# Part2 5-9 月份素材

一级准备





### 二级准备



## 地点类: 多感官法

View is stunning and Scenic: See color, like blue sky, crystalblue ocean, cotton-like clouds, white-sand beach, green trees, tropical flowers and fruits, blue mountain in the distance, which is refreshing/different from the bustling city. /rustic 乡村气息的

ear: Natural and peaceful/tranquil/serene, in the morning, we could only hear sounds like bird's chirping and wind's whistling, which could give me a peaceful mindset;

Nose+body: We can breathe fresh air and smell fragrance, which is good for health/boost mood, meanwhile, it is also ideal for outdoor activities, like surfing, swimming, boating, playing sand, diving and basking

Mouth: As a foodie, this place is a haven/paradise of seafood and fruit, which is fresh and cheap, we could get ourselves spoiled; while children run around on the playground; adults can drink, talk, laugh, enjoy each other's company

Person to person: Perfect for family activities, for example, when parents barbeque and talk, children can play around and have fun 多感官描述

## 解决题目

新题	老题	
● 庆祝过的活动	● 有趣的城市	
● 忙碌的场合	● 乡村一隅/去过的新地方	
● 安静的地方	● 去过的远足	
● 会推荐给别人的地方	● 理想居所	
● 让你惊喜的事情	● 组织过的快乐活动	





#### 庆祝过的活动/组织过的快乐活动/忙碌的经历

TR: The experience roughly happened several years ago, while I celebrated my graduation with my friends and family/ classmates at a lovely guest farmland, which is located in one of the villages near my city; and the experience is very impressive. 和谁在哪里庆祝了什么

D: to be frank, it is not as easy as it sounds as the organizer and planner, since I needed to be considerate to cater to everyone's preference; and I arranged heaps of things like transportation, accommodation, room booking and activities; and then, while we were there, we did a range of things there, like feeding goats, barbecuing, playing games, doing sports and camping; 我都忙活了哪些,我们都做了什么

PO1: the event was very successful and everyone had a blast; since firstly, the place is so scenic and picturesque, which offered us a chance to step out and stretch; otherwise, we all might be stuck at home and be homebodies

PO2: ; besides, we enjoyed each other's company by doing heaps of activities together, which helped us boost ties and strengthen relationship;

PO3: Finally, they all showed me congrats and meanwhile they all gave me credits for organizing such an awesome event to bring everyone together, we would cherish that moment for a long time; thats why it is memorable

忙碌的经历TR: when talking about such a time that i was busy, it roughly happened several months ago, while I was very busy with organizing an event of my graduation celebration, and I invited my friends and family members over at a lovely guest farmland, the experience is really oncein-a-lifetime. TR: Well, the quiet place I'd like to talk about is a cafe named Unico, which is located near my community, and it only takes me ten minutes' walk to be there. And the place is full of serene/tranquility. 在哪里

D: As long as I have spare time and I am in the mood of studying, unicorn is my first choice. People normally do a range of things, like catching up, drinking coffee, reading magazines and studying. 都什么时候去,做什么

PO1: I like it for some reasons 非常安静

For example, the place is private and peaceful, since everyone only minds their own business; while I am studying there, I can fully concentrate on my own stuff, instead of being disturbed or interrupted by others; even if I am tired, I can walk around the place, hearing natural sounds like birds' chirping and wind's whistling, which allows me to have a calm mindset.

#### PO2: 此外欣赏窗外的风景

Besides, after studying for a while, I always take a timeout by appreciating how pretty the view outside is, given its location near a lake, I can see kids running around and teenagers playing skateboard, especially when it comes to the sunset moment, the view from their patio is unparalleled. That's why it is my haven to study.

去过的新地方TR: when talking about such a place that I visited for the first time, the first one in my head is a cafe named Unicorn, which is located near a lake in the park, and the place was recommended by my friend, who told me that I would dig that place very much.

TR: The experience roughly happened xxx ago, while I spent a wonderful vacation with my family in a seaside place, and the trip was really impressive

Description: Basically, we did a range of things by the seaside, like barbequing, picnicking, waling on the beach, doing water sports, shopping and tasting local delicacies; 或 者we did many things in this farmland, like horseback riding, feeding goats, playing games, picking cherries, boating and barbequing so on; everyone had a blast.

PO: First of all, the place is surrounded by trees, flowers and plants, and we saw a variety of colors, like blue sky, cottonlike clouds, crystal-blue ocean and blue mountain in the distance. Plus, the place is really peaceful, we could only hear natural sounds like bird's chirping and wind's whistling when we get up in the morning.

Besides, the place is ideal for outdoor activities, like all kinds of water activities; so that we had a chance to step out and stretch, which is good for our health.

More amazingly, I spent quality time with my family, doing things like chatting with each other and cooking together, which is good to boost ties. especially when it comes to the sunset moment, we could enjoy the endless views and colorful sunsets.

新地方/城市/乡村/推荐给朋友的地方

安静的地方/会推荐给朋友的地方

That's why the vacation is memorable.

有趣的城市	TR: when describing such a city, the first one in my head is called xxx, which is very engaging and it is different from other bustling cities. and the experience roughly happened xxx ago, while I paid a visit with my family and we spent a whole week staying there.
	D: while we were there, we did a range of things, like shopping, tasting local delicacies, trying water sports like swimming and visiting landmarks/tourists' sport 我们在那里 都做了什么
	PO1: the city is interesting for some reasons; for example, the whole city is like a big garden, and we could see colors of all kinds, like blue sky, white clouds, white-sand beach, green trees and colorful flowers, which greatly freshed our mind and boosted mood 花园城市
	PO2: besides, the city is a blessing for foodies, since we could find cheap and fresh seafood everywhere, we tried cuisines of all kinds and our tastebuds were spoiled. 满足吃货 的味蕾
	PO3: more amazingly, the city is really scenic and picturesque with the stunning ocean view; especially when it comes to the dusk moment, we just enjoyed the endless views and colorful sunsets, the memory was once-in-a- lifetime 难得的美好回忆
	结论: that's why I look forward to paying a second visit very soon
理想居所/让你	"惊喜的事情/你会推荐给朋友的地方

TR: when talking about such an ideal place to live, the first one in my head is a villa that is near a seaside location; and I would like to invite my whole family to live with me, which will be awesome 和谁住在哪里

D: As for the interior rooms, I wish to have special rooms besides bedroom or living room, like a gym, a home theatre, a game room and even a library; while for the outdoor layout, it will be great if there are facilities like swimming pool, veggie garden, barbeque area and children's playground.

PO1: I will be crazy for this place since the villas would be surrounded by natural elements like trees, flowers and so on; when I open my window, I could see colors like blue sky, crystal-blue ocean, white clouds, white-sand beach, colorful flowers and so on, which is so different from the bustling city.

PO2: besides, given the place is quiet, I could hear natural sounds like birds' chirping and wind's whistling or sound of wave, which could offer me an inner peace.

PO3: last but not least, it is ideal for the whole family to live under the same roof, since it is very spacious and wellequipped, I can imagine that while kids run around on the lawn, adults could picnic or barbeque, which is really amazing; thats why it is my ideal place to live.

TR: the experience roughly happened xxx ago, while I took a bush walk with my parents when we traveled to xxx, which is located in the north of my city, and the trip left me a lasting impression

D: basically, given that the village is very rustic, we had to walk along the trail to explore the beauty of the countryside, and it almost took us 5 hours to finish the excursion.

PO: and we were lucky enough to see the beautiful views and colorful sunsets, which is totally different from city's concrete jungle vibe. besides, along the trip, we could only hear natural sounds like bird's chirping and wind's whistling. more amazingly, the trip is like an escape from the bustling city, so that we could burn calories and do aerobics; thats why it is really impressive.

去过的远足

## 人物类:

#### 解决题目

新题	老题
● 有趣的邻居	● 社交媒体关注的人
● 想共事的家人	● 一见想再见的人
● 你们国家的名人	● 对社会有价值的人
	● 想共度时光的人

## 人物性格词汇表





TR: When talking about such a family member, the first one popping up into my head is my cousin Mike, who is the person whom I look up to; and in the future, if there is any chance, I' d like to work with him, since he is very wise and knowledgeable 呼应题目

D: Basically, after graduating from Manchester university in the UK, my cousin Mike started his career in the multinational company, and after working as a financial specialist for 10 years, he founded his own accounting office to do business like bookkeeping, tax planning, fund-raising and so on.人设介绍

PO1: He is quite admirable for some reasons; For instance, he is knowledgeable and wise; given the experienced he has gained from work and life, he could always explain something difficult and complicated in an easy and simple way that I could understand; whenever I have worries or concerns, my cousin is my go-to person; he has guided me through many difficulties in my work/study/ life. 知识渊博和经验丰富

PO2: Besides, as a fast learner, he could get the hang of new issues very quickly, and even if he faces difficulties or challenges, he would come up with solutions instantly. If I have a chance to work with him, I could learn many useful things from him, including knowledge, leadership, wisdom, courage and work skills. 擅长工作技能和聪明

想共事的家人

that's why Mike is the best candidate on my list.

你们国家名人/对社会有价值的人/社交媒体关注的人/一见再想见的人

TR: Well, the interesting person I' d like to share with you is named Louis Koo, who is one of the most well-known movie stars and philanthropists in China 点题说出是干什么的

D: I have known him for many years since I was in primary school, since he and his classic movie images left us a lasting impression; many of his movies and TV series are wellknown and Louis Koo has attracted fans from all over the world. 他的人设介绍

PO1: I am a big fan of him for some reasons; for example, he is very talented and versatile; apart from acting well, he is also good at dancing, singing, playing instrument and racing; 多才多艺有才华

PO2: What attracts me most is the fact that he is a man of true greatness, since he and his foundation have spared no effort to do charitable acts in some of the poorest provinces in China, like building schools, clinics and water cellars/ wells; he basically is using the money he has made from movies to help those who are in need, to help them develop and become who they truly are. 有善心的大爱之人

Thats why Louis is the best candidate for this topic

对社会有价值的人TR: when talking about such a person whose job is valuable to our society, the first one in my head is called Louis Koo, who is one of the most well-known movie stars in China; besides, he is also a famous philanthropist

社交媒体关注的人 TR: when talking about such a social media celebrity, the first one popping up into my head is called Louis Koo, who is the renowned move star in my country, and he is also a famous philanthropist; I basically followed him on weibo for many years.

—见再想见TR: when describing such a person who i would like to meet again, the first one coming up into my head is named Louis Koo, who is the well-known movie star and entertainer in my country, he is also a famous philanthropist; I was lucky enough to see him once at the airport several years ago, and hopefully in the future I would have a second chance to meet him again

物品类:

### 解决题目

新题	老题
● 想参加的比赛	● 不喜欢的规则
● 有积极影响的发明	● 生活中离不开的东西
● 重要的河流湖泊	● 坏了又修好的经历
● 你们国家的传统产品	● 想送朋友的礼物
● 帮助你节省时间的方式	● 一首有趣的歌
● 喜欢的童年玩具	

想参加的比赛

TR: Well, the competition I' d like to attend is a marathon that can be full or half, which will be held in different cities across the globe; and due to its popularity, many friends of mine have tried that already, and I have been persuaded by them to do it all the time. With all the ups and downs they have shared with me about marathon, I am quite anticipated to have a try one day. 或者 I am very tempted to do so. 给出 TR的理由

D: In order to be energetic enough to finish the competition, I need to prepare it at least one month earlier, doing things like getting up early and running for about one hour a day, which is quite demanding 要求挺高的. 都需要做哪些 准备

PO1: I believe this competition can be a life-changer for me. 首先,这不是一个一定要赢得第一名的比赛,只要能够完成这个比赛我就是胜利者

For instance, in Marathon, it doesn't matter whether you come in first, in the middle of the pack or last. As long as you can say that I have finished, there will be a lot of satisfaction in that. So, basically, it is a competition that is all about challenging oneself. Once we cross the finish line, we are all winners.

PO2: 其次,通过这项运动,我可以被鼓励过一种远离久坐的生活方式,让我能够更加健康

Besides, it is the sport that can encourage us to get away from leading a sedentary lifestyle; otherwise, we would be homebodies sitting in front of computer screen all day long; by being stimulated to finish such a goal, we are required to step out and stretch on a regular basis.

PO3: 因此这是一个战胜自己的过程,逐渐地我会变得很有毅力和耐心,也对我的人生有很大的帮助 we can have stamina from such a sport.

More than that, just as a saying goes, what goes around, comes around; marathon can be a metaphor for life, since we get out of it what we put into it. Probably gradually, we could become more patient and persistent out of this competition.

这是为什么

That's why such a competition that may allow us to experience a different life. TR: The important river I' d like to talk about is the Yangtze River, which is the longest river in Asia and the third-longest in the world; as the river that flows the entire country, Yangtze River or Changjiang is the most important one in China.

D: Basically, the Yangtze River has gone all the way from Tibet to the east China sea, covering many provinces like Sichuan, Chongqing, Hubei, Shanghai and so forth, with the length of more than 6, 000 kilometers, which is the home to nearly one-third of the country's population. So, it undoubtedly is the most important river in China.

PO1: For instance, the Yangtze River is the cradle of the country's history, tradition, culture and economy, since it has been used to many things, including transportation, sanitation, irrigation, industry and power generation; While the three-gorge dam is the largest hydro-electric power station in the world; in other words, the Yangtze River has made what China it is today.

PO2: Besides, the river is the home to a wide array of ecosystems and natural reserves, like wetland, grassland, forest, rivers and lakes, which are all the foundation of survival and civilization; without the protection of the Yangtze River, those endangered species would be threatened as well, including dolphin, alligator, paddlefish and so forth; That's why it is very important.

重要的河流湖泊



TR: well, the toy I would like to describe actually is a set of Lego blocks, which was a birthday gift from my parents when I was in my primary school. and it was my favorite toy when i was little. 给出对于问题的回应

D: Basically speaking, playing Lego blocks consist of colorful interlocking plastic bricks in different forms, and then those pieces can be assembled and connected in many ways to construct objects like vehicles, buildings and working robots . 如果要说barbie doll可以是: Basically, when we play with Barbie dolls, what we need to do is to dress up Barbie with different costumes or accessories, besides, we can also put Barbie into different settings, like being a nurse, model, teachers, superheroes and so on.

PO1: i love it for some reason, to begin with, it is such a record and witness of my carefree childhood, since I can still recall that when I was little, I almost spent all my time on playing blocks by myself or with my little fellas, the process of playing it made hours pass like minutes; and the biggest fun was that my imagination and ideas could be realized by building blocks 童年的美好回忆

PO2: 锻炼能力: additionally, through playing Lego toys, I consider my personal abilities can be greatly boosted in terms of hands-on skills, eye-hand coordination and so forth.

PO3: 和小伙伴们: oh, one more to add, sometimes it called for teamwork to finish those projects, for example, we needed to do our own tasks and parts to complete a big castle or car-park building, throughout, our bonds were boosted through working with each other. Generally, that's why this fun experience is worth sharing. TR: when talking about such a way to save time for me, the first one in my head is about using the shared bike, which is very convenient and eco-friendly.

一开始: the experience roughly happened several years ago, while I just moved to a new apartment that was close to where i study/work; and I faced a dilemma of the last mile issue, since the distance between home and the nearby station is too long for a walk and too short for a taxi

后来: and afterwards, my friend recommended me to use the shared bike, and it was my first time to use such a product; after the first experience, I fell in love with it, since it is very simple and straightforward to use, for example, only scanning the QR code, I can borrow and return a bike like a piece of cake

到最后: eventually, the problem was solved, since cycling was the best option for me to do the daily commute; since it was way faster than walking; and meanwhile, it was moneysaving and eco-friendly

帮助你节省时间的方式

结论: now, i used shared bikes on a daily basis, and it allows me to save time, save money and do exercises at the same time.

你们国家的传统产品

TR: when talking about such a traditional product in my country, the first one popping up into my head is the bicycle, which is commonly used and found everywhere in my country. 给出对于问题的回应

D: previously, bikes were used mainly for the daily commute, while nowadays, shared bikes are a dime a dozen, since it is simple and straightforward to use shared bike; for example, only by scanning the QR code, a bike could be borrowed and returned like a piece of cake.

PO1: people love biking for some reasons; for instance, cycling can be viewed as a way of doing aerobics; especially given that we all tend to live a sedentary life, and riding a bike could help us burn calories. 健身的方式

PO2: besides, it is also eco-friendly, since it allows us to reduce carbon footprints if we cycle everyday, instead of driving; if more people choose to ride, two major issues in city will be solved, including traffic jam and air pollution. 环 保

PO3: one more to mention, it betters the issue of the last mile, since the distance between home and nearby subway station is too long for a walk and too short for a taxi, and bike is the best solution 解决了最后一英里的问题

结论:thats why it is favored by many of us

有积极影响的发明

TR: when talking about such a great invention that brings positive influence to our life, the first one popping up into my head is the introduction of shared bikes, which are very useful and practical. 这个发明是什么

D: basically, it is very simple and straightforward to used a shared bike; for example, by scanning the QR code (二维码全 称是quick response)with our phone, we could borrow and return a bike like a piece of cake; more amazingly, now shared bike is like a dime a dozen on streets in my city.

PO1: this invention is amazing for some reasons; to begin with, two major issues have been improved/eased, including traffic jam and air pollution; since if more and more people use shared bikes, fewer private cars would be on streets, and everyone could do their share 尽一份力to make our city a better place to live/protect our environment. / reduce carbon footprints 为环保和交通拥堵做贡 献

PO2: Besides, cycling can be viewed as a way of doing aerobics; especially given that nowadays we are used to living a sedentary lifestyle, and cycling encourages us to burn calories during daily commute 日常通勤; it has bettered the situation of the last mile, and people have one more option to return home. 解决了最后一公里的问题

结论:thats why it is amazing.

TR: when talking about such a gift, the first thing in my head is a capsule coffee machine, which is really an amazing product, and I bought one several months ago.

D: basically, it is handy to use such a coffee machine; for example, just by pressing the button, a cup of original coffee can be made with the mix of coffee capsule and water, and it only takes 10 seconds to make one coffee, which is really convenient and tasty.

PO: I'd like to send it to my friend as a housewarming gift; since firstly, it is affordable, and it only costs me around 800 kuai to buy one, which is cheaper than buying coffee on a daily basis; besides, my friend has many flavors to choose regarding making coffee, like latte, cuppuccino, americano and so forth; given that we are all big fans of drinking coffee, I believe that my friend will dig it. 想送朋友的礼物

TR: when talking about such a thing, the first thing in my head is a capsule coffee machine, which I bought several months ago Description: at first, I was really tempted when I saw such a product; since i am a big fan of drinking coffee; and it is very handy to make coffee of different flavors ; thats why I bought it without hesitation But afterwards, only one month later, The coffee machine somehow didn't function well, and I had no choice but to call the customer service, and they 坏了又修好 promised me to fix it as soon as possible, after hearing that, i was relieved. PO: eventually, the problem was solved, and they repaired it for free as part of the warranty, which made me feel satisfied; and just like that, I could enjoy a cup of coffee like before; and the experience is impressive. TR: when talking about such an item, the first thing in my head is a capsule coffee machine, which is a must-have thing in my life, and i use it almost every day. a necessity; necessary; i do it on a daily basis. D: at first, I was very tempted when I saw such a product, since it is very handy to use; for example, only with the click of a button, a cup of tasty coffee can be made with the mix of coffee capsule and hot water, so I bought it without any hesitation.; it is worth it; PO: afterwards, I have become addicted to drinking two 生活离不开的东西 cups of coffee everyday, especially given that currently I am busy with my exam prep, and coffee is like a morning wakeup call to energize me; besides, I have many options to choose capsules with different flavors, like americano, latte, cuppuccino and so forth, which is really amazing; thats why it is something that i cant live without. TR: when talking about such a rule that I dislike, the first one popping up into my head is the denial of the shared bikes in my community, which is quite unfair and inconvenient from my perspective; and I wish that they could remove such a rule D: according to the rule, all shared bikes have to be parked outside of the community, and any violator will be warned or even fined. in that way, our community could be more organized and neat; besides that, due to the recent bike accident in the community, all shared bikes are banned; and 不喜欢的规则 this rule was effective after a bike accident in the community several months ago. and i am very against it given that my community is very huge and it is labor-consuming to walk around:

PO: benefits of using shared bikes are obvious, for instance

TR: well, the interesting song I' d like to talk about is called PPAP, with the full name of Pen-Pineapple-Apple-Pen, which is one of the most famous and widespread songs on the Internet.

D: Actually, the first time I heard this song is about several years ago, since the song and music video went viral on the Internet, and even today I remember the song very well with its brainwashing tune. basically, the lyrics come like this: I have a pen, I have an apple, apple pen; I have a pen, I have pineapple, pineapple pen

PO: even if the song is quite pointless, somehow, the song is interesting for some reasons, firstly, the lyrics are simple and catchy/brainwashing, impressive/hilarious/meaningless; I even couldn't get it out of my brain; it is in my head over and over again; 或者说: Tune is easygoing, I will sing along with it naturally; beat is strong, I couldn't help moving my body with it;

moreover, people's creativity and imagination has been inspired, for example, we can create our own version of the song, such as "I have a toilet, I have a toothbrush, ummm, toilet brush" and so forth;

Article Talk

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#### PPAP (Pen-Pineapple-Apple-Pen)

From Wikipedia, the free encyclopedia

It has been suggested that this article be merged into Daimaou Kosaka. (Discuss) Proposed since October 2016.

有趣的歌曲

#### "PPAP (Pen-Pineapple-Apple-Pen)" (Japanese: ペンパイナッポーアッポーペン Hepburn:

Penpainappõappõappõpen?) is the first single by Pikotaro, a fictional singer-songwriter created by Japanese comedian Daimaou Kosaka.<sup>[1][2]</sup> The song originated as a music video released on YouTube on 25 August 2016, and has since gone viral, being titled the "new Gangnam Style" by the media.<sup>[3][4][5]</sup> Justin Bieber shared the video on Twitter, captioning it as his "favorite video on the Internet".<sup>[6]</sup> "PPAP", alongside three other works by Pikotaro, were released to digital storefronts through Avex Music Creative on 7 October 2016.<sup>[7]</sup> An instrumental version of the song was made available on 12 October 2016.<sup>[8]</sup>



#### 英文

PPAP

I have a pen,I have an apple.

(Eh~)Apple-pen!

I have a pen,I have pineapple.

(Eh~)Pineapple-pen!

Apple-pen~Pineapple-pen(Eh~)

Pen-Pineapple-Apple-pen!

Pen-Pineapple-Apple-pen! [3]

#### 事件类

### 事件类心情三段式解决题目

新题	老题
● 我做的艰难决定	● 印象深刻的一节课
● 丢东西的经历	● 有趣的谈话向老人学习的技能
● 遇到的交通堵塞	● 收到的免费物品
● 让我惊讶的事情	● 别人给你的衣服
● 花费不多的一天	● 别人讲的故事
● 帮助小孩子的经历	● 收到的特殊蛋糕
● 生活中的积极改变	
● 学习工作中得到的积极建议	
● 让你集中经历的方式	
● 保持健康的方式	

事件类的题目指的是放生在过去的事情,此类题目是 part2 考题当中出题范围最广,题目最 发散,极容易犯过去时语法错误的题目,但是在 Simon 这里,只要发生在过去,就是用心情 三段式,用 6-7 句话就能够讲清楚一个包括了事情经过和心理活动的素材答案,首先我们先 来看一下这类题目的回答结构

Well, the experience I'd like to share with you roughly/approximately happened…ago, while I was doing…/while I was about to …; back then… TR

At first, I was xxx, since barely did I know much about xxx, and especially when I couldn't make any progress, I really wanted to give up

But afterwards, accidentally, I attended a seminar regarding studying abroad and working abroad, during the speech, he shared many stories of application and ups and downs; when he said that as long as you put all your soul and mind into one thing, you can achieve anything. I became inspired, and I decided to work hard,

Eventually, the moment I got xxx, I was so proud and excited, since i fulfilled my promise.



首先练习一道题目——尽力达到的目标/收到的重要信息/感到兴奋的时刻	
一开始	Since I wasn't confident enough and I didn't know much about the process;
	meanwhile, my time was pressing, and I couldn't do xxx, my future would be

	doomed;
	心情 – 原因 – 后果
变量	I was lucky enough to meet xxx, who gave me help and encouragement; and
	I became motivated/enlightened and became determined;
	More than that, he encouraged me that as long as I put all my mind and soul
	into one thing, I can achieve anything;
做到了,点	I did it/I made it; the moment I received the message that told me I was
题	admitted, I felt so xxx.
分享的原因	I learnt a lesson, as long as I put all my mind into one thing, I can achieve
	anything.
	They sent me congratulations and offer; meanwhile, they told me that I am
	the talent they are looking for.
副词	Gradually; surprisingly; fortunately; unluckily; in the meanwhile, eventually,
	finally; towards the end; throughout; personally, broadly speaking;
	1 -ed did was were
	2. worried/frustrated/puzzled/unsettled/anxious/fidgety barely did I
	know
	Used to – gave me suggestions – encouraged – as long as – diligent
	Made it – over the moon – grateful
	Impressive/memorable/unforgettable/

#### 常用心情词汇:

高兴的	悲伤,郁闷的	兴奋,有激情的
<ul> <li>Satisfied</li> </ul>	• Down	• Excited
<ul> <li>Joyful</li> </ul>	• Sad	• Exhilarated
<ul> <li>Delighted</li> </ul>	<ul> <li>Depressed</li> </ul>	• Thrilled
• Pleased	<ul> <li>Heartbroken</li> </ul>	• Energetic
• I was over the moon	<ul> <li>Morose</li> </ul>	• Bouncy
• On the top of my world		
生气的	害怕的	迷茫,受挫的
• Mad	• Scared	• Confused
• Furious	<ul> <li>Frightened</li> </ul>	<ul> <li>Worried</li> </ul>
<ul> <li>Annoyed</li> </ul>	<ul> <li>Afraid</li> </ul>	• Frustrated
<ul> <li>Irritated</li> </ul>	<ul> <li>Horrified</li> </ul>	• Baffled
• Upset		
心烦,焦虑的	自信,乐观的	无助,绝望的
Anxious	Confident	• Helpless
• Restless	• Capable	<ul> <li>Hopeless</li> </ul>
• Tense	• Eager	• Desperate
<ul> <li>Unsettled</li> </ul>	• Optimistic	• Lonely



TR: the experience roughly happened several months ago, while i attended a very special event called book swap, and I almost spent nothing to enjoy a free coffee and reading time at a lovely cafe called the sunshine. 发生在哪里做了什么

D: the place was recommended by a friend of mine who told me that this cafe run a special campaign called book swap, and it comes like this, the idea is to bring five qualified books to a nearby book station, and after dropping books at the swap book counter, we would collect a raffle ticket that is the lucky draw for another five books from other online participants./这个活动的描述,要记熟悉两个词 campaign/ initiative

PO1: the experience left me a lasting impression, since we could all be beneficiaries from this initiative; for example, it is an awesome way to spread the love of reading, and we could make the best /make full use of books by sharing and exchanging with each other, and another benefit is to socialize with other bookworms/book lovers; 传播阅读的热爱,还能社交

PO2: similarly, it also allows us to save money and protect environment at the same time, we can do our share and make a difference, since it is quite a pity to pile those unused books with dust. But now, thanks to this initiative, we could kill two birds with one stone. 还能环保

结论: That's why this idea is so awesome to enjoy reading and a complimentary coffee at the same time. 既能享受阅读还 能享受免费咖啡 when talking about such a good service that i received, the first thing coming up into my head is what i experienced in a coffee shop several days ago, and i was deeply impressed and inspired

D: Basically, I have multiple options of choosing a cafe, while sunshine is very special with its features, and one of them is called book swap; it comes like this ......A

PO: Thats the main reason why i love this cafe and i gave credits to their good will, they are very big-hearted; since firstly, B; and besides, C; more amazingly, it is really a treat to enjoy a cup of coffee and a book for several hours in that coffee shop

别人给你的衣服TR: when talking about the clothes that i received from others, the first one popping up is the Tee that i got from a campaign called clothes swap, and the experience roughly happened several months ago, while I got my favorite tee of AJ from other participant who attended the same event with me

收到的免费物品/别人给你的衣服

#### 帮助小孩子的经历

TR: the experience roughly happened several months ago, while i helped my nephew to finish his assignment about environmental protection, and it is really impressive.

—开始: at first, i realized that my nephew was very worried about his homework about organizing an event of the theme of environmental protection, since he had no idea how to stand out and make it work;

后来: and then, I shared my idea that was inspired by my experience, I told him to run an initiative named book swap; basically, it comes like this, each student in the class could bring five qualified books to swap with other participants; and by doing so, there would be so many benefits. for example, their classmates could make full use of secondhand stuff and spread the love of reading, most importantly, they could save money and trees at the same time, which greatly inspired my nephew to have an idea.

到最后: eventually, my nephew put our discussion into action, and he made it by winning the credit from everyone, since everyone loved the idea and through this campaign, they realized that swapping things was a good way to save resources and protect the environment; I was so glad as well when I heard the result, since I offered my help.

结论: thats why it is really impressive.

TR: when talking about such a positive change in my life, the first one is about the meditation, which has transformed my way of managing emotion and time, which is very useful and practical.

一开始: at first, D: at first, given the stress from my work and study, I experienced a range of issues, like frustration, insomnia, irregular life routine, procrastination and so on. and my grandpa shared his skill of meditation with me; at first, he told me to do it; for example, by sitting on the floor or in a chair, I could close my eyes and focus on my awareness and thoughts on mind, gradually, I could train my mindfulness and have a peaceful mindset;; and then he also told me how it worked, when I meditate, the brain part for anxiety will shrink, while the part for joy and empathy will grow.

后来: afterwards, I couldnt wait to put theory into action, and after practising it for several times, I gradually got the hang.

到最后: till today, I strongly feel that many issues have been bettered due to that experience, like time management and emotion management, I have made progress in many ways in a positive way

结论:thats why it is very impressive

帮助你集中精力的事情TR: when talking about such an experience, the first one is about meditation, which helped me better my ability of concentration, and after practising meditation, I have harvested an inner peace

保持健康的方式TR: when talking about such a way to keep healthy, the first one in my head is to do meditation, which is really a life-changer for me to understand how to better my life quality regarding managing emotion and maintaining an inner peace

工作学习中的积极建议TR: when talking about such a piece of positive advice in my study/at work, the first one is about meditation that was given by my teacher/colleague, which is very helpful and practical regarding managing time and emotion.

TR: the experience roughly happened xxx ago, while I had an interesting conversation with my grandpa, who taught how to do meditation; and it is the first time I tried such a skill that helped me better my life quality/instrumental 有帮 助的

D: at first, given the stress from my work and study, I experienced a range of issues, like frustration, insomnia, irregular life routine, procrastination and so on. and my grandpa shared his skill of meditation with me; at first, he told me to 记叙的部分; and then he also told me how it worked, 议论的部分

PO: gradually i got the hang, and I couldn't wait to put theory into practise; after trying that several time, I thought that I made progress regarding emotion management and time management; thats why it is very useful and engaging.

生活当中的积极改变/帮助你集中精力的方式/保持健康的方式/工作学 习的积极建议

有趣的谈话/向老人学习的技能

TR: the experience roughly happened xxx ago, while I attended a special class about meditation, and it is really useful and impressive

D: D: at first, given the stress from my work and study, I experienced a range of issues, like frustration, insomnia, irregular life routine, procrastination and so on. and a friend of mine recommended me to such a class a about meditation that was held in a studio; and I learnt a lot from such a class; at first, the teacher told me to 记叙的部分; and then he also told me how it worked, 议论的部分

PO: PO: gradually i got the hang, and I couldn't wait to put theory into practise; after trying that several time, I thought that I made progress regarding emotion management and time management; thats why it is very useful and engaging. 印象深刻的一节课

#### 让你惊讶的事情

TR: Well, the experience roughly happened weeks ago, while I came across my primary classmate Mike accidentally at a dentist's (dental clinic牙医诊所), and it was really a surprise for me since we hadn't seen each other for many years after graduation. And we were all over the moon when that moment happened.

—开始: At first, I was quite bothered by my wisdom tooth that was like a pain in the neck, and I randomly chose a nearby dentist's to deal with it; meanwhile, I was quite worried, since I wasn't experienced of such a treatment. 疗法

后来: But afterwards, when it was my turn, I was so surprised to realize that my dentist actually was my classmate in primary school, and it was unbelievable for both of us to recognize each other; and then, we started to catch up before the treatment; after all, it was such a serendipity 意外的惊喜

到最后: Eventually, we got down to the business, and everything went on very smoothly, since my classmate was very professional and experienced; after the surgery, my classmate also gave me tips and advice on recovery. Everything was going on like a dream, I was so lucky to meet him on such an occasion, it is really a small world; that's why it is impressive. TR: Well, the experience roughly happened several years ago, while I was about to catch my high-speed train from my friend's office; and due to my wrong estimation, I missed my train when I mistakenly chose taxi over subway, since the traffic jam was really serious;

—开始: At first, while I was having a good conversation with my friends, I suddenly noticed that my train would leave in an hour, and I wrongly thought taking taxi would be the fastest way.

后来: But afterwards, I realized my mistake when I came across a bumper-to-bumper situation, and I began to feel anxious and nervous, since I would miss my train if the traffic continued to move at snail's pace; meanwhile, I was really frustrated since I could do nothing but wait in taxi, no matter how hard I tried, it made no difference, I even felt desperate, since I had to reschedule the following activities.

到最后: Eventually, when I got to the train station, my train was gone already and I was so regretful and helpless; it was really a bitter pill to swallow.

结论: This experience was rather impressive and since then I would always use subway to catch my train or flight, especially when it comes to peak hours of traffic.

遇到的交通堵塞

TR: Well, the experience I' d like to talk about roughly happened several weeks ago, while I was about to make a very important presentation about my thesis/job proposal; but unfortunately, I lost my USB drive before the presentation, which was really a bummer.

 一开始很自信和准备充分: At the beginning, I was quite confident and well prepared, since I had been working on it for weeks;

但后来发现USB丢了,开始非常紧张: afterwards, while before I was going to present, I just realized that my USB drive was lost and I began to feel worried and anxious, since no matter how hard I searched around, it made no difference; and If I failed to make finish the presentation, all my efforts would be wasted and my graduation would be postponed.

丢东西的经历

后来,在朋友的帮助下从云端又获取了这个文件,失而复得的时候非常 的激动: eventually, I had no choice but to turn to my friends for help, who somehow helped me log in my account and retrieve the file from the icloud service; the moment I opened my power point file, I was totally relieved and saved, since it was only 1 min before my demonstration; after that, everything went on smoothly as what I wished.

结论学到—课:那就是任何事情都要备份和做好两手准备 Throughout, I learnt a lesson from this experience, which is always to upload files to the cloud and always have a plan B for important things. (which is always to wish for the best and prepare for the worst) TR: the experience roughly happened several months ago, while I made up my mind to study abroad(but it is not as easy as it sounds), and I went through a range of difficult situations, but eventually I made it by receiving my conditional offer from my dream university; i reached my milestone.

一开始背景,面临两个选择项 pursue the pursuit of happiness At first, I was quite puzzled/confused about my future direction; since I faced two options, the first one is to stay in China and find a stable job, while the other one is to further my study in xxx for another 2 years;

后来,我的表哥鼓励我make a difference,我下了决心,也面临很多 困难:

While afterwards, my cousin encouraged me to hold fast to my dream and study abroad; his words were convincing since he was very experienced about studying and working abroad; he told me that I could make a difference and lay a solid foundation if I study abroad; after hearing that, and I took his advice and began to work hard; but it was not as easy as what I thought, i was always the first one to go to library and the last one to leave; and I ran into a series of difficulties, like frustration, confusion, poor foundation of language, stress and even loneliness/insomnia/hair loss. But no matter how bumpy the road is, I will hang in there and actualize my dream.

最终,努力得到了汇报,战胜了困难和焦虑等待后,看到了希望和提升 了信心

But eventually, I made it/my hard work paid off; the moment I received the conditional offer from the university of xxx, I was really delighted and confident; since I had waited that moment for a long time and my hard work paid off; I also became confident that as long as I put all my mind and soul into one thing, I would achieve anything. (no pain, no gain; no sweat, no sweet)

That's why the experience is impressive. a journey of 1000 miles begins with the single step.

壮志未酬/我做的艰难决定

TR: the experience roughly happened several years ago while I was in high school, and our teacher told us a very impressive story that I remember very well.

D: at first, we faced a lot of pressure regarding the college entrance exam, and we were so frustrated by the anxiety and uncertainties; but one day our teacher told us such a story named empty well; basically, there is a chubby girl in a village who is always mocked by others of being overweight, and one day her grandma told her that if the empty well in village is full with water, the god will show up and satisfy any dream of hers; after hearing that, she was so determined and began to fetch water from river again and again; just like that, by the time the well was full, she became a slim and beautiful/attractive/robust girl by working out every day;

PO: we were so inspired by the story; since we learnt a lesson from it, which is about determination and courage, since the future lies on us and as long as we put all our soul and mind into one thing, we could achieve anything; thats why it is impressive.

TR: the experience roughly happened several years ago, while I began my college life as a freshman; while I received a very special cake during my birthday celebration.

D: at first, I was lonely and homesick, since it was my first time living in a dorm with my new classmates; and given that i was not used to living away from my parents, i missed my home and old friends all the time; and even when it comes to my birthday, I decided to be low-key without any celebration; but surprisingly, my roommates somehow discovered my secret, and they prepared a very special birthday cake that was made of a full plate of cupcakes with different flavors, which was really touching(i was so flattered); and the moment they began to sing happy birthday to me, I even had tears in my eyes. that is the most special cake that i have ever had. ; just a saying goes, a friend in need is a friend indeed.

PO: eventually, we all became good friends, and since that special day, we had been through all kinds of ups and downs together; every time when i think of that birthday cake, our precious moments could be reminded. 别人讲的故事

特殊的蛋糕