids wish they could do, such as fly, teleport or move objects with their mind. One of the most popular books for children is still Harry Potter, even though the last novel was published many years ago. Witches, elves, wizards and monsters have always been popular in children's literature and that trend has continued. Children have really active imaginations, much more so than most adults, so these imaginative characters who can cast magic spells, breathe fire and turn invisible are extremely appealing, as are weird creatures like dragons, elves and unicorns.

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中文思路:

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1. 科技是如何帮助人们讲故事的? 最全素材xiaozhuyasi

虽然讲故事不需要技术, 但它绝对能让故事生动起来。在很久很久以前, 人们常常围坐在篝火旁, 听他们的长辈讲述伟大的武士、皇帝和他们的祖先的故事。虽然这些故事听起来很有趣, 但它们只是口头上的, 没有其他意义。如今, 3D 动画可以让讲故事的人讲出过去用视觉几乎无法讲出的故事。当我们看老电影的时候, 我们会嘲笑那些特效, 因为它们太不现实了, 但今天用于制作电影的技术是如此可信和真实, 以至于我们不可能分辨出一些东西是真实的还是在电脑上制作的。

2. 你喜欢读电子书还是纸质书?

就我个人而言, 我更喜欢阅读电子书, 因为它更方便。我的电子书阅读器可以容纳数千本书, 而且比一本普通大小的平装书还要轻。它也有一个灯, 所以我可以在黑暗中阅读, 而不需要拿手电筒或点燃蜡烛。在页面之间滚动比纸质书更容易, 而且对环境也更好。我不知道具体数据, 但人们用来制作纸质书的纸张数量一定很高, 我认为在这个时代我们不应该砍伐树木来制作书籍。我想对于一些人来说, 电子阅读器太贵了, 所以我们可能需要考虑如何让它们更便宜, 让每个人都能买到。

3. 为什么悬疑小说现在这么受欢迎?

我认为人类天生喜欢解决谜题, 这似乎是我们生活的重要组成部分。推理小说是一种谜题, 我们只有在最后才能找到答案。虽然我们自己通常无法解开这个谜, 但能发现一些神秘事物的答案仍然是非常令人满意的。如果你看看世界各地的流行文化, 你会发现到处都有人们喜欢谈论的神秘故事。苏格兰有尼斯湖水怪, 秘鲁有纳斯卡山脉, 埃及有大金字塔。人们就是喜欢神秘的东西!

4. 孩子们喜欢什么样的故事?

现在, 孩子们很喜欢超级英雄的故事。这些人物拥有普通人只能梦想的力量, 可以做现实中不可能的事情。我认为这是许多孩子们希望他们能做的事情, 如飞行, 传送或用他们的思想移动物体。最受孩子们欢迎的书之一仍然是哈利波特, 尽管最后一本小说已经出版很多年了。女巫、精灵、巫师和怪物在儿童文学中一直很受欢迎, 而且这种趋势一直在持续。孩子们的想象力非常丰富, 比大多数成年人的想象力丰富得多, 所以这些会施魔法、会喷火、会隐身的, 还有想象力丰富的角色, 以及龙、精灵和独角兽等奇怪的生物, 非常吸引人。

11: 喜欢种植的人（新题）

1. Are there many people growing their own vegetables now?

In my hometown, many elderly people still grow their own vegetables, however most younger couples tend to buy their groceries from markets and supermarkets. I think that for older generations, growing vegetables is a normal part of their life. Even though a lot of people live in urban areas as adults, many of them grew up on farms and learned to grow their own food from their parents and grandparents. Also, there have been many food scandals in recent years, so people's trust in companies that produce food is at an all time low. Many prefer to produce their own food so they can be sure that what they are eating isn't full of harmful hormones or chemicals.

2. Do you think it's good to let kids learn how to plant?

In my opinion, it is very important for children to learn how vegetables grow. In this day and age, most young people have no idea how many things work. They are so preoccupied with modern technology and social media that they ignore many important practical skills that could help them later in life. Learning how to plant trees and plants is key for young people to understand the basic ways that humans have been able to survive on Earth for thousands of years. If this kind of essential knowledge is lost, the human race may be in big trouble in the future!

3. What do you think of the job as a farmer?

In my country, many people look down on farmers. Traditionally, people with dark skin work outdoors, which is seen as worse than working indoors, so farmers are seen in a negative way. In fact, many kids who live on farms are laughed at and bullied at school because of their dark skin and low income. But if you think about it, we would be in big trouble without farmers. Even though rich people like to buy imported food from expensive supermarkets, normal people rely on locally grown food for their daily meals, so without farmers most of our citizens wouldn't be able to eat enough to survive.

4. What are the differences between traditional and modern agriculture?

I'm not an expert about agriculture, but as far as I know, the main difference between traditional and modern agriculture is the technology, especially tractors, combine harvesters and other machines. Nowadays, farmers use specially designed machines to speed up their jobs, whereas in the past farmers did everything by hand, which was extremely tiring and time-consuming. Another difference is the way farmers sell their goods. In the past, farmers had to go a long way to sell their produce in markets, but these days, many farmers have online shops and can sell to anybody from anywhere, as long as they have access to the internet.

中文翻译：

1. 现在有很多人自己种植蔬菜吗？

在我的家乡，许多老年人仍然自己种菜，但大多数年轻夫妇倾向于从市场和超市购买杂货。我认为，对于老一辈人来说，种菜是他们生活中很正常的一部分。尽管很多人成年后生活在城市地区，但他们中的许多人在农场长大，从父母和祖父母那里学会了自己种植食物。此外，近年来发生了许多食品丑闻，因此人们对食品生产公司的信任处于历史最低点。许多人更喜欢自己生产食物，这样他们就可以确保他们吃的食物没有充满有害的激素或化学物质。

2. 你认为让孩子们学习如何种植好吗？

在我看来，让孩子们了解蔬菜是如何生长的是非常重要的。在这个时代，大多数年轻人都不知道有多少东西是有用的。他们如此沉迷于现代科技和社交媒体，以至于忽视了许多重要的实用技能，这些技能对他们以后的生活有帮助。学习如何种植树木和植物是年轻人理解人类在地球上生存了数千年的基本方式的关键。如果这种基本的知识丢失了，人类将来可能会有大麻烦！

3. 你对农民这个工作怎么看？

在我们国家，许多人瞧不起农民。传统上，在户外工作的深色皮肤的人，被认为比在室内工作更低下，所以农民有着不良的形象。事实上，许多生活在农场的孩子在学校里因为他们的黑皮肤和低收入而被嘲笑和欺负。但如果你仔细想想，如果没有农民，我们会有大麻烦。尽管富人喜欢从昂贵的超市购买进口食品，但普通人的日常饮食依赖于本地种植的食品，所以如果没有农民，我们的大多数公民将无法吃到足够的食物来继续生存下去。

4. 传统农业和现代农业有什么区别？

我不是农业专家，但据我所知，传统农业和现代农业的主要区别在于技术，特别是拖拉机、联合收割机和其他机器。现在，农民使用专门设计的机器来加快他们的工作速度，而在过去，农民都是徒手干活，这是非常累和耗时的。另一个区别是农民销售商品的方式。在过去，农民必须走很长的路才能市场上销售他们的产品，但现在，许多农民有网上商店，可以卖给任何地方的任何人，只要他们能上网。

12: 忘记约定的时刻（新题）

1. How do people who are busy remember things they need to do?

Nowadays, it is not that difficult to remember your schedule. If you are bad at organizing or have a terrible memory, there are so many calendar apps that you can download for free on your phone or tablet that can help you remember your appointments. You can simply type in what you need to do on each day and even set reminders to make sure you don't miss an important meeting. Successful businesspeople even have personal assistants to do this job for them, so they never have to worry about organising their own time effectively.

2. Do you think people should remember family history?

I think that we can learn a great deal from our family's history, so I think it is important for parents to pass down stories about their ancestors. Learning about your family's past achievements can inspire young people to follow their dreams and make their family proud. Even learning about negative things that our ancestors did in the past can teach us valuable lessons and help us to avoid making the same mistakes. That being said, it's important to remember that we are not restricted by what our ancestors did in the past and we should always focus on our own goals.

3. If someone doesn't really like whom they are going to meet, they may deliberately forget their appointment, is that true? Why?

Of course this is true! Why would anybody want to meet somebody that they don't like? If I was invited to go for dinner with some former classmates who were horrible to me in school, I would probably agree to go just to avoid any embarrassment, but I definitely wouldn't actually go. I would make up an excuse about why I couldn't go, or I would just not respond to their messages.

4. Which is more important, a work-related appointment or an appointment with a friend? Why?

This is a difficult question, because there are so many different situations where one answer makes more sense. In general, however, I think work appointments are more important. Nowadays, finding a stable job at a reliable company can be hard, so it's important to hold on to that job once you have it. To keep your job, you have to be hardworking and committed so missing work appointments regularly might make your boss think that you are unreliable or expendable. Although we have a duty to help our friends when they need us, a good friend will always understand if you can't keep an appointment with him or her, so rescheduling shouldn't be a big problem.

中文翻译

1. 忙碌的人是如何记住他们需要做的事情的?

现在，记住你的时间表并不难。如果你不擅长组织或者记忆力很差，你可以在手机或平板电脑上免费下载很多日历应用程序，帮助你记住你的约定。你可以简单地输入你每天需要做什么，甚至设置提醒，以确保你不会错过一个重要的会议。成功的商人甚至有私人助理为他们做这项工作，所以他们从来不用担心如何有效地安排自己的时间。

2. 你认为人们应该记住家族史吗?

我认为我们可以从我们的家族历史中学到很多东西，所以我认为父母把他们祖先的故事传承下去是很重要的。了解你的家庭过去的成就可以激励年轻人追逐他们的梦想，让他们的家庭感到骄傲。甚至学习我们的祖先在过去做过的消极的事情也可以给我们宝贵的教训，帮助我们避免犯同样的错误。话虽如此，重要的是要记住，我们不受祖先过去所做的事情的限制，我们应该始终专注于自己的目标。

3. 如果有人不喜欢他们将要见面的人，他们可能会故意忘记他们的约会，这是真的吗?为什么?

这当然是真的!为什么会有人想见一个自己不喜欢的人呢?如果我被邀请和以前在学校对我很不好的同学一起吃饭，我可能会同意去，只是为了避免尴尬，但我肯定不会真的去。我会编造一个理由解释为什么我不能去，或者我只是不回他们的信息。

4. 与工作有关的约会和与朋友的约会，哪个更重要?为什么?

这是一个很难的问题，因为在很多不同的情况下，每个答案都说得通。不过，总的来说，我认为工作预约更重要。如今，在一家可靠的公司找到一份稳定的工作可能很难，所以一旦你找到了一份工作，坚持住是很重要的。为了保住你的工作，你必须努力工作并且忠诚，所以经常错过工作约会可能会让你的老板认为你不可靠或可有可无。尽管我们有义务在朋友需要我们的时候帮助他们，好朋友总是会理解你不能和他或她约会的，所以重新安排应该不是大问题。

13: 户外看到塑料污染的时刻（新题）

1. Do you think we should use plastic products?

I think that it's impossible for most people to live a normal life without using plastic. We use plastic for food containers, electronics, car interiors, and many other things, so to stop using plastic completely is not practical. We should, however, make a big effort not to use single-use plastic items such as drinking straws and carrier bags. When we go shopping, we should take reusable bags and we should also take our own water bottles wherever we go so we don't need to rely on disposable plastic bottles. I think that the government should do much more to cut down single use plastic waste and offer more incentives for people to be more environmentally friendly.

2. How can we reduce our use of plastic?

In my opinion, we should focus on cutting down our use of single-use plastic items such as drinking straws and carrier bags. When we go shopping, we should take reusable bags and we should also take our own water bottles wherever we go so we don't need to rely on disposable plastic bottles. Although many shops now charge money for customers to buy plastic bags, this is not enough. Many consumers forget to bring their own bags and are willing to buy plastic bags, because carrying the things they have just bought is too inconvenient for them. Copyright by 安小雅. To make people more used to using recyclable bags, supermarkets should totally stop selling plastic bags altogether. Although it may cause big problems at first, people would soon remember how difficult things are without a bag and would start to bring their own. I think that the government should do much more to cut down single use plastic waste and offer more incentives for people to be more environmentally friendly.

3. What kinds of plastic waste are often seen in your country?

Unfortunately, there is a huge amount of plastic waste in China, though the problem isn't as serious as it was a few years ago. If you go to any large or small city, however, you will still see litter on the sidewalk beside roads, stuck in drains and even on busy street corners. The most common items are plastic drink bottles, food wrapping, plastic grocery bags, plastic straws and coffee stirrers from coffee shops. Furthermore, you will see thousands of cigarette butts which contain tiny plastic fibres. When you are driving on the highway, it is quite common for people to throw their rubbish out from the car windows. Even though younger people are more aware of environmental problems than the older generations, they often follow the bad habits of their parents and grandparents and should probably think more about their children and grandchildren in the future the next time they throw a bottle away in a public space.

4. Why do people like to use plastic products?

I'm not sure that most people really care what the products they use are made of, as long as it works effectively. I doubt that most people would choose a plastic bag to carry their shopping if they had a better option. Many people might say that paper bags are better because they are more environmentally friendly, but unlike plastic, paper isn't waterproof and is much easier to rip or damage. The reality is that plastic is a good choice for many products because it has many advantages over most natural alternatives. It is cheap and easy to buy, so for most people it is the most natural choice.

中文思路：

1. 你认为我们应该使用塑料制品吗？

我认为大多数人不使用塑料是不可能过上正常生活的。我们用塑料制作食品容器、电子产品、汽车内饰和许多其他东西，所以完全停止使用塑料是不现实的。然而，我们应该做出很大的努力，不使用一次性塑料物品，如吸管和手提袋。当我们去购物的时候，我们应该带可重复使用的袋子，我们也应该带自己的水瓶，无论我们去哪里，这样我们就不需要依赖一次性塑料瓶。我认为政府应该做更多的工作来减少一次性塑料垃圾，并提供更多的激励措施来鼓励人们更加环保。

2. 我们怎样才能减少塑料的使用？

在我看来，我们应该关注减少一次性塑料物品的使用，如吸管和手提袋。当我们去购物的时候，我们应该带可重复使用的袋子，我们也应该带自己的水瓶，无论我们去哪里，这样我们就不需要依赖一次性塑料瓶。尽管现在许多商店对购买塑料袋的顾客收取费用，但这还不够。很多消费者忘记带自己的购物袋，而愿意买塑料袋，因为携带刚买的东西对他们来说太不方便了。为了让人们更习惯使用可回收塑料袋，超市应该完全停止销售塑料袋。虽然一开始可能会造成很大的问题，但人们很快就会记住没有包是多么困难的事情，并开始带自己的包。我认为政府应该做更多的工作来减少一次性塑料垃圾，并提供更多的激励措施来鼓励人们更加环保。

3. 在你们国家经常看到哪种塑料垃圾？

不幸的是，中国有大量的塑料垃圾，尽管这个问题不像几年前那么严重。然而，如果你去任何大或小的城市，你仍然会在路边的人行道上看到垃圾，堵在下水道里，甚至在繁忙的街角。最常见的物品是塑料饮料瓶、食品包装、塑料购物袋、塑料吸管和咖啡店的咖啡搅拌器。此外，你会看到成千上万的烟头。当你在高速公路上开车时，人们把垃圾从车窗扔出去是很常见的。尽管年轻人比老一辈人更意识到环境问题，但他们经常继承父母和祖父母的坏习惯，下次在公共场所扔瓶子时，可能应该多为他们的子孙后代考虑一下。

4. 为什么人们喜欢使用塑料制品？

我不确定大多数人真的在乎他们使用的产品是什么制成的，只要它有效。如果有更好的选择，我怀疑大多数人会选择塑料袋来装他们买的东西。很多人可能会说纸袋更好，因为它们更环保，但与塑料不同，纸袋不防水，更容易撕裂或损坏。事实上，塑料是许多产品的好选择，因为它比大多数天然替代品有许多优点。它既便宜又容易买到，所以对大多数人来说，这是最自然的选择。

14: 印象深刻的童年朋友（新题）

1. Do you still keep in touch with your friends from childhood? Why or why not?

In China, we are taught from a young age to keep in touch with our childhood friends. When you become an adult, the only way to solve many of your problems is by asking a friend for help. For example, if you need somebody reliable to fix your car, you can ask your friend who is a mechanic for help. Or if you have health problem and need to see a knowledgeable doctor, your friend may know somebody. We cannot rely on the government for help because they are too lazy or corrupt to do their job, so our only option is to ask somebody we trust for help.

2. How important is childhood friendship to children?

I think we can see how important childhood friendship is by looking at the problems children have been having during the Covid-19 pandemic around the world. For the past few years, most children have been studying online and haven't had much social interaction with other children. This has caused big psychological damage to many kids, who don't really know how to socialize with others. Kids can learn so much from their friends, especially if they don't have any siblings to play with regularly. Not only can they learn knowledge and skills, but they also learn important rules about how to behave with others, how to solve conflict and how to compromise.

3. What do you think of online social media?

Personally speaking, I'm not a big fan of social media, because I think it's a waste of time. Some of my friend spend hours on social media everyday but it doesn't really teach them anything useful and they are often so tired in school because they have been using social media late at night. On the other hand, one thing I do like about it is that I can actually communicate with my idols. In the past, there would be no way to talk to your favourite actor or singer but with social media, you can learn what they are doing every day and even talk to them directly.

4. Do you think online social media will replace face-to-face communication?

If we look at the way young people communicate nowadays, I think it is easy to predict that people will use social media more and more in the future. Me and my classmates hardly see each other outside of school, so if our school classes go online permanently, we would never see each other face to face, apart from some parties or other events. Even though humans are naturally quite social, technology is having a big effect on our daily life and our habits are changing dramatically. I hope that we will rely less on technology for communication in the future, but I don't think this hope is very realistic.

中文思路：

1. 你还和儿时的朋友保持联系吗?为什么或者为什么不呢?

在中国，我们从小就被教育要和儿时的朋友保持联系。当你长大成人后，解决许多问题的唯一方法就是向朋友寻求帮助。例如，如果你需要一个可靠的人来修理你的汽车，你可以向你的机械师朋友求助。或者如果你有健康问题，需要去看一个知识渊博的医生，你的朋友可能认识一些人。我们不能依赖政府的帮助，因为他们太懒或太腐败，无法完成自己的工作，所以我们唯一的选择是向我们信任的人求助。

2. 童年友谊对孩子有多重要?

我认为，通过观察世界各地的儿童在 Covid-19 大流行期间遇到的问题，我们可以看到童年友谊有多重要。在过去的几年里，大多数孩子都在网上学习，并没有与其他孩子进行太多的社会互动。这对许多孩子造成了巨大的心理伤害，他们不知道如何与他人社交。孩子们可以从他们的朋友那里学到很多东西，特别是如果他们没有任何兄弟姐妹经常一起玩。他们不仅能学到知识和技能，还能学到如何与他人相处、如何解决冲突和如何妥协的重要规则。

3. 你怎么看待在线社交媒体?

就我个人而言，我不太喜欢社交媒体，因为我认为这是浪费时间。我的一些朋友每天花几个小时在社交媒体上，但这并没有教会他们任何有用的东西，他们经常在学校很累，因为他们一直使用社交媒体到深夜。另一方面，我喜欢它的一件事是我可以和我的偶像交流。在过去，你没有办法和你最喜欢的演员或歌手交谈，但有了社交媒体，你可以了解他们每天在做什么，甚至可以直接和他们交谈。

4. 你认为在线社交媒体会取代面对面的交流吗?

如果我们看看现在年轻人的交流方式，我认为很容易预测未来人们会越来越多地使用社交媒体。我和我的同学在校外很少见面，所以如果我们学校的课程永久在线，除了一些聚会或其他活动，我们将永远不会面对面见到彼此。尽管人类天生就很爱社交，但科技正在对我们的日常生活产生巨大影响，我们的习惯正在发生巨大变化。我希望我们在未来的交流中减少对技术的依赖，但我认为这个希望不太现实。

15: 与其他文化的人共度时光（新题）

1. Where and how can we get to know people of different cultures better?

In China it's getting more and more difficult to get to know people from different cultures because more and more foreign websites and apps are blocked here. Even most of the popular movies are hard to watch now unless you have high computer skills. Though there are many documentaries on TV about life in other countries, it isn't easy for most people to get to know a foreigner. One way we can learn more is through language, because you can learn so much about a country's culture from their language, and if you meet somebody from a foreign country who doesn't speak Chinese, the only way to get to know them is to speak to them in their language.

2. What are the advantages and disadvantages of cultural diversity?

From my perspective, the main advantage of cultural diversity is that you can learn different attitudes and opinions about a topic. Most of the people I know are from very similar backgrounds so most of us have similar ideas about most topics and never really hear about alternative opinions. In this way, I think we are quite naïve and lack understanding about many issues because we only ever hear one side of the story. On the other hand, cultural diversity can cause many problems in society. If people's ideas are too different, it can be difficult for people of different cultures or races to get on well each other and this may result in a divided society.

3. How can traditional culture and other cultures coexist?

If you look at many foreign countries, such as Australia or America, many different cultures exist together, although I know that these places are not always peaceful and there are many problems there, including racism and inequality. For different cultures to coexist more harmoniously, people need to be more open-minded and try harder to understand others' opinions. If we are stubborn and refuse to listen, we will never truly understand each other and we will always face conflict. Sometimes we have to realize that we are not the best at everything and admit that we can learn from other cultures.

4. Which traditions are disappearing?

There are many traditions that are disappearing in China. Skills such as calligraphy, Tai Chi and paper folding used to be extremely popular, even for teenagers, and although some young people still enjoy these kinds of hobbies, most children prefer to spend their time playing sports, computer games or watching videos online. Most kids see Chinese traditional hobbies as boring and even if they try them, they usually give up after a few tries. Modern technology is changing society a lot and most people don't even write Chinese anymore because most writing is done on laptops or mobile phones. If this continues, younger generations may not even be able to read Chinese and the whole language might become something like Greek or Egyptian hieroglyphics!

中文思路：

1. 我们怎样才能更好地了解来自不同文化背景的人？

在中国，越来越难了解来自不同文化的人，因为越来越多的外国网站和应用程序在这里被屏蔽。即使大多数流行电影现在都很难看，除非你有很高的电脑能力。虽然电视上有很多关于其他国家生活的纪录片，但对大多数人来说，了解一个外国人并不容易。我们可以通过语言了解更多，因为你可以从他们的语言中了解一个国家的文化，如果你遇到一个来自外国的人，他不会说汉语，他们了解他们的唯一方法就是用他们的语言和他们交谈。

2. 文化多样性的优点和缺点是什么？

在我看来，文化多样性的主要好处是你可以学到对一个话题不同的态度和观点。我认识的大多数人都来自非常相似的背景，所以我们大多数人对大多数话题都有相似的想法，从来没有真正听到过不同的观点。这样，我认为我们很 *naïve* 对许多问题缺乏理解，因为我们只听到故事的一面之词。另一方面，文化多样性会导致很多社会问题。如果人们的想法太不一样，不同文化或种族的人就很难和睦相处，这可能会导致社会分裂。

3. 传统文化和其他文化如何共存？

如果你看看许多外国，如澳大利亚或美国，可能不同的文化共存，尽管我知道这些地方并不总是和平的，有很多问题，包括种族主义和不平等。为了让不同的文化更加和谐地共存，人们需要更加开放，更努力地去理解别人的观点。如果我们固执，拒绝倾听，我们将永远无法真正理解对方，我们将永远面临冲突。有时我们必须意识到我们并不是每件事都是最好的，承认我们可以向其他文化学习。

4. 哪些传统正在消失？

在中国有许多正在消失的传统。书法、太极和折纸等技能曾经非常流行，甚至在青少年中也很流行。尽管一些年轻人仍然喜欢这些爱好，但大多数孩子更喜欢把时间花在运动、电脑游戏或在线观看视频上。大多数孩子认为中国的传统爱好是无聊的，即使他们尝试了，他们通常在几次尝试后就放弃了。现代技术正在极大地改变社会，大多数人甚至不再写中文，因为大多数写作都是在笔记本电脑或手机上完成的。如果这种情况继续下去，年轻一代甚至可能无法阅读中文，整个语言可能变成类似希腊或埃及象形文字的东西！

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16: 想再看一次的电影（新题）

1. Where do people normally watch movies?

I would say that most people normally watch movies at their home. It used to be the case that people would go to the cinema to watch the latest films and box office releases. However, streaming services have become the go to method for watching movies nowadays. So much so that some movies release directly to streaming services and skip being played at cinemas all together! For example, I think the common family will watch movies streamed to their TV in their living rooms after dinner. Moreover, some people even watch movies on their laptops while in bed. So, I believe that people normally watch movies in their homes.

2. What are the differences between watching movies at home and in a cinema?

There are a lot of differences between watching movies at home and in a cinema, most of which are to do with ease and comfort. Watching movies in the cinema is an activity you do when you are going out, therefore it is a social event. This makes going to the cinema a little more special than watching a movie at home. At the cinema people buy snacks, tasty drinks, and popcorn at the start of the film to enjoy while watching. Moreover, the screens and sound systems in cinemas are state of the art and far better than anything you find in the common family home. Therefore, watching a movie at the cinema is a far grander experience than watching a movie at home.

3. Are actors or actresses important to movies? Why?

Actors or actresses are incredibly important to movies, they have a huge effect on the quality and success of a film. This is because one of the most important aspects of any movie or story are the characters. For example, many famous films and franchises have huge fandoms surrounding their characters. For example, in the new Star Wars films there are huge fan followings of the characters Rey and Kylo Ren. These characters would not have become so loved and famous if it was not for the skill and personality of the actors Daisy Ridley and Adam Driver. Characters and actors engage the audience and communicate the plot of the story; therefore, they are fundamental to a movie's success.

4. Why are there fewer people going to the cinema to watch movies nowadays?

I believe there are fewer people going to the cinema to watch movies nowadays because watching movies from home has become much easier and higher quality. Besides, cinema prices keep going up and up! There have been many big changes in home entertainment services that have greatly improved the movie watching experience at home. For one, there are many different streaming services and movie banks that offer a huge range of new and classic films for people to watch at home. Furthermore, nowadays people can afford much better quality and bigger screens in their homes than used to be possible. Therefore, people can have an incredible movie watching experience from the comfort of their homes without paying cinema prices! This is why fewer people are going to the cinema to watch movies nowadays.

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中文思路：

1. 人们通常在哪里看电影？

我想说，大多数人通常在家里看电影。过去，人们会去电影院观看最新上映的电影和票房。然而，流媒体服务已经成为当今观看电影的首选方式。以至于一些电影直接在网上发布，而跳过了在电影院的播放！例如，我认为普通家庭会在晚饭后在客厅看电视上播放的电影。此外，有些人甚至在床上用笔记本电脑看电影。所以，我认为人们通常在家里看电影。

2. 在家看电影和在电影院看电影有什么区别？

在家看电影和在电影院看电影有很多不同，其中大多数是与轻松和舒适有关。在电影院看电影是你外出时做的一项活动，因此它是一种社交活动。这使得去电影院比在家里看电影更特别一些。在电影院，人们在电影开始时购买零食、可口的饮料和爆米花，边看边享受。此外，电影院的屏幕和音响系统是最先进的，比你在普通家庭中找到的任何东西都要好得多。因此，在电影院看电影是一种比在家看电影更伟大的体验。

3. 演员对电影重要吗？为什么？

演员对电影来说是非常重要的，他们对电影的质量和成功有着巨大的影响。这是因为任何电影或故事最重要的方面之一就是角色。例如，许多著名的电影和品牌都有大量的粉丝围绕着他们的主演。例如，在新的《星球大战》电影中，雷伊和凯洛·伦的角色有大量粉丝。如果不是演员黛西·雷德利和亚当·德赖弗的演技和个性，这些角色不会如此受人喜爱和出名。角色和演员吸引观众并传达故事情节；因此，他们是电影成功的基础。

4. 为什么现在去电影院看电影的人越来越少了？

我相信现在去电影院看电影的人越来越少了，因为在家看电影变得更容易，质量也更高了。此外，电影院的票价一直在上涨！家庭娱乐服务发生了许多重大变化，极大地改善了在家看电影的体验。首先，有许多不同的流媒体服务和电影提供商，为人们提供大量的新电影和经典电影，供人们在家观看。此外，现在人们在家里就可以享受到更好的屏幕。因此，人们可以在舒适的家里享受一级棒的观影体验，而无需支付电影院的票价！这就是为什么现在去电影院看电影的人越来越少了。

17: 需要寻找信息的时刻（新题）

1. How can people search for information now?

Almost everybody searches for information nowadays using their smartphones. Nowadays, people spend all day with a smartphone in their pocket or in their hand. So, when somebody needs to search for information, such as directions, a recipe, or a restaurant recommendation, they take out their phone, open Baidu and search for the information. In the past, people would find this information through researching in books at the library or asking people in the local community. This takes a lot of time and can be unreliable, therefore, it is much more convenient to search for information with your smartphone.

2. What information can people get from television?

People can get all sorts of information from television, from news, to science, to fashion advice. There is a huge range of programming on television and therefore there is a lot of information people can get. For example, there are daily news channels that inform people about local, national, and international news. There are documentaries on all sorts of things from science to nature, to geography and culture. There are also specific shows on things like fashion, cooking, and sports. Therefore, there is no end to the sort of information that people can get from television.

3. Do you think libraries are still important in the digital age?

I think libraries are still very important in the digital age. Libraries have had to update themselves with the modern world and the digital age, but they are still very important. For example, in most universities books and journal articles have become digitized. It is now the responsibility of libraries to provide students with access to the databases that host these materials and to create user friendly directories so users can find materials in the first place. This is just one example of the way in which libraries are updating themselves to the digital age and how they play a vital role within it.

4. Does the development of the Internet have any impact on some disadvantaged people?

I think the development of the internet has many impacts on some disadvantage people. There are some people who, due to their economic or social position, do not have access to the internet or do not know how to use it. For example, some poor people do not have laptops or phones to access the internet and some elderly people do not know how to use laptops or phones to access the internet. Without access to the internet there are many services and aspects of society that people are completely disconnected from. For example, some services are exclusively run through the internet or apps. There are some restaurants that only take bookings through an app, which means people without the internet cannot book a table there.

中文思路：

1. 现在人们怎么搜索信息？

现在几乎每个人都用智能手机搜索信息。如今，人们整天都把智能手机放在口袋里或手里。因此，当有人需要搜索信息，比如方向、食谱或餐厅推荐时，他们会拿出手机，打开百度搜索信息。在过去，人们会通过图书馆的书中研究或询问当地社区的人来找到这些信息。这需要很多时间，而且可能不可靠，因此，用你的智能手机搜索信息要方便得多。

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2. 人们可以从电视上获得什么信息？

人们可以从电视上获得各种各样的信息，从新闻到科学，到时尚建议。电视节目种类繁多，因此人们可以获得很多信息。例如，每天都有新闻频道告诉人们当地、全国和国际的新闻。有各种各样的纪录片，从科学到自然，到地理和文化。还有关于时尚、烹饪和体育的特别节目。因此，人们可以从电视上获得无穷无尽的信息。

3. 你认为图书馆在数字时代仍然很重要吗？

我认为图书馆在数字时代仍然非常重要。图书馆必须跟上现代世界和数字时代的步伐，但它们仍然非常重要。例如，在大多数大学里，书籍和期刊文章已经数字化。现在，图书馆可以为学生提供访问这些材料的数据库的途径，并创建用户友好的目录，以使用户能够在第一时间找到材料。这只是图书馆自我更新以适应数字时代的一个例子，以及它们如何在其中扮演重要角色。

4. 互联网的发展对一些弱势群体有影响吗？

我认为互联网的发展对一些弱势群体有很多影响。有一些人，由于他们的经济或社会地位，没有机会上网或不知道如何使用它。例如，一些穷人没有笔记本电脑或手机上网，一些老年人不知道如何使用笔记本电脑或手机上网。没有互联网，人们就会完全脱离许多服务和社会的各个方面。例如，一些服务完全通过互联网或应用程序运行。有些餐厅只接受应用程序预订，这意味着没有互联网的人无法在那里预订餐桌。

18: 享受的一节英语课（新题）

1. Why do people learn foreign languages?

People learn foreign languages for a variety of reasons, some do it for job opportunities, some learn foreign languages to experience other cultures, some people even learn foreign languages for love. To put it shortly, learning foreign languages offers people access to new experiences and opportunities. Copyright by 安小雅. I would say most people learn a common international language such as English or Spanish so that they can work in English-speaking and Spanish-speaking countries. However, some people learn specific languages to learn about specific cultures. Such as a tourist learning Thai before visiting Thailand so that they can experience the culture and talk to the local people. Occasionally, people will even learn a language because they fall in love with someone from a different country. So, people learn languages to open doors to new opportunities and experiences.

2. What makes a good foreign language teacher?

I think the most important skills for a good foreign language teacher are patience and good communication skills. Learning a new language can be a difficult process for students and it can be very frustrating. Therefore, when a foreign language teacher is patient, calm, and understanding it means that students are more likely to persevere through the frustrations. Moreover, learning a language is all about learning the rules and conventions of a new way of speaking and writing. Therefore, there is a lot of information and new concepts that a student will have to learn, so it is imperative that foreign language teachers have excellent communication skills. If a teacher cannot communicate their learning materials properly then their students will not learn.

3. Do you think grammar is important when learning foreign languages?

Grammar is incredibly important when learning foreign languages, in many ways grammar is far more important than things such as pronunciation and vocabulary. The reason for this is that grammar is the basic rules of language. Grammar teaches a student how to form sentences correctly and to communicate their ideas in a way that is comprehensible. If a student does not understand the rules of a language, then it will take them far longer to learn and master a language. For example, there are often specific rules on how to form a sentence as a question and if the grammar is not learned for this then a student will really struggle to ask questions.

4. Is it interesting to be a foreign language teacher? Why?

Copyright by 安小雅. It is very interesting being a foreign language teacher because you meet a range of people and get the joy of teaching them a valuable skill. Firstly, when teaching languages, you discover that everybody is different, and people learn in different ways. Therefore, you get the challenge of learning how to use different teaching methods for different students, which is exciting and rewarding. Secondly, you get to teach people a very valuable and difficult skill. It is exciting to watch a student develop their language skills and go from speaking very little of a language to speaking with ease and fluency. There are so many exciting elements to being a foreign language teacher.

中文思路：

1. 为什么人们要学习外语？

人们学习外语有各种各样的原因，有些人是为了工作机会，有些人是为了体验其他文化，有些人甚至是为了爱而学习外语。简而言之，学习外语为人们提供了新的体验和机会。我想说，大多数人学习一门通用的国际语言，如英语或西班牙语，这样他们就可以在说英语或西班牙语的国家工作。然而，有些人学习特定的语言是为了了解特定的文化。比如一个游客在去泰国之前学习泰语，这样他们就可以体验当地的文化并和当地人交谈。偶尔，人们甚至会因为爱上来自不同国家的人而学习一门语言。所以，人们学习语言是为了打开通往新的机会和经历的大门。

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2. 怎样才能成为一名优秀的外语老师？

我认为一个好的外语老师最重要的技能是耐心和良好的沟通能力。对学生来说，学习一门新语言可能是一个困难的过程，它可能会非常令人沮丧。因此，当一个外语老师是耐心的，冷静的，理解能力强的，这意味着学生更有可能成长。此外，学习一门语言就是学习一种新的读写方式的规则和惯例。因此，有很多信息和新概念，学生将不得不学习，所以外语教师有良好的沟通能力是必不可少的。如果一个老师不能很好地交流他们的学习材料，那么他们的学生就学不到东西。

3. 你认为学习外语时语法重要吗？

在学习外语时，语法是非常重要的，在很多方面，语法比发音和词汇等东西重要得多。这是因为语法是语言的基本规则。语法教学生如何正确地组织句子，并以一种可理解的方式交流他们的想法。如果一个学生不理解一门语言的规则，那么他们学习和掌握一门语言的时间就会长得更多。例如，如何将一个句子作为一个问题，通常都有特定的规则，如果没有为此学习语法，那么学生将很难提出问题。

4. 当一名外语老师有趣吗？为什么？

作为一名外语教师是非常有趣的，因为你会遇到各种各样的人，并从教他们一种有价值的技能中获得乐趣。首先，在教授语言时，你会发现每个人都是不同的，人们用不同的方式学习。因此，学习如何为不同的学生使用不同的教学方法是一种挑战，这是令人兴奋和有好处的。其次，你可以教会人们一项非常有价值和困难的技能。看着一个学生提高他们的语言技能，从很少说一门语言到能轻松流利地说，这是令人兴奋的。成为一名外语教师有很多令人兴奋的因素。

19: 购物时发生的问题（新题）

1. What kind of customer service do you think is good?

In my opinion, the best kind of customer service is quick, efficient, and friendly. When dealing with customer service a person is normally trying to resolve an issue or trying to get assistance with a service. Therefore, in these instances people want their problems resolved quickly and efficiently. For example, if a couple were at a restaurant and they were brought the wrong meal the most important thing to happen is for their correct food to be brought out quickly. Customer service is all about resolving issues and making sure services run correctly and smoothly. So, speed and efficiency are the most important qualities. It goes without saying that being friendly and polite is very important as well!

2. What are the differences between shopping online and in-store?

The biggest differences between shopping online and in-store are the availability of customer service and the ease of use. On the one hand, shopping in store usually has more effective customer service. When in a store there are employees you can talk to who can assist you with your shopping quickly and efficiently. In contrast to this, online shopping has very limited customer service and at best maybe a live chat function. On the other hand, online shopping is far more accessible and easy to do. Anyone can do online shopping from the comfort of their home and have their shopping delivered to their door. This means they can go shopping for things without needing to leave the house! There are many differences between shopping online and in-store.

3. What problems do customers often have while shopping?

There are a few common problems that customers can have while shopping, and some which are specific to specific types of stores. For example, a common problem that people have while shopping is that they cannot find the item they are looking for. Often someone may be in a huge supermarket and they are trying to find a specific product and so they need the help of an employee to find it. Furthermore, in specific stores such as clothing stores there are specific problems customers may face while shopping. One common problem would be needing an item of clothing in a different size because they do not have your size on the shop floor. Most of the time, the problems people face when shopping are quickly resolved by customer service staff.

4. What do you think customers should do when there are problems with products bought online?

When customers have problems with products bought online, they should try to have the problem fixed, get a refund, and leave a review. Shopping online is risky because you do not get a chance to see the product before it arrives, so sometimes products have problems. When a product has a problem the first thing to do is to report it to the shop and ask them to fix the problem. Sometimes it is just a one-off faulty product and they can replace it with ease. If they cannot replace it, then you should ask for a refund for the faulty product. The most important thing is to leave a review and tell other people about your experience so they know that some products may be faulty.

中文翻译：

1. 你认为什么样的客户服务是好的？

在我看来，最好的客户服务是快速、高效和友好的。当处理客户服务时，一个人通常是试图解决一个问题或试图获得一项服务的帮助。因此，在这些情况下，人们希望他们的问题能够快速有效地解决。例如，如果一对夫妇在餐馆吃饭，他们上错了菜，最重要的是要让他们正确的食物迅速端出来。客户服务就是解决问题，确保服务正确、顺利地运行。所以，速度和效率是最重要的品质。还有就是，友好和礼貌也是非常重要的！

2. 网上购物和实体店购物有什么区别？

网上购物和实体店购物最大的区别在于顾客服务的途径和易用性。一方面，在商店购物通常有更有效的客户服务。在商店里，你可以和店员交谈，他们可以帮助你快速有效地购物。相比之下，网上购物的客户服务非常有限，最多可能只有实时聊天功能。另一方面，网上购物要容易得多。任何人都可以在舒适的家里进行网上购物，并让他们的商品送货上门。这意味着他们不用出家门就可以去买东西！网上购物和实体店购物有很多区别。

3. 顾客在购物时经常遇到什么问题？

顾客在购物时可能会遇到一些常见的问题，有些问题是特定类型的商店所特有的。例如，人们在购物时常见的一个问题是找不到他们想要的商品。通常情况下，有人可能在一个大型超市里，他们试图找到一种特定的产品，所以他们需要员工的帮助来找到它。此外，在特定的商店，如服装店，顾客在购物时可能会面临特定的问题。一个常见的问题是你需要一件不同尺码的衣服，因为商店里没有你的尺码。大多数时候，人们在购物时遇到的问题很快就会被客服人员解决。

4. 当网上购买的产品出现问题时，你认为顾客应该怎么做？

当顾客在网上购买的产品有问题时，他们应该尝试解决问题，获得退款，并留下评论。网上购物是有风险的，因为你没有机会在产品送到之前看到它，所以有时产品是有问题的。当产品有问题时，要做的第一件事是向商店报告，并请他们解决问题。有时这只是一个一次性的有缺陷的产品，他们可以很容易地更换它。如果他们不能更换，那么你就应该要求退货。最重要的是留下评论，告诉其他人你的经历，这样他们就知道有些产品可能有问题。

20: 分享某物的时刻（新题）

1. Do you think kids like to share? Why?

I believe that children are naturally generous and like to share with others. Children are normally very good natured and kind. This means that their natural instinct is to share with those around them. For example, it is very common to see children sharing their toys with other children in the playground. Or a sibling may share a treat with their brothers or sisters. This is because they want to make other children happy and to share the good things they have. I think selfishness and greed are learned behaviours that children pick up from their environment and the people around them. So, I think kids like to share and are generous by nature.

2. How can parents teach their children to share?

The most effective way for parents to teach their children to share is to lead by example. Children are not always the best at listening to instructions or learning lessons. However, children are very good at emulating the behaviour of their parents and the people around them. For example, if a child sees their parents sharing things and being generous then the child is more likely to also share things and be generous. So, if a parent wants to teach a child to share, they should share things with people around them while in front of the child. This is far more effective than telling a child to share but not leading by example.

3. What do you think is the benefit of sharing for children?

There are many benefits of sharing for children but the most important one would be the cultivation of good social skills. We live in a very social world and it is impossible to go through your day without interacting with dozens if not hundreds of people. When children share with each other they learn and practice basic social skills which will be vital for them in later life. For example, when a child shares a toy with another child they must speak to them, offer them the toy, listen to their response and perhaps even play with them. These are all social habits that are good to learn from a young age. So, I think the biggest benefit of sharing for children is the development of social skills.

4. Is there anything that parents should persuade children to share with others?

I think that parents should persuade children to share many things with others, but toys and books are really good things for children to share. This is because not every child is as fortunate as other children. So, some children do not have access to toys or books and this can have a huge impact on their happiness and development. Therefore, encouraging children to share their toys and books with other children will foster a more equal environment where children have access to the same things. This will in turn help create a happier and better developed group of young adults! So, toys and books are important things for children to learn how to share.

中文翻译：

1. 你觉得孩子们喜欢分享吗?为什么?

我相信孩子天生是慷慨的，喜欢和别人分享。孩子们通常都很好脾气，很善良。这意味着它们的本能是与周围的人分享。例如，在操场上看到孩子们和其他孩子分享他们的玩具是很常见的。或者一个兄弟姐妹会和他们的兄弟姐妹分享食物。这是因为他们想让其他孩子快乐，并分享他们拥有的好东西。我认为自私和贪婪是后天习得的行为，是孩子们从周围的环境和人那里学来的。所以，我认为孩子们喜欢分享，天性慷慨。

2. 父母如何教会孩子分享?

父母教孩子分享最有效的方法是以身作则。孩子们并不总是善于听从指示或学习功课。然而，孩子们非常擅长模仿父母和周围人的行为。例如，如果一个孩子看到他们的父母分享东西和慷慨，那么这个孩子更有可能也分享东西和慷慨。所以，如果父母想教孩子分享，他们应该在孩子面前和周围的人分享东西。这比让孩子分享但不以身作则要有效得多。淘宝店铺：安小雅。

3. 你认为分享对孩子的好处是什么?

分享对孩子有很多好处，但最重要的是培养良好的社交技能。我们生活在一个非常社会化的世界里，你不可能一天不与几十甚至几百人打交道。当孩子们互相分享时，他们学习和练习基本的社会技能，这对他们以后的生活是至关重要的。例如，当一个孩子和另一个孩子分享一个玩具时，他们必须和他们说话，给他们玩具，听他们的反应，甚至可能和他们一起玩。这些都是值得从小学习的社交习惯。所以，我认为分享对孩子最大的好处是社交技能的发展。

4. 有什么是父母应该劝说孩子们与他人分享的吗?

我认为父母应该说服孩子和别人分享很多东西，但是玩具和书的确是孩子们可以分享的好东西。这是因为不是每个孩子都像其他孩子一样幸运。所以，有些孩子得不到玩具或书籍，这对他们的幸福和发展会产生巨大的影响。因此，鼓励孩子们与其他孩子分享他们的玩具和书籍将培养一个更平等的环境，在那里孩子们可以获得相同的东西。这将反过来帮助创造一个更快乐和更好发展的年轻人群体!所以，玩具和书籍是孩子们学习如何分享的重要东西。

21: 收到钱作为礼物（新题）

1. Why do people rarely use cash now?

The modern world makes heavy use of technology in order to operate as quickly and as efficiently as possible. Because of this, it is increasingly common for businesses and services to employ debit and credit card readers at the point of sale as a viable alternative to cash. Moreover, the technological innovations of contactless payment enable people to pay for an item or service much faster and more conveniently with their card than they could ever do with cash. These systems also support the ability for one to pay using their phone, thus streamlining the process even further. Ultimately, in light of these systems, cash seems more like an encumbrance to most people living in contemporary society.

2. When do children begin to comprehend the value of money?

In the initial stages of their upbringing, children default to their caregivers in almost all aspects of their life. As a result, they have to be taught the meaning and purpose of money as everything tends to be provided for them. At around age 3, once children begin to comprehend rudimentary mathematics, they become capable of understanding money as a basic concept. However, the social and material ramifications of money and wealth take much longer to understand. On top of this, a child's conception of the value of money will always be skewed by the socioeconomic conditions under which they grew up. For example, a child of a rich family will likely not value money as highly as a child from a poor family.

3. Should parents reward children with money?

Parents rewarding their children with money is something of a double-edged sword. On the one hand, it can teach children valuable life skills as to how to use money independently, and to assess the worth of something through the lens of their own resources. On the other hand, such a practice could impart to the child that the only thing of real worth in life is money, and set up the expectation that any admirable action they perform should be financially compensated. Parents should therefore consider carefully both the amount and frequency with which they reward their children with money as to not engender bad habits.

4. Is it good and necessary to teach children to save money?

Financial responsibility is a deeply essential skill for anybody to have developed by the time they reach adulthood. Without it, a person can sabotage their own opportunities and quality of life, or even go so far as to end up homeless. Therefore, it is the duty of every parent to impart to their children the necessary knowhow to save money and be self-sufficient in their later life. Not only is this beneficial within the immediate family dynamic, but also for society as a whole, as it can work to help mitigate the rates of poverty amongst the more economically vulnerable members of society.

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中文翻译：

1. 为什么现在人们很少使用现金了？

现代世界大量使用技术，以便尽可能快速和有效地运作。正因为如此，越来越多的企业和服务业在销售点使用借记卡和信用卡读卡器作为现金的替代品。此外，非接触式支付的技术创新使人们用卡支付商品或服务比用现金支付要快得多、方便得多。这些系统还支持用户使用手机支付，从而进一步简化了流程。最终，根据这些系统，现金似乎更像是生活在当代社会的大多数人的累赘。

2. 孩子们什么时候开始理解钱的价值？

在成长的最初阶段，孩子们在生活的几乎所有方面都默认依赖于他们的照顾者。因此，他们必须被教导金钱的意义和目的，因为世间一切都需要金钱。大约在 3 岁时，一旦孩子们开始理解基本的数学，他们就能够把钱作为一个基本概念来理解。然而，要理解金钱和财富的社会与物质影响需要更长的时间。最重要的是，孩子对金钱价值的观念总是会被他们成长的社会经济条件所扭曲。例如，富裕家庭的孩子可能不会像贫困家庭的孩子那样看重金钱。

3. 父母应该给孩子金钱奖励吗？

父母用金钱奖励孩子是一把双刃剑。一方面，它可以教会孩子们有价值的生活技能，如如何独立使用金钱，并通过他们自己来评估事物的价值。另一方面，这样的做法会告诉孩子，生活中唯一真正有价值的东西是钱，并建立起一种期望，即他们所做的任何令人钦佩的行为都应该得到经济上的补偿。因此，父母应该仔细考虑给孩子金钱奖励的数量和频率，以免养成坏习惯。

4. 教孩子存钱是好的和必要的吗？

理财对任何人来说都是一项非常重要的技能，需要在他们成年之前养成。没有理财能力的话，人们的生活质量会很差，甚至走到无家可归的地步。因此，每个父母都有责任传授给他们的孩子如何在他们以后的生活中省钱和自给自足的必要知识。这不仅对直系家庭有利，对整个社会也有好处，因为它可以帮助降低社会中经济的贫困率。

22: 会推荐给游客的我国某处地方（新题）

1. Is it important to take photos while traveling?

No trip afield would be fully complete without taking some photos to document the excursion. On a personal level, developing a portfolio of pictures of one's travels can help to solidify memories of the trip. People are often grateful down the line to have such photos, as they enable one to look back fondly on their past experiences and to reminisce on where their journeys have taken them. Travel photos are also valuable resources to show to one's friends, as they might be interested in seeing parts of the world that they themselves have never been to.

2. Can you trust other people's travel journals on the Internet?

Like everything on the Internet, one should approach reading other people's travel blogs with a grain of salt. Firstly, if one is perusing travel blogs as research for a trip of one's own, there is no assurance that they would have the same or even a similar trip when venturing out for themselves. Experiences almost always vary from person to person. Secondly, there is no assurance as to the veracity of anything written on the Internet. People are partial to embellishing the truth or even outright lying in order to represent themselves and their life in the best light possible.

3. What factors affect how people feel about travel?

The main factors which affect people's feelings about travel are inevitably time and money. Many people simply do not have the savings available to them to spend on travelling. Or, if they do, the money available to them might be limited so as to greatly reduce the number of places which they could feasibly travel to. Countries with a high cost of living, or which are located far away from one's homeland, may prove to be practical impossibilities for one aiming to travel on a limited budget. Moreover, many people cannot afford to take the time out of their work or studies to travel at all, and so feel that it is a superfluous activity to their lives.

4. Will people go to a foreign country to travel because of the distinct landscape?

In many respects, the particular landscape of a country is one of its strongest assets for attracting tourism. Many countries in Europe, for instance, enjoy a consistent flow of holidaymakers embarking on what are known as "Walking Holidays". Alpine countries such as Italy, Switzerland, and Slovenia receive visitors from all over the world determined to hike the world-famous mountain range. This is also true for the mountainous countries of Scandinavia and Northern Europe. Great bodies of water are also inspiring geographical features which commonly attract foreign visitors. For example, Niagara Falls on the Canadian-US border sees over ten million international travellers annually visit the colossal waterfall.

中文翻译：

1. 旅行时拍照很重要吗？

如果不拍些照片来记录旅行，旅行就不算完整。就个人而言，收集旅行照片可以帮助巩固对旅行的记忆。人们通常会对拥有这样的照片心存感激，因为它们能让人回顾过去的美好经历，追忆他们的旅程。旅行照片也是向朋友展示的宝贵资料，因为他们可能对世界上他们自己从未去过的地方感兴趣。

2. 你能相信别人在网上的旅行日志吗？

就像互联网上的所有东西一样，人们在阅读别人的旅行博客时应该持保留态度。首先，如果一个人是为了自己的旅行而浏览旅游博客，那么当他们自己出去旅行时，就不能保证他们会有相同甚至相似的旅行。经历几乎总是因人而异。其次，在互联网上写的任何东西的真实性都没有保证。人们倾向于粉饰事实，甚至是彻头彻尾的谎言，以便尽可能以最好的方式呈现自己和自己的生活。

3. 什么因素会影响人们对旅行的看法？

影响人们对旅游的感受的主要因素是时间和金钱。许多人根本就没有足够的积蓄用于旅行。或者，他们只有有限的预算，但大大减少他们可以去的地方。生活成本高的国家，或者远离家乡的国家，对于预算有限的人来说不太现实。此外，许多人根本抽不出工作或学习的时间去旅行，因此觉得旅行对他们的生活是多余的活动。

4. 人们会因为异国的独特风景而去旅游吗？

在许多方面，一个国家独特的风景是吸引旅游者的最强大的方面之一。例如，许多欧洲国家都有源源不断的度假者开始所谓的“徒步度假”。像意大利、瑞士和斯洛文尼亚这样的高山国家接待着来自世界各地想徒步攀登这一举世闻名的山脉的游客。斯堪的纳维亚和北欧的山区国家也是如此。巨大的水域也是令人振奋的旅游去处，通常吸引着外国游客。例如，位于加拿大和美国边境的尼亚加拉大瀑布每年吸引超过上千万国际游客参观。

23: 校外学习的某种重要东西（新题）

1. What can children learn from parents?

Typically, children will learn almost everything they know about the world from their parents. On average, a child will ask over a hundred questions a day of their parents. It is the worldview and understanding of those same parents evinced in their answers which will come to determine how a child learns about the world. Moreover, during a child's upbringing, the character and general disposition of a parent will prove a defining influence in shaping the personality of a child as they grow up. Ultimately, children learn almost everything from their parents, from practical skills for day-to-day life to their philosophical outlook on the world.

2. Do you think some children are well-behaved because they are influenced by their parents?

A child's particular upbringing comes to greatly influence how they behave in daily life. Children who behave poorly often do so because their parents have failed to establish proper boundaries at home. The child might know that their parents will try to appease them rather than discipline them for their behaviour, and will therefore be more likely to misbehave. Meanwhile, well-behaved children can easily be imagined to have more functional relationships with their parents founded on a mutual respect. Their parents have most likely taken the time to pass on proper values and responsibilities to their child, which they in turn reflect through their good behaviour.

3. Is it necessary for adults to learn new things?

If one does not learn to adapt to our constantly changing world, it is very easy to find oneself left behind, even as an adult. Therefore, it is absolutely necessary for adults to continue to learn new things and to grow their respective skillsets all throughout their lives. This is true for a number of contexts. In a professional sphere, where more and more positions are being made redundant every day through automation, it helps to continually train new talents in order to remain as employable as possible. In a personal context, learning new things and engaging with hobbies helps a person to remain enthusiastic about life, and to keep their mind sharp.

4. How can people learn new things?

There is a vast array of theories and models as to the most effective method with which a person can learn new things. Traditionally, most people will be taught new things by entering an educational setting such as a school or a university. However, as one grows older, this approach becomes less feasible. People with some spare cash at their disposal will perhaps seek out private tutors in whichever field it is they seek to be educated. This approach mimics the academic structure of traditional schooling, but, so long as they can pay, is open to anybody at any age. Finally, with the abundance of free resources available online, more and more people are taking to teaching themselves new skills as their own tutors.

中文翻译：

1. 孩子能从父母那里学到什么？

通常情况下，孩子对世界的了解几乎都是从父母那里学到的。平均来说，一个孩子一天会问他们的父母一百多个问题。父母的世界观和理解都体现在他们的回答中，这将决定一个孩子如何学习这个世界。此外，在孩子的成长过程中，父母的性格和性情被证明对孩子长大后的性格形成决定性的影响。从日常生活的实际技能到人生观，孩子们从父母那里几乎学到了一切。

2. 你认为有些孩子表现好是因为受了父母的影响吗？

孩子所受的特殊教育在很大程度上影响着他们在日常生活中的行为。表现不佳的孩子往往是因为他们的父母没有在家里建立适当的规定。孩子可能知道他们的父母会试图安抚他们，而不是惩罚他们的行为，因此更有可能行为不端。与此同时，表现良好的孩子往往是与父母建立在相互尊重基础上的。他们的父母很可能花时间去把正确的价值观和责任传递给他们的孩子，他们反过来通过他们的良好行为反映这些价值观和责任。

3. 成年人有必要学习新事物吗？

如果一个人不学会适应这个不断变化的世界，他很快就会发现自已落后了，即使是成年人也是如此。因此，成年人在一生中不断学习新事物，提高各自的技能是绝对必要的。在许多情况下都是如此。在专业领域，由于自动化，每天都有越来越多的职位被裁掉。这会让人们不断提升，以便尽可能保持他们的职业能力。就个人而言，学习新事物和从事业余爱好有助于一个人对生活保持热情，并保持思维敏捷。

4. 人们如何学习新事物？

关于人们学习新事物的最有效方法，有大量的理论和模型。传统上，大多数人将通过教育，如学校或大学，来学习新事物。然而，随着年龄的增长，这种方法变得不太可行。手头有闲钱的人可能会在他们想接受教育的任何领域找家教。这种方法模仿了传统学校的学术结构，但只要他们能支付得起，就适用于任何年龄的人群。最后，由于网上有大量的免费资源，越来越多的人开始自学新技能，成为自己的导师。

24: 完成的难事（新题）

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1. Should people set goals for themselves?

It is important for people to have in their minds a clear idea of what they want to do with their lives and where they want to end up. Establishing goals for oneself is therefore an effective way of actioning this process. Many people draw up for themselves a “Five-Year Plan” detailing everything that they wish to accomplish over the next half decade. Even if one fails at accomplishing every goal set out in their plan, it is pretty much assured that they will have taken objectively productive steps in their life in attempting to make good on such goals.

2. How do you define success?

There are many ways in which people define success, and it is important for each person that they decide on the definition which is right for them. Approaching success with the wrong understanding of what it means can have deeply harmful consequences for a person's life. For example, a person might measure success through how much wealth they are able to acquire. This could lead them to prioritise work and business above all else, thereby neglecting their family and friends, and ultimately leading to a lonelier and less fulfilling life. Someone, however, who views success on a more personal level as opposed to a material level would be much happier in this regard.

3. How do we judge whether young people are successful?

It seems that more pressure than ever is now being placed on young people to be successful in life. This quality of success is generally judged in a number of ways. For many young people, the most important measure of one's success is that of academic achievement. A record number of young people are now attending university to secure degrees which will enable them to enter lucrative professions once they have concluded their studies. In this regard, their success can be judged by the tier of degree they end up being awarded. Following this, whether or not they are able to find a decent position relevant to their field using their degree is also a tangible marker of success.

4. Are successful people lonely?

There is a saying in English that it is “lonely at the top”. This refers to the perception that highly successful people will lose many of their friends and acquaintances in the pursuit of success. This can be for a number of reasons. Often it is assumed that successful people will neglect their social relationships in favour of work, and will gradually lose more and more of the people in their lives as they achieve more of their goals. Though this process assuredly happens to some people, it is also possible to maintain a healthy work-life balance whilst remaining a highly motivated person, and thusly keep intact many of the valuable friendships one accumulates over the course of their life.

中文翻译：

1. 人们应该为自己设定目标吗？

对于人们来说，在他们的头脑中有一个明确的想法，他们想要在他们的生活中做什么，他们想要在哪里结束是很重要的。因此，为自己设定目标是实现这一过程的有效方法。许多人为自己制定一个“五年计划”，详细列出他们希望在未来五年完成的所有事情。即使一个人未能实现计划中设定的每一个目标，可以肯定的是，为了实现这些目标，他们在生活中已经采取了客观上富有成效的步骤。

2. 你如何定义成功？

人们对成功的定义有很多种，重要的是每个人都要确定适合自己的定义。以错误的理解成功的含义来对待成功，可能会给一个人的生活带来严重的有害后果。例如，一个人可能通过他能获得多少财富来衡量成功。这可能会导致他们把工作和生意看得比其他一切都重要，从而忽视了他们的家人和朋友，最终导致一种更孤独、更不充实的生活。然而，从个人层面而非物质层面来看待成功的人在这方面会快乐得多。

3. 我们如何判断年轻人是否成功？

现在年轻人要在生活中取得成功的压力似乎比以往任何时候都要大。这种成功的质量通常可以通过多种方式来判断。对许多年轻人来说，衡量一个人成功的最重要标准是学业成绩。现在上大学获得学位的年轻人数量创记录，这将使他们在毕业后进入利润丰厚的职业。在这方面，他们的成功可以通过他们最终获得的学位等级来判断。其次，他们是否能够利用自己的学位找到一份与自己的领域相关的体面工作也是成功的有形标志。

4. 成功人士孤独吗？

英语中有句话叫“高处不胜寒”。这指的是人们认为成功人士在追求成功的过程中会失去很多朋友和熟人。这可能有很多原因。人们通常认为，成功人士会为了工作而忽视他们的社会关系，当他们实现更多的目标时，会逐渐失去生活中越来越多的人。虽然这一过程肯定会发生在一些人身上，但保持一个健康的工作与生活的平衡，同时保持一个高度积极社交也是有可能的，从而保持一个人在一生中积累的许多宝贵的友谊完好无损。

25: 鼓励你做有趣事情的人（新题）

1. What qualities make a role model?

Any person who is to be considered a role model must have not just one, but a number of admirable qualities. A good role model must first be in a position of some consequence in order to have people to look up to them. This also demonstrates that they are hardworking and have successfully striven for excellence. Alongside material success, they must also demonstrate that they are of good character. This can be evinced through personal traits such as empathy, humility, and integrity. If a person is able to marry these two spheres of professional and personal distinction, they will easily be accepted by anyone as an outstanding role model.

2. What types of people will inspire children to do interesting things?

The youth of today are generally becoming less interested in traditional public figures within society. Nowadays, children spend more time than ever online using social media. Because of this, the figures in a position with the most influence over children are social media “Influencers”. Influencers can take a variety of different forms. Some simply produce entertaining content for the Internet and often inspire the children of their audience to take up creative pursuits in an attempt to emulate their success and lifestyle. Copyright by 安小雅. Others might be intensely politically involved, and thus inspire their young viewership to become more invested in activism for important causes in the world today.

3. Who do you think will inspire children more: parents or teachers?

If a child's homelife is unpleasant through a poor relationship with their parents, it is unlikely that a teacher would be able to inspire them no matter how good they are. In general, the potential for a parent to inspire their child is far greater than a teacher, as, in most cases, the parent is a more immediate and constant part of the child's environment. Moreover, whereas the teacher must inspire solely through an academic context, the parent, being present in all aspect of a child's life, has the opportunity to inspire them in a greater number of ways.

4. Should adults encourage young children to set their own goals?

It is the duty of every parent to both support their child in whatever aspirations they may develop, and to prepare them to be self-sufficient later in their adulthood. Because of this, encouraging a child to set their own goals for their later life, whilst simultaneously advising them to consider how these goals might be realistically achieved, is excellent parenting. If a child remains aimless and unmotivated throughout their adolescence, they will most likely carry these harmful traits into their adulthood and thus find it difficult to support themselves on their own. Therefore, it is essential that all parents encourage their children to consider what they want to do with their life and to set goals for themselves.

中文翻译：

1. 什么样的品质是榜样？

任何一个被视为榜样的人都必须具备不止一种，而是许多，令人钦佩的品质。一个好的榜样首先必须处于某种重要的地位，这样人们才会尊敬他。这也说明他们很努力，成功地追求卓越。除了物质上的成功，他们还必须证明自己有好的品格。这可以通过共情、谦逊和正直等个人特质表现出来。如果一个人能够结合这两个领域的专业和个人区别，他们将很容易被任何人接受作为一个杰出的榜样。

2. 什么样的人会上激发孩子做有趣的事情？

如今的年轻人普遍对社会上的传统公众人物不那么感兴趣了。如今，孩子们花在社交媒体上的时间比以往任何时候都多。正因为如此，对孩子们最有影响力的人物就是社交媒体上的“网红”。网红们可以采取各种不同的形式。有些只是为互联网制作娱乐内容，经常激励观众的孩子们从事创造性的追求，试图模仿他们的成功和生活方式。还有一些可能与政治密切相关，从而激励他们的年轻观众更多地投入到当今世界重要事业的行动主义中。

3. 你认为谁更能激励孩子：父母还是老师？

如果一个孩子的家庭生活因为与父母的关系不好而不愉快，那么不管他们有多好，老师也不太可能激励他们。一般来说，父母激励孩子的潜力远远大于老师，因为在大多数情况下，父母是孩子环境中更直接和持续的一部分。此外，教师必须仅仅通过学术环境来激励孩子，而父母，因为存在于孩子生活的各个方面，有机会以更多的方式激励他们。

4. 大人是否应该鼓励小孩子设定自己的目标？

每个父母都有责任支持他们的孩子实现他们可能发展的任何愿望，并使他们在成年后能够自给自足。正因为如此，鼓励孩子为以后的生活设定自己的目标，同时建议他们考虑如何现实地实现这些目标，是非常好的育儿方式。如果一个孩子在整个青春期都没有目标和动力，他们很可能将这些有害的特征带入成年期，从而发现很难独立养活自己。因此，所有的父母都应该鼓励他们的孩子考虑他们想要做什么，并为自己设定目标。

26: 近期改善生活的变动

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

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

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

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

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

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

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

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

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

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

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

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

中文翻译:

1. 人们在日常生活中做了哪些改变?

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

2. 年轻人比老年人更喜欢在日常生活中做出改变吗?

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

3. 人们在日常生活中不断做出改变是好事吗?

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

4. 人们经常换工作是个好主意吗?

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

5. 在工作中被提升总是一种更好的改变吗?

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

6. 在另一个国家工作怎么会改变一个人对世界的看法呢?

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

27: 有趣的邻居

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

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

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

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

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

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

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

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

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

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

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

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

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

中文翻译：

1. 在你的国家，人们通常有多了解他们的邻居？

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

2. 在大城市里，邻居之间互相了解会更难吗？

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

3. 住在一个邻居彼此都很了解的地方有什么好处？

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

4. 人们可以做些什么来让他们的社区成为一个适宜居住的地方？

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

5. 企业可以通过哪些方式支持当地社区？

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

6. 现代技术对当地社区的负面影响是什么？

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

28: 帮助小孩

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

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

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

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

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

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

4. Should everyone volunteer in their community?

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

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

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

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

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

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

中文思路：

1. 人们可以给他们的邻居什么样的帮助？

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

2. 学校如何鼓励年轻人帮助他人？

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

3. 你认为人们天生想要帮助别人吗？

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

4. 每个人都应该在社区里做志愿者吗？

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

5. 志愿时间和捐钱帮助别人的价值是什么？

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

6. 谁受益更多——志愿者还是他们帮助的人？

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

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29: 别人询问你意见

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

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

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

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

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

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

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

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

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

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

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

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

中文翻译：

1. 在哪些工作中人们经常需要给出他们的意见？

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

2. 现在人们对产品和服务发表意见的频率更高了吗？

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

3. 为什么有些人不喜欢发表意见？

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

4. 人们经常在网上评论中写些什么？

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

5. 人们在网上比面对面更能表达自己的观点吗？

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

6. 网络意见在多大程度上反映了社会的普遍意见？

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

30: 帮助你集中注意力的事物

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

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

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

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

3. Is technology bad for children's concentration?

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

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

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

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

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

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

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

1. 为什么学习集中注意力对孩子很重要？

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

2. 为什么孩子们在做运动时必须集中精力？

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

3. 科技对孩子的注意力有害吗？

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

4. 哪种类型的工作能够集中精力是特别重要的？

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

5. 为什么有些人在工作时很难集中精力？

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

6. 雇主可以做些什么来帮助员工集中注意力？

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

31: 经济实惠的外出

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

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

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

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

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

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

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

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

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

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

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

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

1. 你们国家的人都去哪些地方玩？

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

2. 人们想出去玩的原因是什么？

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

3. 人们是如何在家里度过一天的呢？

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

4. 天气对外出的乐趣有什么影响？

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

5. 一个人出去和和朋友出去有什么区别？

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

6. 花钱能使外出的一天更愉快吗？

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

32: 交通拥堵的时刻

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

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

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

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

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

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

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

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

5. How can public transport reduce traffic congestion?

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

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

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

1. 大多数城市一天中什么时候交通最拥挤? Copyright by 安小雅.

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

2. 在交通堵塞中, 坐小汽车和坐公共汽车有什么区别?

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

3. 你认为未来城市的交通会变得更糟吗?

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

4. 高速公路使交通更顺畅吗?

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

5. 公共交通如何减少交通堵塞?

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

6. 交通问题只能靠政府行动来解决吗?

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

33: 安静的地方

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

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

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

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

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

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

4. Are homes today noisier than in the past?

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

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

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

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

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

1. 为什么乡村通常比城市安静？

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

2. 在大城市里找到安静的地方容易吗？

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

3. 老年人比年轻人更喜欢安静的地方吗？

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

4. 今天的家庭比过去更嘈杂吗？

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

5. 为什么许多人在学习或工作时喜欢听一些噪音[如电视、收音机、音乐]？

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

6. 吵闹的邻居会带来什么问题？

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

34: 被赞扬的时刻

1. When should parents give children positive encouragement?

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

2. Why do children need encouragement?

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

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

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

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

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

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

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

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

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

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

1. 父母应该在什么时候给予孩子积极的鼓励?

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

2. 为什么孩子需要鼓励?

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

3. 对孩子的鼓励是不是太多了?

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

4. 积极和消极反馈对人们工作的重要性是什么?

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

5. 什么时候人们会说一些不真实的积极的话呢?

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

6. 为什么有些人更相信关于自己的正面评论而不是负面评论?

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

35: 喜欢的传统物品

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

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

2. Traditional products are generally better quality than modern ones

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

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

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

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

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

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

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

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

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

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

1. 你的国家有哪些不同种类的传统产品?

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

2. 传统产品的质量一般比现代产品好?

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

3. 传统产品如何帮助一个国家的旅游业?

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

4. 人们了解自己国家的传统有多重要?

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

5. 年轻人是否应该在家里或学校接受传统教育?

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

6. 游客在参观一个国家之前应该了解这个国家的传统?

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

36: 聊得来的朋友

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

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

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

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

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

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

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

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

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

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

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

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

1. 年轻人经常和朋友谈论什么?

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

2. 和朋友面对面交谈总是比在电话或网上交谈更好吗?

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

3. 与朋友交谈时,倾听的重要性是什么?

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

4. 在日常生活中,人们需要和不认识的人交谈的情况是什么?

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

5. 为什么有些人觉得和不认识的人说话很困难?

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

6. 人们和陌生人说话的方式和和朋友说话的方式一样吗?

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

37: 节省时间的改变

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

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

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

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

3. Do people waste a lot of time nowadays?

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

4. Should schools teach children to manage their time?

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

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

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

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

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

1. 人们在日常生活中节约时间的方法有哪些？

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

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2. 年轻人还是老年人更善于节约时间？

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

3. 现在人们浪费很多时间吗？

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

4. 学校应该教孩子管理时间吗？

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

5. 使用科技总是能让时间管理变得更容易吗？

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

6. 学会有效管理时间的人在生活中会更成功吗？

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

38: 改变世界的发明

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

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

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

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

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

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

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

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

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

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

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

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

1. 人们家里最有用的发明是什么？

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

2. 在家里使用设备会使人懒惰吗？

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

3. 未来人们希望家里有什么设备？

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

4. 在今天的学校中，什么类型的技术最重要？

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

5. 在课堂上看电视节目是一种好的学习方式吗？

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

6. 电脑有一天会完全取代老师吗？

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

39: 用手机做重要的事

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

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

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

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

3. How do younger and older people use phones?

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

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

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

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

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

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

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

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

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1. 手机在日常生活中有哪些常见用途？

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

2. 打电话最重要的用途是什么？

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

3. 年轻人和老年人如何使用手机？

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

4. 深夜给别人打电话可以吗？

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

5. 在公共场所打电话应该被禁止吗，因为它会打扰别人？

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

6. 人们在电话里说话比面对面更诚实吗？

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

40: 令你惊喜而又开心的事物

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

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

2. Can shopping make people happy?

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

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

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

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

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

5. Can people learn to be happy?

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

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

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

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

1. 在你们的文化中，人们表现快乐的方式是什么？

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

2. 购物能使人快乐吗？

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

3. 幸福对一个人的健康有益吗？

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

4. 一个人对生活的态度如何影响他们的快乐程度？

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

5. 人们能学会快乐吗？

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

6. 不快乐的时期会对某些人产生积极的影响吗？

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

41: 未来想一起工作的家人

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1. What are common kinds of family businesses?

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

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

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

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

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

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

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

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

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

6. Is working in a large company too impersonal?

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

1. 常见的家族企业有哪些？

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

2. 在家族企业工作的优点是什么？

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

3. 人们不喜欢在家族企业工作的原因是什么？

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

4. 在大公司工作有什么好处？

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

5. 为什么最好不要在一家公司待太久？

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

6. 在大公司工作是不是太没有人情味了？

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

42: 宜居之地

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

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

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

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

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

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

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

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

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

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

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

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

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

1. 人们喜欢住在什么类型的地方？

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

2. 住在工作地点附近的人有什么优势？

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

3. 老年人和年轻人喜欢居住的地方有什么不同？

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

4. 为什么有些人搬到其他地方生活？

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

5. 在搬到一个新的地方之前应该做什么准备？

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

6. 选择居住地是人生最重要的决定吗？

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

43: 庆祝重要事件

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

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

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

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

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

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

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

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

5. Why is it important to remember national events?

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

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

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

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

中文思路：

1. 人们生活中最重要的事件是什么？

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

2. 和一大群人一起庆祝特殊事件更好吗？

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

3. 为了确保活动顺利进行，人们应该做些什么？

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

4. 人们用什么方式庆祝重要的国家事件？

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

5. 为什么要记住国家大事？

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

6. 庆祝国家大事是浪费公款吗？

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

44: 在公共场所遗失物品

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

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

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

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

3. What can people do to avoid losing things?

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

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

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

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

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

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

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

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

1. 人们在公共场所经常丢失什么东西？

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

2. 为什么有些人比其他人更容易丢东西？

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

3. 人们可以做什么来避免丢失东西？

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

4. 人们找到丢失的东西有哪些不同的方法？

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

5. 为寻找失物提供奖励有多有用？

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

6. 为什么人们有时要花很大力气去找他们丢失的东西？

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

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45: 国内重要水域

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

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

2. Why do people enjoy spending time near water?

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

3. Should all children have swimming lessons at school?

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

4. What sorts of jobs are associated with rivers?

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

5. What is the importance of rivers for tourism?

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

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

In modern cities, rivers have largely fallen out of fashion as public transportation. As rivers have an unalterable path they take through cities, they are less suitable to develop routes throughout all areas of a city. Seeing as cities already have a vast network of roads to make use of, and metro tunnels can be built wherever urban planners deem fit, buses and trains are far more suited to transporting citizens across cities than rivers and canals. However, rivers still retain some specialist uses as transport within cities, with some utilising them to facilitate pleasure cruises and party-boats. Despite their overall obsolescence, it is unlikely that rivers will be phased out entirely as methods of transport.

1. 最受欢迎的水上运动有哪些？

冲浪是一项非常受欢迎和标志性的水上运动。它的受欢迎程度在一定程度上源于它的易用性。尽管作为一项运动，冲浪需要相当多的练习才能掌握，但大多数沿海城镇都提供设施和课程来容纳对这项运动感兴趣的人。正因为如此，几乎任何海滨城镇或城市都会有大量的冲浪者全年都在练习这项运动。皮划艇也是一项同样受欢迎的水上运动。与冲浪不同的是，这项运动对技术要求不高，人们真正需要的只是一艘皮划艇和一片水域。特别是水上运动，可及性在其受欢迎程度中发挥了巨大的作用。

2. 为什么人们喜欢在水边消磨时间？

像河岸和海滩这样的地方历来都是非常受欢迎的旅游和度假目的地。在炎热的夏季，一次水边的静修可以是一次非常愉快的度假。当在沙滩上放松感到无聊时，可以到海里泡个澡凉快凉快。靠近水域也可以让人从事水上运动或其他类型的锻炼，如游泳，这可能是一个新奇的体验，因为许多人不经常住在水附近。因此，人们通常喜欢花时间在水附近，要么是为了改变风景，要么是为了它提供的活动。

3. 所有的孩子都应该在学校上游泳课吗？

一般来说，游泳可以被视为一项非常重要的生活技能。虽然现在许多主要生活在城市环境中的人可以在不需要游泳的情况下度过他们的大部分生活，但情况可能会出现，不会游泳可能是危险的。这些情况可能是由于洪水甚至船倾覆而发生的。正因为如此，孩子从小就被传授游泳的知识和技能是很重要的。一旦一个人学会了游泳，这就会成为一种本能反应，无论他多长时间没有游泳，这种本能反应都会伴随他一生。因此，这是一个值得的努力，每个人都被教导如何游泳，为他们的未来生活。

4. 什么样的工作与河流有关？

有许多职业是围绕河流的。这些职位的复杂性从非技术工人到专业人员不等。不熟练的职位可以在船闸管理员中找到，他们负责保持水道和运河的正常工作，并确保所有对河流的使用都是负责和合法的。专业工人也经常在河流上找到工作。围绕桥梁和船闸的修复工作和操作的工程角色对河流来说是非常必要的。这些工人也可能参与勘测或规划河流未来的发展。

5. 河流对旅游业的重要性是什么？

世界上许多国家都有标志性的河流，它们构成了国家形象的一部分。例如中国的长江，英国的泰晤士河，或者最著名的埃及的尼罗河。这些河流鼓励来自世界各地的游客参观他们的东道国。这些国家的旅游局通常会尽力利用这些河流所拥有的文化价值，提供一揽子交易和河流邮轮，让游客探索和体验他们的自然美景。与世界上许多自然奇观一样，河流是吸引游客的有效途径，也是任何国家旅游业的重要组成部分。

6. 在城市中使用河流交通的优点和缺点是什么？

在现代城市中，河流作为公共交通工具在很大程度上已经过时。由于河流在城市中有一条不可改变的路径，它们不太适合在城市的所有区域内发展路线。鉴于城市已经有庞大的道路网络可供利用，地铁隧道可以在城市规划者认为合适的地方修建，公共汽车和火车比河流和运河更适合在城市中运送市民。然而，河流仍然保留了一些特殊的用途，作为城市内的交通工具，一些人利用它们来方便游船和派对船。尽管它们总体上已经过时，但作为交通工具，河流不太可能被完全淘汰。

46: 国内的名人

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1. Why are some children more popular than others at school?

There are so many factors that can contribute to some students being more popular than others at school, from their appearance to their family's social status, but I think that the most obvious one is because of their personality traits. People of all ages are naturally drawn to people that make them feel good about themselves, so students who are kind and compassionate to their peers are always going to be liked by the majority. Having a good sense of humour is also an extremely popular character trait, as any comic relief from the stresses and strains of student life is very welcome.

2. What are the advantages and disadvantages of being popular at school?

I think the advantages of being popular at school far outweigh the disadvantages. One of the main benefits is that you will probably receive special treatment from peers and, perhaps, even teachers due to your popularity. You may be able to get whatever you want simply by asking, and even when you break school rules you may be punished more leniently than others. Although they might not realize, teachers may mark your work favourably and give you better grades than your work really deserves.

3. Are students who are popular at school also popular as adults?

The kids who are popular at school are probably also going to be popular as adults, however being a popular student definitely doesn't translate to being a successful adult! Generally speaking, having the kind of personality traits that make children popular, such as kindness, compassion and a good sense of humour, will stay with people for their entire life, and these qualities are also going to make somebody popular as an adult. That being said, it is often the shy, hard-working kids who are not distracted by trying to become popular at school who go on to have the most productive lives and successful careers.

4. How important is it to be popular with colleagues at work?

Being popular amongst colleagues at work is extremely important, especially for ambitious people who plan to reach the higher echelons of their companies. Being popular means that your colleagues are willing to give you a helping hand whenever you ask, cover for you when you need time off and even lie for you to keep you out of trouble with your bosses! In my experience, unpopular employees are often overlooked for promotion in favour of somebody more popular, even if their qualifications, experience or even their job performance is superior.

5. Does a good boss have to be popular with his/her employees?

I don't think that all good bosses are popular with their employees, although being popular probably makes their job easier in some ways. On the other hand, I believe that it's much more valuable for any boss to be respected by his or her employees, as employees who respect their boss are more likely to perform than those who simply like their boss. Being a popular boss probably means having to socialize with your staff, and this can lead to some problems further down the line, especially if a boss has to fire an employee who he or she has become close to, or has to give them some other bad news. I think a good boss needs to keep some distance between themselves and their subordinates to ensure a healthy, professional relationship.

6. Are people often promoted more for their popularity than for their ability?

I think that as social creatures, humans are naturally attracted to people who make them feel good about themselves. Many popular people are popular precisely because of the personality traits that attract others, so I think that in a work environment it's natural that some people are promoted because of their popularity and not their ability. You

could argue, however, that the qualities that people need to become popular are extremely important factors in being a productive member of any workforce, so perhaps being popular is actually the result of possessing a certain type of ability that others don't have.

1. 为什么有些孩子在学校比其他人更受欢迎?

有很多因素可以导致一些学生在校比其他人更受欢迎,从他们的外表到他们的家庭社会地位,但我认为最明显的是他们的个性特征。各个年龄段的人都很自然地那些让他们感觉良好的人所吸引,所以那些对同龄人友善和富有同情心的学生总是会受到大多数人的喜欢。拥有良好的幽默感也是一种非常受欢迎的性格特征,因为任何从学生生活的压力和紧张中解脱出来的幽默都是非常受欢迎的。

2. 在学校受欢迎的优点和缺点是什么?

我认为在学校受欢迎的好处远远大于坏处。其中一个主要的好处是,你的受欢迎程度可能会让你从同龄人,甚至老师那里得到特殊的待遇。你可能只要开口就能得到你想要的任何东西,甚至当你违反校规时,你可能会比其他人受到更宽大的惩罚。尽管他们可能没有意识到,老师可给你作业打的分数会比你应得的更高。

3. 在学校受欢迎的学生长大后也受欢迎吗?

在学校受欢迎的孩子长大后可能也会受欢迎,然而,一个受欢迎的学生不会肯定转化为一个成功的成年人!一般来说,拥有让孩子受欢迎的性格特征,比如善良、同情和幽默感,会伴随人们一生,而且这些品质也会让人在成年后受欢迎。话虽如此,但往往是那些害羞、勤奋、不因在学校受人欢迎而分心的孩子,日后会拥有最富有成效的生活和成功的事业。

4. 在工作中受同事欢迎有多重要?

在同事中受欢迎是非常重要的,尤其是对那些计划晋升到公司高层的雄心勃勃的人来说。受欢迎意味着你的同事愿意在你需要的时候帮助你,在你需要休息的时候掩护你,甚至为你撒谎,让你远离老板的麻烦!根据我的经验,不受欢迎的员工在升职时往往会被更受欢迎的人忽视,即使他们的资历、经验甚至工作表现都更优秀。

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5. 一个好的老板一定要受员工的欢迎吗?

我不认为所有的好老板都受员工欢迎,尽管受欢迎可能会让他们的工作在某些方面更容易。另一方面,我认为对任何一个老板来说,得到员工的尊重都更有价值,因为尊重老板的员工比喜欢老板的员工更有可能表现好。成为一个受欢迎的老板可能意味着你必须和你的员工交往,这可能会导致一些问题,特别是当老板不得不解雇他或她亲近的员工,或不得不告诉他们一些其他的坏消息。我认为一个好的老板需要与下属保持一定的距离,以确保良好的、专业的关系。

6. 人们被提拔的原因是他们的声望而不是他们的能力吗?

我认为作为社会人,人类自然会被那些让他们感觉良好的人所吸引。许多受欢迎的人之所以受欢迎,正是因为他们的个性吸引了其他人,所以我认为,在工作环境中,有些人因为他们的受欢迎程度,而不是他们的能力,而得到提升是很正常的。然而,你可能会争辩说,成为受欢迎的人所需要的品质是成为一个高效的劳动力,因此,受欢迎实际上可能是拥有别人没有的某种能力的结果。

47: 保持健康的方法

1. What are some popular ways for people in your country to keep fit?

People these days seems to be much more aware of the benefits of keeping fit compared to previous generations and the development of technology means there are more and more ways to stay in shape, even inside your own house. That being said, many traditional sports are still practiced by many people where I live. Children love to play team sports like basketball, volleyball and football, and other popular sports like badminton and table tennis are enjoyed by families and people of all ages. Elderly people love to wake up early and do Tai Chi in local parks and you can often see seniors dancing to music in public areas in the evening time.

2. How easy it is to do exercise where you live?

In general, I think it's pretty easy to exercise wherever you live. Some people may use factors like pollution or a lack of sports facilities in their neighborhood as an excuse not to do exercise but there are opportunities to do exercise for nearly everybody who actually wants to. Where I live most children play team sports like basketball, volleyball and football when at school and play other popular sports like badminton and table tennis with friends and family members in their free time. Elderly people wake up early and do Tai Chi in local parks and you can often see seniors dancing to music in public areas in the evening time. There are public pools for those who like swimming and all kinds of other facilities like shooting ranges, ice skating rinks, tennis courts and golf courses for people who want to try something a bit different.

3. Where should young people do physical exercise at school?

The best place for young people to do exercise at school is in specially designed sports facilities, which are obviously designed to do specific sports. In some less prosperous areas, however, these kinds of facilities can be very limited but that doesn't mean that children shouldn't have the same opportunities to do sports. For many sports, all you really need is a ball and a flat area of land which even the poorest schools can probably afford. With a bit of imagination, it's easy enough to make some goalposts to play football, a hoop to play basketball or a net to play volleyball.

4. What are the best ways of teaching children about keeping fit and healthy?

I think the best way of teaching kids about keeping fit and healthy is by actually giving them enough time to do regular exercise and participate in sports. Although there can be some benefits from studying the physical results of exercise on the body, reading about the rules of a sport and by learning the correct movements and techniques, too much focus is often paid on the theory and not enough time on the practical. It is of no real use for inactive children having a theoretical understanding of the merits of regular exercise unless they are actually given the time, encouragement and opportunity to do it.

5. What are some ways of giving adults information about health issues?

Getting information to people has probably never been easier now that the majority of citizens have access to the internet and own a smartphone. Given how much control that our government has over what information we view online, they should do more to educate people about health issue by posting content online. They could utilize people's love of celebrities by creating advertising campaigns fronted by famous singers, actors or athletes, telling people about whatever health issue they want to promote. Hospitals and clinics could also help by offering free classes or even free health checks for adults and local governments could organize free community events to spread the word.

6. Is there is too much advertising of unhealthy food on television?

I think that there is far too much junk food advertised on television, from fast food restaurants like KFC and McDonald's to companies that produce processed foods full of additives, preservatives, fat, salt and sugar. What's worse, a lot of these companies market their products to children, who then pester their parents to buy these unhealthy snacks. In my opinion, any food that doesn't have high enough nutritional value should be banned from advertising on television, and also online. In fact, I think the government should do more to encourage people to eat healthily and actually tax products that contain unhealthy ingredients to make them less attractive for people to buy.

1. 你们国家有哪些流行的健身方法？

与前几代人相比，现在的人们似乎更加意识到保持健康的好处，科技的发展意味着有越来越多的方法可以保持健康，甚至在自己的家里。话虽如此，在我居住的地方，许多人仍然从事许多传统体育运动。孩子们喜欢集体运动，如篮球、排球和足球，其他流行的运动，如羽毛球和乒乓球是家庭和所有年龄的人喜欢的。老年人喜欢早起，在当地的公园里打太极，晚上你还可以看到老年人在公共场所随着音乐跳舞。

2. 在你生活的地方做运动容易吗？

总的来说，我认为无论你住在哪里，锻炼都很容易。有些人可能会以污染或社区缺乏体育设施等因素为借口不去锻炼，但几乎每个真正想锻炼的人都有机会去锻炼。在我生活的地方，大多数孩子在学校时都参加团队运动，比如篮球、排球和足球，在空闲时间也会和朋友和家人一起参加其他流行的运动，比如羽毛球和乒乓球。老年人早起，在当地的公园里打太极，你经常可以看到老年人晚上在公共场所随着音乐跳舞。这里有公共游泳池供那些喜欢游泳的人使用，还有各种其他设施，如射击场、溜冰场、网球场和高尔夫球场，供那些想尝试一些不同的东西的人使用。

3. 青少年在学校应该在哪里进行体育锻炼？

年轻人在学校锻炼的最佳场所是专业的体育场所，这些场所显然是专门为做特定的运动而设计的。然而，在一些不太繁荣的地区，这类场所可能非常有限，但这并不意味着孩子们不应该有同样的机会做运动。对于许多运动来说，你真正需要的只是一个球和一片平坦的土地，即使是最穷的学校也可能负担得起。只要有一点想象力，做一些踢足球的门柱、打篮球的篮筐或打排球的网是很容易的。

4. 教育孩子保持健康的最好方法是什么？

想要孩子保持健康，我认为有两个方面非常关键。一方面是要保持饮食均衡。挑食会导致营养不良，从而降低免疫力。而健康饮食的关键在于适量的吃各种食物。并且少吃零食和甜品。另一方面，要给他们足够的时间定期锻炼和参加体育活动。无论是什么季节，都应该鼓励任何年龄段的孩子多运动。运动不仅能够加快血液循环，增强体质，还有助于睡眠。获得充足的睡眠对儿童健康至关重要。

5. 向成年人提供健康信息的方法有哪些？

如今，大多数公民都能上网并拥有智能手机，向人们提供信息可能从未如此容易。考虑到我们的政府对我们在网上看到的信息的控制权，他们应该通过在网上发布内容来教育人们有关健康问题的知识。他们可以利用人们对名人的喜爱，以著名歌手、演员或运动员为代言人，发起广告活动，告诉人们他们想要宣传的任何健康问题。医院和诊所也可以提供帮助，为成年人提供免费课程，甚至免费体检，地方政府可以组织免费的社区活动来传播这一消息。

6. 电视上不健康食品的广告是不是太多了？

我认为电视上的垃圾食品广告太多了，从肯德基和麦当劳这样的快餐店到生产加工食品的公司，这些食品充满了添加剂、防腐剂、脂肪、盐和糖。更糟糕的是，很多这些公司把他们的产品推销给孩子，然后孩子们缠着他们的父母买这些不健康的零食。在我看来，任何没有足够高营养价值的食物都应该被禁止在电视和网络上做广告。事实上，我认为政府应该做更多的事情来鼓励人们健康饮食，并对含有不健康成分的产品征税，以降低它们对人们的吸引力。

48: 困难的决定

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1. What kinds of important decisions do young people have to make?

Copyright by 安小雅. In my culture, young people's opinions are not really respected by people from older generations, and as a result, many important decisions are taken by parents without much input from their children. That being said, most young people still have important decisions to make at some point in many different areas, from deciding what kind of sports to participate in during their free time, which children to make friends with in school and what type of books to read. Though these decisions may seem relatively unimportant, they can have a profound effect on their future. Being friends with the wrong group of people could hugely impact academic performance, participating in a team sport can positively affect social skills and reading the right books can shape your world view.

2. Who are the best people to help teenagers make important decisions?

The best people to help teenagers to make important decisions are not necessarily parents, who can be very selfish when making choices on behalf of their children. Although most parents ultimately want what's best for their kids, many Chinese parents worry about their own financial futures before anything else, so they often want their children to study subjects that they think will help them to become wealthy in the future. Although this is understandable, many teenagers are pushed into studying subjects that they have no interest in or aptitude for, and can result in teens resenting their parents or following a career path that makes them deeply unhappy. I've heard that in many western countries, high schools employ careers counsellors to advise teenagers about their futures, which I think makes more sense, because they can be more objective and less emotional when giving advice.

3. Is it necessary to allow children of any age to make some decisions themselves?

Copyright by 安小雅. I think that allowing children to make decisions by themselves is very important for a number of reasons. Young children who have decision-making power will feel that their opinions and feelings are valued and that they are respected by their family members, even when they are very young. This will help them to become confident, mature and independent and will also help them to understand that all decisions have consequences, which is a vital moral lesson for all young people to learn. Children who are never asked to make their own decisions won't feel like they have any control over their own life, which may make transitioning into adulthood more difficult in the future.

4. In what ways do other young people influence the decisions teenagers make?

Being a teenager is really hard. Most teenagers are very aware of the importance of being popular, and many will often make decisions based on how they think they will affect their popularity in school. These kinds of decisions could be anything from what sneakers they decide to buy or what ringtone they have on their phone to how they talk to their teachers or whether they finish their homework on time. Although some teenagers manage to rise above this desire to be popular, the majority probably think about how their friends and classmates will react before making many daily decisions in their daily lives.

5. How far does advertising influence people's everyday decisions?

Many of my friends say that they are not affected by the power of advertising. They claim that the decisions that they make are based on rational thought and that they are too smart to be tricked by advertisements, but I just can't agree with this view, as I know many people who are obviously affected, even though they refuse to admit it! My best friend recently paid thousands for a bag made by Prada, even though it cost ten times more than almost identical bags made by other companies. To my mind, this cannot be a rational decision, so it must be something

that has been affected by advertising, or at least by thinking that buying products made by certain brands is better, even when they are way more expensive! I guess the way that some companies persuade people to buy their products must be done by the way they advertise or market their brand.

6. Is it hard to make decisions because there is too much information on the internet?

I agree that the wealth of information on the internet can make it very hard to make decisions, especially about politics or other polarizing topics. That being said, I think some people are too easily persuaded by whatever they read first, without ever trying to understand the other side of a story. Many people just repeat what they read online because they think it makes them look educated, when it actually makes them quite ignorant. To help people decide what to trust online, we need to teach people how to identify fake information and to distinguish reliable sources from unreliable ones, and to highlight just how much of what we read on the internet should not be trusted.

中文思路:

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1. 年轻人需要做哪些重要的决定?

家均为二手贩子转卖倒卖资料不全更新慢!

在我的文化中, 年轻人的观点并没有受到老一辈人的尊重, 因此, 许多重要的决定都是由父母做出的, 孩子没有话事权。话虽如此, 在许多不同的领域, 大多数年轻人在某些时候仍然有重要的决定要做, 从决定在他们的空闲时间参加什么样的体育活动, 在学校里和哪些孩子交朋友, 以及阅读哪种类型的书。虽然这些决定看起来相对不重要, 但它们可以对他们的未来产生深远的影响。结交错误的朋友会极大地影响学业成绩, 参加团队运动可以积极地影响社会技能, 阅读正确的书籍可以塑造你的世界观。

2. 谁是帮助青少年做出重要决定的最佳人选?

帮助青少年做出重要决定的最好的人不一定是父母, 他们在代表孩子做决定时可能非常自私。尽管大多数父母最终都想给孩子最好的东西, 但许多中国父母首先担心的是自己的财务未来, 所以他们通常希望孩子学习他们认为可以帮助他们未来变得富有的科目。虽然这是可以理解的, 但许多青少年被迫学习他们没有兴趣或天赋的科目, 这可能导致青少年怨恨他们的父母或遵循使他们极不快乐的职业道路。我听说在许多西方国家, 高中聘请职业顾问为青少年的未来提供建议, 我认为这更有意义, 因为他们在提供建议时可以更加客观, 不那么情绪化。

3. 有必要让任何年龄的孩子自己做决定吗?

我认为允许孩子自己做决定是非常重要的, 原因有很多。拥有决策权的孩子会感到自己的意见和感受受到重视, 受到家庭成员的尊重, 即使在他们很小的时候。这将帮助他们变得自信、成熟和独立, 也将帮助他们理解所有的决定都有后果, 这是所有年轻人需要学习的重要道德课程。从来没有被要求自己做决定的孩子不会觉得他们对自己的生活有任何控制, 这可能会使未来过渡到成年更困难。

4. 其他年轻人如何影响青少年的决定?

做一个青少年真的很难。大多数青少年都非常清楚受欢迎的重要性, 许多人往往会根据如何提高自己在学校的受欢迎程度来做决定。这些决定可以是任何事情, 从他们决定买什么运动鞋或他们的手机铃声, 他们如何与老师交谈或他们是否按时完成作业。虽然一些青少年设法超越这种受欢迎的愿望, 大多数人可能会考虑他们的朋友和同学将如何反应, 在他们的日常生活中做出许多决定。

5. 广告对人们日常决策的影响有多大?

我的许多朋友说他们不受广告的影响。他们声称他们做出的决定是基于理性思考, 他们太聪明了, 不会被广告欺骗, 但我不能同意这个观点, 因为我知道很多人明显受到了影响, 尽管他们拒绝承认! 我最好的朋友最近花了几千美元买了一个普拉达(Prada)的包, 尽管它的价格比其他公司生产的几乎相同的包的十倍。在我看来, 这肯定不是一个理性的决定, 所以一定是受到了广告的影响, 或者至少是认为购买某些品牌的产品更好, 即使它们更贵! 我想一些公司说服人们购买他们产品的方式一定是通过他们的品牌广告或营销来实现的。

6. 是不是因为网上的信息太多，很难做出决定？

Copyright by 安小雅.我同意，互联网上丰富的信息使人们很难做出决定，尤其是在政治或其他两极分化的话题上。话虽如此，我认为有些人太容易被他们第一次读到的东西所说服，而从来没有尝试去理解故事的另一面。许多人只是重复他们在网上读到的东西，因为他们认为这让他们看起来很有教养，但实际上这让他们很无知。为了帮助人们决定在网上应该相信什么，我们需要教人们如何识别虚假信息，区分可靠和不可靠的来源，并强调我们在互联网上阅读的内容有多少不应该被相信。

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49: 想参加的比赛

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1. What are some popular competitions that ordinary people can take part in?

In fact, there are many races suitable for ordinary people, such as marathons. It's a very popular competition. There are no requirements for age, sex or education. It doesn't matter if you run slowly. I've seen older people with gray hair still run marathons. Although in most competitions only the most talented or skillful can win, the most important thing about a marathon is to participate and enjoy it. In addition to that, students can take part in music, sports and academic competitions at school and adults can take part in competitions put on by their companies and other community competitions in their community.

2. What types of people are most likely to take part in competitions?

The obvious answer is that competitive people are the most likely to take part in competitions. Some people just love to win, so entering a competition not only gives them the chance to compete, but also to prove that they are the best at something. For those who are extroverted, the competition gives them a chance to get places and show others how good they are. Some people may meet new friends because of the game. For those who are curious, they also like to participate in the game. These people are not necessarily good at the game, they may simply be curious about the competition.

3. Why are competitions on television [e.g. singing, cooking] are becoming more popular?

I think that in the past in my country it was very difficult to become successful, especially in certain industries like acting and singing. Most of the famous singers and actors were famous not so much because of their talent, but more because of how rich their families were or which government officers they knew. Talent competitions on television have changed that view, and have also enabled ordinary people to become rich and famous for doing what they love, regardless of their family's wealth or social status, so have become very popular to compete in, and also to watch. People love seeing people like themselves succeeding because it gives them hope that they too could do something extraordinary.

4. What are some types of jobs where it is useful to be competitive?

The most obvious example would have to be professional athletes, whose job is to win competitions. If you listen to interviews with the most successful athletes in the world, they are not always the most talented, but they are almost always the most competitive and the ones who absolutely hate to lose the most. I think it's also extremely useful to be competitive if you are a business person. In a world with so much competition in nearly every industry, having a strong desire to do better than your competitors can be the difference between success and failure.

5. Do you think people can learn to be competitive?

Personally, I don't think that competitiveness is a skill, so I don't think that it is something that can truly be learned. In my opinion, competitiveness, much like kindness or stubbornness, is an inherent personality trait that some people have and others do not. Even in the world of professional sports, where winning is the only real goal, you can always see that some athletes care about the result more than others, and in their world where everyone is getting paid to win, this can only be due to their competitive nature. These are the kind of people who want to win, no matter what they are doing, even if it's something that nobody else really cares about!

6. Is it always a good idea to encourage competition at work?

I think that a bit of healthy competition at work can definitely have positive results, especially in certain industries like sales, where trying to outperform your colleagues can result in pushing yourself and your colleagues to perform

better, more revenue for your company and a higher chance of getting promotion in the future. In other industries, however, creating an environment with too much competition can have the opposite effect, especially when teamwork is crucial to the success of the business. People who become too competitive can lose good judgement and may make decisions that benefit themselves personally at the expense of their colleagues or their company.

中文思路：

1. 普通人可以参加哪些受欢迎的比赛？

事实上，有很多比赛都适合普通人参加，比如马拉松。这是一个非常受大众欢迎的比赛。这项比赛对年龄，性别，学历都没有任何要求。即使你跑的很慢也没有关系。我见过一些头发白了的老人依然参加马拉松。尽管在大多数比赛中，只有最有天赋或最熟练的人才能获胜。但马拉松比赛重在参与，享受马拉松带来的乐趣。除此之外，学生可以参加学校的音乐、体育和学术比赛，成年人可以参加他们公司举办的比赛和社区内的其他比赛。

2. 什么样的人最喜欢参加比赛？

显而易见的答案是，好胜的人最有可能参加竞争。有些人就是喜欢赢，所以参加比赛不仅给了他们竞争的机会，而且也证明了他们在某些方面是最好的。还有性格外向，表现欲强的人。比赛给了他们机会，让他们取得名次，向其他人展示自己的优秀。一些人还有可能因为比赛，认识聊的来的新朋友。好奇心重的人也喜欢参加比赛，这些人并不一定擅长于比赛，他们可能只是单纯好奇比赛的过程是什么样子的。

3. 为什么电视上的比赛(如唱歌、烹饪)越来越受欢迎？

我认为过去在我们国家想要成功是非常困难的，尤其是在某些行业，比如表演和唱歌。大多数著名的歌手和演员之所以出名，不是因为他们的才华，而是因为他们的家庭多么富有，或者他们认识哪些政府官员。电视上的选秀节目改变了这种观点，也让普通人通过做自己喜欢做的事而变得富有和出名，而不管他们的家庭财富或社会地位如何，所以选秀节目和观看节目都很受欢迎。人们喜欢看到像自己一样的人成功，因为这给了他们希望，他们也可以做一些非凡的事情。

4. 在哪些类型的工作中具有竞争力是有用的？

最明显的例子就是职业运动员，他们的工作就是赢得比赛。如果你听过对世界上最成功运动员的采访，他们并不总是最有天赋的，但他们几乎总是最具竞争力的，也是最讨厌输的。我认为，如果你是一个商人，保持竞争力也是非常有用的。在一个几乎每个行业都有如此激烈竞争的世界里，是否有比竞争对手做得更好的强烈愿望，可能是成功与失败的区别。

5. 你认为人们可以通过学习变得有竞争力吗？

就我个人而言，我不认为竞争力是一种技能，所以我不认为它是一种真正可以学习的东西。在我看来，竞争，很像善良或固执，是一种固有的个性特征，有些人有而有些人没有。即使在职业体育的世界里，获胜是唯一的真正目标，你总是可以看到一些运动员比其他人更在乎结果，而在他们的世界里，每个人都是为了获胜而获得报酬的，这只能是由于他们的竞争本性。这些人就是那种想要赢的人，不管他们在做什么，即使是没有人真正关心的事情！

6. 鼓励工作中的竞争总是一个好主意吗？

我认为一点健康的竞争在工作中肯定会有积极的结果，尤其是在某些行业销售，试图超越你的同事可以导致把你自己和你的同事表现更好，给贵公司带来更多的收入和更高的机会在未来得到晋升。然而，在其他行业，创造一个充满竞争的环境可能会产生相反的效果，特别是当团队合作对企业的成功至关重要的时候。过于争强好胜的人可能会失去良好的判断力，可能做出以牺牲同事或公司为代价的个人利益的决定。

50: 忙碌的时刻

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1. Do very young children work too hard at school in your country?

In my opinion, very young children work much too hard in my country. Too much emphasis is placed upon children to perform well in school from a very early age, and compared to other countries around the world, primary school students are expected to complete much more homework and pass far more exams. This puts a huge amount of pressure on the children, who don't want to let their parents or teachers down, and in addition, children are so overworked that they don't have time for the enjoyable things that kids from other nations can do in their free time after school and on weekends.

2. Do young children learn more from playing than from classroom lessons?

It's difficult to judge whether children learn more from playing than from classroom lessons, as children have unique learning styles and all learn in different ways. Some learn best by seeing things visually, others from hearing things verbally and others from trying practical things themselves. I definitely believe, however, that in my country, too much emphasis is placed on academic study, usually at the expense of play. Children can learn so much from playing, especially learning how to interact with their peers and how to build friendships so I think kids should be given more time and freedom to play more regularly.

3. Do children need long holidays/vacations from school?

In my country, school life can be so stressful and full of pressure that having long vacations is essential. Holidays should give students the opportunity to do many things that they don't have time to do during school terms, such as pursuing extra-curricular hobbies, spending time with friends and family members and generally having a bit more time to have fun and relax. Unfortunately, school holidays are usually full with homework, extra tuition classes and other academic events that teachers and parents organize to help their children and students to get a head of the competition. True holidays from school don't really exist for most students in China!

4. What are the advantages and disadvantages of having a lot to do at work?

The obvious disadvantages of having a lot of work are that having a heavy workload can result in high stress levels which can have a negative effect on people's relationships as well as their physical and mental health. That being said, there are also many positives. Being busy keeps your mind active and can give people a strong sense of self-worth. Being busy also probably means doing a wide variety of tasks, which enables people to become proficient in a number of different areas, and this can result in promotions at work and higher paid positions in the future.

5. What ways can companies reward staff for working extra-long hours?

The most obvious way that companies can reward staff for working hours is to pay them overtime, as everyone works for money, so it makes sense for people who work longer hours to earn more money. Public companies could also offer company shares to employees who work long hours, offer them more paid holidays, overtime bonuses, health insurance or many other benefits.

6. What does the impact of time pressure have on the quality of work people do?

I think that this really depends on the personality of the employee. Some people thrive under pressure and actually perform better knowing that they have a specific deadline to meet. Others, on the other hand, find it difficult to deal with time constraints and tend to panic when they know something has to be done before a certain time. I think that part of being a good boss means knowing which employees respond positively to deadlines and which ones don't,

but I think in today's world where everything is done much faster than in the past, being able to deal with time pressure is a crucial skill.

1. 你们国家的孩子在学校学习太努力了吗？

在我看来，在我们国家，孩子还很小的时候已经非常努力了。与世界其他国家相比，我们过于强调孩子从小就得在学校表现良好，小学生被期望完成更多的家庭作业，通过更多的考试。这使得孩子们巨大的压力，因为他们不像让自己的父母失望。此外，孩子们是如此的劳累以至于他们在放学后或周末没有时间享受空闲时间，而其他国家的孩子就可以。

2. 小孩子从玩耍中学到的东西比在课堂上学到的东西多吗？

很难判断孩子们在玩耍中学到的东西是否比在课堂上学到的东西更多，因为孩子们有自己独特的学习风格，学习方式也各不相同。有些人的学习效果最好，有些人的视觉学习效果最好，有些人的听觉学习效果最好，有些人的在实践中的学习效果最好。然而，我绝对相信，在我的国家，过于强调学术研究，通常牺牲了玩耍。孩子们可以从玩耍中学到很多东西，尤其是学会如何与同龄人互动以及如何建立友谊，所以我认为应该给孩子们更多的时间和自由，让他们更经常地玩耍。

3. 孩子们需要学校的长假吗？

在我的国家，学校生活压力很大，有长假是必不可少的。假期应该给学生机会去做很多他们在学校里没有时间做的事情，比如追求课外爱好，花时间与朋友和家人在一起，通常有更多的时间去玩和放松。不幸的是，学校假期通常充满了家庭作业、额外的补习班和其他学术活动，老师和家长组织这些活动来帮助他们的孩子和学生在竞争中领先。对大多数中国学生来说，真正的假期是不存在的！

4. 在工作中有很多事情要做的优点和缺点是什么？

有很多工作的明显缺点是，有一个沉重的工作量可以导致高压，这可能会对人们的关系以及他们的身体和心理产生负面影响。话虽如此，也有很多积极的方面。忙碌可以让你的大脑保持活跃，并能给人一种强烈的自我价值感。忙碌也可能意味着要做各种各样的任务，这使人们能够精通许多不同的领域，这可以在未来的工作中获得晋升和更高的薪水。

5. 企业有什么奖励加班的方法？

公司奖励员工工作时间最明显的方式是支付加班费，因为每个人都是为了钱而工作，所以工作更长时间的人赚更多的钱是有道理的。上市公司还可以向工作时间长的员工提供公司股票，为他们提供更多的带薪假期、加班奖金、医疗保险或许多其他福利。

6. 时间压力对工作质量有什么影响？

我认为这取决于员工的性格。有些人能在压力下茁壮成长，而且知道自己必须在特定的期限内完成工作，实际上表现得更好。另一方面，其他人发现很难处理时间限制，当他们知道必须在特定时间之前完成某事时，往往会恐慌。我认为，作为一个好老板的一部分，就是要知道哪些员工会积极响应截止日期，哪些不会，但我认为，在当今世界，一切都比过去快得多，能够应对时间压力是一项至关重要的技能。