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当季新题:

Old buildings (老建筑)

知识点:

1. 如何形容建筑? 我们可以从建筑的周围环境 (surrounding), 外立面(façade/ exterior look), 内部 (interior look/ the inside) 三个方面去说:

① 当描述建筑的周围环境 (Outside surrounding), 我们可以说:

- It's surrounded by (被环绕) a residential area (住宅区) / shopping district (商业区).

- It's located in a nice neighbourhood. The whole area is quiet and safe.
- There's a lovely and beautiful park/garden right next to (紧邻) it.
- The area is vibrant and bustling (充满活力又热闹的). Restaurants, stores, street markets, bars, it's a nice location.
- As you approach the city center, you can easily see the building from far away. (当你走进市中心的时候, 你能老远就一眼看见那栋楼。)
- It really stands out (鹤立鸡群) from all the other buildings in that area.

② 当描述建筑的外立面(façade)时, 我们可以说:

- Stunning (迷人的), spectacular (壮美的), symmetrical (对称的), inviting (亲和的), original (原创风格的), eclectic (不拘一格的, 兼容混搭), elegant, beautiful, tasteful, strikingly beautiful
- ornate (overly decorated) 华丽的、装饰的
- stark 和 ornate 相反, 过于简单赤裸裸的
- ornamentation 建筑表面的所有华丽雕刻装饰
- rich-looking 看起来就很华贵 (花很多钱建的)
- 建筑风格:

(in) modern style, colonial style 殖民建筑, Victorian style 维多利亚时期建筑, Gothic style 哥特

Ancient Chinese building 中国传统建筑

- the tallest building in the city; it resembles/looks like A (该建筑长得像.....) .

- Roof, window, window frame, door, gate, balcony, wall, chimney (烟囱), attic (阁楼), driveway (停车道), garage (车库), porch (门前户外走廊) ... (建筑物的主要外部结构名称)
- It's made of brick, glass, stone, wood, concrete... (建筑材料)
- Glass wall 玻璃幕墙

③ 当描述建筑内部 (interior look) 时, 我们可以说:

- room layout (房间布局), the layout of the building,
- functional, purposeful, thoughtful, precise, family-friendly...
- drafty 通风良好的 (也有个很年轻时髦的词可以替换"airy")
- 采光: light-filled, bright, sunny...dark, dim
- 舒适度: comfortable, cozy (温馨的), homely (宾至如归的), inviting (吸引人的, 亲和的) ...uncomfortable, uninviting, unpleasant
- There's a lot of consideration in this building. You can see the whole subtlety in here.

(这栋楼内部每个细节都有所考量。你能看到整体的精细微妙之处。)

- There's a lot in the details. Everything is so precise.
- Every part and every corner of this building is so purposeful.
- I love how warm and inviting (温暖又亲和的) this building is.
- Every part of this building is perfectly arranged.
- Everybody can have a good time here. You see beautiful art, you learn things, you enjoy the atmosphere. It's a place that you can come back 100 times and see something different each time.
- Decoration style: fancy-looking, rich-looking, in bad taste, in good taste, tasteful, elegant, ornate, simple but tasteful, stunning, breath-taking, eye-catching, ...
- You can see the beauty of simplicity in this building, you will understand the meaning of less is more.

2.老建筑相关表达:

除了以上表达, 还有:

- **Ancient building** 古建筑
- **Historic building** 历史建筑
- **Antique building** 100 年以上的建筑
- **Listed building/property/structure** 历史遗产建筑
- **pagoda** 宝塔建筑 (中国和印度特色)
- **temple** 寺庙建筑
- **palace** 宫殿建筑
- **Steeple** 尖顶
- **Gargoyle** 西式老建筑屋顶上方的小怪兽装饰

1. Have you ever seen some old buildings in the city?

-Yeh, definitely! My city is a historical city (历史古城). Therefore, there're quite a few antique buildings. We have ancient Chinese buildings like pagodas and towers in the old town area, and we also have some colonial buildings near the beach. I really enjoy the diversity in architecture here in my city. (细节)

-We have some, but not a lot. Since my city has a colonial history, there're some colonial buildings in the city. I always enjoy seeing the facade of those buildings as they're very different from traditional Chinese architecture. They're well-built, symmetrical (对称的) and ornate (华丽的), very eye-catching (抓人眼球的). (细节)

-You might be surprised to know this, but there is a gothic church (哥特教堂) in my city. It was built in the 13th century. I used to love seeing that church. I loved seeing the large stained-glass windows (玻璃彩窗), the tall

and pointed arches (又高又带尖顶的拱门) and the ornate decoration. It's so different from other buildings I can see in the city. (细节)

-I'm living in a newly built town. The oldest building in my town is probably only 30 years old, definitely not old enough to be called old buildings. But I've seen plenty of old buildings in other places. I find them fascinating. Sometimes when I look at the old stones in the wall, I feel that I can see history talking to me through those stones. It's pretty amazing. (原因)

2. Do you think we should preserve old buildings in cities?
For sure, 100%. Like I said, old buildings are part of the history. They're history that's tangible (可触摸的历史). They carry the tradition and the culture of a place. If we didn't preserve old buildings, they would be destroyed very soon and no longer exist. And once they were gone, there would be no way back (回不来). (反向假设)

3. Do you prefer living in an old building or a modern house?

-I prefer to live in a modern house. I enjoy all the modern facilities and amenities (享受设施), they make my life so much easier. I know old buildings are cool and unique, but it's not that convenient to actually live in one. Many of them don't even have elevators, the doors are pretty narrow, the layouts are old-fashioned (格局很老旧), like, very small kitchens, washrooms and bedrooms. I love an open-concept kitchen (开放式厨房), big bright and all white (又大又明亮的全白厨房). You can't have that in an old building. (让位驳斥)

-Ah, it would be SO COOL to live in an antique house. I mean, how many people can have that chance? For me, it's like an honour to live in an elegant historical building. I imagine the façade must be ornate and beautiful, but the inside doesn't have to be original (我想象中是外立面华丽美艳, 但是内部不一定需要是最初的原始状态). Nowadays there're a lot of newly renovated (全新装修) old buildings. It's like you can enjoy the old and new at the same time. Perfect combo (完美组合). (原因, 细节)

4. Are there any old buildings you want to see in the future? Why?

-I really want to see the Sagrada Familia Church (圣家族大教堂) in Barcelona, in Spain. I'm a huge fan of Gaudi (高迪). And the Sagrada Familia church is the most famous work (最著名的作品) of him. It's iconic and breath-takingly beautiful (标志性的, 令人窒息的美). The ornamentation (装饰) of the building is unbelievably stunning. I really want to see it with my own eyes. (原因)

-I really want to go to Beijing one day, and visit all the landmarks there. There're a lot of ancient structures in Beijing, pagodas, temples, towers, and palaces. I really want to visit Temple Heaven (天坛). I've only seen it in photos, and I really want to see it with my own eyes. (列举, 强调)

Computers (电脑)

知识点:

- PC=personal computer
- computer-illiterate 电脑文盲 (形容完全不懂电脑的人)
- computer dummy 电脑小傻子 (更加口语化的电脑文盲的意思)
- computer-literate 有足够的电脑知识

Nowadays, all graduates are computer-literate.

- tech savvy 技术大拿, 特别会高科技的人
- computer savvy 针对电脑方面的高手
- technophile =tech savvy 但更正式

He became a technophile, buying every new gadget on the market.

- gadget 小器具, 小配件, 小玩意儿

- a computer breakdown, a computer crash: 电脑崩盘

My computer broke down. / My computer crashed. It doesn't restart (重启) .

- back up data: 备份数据
- lose data: 丢失数据
- save on an external hard drive: 保存在移动硬盘里
- lagging 滞后, 反应慢

My computer has been lagging lately. I need to fix it.

- have warranty/in warranty: 有保修

My computer is not in warranty. It's out of warranty.

1. In what conditions would you use a computer?

-Currently, due to the pandemic, I've been using my computer for distance-learning (远程学习) every day. I'm taking online courses using my computer, and sometimes I even do online presentations through my web cam (网络摄像头) . (细节)

-At work, I spend all day sitting in front of my computer, doing paperwork, writing reports, sending emails, organizing meetings, things like that. My computer is my tool and my weapon at work; and when I'm finished for the day and come home, I will cast movies from my laptop to my smart TV (把电影从笔记本投放到智能电视上) . I use my computer and my laptop all the time. (分情况)

-Well, I'm a gamer (游戏玩家) . So, I rely heavily on my computer for games. Recently I've just invested a lot of money in my new gaming PC. It's very high-end (高大上的) , the best on the market (市面上最高端的最棒的)

游戏电脑) . Yeh, I'm very happy about it. (可以说点具体数据, 我也不懂, 编不下去了)

-As a university student, I write and research my school assignments online using my computer. And sometimes, I use my computer to go online for entertainment, like watch a movie or something. And what else, oh yeh, I also send emails to my professors and classmates on the computer. (细节)

2. When was the first time you used a computer?

-Gosh, I don't remember! I was very young; I couldn't remember the details. I'm Generation Z (1996-2010 年出生的宝宝) , and computers have been part of my life since the day I was born. I do remember how I felt when I used a laptop (笔记本电脑) for the first time though. I was probably 6 years old, something like that. I was so amazed and impressed by how light and thin it was (又轻又薄) . I love laptops. (细节)

-Uhhh, I think I was around 6 years old. I used the computer at my dad's office. I learned how to play those classic Windows games immediately. For example, Jezzball (挖地雷) , solitaire (纸牌游戏) . I was obsessed with these games. Computers, at that time for me, were like big gaming machines (电脑当时于我来说就像是大型的游戏机器) . (细节)

3. What would your life be like without computers?

-Probably it would be a mess. I mean, I use my computer for work, to send and receive emails, to write documents and reports, to go to online meeting, etc. I don't think I can do the work on my phone. I still enjoy having a big monitor and decent-sized keyboard (我还是享受于拥有一个大的显示器和尺寸合适的键盘) . Typing on the phone could be really annoying.

(原因)

-I would go nuts. I mean, every day, I have to spend several hours on the computer, playing my favourite games. That's part of daily routine. And If I didn't have computers in my life, that would be like taking a huge chunk of my life away from me (就像是把我生命里一大块内容拿走了) . I would feel depressed, anxious and empty inside. (原因)

-Well, at first, when I just thought about it, it was unimaginable for me, as my life is completely dependent on my computer. But then, later, I thought a little more. Maybe, it wouldn't be that hard to imagine, as our parents, grandparents, great grandparents all grew up without the computer, and they were fine, even better! Their lives were so simple and easy, so pure. They read paper books, wrote on paper, sent traditional letters instead of emails, that was really beautiful. So, maybe my life without computers wouldn't be that bad. It could be nice. (时间分层)

4. In what conditions would be difficult for you to use a computer?

-I find it difficult to use a computer when I'm on the go (奔波) in the city, or traveling somewhere else. Not even a computer, a laptop would be a little bit too heavy and too bulky (体积大的、笨重的) for me to carry around. What's why I prefer to take my tablet (平板电脑) with me. It's so light and portable.

Collect things (收集东西)

知识点:

- memorabilia 值得纪念的事物
- Some people like to collect things that has familial and emotional meaning (家庭情感意义) .
- We collect things that have sentimental values (情感价值) .
- Some people have collections from childhood: sports cards (体育卡片), comic books (漫画), dolls (娃娃), teddy bears (泰迪熊), mini cars, ...
- Some people collect for enjoyment and fun. Art, wine, music boxes, CDs, concert tickets.
- stock up 囤货, 动词短语
I love stocking up on toilet paper.
- stockpile 大量囤货, 动词, 意思同上

- hoard 集物癖，心理变态那种

Sometimes, people may go overboard (很过分) in collecting and blur the line between collecting and hoarding (收藏和收藏癖之间的界限很模糊) .

- hoarder 集物癖患者
- clutter 乱堆，塞满 v./ 杂乱 n.

The walls were cluttered with paintings and prints.
The room is cluttered with things and clothes.
There was a clutter of bottles on the shelf.
I hate clutter.

- declutter 断舍离
- minimalist 极简主义者
- minimalism 极简主义
- minimal life 极简生活

In recent years, I have been leaning towards having a minimal life.

- less is more 少即是多
- a sense of accomplishment and pride

1. Do you collect things?

-Yeh, I love collecting stamps. I have a quite big collection (收藏量蛮大) actually. For me, I can see history through those stamps. They're like vivid history books. And also, I enjoy finding and purchasing rare stamps (罕见的邮票) . That brings me a strong sense of accomplishment and pride (给我很强烈的成就感和骄傲) . And finally, stamp collecting is also a great way to meet new friends who share a common interest. (原因列举)

-I'm a music buff (音乐爱好者) , so I collect music CDs. My dad built up a large collection and stopped when I was born. Later, I started my own

collection, and now sometimes we would go to record shops together! That's a great way to bond with my dad. We can have a common interest to share with each other. For me, seeing a collection built up on a shelf over the years is an incredible feeling! I'm so proud of my collection. (原因, 时间分层, 细节)

-I love collecting Japanese action figures, you know, those PVC toy dolls(PVC 玩具娃娃)? I love Japanese animation movies (日本动漫电影). My favourite figure is XXXX (我不喜欢漫画, 说不出来名字). I have 5 XXXX figures. I know they are kind of "useless", but I just love looking at them. They are really good stress relievers (减压器). (细节, 原因)

-I don't really collect things. I'm a minimalist, and I hate clutter. So, I don't want to stockpile my living space with things, even if it's collectible things, meaningful things (哪怕是可收集的有意义的东西). It's just not my life, not who I am. I'm the kind of person who believes that less is more. (原因)

-I don't really collect things. I hate clutter (我讨厌堆积物品), and I don't like stocking up on things (囤货). I'm a little leaning towards minimalism (极简主义) now. I know some people may say that collecting things can bring you a lot of happiness, as they have emotional value. But too much clutter can be emotionally overwhelming. I need to constantly organize my things, making new room for new things, it could be really mentally draining (精神上透支他人的). (让位驳斥)

2. Are there anything you keep from childhood?

-My mom keeps a lot of my thing from childhood. My baby hair, my first baby tooth, my little sweater, my shoes, and my toys. It's really nice of her, and at the same time, I'm amazed by how many things she keeps at home. Our home is cluttered with all kinds of things. I think my mom is one step away from being a hoarder (我妈妈离变态集物癖只有一步之遥).

Hahah, joking! (细节)

-I've kept all my childhood paintings. I love painting. And, when I see those paintings, see how much I've improved over the years, I feel so touched and happy. These precious memories are like gemstones in my life. It's like I have the access to the time machine (有通往时间机器的渠道) .

(原因)

-I'm keeping my teddy bear from childhood. Don't take me wrong (别误会我) , I'm not a hoarder, I don't keep everything from my childhood. It's just this teddy bear was my favourite toy back in the days. It holds a lot of sentimental value. That's why I'm still keeping it. (原因)

3. Would you keep old things for a long time? Why?

-Some, not every old thing. If it's something really really meaningful, something holds sentimental value (有情感价值), I would keep that thing for a long time. For example, I have this shirt that I bought 10 years ago. I'm still wearing it because I love it. It's comfy and it goes with everything (舒服又百搭) . If it's just old but not valuable to me, I would throw it away without a doubt. (分类讨论)

-No, I'm always decluttering, throw things away. I hate having too many things in my living space. I feel that my mind can be cluttered when I'm surrounded by stuff. (原因)

4. Where do you usually keep things you need?

attic 阁楼 basement 地下室 storage space 储存空间 closet 衣柜 pantry room 厨房旁边的杂货间 (放米面油一类的) storage unit 专门的小仓库

-I'm a tidy person (整洁的人) , so I always keep things in storage spaces. For example, drawers (抽屉) , closets (衣橱) , cabinets (橱柜) , or the storage room. I don't like leaving things out there, I always try to keep my things in hidden spaces (掩藏的空间) . (原因)

-I usually keep things in the attic in my house. You might imagine it as a dirty and spooky space (吓人的地方) , but it's not. The space is well-

organized with boxes, and on each box there's a tag explaining what's inside. The attic is where I put my stuff. (细节)

-My apartment is super small and fully packed. I don't have any storage space. That's why I'm renting a storage unit near home where I put my winter clothes and blankets, my old bike, my skateboard (滑板), things like that. (细节)

-I'm a pretty messy person (凌乱之人), I don't keep or organize things. I just put things on the surface, like on the table, on the desk, on the coffee table, on the counter top (台面) ...So, I don't have a place where I usually keep my things, as I leave things everywhere. (原因)

Talents (天赋)

知识点:

- be good at (doing) something/ be bad at (doing) something 擅长

He's good at French.

She's bad at spelling.

I'm not good at doing sports.

- be great at 同上, 非常擅长

- be brilliant at 同上

- be fantastic at 同上

- be terrible at 非常不擅长

- be useless at 在某方面一无是处

- He's an expert in computer programming. 非常了解, 某方面的专家

- be talented at/in: at 后面接一些常见的擅长的爱好; in 后面跟专业领域。

He's talented at music.

He's talented in ____ (a field).

He's very talented in Mathematics.

He has a talent for languages.

- **I'm a good singer./ I'm a good dancer. / I'm a good cook...**
- **This is my thing. 是我的特长、专长、爱好所在**
- **I have a thing for...同上**
- **It runs in the family. 家族文化, 家族遗传**

I love music and I'm a good singer. It runs in the family, as my grandma is a musician.

- **It's in my blood. 是我的血液里流动的特质。**

1. Do you have a talent, or something you are good at?

-I'm a good singer. My friends always say that I have the voice of an angel (天使一样的嗓音) . It runs in the family (家里面遗传) , as my mom also has a beautiful voice.

-I'm an expert in computer programming. I mean, this is my major and also my passion, my biggest hobby. Sometimes when I'm bored, I will turn on my computer and start coding (开始编程) for fun (为了乐趣) . (细节)

-I have a thing for math. I'm brilliant at solving math problems (解数学题) . My dad is a math genius (天才) , and I'm now following in his footsteps (跟随他的脚步) . Sometimes, we will sit together and solve math questions for fun. We enjoy this kind of nerdy family time. (细节)

2. Was it mastered recently or when you were young?

-I was born like that (我生来如此) . I loved singing when I was little. I was humming (哼歌) all the time, when I was in a shower, waking on the

street, or doing homework. Singing is in my blood/DNA (血液、基因里自带某个特质)。(回忆过去)

-I didn't have too much interest in computer programming when I was younger. It thought it was for nerds (适合书呆子的) . But guess what, I AM the nerd now (我现在就是电脑书呆子!) ! I enjoy using my imagination and translating it into computer language (把想象翻译为电脑语言) , and creating something interesting(制造一些有趣的东西) for people around me. (回忆过去)

-Yes, math definitely runs in my family. Like I said, my dad is a math genius. He teaches Mathematics in university, and he's really talented in this field. He taught me math when I was very young. And, I was surprisingly good at taking the knowledge. So, I guess, it's nature and plus nurture (先天加后天)。(回忆过去)

3. Do you think your talent can be useful for your future work? Why?

-Uhm, singing is more like a talent, a hobby in life, but not in work, unless I'll become a professional singer one day, which I doubt. But I guess, you never know (你永远说不好) , maybe it could be something I can perform at some business occasions (商务场合) , like an employee talent show (员工才艺表演) . It won't directly help my future career, but it could be a good opportunity for me to showcase my talent and my charisma (展示我的才华和我的个人魅力)。(转折)

-Yes, for sure! 100%! I mean, I'm studying Computer Science, I love coding, I dream to become an IT engineer in the future. Therefore, my passion and talent in this field can definitely be useful for my future career. That's why I'm so motivated and determined every day. (原因)

-I think so. The way I see it, math is the foundation of many many subjects, fields, industries. So, I definitely see a lot of possibilities in this talent that I have. Right now, I'm not sure what exactly I will do after

graduation, but definitely there will be a lot of math-related industries waiting for me to explore. (原因)

4. Do you think anyone in family has the same talent?

唱歌和数学的回答里已经提到家族遗传，就不会考了

My uncle is an IT engineer. He is very talented in coding. I was looking up to him (仰望他) so much when I was little. He was like my role model (榜样) in this field. I want to follow in his footsteps in the future.

Evening time (晚间时刻)

知识点:

一般来说晚上 6-9 点属于 evening time

- 早起型的人: morning person/ early bird
- 晚睡型的人: night person/ night owl
- 熬夜晚睡: stay up
- 熬通宵: pull an all-nighter
- 早睡早起: go to bed early and wake up early
- I'm a big sleeper: 我是特别爱睡觉的人
- I sleep very little: 我觉很少
- light sleeper: 睡觉很轻的人; heavy sleeper: 睡觉很重的人。
- I couldn't sleep last night: 我昨晚没睡好。别说: I had insomnia last night. 那是很严重的失眠症。
- I was tossing and turning all night last night: 我昨晚一夜辗转反侧
- I was drifting in and out of sleep. 一会睡一会醒
- My sleep quality is really bad/poor/good.
- sleep talking: 说梦话

Sleep talking happens when people are stressed.

She talks during sleep every night.

- **sleep walking: 梦游。使用方法同上。**

1. Do you like the morning or evening?

-I'm a typical morning person. I go to bed early and wake up early, around 6 am every day. It's always so quiet in the morning. I enjoy listening to the birds chirping and the cool morning breeze touching my face (早上的徐徐小风吹在脸上) . I find my body the most energetic and my mind the most productive in the morning as well. I can always get more things done in mornings (我在早上总是能做成更多事儿) . (原因)

-I love evenings! Because that's when magic happens (魔力产生的时候) ! There's just so much going on in the evening (晚上的事儿太多了) , food and drinks, movies, gatherings, parties, meeting new people. I love going out in the evening with my friends, to the bar, to the movies, to the restaurant...I can never do those things in the morning. I can never be a morning person. I look like a zombie in the morning (我早上的时候看起来像个丧尸) . (原因, WH 法)

2. What do you usually do in the evening?

-Nothing much (没啥可说的) , pretty boring things. I have a fixed routine, so I do the same things every evening: have dinner around 6:30 pm, and then after that I usually go to the gym at 8pm. Work out a little bit and go to the sauna (桑拿) , get relaxed, and then go back home around 9:30. My bedtime is at 10:30 every day, so before that, I will either read a book or watch some TV. (细节)

-It's kind of difficult to know, really! My life is pretty unpredictable, as I don't have a fixed routine (没有固定的作息) . Sometimes in the evening, I just stay at home, and doing nothing much (啥也不做) ; some other times

I'll go out with my friends. We love hanging out at the bar, or go to the karaoke (唱 K) , or go to the arcade centre (电玩城) , or do some other fun stuff like that. For example, yesterday my friends and I went bowling (打保龄球) ! Gosh, that was so vintage (很复古) but so fun! (分情况)

3. What did you do in the evening when you were little? Why?

-I used to go to bed at 8 pm when I was little! So, I guess, mostly sleeping? Haha! My mom was very strict with my sleep routine (对我的作息很严格) . She really wanted me to rest as much as I could (尽量休息) so that I could be healthy and tall. I remember that sometimes I couldn't fall asleep immediately (立刻入睡) , so I would be tossing and turning (辗转反侧) in my bed for hours, feeling super bored. (原因, 细节)

-I don't remember what I did in the evening when I was super young, but later on (之后) when I was in primary school, I remember that I needed to write my homework (写作业) from 7pm to 9pm. Yeh, it was a lot of work (工作量很大) for me at that age. I didn't enjoy that part for sure (我一点都不享受这一点) . And after that, I got to watch some cartoons (可以有机会看动画片) for 30 mins before I had to go to bed. (细节)

4. Are there any differences between what you do in the evening now and what you did in the past?

-Even though I don't have to "obey" my mom's command (听从妈妈指令) and go to bed at 8pm anymore. Still, I enjoy a healthy and regulated life routine (健康有规律的生活作息) . I'm never a night person, so I go to bed around 10 pm every day. So, to be honest, when I think about it, there aren't many differences now and before. (时间分层)

-Oh my (哦天哪) , huge differences! Like I said, when I was younger, I never had too much freedom on what to do in the evening (我没有太多自由决定晚上做什么) . I always had to do my homework, and then I needed to

go to bed early. But now, I'm my own boss (我是我自己的主人) ! If I want to stay up, I stay up late! I can even pull an all-nighter if I want to. As a night person, the evening is my favourite part of the day. I love going out with my friends or going for a night run (去夜跑) just myself. (时间分层)

Books and reading habits (书籍和阅读)

知识点 (以下内容摘自“音频版词汇集”，时间太紧的宝宝可以不看 3 和 4)：

1. types of books

Novel/fiction 小说; documentary literature 纪实类文学; science fiction 科幻小说; Autobiography 自传; biography 传记; memoir 回忆录 (比自传更随意，文学性更强) ; poetry book/anthology/collection of poems 诗集; crime book 犯罪小说; ; suspense and thriller fiction 悬疑小说; horror fiction 恐怖小说; romance fiction 言情小说; cookbook: 烹饪书; short stories 短篇小说; self-help book 心灵、头脑、理财、管理方面看了可以自我提升的书; tool book 工具书; handbook 手册; study book 学习的书; textbook 教科书

2. 相关表达

① **bestseller**: 畅销书

This book was the bestseller last year.

② **classics**: 经典名著 (又作 a classic/ a classic book)

I love classics. They are the best.

③ **best-known book** 成名作

④ **highly recommended**: 被高度推荐的

This book was highly recommended by my teacher.

⑤ 爱看书的人和不爱看书的人:

- I'm a bit of a bookworm.
- I enjoy reading.
- I read for pleasure.
- I'm a keen/avid reader.
- Reading in my free time is my biggest hobby.
- My dream is to have a home library so that I can indulge myself in the ocean of books every day.
- A well-read person= 由于爱看书导致的 knowledgeable 博学多闻
- A very cultured and educated person.
- I'm not really into books. I find books quite heavy-going (难懂). I much prefer to see a film.
- Nerd/bookish: 也都是书呆子气, 爱看书的人。但往往存在贬义。

⑥ (from) cover to cover: 从书的封面读到了封底 front cover and back cover
Once I start reading, I can finish a book from cover to cover in one day.

⑦ book-smart 受过良好教育导致的书本上的聪明 adj 形容词词性

She reads a lot. She's definitely book-smart rather than street-smart.
(street-smart 是社会实操经验丰富的意思)

Book smarts VS street smarts: n. 名词词性

Are you a person with book smarts or street smarts?

⑧ This book tells the story of (故事讲的是) (the downfall of a man called XXXX..)

3. 形容一本书:

- a page turner 好看到停不下来的书

This book is such a page-turner. I was hooked on it for days.

- captivating/engaging/charming/interesting: 迷人的、有趣的

- **amusing/entertaining:** 有趣的、有娱乐性的
- **adventurous:** 充满冒险的
- **informative:** 充满信息量的、提供有用信息的、教育性的
- **educational:** 有教育意义的
- **heartwarming** 令人感到温暖愉悦的 **causing gladness and tender feelings**
- **heartfelt:** 走心的、真诚的
- **hear-wrenching:** 令人悲伤的
- **insightful** 有深刻见解的、有洞察力的
- **thought-provoking** 引发思考的 **making you think a lot about a subject**
- **laugh-out-loud funny** 能让人笑出声的好笑 **extremely funny, hilarious**

- **mind-blowing:** 颠覆性的

I was blown away by the book./ This book blew my mind./ The book is mind-blowing.

- **tear-jerking** 催泪的

- **tear-jerker** 催泪弹 **This book was a real tear-jerker.**

- **moving/touching** 令人感动的、打动人心的

- **delightful** 令人快乐愉快的

- **with a charming story/with a beautifully crafted story**

This is a novel with a beautifully crafted story. 这本书包含了一个写的非常有趣的故事

- **uplifting** 提升一个人的思想境界、情绪，振奋人心的

This book is uplifting and inspiring. I feel very encouraged after reading it.

-fast-paced 节奏很快的

This book is so fast-paced and intense. I just can't put it down.

- action-packed: full of activities, events and excitement. 令人激动的，充满各种情节的

- suspenseful 悬疑的

-unputdownable =can't put it down 放不下来的

This book is unputdownable.

4. 俚语:

① You can't judge a book by its cover. 人不可貌相

② an open book: 很好搞明白，一看就透，没有神秘感。

My life is like an open book. You always know what I'm up to.

③ a closed book: 与②相反

I never understand that girl. She's a closed book.

④ do sth. by the book: 按照规则来（一板一眼）

We don't have to do everything by the book.

⑤ read between lines: 字里行间寻找隐含信息，有时可以理解为过度解读

Stop reading between the lines!

⑥ hit the books: 学习，往往指考前突击

I don't really like reading. I'll only hit the books (学习) right before my school exams.

⑦ **take a page out of someone's book**: 跟随某人学习成功心得

Linda looks amazing! She's lost so much weight. I should really take a page out of her book and start exercising!

⑧ **try every trick in the book**: 极尽所能

I've tried every trick in the book to pass IELTS test.

⑨ **read someone like a book**: 很了解某人

I always know when my girlfriend is upset and why. I can read her like a book.

1. Do you often read books? When?

- Unfortunately, I don't. I wish I could just read for pleasure, but I don't. Reading is quite boring for me, and I'd rather spend that time on movies and TV shows. I only hit the books right before exams. (原因)

- I'm a bit of a bookworm, so, I read all the time. Once I start reading a book, I can finish it from cover to cover in one day. For me, a good book is like a good movie, it's educational, meaningful and inspiring. Reading is like having a peaceful conversation between the author and me. (原因)

- Oh yeh, I'm very into reading. Every day, when I come home, I'll read some books in the living room, put my feet up, and unwind. I also really enjoy reading before bed. Reading really takes my mind off things. My dream is to have a home library so that I can indulge myself in the ocean of books every day. (WH 法, 原因)

-Quite often, I guess. I read novels every day when I go to work by the subway. Reading while on the go (奔波状态) is the only time during the day that allows me to relax, just purely forget about my daily worries. (原因)

2. Do you read differently now than you did before?

-I guess so. When I was little, I used to read print books/paper books, but now I read E-books on devices like Kindle (像 kindle 这样的电子设备), or

directly on my phone. It's so much easier to read E-books, but the at the same time, I really miss the feeling of holding the book, touching the pages, and even smelling the ink (闻墨水的味道) . Paper books are more tangible (可碰触的) .

3. Have you ever read a novel that has been adapted into a film?

电影改编: **a movie adaption; a book-to-movie adaption.**

-Yes, I have. I think it was Harry Potter. it's always interesting to see book-to-movie adptions (改编自书籍的电影) . Because, movies and books are two different art forms with different rules (电影和书是两种完全不同的艺术形式, 带着不同的创作规则) . Even when a movie is based on a book, still it feels totally different from the original story. Those differences on interpretations (解读) and imaginations (想象) in the movie are what attract me the most. (原因)

-Yes, I have. It was Harry Potter, many years ago. I watched it with my friend Jessica in the movie theatre. We were so excited before the movie as we were both die hard fans (死忠粉、骨灰粉) of Harry Potter. And to be honest, it was quite disappointing. Most of the scenes didn't match what we had in our minds (大部分场景和我们之前想象的不吻合) . Maybe, the same book doesn't translate the same way to everybody, and sometimes things could look silly when they're on the big screen (有些东西被放到大屏幕的时候会显得很傻) . (讲故事法, 时间分层, 原因)

-Not really, at least, not that I can think of (想不起来) . I mean, I don't read a lot, and also, I rarely read novels. So, the chance of me seeing a movie adaption is very low (我看到改编电影的几率很低) . I normally read biographies and self-help books. (原因)

4. Which do you prefer, reading books or watching movies?

-Well, like I said, they're completely different forms of art. They're equally fantastic! Movies are more visual and action-packed (更视觉化和故事紧凑

的), you can hear and see the stories come to life (走向真实), with some popcorn and fizzy drinks (气泡饮料, fizzy 是嘶嘶作响、起泡沫的意思). It's a great pastime (消遣). Books, on the other hand, allows your imagination to go wild (让你的想象力走向狂野, 没有限制). And plus, there's SO MUCH more detail in a book than a movie, details about the storyline and the characters (关于故事线和角色的细节). It's takes much more time to finish a book, but it's worth it (值得花时间慢慢看). So, it's impossible to choose a preferred way. (对比讨论)

-As a bookworm, I choose books over movies. A, it's so easy to just pick up a book and start reading. I can read almost anywhere and anytime (何时何地都可以读), as it doesn't require any equipment to read a book, not like watching a movie. And B, I can get so much more detail from a book than a movie. When I read a book, I just let my mind and imagination take charge (让我的思绪掌控一切, 任意驰骋), and I'm in the book (我就是书中人)! I find bedtime reading so relaxing. It's the best stress reliever and also very educational. (原因, 比较)

-I have to go with movies. I don't have the patience for books. They're too long and detail-oriented (细节之上). Sometimes it takes FOREVER to set the scene (交代场景背景, 铺垫) in a book. I'm too impatient to read 5 pages of what the room looks like before the characters start a conversation (我实在没有耐心花五页纸去读主人公对话时所在的屋子长什么样). Movies are more efficient in that sense (从该角度来说). They cut out a lot of unnecessary bits (交掉很多不必要的片段), and you can finish a movie in 2 hours. And plus, the soundtrack (声效背景) and visual effects (视觉效果) can give more atmosphere (提供更多氛围感) to the audience. I love that. (原因, 比较)

往年 reading 主题老题节选:

(考过无数次的主题, 每次细节题目都不一样, 不过比较“电子书”和“传统书”是一个常考的点)

1. What kind of book do you read?

- I like novels. For me, reading long novels is like reliving other people's lives (就像重新活了别人的一生). I can grow my imagination and I can understand people and the world better. In addition, novels really can take my stress away; they can put my mind off things. (阐述原因+递进补充)

使放松: I can get fully relaxed by reading; reading can help me unwind/ loosen up; Reading is a great way to relax your mind...

2. Do you read electronic books?

- I do. I have a Kindle (著名电子书品牌), normally I'll take it with me when I'm taking public transport. An E-book device is easier to carry around, as it's lighter and smaller. It's like a portable small computer which can store many books (储存很多书籍). So, yeh, I would read E-books from time to time. (阐述原因)

- I don't really care for E-books (我不喜欢电子书). I guess I'm a little old fashioned. I just love the smell of print books/paper books. And personally, I like to scribble in my books and mark up things, but I can't do that to my e-books. The most I can do is, highlight some sentences neatly (我最多能做的就是, 整齐地高光一段话). (阐述原因)

- I don't really use E-books, even though they are super popular now. I guess I'm a little behind the times (过时). I mean, I just don't know how to use them. I don't have anything against E-books (我没有任何对电子书的抵触心理), I think they're super cool and environmentally friendly. I will start reading them one day, for sure. (先抑后扬)

3. Do you read books related to your profession?

- I have to. As a university student, I need to go through my textbooks before exams, and from time to time, I need to read them to refresh my knowledge and memory (温习一下知识) . Sometimes, I will go to the library to borrow some study books or tool books for my studies. (阐述原因+WH 法)

- Uhm, yeh I do. At work, I have to refresh and improve my knowledge all the time. So, almost every weekend, I will spend a couple of hours at home to read either books or articles online that are related to my job. (阐述原因+WH 法)

Meeting places (聚会地点)

注意 meeting place 不是“开会地点”的意思，不会有人问这么奇葩的问题

知识点：

- my spot: 我爱的地点。 “This park is my favorite spot in the city.”
- get away from the hustle and bustle
- get away from the tight schedules and hurdles in life
- It's a place where I can blow off the steam and unwind.
- It's a place where I can feel cozy and at ease.
- It's a place where I can be me (做自己) .
- It's my healing retreat. 我治疗自己的休息场所。
- a getaway: 一个可以逃离的地方，引申为可以远离现实、旅行放松的地方

动词词组：get away

- It is the place where I take my morning walks every day.
- People can do all kinds of things in this park.
- This park has many different areas, and they're all suited to different age groups.
- Sometimes I just sit on a bench in the park, and watch the world go by (看人来人往) .

- This place is full of relaxing dive bars (慢摇酒吧) and quiet hole-in-the-wall restaurants (很小的不好找的低调的小馆儿) .
- There're a lot of hidden spots/ secret attractions (隐藏景点) in this area.
- You can get some wild local dishes (狂野的当地菜) that you can't find elsewhere in this street market. The food options (食物的选择性) are crazy here. (可以形容某个城市的小吃一条街)
- Night life in this area is mainly about outdoor beers and street food, and accompanied by live music and the like (等等). (可以形容后海这一类地方)
- It's a constantly changing area. Each time I go, there're new cafés, bars and restaurants popping up (冒出来) .
- Taking a walk on the beach, and then having a coffee at the beach café, is the absolute best day that I can imagine in the city.
- It's just far enough from the hustle and bustle of the city that allows you to loosen up a bit, but it's also close enough to appreciate the incredible beauty of the city skyline.

1. Where is your favourite place to meet with your friends?

-My favourite place to meet with my friends is this park in my city called Yuyuan Tan. It's a place where we can take a walk together, get some sun (晒晒太阳), and get some fresh air (透透气) . It's such a peaceful place that helps us blow off the steam, get away from the hustle and bustle (远离喧嚣), and also a place where we have a nice heart-to-heart conversation (来一场心贴心的对话) . It's my favourite spot to meet up. (原因, 细节)

-I love meeting up with my friends at Hou Hai. It's an area in Beijing. This place is full of relaxing dive bars (慢摇酒吧) and quiet hole-in-the-wall restaurants (很小的不好找的低调的小馆儿) . Night life in this area is mainly about outdoor beers and street food, and accompanied by live music (伴

有很多现场音乐) . It's the perfect place to chill out with some friends. (原因, 细节)

2. Do you think there are some places more suitable for meeting with people?

-It really depends on what you want. If you want tranquility, then a park, a garden would be a more suitable location; but if you want fun, excitement and energy, then a bar, a restaurant, a mall would be an ideal place. I don't think there's one perfect place that suits everybody. (分情况)

-For me, places like a bar, a café or a restaurant are more suitable for meeting up. Those places are designed for social gatherings. You can have a nice conversation, accompanied with food and drinks. It's fun. Places that are too quiet and serious are not for meeting people. Like, a library, a book store, something like that. (原因, 举例子)

3. Are there any differences between your favourite meeting places in the present and in your childhood?

-Yes, for sure. When I was little, I always met my friends at the school playground or the mall. We didn't have too much money to spare, so we just killed our time (消磨时光) on the playground, or browsed around (闲逛) the mall; but now, of course I can't go to the school playground anymore, and I feel embarrassed to just roam around (闲逛) mall without spending any money. So, I normally go to a bar or a restaurant with my friends nowadays. (时间分层)

4. Why are some meeting places better than others?

不知道这题什么意思,可能题目没总结对

当遇到不明白的题的时候, 你可以问:

I'm sorry, what do you mean by that? Better in what sense? 您指的是哪方面更好?

Doing sports (做运动)

知识点:

如果想了解更多更详细的和健身运动有关的表达, 查看 QQ 群文件 2 号文件夹。

- sports fan/sports lover 体育迷 (看各种体育比赛)
- gym freak/ gym rat 健身狂人
- do sports 做体育运动
- Exercise(v.) 锻炼 / do exercises (n.) 做各种种类的锻炼

I enjoy exercising. / I enjoy doing exercises.

Have you had enough exercise today (锻炼的总量为不可数名词) ?

- physical activity 体育活动、体能活动

(outdoor activity 户外活动/ indoor activity 室内活动/ leisure activity 娱乐活动。不仅限于体育类的)

- work out (v.) / work-out (n.) 健身

How long do you work out at the gym?

It's a 9-minute strength work-out.

- slim down 变瘦

Regular workouts helped him slim down considerably.

- burn fat 燃脂

Jumping rope can really help me burn fat.

- shed pounds/ lose weight/ shift some weight

Eating fewer carbs (碳水) and more protein will help you shed pounds.

- I really want to shift some weight before my holidays.
- bulk up=build muscle 变壮 增肌

You can still build your body strength by lifting weights without bulking up.

- good shape/bad shape 状态好、不好

I'm in good shape./ She's in bad shape.

I'm so out of shape.

I want to get in shape again.

You need to stay in shape for your marathon.

1. What sports do you like?

-I love playing all sorts of ball games (球类运动). Tennis, badminton, Ping pong, you name it. I find them so interesting. They are physically challenging (很消耗挑战体能) and involve a lot of skills and techniques. That's why I find them super interesting. I get fully relaxed by playing ball games. (原因)

-I love running. I go for a run every day in the morning before going to work. My favourite place for running is the botanical garden near home. Each time when I run there, I could get some sun, listen to birds singing, smell the flower fragrance in the air, just get closer to nature. It's the best way for me to start the day. (WH 法)

-I go to the gym to work out on a regular basis (规律性健身). That's the best way for me to stay in shape (保持好的状态) and keep fit. Working out definitely helps me blow off the steam (减压) after work/after school. It definitely boosts my confidence (让我自信激增). Each time after a workout, I always feel like the hottest guy/girl in the world (每次健身之后, 我都感觉自己是世界上最辣的人儿!). And plus, I get to make new friends at the gym. A gym is a perfect place to meet new people. (原因, 补充)

2. Where did you learn how to do it?

-My parents used to love playing Ping Pong and badminton. They taught me how to play those games when I was very young. We used to play on the playground, near my home, in the evening after dinner. My passion for ball games started from there, and now, I love all of them. (WH 法, 时间分层)

-Nobody taught me how to run. I guess it's like a human instinct, right? When I was little, I used to run with my best friend all the time. It was like, we didn't know how to walk properly. In stead of walking, we ran to places, as if there was some animal running behind us (我们当时好像不会好好走路一样, 去哪儿都是跑着去, 仿佛有动物在追我们)。(细节)

-My best buddy (好哥们) / best friend introduced me to the world of fitness (带我走去了健身世界) . He took me to his gym, and helped me sign up (帮我注册了会员) . He showed me how to do weight-lifting (作力量训练) , how to train my legs, shoulders, and arms, how to use different machines, things like that. Thanks to him, I became a gym freak as well. (细节)

3. Did you do some sports when you were young?

前面的题都说了很清楚了 **ball game** 和 **run** 都提到了小时候, 就不会问了

gym freak 可能还会问

-Now I love going to the gym. But when I was young, I wasn't into sports. I never really did sports other than the ones we had to do at school. (时间分层)

-Yes, I've always loved doing sports. I used to play basketball in high school. I was one of the best players in the school team. I remember at that time, each time when I had a game (有比赛的时候) , there would be many girls sitting courtside (坐在场边) and cheering for me (给我加油) .

They screamed my name! That was the prime time of my life (我的人生巅峰)。(细节)

4. Do you think students need more exercise?

Definitely! In China, kids nowadays are snowed under with schoolwork (被功课作业雪埋) . They have much less time for doing sports than before.

And when they finally catch a break and take a breather, they normally spend the time scrolling, staring at the screen, which is so wrong. Kids today need more physical activities to wind down and fully relax.

Exercises make them physically healthier and stronger, and helps them unwind. (原因)

Advertisement (广告)

知识点:

- advertisement 可以简称 ad
- commercial 一般指的是电视广告 TV commercial
- promotional flyer 广告宣传单

I don't like those promotional flyers. I hate it when people just hand them to me on the street. And I don't know what to do with them. Do I keep them or do I throw they away?

- newspaper ads 报纸广告
- billboard ads 楼顶的大广告板

You see billboards everywhere advertising real estate.

- cold calling 电话销售

I hate receiving cold calls.

- internet/online ads 网络广告; online marketing 网络营销

Internet ads are a very effective form of advertisement. 网络广告是一种很有效的营销方式。

- jingle 广告主题曲, 那种短小抓人的小旋律

My favourite jingle is the McDonald's commercial, "Balabababa I'm loving it!" It's so catchy.

- slogan 标语 the phrase the ad uses to promote the product.

An ad with a good slogan can always make me remember it, and make the product stand out in my mind.

- entertaining ad 很有娱乐性的广告

I love an entertaining ad. Very funny and memorable.

- a piece of art 艺术品

I like a commercial that is very artistic and unique, almost like a piece of art.

- be drowning in ads

My Facebook feed is drowning in ads now.

The internet is drowning in ads.

- Too much advertising.
- be flooded with ads.

My inbox is flooded with spam/ads right now.

- target market 目标市场

The target market of this advertisement is women and children.

- during primetime viewing 黄金观看时间

Ads during primetime viewing are always very creative and fun to watch.

- testimonial 使用者推荐。有些广告里会找所谓的使用者来表达用后感，这里面有真有假。

I trust the product more when I see someone gives a testimonial.

- word of mouth 身边人、朋友推荐

If my friend, with word of mouth, tells me some product is really good, I trust their words.

- celebrity endorsement 明星代言
- product placement 产品植入

I don't like product placement in a movie.

- provocative ads with shocking images 刺激性广告 带有令人震惊的图片

Some provocative ads with shocking images are really upsetting to see. They're really inappropriate for children.

- **misleading words 误导性文字**
- **exaggerated claims 夸张功效**
- **false advertising 虚假广告**

1.Are you interested in watching TV advertisements or internet advertisements?

-I feel that online marketing is more diverse (多元化的) than traditional TV commercials. TV commercials are too straightforward (直截了当) and annoying, and sometimes even intrusive (很有攻击性) . And online ads can be more subtle (更隐晦) . Some are celebrity endorsement, some are product placement, some online ads can be quite creative and entertaining. So I would say, I like internet advertisements more. (对比讨论)

- I'm quite old-fashioned. I would go with TV commercials. Today online ads are too much, different forms, different styles, I can't keep up with them (追赶不上角度了) . (原因)

-Neither! My world is flooded with all kinds of advertisements. I can't find one moment of peace. Each time when I scroll on the phone, I feel that I'm drowning in ads. I hate them! (原因)

2. What kinds of ads do you dislike?

-I don't like ads that are provocative with upsetting images. They are really bad influences to kids. And what's more, ads that involve a lot of exaggerated claims are the worst. For example, "Take this pill and you will lose 20 pounds in a month". When the words are misleading, it's false advertising. (原因)

-I hate those ads with fake testimonials, you know those ones? They hire some very lame actors and ask them to pretend they are real customers, and those people are so fake. It's like, "You think I'm stupid or what?" I just find it very insulting (侮辱人的) .

3. Do you share ads with others?

-Sometimes I do. Sometimes when I see something I really like in a commercial, I will share it with my mom, and hoping she will get it for me later, ahahah! If she could take the hint (收到提示) .

-Normally I wouldn't. I mean, I'm not the kind of person who's interested in ads. But I enjoy a good sense of humour. Sometimes when I see a very entertaining ad with a lot of creativity, I will share it with my friends. And we will all laugh about it. (主流情况, 特殊情况)

4. Do you want to work in advertising in a future? 你想要在广告业工作吗?

-Yes! Advertising sounds so cool! I've always been fascinated by the creative industry. Working in advertising requires me to be creative, original, and thinking out of the box all the time. I can get to know people with different backgrounds. This industry is full of diversity and challenges. And at the same time, it's not like pure art, it also requires your analytical skills (分析技能) . So, it's very very interesting. (罗列原因)

-Not really, I mean, I wish I could, but I know I would be horrible in this industry. I studied Engineering, and I am an engineer now. I'm so far away from the creative and artistic mind. It's not for me. (原因)

5. 还可能会问 Do you want to be in an advertisement?

-Yeh, why not? That'll be cool, right? And if I could choose, I would love be in a commercial that is luxurious, extravagant, and fancy-looking, so that I can feel like a super model, a goddess. I remember there was one commercial that really caught my eye (猪抓住我的眼球) . It was the Dolce&Gabbana ad. That one was really impressive. So, if i could be in one of those ads, that'll be the coolest thing ever. (细节)

- I don't know, it's hard to say. Part me of is saying NO because I know would feel very shy and nervous. I would panic for sure. And another part of me is saying YES, because it sounds like a very interesting and exciting opportunity. Having an experience like this is really special. Maybe I would want to be in a commercial that suits me well, nothing fancy, and it allows me being me (让我能做自己) . (分头讨论)

-No, I know myself, being in an advertisement is not something I will feel comfortable with. I'm very camera shy, and I don't know anything about

acting. Right now, just picturing this whole thing is already making me so nervous and uncomfortable. So, no way I would be able to do it. (原因)

Sitting down (坐下)

知识点:

- **couch potato** 沙发土豆, 天天在沙发里坐着的懒蛋
- **sedentary** 久坐的、坐着的
- **sedentary lifestyle** 久坐的生活方式
- **sedentary job** 久坐的工作
- **in a sitting position** 以坐着的姿势
- **slump** 瘫坐

1. Where is your favourite place to sit?

-My favourite spot to sit would be my armchair (单人沙发) in my living room. I think it was from IKEA. It was a very reasonable price, and it is SO comfy. I mean, I could take a nap in that chair. When I'm at home, I spend most of my time slumping in that chair, watching TV, watching a movie, reading a book, it's my favourite place to be. (细节)

-I love sitting in my sofa, well, not just sit, I lie on it all the time as well. My sofa has a strong frame with sturdy and supportive cushions (一个很硬挺的框架加上稳定又有支撑力的垫子), and it has the best back support (最棒的背部支撑), which I love. I could sink/slump in my sofa the whole day, read a book, scroll on my phone, watch a movie, take a nap. My sofa is making me become a couch potato (沙发土豆, 那种葛优瘫的人). (细节)

-My favorite spot to sit...would be the long bench in my favourite park XXXX. There's a very big and leafy tree close to the entrance. I love sitting there, get some fresh air and unwind. It really takes my mind off things.

And plus, I love listening to birds chirping in the tree and feeling closer to nature. (细节)

2. Do you always sit down for a long time?

-My lifestyle is pretty sedentary (久坐的). I have a sedentary job which keeps me in a sitting position all day, at least 7-8 hours. And when I come back home, I spend the whole evening slumped (瘫坐) in front of the TV.

So, yeh, it's really bad. (细节)

-Not really, I can't stand a sedentary lifestyle. That's why I chose this job, it allows me to move around. When I'm at work, I'm always on the go (奔波). I can never keep sitting down at one place for a long time. That can kill me. (原因)

3. Do you feel sleepy when you are sitting down?

-Sometimes yes. Especially after a big meal, I feel that I'm going into a food coma (进入食物昏迷, 表示吃多了昏昏欲睡的状态). When I sit down and not moving my body at all, with all the food in my stomach, I normally feel very sleepy, very drowsy. (强调补充)

- It depends on my mode. If I'm in a working mode (在工作模式), I'll work till I drop (工作直到趴下) with high energy. If I'm not in a working mode, I might feel tired when I sit down for a long time. (分情况)

4. When you were a kid, did you usually sit on the floor?

-Hmmm, now when I think about it, yes, actually. I sat on the floor a lot when I was a kid. I guess, at that age, I didn't care about hygiene. I didn't know the difference between a chair and the floor. Sitting on the floor was really convenient as I could sit anywhere anytime. (原因)

-No, not really. I was a tidy kid. I wouldn't want to make my pants dirty. I did throw my school bag on the floor all the time. (原因)

Watch (手表)

知识点:

1. 手表的主要类型

- manual watch 手工表
- automatic watch 自动表
- digital watch 电子表

2. 知名的手表品牌

Rolex 劳力士, Omega 欧米伽, Longines 浪琴, IWC 万国, Chopard 萧邦, Piaget 伯爵, Casio 卡西欧, Apple Watch 苹果

3. 形容表达:

- everyday watch 每天都戴的日常手表

I love this watch. It's nothing fancy, just an everyday watch. But I love how nice it looks on my wrist. It really suits me.

- sport watch 运动手表

My sport watch is my perfect fitness tracker (健身追踪器). It tracks my work-outs and even my sleep at night.

- fancy watch 华丽丽的手表
- flashy watch 那种blingbling 带钻的手表
- smart watch 智能手表

- dress watch 优雅的表, 一般外出有场面时候戴 (往往是皮质的表带)

I normally put on my dress watch when I'm going out on a date.

- fashion watch 时装表

- diving watch 潜水表

- I feel naked without my watch. 我不戴手表的时候感觉像是没穿衣服一样

- It's my favourite fashion accessory. 是我最爱的一件市场单品

- tell time 搞清楚时间

- My fitness band reminds me to wake up every day and move a certain number of steps every now and then.

- **keep track of time 追踪时间**

A watch is not just something I wear to help me keep track of time, it's also a sense of style.

- **goes with everything: 百搭**

This dress watch is my favourite. It goes with everything. It's low key (低调), elegant, and tasteful (有品味的) at the same time.

- **timeless 永不过时的, 没有时间性的**

The design is timeless.

- **It will never go out of fashion/style.永不过时**

4. 表的不同部位名称

dial 表盘; case 表盘周围的一圈箍子; strap 表带; buckle 表带的表扣; hands 指针 (hour hand/minute hand/second hand)

1. Do you wear a watch?

-No, I don't like wearing a watch. It feels uncomfortable to me, and it's not necessary. The original purpose of wearing a watch was to tell time. And today, everybody has a phone which can help them keep track of time. A watch has become more of a fashion accessory. (时间分层)

-Hmmm, sometime I do. I don't wear a watch on a daily basis, as sometimes I just forget. But when I need to go out, and if it's a special occasion, I will put on my elegant dress watch to go with my outfit. (分情况)

-I'm a watch freak. I feel naked without my watch. It completes me, and gives a classic look to my outfit. I've been obsessed with different types of watches since childhood. Sport watch, fashion watch, dress watch, you name it, I have it. (原因)

2. Have you ever got a watch as a gift?

-Yes, definitely. I remember that my parents got me a very cute Mickey Mouse kids watch. It was so cool for me at that age. The straps were

colourful, the dial was with Mickey's face on it, and the hands were Mickey's hands! I was crazy about that watch for many years. (细节)

-Yes, my boyfriend just gave me a watch as a gift on my birthday. He knows I love watches. It was a dress watch, it's got leather straps, the dial was white, and the case was golden. It really had a classic look to it, and it could go with everything. I love it. (细节)

3. Why do some people wear expensive watches?

The way I see it, most people wear expensive watches to show off, to show people they can afford it. It's just like wearing an expensive purse, or driving a sport car. I would say, it's even slightly more low-key to wear a fancy watch as it's smaller, it sits on your wrist, and it's less obvious. And for some other successful people, they wear expensive watches because that's what every successful person does. Therefore, if they didn't do the same thing, they would be heavily judged. So it's peer pressure (集体压力) . (主流情况, 少数情况补充)

4. Do you think it is important to wear a watch? Why?

-For me, I couldn't care less. As I said, I have my phone to tell time, and it can do so much more than a watch. When it comes to functionality, a watch is so limited in its function that it seems pointless to wear a watch. Therefore, I would say, wearing a watch is very unimportant. (原因)

- For me, yes! A watch is something that can complete your look, brings a sense of fashion to your outfit. When I put on a nice watch, I immediately feel more confident. It's so much more than telling time. It's showing respect to people's time and your time. I always tend to trust someone a little more when he/she wears a watch. (原因)

Boring things (无聊之事)

知识点:

无聊的相关表达:

- I'm bored. / I feel bored. / I get bored.

注意，bored 是被动状态，当你感到无聊的时候要用 bored

Boring 是使人感到无聊的、枯燥无趣的 This is so boring!

I'm bored. 我感到很无聊； I'm boring. 我是无趣之人。

- I'm bored to death (无聊到死) / bored to tears (无聊到哭) / bored stiff (无聊到僵硬) / bored silly (无聊到傻掉) / bored to distraction. (无聊到分心)
- I'm dying of boredom. (死于无聊)
- wear on someone (惹恼、厌烦到某人)

This is so boring that it starts wearing on me!

- dull/ tedious/ uninteresting/ bland/ boring: 无趣的
- as dull as dishwater: 和洗碗水一样馄饨无趣 (dishwater 指的是洗碗水，或者很难喝无味的汤)
- mind-numbing: 令人思想麻木的
- run-of-the-mill: 一般化的，没什么特别的 (mill 小工厂小作坊，mill 里生产出来的千篇一律的一般化的东西)

The speech was run-of-the-mill, nothing inspiring.

- like watching paint dry: 就像看着油漆变干一样。

The show was so mind-numbing. It was like watching paint dry./I would rather watch paint dry.

- a yawner 令人打哈欠的无聊事物
- go on forever/ never end 一直没完没了

The show just went on forever!

I feel that the show never ends.

- I'm falling asleep just because how boring this is.

- **I can't say that I find this very interesting.** (很客气的说法)
- **Nothing is really happening.** (什么都没发生, 因为太无趣)
- **I can't understand/see what all the fuss is about!** (fuss 在这里原意是吵闹嘈杂, 这里指的是“激动热烈的反应”。这句话的意思是, 我搞不明白这个事儿有什么好拿来大惊小怪, 拿来热议的。其实就是觉得很没劲, 很无聊, 没什么好讨论的。)

1. What kinds of things are boring to you?

-I hate being stuck in traffic (卡在交通堵塞里). I live in a big city, and all the main roads are filled with cars, trucks and buses during the rush hour (高峰期). And I drive to work every day. When the road is congested, when I have to drive in bumper-to-bumper traffic (在车碰车的交通在蠕动), I feel bored to death. It's actually very dangerous, as sometimes I'm bored to distraction. (bumper 是车子的前后保险杠) (原因)

-Anything that makes me feel stuck in the middle (卡在中央) can bore me to tears. Like, being stuck in traffic, waiting in line (排队), very slow internet connections (网速过慢), waiting for my dental appointment (等我的牙医), waiting for a phone call, things like this makes me insane (让我发疯) /lose my mind. Because it's boring, it's slow, and there's nothing I can do about it (啥也做不了). It's not up to me (由不得我). (列举)

-I feel that boring things are not objective but subjective (无聊的事情不是可客观事实而是主观感受). Nothing is boring unless you're not into it (没有一件事是真的无聊关键是你没兴趣). For example, for me, I hate math. So, solving a math problem is the most boring thing. But it could so fun for a math lover. And, other things like, politics, finance, physics, they are all very tedious to me. (原因, 举例子, 列举)

-For me, if my life is the same every day, I'll feel super bored. Not like many people who enjoy a fixed life routine, I hate repetitive schedules in life. Every day, I want to do something different, something new. You only live once (你只活一次, 也可以说 YOLO) , right?! (原因)

2. What will you do when you feel bored?

-That's a good question! Sometimes if I'm in a situation where there's nothing much to do, like waiting in line, being stuck in traffic, probably the only thing I can do is going on my phone, and scroll a bit (登上手机, 刷一刷) . But sometimes, say, if I feel bored staying at home, I'll just go out and meet up with some friends, you know, try to do something more interesting. (分情况)

-I wish I knew the answer to this question (我多期望我能知道答案, 就是我不知道答案) ! Sometimes I get really bored with my phone and myself. The more I scroll, and more bored I feel. But then I get lazy, I don't know what else I can do. So, instead of switching to other things, I keep being on my phone. This is a vicious cycle (恶性循环) that I can't turn around (调整不过来) . (不知道答案, 原因是什么, 细节)

3. What was the most boring thing you did when you were young?

-Oh, gosh, I need to think about it...uhmmm, off the top of my head, waiting at the doctor's office (等医生) , was probably the most mind-numbing thing that happened to me. I mean, it was always so long, so so long, that I couldn't understand why. And then, I didn't have a phone to get distracted. Therefore, I just remember that I would stare at the door of the office for 1 hour, or something like that. That was a yawner! (细节, 原因)

-Uhhmm, I remember, one time, my parents took me to a science lecture when I was around 10. That lecture almost killed me (无聊到差点杀了我。夸张说法) . It went on FOREVER and EVER (没完没了没完没了) . And for me, at that age, it was as dull as dishwater. At some point, I believe I fell asleep

while listening to it. This experience was traumatic (给人留下致命阴影的), that's why I can easily remember it now. (讲故事法)

4. Do you think school is boring?

-I don't think so now, as I've come to realize the importance of good education (如今的我已经意识到良好教育的重要性). Now, I love learning new things at school. But I have to say, when I was younger, I used to find school very boring and unnecessary. I didn't understand why I needed to go to school every day. I couldn't see what the fuzz was about. (时间分层)

-Sometimes yes, not always. I remember when I was a kid, I used to be a big fan of Biology, Geography, Art, Music and English. But I hated Math, Chemistry and History. So, during those classes, I felt extremely bored, like bored to tears, bored stiff. They were not for me (它们不适合我). (分情况)

保留老题

Sports games (看体育比赛)

知识点:

如果想了解更多更详细的和健身运动有关的表达, 查看 QQ 群文件 2 号文件夹。

-**sports fan/sports lover** 体育迷 (看各种体育比赛)

-**Do sports** 做体育运动

-**Exercise(v.)** 锻炼 / **do exercises (n.)** 做各种种类的锻炼

I enjoy exercising. / I enjoy doing exercises.

Have you had enough exercise today (锻炼的总量为不可数名词)?

-Physical activity 体育活动、体能活动

(**outdoor activity 户外活动/ indoor activity 室内活动/ leisure activity 娱乐活动**。不仅限于体育类的)

-Work out (v.) / work-out (n.) 健身

How long do you work out at the gym?

It's a 9-minute strength work-out.

I've been working out at the gym lately.

Have you been working out? 暗指状态看起来很不错

1. Do you like watching sport programs on TV?

-I'm a huge sports fan. When I'm at home, I'll always have my TV on, and it's always a sport show, like a football game, tennis game or something like that. That's the only kind of program I watch. (细节)

-I'm not a sports lover, so I don't really watch sports programs. Sports shows are too intense for my taste. I normally watch comedies on TV. (原因)

- I prefer watching live sports games 100 times more than watching them on TV. Live games are much more exciting and engaging. It feels completely different. I still watch sports shows on TV sometimes, as I can't afford going to live games very often. But if I could choose, I would go for watching sports games live. (原因)

2. Do you like to watch live sports games?

-Yeh for sure! Watching a game live, seeing sports stars with your own eyes, encouraging and cheering for (给.....加油) the team you like, experiencing the excitement, the thrill, with other people in the stadium, that's the best. Too bad I don't have a lot of money. One day if I had loads of money to spare, I would watch live sports games all the time. (原因)

-I don't care too much about it. I mean, it's not that I don't like it. I think it's very cool to watch a game live. But it's just not my thing. I'm not a

sports fan, and plus, the tickets are normally very pricy for me. I will save up my money for a live concert rather than a live sports game. (原因)

3. Who do you like to watch sports games with?

-My dad! My dad is the reason why I'm a sports fan. He is an even bigger fan. We always watch football games together. We both support our national team, Guo'An. Each time when Guo'an is playing, we'll sit in front of the TV, open some beers, grab some snacks, and have our eyes glued to the TV. (细节)

-Nobody, I'm the only one in my family that follows sports games. I always watch sports games alone at home. How I wish there could be more people in my life who can share the same passion with me, and watch games with me. (我多希望.....啊) (原因)

4. What kinds of games do you expect to watch in future?

-I'm a massive fan of XXX (某体育明星), so if one day I could watch one of his/her games, I would be over the moon. And also, I've never watched tennis games live, so perhaps one day I can try that.

Cars (汽车)

知识点:

车的种类:

-hatchback 两厢车; sedan 三厢车; SUV 运动型多用途汽车; wagon 旅行轿车;

Convertible/cabriolet 敞篷轿车; coupe 两门的小轿车 (往往是豪车); crossover 跨界车; pick-up 皮卡; van 厢式货车 (往往那种 7 座的丑丑的可以拉货也可以坐人的车); sports car 跑车; muscle car 很有大马力的车 (北美肌肉车); limo 加长豪华大轿车; electric car 电动车

1. Did you enjoy traveling by car when you were a kid?

-Yeh totally. I loved traveling by car. Unlike many young kids who would feel carsick (晕车), I was always very comfortable when I was in a car. I remember the first time my parents took me on a road trip to another city. We spent two days on the road. I was sleeping, eating and looking around in the backseat the whole time. I enjoyed that trip a lot, and I fell in love with traveling by car after that trip. (讲故事)

-Not really. I always felt carsick when I was a kid. It was the worst feeling when I was in a car. I felt dizzy, nauseous and very very tired. That's why traveling by car would be the last thing I wanted to do when I was a kid. Luckily, now I'm much better. I don't feel that awful when I travel by car anymore. And I feel even better when I'm the one who's behind the wheel. (时间分层)

2. What types of cars do you like?

-I like cool cars, like coupes, sports cars and American muscle cars. I know they're not practical enough, but I just fancy having a car like that in my garage. That's the shallow side of me. (细节)

-I like electric cars. I'm a greenie (环保人士的口语昵称), electric cars are definitely my type of cars. They are quiet and friendlier to nature. I'm actually saving up to switch to an electric car (换车). (原因)

-I'm obsessed with pick-up trucks! They're so tall and big, give me such a strong sense of security. I'd like to have a big pick-up truck with a bright colour, for example, bright yellow, just like the transformer (变形金刚), or neon green, you know, the most impossible colour for a big truck. It would be so cool to drive a car like that on the street. (原因, 细节)

3. Do you prefer to be a driver or a passenger?

-I love the feeling of controlling a car, so I definitely go for being a driver. And plus, I can never relax when I'm sitting on the passenger's seat. I'll be too nervous with other people driving the car. (原因)

-I don't like driving a car. I'm not a good driver at all. I prefer to sit in the back, put my feet up, close my eyes, and even take a nap in the car. (原因)

4. What do you usually do when there's a traffic jam?

-Sometimes I'll listen to the car radio and get myself distracted; sometimes I'll call my mom or my best friend Jessica to while away my time; sometimes I'll just zone out/space out/let my mind wander/let my mind go (发呆), and think of nothing. There aren't too many things you can do when you're trapped in traffic. Better be patient and not too frustrated. (分情况)

Cinema (电影院)

知识点:

-cinema 的其他说法:

the movies, movie theatre, movie house

Let's go to the movies! 咱们去电影院吧 (这个表达非常常见)

-Let's go see a movie. 去看场电影吧!

-Let's go catch a flick (电影的非正式表达) .

-电影的种类 (movie genres)

action 动作片; comedy 喜剧片; love story/romance 爱情故事; horror 恐怖片; chick flick 少女片 (贬义); romcom (romantic comedy) 爱情喜剧片; thriller 惊悚片; sci-fi (or "science fiction") 科幻片; popcorn movie 爆米花电影; Hollywood blockbuster 好莱坞大片电影 (blockbuster 大片、炸弹);

independent 独立影片; **low-budget** 小制作; **drama** 剧情片; **fantasy** 奇幻魔幻电影; **western** 西部片

1. Did you often go to the cinema when you were a kid?

-Oh, definitely yes! I was such a movie freak when I was a kid. My parents got me an annual movie pass (包年电影通票) so that I could watch movies every weekend. I loved all the Marvel movies, Disney movies and DreamWorks...I watched so many kid's movies (儿童电影) . I'm still a big movie fan now! (细节, 时间分层)

-No, unfortunately. I mean, I have always been a movie lover, but my parents were pretty strict with me. They never wanted me to get entertained too often or too much because they thought that might distract me from my studies. (原因)

2. Do you usually go to the cinema with your friends?

-Sometimes I go to the movies with my friends, especially if it is a comedy. I enjoy having a good laugh with people. I feel that when you laugh together you can double the happiness. But when it comes to serious movies or sad movies, like a sad romance, or a historical movie, I prefer to watch it alone, as I want to really let the movie sink in (彻底吸收) . (分情况)

-I almost always go to the movies alone. It's just my habit, a thing I have (我的一个讲究) . I love how I don't need to care about others' reaction when I laugh or cry alone in the dark. I can completely immerse myself in the movie and forget about everything. It's a stress reliever (减压器) . (原因)

-I'm like a social animal. I love going to the movies with my friends. It's a great way of killing some time and bonding with each other. After the movie, you can talk about it, and throw some comments on it, I don't know, you just have more things to talk about. (原因)

3. Do you still enjoy watching the movies you loved as a child?

-Actually, yes! I feel that my inner self hasn't really grown up/aged yet (我的内心自我还没有长大/衰老). I still like the movies I loved when I was little. For example, I loved the Little Mermaid/Spider Man, and last week I rewatched it again. It still gave me the creeps (给我鸡皮疙瘩). I was totally into it. (举例子)

-Not really. My taste in movies definitely changed a lot with age. When I was little, I used to be crazy about cartoons and comedies, but now I like suspense movies, sci-fi movies and thrillers. I like movies that are more intense and mind-bending. (时间分层)

4. Do you prefer watching movies at home or at the cinema?

-I prefer to catch a flick at home. Because the whole point of doing it is to let your hair down, put your feet up and relax. Being at home is so much more comfortable than being in a cinema. And plus, I have a home theatre with a giant screen and a killer sound system (致命牛掰声效系统) that can provide me with a very professional watching experience, just like in the cinema. So, I don't have a better reason to not watch a movie at home. (原因, 补充)

-I still prefer to go to a movie theatre, especially when it comes to sci-fi movies. The watching experience is so important. The giant IMAX screen and the awesome sound system in the theatre can take the movie to the next level (让电影更上一个台阶). I will never watch a sci-fi movie at home.

(原因)

Daily routine (日常作息)

知识点:

-set alarm 设置闹钟

I always set my alarm earlier so that I don't need to rush around (由于要迟到而窜来窜去) in the morning.

-turn off the alarm 关掉闹钟; hit snooze 点击“小憩”键

-create/make/brainstorm a to-do list

Every day, in the morning, I will create a to-do list.

-write a list of everything I need to get done for the day

-make/develop a schedule

-daily/weekly/monthly schedule

-dedicate...to

I always make sure I dedicate a certain time of the day to my schoolwork. And during this time, I'll put my phone on mute and stay off the web until I've got everything done.

-A good daily routine makes it easier to stay organized, and will help you to get the most out of the day.

-A planner can help you keep track of (追踪) your classes, school work and extracurricular activities (课外活动) .

-A daily routine can keep yourself on task (让你有事情做, 有任务忙) .

1. What's your daily study routine?

-I set my alarm for 7 am every morning. I have classes starting from 8:30, and finishing around 3 pm. So, between 08:30 am and 3pm, I'm pretty swamped (很忙, 任务很多) . I don't even have the time for a proper lunch.

I just grab something between classes (课间随便买点东西来吃吃) . And after that, I'll take a breather, loosen up, go to the gym, chill out a little bit, have a nice dinner. And then, I'll go to the library around 7pm to study again, and spend a couple of hours there. (细节)

-I don't have a fixed daily routine. My study schedule revolves around (以.....为中心) my class schedule (课表) . If I have a lot of classes during the day, I'll study from morning to evening continuously, very intense.

But, if I don't have a lot of classes, I'll be very chill. I'll hang out with my friends, go to the gym, watch a movie, just chillax. (分情况)

2. Have you ever changed your routine?

-Certainly, I have. I remember when I graduated from high school and became a university student, my routine changed dramatically. I didn't need to study that much anymore. Suddenly I had a lot of time for myself. In the beginning, I was even feeling guilty for taking some "me time". And now, I love my new life and my new routine! (原因, 细节)

-Definitely. After I started working, my daily routine changed in 180 degrees. I was used to my university life. It wasn't very relaxed, but it wasn't crazily intense either. But working life is another level of intensity. I wake up around 7am, leave home at 8, and come back home at 8pm. During this period of time, I don't get to take a break except for the 30-min lunch break. (原因, 细节)

-No, not really. My daily routine has always been very organized and busy, as I'd like to keep myself on task, and make the most out of my day. I have a planner which can help me keep track of the things I need to do, and the things I have already done. I have more or less the same schedule throughout these years. (原因, 细节)

3. Do you think it is important to have a daily routine for your study?

-Oh, yeh absolutely! If you want to stay efficient and organized, you need to have an agenda to follow. It keeps you on task, gives you a sense of direction, and prevents procrastination. If you didn't have a daily routine, you might be too easy-going with yourself, and end up accomplishing nothing. (原因, 反向假设)

-Although I don't have a fixed daily study routine, I think it's important to have one. It keeps you on track, gives you a sense of direction, and prevents procrastination. I'm gradually realizing the importance of having a routine. I'm working on getting into the habit of create a schedule every day, and slowly develop a study routine. (原因)

3. What part of your day do you like best?

-I love mornings. I'm a big morning person. I'm more energetic and clear-minded in the morning. I can definitely get more things done during this period of time. Everything feels right in the morning. (原因)

-I love nights. I'm such a night person. At night, I become very productive and creative. I always come up with the best ideas at night. During the day, I don't feel that excited to throw myself into all kind of tasks. Especially in the morning, I always act like a zombie. (原因)

Art (美术)

1. Do you like drawing?

-No, not really. I know my limits (我知道我的限制与不足): art is not my thing. I have 0 talent in drawing (画画 0 天赋). I draw like a 5-year-old (画图像五岁小孩子). So, no, I definitely don't enjoy drawing, as I feel frustrated and a little humiliated by myself. (原因)

-I like drawing because I'm quite good at it, and I find it really relaxing for me. Every week, I'll draw a little something for fun. Sometimes I draw a little watercolour (水彩), sometimes I do a little colour pencil (彩铅). It depends on my mood. (分情况, 细节)

-I've always loved drawing and sketching things. But sadly, I've been too busy to keep/enjoy this hobby. I haven't done it in ages. One day, when I have more time on my hands, I would draw more often for sure. There's something special about drawing that can really lift my mood, and cheer me up. (先抑后扬)

2. Do you like going to the gallery?

-No, not at all. I'm 0 artistic (一点艺术家气质都没有). I just don't get art (不理解美术). I don't get it. I don't feel it (感受不到), and I don't feel

connected to it (连系不起来) . It doesn't click with me (没有正向感应) . I feel like an outsider (外来人) when I'm in a gallery. (原因)

-I don't really go to galleries that often, but I enjoyed my time being there each time. However, I'd like to go to art museums more, as there I can see a lot of famous art pieces all at once, and learn more about art. Galleries are cool, I like them. But it depends a lot on the taste of the owner.

Therefore, I would say, galleries are more personal. (原因)

-I love galleries!!! I love that I can find some really unique artists and their art pieces in small galleries. Sometimes I can even afford to buy some paintings and add them to my collection (加入我的收藏里) . I'm the kind of person who can spend all day in different galleries and trying to find artists that I like. (原因)

3. Do you want to learn more about art?

-For sure. I always want to learn more about art even though I don't know much about it. Still, being knowledgeable about art is a very cool thing. You can understand and enjoy art in a better way, you can talk about art and make more art friends. It's always a good thing to know more about art. (原因)

-Always! There're always new things to learn about art. It never ends. Stay humble, stay foolish. That's my motto (人生名言) . As an art lover, I'll always be curious about art. (原因)

4. Did you learn drawing when you were a kid?

I guess, everybody did, right? When we were little, every school had art classes. It was part of the compulsory courses (必修课) . I still remember how my primary school art teacher taught us how to draw all kind of animals, a lion, a tiger, a horse, and a dog. Everybody learned drawing when they were kid, no matter it was in-school art classes or extra-curricular classes (课外班) . (细节)

Mirrors (镜子)

知识点:

常见的镜子类型

-portable mirror /travel mirror/make-up mirror/ pocket mirror/ compact mirror 指的都是很小巧的可以用来补妆的小镜子，往往带盖子，如图



- magnifying mirror 放大效果的镜子

-full-length mirror 全身镜

-standing mirror 站在地上的那种镜子（我不知道名字）

full-length standing mirror 如图



-hanging mirror 挂镜/ wall mirror 墙上的镜子（和挂镜差不多，更重一些，用膨胀螺丝固定）

- leaning mirror 靠在地面和墙上的倾斜的镜子，如图



-reflection 镜子里的镜像

I can't pass in front of a mirror without looking/glancing at my reflection.

-照镜子会用到的动词

look at: 看; glance at: 瞥见; gaze at: 痴情地凝望; stare at: 死盯着看

check myself out in the mirror: 在镜子里检查我自己的容貌

touch up my make-up while I'm on the go: 在奔波中补补妆

tidy up in front of the mirror: 在镜子前整理仪表

-俚语: 1. **A friend's eye is a good mirror: 朋友眼睛是镜子**

I always ask Tom to read my writing before submitting it. A friend's eye is a good mirror, and he'll always tell me if it needs more work.

2. **be able to fog a mirror: 几乎不能活, 苟延残喘的状态 (fog 在这里是动词, 指的是“使产生雾气”。人对着镜子哈气会形成雾气, 能哈出雾气, 表示你还有一口气)**

I spent the whole day moving furniture, so I'm barely able to fog a mirror now.

1. **Do you like looking at yourself in the mirror? How often?**

-I'm like a mirror freak. I look at my own reflection in the mirror all the time, whenever I get a chance. I check myself out in the mirrors in the mall, my compact mirror in the pocket, or even in those store windows where you can see your own image. I don't know why though, maybe I'm really insecure (缺乏安全感的)? (细节)

-I stare at myself in the mirror a lot. I spend tons of time checking my face, touching up my make-up, or tidying up in front of the mirror. My friends call me a narcissist (自恋狂) / narcissistic (自恋的), but I think it's actually the other way around (事实正好相反). I have very low self-esteem (我自尊度很低). So, I need to constantly make sure that I look OK, presentable (上得了台面) to the world. (细节, 原因)

-I don't really look at myself in the mirror, maybe once in the morning (早起一次), and another time before bed when I'm brushing my teeth (晚上刷牙前再一次)? I don't care about how I look in the mirror. And I read somewhere that checking yourself out constantly nonstop in the mirror is actually a kind of psychological disorder (心理疾病). That shows how insecure you are. Maybe I'm like the opposite (相反的), I'm too secure with my look. Haha! (细节, 原因)

-I rarely look at myself in the mirror these days, as I'm so busy with my work. I'm all over the place (忙得团团转) at work, and when I finish my work and arrive home, I just sink into my couch (陷入沙发中) and watch meaningless TV shows all night. I don't even have the mood to check myself out in a mirror. Sometimes I catch myself in a mirror (不小心瞅见自己) and I would freak out, because I look terrible, haha! (原因, 细节)

-I don't do that very often because I hate seeing myself in a mirror. I don't appreciate my appearance, so that's why I don't enjoy seeing my own image in a mirror. When I pick up a mirror, I would pay attention to all my facial flaws and get really upset with myself. (原因)

***学完以上素材, 整合练习:**

I love staring at myself in the mirror, all the time. And my friends call me a narcissist, but I actually think it's the opposite. I read somewhere that checking yourself in the mirror nonstop is a type of psychological disorder. I believe that's my case, I need to touch up my make-up, check my face, and try to make sure I look presentable. That's because I'm not confident with my look.

2. Have you ever bought mirrors?

-Yes, of course. As I said before, I'm a mirror freak, basically I can't live without my mirrors (夸张说法). So, yeh, I buy mirrors pretty often. And the crazy thing is, I keep losing them, you know, those small make-up

pocket mirrors? They love running away from me (幽默), I don't know why! I just bought another one last week! (原因)

-Yeh, I've bought mirrors before, who hasn't? I mean, even though I don't look at mirrors often, it's still something you need from time to time. It's still functional. For example, /Let's say, when you have a pimple (痘痘) and you want to check it out, you need a mirror. (原因, 举例子)

3. Do you usually take a mirror with you?

-Oh yeh, for sure. As a mirror person like me, I have multiple mirrors with me when I'm out and about (在外面溜达), I have...a tiny compact mirror for touching up my make-up and applying lip-color (涂口红), and slightly bigger one when I need to do my hair (搞发型), and sometimes I will even bring a magnifying mirror (放大效果的镜子) with LED lights (带 led 灯光的) when I have skin problems. I know, that sounds crazy. (细节)

-I do. I have a pretty cute compact mirror that I've been using for many years. It used to be a pressed powder compact (粉饼盒子, compact 本身也有小粉盒子的意思) that came with a mirror (配有镜子). When I finished the powder, I kept the compact and have been using it for years. I love its look, very classy and elegant. And I also love its size, very small and portable. (细节, 原因)

-No, not really. What's the point of doing that, right? Given that I'm a very secure person, I don't need to constantly check myself out in a mirror when I'm out. (原因)

4. Would you use mirrors to decorate your room?

-Oh definitely yeh! I mean, mirrors are not just functional, but also very decorative. For example, you can put a giant leaning mirror in your room and make the room look twice as big (让房间看起来有实际的两倍大). And you can put small hanging mirrors with different shapes on the wall to make your room look cheerful and fun. There're so many things you can do with mirrors to spice up the space (让你的空间劲爆有趣起来). (举例子)

-I personally wouldn't use mirrors to decorate my room, because A, I'm not an expert on home décor, so I'm not confident enough to do things like that; and B, like I said, since I don't even enjoy seeing myself in the mirror, I wouldn't want to catch myself off guard (没有准备的情况下撞见自己) in a mirror in the room. That's pretty terrifying to even think about, haha. (原因)

Dreams (做梦)

知识点:

-dream 有名词和动词两种词性:

作为名词: 搭配 have 动词: have a dream(n.);

作为动词: 可以搭配介词 about 来强调作梦的内容: dream(v.) about

例如以下对话:

I had a dream last night.

Oh really, what was it about?

I dreamed about a big elephant and people with black masks.

Wow, sounds like a nightmare (噩梦) .

-Why do we dream? Some researchers say dreams have no purpose or meaning. Others say dreams are very important for mental health and well-being.

-I was tossing and turning (辗转反侧) all night in the bed, and had some really bad dreams.

-和 dream 相关的俚语:

① beyond someone's wildest dreams: 超出想象, 做梦一样的惊喜

The project has been taking off beyond my wildest dreams!

② **work like a dream: 效果像做梦一样好**

This home remedy works like a dream each time when I have a cold.

③ **a dream come true 梦想成真**

My new job is a dream come true.

语法看起来很奇怪对不对?

实际上是省略了括号里的内容: **My new job is a dream (that has) come true.**

1. Do you often remember your dreams?

-No, not really. I don't really recall the details in my dream. Sometimes I wake up and still have access to some fragments of the dream. But when I try to bring the dream to my mind more clearly, those fragments just start to fade away. And sometimes it's even less than that, I just have a feeling that I had a dream last night, but I don't remember anything. (分情况)

-Now I rarely recall vivid dreams from the night before, I just have a general feeling that I dreamed, but I can't put a finger on (具体是什么说不出) what exactly I dreamed about. But when I was little, I always remembered what I dreamed about. I could even share my dream with my parents in detail, and they always loved to listen to my crazy stories. (时间分层)

-Yeh for sure, all the time. I always wake up during the dream, and return to sleep remembering the dream. And the next day, I will still have access to my dream, and I love sharing the story with my family and friends. They all call me a wonderful storyteller (故事大王). (原因)

2. Do you share your dreams with others? (or are you interested in others' dreams?)

-上一题如果提到了会 share 就不会再问这道题了

-I don't really share my dreams with others. I mean, A, there's nothing much to share as I don't vividly remember the details. And B, sometimes even when I do remember the story, it's weird to talk about those wild, crazy and even very dark hallucinations (黑暗的幻觉), you know? I'm worried about being judged by others. (原因)

-I'm interested in my boyfriend's crazy dreams, other people, not so much. My bf always has the weirdest dreams, and he's also very good at telling them. I guess it has a lot to do with the way he tells a story, very engaging and vivid, I mean, story-telling skills are very important. (原因)

3. Do you think dreams have special meanings?

- Personally, I believe that dreams mirror/reflect (反射) our inner emotions and feelings. For example, when I feel stressed out, I will have nightmares of being chased by a monster. But other than that, I don't see anything more special behind the dream, like, many people think that dreams can tell you about your future. Which I think is total nonsense (完全无厘头) .

-Personally, I don't see it that way. For me, dreams are just dreams. They have nothing to do with (无关) the reality. We shouldn't read too much into them (过度解读) .

-I'm the kind of person who pays a lot of attention to my dreams, and I think, they say a lot about my inner feelings from a subconscious level. Therefore, I tend to analyze my dreams and try to understand myself better. Sometimes, I might even become a little superstitious (迷信的) . I believe that dreams could be a future-teller (预告未来的事物) .

4. Do you want to make your dreams come true?

-If we are talking about the kind of dreams that I have at night, then no, those dreams are too crazy and wild, and sometimes even spooky (吓人的), making those dreams come true would be the last thing I want to do. But if we are talking about my hope, my wish, my dream in life, then

of course, making those dreams come true would be the best in the world. (分情况)

-Yeh that would be cool! I mean, I always dream about riding on a giant dragon, like the one in Game of Thrones that can shoot fire, you know that one? Oh man, if that dream came true one day, I'd become the most powerful person in the whole world. (举例子)

***学完以上素材，整合练习：**

Do you often remember your dreams?

-Well, most of the time, I can't put a finger on what I dream about every night, and I just know that they're mostly nonsense. Sometimes when I'm really stressed out, I will have nightmares and wake up during the dream. And that's when I can vividly remember the dream in detail. It's usually me being chased by a monster, or something like that.

Website (网站)

1. What kind of websites do you often visit?

-Well, lately I've been visiting a lot of educational websites since I need to prepare for my IELTS exam. I can get a lot of useful information related to the exam, for example, what are the new trends, what are the new topics, stuff like that; and also, I've been taking a course on another educational website called XXX, and the course is about psychology. What else, I often visit a website called XXX, it's an academic research database where I can find useful references for my paper. (举例子，细节)

-At work, I always need to go to my mailbox, send and receive tons of work e-mails. I visit that e-mail site all the time, probably 20 times per day. That's the website I use the most, I think. Other than that, I don't really visit websites anymore, I get on apps much more often. (原因)

-I can't think of a website that I visit frequently. I guess the reason is that nowadays people use cellphone apps so much more than traditional websites. Apps are easier to use and more interactive than a website.

When you see the little icons on your screen (手机屏幕上的 app 小图标), you simply just want to click on it. (原因)

2. What's your favorite website?

-Well, I don't have a favorite website, and I already shared with you the reason why. But I do have a favorite app, and it's a video sharing app/ gaming app/ social media app/shopping app... (参见该季度关于 app 的主题的相关语料, 简单拓展两句)

- Well, I don't have a favorite website now, but when I was little, I loved this website called Xinlang. I used to visit it all the time. It was kind of like a Chinese version of Yahoo.com, where you can read news, you can write blogs and share them with your friends and family, you can play games, you can watch some videos. It had a little bit of everything (什么都有一点).
(时间分层)

3. Are there any changes about the websites you often visit?

到底是指网站本身的变化, 还是我自身口味的变化, 有点搞不清

-My taste in websites? Yeh for sure, it changed. When I was little, I loved visiting websites where I could read articles, play games, write diaries and blogs, you know, an online space where I could do everything. And then later, as I grew older and became more socially active, I started to fall in love with social media websites where I could connect with people, share my lifestyle with others. And now, I just visit websites that can help me with my school work. I've been becoming more and more pragmatic (务实的). (时间分层)

4. What kinds of websites are popular in your country?

In recently years, social media sites are very popular in China. People are too busy to socialize, but at the same time, they're bored and lonely. That's why people love social media, as it connects people online. And then, podcast websites (博客、有声书) are on trend as well. I guess for the same reason I just mentioned. People are bored and lonely, they want to hear someone talk to them about some interesting stuff. But they don't

have the time to meet up. So, podcasts are perfect options for them. (罗列)

Street market (街市)

1. What do people usually buy on the street market?

Well, there's a type of street market in China, called "wet market" (鲜货市场). It's a market where you can get fresh meats, and seafood. And also, there're festive street markets which only open during traditional holidays. On those festive markets, you can buy traditional food and handicrafts. Oh yeh, there're flower markets where you can get fresh flowers and plants for you home. They're especially popular in southern part of China because the weather is warmer there. (分类讨论)

2. Do you prefer to go shopping in the shopping mall or on the street market?

-If I have to choose between the two of them, I would go for modern shopping malls. Street markets are more for fresh food, or just for having some fun, they're not for serious buying. Lots of the things from street markets are handmade by the sellers themselves. There's no warrantee or anything. Things from the malls are definitely more reliable and with better quality, as they have to pass many tests before getting into the mall. And on top of that, there're a lot of things you won't be able to find in a street market. You won't be able to buy a TV, a washing machine, or a piece of furniture in a street market. The options are more limited there.

(对比讨论, 补充)

-Neither. I haven't gone to a mall for ages (很多年), let alone a street market! I buy everything online nowadays. It's a money-saver and time-saver. I don't even see street markets in my city anymore. I think they're disappearing. (原因)

3. When was the last time you went to a street market?

-Let me think...Probably a month ago, before new year. I went to a wet market with my parents near home. And we bought some fish, some beef,

and some ribs (排骨) . My parents hosted a new year's dinner, and the meats we bought from that market were all very fresh and delicious.

(WH 法)

-I don't even recall. It must have been ages/forever. Maybe it was many years ago, during Spring Festival, my parent took me to a "temple street market" (庙会) . It's a traditional street market that only open during Spring Festival. We spent a whole day there. I remember it was fully packed with people, and there were all kinds of street vendors (街边摊) and food stalls (食品小铺子) . I tried different traditional snacks and played some outdoor games. It was a good day. (WH 法)

4. Are there many street markets in China?

-Not that many anymore, especially in big cities like Beijing, Shanghai, Guangzhou and Shenzhen. Those cities have been working really hard on improving the cleanliness and tidiness of the streets. And street markets could be really dirty and messy, that's why many of them have been removed by the local government. But in small cities and towns, you can still see street markets from time to time. (强调、补充)

Lost and found (失物招领)

1. What will you do if you found something lost by others?

-It depends on what it is. If it's things like a hat, a book, or a necklace, you know, small things, I will just leave it there. Because I assume the owner might still come back for it. But if it's something very important or expensive, like a wallet, or an ID card, a phone, or a suitcase of cash (一箱子钱, 哈哈), I might stay there for a while, and wait to see if the owner will come back, and if not, I will hand it to (上交, 给) the police. (分类讨论)

-Honestly, nowadays, I might just pretend I didn't see anything and leave, because I don't want to get into trouble. And, I don't want to make that effort on trying to find the owner either. I'm a busy person. (原因)

2. Do you report to the police when finding something lost by others?
Why?

上一题已经回答，不会再问

3. Have you ever lost things?

-Yes, a hundred times (夸张) !! I'm a little absent-minded (大脑不在线), sometimes I get easily distracted and just leave my things in public places, like, a café, my school library, or even the mall. But I'm working on it! Trying to fix it. (原因, 细节)

-Yeh, maybe once or twice. One time, I left my jacket in a public washroom and never found it back. And, and the other time I lost my phone somewhere. But I'm skeptical about the second time, as I suspect that it may have been stolen by someone. (细节)

-No, never. I'm an extremely careful person. I look after my stuff very well. Before I leave a place, I'll be always looking around, double checking if I've got everything, and being super mindful and conscious about my items. (原因, 细节)

-也可以讲故事，简单丢东西的经历

Yes, one time, I lost a XXX.

4. Will you post on social media when you lose your item?

-Hmmm, that's a good question! I've never thought about doing it, but now come to think of it, I DO see many people trying to find their pets, their important stuff on social media sites. And many times, it worked. So yeh, maybe one day, when I lose something, I'll do the same. (原因)

-No, I don't think so. I'm not super tech-savvy (科技高手), and also, I care about my privacy. I don't want strangers from the internet to know what I

own and what I lose. I think it's too much information, over-sharing. (原因)

Time management (时间管理)

知识点:

Is routine and schedule same? Routine 和 schedule 是一回事吗

以下摘自网络 “Schedules are planned out and often written down. Routines can be activities that are done without planning, things that you are used to doing on a regular basis. Many people might do the same things every morning in the same order, but that's not necessarily something they scheduled for themselves.”

Routine 更像是你的一个固定流程，不一定是详细计划过的。更强调“规律性（也有时候暗指循规蹈矩性），以及非计划性”，如：

What's your morning routine?

I'm so bored with my routine life.

-organized: 有条理的

I'm a very organized person.

-spontaneous 即兴的（不做计划的）

-carefree, fancy-free: 无忧无虑，没有牵挂的，不负责任的

-Go with the flow: 顺其自然

-messy/unorganized: 乱糟糟的

-planner: 计划本

-calendar: 日历

- to-do list: 计划要做的事儿

1. How do you plan your time in a day?

-Well, firstly, I'll quickly brainstorm a to-do list (头脑风暴出一个要做的事情的名单), figuring out the things I want to do, like going to the gym, and the things I have to do, for example, deadlines, appointments, things like that. And then, I'll write them down in my pocket planner. For me, I need to see the schedule on a piece of paper. That's my thing (是我的一个讲究).

Otherwise, I won't take it seriously. (罗列, 细节)

- I just don't. I'm never an organized person. I see myself as a very carefree and spontaneous person, but my mom just calls me a messy person.

Anyway, I don't plan things out. I prefer going with the flow. (原因)

2. Is it easy to manage time for you?

-Yeh, it's not a problem for me. I'm very good at managing my time. Having time management skills is one of my strengths. I know how to prioritize things and stay effective when I have a lot of things on my plate. And the most important thing is that, I always follow the plan/stick to the plan, which makes things much easier. (原因)

-No, it's not easy at all. Like I said, I'm a messy person, meaning, I don't know how to manage my time. I often find myself losing hours of time without knowing what happened. (原因)

3. When do you find hard to allocate time?

-When I have too many things to do, or when I feel not myself, feel exhausted and mentally vulnerable, I'll have a hard time organizing my time.

4. Do you like being busy?

-Yes, I'm a highly motivated person. I love being busy and having a lot of things going on in my life. I enjoy being productive and get a lot of things done. That gives me a strong sense of satisfaction. (原因)

-No, not at all. I enjoy a well-paced life, not too busy, not too slow. I'll feel very anxious and stressed out when I have too many things to juggle at the same time. A hectic life sounds fun and challenging, but in the reality, you'll feel swamped (深陷泥潭的感觉) . I'd like to take my time, enjoy my meals, do my yoga, take some "me time", and be able to live my life. (原因)

Mobile phones (手机)

知识点:

-dumb phone 只能用来打电话和收发短信的原始手机

-flip phone 翻盖手机

-smartphone 智能手机

-swipe left and right 向左向右滑

-scroll on the phone 刷手机

-charge the phone/ battery 充电

My phone is charging.

-charger 充电器

-My phone is out of battery. / My phone is dead. 完全没电

My phone is running out of battery. 还有一点电，快没电了

-My phone is running slow. 我的手机很慢

-My phone is not working. 我的手机不工作了

-feature 特性

I love the new features on iPhone 12.

1. What was your first mobile phone?

-My first mobile phone was an old phone from my dad. I think it was a Nokia. It was such a cool phone because it was a non-flip phone. At that time, most mobile phones were flip phones (翻盖手机), and mine wasn't. I still remember how I secretly played games on that phone in class. It was so entertaining for me at that age. (细节)

-My first phone was iPhone 3, I think. Grew up as the Apple generation, all my phones are iPhones. I still remember how excited when my parents got me that phone. It was my first smartphone. And after I charged the battery, I spent hours scrolling on it, downloading apps, testing out all the features. I was so thrilled (激动). (细节)

2. Do you often use your mobile phone for texting or calling?

-I'm a "texter" (玩笑), I don't enjoy calling people or receiving a call from people. Actually, getting a phone call from somebody is one of my biggest pet peeves (最烦的事儿). It gives me the creeps (让我起鸡皮疙瘩). And I always text people, or send voice messages, so that people can answer me at their convenience. (原因)

-I'm too impatient to text. It's too much work (as I have giant fingers) and too passive. I always just grab my phone and call directly, no matter at work or after work. At work, I need to call my clients and my boss all the time. It's direct, it saves time, and it avoids many unnecessary miscommunications. And after work, I still prefer to call because I'd like to hear people's voices rather than their words. (原因)

3. Will you buy one in the future?

-I will for sure, not because I love buying new phones, but because phones today are so easy to start running slow and stop working out of the blue. So, almost every two years, I'll get a new phone. (原因)

-As a phone geek/freak like me, I buy at least one new phone each year. I love trying out different brands and technologies, making comparisons

between different makes and models (品牌型号) . That's my biggest hobby. (原因)

-Actually yes, because I just lost my current phone. It got stolen from the street. So, I've been doing some research on what phone I should buy. And I have my eyes on (看上了) several different brands, but I haven't made up my mind yet. (原因)

-No, because I just bought a new phone. I'm pretty happy with it. It's an iPhone 12 pro. I like its new features, like the three cameras are incredible, and the screen is bigger and even clearer. And, I bought a pair of AirPods pro to match it. They work so well together. (原因, 细节)

4. How has your mobile phone changed your life?

Oh wow, it has changed my life completely, like 180 degrees. Now I can't imagine my life without my smartphone. If I look at my day, I'm waken up by the alarm on my phone; and then I listen to some podcast while having my breakfast; and then I check the weather on my phone to decide what to wear for the day; and then when I commute on the way, I listen to some more podcast programs; at work, I use my phone to contact my clients and coworkers; and after work, I need my phone to help me do some workout. I'll get on a workout app and just follow the instruction. Oh, and when I drive, I need to open my navigation app to get directions. So, everything I do now, I do it with the help of my phone. I can not have a boyfriend, but I must have my phone!!! (原因, 细节)

Email (邮件)

知识点:

-school e-mail account 我的学校邮箱账号 (大多数国外的大学都会给学生一个专门的学校邮箱, 用来发送一些重要相关信息)

-business e-mail account 工作邮箱账号

-via e-mail 通过邮件

We will discuss this issue via e-mail.

-receive/get e-mails

-transmit/send e-mails

-for business/professional purposes 出于商业（职场）目的

-different types of e-mails you receive daily:

① promotional e-mails: （促销类的）

This email normally includes a discount, coupon （代金券）, or some other special deal/offer that can help you “save money” on buying certain brands.

② commercial e-mails: （商业类）

商业类的邮件里包含促销类的邮件，除此之外还有

New product updates （新品介绍）; event invitations （活动邀请）; newsletters （最新资讯）

③ transactional e-mails: （商务类）

Password resets （重设密码）; shipping notifications （发货物流通知）; E-receipts （电子收据）

④ survey e-mails （市场调查类）

To collect customers' feedback

⑤ work e-mail （职场上的邮件）

⑥ spam/junk email （垃圾邮件）

1. Do you often send e-mails?

- Not very often, sometimes. As a university student, I use my university e-mail account to communicate with my professors, and also my university

always transmits/sends important information via e-mail. It's a very good source of communication with my school. And also, I see it as a good practice for the professional world, as in many professions, employees will check their business email account constantly for business purposes. (原因, 补充)

-No, not really. As a millennial (90 后 00 后), I do not turn to e-mail when I need to communicate with the world. I DO have an e-mail account, but I don't check it often. If I want to reach out to my friends or family, I'll text them on message apps like WeChat, or I'll post things on social media sites so that they can know what's happening in my life and comment under my post. This's more like a modern way of communication. (原因, 细节)

-I don't really use e-mail to communicate in my daily life. The last time I sent out an e-mail was three months ago when I needed to talk to my professor. But I get a ton of e-mails every day, mostly commercial e-mails like, big sales, big promotions, event invitations, or transactional e-mails, like, shipping notifications or E-receipts. Also, sometimes I get spam e-mails, which is really annoying. (细节)

-Oh yeh, I send e-mails on a daily basis/on a day-to-day basis/every day. Sending work/business e-mails is a big part in my working life. It's formal, it's professional, and I can document all the conversations between my boss, my coworkers (同僚), my clients and I. We communicate, share important information and data via e-mail. (原因, 细节)

2. When would you send emails to others?

-Well, like I said, sometimes when I need to communicate with my university professors to discuss things related to my studies. I can't think of any other way that is better than sending e-mails. And sometimes, when I have some issues with the products I buy, or when I want to ask for a refund, I will write a transactional e-mail to the customer service of the brand (品牌) to solve the problem. (分情况)

-I would send emails every day at work. Especially in the morning, when I receive a lot of e-mails from my clients, I need to reply to them as soon as

possible. And before holidays, I would send group e-mails to my boss, my coworkers and my clients to say happy holidays, and meanwhile express my gratitude of being able to work with them. (分情况)

3. Is sending emails popular in China?

-I would say, it's still very popular in the workplace and in marketing (市场营销), but not popular anymore among friends and family. Professional emails are still a very formal way of communication. And every day, we receive tons of commercial e-mails from marketers (商家). But among friends and family, message apps and social media apps have placed emails almost completely. People use this app called WeChat to make contact, touch base and connect with one another. I don't even remember the last time I sent an email to a friend to just chat, maybe 20 years ago? (原因)

4. Do you think sending emails will be more or less popular in the future?

Like we have just discussed, in my opinion, sending e-mails for communication purposes among friends and family will be less and less popular in the future. I would say, almost not popular at all/0 popular. But when it comes to business e-mails, they will continue being popular as they're still the best way to communicate in the business world. (分类讨论)

Taking photos (拍照)

1. Do you like taking photos?

-Yeh, I'm a "photoholic"(拍照狂), if you will (可以这么叫我。这是常见的短句,表示“所谓的”) . I take photos of everything, natural views, the meals I eat, people around me, I also take loads of selfies (大量自拍) . I see it as a way of recording my life, to have some memories to look back to/hold on to when I'm older. (细节, 原因)

-Not really, no. First, I don't like taking photos of myself, as I'm very camera shy, and I never look good in photos (不上相). And then, I don't enjoy taking photos of other people or other things, as I don't have good photography skills to help me take good photos. (罗列原因)

-It depends on my mood. When I'm in the mood of taking pictures, I'll become a photo freak. All you can hear is the clicking sounds coming from my camera. But when I'm not in the mood, I'll be too lazy to try anything. (分情况)

2. Do you like taking selfies?

-I'm proud to say that I love taking selfies. It's one of the best inventions in 21st century. Taking selfies means you don't need to ask for anybody's help, you are independent and free. You're your own boss (你是自己的主人) !! That sense of autonomy (自主权之感) is what excites me the most. (原因)

-Like I said, I never look good in photos, and even worse in selfies. Each time when I take a selfie, I look like an angry horse! I don't know why, but I look like an animal, haha! That's why I don't enjoy taking selfies at all. (原因)

3. What's your favourite family photo?

-My favourite family photo is the one taken by a passer-by (路人) we met in Sanya. It was several years ago, my whole family (my grandparents, parents) and I went to Sanya for vacation. We are on the beach in Sanya in that picture, looking very happy and relaxed. We asked a passer-by to take the photo for us. Turned out it was a great photo, and we printed it out, put it in a frame, and hung it up on the wall. (讲故事)

4. Do you want to improve your photography skills?

-100% yes! I'm terrible at taking photos. It's definitely not my thing. But I want to make it my thing (不属于我的专场, 但是我想让它成为我的专长). I

want to be good at it, and take nice photos for my friends and family. So, I've been considering taking a photography course. (原因)

-Not really. I don't have any interest in improving my photography skills. I mean, I'm not a professional, and I don't need to make a living on it. And plus, secretly, I'm happy with the way I am. Because how lame (差劲) I am, my girlfriend never asks me to take photos of her because there's no hope at all! She gave up on me already. (原因, 补充)

Science (科学)

1. Do you like science?

-What's not to like (有不喜欢的理由吗)? Science is the root of everything in our world. It helps us explain how things work, all the phenomena around us. Like, why does water freeze in a cold environment, why do things fall to the ground, etc. It's an amazing tool we can use to explain our world. (原因, 举例子)

-Oh yeh! I'm a science person. I think my dad got me into loving science. He used to take me to the local science museum during weekends. Sometimes we would spend the whole day there. And what else, we made all kinds of experiments at home. The one that I remember the most is the "baking soda volcano". That was a crazy experiment. Anyway, that was my first introduction to science. (细节)

-I'm a science fan. I'm always a "why person" (充满疑问的人). It's never enough for me to accept everyday phenomena at face value (从表面上). I enjoy developing a deeper and fuller understanding of those things in life that we take for granted (被是理所当然的事儿). Learning about science enables my critical thinking skills. (原因)

-Well, I don't feel crazy about science. I mean, it's cool, but I care more about people's feelings and emotions, not about facts. Science is too rational and cold for my taste. (原因)

2. When did you start to learn about science?

-I started to learn about science when I was very little. My parents got me a series of books, called "the 10 thousand why". Those books are famous in my country as they basically explain everything related to science in our life. I used to love that series. I read them over and over again when I was little. (细节)

- I don't remember, to be honest. I still remember how excited I was when my mom took me to a very cool science museum when we were traveling in another city. I guess, that was when I started to really like science. (细节)

3. Which science subject is interesting to you?

常见的科学学科 (高中) :

Earth/Physical Science; Biology; Environmental Science; Zoology; Astronomy; Chemistry; Physics.

-I'm always intrigued by Biology. First, it covers such a vast range of topics that it is one of the broadest subjects a person could ever study. And then, biology helps me develop a profound understanding of all lives on earth. It's a science subject that studies all forms of life. It's unique and vivid, I love it. (原因)

-I'm an animal person, so zoology definitely sparks my interest. By studying animals, we can develop a better understanding of ourselves, how we function and interact with the world around us. To study animals is to study ourselves. (原因)

- Astronomy is definitely a lot of fun to me. The universe is so thought-provoking, humbling (使人谦卑的), intriguing and even scary at the same time. I never get tired to know stories about black holes. Sometimes, I just gaze at the night sky, and immerse myself in the world of stars and space. (原因)

4. What kinds of interesting things have you done with science?

I remember when I was in primary school, I did a lot of experiments in the school lab. I don't recall too many details about what I did exactly, but I remember how much fun I had. One thing I still remember is when I first time looked through a microscope. I saw cells moving and everything. That was very exciting and unforgettable. (细节)

以下两个主题题库里没有了，但事实上季度新题，按理说应该被保留。有空看一眼。

Memory (记忆力)

1. Why do some people have good memory while others just don't?

Some people are born with a better memory. That is to say, they're naturally better at memorizing things. And some people use certain techniques to train their memory. For example, some people would visualize everything in their minds, and make up a story using all the things they picture in their heads.

(And some other people, in my opinion, just try harder. It seems to me that, many times, when people claim they can't remember things, is actually because they don't care. It's about the attitude. If you really care a lot about something, you will use more brain power to memorize things related to it. For example, your partner's cell phone number.) 不一定要都说

(分群体)

2. Why do more people rely on cellphones to memorize things?

Because cellphones are too easy and handy (方便的). They've been spoiling (娇惯、溺爱) us so much to the point that (以至于) we are losing our capacity to remember things. And the more capacity we lose, the more we become dependent on our phones. It's like a vicious cycle that we can't turn around. (原因)

3. Are you good at memorizing things?

-I'm quite good at memorizing things, especially with names and numbers. For example, I remember all my family members and close

friends' phone numbers, and I remember their birthdays. At parties, I can always remember new friends' names and be able to call their names next time when I see them again. (强调补充+细节举例子)

-I have a very good memory. This is my thing (是我的特长). My friends all call me "the memory queen/king". I'm naturally very good at memorizing things, and also, I train my memory all the time, keep my brain busy. So, I would say, it's a nature and nurture thing (先天+后天).

-Remembering things is not my strong suit (不是我的强项) at all. I rely heavily on my phone and tablet to remind me of all kind of things, phone numbers, birthdays, appointments, deadlines, etc.

4. Have you ever forgotten something that was important?

-Not that I can think of. As I told you, I'm like a memory queen, I don't forget things easily, especially important things. When it comes to very essential things, I always put it in my planner, so that I won't make the mistake of forgetting it. (原因)

-Oh, yeh, probably many times. The thing is, I even forgot the times when I forgot important things!! How crazy is that! As a forgetful (健忘的) person like me, I don't even remember my "criminal evidence" (犯罪证据, 自我讽刺).

TV program (电视节目)

知识点:

主要的节目种类 Types of TV shows/genres:

sitcom: 情景喜剧; **soap:** 肥皂剧; **cartoon:** 动画; **documentary:** 纪录片;

sports show: 体育节目; **travel show:** 旅游节目; **kids'/children's show:** 儿童节目

TV-series: 美剧英剧连续剧 (一集一集那种)

news show: 新闻; reality show: 真人秀; talk show: 脱口秀;

comedy show: 喜剧类节目

1. What kinds of TV programs do you often watch?

- I love comedies because it's very light-hearted (轻松又有趣的), you know, I just want to fully relax and not think about anything when I come home from work. I also like documentaries, but sometimes they are just too heavy (太沉重). (原因)

- I'm a sports fan (体育迷), so sports shows are my favorite. Sometimes I watch sports games alone at home, sometimes I watch them with my friends at a bar. It's always fun for me. (分情况)

- I like so many things, travel shows, news shows, and documentaries. Especially documentaries, I love historical documentaries, crime documentaries, and psychology documentaries. There's something about documentaries that can really take my mind off things and help me unwind. (强调补充)

- I'm a big TV series fan. A good story can really get me hooked (被勾住了, 被迷住了). I feel that my brain releases a lot of dopamine when I'm binge-watching a new series. It helps me step out of myself and forget about my daily worries, and immerse myself in the world of drama. (原因)

binge: 狂欢, 放纵, 大吃大喝

binge-watch a TV series: 刷剧

2. Do you think kids are watching too much TV?

Yes definitely! Kids today are very hooked on TV programs. They love watching cartoons. Too much TV is really harmful for their eyes. And also, kids are passively receiving information from the outside world when

they're watching TV. Which means, they might be less involved in learning experience, and end up lacking critical thinking skills. Sadly, nowadays many parents just turn on TV when their kid start crying. It's an easy solution but it will harm their kids in long term. (原因)

3. What are the impacts of watching TV on children?

Like I said just now, first, it's really bad for their eyes. Many kids have dry eyes at an early age; and then, because they're all the time passively receiving information from TV, they don't get to practice their independent thinking, and end up being empty-minded and numb; and thirdly, when they spend too much time on TV, they end up not having enough time to do physical exercises. Many kids have muscle sores and pains everywhere when they shouldn't have problems like this at their age. (罗列)

4. What kinds of TV programs do you think should be broadcast more?

Any TV shows that are educational, that can bring knowledge to people, should be broadcast more. And then, TV shows that can inspire people, encourage them to become a better version of themselves, should be seen by more people; and what else, I think, TV programs that can promote harmony (促进和谐) among people, help people understand each other better, should be broadcast more. (罗列)

常年在考主题:

Work or study (工作或学习)

学生党:

1. Do you work or do you study/ are you a student?

- I'm now a university student, studying Computer Science at Wuhan University. I'm in my final year, I'll graduate in June (this year).

- I'm now a university student, studying Computer Science at Wuhan University. It's my second year. I've got two more years to go.

- I've just graduated from Wuhan university since last year. I've got my bachelor's in XXX. And now I'm applying to graduate schools in the UK/US/..., trying to get a master's degree.

I'm planning for a further education in XXX.

I'm planning to continue my education/studies in XXX.

2. What (subjects) are you studying?

即便上一题已经说了专业，也有可能问具体在学什么科目。

Well, right now I'm taking/doing a course called XXX, and at the same time, I'm taking/doing English Literature, Philosophy and History.

(后面可以加一句简单评价，不过就不会有下一问。)

-I like this major but it's very intensive and hard/ (it's hard/ a lot of work). I have to do /juggle all these different subjects. I don't have much free time.

-I like this major a lot. I find it quite easy and enjoyable for me because everything is so interesting. I'm having a lot of fun, and it doesn't feel like work.

-I'm studying Civil Engineering, and right now I'm doing a course called XXX, and at the same time, I'm taking XXX, XXX and XXX. To be honest, I find it quite boring and difficult for me, as there's a lot of Maths involved and things you have to remember.

3. Are you happy that you decided to study this major? (why or why not)

Yes, I love it. 原因 (参考上题回答)

Not really...原因 (参考上题回答)

I didn't know what it was about, and my parents chose it for me. And now, I find it...I'm regretting a little.

自己可以想一些很真实又简单直接的回答。上网搜索一些英语国家学生对于自己专业选择的想法。

4. What will you do when you finish studying?

-Well, I'm studying to become a _____. So, after finishing my studies, I will try to find a job, and start working. That's my goal.

-I'm planning to take a gap year and travel a little after graduating from university/high school, and meanwhile figure out what I want in life.

拓展内容（如果考官问你对 gap year 的看法）：

I like the idea of taking a year off, traveling to different places, meeting different people; meanwhile trying to make some money, and pushing myself to become more independent. And also, taking a gap year can allow me to live a little（享受生活）. I mean, I've been studying so hard since forever.

5. How much time do you spend on your study every week?

I would say, a lot of time/a big amount of time / a great deal of time. Right now, it's the busiest time of the year, I'm preparing for my school assignments, final exams, and also, IELTS. I study from the morning till the evening, and sometimes even till midnight, so, 50-60hours? Maybe.

6. What do you do to help you study better?

First thing is, I will always try to study in the library or a café. Being in a public place makes me more disciplined. I don't know why, maybe because people will see what I'm doing? And secondly, I will make sure that I put my phone aside. That really helps me stay focused. I think I'm a little addicted to my phone.

I will reward myself from time to time.

Listen to the music while studying.

Keep changing/switching locations for studying every now and then.

I will put my phone on silent (mode), so that I don't get disturbed.

7. Do you prefer to study in the morning or in the afternoon?

-Well, I'm not a morning person, so I usually study in the afternoon, unless I have classes in the morning. Normally I go to the school library with my roommates to study. It's a really nice place to get focused and get things done. (WH)

-Well, I'm a morning person. Studying in the morning is the best. I feel like my mind is clearer and sharper/snappier during that time. Normally I'll go

to the school library/little garden behind my dorm, and study for a couple of hours there, without having breakfast. I'm the most efficient in that way. (WH)

8. How do you go to school/class every day?

-My dorm is really close to the learning and teaching building. So, every day, I will walk to the classroom. It's convenient and also quite nice to take a walk every day, kind of like a way of doing exercise.

We have school buses, so every morning, I will take the/a bus from my dorm to the learning and teaching building, which is pretty convenient.

-Well, my parents will take me to school by car / drive me to school every day....

Take the subway; take the/a bus; by bike..

9. Are you looking forward to working?

I am, I want to start working and making money, become more independent, and be able to feel like a grown-up. But my mind is also conflicted/ in conflict, because I'm scared of growing up and starting my working life without winter and summer holidays.

On one hand,.....on the other hand,...

No, I enjoy being a student, and have nothing much to worry about. All I need to do is (to) focus on my study/academic performance. And, the best part is having summer and winter holidays.

工作党:

1. Do you study or do you work/ What work do you do?
(I'm in work at the moment.)

I'm a _____, I work for a _____ company.

(如果是不常见的职业, 稍微解释一下)

-I'm self-employed/ I work for myself, I'm running a small business right now, and it focuses on...

-I'm a XXX, I work for XXX. It's a company that focuses on ...education/ medication/ the development of renewable energy/ biology.

-I'm a project engineer, I work for an engineering company, taking charge of projects.

-Actually, I just quit my job, and now I'm preparing for IELTS test. I needed more time to do this. I was a _____.

-I'm a stay-at-home mom/homemaker, taking care of my two young children/babies and my house.

2. What do you like about your job?

-The best part/thing about my job is that I can/get to travel a lot and discover about places all around the country/world.

Thing: Here's the thing; The thing is; the best thing about XXX is; This is my thing; It's a thing(tradition) here, people don't do XXX...

-It's a well-paid job. The salary is decent/ good enough/ quite nice/ satisfactory/ handsome. I only work from 9 to 5, and I never work overtime.

-It's a typical 9-to-5 job, I have plenty of time for myself after work. I really enjoy this part. Having enough personal time is very important for me, as I have many hobbies.

3. Why did you choose to do that type of work?

-It's a decent job/occupation, and also it's a well-paid job/ the salary is not bad.

-I'd always wanted to become a teacher since I was very little. I really enjoy teaching and spending time with my students. We get along really well, they make me feel very happy and valuable.

-I enjoy sharing my knowledge and skills with my students, helping them fulfill their dreams/life goals.

-I love this job, I feel very satisfied when I finish a project and my clients come to me saying how much they appreciate my work/ "thank you". That makes me feel very valuable (有价值的) .

That gives me a feeling/ sense of achievement/ fulfillment.

4. What do you do to work better?

I always make sure doing exercise regularly to find the balance between work and life. Only when I'm fully relaxed can I work in a more efficient way later.

你也可以分享你的工作小 tip, 使用什么软件, 等等..

I always make plans at work...

5. How many hours do you work each week?

Fulltime job: 40 hours per week.

It's a typical nine-to-five job. So, about 40 hours per week. I don't need to work overtime. That's the part that I'm really happy about my job.

6. What happened on your first day at work?

Well, the first day at work? (Let me think)...uhmmm, nothing much, I was introduced to all my coworkers, and then I attended the new-employee-training program, started to learn the basic information about my company and my job, things like that. I remember I felt very nervous on the first day.

I don't remember exactly now, my memory is blurry.

Accommodation (住房)

这一部分主要是属于个人最基本的情况, 所以作答方式, 主要还是: 如实交代+解释原因。但是解释原因的形式可以灵活一些, 我们下面来做几题。

1. Tell me about the house or the apartment you live in.

- Do you live in a house or a flat?
- Can you describe the place where you live? What kinds of housing do you live in?

思路:

什么性质的建筑 (apartment or house) , 位于哪里, 周围环境。

小洋房: house, (independent house, detached house, single house, semi-detached house, , town house, N-story house)

公寓: (X-bedroom) apartment, flat

单身公寓: (Bachelor pad), studio apartment, one-bedroom apartment.

学生宿舍: dormitory, dorm, school dorm, dorm room, student residence,

食堂: cafeteria, dining hall, canteen, refectory

Location: In the suburbs of my city, in the central area of my city, on the outskirts of the city/town..., in the west (part) of my city, in the east (part) of my city, not far from city center, right next to the school, on campus, ...right next to the subway

The neighbourhood (lot/plot): safe; quiet; clean; well-kept; conveniently located; family friendly; close to public transport/ transportation; The area has easy access to public transport; There are lots of shops/ grocery/convenience stores in the area; There are a lot of lively bars and restaurants in the neighbourhood; All the hot spots in the city are within walking distance; right next to the subway/ university/ hospital/ shopping center,

-I live in a beautiful house in the suburbs of my city. The house is very big/ spacious, I have a beautiful back yard where I could plant some flowers. And the neighbourhood is very safe and quiet, and... (思考时间) very convenient as well, I mean, my house is really close to the grocery store/convenience store, so I like it a lot.

-I live in a four-bedroom apartment, located in the north of Beijing. It's a big apartment, big windows, great natural light, lots of storage. ...And... (思考时间) we have easy access to public transport, which is really convenient, and also, there's a big shopping centre nearby. It's a nice place to live.

-I'm now living in the school dormitory with three roommates. It's not very spacious, but it's quite/super/pretty cozy (温馨) / comfortable. And plus, it's in a great location. It only takes me 2 mins to walk to the learning and teaching building, and it's super close to the cafeteria.

2. Who do you live with?

(如果之前没有提到和谁住，才有可能问道这一题)

-I live with my parents and my dog. I see my dog as my little brother/sister. I really enjoy living with my family, it's super convenient, and at the same time, we can enjoy each other's company. I love seeing and petting my dog every day.

-I'm living by myself. It's really cool to live on my own, I enjoy the freedom and the sense of independence. I was under the control of my parents for so many years, now it's really fun to live just myself.

-I'm now sharing this apartment with two other roommates. They are really nice, easygoing and cool. We get along well, I mean, they really give me a sense of home. I enjoy their company.

A sense of home/ belonging/ independence/ achievement/ community/ security/ nostalgia ...

Have a good sense of humor/ direction/ fashion...

3. What's the difference between where you're living now and where you have lived in the past?

-Mostly just the size difference. I mean, the living space I have now is much bigger than before. Before I moved to where I live now/ my current apartment, I was living with my parents, and I only had a very small bedroom. But now, I have my own apartment, I have a big living room, and a big bedroom, and I even have a dressing room/walk-in closet for myself.

-Nothing much, it's just the people I share my space with are different. I was living with my parents, and now I'm living with my roommates.

-Everything is different! I'm now sharing the dorm room with my roommates. I don't even have a bedroom now. And I used to have plenty of storage, whereas now, I almost have none.

4. How long have you lived there?

-For about two years, not for too long.

-Oh I was born in that apartment, so, XXX years.

-I moved to that place 5 years ago, and I absolutely love living there. I can totally see myself spending many more years there.

5. Do you plan to live there for a long time?

-不打算, why: Not really. I mean, it's kind of small, and it's jammed with furniture. I need bigger space to do stuff/ things (做事情), right now the space is too tight for me. I've been thinking about moving to somewhere bigger.

-No, actually I'm planning to move. I'm not a big/massive fan of that place, to be honest. It's just too remote, too far. Even ordering a taxi will take you forever. It's in the middle of nowhere.

-打算, why: Oh yeah, absolutely. I love that place. I can't imagine any other place that suits me better. It's in a great location/ perfectly located. And it's so spacious and cozy. The windows are huge, so the whole place is filled with natural light. And the rent is totally affordable. I can totally see myself spending many more years there.

6. What do you usually do in your house/flat/room?

-I love spending time in my apartment/flat, watching a movie, reading a book, listening to some music, sipping some nice wine. Just chill and loosen up.

-I love watching TV shows on my laptop, in my room. Sometimes I could spend several days in my bed, just watching shows, and eating junk food, nonstop. I know it's really unhealthy, but I enjoy being like that, from time to time.

7. Are the transport facilities to your home very good?

-Yeh, the transport facilities are super good. We have very easy access to the subway and the bus. It only takes me 3 mins to walk to the nearest subway station, and the closest bus station is just around the corner.

-No, it's really bad actually. I have to either ride my own bike or walk to get around, since I don't have a car, and there's no easy access to public transport. And that's why I really want to move.

8. Which room in your house/flat do you like most?

Living room, bedroom, kitchen, home theatre, (my) study, sunroom (阳光房), attic (阁楼) ...

- I love my bedroom. It's like my little kingdom where I could enjoy my time being alone. I have a big and comfy bed next to the windows. Most of the time I will just lie in my bed, play some games or read magazines, just unwind.

- I love the sunroom in the house. It's so warm and cozy, filled with light. It's my heaven, especially during winter time. I could sit in that room all day reading books, drinking hot tea, and enjoying my time.

Hometown (家乡)

1. What's (the name of) your hometown?

-Nanjing is my hometown which's a densely populated city located/situated in the Southeast of China/ my country.

-Beijing is my hometown. The capital city. I've been living there for XXX years.

-My hometown is called Sanya. it is on the South end of Hainan Province, in China.

2. Is it a big city or a small place?

-Actually, it is a quite big city with about XX million people, a typical international/ metropolitan/ cosmopolitan city, a concrete jungle, I would say. Very busy and bustling.

-No, It's not big at all, it's a small town/ it's a quaint little town, about 100,000 people. (And it's scenic and peaceful. Not like those big cities with tons of tourists, busy and congested all the time. I love my town.)

Huge city, big city, medium city, small city, tiny town, tiny place

3. Can you describe your hometown a little?

简单，20-25 秒，概括两句，不用太细节。

XXX is famous for many things,...its landmarks and food.

We have.... beautiful/ stunning sea views; natural sceneries; mountains and lakes; gorgeous views of nature...

People there are... pretty laidback, friendly, hospitable, welcoming. They know how to enjoy their life/lives.

Food is amazing in my city,...

One thing I love about my city is that...

It's a very livable city/ place.

来学学形容 city 的说法:

1. ancient/historic/old: a place that has a long history.

Rome is an ancient city, which was established thousands of years ago. 对应现代化的就是 modern city

2. dull/boring/sleepy 无趣无聊的

3. bustling: a crowded and busy place 热闹的

Hustle and bustle

还可以说 fast-paced/ lively

Shanghai is a busy and bustling city, one of its nicknames is "The City that Never Sleeps".

4. compact/small: 小小的、很拥挤的

Santorini is a very compact town. You don't need transport to get around (转悠).

5. expensive 生活成本高的(costly)/ inexpensive 生活成本不高的 (cheap, not costly)

6. picturesque: 独特美的, 如画的; 也可以说 scenic, quaint, charming,

7. touristy/ tourist city: 游客颇多的 a shopping paradise 购物天堂

8. There's always something going on in the city.

It's a city that never sleeps.

9. vibrant: 充满活力的/exciting/ lively

10. it's got such a rich culture.

It's a real 24-hour city, and you can meet people from all over the world.

12. It's such a small place that you can get to know your neighbors and have a sense of community.

13. The cost of living is really high. You have to think about how to make (both) ends meet.

Air quality is an issue there.

There's nothing much going on/ not much night life.

It's a little isolated. It feels a bit cut off from the wider world.

Area (家周一带)

1. Do you like the area you live in?

-Absolutely, I do. I think it's the perfect area to live. It's not right at the city centre, but it's close enough. There I have subway stations and bus stations to get around in the city. And at the same time, it's not that busy and noisy. I like it.

-I don't like it very much, to be honest. It's just too remote, too far. Even ordering a taxi will take you forever. It's in the middle of nowhere.

It takes forever to do sth.

2. What are some changes in the area lately?

- It's been changing so much in the area in recently years. For example, the biggest change is, now we have a newly built shopping centre in the area. Now it's super convenient for me to go shopping and browse around. I had shop online or travel to the city centre to shop before this change. (举例子)

- The area hasn't changed a lot, but you can still find some changes in details. The streets and roads have become cleaner and tidier. And, there're more trash/garbage bins on the street. (举例子)

3. Do you know any famous people in your area?

- No, not that I know of (据我所知没有) . Maybe it's because I don't pay attention to things like this. I'm never a fan of any celebrities, so sometimes, I don't even recognize celebrities when I see them in real life.

- 有的话就说具体是谁, 你见过没。

4. Where do you like to go in that area?

- I like to go to the park in my neighbourhood. On weekends, I will go there with my family. We'll take a walk, get some fresh air, wind down, and enjoy the family time together. (WH 法)

- 其他内容自己回答