

Contents

当季新题:	4
人物题:	4
Describe an interesting neighbour (有意思的邻居)	4
Describe a friend you like to talk with (喜欢一起聊天的朋友)	9
Describe a family member who you want to work with in the future (未来想要一起共事的家人)	14
Describe a popular/well-known person in your country (你们国家受欢迎的名人)	18
经历题、事件题:	22
Describe a time when you stuck in a traffic jam (交通堵塞)	26
Describe a difficult decision that you made and had a good result (困难决定终成功)	30
Describe a time when you used your cellphone/smart phone to do something important (用手机做重要的事情)	37
Describe a time when you helped a child (帮助小孩的经历)	42
Describe an occasion that you lost something (丢东西的经历)	46
Describe a positive change that you made in your life (做过的积极改变)	50
Describe a special day out that cost you little money/no money (花钱甚少的活动)	59
Describe an important event you celebrated (庆祝过的活动)	62
Describe something that surprised you (让你惊讶的事情)	67
Describe a time when you were very busy (一次非常忙碌的经历)	73
Describe an occasion when someone gave you positive advice or suggestions about your work/study (工作、学习中的积极建议)	79
事物题:	84
Describe an invention that has changed the world in a positive way (改善世界的发明)	84
Describe a traditional product in your country (传统产品)	89

2022 年 5-8 月张延 Tara 口语课 p2+3 素材集合

Describe an important river/lake in your country (你们国家的重要河流、湖泊)	95
Describe something you do to keep fit and healthy (保持健康的方式)	99
Describe a contest/competition you would like to participate in (想要参加的比赛)	103
Describe something you do that can help you concentrate on work/study (帮助你集中注意力的事物)	108
Describe a way/change that helps you save a lot of time (节省时间的方法、改变)	113
地点题:	119
Describe a quiet place you like to go (安静的地方)	119
保留老题:	128
人物题:	128
Describe a person who you follow on social media (社交媒体上关注的人)	128
Describe a person who contributes to the society (对社会有贡献的人)	132
Describe a person you only met once and want to know more about (一见且想再见的人)	135
Describe someone you really like to spend time with (喜欢共度时光的人)	139
经历类:	142
Describe a thing you did to learn another language (为学好外语做的一件事)	142
Describe a time when you organized a happy event successfully (组织一场快乐活动)	146
Describe a long walk you ever had (远距离徒步)	151
Describe an interesting discussion you had with your friend (和朋友进行的有趣的讨论) .	155
Describe a time when you gave advice to others (给别人建议的经历)	22
事物题:	158
Describe a special cake you received from others (收到的特殊蛋糕)	158
Describe a skill that you learned from older people (向长者学习的技能)	162
Describe an interesting song (一首有意思的歌)	165
Describe a toy you liked in your childhood (童年喜欢的玩具)	169

2022 年 5-8 月张延 Tara 口语课 p2+3 素材集合

Describe an ambition that you haven't achieved (未实现的野心)	173
Describe something you received for free (免费物品)	179
Describe something that you can't live without (not a computer/phone) (生活里离不开的东西)	182
Describe a gift you would like to buy for your friend (想要给朋友买的礼物)	184
Describe something that was broken in your home and then repaired (坏了又修好的东西)	187
Describe an item of clothing that someone gave you (别人给你的衣服)	190
Describe a rule that you don't like (不喜欢的规矩)	194
Describe a story someone told you and you remember (别人讲述的故事)	198
Describe a course that impressed you a lot (印象深刻的课程)	202
地点题	205
Describe a place in a village you visited (乡村一日游)	205
Describe a time you visited a new place (去到一个新地方)	208
Describe a city that you think it's very interesting (有意思、让你感兴趣的城镇)	214
Describe a house or an apartment you would like to live in (想要的公寓或者房子)	218

当季新题：

人物题：

Describe an interesting neighbour (有意思的邻居)

You should say:

Who he/she is:

How you knew him/her

What you do together

And explain why you are interested in him/her

可能是神秘低调的邻居、有很多社交活动的邻居、很热心帮助他人的邻居

知识点：

1. Mysterious 形容神秘的人：

- **A closed book:** 一本闭合的书，表示很难读懂（对应的，相反的情况，那种很开朗简单的性格，就可以说 **an open book**)
She's like a closed book, very hard to read.
- **Heard but not seen** 听到过但是没见过，只闻其声不见其人
My neighbour is like a mystery. She's been heard but never seen by anybody.
- **Theories and rumours** 理论和谣言
There are all kinds of rumours and theories about this new neighbour among all the rest of us. Some say he's a criminal on the run (在逃的罪犯), some say he's a drug dealer (毒枭), some say he's a writer and that's why he needs his privacy and peace.
- **Can't put a finger on something** 说不出来哪里不对，哪里奇怪
There's something rather strange about my neighbour, but I can't put a finger on what it is exactly.
- **Nocturnal animal:** 夜行动物

He's like a nocturnal animal, leaves home at night and comes back in the morning.

- We can't keep up with what she is doing 我们追赶不上她的行程，不知道她每天都在干嘛 (can't keep up with sth./sb. 跟不上脚步)
- not known (不为人知的), low key (低调的), private (在这里表示讲究隐私的)
- shady 鬼鬼祟祟神秘秘不可靠 (一般形容那些偷鸡摸狗的人)

2. Sociable 形容善于社交的人:

- an party animal 派对动物 (夜夜笙歌那种)
- social butterfly (交际花，不属于贬义词，但是的确带着一点调侃语气成分)
You are going out tonight again? Such a social butterfly!
- seems to know everyone 感觉谁都认识
She seems to know everyone. Such a social butterfly!
- people person 很会和人打交道的的人
- popular and well-liked 很受欢迎，很多人喜欢
- talkative, chatty 很健谈的
- a little bit know-it-all (know-it-all 指的是那种觉得自己什么都懂的人，信息大拿)

She's a very nice and sociable person. Very chatty and outgoing. The only thing is, she's a little bit know-it-all, sometimes that could be annoying.

3. Nice and friendly 形容热心肠的人:

- Have a heart of gold 拥有金子般的心
My neighbour has a heart of gold. She's like a ray of sunshine (一缕阳光).
- Be there for someone 一直支持着某人
She's been there for me through out the years.
- You can count on someone 你可以信赖某人
You can definitely count on Tara. She's very trustworthy.

- **Help someone live through all the struggles** 帮助某人度过生活里的一切苦难
- **A positive influence** 一个积极的影响
- **Kind, generous, warm-hearted, warm, caring, loving** 一些近义词

Ok, so, today I'm going to talk about my new neighbour. She's like a closed book (叮叮叮, 上来就是一个漂亮的比喻), so mysterious. And that's why I'm very interested in her.

In terms of who she is, well, she's my new neighbour, and that's all I know about her. I mean, I don't know her name or what she does for a living (做什么工作), nothing. And to be honest, I don't even know if she knows about me (知道我的存在), or anybody in our apartment building, as we've never said hi to each other. But everybody in our apartment building knows about her. And we have a group chat (群聊), of course she's not in it (yet) 当然了, 她(还)没在里面, sometimes we secretly discuss her behind her back (背地里讨论她). You know, just gossiping (八卦议论), and being nosy (非常八卦的, 鼻子像狗一样闻来闻去), like everybody else (玩笑的语气).

She seems to be a well-liked person, as sometimes she will host parties (办派对) in her apartment. I know that because I can hear it. She never invites us (带着酸酸的语气说这句), but normally a lot of people will show up. And they seem to have a lot of fun, a whale of a time (玩得很高兴). Sometimes her party goes too loud, and that's when the rest of us will complain in the chat (在群聊里抱怨), hahaha. She's definitely heard much more than seen in this building (她在这座楼里被听到的时候要远多于被看到的时候, 只闻其声不见其人).

She's like a nocturnal animal. Quite often, she would leave home late at night, and come back early in the morning. We have many theories. Some say she works at a bar, some say she looks kind of shady so maybe she is

criminal on the run (在逃犯), which I don't think so, and some say she might be a spy (间谍)! Hahaha. That's a little too much (有点太夸张) .

Anyway, that's my mysterious, not known (不为人知的), very low key (低调的), very private (讲究隐私的) new neighbour. Thank you!

Part3:

1. Do you think people are familiar with their neighbours?

-I'm very familiar with most of my neighbours, but I don't think that's the case for everybody(我不觉得每个人都是那种情况). I mean, it depends on the neighbourhood. In a neighbourhood where people usually don't just come and go, move in and move out (来来去去, 搬进搬出) all the time, people usually know each other pretty well. They can take care of one another (彼此), and help each other out. It's always nice to have someone that you can count on (指望) near home. But in a neighbourhood where people are constantly changing, moving in and moving out. That will build a cold and unfriendly culture. People will just ignore each other. (分情况)

接下来两个版本的答案和 part2 的基调并不符合。所以如果想要采用以下两版，需要调整 part2 内容。

-Some are and some aren't. People like my mom would know everybody in the neighbourhood (在街道附近范围). And not just their names! What do they do for a living, how many kids do they have, what are their problems in life, that kind of "deep knowledge" (深度知识), you know? But some people, mostly young people, are just too lazy and too shy to know their neighbours (too...to...) . Our generation are a little bit anti-social (社恐的). (分群体)

-Frankly speaking, nowadays, I don't think so...I mean, our social circles (社交圈) are getting smaller and smaller. We are more living in our own small bubble (生活在自己的小泡泡里) . So, often times, we just stop trying (不再努力尝试) . Not like in the good old days (过去美好的岁月里) when people used to have a much closer relationship with their neighbours. And the reasons could be, A, people are so busy today, and B, people move to new places all the time, so it's very hard to settle down (安家) and have a life-long neighbour (一生的邻居) anymore, and there're more reasons behind it that I can't figure out now. But I'm sure there're more to it (还有更多原因) . (时间分层)

2. How can people improve the relationship with neighbours in a community?

There're several things we can do. First, we can start by being more friendly and respectful to our neighbours. We can say hi to (打招呼) them, ask them about their lives, and do some small things for them, things like that. And then, on some special days, like New Year's Eve, or some other national holidays, we can do a little gift, for example, just knock on the door, and bring some pastries or cupcakes. Or at least send a text message. And what's more, once you know your neighbour, you can do things together. For example, go to the park, walk the dog, or visit the local market, stuff like that can definitely bond people together (这一类的事情特别能增进人和人之间的感情) . (罗列)

3. How do children build relationships with others in a community?

When it comes to kids, they're so simple, they just get to know each other by talking and playing together. Have you seen kids on the playground or a basketball court (你有看过操场上或者篮球场上的孩子吗) ? They just meet and play. They can start a conversation without knowing each other before. Just like that (就是那样简单) . And the more they play and spend time together, the stronger their relationships become. I wish we could be like kids. (举例子)

4. Is it beneficial to get along well with neighbours?

I would say, absolutely yes. Having someone you can count on near home is a very good thing. Say (比如), you're going on a business trip (准备出差), and you're worrying that somebody might break into your apartment (入室), you can ask your dearly beloved neighbour (最亲爱的邻居) to keep an eye on (留意) your home, and perhaps they can take your letter and newspapers from the mailbox for you. You know, neighbours can take care one another, that's something nice to have. (举例子)

Describe a friend you like to talk with (喜欢一起聊天的朋友)

You should say:

Who he/she is

What you like to talk about

Why you like to talk with him/her

And explain how you feel about this person

知识点:

这道题可以和“想要一起共事的家人”主题共享局部内容，

也可以和上季度老题“喜欢共处时光的人”主题局部串联：

“We also enjoy just chatting, have a nice and long conversation. She can always give me a lot of useful suggestions, and help me keep my head on straight (让我保持头脑清醒) and avoid making silly decisions. My friends all feel very jealous of our relationship, as we always have endless topics to talk about.”

So, yeh, that's my mom. We have fun together, we enjoy spending time with each other, and she is the anchor (船锚, 定海神针) in my life.”

“We get each other's jokes, and we enjoy each other's sense of humour. We are always on the “honeymoon phase”. I guess, it has a lot to do with the fact that we always try new things together, like learning

a musical instrument, learning drawing, playing golf, ...We always learn and advance ourselves together, so the new version of me and the new version of her can never get bored with each other."

上季度老题 “一见且想再见的人”：

"We understood each other's jokes, and we shared same views towards a lot of things in life. Talking with him was like the easiest thing, as we totally got each other (懂彼此). There were no conflicts or anything. We were like mind-twins (思想上的双胞胎)."

- 一些感情好的表达：
- hit it off 投缘

We really hit it off. We always have so much to talk about.

- get along: 相处愉快

She and I get along well.

- enjoy each other's company: 享受彼此的陪伴
- have endless topics to talk about
- We get each other. 我们懂彼此
- on the same wavelength 在同一个波长上 (同一个频道上)

My best friend and I are always on the same wavelength. We get each other's jokes. We really think alike (想法很一致) .

- inspiring: 有启发力的

She's an inspiring person. She inspires me on so many levels. I learned so much from her.

- She really opened my mind with her life experiences.
- 形容有趣幽默的：
 - funny
 - hilarious
 - witty
 - have a good sense of humour

- **always crack me up** 总是能把我逗笑

She can always crack me up with her jokes.

- **a joker**
- **a cheerful person**

I want to talk about my best friend Jessica. We met each other over a party, and hit it off immediately.

She's a few years older than me. I see her as my best friend, and also someone who can inspire me and teach me about many things, like a teacher. I like this kind of friendship. I feel that I can learn a lot from our conversations.

In terms of what Jessica and I like to talk about, well, basically anything!

We are on the same wavelength (同一个频道), and we totally get each other (特别懂彼此). Talking to her is like the easiest thing in the world.

We both love working out, so we talk about fitness, diet, how to train better, and also different sportswear brands (运动服品牌), things like that.

We both are members of the same gym, so sometimes we work out together at our gym. I really enjoy those chitchats at the gym. And what else, we are foodies and love cooking, so sharing recipes and talking about the food we like, is another thing we love to do. Sometimes, we talk about our future, our career goals, and life, She really inspires me with her wisdom and rationality (理智). I really admire the fact that she knows

what she wants, and what she doesn't want, so self-collected (自持力, 主心骨), so confident. Sometimes she can really open my mind (打开我的眼界

头脑) with her ideas. And what else do we talk about? Oh yeh, of course,

we talk about boys. That's like the most universal topic that girls would love to talk about. Jessica is so cool with boys. She made me realize that "you need to love yourself first before loving others". When we talk about boys, she can always crack me up with her sense of humour (她的那份幽默感). She definitely helped me become more confident in front of boys.

I feel so lucky to have her in my life. Thank you!

Part3:

1. Where do young people like to meet?

Some young people who like sports will normally meet at places where they can do sports, like the tennis court, basketball court, football court. Some young people are into drinking and chitchatting, then a bar, a restaurant, a karaoke bar would be their favourite spot to meet up. Young people also like to meet at a big mall with a movie theatre and arcade centre (电玩中心) so that they can have a lot of options to get entertained. They can go shopping, have some icecream, watch a movie, and play some arcade games. (分群体)

2. What do young people talk about when they meet up?

They talk about anything, everything. Big things and small things. Big things like, their career paths, their future plans, life decisions, marriage decisions, investment. Small things like, gossips, funny stories, dating stories (约会趣闻), food, workout, movies, all kinds of things. Lately, my friends love talking about.... (可以顺便讲讲最近你和你身边的朋友流行讨论什么具体的热门话题) (分类讨论)

3. Do you think people should be honest when talking with friends?

-That's a good question! I want to be honest when I'm with my friends. I think people should try to be honest when talking to friends. This also includes calling them out (质疑) when they're making mistakes without feeling afraid of losing them. True friends should be able to correct each other, keep each other's heads on straight (保持清醒). That being said, I don't think people should be radically honest (彻底的诚实). Because sometimes we need to tell a little white lie (撒一个白色谎言) in order to protect our friends' feelings. For example. If your friend is sick, and asks you how they look, instead of saying "Oh you look terrible", you should say "You look good!" to encourage them. (反向思考)

-It depends on the situation. If a friend comes to you and asks your opinion about a thing, if your friend is seeking information and advice, then yes, of course you should be sincere and honest. Honesty is the

foundation of a friendship. People earn trust (获取信任) from being honest with each other. However, sometimes, even between friends, people still tell white lies to avoid unnecessary conflicts or to protect each other's feelings. For example, it's usually a very bad idea to tell your friend that they've gained weight. It's rude and hurtful, and it's also none of your business. (分情况)

-It depends on how close you are (关系有多近) . If it's a close friend, I think it's better to be honest. As a true friend, you need to be brave enough to call your friends out (质疑朋友) , correct their wrongs (修正他们的错误) , keep them in check (对他们保持监督) . Especially when you see them going down the wrong path (走错路) , you need to stop them from making mistakes. True friends don't just have fun, they also teach each other, guide each other to be a better person. But if it's just a regular friend, someone you know, not your bestie (最好的朋友) , then you don't have to be the most honest with them. You just need to be respectful and polite. Because sometimes being radically honest can be very hurtful, you don't need to take the risk of hurting someone if they are not your good friends. (分群体)

4. On what occasions do people talk with strangers?

First thing comes to mind (第一个想到的) , when we ask for or give directions (问路或者指路的时候) , or ask for the time (问时间) , we talk to strangers. And then, people who work in customer service industry always need to talk to strangers as their customers are almost always someone they don't know. And what else, in some social settings, like a party, a gathering, people who share mutual friends (有共同朋友) might start talking to one another to make new friends and expand their social circle. (罗列)

Describe a family member who you want to work with in the future (未来想要一起共事的家人)

You should say:

Who he/she is

Whether you worked together before

What kind of work you would like to do with him/her

And explain how you feel about this family member

这个家庭成员可能是一个很有责任心的人、很有创造能力的人、很有艺术细胞、很会处理解决事物，可以挑选一个或者多个特质来进行深入阐述

知识点：

1. 有责任感、靠谱的人：

- a responsible, reliable, countable, honourable, sound person
- a person with great integrity
- a person you can trust
- a person you can count on
- a model citizen
- set good examples for other citizens
- a standup guy
- a man of good character
- socially responsible

2. 有创造力的人

- 有想象力的：imaginative, full of imagination
- 有创造力的：creative, inventive, ingenious, innovative
- 有原创力的：original
- 很有艺术创造力的：artistic

- 有才华的: talented, gifted
- a person who can think outside the box: 发散思维的人
- a person with endless ideas: 有各种层出不穷的点子的人
- have a creative/unique mind
- have a light-bulb moment: 恍然大悟的一刻 (灯泡时刻)

3. 很会处理问题的人

- rational 理智的
- resourceful 足智多谋的, 资源丰富的
- a problem solver/fixer 一个解决问题的专家
- a person who can think outside the box: 发散思维的人
- a person with endless ideas: 有各种层出不穷的点子的人
- a person who can always find the root of the problem 一个总是能看到问题本质的人
- a person who can see the bigger picture 一个有全局观的人
- the go-to person 一有问题, 大家第一个求助的人 (go-to 表示首选, my go-to snack 我的首选小零食, my go-to music 我的首选音乐)
- wizard (a computer wizard, math wizard...) 巫师, 很聪明很会处理事情的人
- a can-do person 一个愿意做事、愿意解决事情的人
- a troubleshooter 能把问题都射下来的人, 解决问题小能手
- He can always make it happen 他能让一切发生

So, I would love to work with my cousin one day. I'm pretty sure I could learn a lot from working with her.

She's a very artistic person, definitely a person with a unique mind. She is studying Visual Art (视觉艺术) in university. I've seen her works (作品), they are mind blowing. She's so talented and original in art. It's like she

knows exactly how to use art as a tool to express her inner emotions and thoughts. I really enjoy talking to her about art, music and life in general. Her way of seeing the world is always so different from mine, which is definitely an interesting thing for me. During COVID, when we were all under the lockdown, she created several paintings to document this whole process. You see how artistic she is? People complain and complain, she just paints and paints.

We've never worked together before, this is just something I'd like to experience one day. One day, if we could work together, it would be the most fun experience. Since I'm studying Advertising, and she's studying Visual Art, our fields definitely could cross paths (道路相遇) somewhere. I can definitely pick her brain (从他人那里获取信息、想法、灵感) and get some inspiration.

And you might assume that working with her might be a painful experience as many artists are very irresponsible and untrustworthy, but not with my cousin. She is like the perfect combo (完美的套餐), creative and reliable, talented but not cheeky (得意洋洋, 有点目中无人的感觉), she can definitely think out of the box, but she doesn't daydream (做白日梦), definitely someone you can count on.

On top of that, she's a problem solver! Not like some artists who only know how to create art but very clumsy in other things in life, my cousin is a fixer. She's a creative engineer, always can see the root of the problem.

Now, I guess, after my description, everybody wants to work with my cousin! Haha! She's the best!

Part3:

1. What kinds of family businesses are common in China?

The most common ones are related to food, I think. Food is a big thing/a big deal in China, and also, it doesn't require a lot of high-end technologies (高端科技). When I look around, I see many family-owned

restaurants around me. Hot pot restaurants, breakfast places, noodle restaurants, there're so many family-owned restaurants in China. (举例)

2. Is it good to work with family members? Why?

Yes and no. Yes, it always feels very safe and comfortable to work with your family. You know that you can trust your coworkers, they always think for your own good. No, when family members are involved, sometimes you might end up losing boundaries. You might feel not treated with full respect, and also, you don't know exactly what your role is. When the line between business and family becomes blurry, that can cause conflicts and counter-productivity (低产). And imagine, if you were the boss, you wouldn't be able to fire your family member that easily if you are not happy with them, and that's just really annoying. (分头讨论)

3. Why do people want to do family business?

I don't know, to be honest. Maybe they think it's nice to work with family. The working environment will always be loving, caring and relaxing. And also, they can trust their family members. That's another big perk of working with family members. And on top of that, the profit they make will go to the whole family. Many people like the idea of keeping the money within the family. (罗列原因)

4. What benefits are there when working for big companies?

(以下不用都说, 挑一些内容来说)

- **Stability:** It's more stable to work for a big company. Big corporations don't lay off people easily. Assume you are a competent employee; you don't need to worry about getting fired. Large companies are more likely to survive the bad economy. Small companies and start-ups (创业公司) can easily go under (破产), therefore not being able to provide stability to their people.

- **Personal growth:** large companies usually have better training systems to help you grow better as an employee. And plus, you get to work with a lot of smart people, you will learn so much and have the opportunity to advance yourself.

- Resources: Massive corporations usually don't have budget limitations, so they don't have problems providing employees with the resources they need.

-Perks (the extras) (福利) : Big companies have on-site gyms (单位健身房) , child care, cafeterias, free beverages and snacks, free trainings, things that add to the comfort and enjoyment of the workplace.

-Slower-paced (节奏更慢) : This could be a good thing or a bad thing, depends on what you want. I personally like the fact that compared with small businesses, big companies do not move at such a crazy pace. You don't feel that stressed out at work, and you will have some time to learn new things and summarize your work, reflect on what you have done.

Describe a popular/well-known person in your country (你们国家受欢迎的名人)

You should say:

Who this person is

What he/she has done

Why he/she is popular

And explain how you feel about this person

这道题可以用社交媒体名人来串联，可以进行一些修改

Today I want to share with you a popular online celebrity (网络明星) in my country, XXX. She's super famous in China now, on her social media account, she has all together (加起来) probably 30 million followers (关注者, 粉丝) , Maybe even more? Anyway, I feel that (我感觉, 我有这样的印象) almost everybody knows her, especially among young people.

In terms of what she had done, well, that's a good question. As you know, social media celebrities (自媒体明显) are different from those traditional famous people. Conventionally (惯例来说) , you need to be talented in a

certain field, so that you earn your popularity (挣得你的欢迎度), your fame and your reputation (你的名誉). Say (比如), you're a great actor, an incredible singer, a fantastic writer, things like that. You need to do things (做实事). But things are a little different for those so called "influencers" (网红). Many of them don't have a specific talent, they're famous just because they create interesting videos or photos online. So, for XXXX, she does the same thing. You can call her an "online content creator" (网上内容制作者). Sounds fancy and ambiguous (听起来高大上又有点模糊), but it just means she posts videos and photos of her life and herself online. So, if you ask me, what has she done, my answer is, nothing much, hahah.

But I like her, and I guess that's why she is popular. She's a very likeable/adorable (讨喜的) person. I started following her because she posted something about English learning. And later, every now and then, I see her posting on social media. And gradually I like her more and more. XXX is more of a life style influencer (生活方式网红). She is extremely positive in life. I see her posting photos of her decorating the house, vlogs of how she works out at the gym, and tutorials (教程) of how to DIY little fashion accessories (手工制作小时尚配件), things like that.

And that's why I keep following her. I started following her because I wanted to learn English, and I keep following her because who she is, and how she lives her life. I like her personality and her attitudes towards life (对待生活的方式). Sometimes when she shares with her followers about her thoughts and ideas in life, I feel like we are friends, and we are having a very nice conversation. The way she sees things is very inspiring for me (她看问题的方式对我很有启发性). She knows what she wants, and what she doesn't want. She is really clear about her mind. And that self-collected side of her (她那特别有自持力、有想法的一面) is what attracts me the most.

So, yeh, that's the famous person I'd like to share with you. Thank you!

Part3:

1. What kinds of people are popular at work?

Well, first, people who are a great problem solver (问题解决者) are well-respected and loved at work. They can always find a solution in every problem. They are always the go-to person (首选人选) in the workplace. People love how creative they are, and how they can always think out of the box (发散思维). Having someone like this in the team is a blessing (一种幸运, 一种祝福). And then, every team needs a person who can see the bigger picture (眼光长远, 格局更大). Visionary (有视野的) people are always the ones who can lead the team, and think in decades rather than weeks and months (能想到几年后, 而不是几周几个月后). They provide team members with a sense of direction (方向感). Because of them, people feel that there's something bigger behind everything. That makes people feel calm and confident. What's more, people always appreciate a "doer" rather than a "talker" (做实事的人而不是光说不做的人). People who are trustworthy and keep their word (遵守承诺), people who can get things done on time (按时完成事情) are more respected. Sometimes you hear people promise the whole world (许诺全世界) but nothing is done later. Finally, people who have a fun personality (性格有趣的) are usually well-liked at work. Nobody wants to work with a stressful and serious coworker. Working with this kind of people is always a pleasant experience. (罗列)

2. Are bosses more popular than employees at work?

- Uhmm, it depends on the individual, right? I mean, some bosses are friendly and humble (谦卑), they listen to their people, and some bosses are self-centred (以自我为中心的) and disrespectful to people, basically, jerks (混蛋). Those good bosses are usually very popular at work, I don't know if they are MORE popular than their employees, but definitely very loved and appreciated at work. (分群体)

- It seems to me that (印象中我感觉) bosses are always so popular at work, much more than their employees. For example, when they show up at

work, people can't wait to say hi (迫不及待要打招呼) to them. Everybody is smiling from ear to ear (笑到耳朵根). But is this the truth? I doubt it.

There's a lot of power relation (权力关系) involved. People naturally want to please the boss, and that's why they show a lot of friendliness. And also, there's peer pressure (集体压力). If everybody is being super nice and friendly to the boss, you feel like you have to do the same thing. (主流观点现象, 自己观点)

3. Which one is more important, keeping a good relationship with colleagues or doing well at work?

I would say, both. If you want to be truly respected, you need to perform well at work. Respect doesn't come from nowhere (不是空穴来风), you earn it (是你挣来的). And at the same time, having a good relationship with colleagues is also very important. We are all social animals (社会动物), and our working environment is like a small society. There're usually team works which require people to work together happily and effectively. Getting along with one another (相处愉快) makes communication easier, and avoids misunderstandings. Imagine (试想), a person is very talented and competent (有能力的) in the workplace, BUT he/she is a terrible communicator (糟糕的沟通者). Others wouldn't care how well he/she performs, they just don't want to work with this person. (原因, 反向假设)

4. What benefits are there when a child is popular at school?

Normally we see that popular kids at school are very confident, that's the first benefit. Having the feeling of being valuable (有价值), worthy (值得被爱), adorable (可爱) makes those kids very confident and secure (有安全感) about themselves. And then, popular kids, of course, have a lot of friends. They always have someone to talk to (有人可以聊几句) so they

don't feel lonely easily. And probably, they don't get stressed out (紧张, 压力大) that much, as the world is a perfect place for them. (罗列)

经历题、事件题:

Describe a time when someone asked for your opinion (别人向你征求想法)

You should say:

Who asked for your opinion

Why she/he wants to know your opinion

What opinion you gave

And explain how you felt about it

可以是建议朋友健身、减肥；可以是建议别人学习某个技能；可以是工作上、感情上、家庭关系上的宏观想法（这季度有趣的讨论里的内容也可以用）；也可以是旅行、做饭、兴趣爱好上的具体小意见。

知识点:

语法上 **advice** 是不可数，所以不能说 **advices** 或者 **an advice**

正确说法: **a piece of advice; some advice; your advice/my advice/ his/her...; the advice; a lot of advice**

advice 动词近义词:

- **recommend (recommend sb. to do sth.)**
- **urge: 强烈建议 "I strongly urge you to stay at home during the pandemic."**

- **suggest: 建议 (suggest sb./ give sb. suggestions)**
- **give sb. a steer: 给某人提供信息/建议**
- **give (one's) two cent 给别人自己的小想法 (谦卑的说法)**

Here's my two cents. Take it or leave it.这是我的几点小想法，听不听随你。

- **counsel 和 consult 的区别:**

counsel /'kounsəl/

①有“建议”的意思 “My advisor counselled me to do nothing.”

A counsels B (to do sth.) , A 是给建议的人

②也有“提供专业的心理学、法律学方便的意见和建议”的意思: “She has been counselling people with eating disorders for years.”

③也有名词词性, 表示“法律顾问”或者“忠告”

consult /kən'səlt/

①寻求专业的观点、意见、建议或者准许 (往往是法律、金融、生意或者医学上)

“Consult your doctor before taking the medicine.”

A consults B, B 是给建议的人

② 商议

counsel 主要关注点在于寻求建议, 获得情绪上心理上的释放和平静

consult 主要关注点是获取信息和专业观点, 往往是通过雇佣关系来寻求专业的顾问建议。所以 **consultant** 是顾问的意思。

So, I'm generally not a person who loves giving my opinions or advice to people in life. But recently my best friend Jing came to me and asked for

my opinion after a bad break-up (很糟糕的分手) . I gave her some suggestions and helped her move on.

Jing recently just got out of a long-term relationship, and she had been devastated (痛苦万分) since then. She had basically given up on herself (放弃自己) . She hadn't got out of her room for a month.

Last month, I visited her, and I was shocked to see how bad she was doing (她的状态有多糟糕) . She looked miserable. She asked for my opinion about the relationship she had, her ex-boyfriend, the break-up, and what she should do in the future.

I honestly told her that, I had never thought that relationship could have gone anywhere because I had seen how her ex-boyfriend treated her. He had always been very disrespectful to her. And She had lost herself in that toxic relationship (有毒的恋爱) long time ago. I thought that the break-up was for the best for both of them (分手对两个人都好) .

Then, I strongly urged her to get out of her room, and pull herself together again (振作起来) . And I told her: "You need to love yourself before someone can love you. If you give up on yourself, nobody will love you." I recommended her to sign up (注册) at the gym to start working out again. I'm a strong believer that working out can boost people's confidence and lift their mood.

Jing took my suggestion, and joined in my gym. Now, we are going to the gym together, almost every day. And I can already see the big changes in her. She looks much happier. And I feel very proud of her.

So, yeh, that was the time when I gave my honest opinion to my best friend. Thank you!

Part3:

1. Why do people dislike giving their opinions?

Well, some people dislike giving their opinions because they don't feel very confident with those opinions, or they don't want to offend others by

accident (意外冒犯到别人) . For example, when you talk about religions or political views (政治立场) , you need to be extra mindful, as you don't know if the things you say will hurt others' feelings or not. That's why many people avoid talking about things like, religions, races, politics nowadays. And when it comes to giving opinions about other people, many people (including myself) don't like to express those opinions because it's none of their business. (分群体分情况)

2. Are there any apps designed for collecting opinions about products or services?

I don't know if there are apps designed specifically for collecting products' reviews and service's feedback, but I've seen those customer service sections (客服一栏) in almost every app. Normally you need to go to "settings" in an app, and find "help and customer service", and there you can send a message and give your honest opinion and feedback about a product or a service.

3. Why do people like to express their opinions on the internet nowadays?

Because people can leave a comment online completely anonymously (匿名地) , meaning, nobody will know who they are. That's why people feel more confident, comfortable and more invited to express their opinions, good or bad, nice or rude, as there're no consequences (没有需要承担的后果) of doing so. That's why nowadays there're so many trolls (喷子) roaming around on the internet, seeking chances (寻找机会) to attack people. Sometimes, they're not even saying their most honest opinions, their real goal is to upset and hurt people. So yeh, the internet is a safe place for people to communicate. This is a good thing, but at the same time, so many people get trolled (被喷) online. It's always a double-edged sword (双刃剑) . (原因, 举例子)

4. What are disadvantages of sharing opinions on the internet?

Well, like I just said, when you share your thoughts on the internet, you never know if your opinion will offend, annoy or upset anybody. That could cause arguments, conflicts and hatred (痛恨) . You might

experience some really negative energy, and that's the downside of doing something like that. People might misunderstand you, over-read your words, or even start a fight with you. Nobody likes conflicts, nobody likes negative feelings, right? And then, privacy is also another problem. If you think about it, your opinion is also private. And nowadays many influencers (网红) are sharing their thoughts in videos, showing their faces at the same time. The moment they post those videos, they have lost a little part of their privacy. That could potentially become a problem.
(罗列)

Describe a time when you stuck in a traffic jam (交通堵塞)

You should say:

When it happened

Where you were stuck

What you did while waiting

And explain how you felt in the traffic jam

这道题可以参考 Part1 boring things 里面的很多表达!

- **stuck in traffic** 卡在交通堵塞里, **traffic** 在这里就代表堵塞
- **traffic jam** 交通堵塞

There's a huge traffic jam.

- **road congestion** 道路堵塞
- **congested** 堵塞的

The main roads are so congested during the rush hour.

- **busy** 忙, 在这里表示堵塞

The road is so busy today!

- jammed 同上

Traffic is jammed up for miles and miles.

- gridlock 极度堵塞到瘫痪的情形 n./v.

A car breaking down at rush hour could cause gridlock across half the city. 一辆车半路抛锚可以导致半个城市瘫痪。

Chicago is one of the most gridlocked cities in America.

- in/during the rush hour 高峰小时
- in/during peak hours 同上（但是往往复数形式）
- bumper to bumper 车碰车（车多到挨着）bumper 代表车头车尾保险杠

The traffic is bumper to bumper.

I hate driving in bumper-to-bumper traffic.

感到无聊的表达：

- 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）
- I almost fell asleep. 差点睡着
- There's nothing much I can do about it. 啥也做不了

Last month, I got stuck in traffic, and it was such a tedious experience.

I think it was because there was a car breaking down on the main road during the rush hour, and that caused the whole traffic. At the beginning the traffic was slower, then it became bumper to bumper, at the end, we couldn't move at all. Half of the city was gridlocked (堵死了) !

I was stuck 5 KM away from home, which wasn't a lot, but it took me 1 hour to get home.

In order to while away my time, I did several things. Well, it's not like I could do a lot of things, I mean, I was trapped in the traffic. So, there was nothing much I could do about it. First, I turned on the car radio, and listened to some comedy. Meanwhile, I took some time scrolling on the phone, going through some online news, reading some online articles, and watching some videos. That was about 30 mins. And after that, the road was still very congested. So, I decided to call a friend. She is a good friend of mine, and we hadn't talked on the phone for a while. Therefore, I called her, and we caught up with each other on the phone for about 20 mins. And then, the traffic went back to normal.

Finally, in terms of how I felt about it, well, I was feeling bored to death in the first 30 mins. I almost fell asleep. And I hated being stuck in a small space. My neck, my back and my arms were so sore (酸痛) . But later I felt happy that I called my friend. I wouldn't have called her if there hadn't been this traffic. And because of this experience, I decided that in the future, I would call old friends each time when I get stuck in traffic.

假设情况与过去事实相反，if 从句谓语用 **had done**，主句谓语用 **would/ should/ could/ might have done**。

Part3:

2. How can we solve the traffic jam problem?

First, I don't think we can ever completely solve the traffic problem, as there're no traffic-free cities in this world (我觉得交通问题是不可能彻底解决的, 这个世界没有无交通问题的城市) . What we can do as citizens are, A, use public transport as much as possible, and B, do carpooling (汽车分享) more often,

in order to decrease the number of cars on the road. From the government's perspective, they can improve the infrastructure of the city by building wider roads, and more lanes (更多车道) . They can build more roundabouts (环状交叉路口) . At the same time, they should also find ways to discourage people to drive cars in the city. For example, charging drivers during the rush hour (高峰小时收费) , increasing parking fees (停车费) in the city, things like that. (特殊分群体讨论)

3. Do you think developing public transport can solve traffic jam problems?

Oh yeh, for sure, 100%. That's what everybody is talking about, using public transport can improve the situation a lot. I'm totally on the same page. I went to London and New York City where most people would take the subway or the bus to get around (转悠) the city. Traffic isn't a big issue there. People have already accepted the fact that it's almost impossible to drive in the city, as parking fee is crazily high and there aren't enough parking spots (停车车位) . At the same time, public transport is very accessible in these big cities. That's why people are more willing to hop on the subway train (跳上地铁) to go here and there. Therefore, developing public transport is key (是核心) . (主流观点, 自己观点, 举例子)

4. Do you think the high ways will help reduce traffic jam?

I don't think so. Maybe a little, but they're not magical. I mean, I'm not an expert on city traffic or road development at all. The reason why I said no was that I've seen high ways jammed up during peak hours. It's impressive to look at. So, if I can see that happen, that means high ways are not that helpful. (原因)

5. What are good ways to manage traffic?

Nowadays, I know that there's more technology involved in traffic management. For example, many traffic signals (信号灯) are much more intelligent, as they are working based on real-time data (实时数据) . And also, technology like real-time traffic monitoring can tell us where the bus, taxi, or subway are located, and also, things like available parking spaces,

real-time traffic reporting (实时交通报告) . This kind of useful information can help drivers save so much time and avoid getting into traffic. (举例子)

Describe a difficult decision that you made and had a good result (困难决定终成功)

You should say:

What the decision was

When you made that decision

Why it was difficult to make

And explain how you felt about the good result

可以利用本季度“积极的改变”改编，艰难决定改掉花钱习惯，最后存了一大笔钱。

也可以说 lose weight, run a marathon, do a school project, cook for the first time, climb a mountain, move to a new country...

知识点:

1.一些和艰难做决定相关的表达:

- stay/sit on the fence (坐在栅栏上，两边都不去) 保持中立，避免做抉择
- in two minds 犹豫不决
- I'm torn. 被撕扯，矛盾状态

I'm torn between A and B.

- I'm struggling with...挣扎矛盾于
- take the back seat 退居二线，处于次要地位，不主导

I decided to take the back seat, and let my father make the decision.

- **rush into sth.** 快速做决定

We shouldn't rush into buying a new house. It's such a big decision to make.

- **make up one's mind** 下定决心
- **to weigh up sth.** 掂量

I want to weigh up all the positives and negatives before studying in another country.

- **sit in judgment (on/over somebody)** 审判，评头论足

How can you sit in judgment on somebody you hardly know?

- **up in the air** 悬而未决

My promotion is still up in the air.

- **turn to sb.** 向某人寻求意见与建议
- **do the right thing** 做出了正确的决定
- **make the right/good call**
- **on the same page** 达成一致，达成共识
- **a done deal** 已经决定，不再反悔

2.一些和困难以及相关的表达：

- **the last straw** 最后一根稻草
- **above water** 凑合（平均线以上）

We're not rich, but we're keeping our heads above water.

- **cut corners** 抄近路，找捷径，节省预算

You can't cut corners if you want to be a top student

- **scaling a mountain/climbing a mountain** 登山
- **once in a lifetime opportunity** 一生只有一次的机会

- jump at the chance/opportunity 立刻拥抱机会
- be the making of you 造就了今天的你

It is how you face the challenge that can be the making of you.

- hit rock bottom 掉入谷底、人生最失意的时候
- go south/head south 情况变差、急转直下

The stock market went south all of a sudden.

- in a jam/in hot water 困境中
- start with a clean slate=start again with a fresh beginning 重新再来
- back to square one 同上，重新再来，回到原地
- reach a dead end 走到死胡同

We've reached a dead end with this project. I think it's best to wait until next week and start with a clean slate.

- come a long way 取得很多进步

The IT industry has come a long way in the last 20 years.

- live up to one's expectations 正如所期一样成功
- Where there's a will, there's a way. 有志者事竟成
- Blood, sweat and tears 汗水心血努力

It took my blood, sweat and tears to finish this project.

- knuckle down 全力以赴 (knuckle 作为名词“指关节、膝关节”，作为动词“开始认真工作”)
- It's final-exam week so I've got to knuckle down and finally start studying.
- put my head down 同上用法
- throw myself into the task 投入工作学习任务中

Tonight, I really need to throw myself into the task, maybe I'll pull an all-nighter.

- really go at it 全力以赴

I think you need a break from that school assignment. You've been really going at it for the last 2 hours!

- roll up one's sleeves 袖子卷起来 开干! 战斗模式!

素材一 (减肥) :

So, I want to talk about the time when I decided to slim down/shed weight/lose weight and get back in shape. It was indeed a difficult decision to make, but I'm happy that I made it happen.

I was not happy with my body, a few years ago. I was a little depressed. And when my ex-boyfriend broke up with me, it was like the last straw. I hit rock bottom in my life. I started binge eating junk food, and I stopped working out. I put on 20 pounds in two months. I really wanted to get back on track (回到正轨), but it was very difficult to get rid of those bad habits.

It wasn't easy at all. I tried to go on a diet, but it didn't work out. I mean, I did lose some weight/shed a few pounds (甩了一点点重量) in the beginning, but once I stopped the diet, my weight just bounced back (反弹). And I had to go back to square one.

Then, I realized that there was no cutting corners when it came to losing weight. I had to sweat and fight for it. So, I tried harder by going to the gym almost every day. I gave 100%, my blood, sweat and tears. I really went at it. I felt like a soldier, a warrior at the gym every day (每天我在健身房感觉都像是战士、勇士). It was very hard to get rid of the habit of being a couch potato, and meanwhile, say no to all the evil temptations, like chips, fried chicken, chocolate and coke.

Gradually, I started to see the good results. I'm in much better shape now. I feel confident about myself, and my mood is always good now. When there's a will, there's a way. I feel that I can achieve anything as long as I

set/put my mind to it (只要想到就能做到) . SO I'm very happy with my decision. Thank you!

素材二 (提分手) :

Last year, I made a very hard decision of breaking up with my boyfriend. Now he's my ex-boyfriend, and, come to think of it, it was the right thing to do.

We had been together for about three years, and during that period of time, I was in two minds all the time. On one hand, he was funny and charming. He could really make me laugh. I loved his sense of humour and his charisma. On the other hand, he was a control freak. He always wanted me to listen to him, and say yes to him. He really put a lot of pressure on me. I mean, I'm an independent woman with an independent mind, so I couldn't just blindly follow his commands (跟随他的指令) , like a slave. He was very bossy (霸道的) and macho (大男子主义的) .

I was torn between leaving him and being with him. I didn't want to rush into the decision, so I waited long enough, because I wanted to give it a chance. After being together for three years, I was very unhappy, so I finally made up my mind to leave him. I told him about my decision. It wasn't easy for me. I was crying and having a meltdown when I saw him for the last time. And he refused to take it. We were not on the same page at all.

After the breakup, in the beginning, he was still trying to influence my decision by constantly calling me and trying to see me. But I was very tough and strong-minded. It was a done deal. I didn't give him any chances to talk to me. And eventually, after 6 months, he gave up.

I'm now feeling so much better without him. Everything is water under the bridge (事情都过去了) . Even though I still miss him sometimes, I know it will all be over one day. Time will heal everything. It was a tough decision to make, but it was the right thing to do.

So yeh, that was the decision, thank you!

素材三（出国上学）：

So, the tough decision I made recently was studying abroad.

I made the decision last year. At that time, I was about to graduate from my university in China. And, to be honest, I wasn't very happy with my options. I could start finding a job, but I wasn't ready to start working yet. I could apply to graduate schools in China, but I felt I was missing out on something（错过一些事儿）. I was missing out on the opportunity to see more things and fulfill more potentials. .

也可以说, I was having "FOMO" (the fear of missing out) 最近几年的时髦用语, 表示年轻人很害怕自己没玩儿够, 没经历够多的事情.

I'd had the idea of studying abroad since long time ago, but I was scared. I was scared of living in another country just by myself, and also, I wasn't confident with my English. I was weighing up all the positives and negatives of living abroad.

And then, COVID started, and it made everything even more complicated. I was in two minds, very indecisive（犹豫不决）. I still wanted to go, but I was afraid of leaving China. I was sitting on the fence for months until I talked to my cousin. She changed my mind.

I turned to her for some advice as she's studying in the UK. And She told me studying abroad was the best decision she made. She'd been learning and growing so much ever since she started her new life in the UK. She's much more independent, experienced and competent. After talking to her, I made up my mind to study abroad. And now, I'm very happy with my decision. I've been studying English every day, and busy preparing for my application materials. I'm feeling excited, determined and hopeful.

It wasn't an easy decision to make but I'm glad I made the right choice.
Thank you!

Part3:

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

Young people make all kinds of decisions in life, big ones and small ones. Bigger ones like choosing a university, making study plans, finding a job,

getting married; smaller decisions like friendships and social life, boyfriends or girlfriends, what to eat, when to sleep, where to go. So, yeh, they're facing a lot of challenges when it comes to making decisions. (分类讨论)

2. Do you think young people are easily influenced by others while they make decisions? Why or why not?

The way I see it, young people are at an age when they don't have a lot of life experience yet, so they tend to listen to people around them, especially people who are more experienced. However, there're still some young people who are very strong-minded (有想法的、主心骨的) and decisive (果断的). They know what they want, and they don't easily get influenced by people. (主流情况, 特殊情况)

3. Do you think some people can make decisions without asking for advice from others?

Some can, not everybody. Some people are very confident with their decisions. They have good control over their lives (有很好的对人生的控制), and they think that they don't need to rely on anybody's help. And, some other people are too proud to turn to others (太骄傲, 不好意思问). They think too highly of themselves (自视甚高), thereby feeling embarrassed to ask for advice. (分群体)

4. Do you think it's necessary for kids to make as many decisions by themselves as they can?

I think so. I think parents should encourage their kids to make decisions by themselves at an early age. Starting by giving them several options to choose from (一开始给他们一些选择). That's an easier way to make a decision. For example, "Do you want to go to the park today or tomorrow?" If the kid chooses "today", then he/she has made the decision of going to the park today. And later when they are older, parents can let their kids make decisions themselves, but they should remember giving them full information to take into consideration before the decision-making (在做决定之前, 家长要给出足够信息让孩子去考虑). Like,

what are the consequences of each decision, pros and cons, things like that. One thing I have to add here is that, I don't think letting kids make decisions means ignoring them, not paying attention to them, letting them choose freely without any guidance (让他们做决定不意味着忽视, 冷漠, 任由他们自己做决定而没有任何引导) . Parents should always provide information and guidance. That's very essential. (罗列, 举例子, 反向思考)

Describe a time when you used your cellphone/smart phone to do something important (用手机做重要的事情)

You should say:

What happened

When it happened

How important the cellphone was

And explain how you felt about the experience

手机可以做的重要的事情有:

pay things through mobile payment app (手机支付 app) ; get directions somewhere using navigation app; join a Zoom meeting on the phone; get a recipe (找到一个菜谱) on the phone while cooking; search for very important information on the phone when the computer isn't working...

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.

- **I can live without my phone.**
- **I have “nomophobia”. Nomophobia=no mobile phobia 无手机恐惧症**
- **I love the feeling of reaching into my pocket and find my phone there.** 我喜欢那种把手伸进口袋、发现我的手机在里面的时候的感觉
- **My phone is like my digital security blanket (安抚毯).**
我的手机就像是我电子版的心理安抚毯。
- **I feel nervous, stressed out, incomplete and cut off without my phone.** 我在没有手机的时候会感到紧张、鸭梨山大、不完整和被切断。
- **I compulsively check for updates, messages and battery life.**
我强迫症一般地查看更新消息、别人发来的短信和剩余电量。
battery life 指的是剩余电量，什么时候需要充电，不是电池寿命的意思
battery lifespan 才是电池寿命，表示还有多久该更换电池了

App 的主要种类:

- ① **gaming apps 游戏类**
- ② **educational apps 教育类**

The modern society is more cautious about self-education, which brings in the role of educational apps. Even some educational apps are useful for teachers and support their teaching process.

- ③ **shopping apps 购物类 (Taobao, Jingdong, eBay)**

④ fitness/workout apps 健身类

From fitness, shopping, workout, to weight loss, virtual trial room, and more, applications falling under this category are meant to enhance the personal lifestyle experience for users. These apps are related to offer users ideal solutions related to their working tasks, fun, or other lifestyle problems.

⑤ video sharing apps 视频类 (YouTube, TikTok, Facebook Watch)

⑥ social media apps 社交媒体类 (Facebook, Twitter, Instagram)

(以上④-⑥类, 也可以统称为 entertainment apps)

⑦ travel apps 旅行类

⑧ utility apps 生活日杂类 (滴滴打车、美团、水电煤房租支付)

These apps are mostly used by us on a daily basis. From booking a cab, to hiring a home repair service, to undertaking healthcare, utility apps are ideal to display the shortest user sessions times. Users love these apps as it helps them to get things done early and easily.

⑨ navigation apps (或者就叫 map apps) 导航类、地图类

⑩ communication apps 沟通软件 (messaging apps)

So, I want to share with you the time when I managed to cook a difficult dish (做一道复杂的菜) by getting the recipe online on my phone.

It was on my dad's birthday, about 6 months ago. My mom and I wanted to surprise him by making some delicious homemade food (家常菜). We split the job (我们分了工作), my mom took care of two dishes, and I took care of one. I was very ambitious, as I really wanted to impress (惊艳) my parents. I knew my dad liked chicken and also spicy flavour (辣味). So I

decided to cook a Sichuanese cuisine (四川美食), called Laziji 辣子鸡, "diced chicken with spicy chillies".

I asked my mom how to prepare for the dish, she didn't really remember the recipe in detail by heart (靠记忆), and we didn't have a cook book (烹饪书) at home. Therefore, I turned to my phone for help. I downloaded an online recipe app (菜谱 app), and without any effort, I found the recipe for that dish on the app. The recipe was so easy to understand and follow (特别好理解以及跟着操作), and there were even loads of picture to show me how the dish looked like in each step (告诉我每一步过程中菜长什么样). The whole cooking process was like a walk in the park (俚语, 走在公园里一样, 表示轻松), easy peasy (小菜一碟)!

Eventually, at the birthday dinner, my food blew my parents away (把父母吹飞, 意思是被震撼了). They were so impressed by my cooking skill (被我的厨艺惊艳到了). My dad even said that I should become a chef one day! Who knows (谁知道呢), maybe he was just trying to please me. I was very flattered (受宠若惊) for sure.

Finally, regarding how I felt about the experience, well, thank god (谢天谢地, 幸亏) I found the recipe on my phone, it made everything so easy. I never needed a cook book, just my phone and the internet connection (网络连接), I could get any information I needed at my fingertips (指尖). And, it was completely FREE. I felt grateful to be able to live in a time like this where information is so easy to access and so effortless to get.

So yeh, that was the story, thank you.

Part3:

1. What do you usually do with a cellphone?

I do a lot of things on my cellphone. I set the alarm on my phone every night before bed, and in the morning, the alarm will go off at 8 am to wake me up. I listen to podcast (听播客) while commuting to work/school every day. It's my chicken soup for the soul moment (我的心灵鸡汤时刻), very important for me. I use my phone to contact people, my supervisor (上司), coworkers (同僚) and clients (客户) / professors and classmates. When I have some time to spare (有额外时间) during the day, I always enjoy getting on my social media accounts, and taking a sneak peek at (偷窥) what my friends and family are doing. Social media is a big part of my life. I also use my cellphone to play music when I work out. Now come to think of it (现在想来), I almost do everything using my phone. (罗列)

2. What are the differences between young people and old people when using a cell phone?

Well, I can't speak for all the young and old. From what I see, young people are much more addicted to the phone. Young people use phones for life (用生命在看手机), including myself. We stare at our phones almost 24/7 (全天全周在盯着手机). Sometime I feel that we 're not paying attention to the real world anymore. Whereas old people use their phones more wisely, in my opinion. They also use the phone to read, talk to people, find a recipe, get directions, but they're not that dependent on their phones. Maybe it's because mobile phones are something that came to their lives later (手机对老年人的生活来说是比较晚进场的东西). (对比讨论)

3. Which one is more important, using a cell phone to make phone calls or to read messages?

They are equally important, the way I see it. Making phone calls is the major feature of all the phones. We use phones to contact people. And also at the same time, getting messages, receiving information, is also very essential. I don't know, I don't really understand this question, to be honest. 这题出的真的很无语

Maybe, for some young kids, they will say reading and sending text messages is so much more important than making a phone call, as nowadays they don't make phone calls anymore. For some reason, young kids today hate calling other people. They are very socially awkward (很社交尴尬症的) when they're on the phone.

4. Do you think there should be a law to stop people from making phone calls in public?

Many people hate it when people talking loud on the phone in public. I totally get it. Actually, it's one of my pet peeves (让我讨厌的事情). Having said that, I don't think there should be a law to ban (禁止) this behavior. That's a bit of a stretch (这就有点夸张了吧). What if there's an emergency? Someone needs to call for help, or the police? Who are we to say "you can't make phone calls in public?" (我们算老几?). We can either kindly remind those people to lower their volume (要么礼貌提醒对方降低声音), or just put on headphones ourselves (要么自己戴上耳机). (主流观点, 自己观点)

Describe a time when you helped a child (帮助小孩的经历)

You should say:

When it was

How you helped him/her

Why you help him/her

And how you felt about it

可以说帮助孩子完成某件事, 做饭、穿衣服、修东西、学英文、拼拼图、跳舞; 也可以帮助孩子完成某个心愿; 帮助孩子找到家长 (走丢的话)

知识点:

寻求帮助的表达：

- ask someone for help
- turn to 有困难的时候求助

I always turn to my parents when I'm in trouble.

- run to 在这里指寻求帮助（尤其当你不应该找这个人寻求帮助的时候）

Are you a little too old to run to your mom? 你现在还出事儿就跑着找你妈，是不是太老了

- beg 祈求

Stop begging me for help.

- look to someone for help 望向某人寻求帮助

Kids always look to their parents for guidance.

- reach out to 在这里表示寻求帮助（但有时候在不同场景下，也表示给予帮助，我知道！很乱！很烦！）

We reached out to some experts and solved the problem.

- recruit 本身有招兵买马，雇人的意思；但也可以表示找人帮忙

The church has recruited volunteers to help.

- call in a favour 表示找人帮忙，找的人是你曾经帮过的人，相当于回报型帮忙

I really need a vacation. I'm going to call in some favours, and ask people to cover for me. 我真需要休假，我要找人替我带班，找过去我帮过忙的人

- come running “跑过来” 找人帮忙，很急切又讨人厌的样子

You made this decision yourself. Don't regret and come running to me later, I won't help you.

- give someone a hand 给人帮个忙（往往是简单搭把手的事情）

Could you give me a hand with those suitcases?

- **offer/give/lend a helping hand** 热心地提供帮助
- **feel grateful/thankful** 很感恩
- **couldn't thank someone enough** 谢不完的谢，非常感谢

A while ago, when I was visiting my cousin and his family, I helped my little nephew assemble his jigsaw puzzle. (可以把这道题和老题“童年的玩具”里的内容结合)

拼拼图的动词: **assemble, solve, put together**, 甚至 **do a jigsaw puzzle**

So, my little nephew was only 8 or 9 years old at that time, and he just got a new puzzle for his birthday. It was a big one, probably 200 pieces. So, obviously, it was a bit of a challenge for him.

My cousin and his wife were cooking in the kitchen, and they left me and my nephew in the living room. At the beginning, the little boy was trying to show off (显摆) by putting the puzzle together all by himself. But very soon, he realized that it was a “mission impossible” (不可能的任务). So, he turned to me. I refused at first because I wanted to watch some TV. But then, he begged me. I think he was very desperate (很急切, 很绝望). I saw those puppy eyes (狗狗眼, 可怜巴巴的), I couldn't say no anymore, and I decided to give him a hand.

I told him to always start from finding the corner pieces (四角的块块) and the edge pieces (四条边线上的块块) on the 4 sides of the picture. That would make things much easier. So, I helped him find the four corner pieces first, and started from there, we found all the edge pieces. And gradually, with a little bit of my help, my little nephew put together all the pieces and formed a beautiful picture.

He couldn't thank me enough (非常感谢). He thought I was so smart. I was a genius in his eyes. I felt quite happy that I helped him when he ran to me. I enjoyed the feeling of helping my little nephew and also being the super hero for him.

So, yeh, that was the story.

Part3:

1. Do you often help kids? How?

-Uhhmm, not really, I mean, I don't have kids around me. I live in my school dorm, and sometimes when I visit my relatives, I might see some kids in the family, like my nephew, but in general, I don't see kids, let alone help them (总的来说见不到孩子, 更别帮助他们了)。(原因)

-Oh yeh, all the time. I see my little nephew and niece almost every weekend. I always help them with their homework, teach them how to do things, show them how to play games, things like that. I'm like a babysitter (临时看孩子的保姆) . I've been babysitting (临时看孩子) them since I was 15. (原因, 细节)

-I'm a teacher, so helping kids is a part of my day-to-day job (每日工作的一部分) . At school, I need to help my students with their homework, talk to them when they're in trouble or in a bad mood, help them feel better, sometimes I even help them tidy up. One time, I remember I helped a little girl do a ponytail (梳一个马尾)。(原因, 细节, 举例子)

2. Why is it necessary to do volunteer services?

Because people need people (人需要人) . And it works both ways (两头都有效) , it's beneficial for both the volunteers and the people helped (对志愿者和被帮助者都很好) . Volunteers can help a community develop and thrive (蓬勃发展) . They can take care of old citizens in the neighbourhood, they can help people who are physically challenged (残障人士) to enjoy a better life, they can clean up the environment, the range (范畴) of volunteering services is endless (无止境的) ; and for the volunteers themselves, volunteering work keeps them in regular contact

with people, which in turn (作为回报) protects them from depression and anxiety. Just like I said, people need people.

3.What can schools do to develop students' awareness of volunteering?

Showing documentaries to students about volunteering services is the first thing schools can do. I mean, the first thing is to learn the idea, the concept of helping people. And then, schools can organize volunteering activities that enable students to experience and enjoy helping people, and giving back to the society (回报社会) .

4. Who benefit more from the volunteer services, the volunteers or the people helped?

见问题 2 答案

Describe an occasion that you lost something (丢东西的经历)

You should say:

What you lost

When and where you lost it

What you did to find it

And explain how you felt about it

知识点:

形容很丢三落四的人:

- forgetful 健忘的

My dad is such a forgetful person. He's always looking for his car keys.

- unmindful 不注意的; mindful 是注意的
- absent-minded 大脑不在场, 表示很心不在焉的

I'm sorry, I'm a little absent-minded today. What did you say?

- **distracted** 被分散注意力的

I'm always distracted, and that's why I keep losing things.

Why are you so distracted today? What has got into you?你吃错药了?

- **disorganized** 没有组织条理性的，乱七八糟的
- **scatterbrain** 名词·表示头脑乱七八糟的人

I'm such a scatterbrain. I always leave my bag behind.

- **always loses things** 总是丢东西: She always loses her things.
- **forget things easily** 总是忘东西

I'm the kind of person who forgets things easily.

- **messy** 乱糟糟的

I'm such a messy person.

My life is a mess.

开头可以总结一下自己，引出故事，顺便展示一下词汇量。可以强调自己健忘或者不怎么健忘。

Normally I'm not a scatterbrain. I don't lose things easily. I'm always double checking my stuff before I leave a place, super mindful. That's why I remember this experience so well, that was one of the only few times that I lost my stuff.

或者

Oh my (感叹语，艾玛呀), I don't know where to start (我都不知道从何讲起) as I have so many stories in my mind. Unfortunately, I'm a very distracted person in general. My friends all call me a scatterbrain (管我叫大马虎). I'm the kind of person who will look for their keys when the keys are in their

hand (我是那种手里拿着钥匙还在找钥匙的人) ! That's how absent-minded I am. My life is a mess. I'm always looking for my things. Recently, I lost something again!

It was my dear iPad (我最亲爱的 iPad) . Last month, I took the train to another city to visit a friend. And in order to kill the time(为了更好地消磨时光) on my way, I brought my iPad with me. At the beginning, I was watching a movie. And then, later, I started playing some games on my iPad, I believe it was Candy Crush (消消乐) , the most classic game, yes...and then, I started to feel very sleepy. It was a long trip, and that's why I decided to take a nap.

I felt lazy (犯懒) to put the iPad back into my suitcase, as I knew later I would use it again after the nap. So I put the iPad in the pocket in front of me. You know, there's always a thin pocket in the seatback in front of you (你前面座位的后方的薄薄的口袋) ? So, yeh, I put it there. The pocket was not big, so I could still see the tip of my tablet (平板电脑的上方一角) . I thought that would remind me that there was my tablet in the pocket. But NOOOOO, I completely forgot my iPad after the nap. Like it was never there. I just removed the memory out of my brain.

After I got off the train, several hours passed by, and suddenly I jumped out of my skin. "Where is my iPad?!" And that was when I remembered it was still on the train!!!! I called the lost and found office (失物招领办公室) at the train station, told them about my tragedy (悲剧) . The customer service representative (客服代表) comforted me (安抚了我) , and helped me call the head of the train (火车的车长) / the conductor of the train (一个意思, 车长) , anyway, he said he would search it for me.

Several days later, I got a phone call from him and was told that he found the iPad! I felt so lucky and grateful to get my baby back. And at the same time, I felt very guilty for being so unmindful. I hate troubling people (我讨厌麻烦别人) .

So, yeh, that was the story.

Part3:

1. What kind of things do people usually lose?

Normally people lose things that they use all the time, on a daily basis, and also it's normally something small (个头小的东西). Like, their keys, phones, tablets, water bottles, wallets. You know, things that they carry around in their hands all the time, but are not easy to find when left behind (被丢下), because they're small. (原因, 列举)

2. What do people often do when losing things?

Some will get crazy, and go back to places to find it. They still have high hopes for getting it back; some will just give up, learn the lesson, and try to be more careful next time; some will go to the police station to ask for help from them if it's something very expensive. (分群体)

3. Is it an effective way to use rewards to find lost things?

-It depends how big the reward is. If the reward is tempting enough (足够诱人), that might encourage more people to join in and help find the lost item. If the reward is not big enough, people might just ignore it. So, sometimes it could work, but not always. And also, it depends on what the thing is. Sometime you don't need to use rewards at all if it's something special and meaningful. For example, I remember a couple years ago, I saw it in the news that a young girl lost a teddy bear somewhere, and the teddy bear was the last gift from her late mom (已故的母亲). And when she asked for help on the internet, the whole city was on the mission of finding that teddy bear for the girl. Eventually, the teddy bear was found and returned to her. So, rewards are good strategies but aren't always needed (奖励是很好的策略但是不是总是有必要的). (分情况, 补充, 举例子)

4. What kinds of people may lose things often?

Kids lose things pretty often. They are less experienced and responsible in life, and that's why they're more distracted and unmindful about their things; and some adults are also very forgetful. Some of them are born this way (生来如此), and some of them just couldn't be bothered to use their brain power on remembering small things (有些人就是懒得运用脑力在记忆事情上); and what else, old people tend to be a little bit more absent-minded. It is because they're ageing, and they're losing abilities and skills, including their memory. (分群体)

Describe a positive change that you made in your life (做过的积极改变)

You should say:

What the change was

When it happened

How it happened

Who helped you

And explain why it was a positive change

可以参考上个素材里提到的丢三落四的性格，然后现在改过来了。I used to be absent-minded, and lost things easily. And now I'm really working on it. I double check everything. I made a change. 可以进行简单的“串题”。

知识点:

积极的改变可以分为以下几个方面:

1. 改掉一些坏习惯 Getting rid of bad habits

When you are addicted to a bad habit, getting rid of it is definitely a positive change.

1) Quit smoking 戒烟

- I was an avid smoker when I was in my 20s. 我在 20 来岁的时候曾经是一个老烟枪（抽很多烟的人）
- nicotine 尼古丁
- nicotine patch 那种戒烟的时候可以贴在手臂上的小贴纸（我也不知道什么原理）
- nicotine gum 同理，戒烟时候可以嚼的口香糖

I was chewing the nicotine gum and using the nicotine patch every day.

- lung cancer 肺癌 I definitely don't want to get lung cancer one day.

2) Stick to a healthy life routine 坚持一个良好的生活作息

- Stick to sth 坚持某事 stick to the plan; stick to the routine
- I used to be a night person/night owl(夜猫子) .
- stay up 熬夜晚睡; pull an all-nighter 通宵熬夜

I was never an early bird/ morning person (喜欢早起的人) . I stayed up late every night. But one day I decided to change my lifestyle and form a healthier routine. And now, I go to bed early and wake up every morning at 7am, work out 3 times a week.

- “Consistency is key!” 这是你可以说的一句话“坚持很重要！”
- Ever since (自打.....以来) I started my new routine, I've seen a bunch of (不少) changes in me. I feel more energetic, I feel less tired, my mind is not drowsy (昏昏沉沉的) anymore in the morning, I have better concentration (注意力更好) , I have a better memory (记忆力好) , my mood is always good...I'm in great shape (状态体能颇好) . I used to be so out of shape (状态差) .

2. 学会存钱，建立储蓄账号 Learning to save money and establish a savings account (储蓄账号，savings 存款，复数)

- a big spender/ a spendthrift 狂爱花钱的人

A person who spends money in a extravagant and careless way.

- “I swipe my card like there’s no tomorrow” 我像是世界末日要到了一样疯狂刷卡

“I have to leave my wallet at home when I go for walks around the city because I swipe my card like there’s no tomorrow”

- hit a savings goal 实现了一个存钱的目标 (hit 的过去式还是 hit)

(for travel, to make a purchase, to give back to your parents 回报父母)

“I hit my savings goal for the week/month/year!” 我实现了本周/月/今年的存钱计划

- a penny pincher (铁公鸡，一个 penny 还要掰开来花) ; be cheap (在这里不再是很便宜的意思，而是很抠门。很难听，一般用来形容那种不舍得给别人花钱的人比如说自己男朋友很 cheap，或者形容自己，自嘲) ; be stingy (也是抠的意思) ; frugal (节俭的，不属于贬义词) ; money conscious (很有用钱意识的) ; hold on tight to someone’s money (钱抓得很牢)

My grandma never wants to spend her money! She is such a penny pincher. But after all of these years of her telling me to save money, I am finally learning from her saving methods.

My boyfriend is such a cheap person. He hasn’t given me any gifts ever since we started dating.

I’ve been so cheap/so stingy with my money since I decided to save up more for my future

I'm not stingy, I'm just very money conscious, because I know that money doesn't grow on trees (相当于, 钱不是大风刮来的)。

- I'm always on the hunt for a bargain/good deal. 我总是在寻找各种折扣、便宜货
- It hurts my pockets. 很伤我钱包 (口袋)

Buying a coffee everyday is hurting my pockets. So I am going to start making my coffee from home.

- Be short on cash 缺钱的状态

At that moment, I was short on cash. That's when I realized that I had to start saving money.

3. 决定换个环境, 搬到新地方 Moving to a new place

- New chapter in my life 生活里新的篇章

I have just arrived in London where I will spend the next 4 years for university. I am excited for this new chapter of my life.

- Take a leap (of faith)/take the leap 做出一个重大决定 (往往是带风险的)
(leap 是大跳、纵身一跃的意思)

I took a leap of faith, quit my job at the age of 28, and moved to Canada.

- A scary move 一个可怕的举动/动作

It was a scary move as I barely knew anyone in that city. But it ended up being one of the best decisions I made in my life.

- Spread my wings 张开翅膀 (表示成长)

Only when I started living in another country, did I get the chance to spread my wings and really grow.

- Get in touch with my inner self 和我的内在自我取得真正的联系

Being in a new environment gives me the chance to get in touch with my inner self, and learn more about myself.

- Have the opportunity to explore the world, and get to know different people
- Venture out 向外冒险

I'm a daredevil (冒险鬼), and I love venturing out. I love exploring the world.

- Break/step/get out of your comfort zone 走出舒适区、打破舒适区
- Nothing pushes you more than moving to a new place 什么也比不了搬到一个新地方来得更锻炼你的能力了 (推着你走, 等于提升). Getting out of your comfort zone allows you to grow fast.
- support system 家人朋友后盾等组成的一个扶持系统

I didn't have my support system anymore, but it was good to know that I could do it all myself.

- Make new friends/ make new connections/ building a new network 结识新人
- stuck 被卡住的状态, 上下前后动弹不得 (stick 这个词的过去分词形式, 形容词词性)

My life is stuck in the middle. It's not going anywhere.

- Home is not a specific location, it is where I AM. 家不是一个具体的地点, 家是我在的地方。

4. 其他总体表示积极乐观的表达: overall positive outlook (from a negative one)

- “Grass isn’t always greener on the other side”. 原话是 Grass is always greener on the other side (of the fence), 意为隔壁家的草总是更绿。也就是类似于别的地方的月亮更圆。我们总是羡慕别人的生活和境况。反过来用，就是表示，也不是别人的境况就一定比自己好。调整心态，少做比较。

I felt myself constantly comparing my life to the people around me. I've decided to switch my mindset because the grass isn't always greener on the other side and I have a lot of good things going on in my life 我自己的生活中有很多好事儿正在发生!

- It's looking up 有上扬趋势，在变好 After receiving some bad news about my mother's health condition, my family and I weren't sure what was going to happen. And finally, lately mom's health condition has been looking up.

- 类似的说法 It's coming along! 表示事情正在有进展，一步步来，差不多了

-How's your paper going? 你的论文写的怎么样了?

-Oh it's coming along! 差不多啦!

- The glass is half full. 杯子是半满的，表示那种很积极看待事物的人

I'm the kind of person who always thinks the glass is half full. I can always look on the bright side of things, a typical happy camper (乐天派) .

- Every cloud has a silver lining. 每一片乌云背后都有一条银色的线（指的是阳光藏在乌云背后）。这是一句很常见的鼓励他人的话。表示“把坏事变好事儿”，从失败/不如意的境遇中看到积极的一面。

I can always see the silver lining in tough situations.

- see the light at the end of the tunnel 看到隧道尽头的亮光

It was a really tough time in my life. Eventually I saw the light at the end of the tunnel, and I turned my life around.

- **a ray of sunshine 犹如一缕阳光**

I love being around Tara. She is like a ray of sunshine.

- **a breath of fresh air 一股新鲜空气**

After doing some spring cleaning, being in my clean room is like a breath of fresh air!

So, several years ago I decided to become a better saver (一个更好的存钱小达人) . Then, I set a savings goal, I worked hard on it, I made some positive changes, eventually, I hit my goal. And now, I feel very proud of myself.

Before I made up my mind to make the change, I was a big spender. I was extravagant (非常奢侈的) . I was spending money left and right (接二连三地花钱) , swiping my card like there's no tomorrow (没完没了刷卡) . (上班党还可以说 I was living paycheck to paycheck every month.表示月光族, 工资花光) I went shopping almost every week, in physical stores, online, everywhere. I had tons of meaningless and useless things, some of them I even never had the opportunity to wear or use. I just enjoyed the feeling of spending money. I was NEVER worrying about money or my future, as I was in my early 20s (二十出头) and I didn't have the capacity to see the bigger picture (看不到更大的画面, 即缺少全局观的能力) .

In terms of who helped me see more and see further, well, one day, my parents sat me down (让我坐下来) , and had a heart-to-heart conversation with me (心贴心的对话) . They told me that they were very concerned with my habit of spending money, and they wanted me to realize that "money doesn't grow on trees". One day, they wouldn't be there for me, I would

be all by myself, and if I couldn't learn the value of having some savings in my life, I would be in a dangerous place.

That conversation really hit me hard (强烈地击中我的心底). Because, I'd always seen myself as a little kid, footloose and fancy-free (在生活或者感情里了无牵挂、来去自如的状态), free of responsibilities. But after that conversation, I finally realized that I WILL be all alone (完完全全的一个人) in this world one day. So I'd better start planning for my future now. That's when I set a goal of saving money. My plan was to save just a little bit every month, and at the end of the year, I can hit a target. I wouldn't bore you with the specific numbers, but you get the idea.

Once I set the plan, I became a totally different person. It was like a game between me and myself. I really wanted to win!! Haha! So I stuck to the plan 100%. I spent money much less than before. I formed a new habit of being money conscious and not spending money carelessly. At some point, I think I even became a little bit of a penny pincher. Because I enjoyed following my plan. At last, I hit my goal and got rid of the bad habit.

This new habit, this change, has been like a breath of fresh air in my life. It taught me how to be a more matured person, a wise spender, a more responsible human. I learned how to NOT build my happiness on spending money and owning things. I learned to find my happiness on other things, things that are more meaningful. 这个改变让我学习到如何不把自己的快乐建立在花钱和有用很多东西这件事上，而是建立在别的更有意义的事情上。我成为了一个更成熟的人，更理智的花钱者，一个更有责任感的人类。

That's the story. Thank you!

Part3:

(1) Is it easier for young people to change?

I think, compared with older people, in general, young people are more willing to make changes. They are still at the age when they want to learn and improve. Don't take me wrong (别误会), I'm not saying that older people don't want to learn. I'm just saying that, most young people are still figuring out who they are (他们仍然在搞清楚自己是谁), and what kind of life they want. They haven't really settled down yet. So, they have more flexibility to embrace the difference, and enjoy the difference. The young are not afraid of uncertainties and the unknown (未知的一切). They are more fancy free and footloose (无忧无虑, 了无牵挂). They can afford to try and fail. (原因)

(2) Is it easy for old people to change?

For some old people, they still want to challenge themselves, make changes, and learn new things. But I would say, from what I can see, old people around me, they are more reluctant to (更抵触) change compared with the young. And the logic behind this is very understandable. Making changes means getting out of your comfort zone (跳出舒适圈), be vulnerable (展示脆弱), and feeling unconfident. Older people have so much more life experience, they have their supportive families, established careers, and life routines. It takes much more energy and effort to change. The resistance is higher (阻力更大). Sometimes I feel that old people are more narrow-minded (思维狭窄) and stubborn (执拗) when it comes to learning and accepting new things. They have fears and doubts. So yeh, it's normally not that easy for old people to change. (主流情况, 特殊情况)

(3) How can people change their daily routine if they want to?

First off, don't be ambitious. If it's a big change, they need to take baby steps (迈小步子). Step by step, little by little. And then, the second thing is to follow the new routine completely. No back and forth (不要来来回回变). Stick to (遵守) the new routine, give it time (加以时间), and then

they will form a new habit. And once it becomes a habit, it will be easier.
(罗列)

(4) What are the disadvantages when people keep making changes?
There're always pros and cons when you do things. Making changes is taking risks (冒险), so obviously, there're downsides (缺点). First thing comes to mind, you will have a feeling of losing control (失去掌控的感觉). Like I said, making changes is jumping out of your comfort zone. It feels scary (感觉很恐怖). Some people like it, some people don't. That sense of insecurity could be intimidating (令人感到恐怖的) and nerve-racking (令人神经紧绷的). And then, it's more work (要做的工作更多). Each time when you make a change, you need to adapt to the new way of doing things, and get rid of the old way. During this transition, you need to do more work than before. Sometimes it even looks like the new change is not working as you are doing more work. And next, when you take the risk, there's always a chance of failing. Not every change can lead to a happy ending (快乐结局). So, be aware of that, and be prepared. (罗列)

Describe a special day out that cost you little money/no money (花钱甚少的活动)

You should say:

When it was

Where you went

How much you spent

And explain how you felt about the day

可以利用好上题里的素材，因为想要省钱，而克制自己没花钱。

One day, I remember I went to a local handmade market (手工集市) with my friend, and I didn't buy anything. I was so proud of myself on that day.

In terms of when it was, well, to be honest, I don't remember the date. But I remember it was two years ago, on a Sunday morning, we decided to pay a visit to the local handmade market.

One thing you should know about me is that (你要知道关于我的一件事儿就是), I love handmade things, and I love spending money, hahahah! But two years ago, I decided to become a better saver (一个更好的存钱小达人). Before I made up my mind to make the change, I was a big spender. I was extravagant (非常奢侈的). I was spending money left and right (接二连三地花钱), swiping my card like there's no tomorrow (没完没了刷卡). Finally, one day, I realized that I should start planning for my future. I needed to become more money conscious.

And then, fast forward to (快进到) the day when we were at the market (跳过中间的七七八八快进到去市场的那一天). There was SO much cute handmade stuff at the market. I was suffering a lot (很痛苦). My friend bought loads of goodies (一堆好东西). Like, a clay mug (粗陶的杯子), a little figurine (小塑像) for her living room, a painting, a handmade bag, some handmade soaps (手工肥皂), and so on and so forth (诸如此类), a lot of things.

I felt very jealous at the beginning. (一看到 *beginning* 这个词, 你就该想到, 课上讲的“时间分层”来了!) I wanted to stick to my plan (遵守计划), and be strong-minded (主意很正, 很坚定) about it. But I was very attracted to many things at the market. It was extremely hard for me to NOT throw my money there. But then, I started to see it from a different angle. I had everything at home. I didn't need a new handmade bag, I didn't need any new soaps, I didn't need a new mug. Why would I waste my money just because they were cute? I had my goal, and I should proudly follow my plan and achieve my goal. Once I changed my way of thinking (思维方式),

it was like a breath of fresh air. I felt happy and free. It was almost like playing a game with myself: how little money could I spend?! And the final answer was: 0! I didn't spend ANY money.

I left the market with a full pocket. I was impressed by the new me, a penny pincher (一个崭新的我: 铁公鸡). Haha!

That's the story. Thank you!

Part3:

1. Do people like to spend their leisure time out in your country?

-Yes people love going out to socialize and network with friends in their leisure time. Where I'm from (就我生活的地方来说), people love going to the restaurant, the movies, or the karaoke bar to have some fun. We are famous for our karaoke culture around the world, which is true, we DO love karaoke. So, people love spending the night with their friends at a karaoke place, singing, talking and drinking. It's like a bar for us, but more private. (列举, WH 法)

-Some do and some don't. People in my country are like people everywhere, some Chinese are more sociable and outgoing, whereas some are more introverted (内向的) and prefer to be alone. So, some Chinese are into parties, dinners, and all kinds of social gatherings with their friends. Some would rather spend the time alone at home, and enjoy the solitude (享受独处) by watching some TV, reading a book, listening to the music, people also can unwind (放松). (分群体)

2. How do people spend their leisure time in your country?

People have SO many different preferences (偏好). Old people like going to the park, doing some Tai Chi, or playing MaQiang (麻将) with friends, or practising Chinese calligraphy (练书法). Younger people enjoy staying at home and chilling, or going out and seeing friends, or taking up a hobby (做点兴趣爱好), or doing physical activities (锻炼一下). There're endless ways (无穷无尽的方式) when it comes to relaxation. Some are

more main stream (主流的), some are more unconventional (非主流的). I can't speak for everybody (我不能替所有人回答). (分群体)

3. How does technology affect the way people spend their leisure time?

There're for sure all kinds of impacts of technology, good ones and bad ones (有好的影响也有坏的影响). On one hand, I DO see the trend of people getting addicted to their screens, their phones, tablets, and laptops. So, definitely people, including me, have been spending more time on screen, rather than on those traditional leisure activities. For example, some kids are starting to be referred as the "iPad kids". They've spent a lot of time on technology and have a sort of dependency on it. On the other hand, I also see examples of people utilizing technology in a way to help us enjoy our leisure time better. For example, we have full HD screens that can provide us with the best watching experience. We have VR(virtual reality 虚拟现实技术) technology that creates VR video games that are just incredibly good. (分头讨论)

4. Do you think only old people have time for leisure?

No, I don't think so. I mean, old people, in general, DO have more time for leisure. But it doesn't mean that (并不代表) people of other age groups (其他年龄段的人) don't have any time for relaxation. Maybe they have less, but everyone needs some time for leisure. Otherwise, younger people would work till they drop (工作到趴下). And it would be an unthinkable situation (无法想象的局面). The way I see it, to relax is actually to work better (好好休息是为了更好工作). Only when a person can strike a balance between work and life (在工作和生活中找到平衡), can they feel truly happy. (转折, 反向假设)

Describe an important event you celebrated (庆祝过的活动)

You should say:

What the event was

When it happened

Who attended the event

And explain how you feel about the event

知识点:

-different types of party/dinner/event:

**Birthday party/dinner (生日派对、晚宴), wedding dinner (婚礼晚宴),
house-warming party (暖房派对), karaoke party (K 歌派对), charity
dinner (慈善晚宴), personal art show (个人艺术展)**

-动词的使用

① plan: plan a party/dinner/an event

I'm planning a party for my mom's 60th birthday.

② have 和 organize 一样, 组织派对

I'm having a party tonight. Do you want to come?

③ throw: 带着随意之感 办派对 (甚至 do a party 都可以用, 和口语)

I'm throwing a little party next week. Wanna come?

④ host/organize a party 组织一个派对

I'm hosting a dinner.

I'm organizing a karaoke night.

⑤ go to/come to a party (不要用 attend)

I'm coming to your party tonight!

I went to a party last week.

-其他相关表达:

①the host: 主人

The host of the party tonight is my best friend.

②guest: 客人

All the guests tonight will be our close friends.

③have a great time/ a lot of fun/ blast/ a whale of a time

We had a lot of fun last night.

We had a great time at the party.

We had a blast. 玩的极其愉快

We had a whale of a time at Monica's party.

④ enjoy the party

We all enjoyed the party.

⑤ a wild party 超野的 (很尽兴的派对) / a crazy party/ a fun party/ a boring party/a laid back party (节奏很慢的, 没啥意思的)

⑥ Nothing really happened. 啥也没发生

-party 上会做的事儿

① Dance all night long

② Have a couple of drinks

③ Chat with friends

④ Play party games/play cards

④ meet new people/ expand social circle

-俚语

- ① **The life and soul of the party** 给派对带来活力的人，灵魂人物
She's the life and soul of the party.
- ② **paint the town red** 玩儿疯了，玩儿到尽兴
Let's paint the town red!!!
- ③ **a party animal** 派对动物（非常活跃于各大派对的人物）
- ④ **a social butterfly** 交际花，认识很多人的人（往往带有一点点调侃色彩）
- ⑤ **party-pooper/ a wet blanket**: 派对上令人扫兴的不尽兴之人
- ⑥ **burn up the dance floor** 疯狂跳舞/**dance the night away** 整夜跳舞“Those two danced the night away.”

素材一：

这道题可以和上季度新题“组织过的一场快乐的活动”串在一起。

在这里大家自己调整一下素材内容就好。

素材二：

So, not long ago, about two or three months ago, I went to my best friend's house warming party, and we had a blast.

My best friend Jessica and I are both same age, more or less. But she has been always a little bit more independent and mature than me. She started working a few years earlier than me. And now, she makes good money and she's ready to spread her wings（展开翅膀，成长）。（如果你是在校大学生，可以说 Jessica 兼职打工赚钱）

So she moved out from her parents' place, and moved into a rental apartment. I'm so happy for her, as that's definitely a new chapter in life（生命力新的一个章节）。And that's why we need to celebrate!

Jessica threw a little house warming party in her new place. She invited all her close friends over. We were all together, about 4, 5 people? Something like that. Not a lot of people for sure, I mean, A, the apartment is very small. It can't fit too many people at the same time; and B, Jessica is a very low key, very private person, so she didn't want everybody to know about this.

And finally, to answer the question of how I felt about this event. First, I had a whale of a time! We had some drinks, ate some pizza, played some party games, and later we danced a little. Jessica's new place is tiny but it has everything, and it's super cozy (超级温馨). That's why I felt like home, very relaxed. And then, I felt happy for my best friend. Maybe a little jealous (有点小嫉妒) as I'm still living with my parents. But jealous in a good way. I want the same thing to happen to me. I want this independence as well.

So yeh, that was the house warming party I went to. Thank you!

Part3:

1. Do you like to celebrate important events? Why?

-I do! I'm the kind of person who has a strong sense of ritual/sense of ceremony (仪式感). I'd like to make my life more memorable. And I think, by celebrating we can remember those special moments in life better. And it doesn't have to be extravagant. It's more about putting your heart and thought into something, and relishing (品味) this moment. (原因)

-No, not really. I'm not a very romantic person. I don't have a strong sense of ritual. And plus, even if sometimes I want to do something special, I'm too lazy to take action. And I'm also very clumsy (笨拙的), I don't know how to really celebrate an event. Like, how to plan a party, how to set up everything, how to make a cake, I don't know... (原因, 补充, 举例子)

2. What kinds of event do people usually celebrate?

Normally, people would celebrate traditional and national holidays, or personal events like, weddings, birthday parties, anniversaries (纪念日), baby shower (生孩子前的派对), bridal shower (结婚前的派对), etc. Special occasions like this are always worth celebrating. People want to hold on to the good memories of those special moments, and also celebrate them with their families and friends, so that they can share the happiness. (举例子, 原因)

3. Do people often celebrate events with a large group of people or just a few people?

It's really hard to generalize! Some people are like my friend Jessica, meaning, they **don't like crowds** (人群). They are very **low key**. Therefore, they enjoy celebrating events with **a small circle of friends**, just a few people. Whereas, some people are more like a **social butterfly**. For them, **the more the merrier** (人越多越好, 越多越开心). I've been to parties that had 100 people, and I've also been to **small gatherings** that only had a few people. They are all interesting, in different ways. Big parties are more exciting, and small gatherings are more relaxing and intimate. (分群体)

4. Do people often celebrate festivals with families?

Yes, I would say so. Traditional festivals, especially Spring Festival is just like Christmas. It's **family time**. **It's the time of the year** when families **gather together**, have nice meals, **catch up with each other**, just **spend family time together**. Of course, you can also see your friends during festivals, but it's more for your family. (原因)

Describe something that surprised you (让你惊讶的事情)

You should say:

What it was

How you found out about it

What you did

And explain whether it made you happy

可以讲任何让你惊讶意外的事情, 不一定要是惊喜。朋友给你举办的生日惊喜派对, 另一半给你做的手工礼物、或者做的衣服围巾帽子, 发现身边人的秘密, 甚至对自己产生的新发现! 原来我这么厉害! 还比如, 发现自己当妈了, 也是很好的故事。

知识点:

Surprised 有“意外、震惊”的意思，表示“惊讶”，有时候也表示“惊喜”，也有时候表示很“惊吓”

1.一些和惊喜（惊讶、惊吓）有关的表达：

- I was in shock. 我当时非常震惊
- I was flabbergasted.
I was flabbergasted when I saw my mom came back home with green hair. 很夸张的用法。用 flabbergasted 比 in shock 更夸张
- I'm gobsmacked. gob 有嘴巴和吐痰的意思，smack 是快速地抽打，gobsmacked 快速把嘴捂住，表示非常瞠目结舌
- I was in awe.我当时非常震惊、震撼（也可以形容感到美景美物之后被惊艳到）
- I was speechless. 我当时哑口无言（激动、兴奋、无语、气愤都有可能）
- My jaw dropped. 我当时下巴掉了（特别惊讶）
- I had no idea 我完全不知道咋回事（很当局者迷）
- I was under the impression that we were actually going to我当时还以为我们是要去.....干嘛（被蒙在鼓里的状态）
I was under the impression that we were going to buy a gift for my boyfriend's mother, and then suddenly he proposed to me.
- I was blind-sided. 我一点防备都没有，没蒙在鼓里（往往是不好的结果）
Blind side 表示盲区盲点，作为动词表示蒙蔽他人，通过他人盲点来进攻
Just when I thought I had a great day, I was blindsided by the terrible news. 正当我觉得自己度过了很棒的一天的时候，我被一条超级糟糕的消息突然袭击了（完全没有想到）。
- I was blown away. “被吹飞”既可以表示“特别惊讶”，也可以表示“被留下深刻印象，被惊艳到”
I was blown away when I got the offer from Cambridge. 收到来自剑桥的录取通知让我非常喜出望外
I was blown away by Peter's speech. 我被 Peter 的演讲惊艳到了

The dance performance really blew me away. 这个舞蹈表演太令我震撼

- I was knocked off my feet. 和上面差不多，被惊艳到
- I was bamboozled. 我傻眼了
bamboozle v. 使迷惑，欺骗。bamboozled=傻眼了，不知所措的
- I was astonished/astounded 我当时很吃惊
- catch sb. off guard: 猝不及防。
I caught him off guard when he was sleeping in the bedroom.
- jump out of sb.'s skin: 吓尿了，灵魂脱壳。
I almost jumped out of my skin when I saw a stranger in my own house.
- all of a sudden/ out of the blue: 突然间地
- do a double take 确认性地看了两次。
I did a double take when I saw my ex-boyfriend at the wedding.
- take sb. by surprise 让人意外，没有思想准备
He took me by surprise when I saw him in another city.

2. 收到惊喜、惊吓之后的反应：

- I felt like a fish out of the water. 浑身不自在，尴尬的状态
When everyone in the room started singing the “happy birthday” song to me. I felt like a fish out of water. I was so embarrassed. Couldn't feel happy at all.
- I felt blissful. 非常快乐，极度狂喜
- I was over the moon. 月亮之上，我上天了，太快乐
- I was thrilled/pumped/excited/overjoyed 同上，非常快乐
- I was on cloud nine for the rest of the day. 同上
- I was smiling from ear to ear 嘴裂到耳朵根了
- My cheeks hurt from smiling so much. 笑得脸蛋子都疼
- Feel better than ever 感觉好极了
- Feel brand new 感觉焕然一新
- No one could wipe the smile off of my face that day.

- 那天谁也没办法把我脸上的笑容抹掉
- **Made my day** 让我的一天完美了
My friends really made my day by throwing a surprise party for me.
- **I was at peace.** 我感到很平静很满足
- **My heart felt full.** 我感到很圆满
Seeing all of my closest friends in one room really made my heart feel full. It had been a while since we were all together because we went away for university
- **Break the secret** 把秘密说出去
I couldn't believe that none of my friends break the secret since they knew it for so long.
- **It was hidden in plain sight** 隐藏在众目睽睽之下（指的是把一些东西或者人藏在不该藏的、最显眼的地方，反而让人意想不到）
The gift was hidden in plain sight but I just didn't notice. It was right in front of me the whole time.

Last year, my boyfriend surprised me by throwing a birthday party for me. That really took me by surprise, I was totally knocked off my feet. He really made my day.

So, right before my birthday, my boyfriend gave out some misleading clues（给了一些误导的提示）on purpose about how he was going to celebrate my birthday. For example, he asked me if I wanted to go on a trip together（一起旅行）. So I thought we might go traveling together.

And, when my birthday came. He told me we were going to a fancy new restaurant in the city. It was a total red herring（a red herring 红色鲱鱼，表示烟雾弹，转移注意力的做法）. He made it sound so true that I didn't doubt him for a second（他让一切听起来那么像回事儿以至于我一点没怀疑）. I was really under the impression that we were celebrating my birthday at that restaurant.

So, we went to his apartment, he said he needed to pick up something. And when we entered, all of a sudden, I heard screaming and laughing. I was flabbergasted, shocked, speechless, my jaw just dropped. I was in

awe!! I saw my best friends, and my boyfriend's best friends, a lot of people. I couldn't believe that none of my friends broke the secret. That was very cute of them. I got so many gifts and so many birthday wishes. I was smiling from ear to ear the whole time, eventually my cheeks hurt from smiling so much. My heart felt full because of all the love I received on my birthday. This was so much better than going to a restaurant.

I really appreciate what my boyfriend did for me. All the planning, organizing, setting up, and trying to hide from me, all the effort. That was a very unforgettable day. It was an unexpected but a wholesome day (圆满的一天) .

Part 3

1. How do people express happiness in your culture?

Just like most people in this world, Chinese will smile, laugh, clap their hands, hug each other, even dance a little when they are happy. And each individual might have their own unique way of expressing happiness. Take my mom for example, she loves cooking for us when she's in a good mood. She will be humming songs (哼着小曲) in the kitchen, and with a big smile on her face. You know she's happy when she does things like that. (列举, 举例子)

2. Do you think happiness has any effect on people? How?

If a person is happy, it definitely brings many good things to this person. First, they will have a less chance of getting diseases, as good mood brings good health. And then, when people are happy, they are more willing to apply themselves to a task, so they get more things done, they are more productive. And also, everybody loves a happy person, so they will have more friends. So, yeh, absolutely happiness has several positive "side effects" (积极的“副作用”) on people. And When a person is unhappy and depressed, they are lonely, they are more prone to illness (更倾向于生病), they can't get anything done, they are at a really bad place. That's why everybody wants to be happy, nobody wants to be unhappy forever. (正向假设, 罗列, 反向假设)

3. How can people be happy?

-I read a book several years ago. It was about a study on why some people are happy. And I remember that the conclusion was something like: happiness is determined by several aspects in life, A, your job, B, your family (or your partner), C, your social life (your friends), and D, your lifestyle, something like that. So, basically, after reading that book, I came to the conclusion that if people want to be really happy, they need to, have a career that they like and feel proud of; have a beautiful family, and feel happy and in love with their life partner; have good friends to share laughter and tears, and meet new people every now and then; live an interesting life that they are happy with. (罗列)

-Different people have different definitions on what happiness is. Their needs and expectations vary (期待和需求各不相同). For some people, happiness is being wealthy and successful. Having a lot of money makes them happy. For some people, they feel blissful when they are with their families. And for some people, their happiness is based on the things they like, nice food, beautiful art, wonderful music. They feel the happiest when they are doing things they like. So, really, I don't know the answer to this question. (分群体)

4. Is it good for people to be unhappy? Why?

I think the question should be, what should we do when we feel unhappy, as feeling unhappy is unavoidable, it's the norm (问题应该是, 我们在不快乐的时候该做什么, 因为不快乐是无法避免的, 是常态的). Nobody can be happy forever, all the time. There're always ups and downs in life (生活中的起起伏伏). And all the downs help us realize how precious the good moments are in life. We need those bad days in order to cherish the good days. Just like, after I went camping in a tent in winter, after suffering from the cold weather, my warm and soft bed at home was like HEAVEN (正如我在冬天在帐篷里露营之后, 我那温暖又柔软的床就成了天堂). We should learn to live with unhappiness (与不快乐共存), knowing that it will pass one day, nothing lasts forever. And let this unhappiness become the motivation for us to cheer up, and conquer the difficulties, and feel happy one day. (原因, 举例子)

Describe a time when you were very busy (一次非常忙碌的经历)

You should say:

When it happened

Where you were

What you did

And explain why you were busy

过年过节给家人帮忙，结婚当天，给人当伴郎伴娘，去逛街采购，去新公司上班的第一天，做志愿者，照顾生病的家人.....

知识点:

1. 形容很忙的状态

- **tied up (with)** 被事情捆绑住，没有到极其忙碌，但也比较忙了

I'm a little tied up with this new project.

- **occupied** 同上，忙。被占据着。
- **hectic** 很忙的状态。可以形容人的状态，也可以形容很忙的一天
- **over-extended/over-stretched** 被过度拉扯的状态，非常忙
- **overloaded (with)** 超负荷超负担得忙，非常忙

I'm so overloaded with my work. I feel swamped.

- **be swamped (with)** 犹如深陷沼泽一般，极其忙
- **be snowed under (with)** 被大雪覆盖，形容很被 overwhelmed 的感觉，极其忙

I'm absolutely snowed under with work at the moment.

- **to have a lot /too much on one's plate (at the moment)** 此刻某人盘子里东西已经够多

Right now I'm already having a lot on my plate, I can't help you, sorry.

- to have bigger/other fish to fry 还有更重要的事情要做，忙着呢

It's really not worth my time. I've got bigger fish to fry!真的不值得我去花时间，我还有别的更重要的事儿呢！

- to burn the candle at both ends 蜡烛两头一起烧

I'll be burning the candle at both ends this weekend to get this project done.

- to get/have one's hands full 手头满了

I've got my hands full with my job and my kids.

- to be up to one's neck/eyeballs in something 忙到脖子、眼球处

Accountants are normally up to their necks in paperwork during tax season.会计们一般在报税季的时候会忙到昏天黑地。

- to bite off more than someone can chew 咬的比能嚼的多（没那个金刚钻，别揽那个瓷器活）

Don't bite off more than you can chew.

- be as busy as a bee/beaver 像蜜蜂、水獭一样忙碌（都是很勤快的小动物呀）

Today I've been as busy as a bee the whole day. Didn't even stop for a second.

- all over the place 混乱、没有思绪没有组织的状态

I'm so swamped with my work today, I'm working like crazy, all over the place.

- be burned/burnt out: 透支了，燃尽了，累到耗尽了

You can't work like this forever. You'll get burned out very soon.

- **Juggle** (注意, 不是 jungle) 表示同时平衡多个事物



这个是 **juggle** 的原意。我们用的是引申义。

2. 形容很疲倦的表达

- **exhausted/ knackered** (英式俚语): 精疲力竭
- **barely keep my eyes open:**

The lecture was so boring, at the end, I could barely keep my eyes open.

- **I'm drained.** (think of water or something draining out of a sink, going down the drain, there's nothing left) 精力被透支完
- **worn out** 可以形容衣服鞋子被穿破的状态, 也可以形容人精疲力竭

I feel completely worn out. / I'm worn out.

- **I'm beat.** (beat 也有形容词词性, 疲惫不堪的, 像被人打过一样瘫软)
- **I'm wiped out.** 同上, 精疲力竭
- **I'm spent.** 能量被花光了

After pulling an all-nighter/staying up all night (通宵熬夜) before the exam, I was completely spent this morning.

- **drowsy** 瞌睡的

I was feeling so drowsy after taking the pill.

- **fatigue/fatigued** 劳累的 I'm fatigued.
- **tired to the bone**

I'm tired to the bone. I can barely keep my eyes open.

- **dead on my feet.**

After working all night. I'm now dead on my feet.

So, several months ago, my best friend got married. I was the maid of honour (伴娘) / best man (伴郎) . It was such an honour, but also at the same time, it was the most exhausting day in my life. I was dead on my feet at the end of the day.

maid of honour 和 bridesmaid 的区别：前者地位更高，主伴娘的意思

The wedding took place on the outskirts of my city, so it was kind of far. Before we all headed to the wedding venue (婚礼场地) , we spent almost 2 hours at the bride's parents' home.

This is the tradition in my country. Before the wedding ceremony (婚礼仪式) , we have a little tradition called "Jie Qin" 接亲. Basically the idea is, the groom will go to the bride's parents' home, knock on the door, with all the best men and also loads of gifts, and pick up the bride. But it's definitely not an easy task. People will put on a show (演一出戏) , the bride and bridesmaid will give the groom a hard time (给新郎难题, 让他难堪) , pretending they don't want to leave, things like that.

So, as you can imagine, as the maid of honour, I was giving my best performance (极力演出) ! I was yelling and screaming like a freak (像疯子一样叫喊) , giving the groom and his guys all kinds of tasks to test how much he wanted to marry my best friend. I was setting up obstacles and hurdles like crazy (疯狂设立障碍) . For example, asking the groom to walk on his hands (倒立走路) , or put on lip colour (抹上口红) and kiss all the best men on the face (涂上口红亲吻所有伴郎) , that kind of things.

And later during the wedding ceremony, I was as busy as a bee! I got my hands full completely. I needed to standby the whole time, touching up the bride's makeup (给新娘补补妆), tidying/fixing her hair (整理头发), holding up the wedding dress train (托起婚纱的大裙摆), things like that. I was up to my neck at the ceremony.

After that, at the dinner, I made a wedding speech in front of everyone, which was a little overwhelming for me, as I'd never made a public speech before that wedding. Therefore, I felt that I almost passed out during the speak. Maybe I bit off more than what I could chew, maybe.

Anyway, at the end of the day. I could barely keep my eyes open as I was totally wiped out. That was an intense day that I had. Thank you!

Part3:

1. Are you often busy?

-Sometimes, not always. When I have deadlines or final exams coming up, I'll burn the candle at both ends, and just be up to my neck during that whole week. But when I don't have crazy tasks like that, I'll be pretty chill (悠闲平静), living my life, enjoying my life and paving my way to the next busy season (过我的生活, 享受我的生活, 为下一个忙碌季铺路). (分情况)

-Yes, I'm all the time being hectic. I always have my hands full, juggling different things. Right now, I have three school projects (3 个学校项目课题) happening at the same time, and I'm also preparing for a provincial singing contest (准备一个省级歌唱比赛), and on top of everything, I'm part-time working at a café, twice per week. I'm as busy as a beaver. (细节)

-At the moment, I'm pretty chill for most of the time. I hate being swamped with things. I definitely don't perform well under pressure (我绝对对压力下发挥不好). And I don't like the feeling of getting burned out. That's why I left my previous job a year ago, and now I'm taking my time to recover. (原因)

2. What are the advantages and disadvantages when people keep busy?

I think, keep busy, but not too busy, could actually be a really good thing. Because, first, you always have something to do, so it's easier to stay energetic and positive, as you have a goal to work towards. You don't feel bored or a sense of being directionless. And then, it's nice to get out of your comfort zone from time to time (时不时的跳出舒适区是件好事), and challenge yourself (挑战自己) a little. it can help you grow and develop more. Meanwhile, talking about negative effects, well, like I mentioned, being TOO busy is not a good thing anymore. When you are swamped with things, and couldn't take a breather, that can cause a lot of stress. That's bad for both your mental and physical health. And also, when you're completely overwhelmed with work, the quality of your work will go down (你的工作质量会下降). When you lose the balance between life and work, you will end up becoming the opposite of being productive (这会成为高产状态正相反的状态). And what's more, if you keep being snowed under like that, you will get burned out eventually. (对比罗列讨论)

3. Do you think children should learn through playing games or under pressure?

I choose playing games a thousand times. Learning through playing is the most natural way to learn. When children are happy, they naturally and voluntarily remember more knowledge (自然地、自愿地学习知识). Some people may say that playing isn't learning, it's not serious enough. But I say, we need to see the difference between children and adults. We need to know how they're wired (他们是如何被编程设置的, 表示天生是什么样的). Kids are wired/designed/programed to play and learn at the same time (孩子天生就是学着玩, 玩着学). Think about younger kids, toddlers (幼儿), they don't sit down and learn things, they all learn through playing games with their parents and teachers. But later, once we send our kids to primary school, we forget that they're still so young, and they are playful. (让位驳斥)

4. What kind of pressure people may experience at work?

There are different types of pressure, in my opinion. Pressure from work, from your clients, from your boss, and from your coworkers (同事) .

Pressure from work, like long hours (工作时长很长) , heavy workload (工作量很大) , lack of autonomy (缺乏自主权) , tight schedules (行程紧) , and tight deadlines (截止日期时间很紧) , things like that. And second, if you have clients that are really picky and rude, and impossible to please, you'll be under a lot of stress. And then, if your boss is not supporting you enough, or he/she is doing the opposite, by being untrusting (不信任) , unsupportive (不支持) , and disrespectful (不尊重的) . You will feel even more stressed out. And then, if you are working in a toxic environment (有毒的环境) where the people around you are resentful to you, that just makes things even worse (雪上加霜) . (分类讨论, 罗列)

Describe an occasion when someone gave you positive advice or suggestions about your work/study (工作、学习中的积极建议)

You should say:

Who the person is

What he/she said

How the advice/suggestion affected you

And explain how you felt about the advice/suggestion

知识点:

advice 不可数, 和 information 一样

没有 advices 或 an advice 这样的说法, 可以说 a piece of advice 或 some advice

1. 一些生活中也可以用到的鼓励人心的话语:

- “Keep your head up” 把头抬起来, 振作积极起来

- “Keep your chin up” 把下巴抬起来，同上
- “You are going to crush it!” 你会发挥很好的！crush 表示碾压
- “Take the high road” 用积极、道德的高姿态去做事情
- “Don’t worry, be happy!” 这句话很长听到，因为有押韵到
- “Everything works out in the end” 船到桥头自然直
- “The only way out is up!” 唯一的出路就是往上看，积极面对
- “You’re going to reap the blessings soon” 你很快就会收获好运的
- “You’re doing the best you can and that’s all that matters” 你只要尽力而为就是最重要的
- rocky time/ hard time/ tough time/tough water/ rough patch 形容困境的比喻

Keep your chin up when you’re going through tough waters in life.

2. 提出、接受或者拒绝一些建议以及听到建议之后的感受

- get sharp with someone: 和某人说狠话
- give criticism to someone: 批判某人
- criticize someone: 同上
- can’t take/handle criticism well: 听不得批评

She can’t take criticism well. 她听不得反对声音

- get sensitive to 很敏感

My boyfriend gets really sensitive to my words.

- not a good sport 输不起的人，听到反对声音、失败的时候就气急败坏

She’s a not a good sport.

- Take it or leave it. 要么听要么走，听不听随你
- Look, here’s the deal. 听着，这事儿就是这样的。

Look here's the deal, you either break up with him or you don't, but I can't keep listening to this!

- **This is your only option.**这是你的唯一选择。
- **feel humiliated** (被侮辱到) / **offended** (被冒犯) / **degraded** (被降级的感觉, 被践踏) / **embarrassed** (尴尬) / **unhappy/ angry**
- **accept criticism with grace** 用优雅的姿态接受批评
- **feel grateful/thankful for the advice** 感到感恩
- **feel motivated** 感到有动力

So, I went through a tough time right after I entered my university.

(背景故事) I was in a "party mode" every day (每天都是派对模式), and I didn't want to put any effort into my studies. I felt that I had a burn-out in high school when I was preparing for the college entrance exam (高考). So, in the first year in university, I didn't try at all, and then my grades were terrible (分数都很糟糕) in the second year. I freaked out (吓坏了), didn't know what to do. I felt very clueless (没有头绪) and helpless. Eventually, I turned to (求助于) my father for some advice.

My father is always like my mentor (导师), my role model (榜样), my best friend. When he heard about my situation, the first thing he did was to support me 100% mentally. He didn't get harsh with me at all, quite the opposite (正相反), he told me that he completely understood me. I was still just a kid, so of course I got carried away (得意忘形) when I got my freedom back.

He gave me two pieces of advice, first off, keep my chin up and try to look up. Stay positive. The only way out is up. That was what he said to me. And then second, work harder. He taught me a bunch of very specific tactics (一系列非常详细的具体策略). For example, always prepare for the class beforehand (提前准备课程). Preview (预习) every thing, even take

some notes. And during class, record the lecture (录下整个课堂) with the permission from the professor, and later review (复习) everything again. Go to the library on a daily basis. Things like that.

Finally, regarding how I felt about his advice and suggestions. I felt very warm and safe after that conversation. As a matter of fact (事实上), I had already known what I needed to do before that conversation, but sometimes, you know, we just need reassurance from other people to validate our own feelings and thoughts (有的时候, 你懂的, 我们就是需要别人的安慰和确认去进一步证实自己的感受和想法), even if it's something very obvious (即便是很显而易见的事儿). That's the power of reassurance. I felt very grateful for the advice and very motivated for the future. It helped me turn my life around (扭转我的生活) and keep going forward (继续向前).

So yeh, that was the story.

Part3:

1. When should parents encourage their children?

Parents should encourage their children all the time, when children need the encouragement. I believe that daily activities such as eating, showering, reading, walking, cleaning, can build confidence for what children will face in the "real world" outside (外面的真实世界), like, team games, school things, conquering a difficulty. Therefore, if parents are constantly instilling this confidence in children (浇灌自信给孩子), they might believe in themselves more when they really need it one day. (举例子, 正向假设)

2. Should parents always encourage their children?

Having said that parents should encourage their children all the time, however, over-encouragement could be a problem. That's why I said, parents should encourage children whenever THEY NEED the support, and with the right amount of (适量的) support. Too much support and too many compliments might boost children's the self-esteem so much to the point that they become ego-centric (太多支持和肯定可能会导致孩子自信心爆棚而成为自视甚高者) . Kids who grow up with too much inflated encouragement (过度膨胀, 夸大其词的鼓励) could be really ignorant and fragile (脆弱) at the same time. (反向思考)

3. Do you think negative feedback is more important than positive feedback? Why?

4. Why is negative feedback as important as positive feedback at work or in study?

以上两道题都差不多的感觉

feedback 也是不可数名词!

I don't think negative feedback is MORE important than positive feedback. I think they are EQUALLY important, because, without darkness there is no sunlight (没有黑夜就没有之后的阳光, 万事都是两面的) . I would say it could be a better approach (更好的做法) if we can give people negative feedback first and then encourage them with positive feedback (先给出负面的反馈, 再用正面的反馈去鼓励) . (or the other way around also works, give positive feedback first, make people happy, and then get into the negative comments. 或者反过来也行, 先给积极反馈, 哄人开心, 再给负面的评价). Both of them are important because positive feedback gives you confidence and courage (给你信心和鼓励) , and negative feedback corrects you (纠正你) , keeps your head on straight (让你保持头脑清醒) , and helps you improve (进步) . No matter how good you are, you ARE going to make mistakes in life (不管你多棒, 都是会注定犯错) , and if you want to continue getting positive feedback you must take the corrections from

the negative ones. Also, only telling children or people positive fantasies (积极的幻想) about life will give them a false perception of reality (给他们一个关于显示的错觉). There are negatives and positives in life, ups and downs, highs and lows, and we must be prepared to handle that. (原因, 补充)

事物题:

Describe an invention that has changed the world in a positive way (改善世界的发明)

You should say:

What it is

What benefits it has brought

How it influences people of different ages

And explain how it changed people's lives

知识点:

1. 著名的世界发明:

- **Gunpowder 火药**
- **Paper 纸**
- **Printer 打印机**
- **Phone 电话 Cell phone 手机**
- **Lightbulb 电灯泡**

- Electricity 电
- Penicillin 盘尼西林（青霉素）
- Wheel > led to a car > now Tesla 从车轮到车到如今的特斯拉
- Radio 收音机
- Television 电视
- Washing machine 洗衣机
- Dish washer 洗碗机
- Internet (Worldwide Web) 英特网

2. 相关表达：

- gadgets 小装置、小发明,
- household appliances and electronics 家用电器
- ancient times 古时候
- back in the old days 同上
- brighter than a bulb 聪明得像电灯泡一样

Jon is brighter than a bulb. I'm not surprised he invented that.

- sharper than a pencil 比铅笔还尖 同上
- ahead of his/her time 走在时间前面

Thomas Edison was way ahead of his time! If only he could see the fruition of his invention today (要是他能看到自己的发明如今结下的果实该多好)。

- The internet has accomplished amazing things in more areas of life than we realize.
- The internet brings knowledge and information of the world to our fingertips (把知识和信息带到我们的指尖)。
- Penicillin was one of the most famous discoveries made in the field of medicine.
- This laid the foundation work for another revolutionary invention, which is...

这个发明给另外一个革命性的发明奠定了基础

- **The invention of train has broadened the world's horizons, and has been cheapening the cost of international trade.**

火车的发明拓宽了世界的眼界，也降低了国际贸易的成本。

There're so many amazing and life-changing (改变生活的) inventions in the world throughout the human history (整个人类历史中) . And the one I want to talk about today is: the internet.

It was invented in the 90s, in the 20th century. And ever since then, it has been bringing accumulated knowledge (累积的大量知识) and information to our fingertips (指尖) . And it also has changed the way we live dramatically.

Talking about how it influences people of different ages, well, no matter what age you are, everybody loves and needs the internet. Some people, especially the young use it for educational purposes. Easy internet access means easy access to knowledge and information. "World Wide Web" allows education to take place anywhere and anytime. Students don't have to go to physical classes (实体班级) anymore, they can just turn on the computer, get online and learn like a sponge! There're all kinds of online courses and free online information accessible. The cost of education has definitely been cut down thanks to the internet.

And then, some people use the internet for shopping. E-commerce is a big deal nowadays (电子商务是件大事儿) . Back in the old days (曾经的岁月里) , people used to spend a lot of time going to different shops and stores, checking products, and making decisions on what to buy. Shopping was a decision that was thought through. But now, there're endless sites (网站) from where you can get information and buy the latest brands online. You just need to browse and click (浏览和点击) , and things will be delivered to your door! It's too easy. Therefore, impulsive shopping (冲动购物) is happening everywhere. (时间分层)

And what else, nowadays, no matter what age, people use the internet to connect with one another (连接彼此). The internet laid the foundation work for another revolutionary invention, which is social media (自媒体). Social media indeed has changed our personal space, the way we interact with our loved ones (我们的爱人), our friends and family, and even with strangers online. We rely heavily on the internet to connect with people, communicate with each other, and network with new people. Face to face communication is still important, but sometimes it seems that people prefer to check in with each other (关心、询问彼此) online in this fast-paced modern time. It's less time and less effort. We're getting lazy on socializing with people.

还有很多其他的影响, 比如 **for entertainment, for work, for doing business...**

So, yeh, that's the invention I'd like to talk about today. Thank you!

Part 3:

1. What is the most helpful innovation at home?

-The way I see it, you cannot have a home without a TV. Maybe this is just my personal opinion, but I really think that the television is the best and most helpful invention in modern history. Almost everybody loves watching TV. It's relaxing and highly entertaining. I can be slumping in front of my TV (瘫坐在电视机前) and binge-watching shows (刷剧) all night, like a typical couch potato (沙发土豆, 就是整天葛优躺在沙发里的人). (原因, 细节)

-The most helpful innovation at home that I've seen is the dishwasher (洗碗机), ahahah! I think loading the dishwasher (装盘) after a long day and not having to physically wash the dishes is a blessing (是一种幸事). Also, the dishes are cleaner, and the dishwasher consumes less water. (原因)

- For me, as a cat owner (养猫人士), the most helpful innovation at home that I've seen is automatic litter cleaners (自动猫屎处理器) that will take out the cat's feces so you don't have to clean it manually. I believe that this machine also helps with the odor of the feces (能清洁气味). (原因)

可以说点和自己特别息息相关的，不一定是最热门的发明

2. What household appliances make us lazy?

The type of household appliances that make us lazy are things like “the Alexa” where you can tell it to set an alarm (设置闹钟), set a timer (定时), play a song (播放歌曲), ask the time (询问时间), things like that, just by saying “Hey Alexa”. They are the kinds of inventions that do things for us, free us from chores (把我们从琐事中解放出来), but at the same time, when things are too easy for us, we become lazy. We don't want to do anything. (细节)

3. What kind of invention can be used at school?

Well, inventions that can be used at school include: computers, iPads, SMART boards, etc. My little nephew who is only 12 years old, is using an iPad to take notes and do homework already. I remember when I was little, we only had computers in the computer room. We learned everything from the blackboard, and wrote everything down by hand. It's a different world now (是不同的世界了). (举例子，时间分层)

4. Do you think AI will replace human teachers? Why?

I don't think AI will replace human teachers. Especially after the pandemic, I think people have seen the difficulties of online learning and not having that face-to-face contact and interaction with other students and teachers. At least from what I can see, many people were ready to get back to in-person-learning. While AI might be convenient and a fast way to learn, I don't believe it will ever replace human teachers, at least not fully. What's more, in fact, I think AI teaching and real teachers can work together hand in hand (在一起携手工作), help each other out (互相帮助).

For example, some IT companies are creating custom textbooks (量身定制)

的课本) to address the different needs that students have, and helping teachers to get rid of the one-size-fits-all method (摆脱千篇一律的教学模式)。 (时间分层, 现在看未来, 补充, 举例子)

Describe a traditional product in your country (传统产品)

You should say:

What it is

When you tried this product for the first time

What it is made of

And explain how you feel about it

可以讲 tea sets 茶具, ceramics 陶瓷, Chinese fans 中国扇, handicrafts 手工艺品, silk 丝绸, 甚至 jade 玉器。食物可不可说? 有点擦边。如果是那种在商店里买的月饼、甜点, 还算过关, 但是饺子面条这种家常菜, 就显得有点不属于 product 的范畴了, 更属于 food、cuisine 的范畴。因此, 建议尽量不要打擦边球。

知识点:

1. Tea sets 茶具:

- Drinking tea is a big thing in China, and has been a part of Chinese culture for hundreds and thousands of years. Tea is not just a kind of drink/beverage in my country, it's a kind of culture, a lifestyle.
- **Types of teas:**
white, green, oolong (乌龙), and black (红茶), along with several other less common types including yellow and pu-erh (普洱)。
当然还有 flower teas (花茶): jasmine, 等
- **A Chinese tea ceremony/ritual/banquet 中国茶道仪式**

- Tea drinking is a sign of respect in Chinese social life, whether in ancient or modern times.
- Today, when someone comes for a visit, offering tea is a way of showing the host's warm welcome and hospitality to the guest.
- make tea; brew tea 泡茶
make a pot of tea; brew a pot of tea 泡一壶茶
offer tea 提供茶饮
- I'm not a tea artist (品茶大师), I prepare my tea on a very casual level (很随意). I normally just brew my tea in a big mug (大水杯子).
- There are normally a tray (托盘), a teapot (茶壶), and a bunch of tea cups (几个茶杯) in a tea set. / A tea set consists of...
- Some tea sets are more complicated and exquisite (更复杂精美), some are simpler. The main idea is more or less the same (主要概念是大同小异的). Oh yeh!!! There's also a little clay figurine (小泥巴塑像), called tea pet (茶宠) in the tea set. It's just something cute to look at and also people believe it brings good luck. Like, the most popular tea pet is an imaginary creature in China called Piqui, that looks like a mix between a dragon and a lion (看起来像是龙和狮子的混合物). And it's a symbol of wealth.
- In order to fully enjoy a cup of tea, it needs to be properly made. And Chinese tea sets are the best tools for enhancing the taste and the fragrance of tea.
- A professional tea set is the perfect kind of gift for those who're truly passionate about tea art.
- The teapot for a professional set is usually rather expensive and is made of either ceramics (陶瓷做的) or clay (陶土). A whole tea set can go from 200yuan to 2000yuan or even more!

2. Chinese fans 中国扇:

- hand fan/holding fan 手上拿的扇

- folding fan 折扇 (foldable)
- Chinese fans are exquisite and also practical! 美丽又实用
- If you travel to China during the summer time, you can see people in the street moving their arms and fanning away the striking heat (摇动着胳膊, 把炎热扇走! fan 有动词词性). They are beating the heat with their fans!
- Chinese fans have been noted for (被熟知) their exquisite workmanship (手艺).
- Chinese hand fans are normally made of feathers, silk, or paper. They're very light and easy to carry around.
- They don't occupy any space as they're foldable, perfectly fit in your pockets, bags or anywhere.
- Traditional fans were mainly made of feathers, so they are also called feather fans (羽毛扇). They were mainly popular among the rich and nobility (有钱人和贵族).

3. Chinese Jade 玉

- In China, jade is not just a type of stone, it is also the symbol of kindness, wisdom, justice, beauty, durability and wealth (善良、智慧、公正、美丽、持久和财富的象征).
- For some people, they love wearing jade because they believe that jade possess healing powers (具有修复能量的作用).
- Jade comes in three colours (有三种颜色), green, white and purple. And green jade is the most popular type, also the best type.
- Jade is valued not only as a beautiful piece of jewelry, but also as an essential symbol of local culture.
- Jade necklaces, bracelets, earrings are all well-liked among Chinese women.
- I personally love jade accessories. I have several jade necklaces. One in white, one in purple, and two in green. I especially love

wearing them in the summer time. Because they are gemstones, it feels very cool on the skin, which is really nice.

- My parents bought me those jade necklaces. Each time when I put them on, I will remember when they gave me the gift, and feel loved and appreciated. So, yeh, they definitely hold a lot of sentimental value.

4. Qipao 旗袍

- Qipao is a traditional close-fitting garment (修身的服饰) / dress that originated in 1920s (起源于.....) in Shanghai.
- It quickly became a fashion trend (时尚潮流) that was adopted by movie stars and young women in China. The history of Qipao reflects the rise of the modern Chinese woman in the 20th century (旗袍的历史反映了中国女性在上世纪的地位上升) .
- Young intellectual women fought against (对抗) traditional customs (传统习俗) , such as foot binding (裹小脚) , by showing off their bodies and curves (炫耀自己的身材和曲线) .
- At that time, traditional gender roles were being questioned and challenged (传统的性别角色职责被收到了质疑和挑战) , and women wanted to go to school, have careers, drive cars, have more voices (有更多的声音) , things like that.
- A qipao is normally made from embroidered silk (刺绣绸缎) , featuring (以.....为特色) a high collar (高领) and delicate buttons (精致的纽扣) on the front.

(embroidered 刺绣的, 这个词很高阶, 记住最好, 记不住就说 silk)

- A Qipao can perfectly accentuate a woman's curves (强化女性的曲线美) . It's a celebration of beauty and freedom (是对于美和自由的庆祝) .

所有的以上传统产品，都可以在最后讲一讲自己和身边的人有没有这样的产品。从自己角度出发去讲，可以降低难度，同时也可以有更多可说的。

Today, I'd like to talk about Chinese tea sets.

I don't remember when I saw a tea set for the first time. I just remember that my grandparents used to own several tea sets at home when I was little, and my mom had one, and also, I saw them at my friends' homes all the time. The tea set is such a common thing to see in China. Because, drinking tea is a big thing in China. Tea is not just a kind of drink/ beverage in my country, it's a kind of culture, a lifestyle. In China, when someone comes for a visit, offering tea is a way of showing the host's warm welcome and hospitality to the guest.

And in terms of what tea sets are made of, normally they're made of either ceramics or clay. Usually, a tea set consists of a tray (托盘), a teapot (茶壶), and a bunch of tea cups (几个茶杯). Oh yeh!!! There's also a little clay figurine (小泥巴塑像), called tea pet (茶宠) in the tea set, which I think is SO CUTE. It's just something cute to look at and also people believe it brings good luck. Like, the most popular tea pet is an imaginary creature in China called Piqui, that looks like a mix between a dragon and a lion (看起来像是龙和狮子的混合物). And it's a symbol of wealth. So, when people drink tea, they will pour the leftover tea over the tea pet (把剩茶浇到茶宠上), it's like nourishing the pet (滋养小宠物), and giving it a soul (赋予它灵魂). And years after years (年复一年), you will be able to smell the tea fragrance from the pet (你能闻到茶香). It's just lovely, isn't?

Finally, to answer the question of how I feel about this product, well, I'm not a tea artist (品茶大师), I prepare my tea on a very casual level (很随意的水平). I normally just brew my tea in a big mug (大水杯子). But having a tea set at home is a very common thing. They're very beautiful to look at, and they're the best tools for enhancing the taste and the fragrance

of tea. So, I think it's a good investment for the home (是值得买的家居小投资) .

Part3:

1. Why are traditional products important?

First, tradition is the root of one's culture. It teaches people about their self-identity (自我定位) . In a country where tradition was not valued or celebrated, people wouldn't know who they are and where they come from (虚拟假设) . And traditional products are the media that carry the culture (传统产品是承载文化的媒介) . And that's why they play an important role in society. And second, when we value (重视) traditional products, buying the product is actually supporting the local community (支持当地发展) . For example, a traditional bakery (传统糕点店) can provide healthy and tasty local traditional pastries to the local people, and they are contributing to the local economy (为当地经济做贡献) at the same time.

(罗列, 反向假设, 举例子)

2. Do you think tradition is important for a country?

Absolutely 100% yes. Like I said, tradition tells us who we are. It teaches us about our self-identity. It is the culture that passes from generation to generation (一代一代传承下来的文化) . Without tradition, we don't have our root (根基) . Some people nowadays only care about modern culture, pop culture. They don't care too much about tradition anymore. But guess what, tradition will disappear if it's not well protected (你猜怎么着, 传统一旦不被好好保护, 就会消失) . And once it's gone, it's gone forever (一旦消失了, 就永远消失了) . It won't come back. How can you let your root just disappear like that (你怎么就能够让你的根基这么消失了呢)? (反向假设, 让位驳斥)

3. What are the traditional Chinese products?

参考 part2 拓展知识点。

4. Why is it important for children to learn about traditional products?

learn 和 **learn about** 的区别。前者是学会了，后者是浅学就行，接触一下

Because our children is our future. Children today are adults tomorrow. Therefore, if we didn't raise the awareness of paying attention and respecting our traditional culture, very soon, the next generation would forget about our tradition. (反向假设)

Describe an important river/lake in your country (你们国家的重要河流、湖泊)

You should say:

Where it is located

How big/long it is

What it looks like

And explain why it is important

可以讲自己去过的著名的河流湖泊，也可以讲自己家乡的小河，不一定要真的对整个国家特别重要，可以说对自己家乡特别重要。而且小河汇入大河，肯定也是有自己的重要性的。

知识点:

- **A body of water** 水体

We have tons of bodies of water in my hometown. 我们家乡水体很多。

- **Freshwater lake** 淡水湖; **salt lake** 咸水湖
- **Shoreline** 海岸线, 水体岸线 (形容湖边岸线也可以)

- Harbour 港口
- Water weed 水草
- River rushes 河边的各种高低芦苇野草
- 形容好看的景色:
Striking, strikingly beautiful, breathtaking, breathtakingly beautiful, stunning, picturesque, scenic, exquisite, splendid,
- Awe 震撼
I am in awe...; It makes me in awe...
- The sunlight bounces off/reflects off the water, leaves beautiful sun glitter on the surface of the lake. 阳光反射在水面上，在湖面上留下了一片金灿灿的光辉。
- Crystal clear water 特别清澈的水
- Winding river 弯弯曲曲的河；对应是 straight 很笔直的河
- Skip rocks 打水漂
- Go right down in the middle of the city 穿过城市的正中心
Run through 穿过
The river runs through many cities.
- In the middle of nowhere 在荒芜之地，三不沾的地方，前不着村后不着店
- The river is to the east of my city. 在这条河在我所在城市向东的位置。
- The river is in the east of my city. 在这条河在我所在城市的东部。
- 如何形容长度？
以长江为例：
表达方式一：Yangtze River is the longest river in Asia, with a length of XXXX km (kilometers).
表达方式二：Yangtze River is the longest river in Asia, running XXXX km (kilometers). (run 表示奔流，动词 ing 表伴随状态)
表达方式三：Yangtze River is the longest river in Asia, flowing XXXX km (kilometers). (flow 表示流淌，动词 ing 表伴随状态)

- The river flows through (流过) a lot of regions and terrains (地区和地势), including mountainous regions (山区), high plateaus (高原) and lowland plains (低地平原). Starts from (开始) the west of China, Qinghai province, ends in (结束) the East China, near Shanghai.
- The Yangtze plays a significant role in Chinese agriculture and industry. It is the primary waterway in the country.
- Extremely vital to the lifeblood of the city/the country
对于这座城市、国家的命脉极其重要

Ok, so, I'm guessing that (我猜) a lot of students probably will talk about Yangtze River, which is the longest river in China, even in Asia. But, today, I really want to talk about a small river in my hometown, called XXXX. It is a very important river to the lifeblood of my city, and it's my favorite river.

In terms of how important it is to the whole country, well, not so much (不是那么重要了) nowadays, but it used to be a vital waterway (重要的水运道路) in the whole region, in the sense of transporting food and goods between different cities. And plus, it joins into (汇入) a bigger river at some point, and that bigger river eventually flows into Yangtze River, so I guess, XXX still is doing its job, making some contribution to the country, haha!

And, moving on to where this river is and how long it is, well, XXX is located in my city, in the southeast of China. I can't really wrap my head around how long it is (我怎么抓耳挠腮都搞不清楚这条河有多长). I just know that it runs through the entire city.

And to answer the question of how it looks like, well, it looks like a normal river, ahahaha. Kidding! It's a very beautiful and winding river (弯弯曲曲的河), with crystal clear water. People in my city just love to take a stroll along the river, and watch the sunset. I love seeing the sun bouncing off the water, and leaving splendid sun glitter on the surface of the river. It's just breathtakingly beautiful, stunning. Some people go fishing by the

river, some kids throw rocks and skip rocks on the river, people love spending time and chilling near the water. These days, XXX is definitely for recreation (有娱乐意义的) .

It plays an important role in my city. Everyone loves the river.

Thank you!

Part3:

2. How can rivers/lakes benefit local people?

Hmmm, off the top of my head, rivers with fresh water can provide people with clean water and maybe fish. In China, we love eating little fish, shrimps and even crabs from freshwater lakes. And then, it's always nice to have water in the city. A river or a lake can be the perfect kind of place for people to spend the day, have a picnic, get some sun (晒晒太阳) , and get some fresh air. Some of the rivers and lakes even have a beach where people can play beach volleyball, do beach yoga, or just walk in the sand. A city with water is always more interesting and vibrant as people have more things to do for recreation. And finally, if the river or the lake is rather famous, it becomes a tourist attraction. That will bring a lot of extra income and job opportunities to the local. (罗列)

3. Do you think rivers/ lakes attract tourists?

If the water is gorgeous and stunning enough, for sure! I can give you so many examples of how a river or a lake makes a whole place famous. Even in some of the cases, the whole area has become a tourist trap (坑人经典, 骗钱, 其实没什么可看的那种地方) . An example would be, West Lake in Hangzhou. The lake is so well-known to the point that EVERYBODY wants to go and see the lake. You can't imagine how crazily crowded the place is during national holidays. So, yeh, tourists definitely love rivers and lakes. (举例子)

4. How do rivers/lakes affect local tourism?

不知道和上题有啥大区别

Like I said, having rivers or lakes can boost local tourism as people love seeing rivers, lakes, seas, mountains, valleys, all kinds of the natural scenes.

5. Are rivers/lakes good for transport? Why?

It depends on what you are looking for. If you want to transport something fast, then airway is definitely a better option. Sometimes, it could take months to transport goods from one country to another by water, while it will only take a couple of days by air. If you want to control the cost, then waterway is for sure the one. Waterways are more suitable for carrying heavy and bulky goods (大宗物品) .

Describe something you do to keep fit and healthy (保持健康的方式)

You should say:

What it is

When you do it

Who you do it with

And explain why you think this method is important

可以说健身、跑步、游泳、做瑜伽、普拉提，等锻炼方式。甚至可以说冥想，强调给你带来的 **mental fitness** 心理健康也很重要。这里可以用到时间分层对比前后改变。

知识点：

(QQ 群文件 2 号文件夹“词汇集”第三集有大量和做运动有关的表达，请查看。以下为局部节选)

健身的好处：

-Helps you control weight 控制体重/ keep in shape 保持好的状态/ keep fit 保持健康

-Prevents heart diseases/ prevent a wide range of health problems

- Improves muscle strength 增加肌肉强度/ increases endurance 增加耐力
- Blows off the steam after work/after a stressful day/decompress 减压
- Makes you feel happier, less anxious, and more relaxed 让你更快乐放松
- Boosts your confidence and improves your self-esteem 增加信心
- Promotes better sleep/ helps you fall asleep faster/ improves sleep quality 提高睡眠质量
- It gives you a chance to unwind, enjoy the outdoors or simply engage in activities that make you happy.
- Physical activity can also help you connect with family or friends in a fun social setting.
- Doing sports can allow you to meet up new people/ socialize with new friends

素材一：

So, one thing I enjoy doing is going to the gym on a regular basis (规律地) .

In terms of when I work out, well, not on a daily basis (每日), 2-3 times per week, something like that (类似这样吧) . There's a gym close to my place, takes about 5 mins to get there from home. It's not the fanciest gym. It's not big, and it doesn't have a lot of advanced machines. But As long as the gym is close, it's good enough for me. For me, the most important thing is the location.

I normally hit the gym (去健身) quickly after work. I'll work out for about 1 hour, and then hit the shower (去冲澡) . Keep it short and sweet (保持时间不长但是质量很高的状态) , as I don't have a lot of extra time. But sometimes, on weekends, when I have much more time on hands, I'll go with my friends. I have a couple of friends who are gym freaks/ gym rats

(健身狂人) . So on weekends, we would train together and catch up (互通有无) .

Being able to working out from time to time (时不时地) is vital for me, not just physically, mentally as well, it's definitely a great stress reliever (减压器) . It promotes better sleep, gives me a chance to unwind and blow off the steam, boosts my confidence, and stabilizes my mood (稳定我的情绪) . Plus, I've lost 20 pounds since I started working out regularly. I'm in much better shape now, and I feel great about myself. I can't imagine a life without it.

So, yeh, that's pretty much everything. Thank you!

素材二：

I love doing yoga after work.

I normally go to the yoga class in my gym, and practice yoga with all the classmates and the instructor. And sometimes we will go to the beach together on weekends, and do beach yoga at sunset. It feels absolutely refreshing to be in nature and connect with my own body. Sometimes when I don't have the time to go out and do yoga, I'll still do it on a mat in my living room or on my balcony. It's been a habit for me, a self-discipline.

Before I started doing yoga, I used to be so out of shape (体能状态很差) . I was overweight, feeling tired all day long, and couldn't concentrate well. I forgot things easily. And the worst part was, I was feeling down (情绪低落) all the time. Nothing could really lift my mood. My friend suggested that I should try doing yoga, and I took her advice. At the beginning, it was definitely challenging, as I didn't have any flexibility (没有柔韧度) / I was very inflexible. I couldn't even stretch my legs. But I didn't give up. Gradually, I've gained much more flexibility and strength by doing yoga. I'm now feeling so much lighter and stronger. I'm in great shape, and my mood is always good. I enjoy connecting with my body, challenging it, training it, and making it better.

So, yeh, that's something that I do to keep fit, thank you!

Part3:

1.How do children and old people keep fit and healthy?

Well, I don't think children spend too much time thinking about how to keep fit and stay healthy, as they are so young and most of them are so healthy, they don't need to worry about things like that yet. All they care about is having enough food, getting enough sleep and having a lot of fun; older people, on the other hand, pay much more attention on their health condition. Some of them go out for a walk every day, some of them go swimming every week, some of them do Tai Chi (做太极). And many old people would try to have a healthy diet, get all the nutrition they need, go to bed early, and wake up early. They do things like that to keep healthy.

2. What do people normally do to keep fit in your country?

-People love taking a stroll. It's not intense (剧烈), and at the same time it's very relaxing. One thing I find very interesting is that, in China, we have this culture of taking a walk together as a family after dinner. We call it the "after dinner walk". Normally the whole family will go together, parents and kids, sometimes even grandparents. It helps digest the food (帮助消化食物), and meanwhile the whole family can bond over the walk (通过散步来促进感情). I've shared this culture with some of my foreign friends, they all found it very interesting. (补充细节)

-In China, younger people enjoys doing exercises like jogging, running, tennis, badminton. And also there are more and more people going to the gym. It wasn't the popular 20 years ago, but now it's getting really trendy (流行的). Older generation enjoy something less intense, for example, taking a walk, swimming, or doing tai chi in the park. (分群体)

3. How can parents help and guide their kids to keep healthy?

First off, parents should teach the importance of keeping healthy to their kids. Tell them the importance of having a health diet, encourage them to exercise on a regular basis, things like that. There are some children's books talking about health and hygiene. Parents can read to their kids, and guide them to keep fit. Or, watch some related cartoons together, and learn the ideas through watching TV. The format is not important, as

long as kids can get the information. And then, parents are the role models (榜样) to their kids, doing the same thing, setting the good example (以身作则) is key. Kids copy everything their parents do. You can't expect a kid to eat healthy vegetables when his/her parents only eat junk food every day. (罗列, 举例子)

4. Do you think it is a good way for governments to use the power of idol to help people build health awareness?

I think so. We are now living in a society with an "idol culture". Young people praise their idols. They worship everything they do. Idols nowadays have incredibly powerful influence over their fans. And if we can utilize this influence wisely to achieve something really positive, we shouldn't be too reluctant to do it. Some people may say that those idols who try to help the public build health awareness are all money-oriented (以钱为本). They just want to make money. But why should we care about the true motivation behind these super stars' behaviour? As long as their words can touch some people's hearts, and help them raise the awareness, it's what governments want. (让位驳斥)

Describe a contest/competition you would like to participate in (想要参加的比赛)

You should say:

What the contest/competition is about

Where it will take place

When it will be held

And explain why you would like to participate in it

才艺比赛、体育竞赛都可以

singing competition 歌唱比赛, fashion design contest 时尚设计比赛, memory competition 记忆力比赛, chess competition 国际象棋比赛, programming challenge 编程挑战赛, marathon 马拉松

知识点:

- The game is at a tie./ It's a tie! 平局
- The teams are neck and neck right now. 平局
- They're going head-to-head tomorrow 明天要一决高下=the teams/athletes are going to be competing against each other tomorrow
- Team A is up by 10 (points)! A 队领先 10 分!
- Team A is winning by 10 (points)! A 队领先 10 分!
- Our team is down by 5 (points). 落后 5 分
- Our team is losing by 5 (points). 落后 5 分

• make a comeback 又杀了回来, 反转局势

In the last quarter, team B made a comeback!

- rival 竞争对手 rival team 竞争队
- opponent 也是对手, 和 rival 差不多。opponent 更针对比赛, rival 可以是长期的竞争对手, 生活里的劲敌, 类似于 enemy, 但是没那么严重
- keep someone on his/her toes 让人时刻保持警惕的状态
- It's an intense/ a tense game./ I can feel the tension in the room or between the two teams. 很激烈令人紧张的比赛、我能感觉到紧张的氛围
- That was a close call. 很侥幸赢了, 差点就输了。

The team had a close call in the semi-final (半决赛) .

- crush the competition 发挥出色, 碾压全场

That athlete crushed the competition!

- a cut-throat match 残酷无情的、甚至不择手段的比赛

It was a very cut-throat match today.

- "Fair game" Something a referee might say after making a call
- have one's game face on 拿出“比赛脸”很严肃的样子

- **Don't hate the player, hate the game!** 别恨选手，要恨就恨比赛！选手只是在努力比赛，要怪就怪比赛规则。

- **the G.O.A.T=the greatest of all time** 历史上最佳选手

Tom Brady is the G.O.A.T. hands down! He scores at least 50 points each football game.

- **be on one's game/ be on one's A game** 比赛状态最佳

She's really on her A game tonight. 她今晚表现太棒了！

- **running against the clock= running out of time.** 没时间了

We are running against the clock! Come on!

- **make it to the finish line** 跑到终点

- **up for grabs** 还有机会，还可以抓到，还没结束，没被认领

Since the score is 5-5, the winner is up for grabs.大家都有机会

The last piece of cake is still up for grabs. Who wants it?最后一块蛋糕还没人认领，谁想吃？

- **a die hard fan of...** 骨灰粉

She's a die hard fan of Guo'An football club.

So, I really want to participate in a marathon race. I don't have a specific name in mind, any marathon competition will be a good experience for me.

I want to run in Boston Marathon, as it's the oldest one and also the most world-famous one. Obviously it takes place in Boston, and it's held in April every year. Also, I'm very curious about Great Wall Marathon, because A, it's in Beijing, which is my hometown. And B, it's one of the toughest marathons (最艰难的马拉松) in the world, as it challenges runners to climb over 5000 steps of the Great Wall (它挑战选手们爬上 5000 个长城台阶) .

That's insane! And it's in May each year. There's one more marathon that I'd like to try, and it's the Great Ocean Road Matharon in Australia, which is also in May. And the reason is that, I just love Australia, it's such a beautiful country. And, I love a good ocean view, and running along the

stunning ocean road would be such a unique experience. Perhaps that can help me forget that my legs are dying (可以帮我忘记我的腿疼到要死的事实) . Haha!

(你也可以不说这些国际知名的马拉松比赛，就说说自己家乡或周围城市的比赛)

And finally, moving on to why I would like to participate in a marathon run. Well, it's such a big thing in China now, its so trendy (很流行) . It seems to me that almost everybody around me has tried it. I'm having the fear of missing out (英语中要叫 FOMO=fear of missing out, 指的是怕自己没有尝试很流行的事情，最后错过了一些很有意思的人生体验) . And plus, I'm a die hard fan of Jennifer Anniston, and she's a marathon lover (我瞎编的，你们随便换任何明星都行) . So, that gives me the motivation as well. And I'm not saying that I will crush the competition by any means (以任何方式) , my real goal is, as long as I can make it to the finish line (只要我能跑到终点) , that's a win for me already (对我来说就已经赢了) . And when the day comes, I will try my best, put on my game face, and give 200% (拼尽全力，200%的努力) .

Part3:

1. What are the contests commonly seen on TV programs?

The common contests we see on TV are (不用都说) :

- World Cup (football 足球世界杯) -Possibly popular because it isn't specific to just one country, it involves the world. I assume people like it because it is an intense game.
- Olympics (summer/winter 夏季、冬季奥运会) – Doesn't happen every year (only happens every 4 years). So the excitement builds up for the competitions. There are so many competitions to watch.

Uniforms are also fun to look at each time (每次比赛的各国队服也是看

点) . Also, I think the changing of the location is cool to see for everyone. You can see a lot of cultural differences in the opening ceremony (开幕式) each time. I personally like the Ping-pong team in China. Watching them win is the best feeling.

- Grand Slam (tennis 法国网球公开赛) To be honest I have no idea why it is so popular. Maybe people follow players (Williams sisters, Naomi Osaka).
- NBA games (basketball 美国国家篮球协会) Intense game, your eyes are always moving around following the ball. Lots of betting in this sport (很多赌球) . Many famous people go to the games and sit courtside (坐在场边) and steal a lot of thunder (抢尽风头) .
- Superbowl (American football 美式足球) - Popular because of the halftime show (中场表演) that always features a great artist (中场表演总是请来很棒的艺术嘉宾表演) and a whole performance. Also because of the advertisements in between the game. Some people say the best part of the Superbowl is the ads.
- Reality competition shows (真人秀竞赛节目) :
Survivor, the Great British Bake Off (cooking competition show) ,
American's Next Top Model (美国超模 super model competition show) , Britain's got talent (英国好声音) ...

2. Why are competition shows popular?

I think, it is because the people who go on the show are nobody (谁也不是) , just like us, we feel really close to them. And, wait till they're seen, heard, or found, they go from nobody to somebody overnight (一夜之间从谁也不是变成了家喻户晓的明星) . We all have dreamed of what it might be like to be super stars (我们都梦想过成名是怎么样的) .

Competitions shows like this can open doors for no-names (给无名小卒一扇门, 一个机会) , ordinary people who have dreams and talents. So, when we watch this kind of shows, we get to imagine ourselves on

stage as well. We love seeing these “dreams come true” moments. And on top of that, it's highly entertaining to watch. Sometimes the judges' reactions are the most interesting part. I love seeing their dramatic facial expressions (夸张的面部表情) . Like, the jaw just dropped, and then, they would stand up, clapping and smiling, with tears in the eyes, it's just really emotional and entertaining. (罗列原因)

3. What kinds of industries need competition? Why?
Many industries need competition, for example, food industry, hotel industry, retail industry (零售业) , customer service industry (客服业) , car industry, etc. Competition inspires companies to offer their customers and clients products with lower prices, higher quality, and greater variety. However, having said that, too much competition can lead to bankruptcy. Small companies might be driven out of the market by big companies. That's the sad truth to face. (反向思考)
4. Do you think it is necessary to encourage people to compete with others in companies?
I don't agree with that. Maybe a little bit of competition can motivate employees, inspire them to make more effort at work, and achieve more things. But, truth to be told (真相就是) , the best way to encourage people is never by threatening them, making them feel anxious. Too much competition will make people lose direction. Instead of feeling motivated to work harder and be creative, employees will spend most of their time worrying about getting laid off (被解雇) , losing their bonuses (丢掉奖金) , or being looked down upon (被看不起) . When all they can think of is how to survive in the workplace, they will never thrive at work (survive 和 thrive 是一组押韵梗。Survive 表示求生, thrive 表示大放光彩) . (反向思考)

Describe something you do that can help you concentrate on work/study
(帮助你集中注意力的事物)

You should say:

What it is

How it helps you concentrate

When you do it

And explain how you feel about it

知识点：

make time for exercise 挤时间锻炼; **get enough sleep** 睡眠充足; **play video games** 玩游戏 (转移注意力, 放松身心, 从而提升专注力); **train my brain to improve my concentration** 锻炼专注力, 通过玩儿拼图、文字猜谜等益智类游戏; **meditation** 冥想; **spend time in nature** 在大自然里多花一些时间...

1. 状态很好, 注意力很集中

- **My eyes are glued to...** 我的眼睛被用胶水粘在.....

I was studying for 2 hours straight and I didn't realize! My eyes were glued to my studying materials.

- **knuckle down** 全力以赴 (knuckle 作为名词“指关节、膝关节”, 作为动词“开始认真工作”)

It's final-exam week so I've got to knuckle down and finally start studying.

- **put my head down** 同上用法
- **get stuck in** 带着激情开始做某事

The food looks amazing. Grab a plate and let's get stuck in!!!

- **get in/into the zone** 进入状态

I really want to get in the zone to study.

- **throw myself into the task/work** 投入工作学习任务中

Tonight, I really need to throw myself into the task, maybe I'll pull an all-nighter (通宵) .

- really go at it 全力以赴

I think you need a break from that school assignment. You've been really going at it for the last 2 hours!

- roll up one's sleeves 袖子卷起来 开干! 战斗模式!
- like a sponge 像个海绵一样吸收所有信息, 集中注意力的状态

My brain was like a sponge today, soaking up all of the information in class

- I was so productive today. 我今天状态特别好, 特别高产
- Efficiency is key. 高效率是关键
- I'm locked in. 被锁定的状态
- I have tunnel vision on my goal. 视野变得只有隧道那么宽, 心无旁骛
- She's so hard at work she didn't even see us waving to her. 她专注到我们跟她打招呼都没看见
- My head is in the books. 我的头都埋在书里了
- put/keep someone's nose to the grindstone 特别努力刻苦

She kept her nose to the grindstone all year and got the exam results she wanted.

- 2. 注意力不集中

- I can't sit still. 我都坐不直了
- I have some loose screws today. 我今天脑子里的螺丝松了, 状态不对

- I spaced out/zoned out. 我刚才发呆了
- I'm in a daze today. 我今天头脑昏昏的
- I can't seem to wrap my head around this topic. 我怎么理解不了这个话题
- I have such a small/short attention span today. 我今天的注意力周期很短
I have the attention span of a ____ today
最常见的是用“松鼠”的注意力周期来形容自己今天很容易分心
I have the attention span of a squirrel today!
- I'm going to wrap up my studying for the day. 我要给今天的学习打包收尾了
- lose sight of the goal 失去目标感

One thing I do almost every day to keep my concentration better is taking a nap.

I find myself much more focused after a power nap (能量小盹). My energy level is high, my mood is boosted, I'm in a go-go mode and I become very productive (我的能量值很高, 心情很爽, 我进入一个干事的状态, 变得很高产). I always love to read and learn after my nap as that's when I'm the most efficient. I'll be locked in, and my brain will be like a sponge, just soaking up all the information. It really feels good when I can unlock my brain's full potential. Well, maybe not 100% of it, but at least my brain becomes much more efficient after the nap.

In terms of when I do it, well, I normally take a nap after lunch. I go back to my dorm/I go back home at lunch break (午歇), and quickly get some shut-eye (闭会儿眼, 睡觉) for about 30 mins. It doesn't have to be a long nap, in fact when it's too long, sometimes I get drowsy (昏昏沉沉). 30

mins is the perfect length, not too long, but not too short either. After the nap, I feel rested, refreshed and ready to go.

Taking a nap is my secret weapon (我的秘密武器), my energy booster (我的能量充电器). It's already part of my daily routine. A few years ago, I was never a "napper". I thought napping was for babies. But every day, after lunch, I would have a food coma (食物之后导致的困倦). And in the afternoon, sometimes I couldn't sit still, it was like I had some loose screws. I was very unproductive in the afternoon. Since I developed this new habit, I've been feeling so much better. I can easily throw myself into my studying/my work and get in the zone in the afternoon. I never need to drink coffee nonstop just to stay concentrated anymore. Now I feel fantastic!

So, this is something I do to help me concentrate. Thank you!

Part3:

1. Why is it more difficult for children to concentrate nowadays than in the past?

我们的 80 后, 90 后, 00 后在英语对应的是:

- **baby boomers: 1945-1964**

二战后新生儿热潮的一批人, 享受好的资源, 竞争小, 资产多

- **Generation X: 1965-1981**

X 一代 相对于 baby boomer 来说资源变少了, 生活更辛苦一些

- **Generation Y/ millennials: 1982-1994** Y 一代 电脑背景下长大一代

- **Generation Z: 1995-2010** Z 一代 互联网一代

Because there're too many distractions. And those distractions are mainly coming from the internet. Generation Z is a group of young people that are marked by the internet. It's part of their DNA. The internet breaks into their homes, their education and their way of making friends and socializing. Children nowadays have access to all information at their

finger tips (手指点点就能获得信息) . They like to get everything they want immediately. That's why their attention span is becoming very limited 他们的注意力周期正变得越来越短. Not like children in the past, they didn't have too much to do. Gen X and Y grew up in a much simpler world. They had less things and better concentration. (时间对比)

2. Do you think technology will harm children's ability to concentrate?

I think technology has already decreased the concentration of kids. Especially with the access to TikTok or Instagram short videos, everybody wants access to quick and fast information, especially for children, as their attention span is even shorter than adults. If the video did not catch their eye in the first 7 seconds, they will probably get bored and skip to the next one. So, yeh, in the future, technology will continue bringing a negative impact on children's concentration. And that's why we need to help children use the internet wisely. (时间分层, 通过现在看未来)

3. What kinds of jobs require high concentration at work?

Surgeons need to be 100% focused when they're on the operating table (在手术台上). Every tiny mistake they make could be vital to the patient. Teachers need to stay concentrated when teaching otherwise they will confuse their students. Cooks need to pay full attention when cooking. Customers will stop coming if the food is not tasty enough. Almost all jobs in the world require concentration. (罗列)

4. Can exercise help people improve concentration?

Certainly yeh! I read somewhere that physical activities can boost the brain's dopamine level, which affects attention and concentration. That's definitely my case. I always find it easier to knuckle down and get things done after going to the gym. And If I stop going to the gym for a while, my anxiety level will go up, and it'll be much harder for me to stay focused. (举例子, 反向假设)

Describe a way/change that helps you save a lot of time (节省时间的方法、改变)

You should say:

What it is

How you implement it

How difficult it is

And explain how you feel about the way/change

节省时间的几种做法:

1. Make a to-do list 每天都有一个做事清单

Having a to-do list every day gives you a clear goal to work for. If you stick to that list strictly, you will be a master of efficiency.

2. Learn to prioritize your day 学会优化你的一天, 什么最重要

Knowing what things are more important, what things could wait is very essential. If you spend most of your day solving minor problems, you will end up having 0 time for the real issue.

3. Take breaks to keep your energy levels up 能量值高了做事情效率高, 变相省时间

4. Meal preparation 提前准备好一周的食材, 做饭比较省事

Menu planning in advance speeds up the meal preparation process and simplifies grocery shopping.

5. Hire a house cleaning service to clean up the house 找家政服务

6. Learn to have a routine 规律作息

A routine frees the brain for other things, it's definitely a time-saver.

和时间有关的一些表达:

1. Clock

- beat the clock 紧着截止日期交东西**

I managed to beat the clock and finished my paper.

- **work against the clock** 和上面差不多，努力战胜时间

Scientists are working against the clock to come up with a new vaccine.

- **Around the clock** 24 小时连轴转

I've been working around the clock lately.

2. Time

- **time-consuming** 很耗费时间的
- **add hours back to my week/day** 给我的一周、一天多出来一些时间

(因为省时间，所以感觉是额外多出来时间)

- **time-saving** 很节省时间的
- **a time-saving hack**: 省时间的小技巧
- **a time-saver**: 很节省时间的事物

This is such a time-saver!

- **run out of time** 没时间了
- **a race against time** 和时间赛跑 没时间了
- **no time to lose = no time to waste** 没有多余时间了
- **have all the time in the world** 时间特别多

You don't need to hurry. We've got all the time in the world!

- **have time on your hands / time to kill** 手头时间很富裕
- **take your time** 慢慢来，别着急
- **make good time** 事情做得特别快，省出了很多时间

We made good time. It only took us an hour to get here.

- **time is on my side** 我有大把时间

I finished my assignment 6 hours before the deadline. Time is on my side.

I'm only 20, I have time on my side, so I'm not worried about my career.

- **Time flies! 时光飞逝**

Look how fast our children grew up, how time flies.

So, my time-saving hack (节省时间小妙招) is having a more or less (或多或少) fixed routine (固定的作息) every day.

Every morning, I wake up at the same time, then I take a shower, get dressed (换好衣服). I always have my outfit ready the night before, so that the next time I don't need to think and choose. This saves me tons of time (节省我大把的时间).

And then, I'll make myself a cup of coffee in the morning during breakfast. It's always latte with vanilla syrup (香草口味拿铁), again, I don't need to think about it. And, I always have the same breakfast during the week, a fried egg and some whole wheat toast (全麦吐司), a yogurt with some fruit in it. While having my breakfast, I always listen to some podcast or some news, to get ready for the outside world.

When I'm at work/at school, the first thing is to do a brain dump (dump 表示被丢弃的垃圾, 在这里 brain dump 表示想到什么就些什么, 不一定有价值的东西) of the things I want to do, need to do, and have to do, and I will go through the whole thing (把写下来的东西看一遍), prioritize my day (优化我的一整天), and then make a final to-do list (做一个最终的做事清单). I will always highlight the things that are urgent or very very important, so that I won't procrastinate these things (把重要的事情高光出来, 这样不会拖延). I try to be strict with myself, and follow my list diligently.

After finishing my day and come home, my evenings are more relaxed and flexible. I go to gym on a regular basis, Mondays, Tuesdays and Thursdays, so rest of the week, in the evening, I will do things spontaneously (除了健身的这几天晚上我会即兴做事情). For example, meeting up with my friends, seeing a movie, having a drink in the bar, things like that.

In terms of how difficult it is to implement this routine, well, in the beginning, it was a little bit hard, as I used to be a pretty disorganized

person. I didn't like repetition. But gradually I started to realize the positive sides of having a routine. Having a routine sounds boring and seems more work, but in the reality, it freed my brain, reduces my level of stress and anxiety, and makes me much more efficient and productive

(做这些事情看似枯燥而且更琐碎,但是解放了我的大脑,让我不去想,有了更多安全感,压力也下降,效率也提高). Eventually it adds hours back to my day! And I can have more time for something more interesting and fun. Sometimes I feel that I have all the time in the world. (时间分层)

So, yeh, that's one way to save time. Thank you!

Part3:

1. What can people do to save time?

Some people do a lot of prep work (做很多准备工作) to save time; some people make plans and create schedules to be more efficient; some people delegate work to others (把工作下发给别人) so that they don't need to do everything themselves; some people hire services to help them. For example, some people hire a cleaning service to clean up the house. It's definitely a time-saver. (分群体)

2. Does technology help people save time? How?

Generally speaking, yes. All the household appliances, like washing machines, dishwashers, microwaves, rice cookers (电饭煲), they are all helping us decrease the stress of doing household chores and the amount of time we spend on doing them. Other inventions like vehicles, trains and airplanes, also help us reduce the time for traveling. So, yes, technologies definitely are saving our time in life. But the reason why I said "generally speaking" is that, I couldn't help but thinking about how we also waste a lot of time on the internet, on social media. We spend a lot of time watching meaningless content online. In this case (从这个角度来说), we are also losing time because of technology. (主流情况, 特殊情况)

3. Do you think parents should be responsible for teaching children to save time?

Yes, definitely! It's not something they can learn by themselves at an early age! We are all born to be lazy and procrastinative (我们都生来就懒和爱拖延). Kids are even more so (孩子们更是如此). I've seen my little nephew lingering away his time on eating his meal (我有看过我的小外甥慢慢悠悠吃饭), or getting ready to go out (或者准备出门). They don't have the concept of time (没有时间概念)! So, parents should teach and guide their kids to learn time management skills, such as, making a plan beforehand, making a to-do list, keeping track of time, things like that. (原因, 列举)

4. Do people who can manage time well become successful more easily?

I want to say yes. People who can manage time well tend to have a higher chance of becoming successful in their own field, whatever that means. I mean, people have difference definitions of "being successful". For me, you don't have to be super wealthy or famous to be called successful. As long as you feel powerful and (feel) in control in life, you feel happy with who you are and how your life is, you ARE successful. People who have good time management kills can manage their time more wisely, they're able to meet deadlines (能遵守截止日期) and avoid last-minute surprises (避免最后时刻的“惊喜”惊吓时刻). They're more relaxed and less stressed out. They accomplish more with less effort. And that leads to having more free time to themselves. They can utilize this extra time to enjoy the life, or learn more skills, or try new projects, it's up to them. Being able to save more time allows them to take a breather, and focus on advancing themselves(提升自己). That's why they tend to become more successful than average. There're so many people trying hard just to keep their heads above water (挣扎着把头露出水面, 就是差点就负债或者陷入困境), just to survive. But those time-masters (这些时间大师们), they thrive in life. (原因)

Survive 和 thrive 是一对押韵的小词儿，很流行。前者是苟活，后者是绽放异彩。对比的一组词。经常被拿来用在职场上。 “How to not just survive, but thrive in the workplace?”

地点题：

Describe a quiet place you like to go (安静的地方)

You should say:

Where it is

How you knew it

How often you go there

What you do there

And explain how you feel about the place

室内：图书馆、自习室、咖啡馆.....；户外：小花园，自家后院，山区

知识点：

- **原生态的地方：secluded, unspoiled, hidden place**
- **没什么人知道的宝藏：hidden gem**
- **安静宁静的地方：**

Quiet, tranquil, peaceful, serene place

- **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
- my spot: 我爱的地点。 "This park is my favorite spot in the city."
- 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) .
- There're a lot of hidden spots/ secret attractions (隐藏景点) in this area.
- 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.

素材一:

So, whenever I feel stressed out (压力山大) and burned out (被烧光了热忱) from work/school, I'll get away to my secret retreat, called XXX, to find my inner peace again.

XXX is a mountainous area on the outskirts of my city. Fortunately, it's not a very popular destination (受欢迎的旅游目的地) , so you don't really see any tourists there 因为不火, 所以看不到游客; sometimes during the week, you don't even see the locals. That's why it's so peaceful and tranquil. It's a place where I can blow off the steam and unwind.

I go to that area every once in a while, whenever I feel like going and have enough time on my hands, about once per month. Sometimes I'll go hiking with my friends, we'll get into the woods, burn up our energy, and enjoy the feeling of being physically exhausted; sometimes I go there just by myself with a book, and I'll find a quiet spot, spending several hours there, reading and chilling; Sometimes I'll even take a nap under a tree, enjoying the breeze on my face and the coolness from the shade.

I love that place. It's my little getaway in my city. A place that allows me to get rid of the hustle and bustle in life. It's a place where I can take some "me" time, and be me. Thank you!

素材二：

Ok, so, I'd like to talk about my all-time-favourite (一直最爱) café, called Miss Café.

I found this place several years ago, thanks to my friend Xiao Lin. She took me to this café, and she told me it was like her secret retreat (秘密的休息场所) where she could unwind and run away from her daily worries.

(室内装潢不一定要说) It's a very tasteful (有品位的) place. Everything is decorated beautifully. Red brick walls, concrete flooring (水泥铺地), rustic wooden tables (粗糙的原木桌子) and chairs with metal legs (带金属腿的椅子). You know, typical industrial style (工业风). And plus, it looks so spotlessly clean (一尘不染) everywhere. It's definitely a plus-point (加分项) for a clean freak like me.

Miss Café is such a unique and cool place. There's always nice music, but it's never loud, it's the kind of chilling and instrumental background music (那种很悠闲的纯乐器背景音乐) that you can enjoy and clear your mind. There's a turntable/vinyl record player (唱片机) with headphones at the corner, and next to it there's a whole wall full of music records (音乐唱片). You can buy records there, and also if you are interested in listening to some of the records, you can ask the server to play the record for you. They have a big collection (收藏量很大) there, from classical to pop, from

jazz to blues, from Asian to Western. It's like a heaven for music buffs/lovers (音乐爱好者的天堂) .

I love spending the whole afternoon in the café. Sometimes I'll be just myself, sitting next to a big floor-to-ceiling window (落地窗) , sipping my coffee (抿着我的咖啡) , savouring my pastry (品尝我的点心) , and reading a book. I love seeing the sunlight pouring through the big window, touching every corner with a layer of golden colour. It feels so peaceful and cozy (温馨) . Sometimes I'll share this moment with a friend, with a cup of coffee in hand, catching up with one another (叙旧, 互通有无) , listening to the serene music, and watching the world go by (看人潮在眼前走过) in front of the window. It's the best way to while away the time (打发时光) , on a lazy Sunday afternoon (慵懒的周日下午) .

Miss Café is a hidden gem (宝藏) , it's quiet and peaceful. And I know it sounds selfish, but I'd like to keep it that way (我知道这听起来很自私, 但是我想让她保持低调, 不为人知的状态) . Thank you!

Part3:

1. Is it easy to find quiet places in your country? Why?

Well, generally speaking, it's not that easy. I mean, China is a very densely populated country, especially in the city. But it doesn't mean that it's impossible to find quiet places either. I mean, you can always find a quiet spot, like a café, a library or a park where you can enjoy the tranquility. In addition, it's different from one place to another. Some cities are busier, noisier and more bustling; some are more tranquil and peaceful. It's hard to generalize. (主流情况, 特殊情况, 补充观点)

2. Why do old people prefer to live in quiet places?

I guess, older people, the majority of them are living a simple and peaceful lifestyle. They go to bed early, and get up early. They don't party (动词, 参加 party) like young people. They just want to live in a quiet

environment where there're no noises or other distractions. I guess, older people find it harder to filter out distractions. For example, my grandma just hates to go to crowded places, she would rather spend her time taking care of her flowers in the yard. (解释原因, 举例子)

3. Why are there more noises made at home now than in the past?

That's a good question! I guess we always criticize the noise pollution (噪音污染) outside on the street, but we totally ignore the crazy noises at home. And nowadays, we are using all kinds of household appliances (家用电器), the rumbling washing machine (轰隆隆的洗衣机), the whirling dryer machine (不断旋转的烘干机), the buzzing dish washer (嗡嗡作响的洗碗机), the humming microwave (哼哼唧唧的微波炉), ...and forever on TV and speakers (永远开着的电视和音响), we have so much going on at home (家里一堆东西正在进行时). In the past, people only had the radio, haha... of course it was quieter at home back then. (时间分层)

4. Why do some people like to use noise as background sound when they are working or studying?

This kind of noise is called "white noise" (白噪音). I don't know the science behind it (背后的原理是什么我并不了解), probably I read about it before and then forgot again, but white noise DOES soothe people (但是白噪音的确能安抚人们的情绪), and help people stay calm. That's why you see some people study or work at a café, or little babies sleep with the white noise machine (yes, they sell things like that). Personally, I'm not a big fan of white noises, I'd rather listen to some soothing background music (安抚人心的背景音乐). But I know that some people like it. (原因, 举例子)

Describe a city you would recommend as a nice place to live(not your hometown) 你推荐的宜居之地

You should say:

What it is

Where it is

What you know about this place

And explain why you recommend it

知识点:

一些形容城市的表达:

- **Beijing tends to attract a lot of people because of the job opportunities there. Many of them are NGOs and government centered jobs (NGO 非营利性组织和面向政府的工作) .**
- **It's got amazing and rich culture, all kinds of social, cultural and arts activities, it's a city that never sleeps (不夜城) .**
- **It's also a little bit more laid-back (慢节奏的、慵懒的) than other big cities in China, like Guangzhou or Shanghai. Life seems to move slower in Beijing (北京的生活似乎会过得更慢一些) .**
- **One thing I love the most about Beijing is the local people there. They are very outgoing and friendly, very willing to communicate with others. Last time when I was there, I had a great time.**
- **Shanghai is one of the most dynamic and exciting cities in the world. It is constantly changing (总在不断变化) , there's always something going on (总有事情在发生) , and there are new people moving to the city, from all over China and the world, every day. For me, it's a city that's full of adventure and hope. I visited Shanghai several times. Nightlife there was amazing. Food choices were mind-blowing. It's a paradise for a foodie (吃货) like me.**
- **Dali just a different world in comparison to coastal cities in the east part of China. It has so much to offer to people who live there (能给人们带**

来太多好东西) , like, super clean air, great weather all year round (四季如春的地道表达) , and stunning natural sites everywhere. People there are so friendly and laid-back. It's an ideal place to enjoy the life.

- There're a lot of hidden spots/ secret attractions (隐藏景点) in this city.
- The food options (食物的选择性) are crazy here.
- Night life in this city is mainly about outdoor beers and street food, and accompanied by live music and the like (等等) .
- I especially love XXXX in this city. It's a beautiful neighbourhood that is full of beautiful homes and brick apartment buildings (砖墙公寓楼) , along with art galleries, delicious restaurants, and antique stores (古董店) .

Well, a city that I would highly recommend as a really nice place to live is NYC, New York City.

Regarding its location, well, I doubt if there's anybody who DOESN'T know where NYC it, as it's so famous. It's located in the northeast of the US. I've known NYC since I was a little kid through Hollywood movies and TV series. In my mind, I feel like I already knew this city pretty well. I've been to NYC once, and I loved it there. That's why I want to recommend this city.

New York City is famous for its fast-pasted lifestyle. It's a city that never sleeps/it's a 24-hour city. I mean, there's always something going on. It's got an amazingly rich culture that attracts people from all over the world. It's famous for its countless museums and galleries. It's like a paradise for people who are into history and art.

Not just that, it's also the heaven for foodies. Food options are crazy/mind-blowing in NYC. You can find any type of food there. From world-class Michelin star fancy restaurants (世界级米其林三星华丽餐厅) , to casual affordable hole-in-the-wall hidden places (随意又便宜、隐藏在小巷子的小馆儿) , you can find anything. It has thousands of cafés where you

can just spend the day sitting on the street patio (街边露天餐区), sipping coffee, and watching the world go by (看世界与人潮) .

And, what attracts me the most is the people there. When I was there, New Yorkers seemed super friendly and welcoming. People were very chatty (爱聊天) and open. They were very easy to talk to. It was so effortless to start a conversation with them. The whole city made me feel that I was so welcomed.

(以上三段，不是都要说，可以选择其中两段，或者减少每段的重复表达，缩减篇幅)

That's why I think it is a very liveable place! It's vibrant and bustling; food is amazing; people are nice and fun...Even though the cost of living (生活成本) is pretty high in NYC, still it's so cool to live and explore the charms of this city. Even if it's just a period of time, a couple of years, the experience of living in such a culturally and historically rich city is precious. You can't put a price on that (你没有办法给这个经历贴上价格，表示“无价”，很珍贵) .

So, yeh, that's the city that I want to recommend. Thank you!

Part3:

1. Where do people like to live in your country?

Well, people have different preferences, but generally speaking, Chinese people love living in the city. Because life in the city is easier and more convenient, as there're more public resources, as well as job opportunities. Especially in big cities, they're full of young people who are looking for jobs and opportunities. For example, those coastal cities like Shenzhen, Shanghai, Xiamen, Qingdao, Dalian, they attract people from all around China. But of course, there're also some people who enjoy living in a small town or the countryside where they can enjoy solitude and peace. (主流情况+特殊情况补充)

2. Why do many people move to the city?

Like I said, many people think that life in the city is easier and more convenient. First, you have easier access to public transport. You have the subway, the bus, the taxi, even maybe, shared bikes, when it comes to public transport. And also, public resources such as schools, hospitals, and libraries are easier to reach in the city. And then, the city is the place with more cultural opportunities. Especially in a big city, there's so much going on every day. It's a better place if you're into seeing and learning new things. And finally, the job market is more vibrant in the city. More people, more opportunities. This is also one of the major reasons why people, especially young people, move to the city. (罗列原因)

3. What are the advantages of living close to the workplace?

Well, off the top of my head, having a home near the workplace saves a ton of time on commutes (通勤). And therefore, it also saves the money on commutes, for instance, fuel costs (燃料费), toll fees (过路费), or public transport fares (公共车票). And then, it lowers your stress level, as you don't need to worry about the traffic. You can even choose to walk to the workplace, so that you can get some extra exercise done, two birds one stone (一石二鸟)! Finally, all the time and energy you save can be put into doing some other things that are more meaningful and interesting! For example, spending time with your family, working out, going out with friends, doing some fun activities. You will have a better work-life balance for sure. (罗列)

4. What kinds of places do older people prefer to live in?

It's hard to generalize, as there's no such place that fits every senior. I know that, generally speaking, they prefer somewhere quieter and more peaceful, but at the same time, this place needs to have easy access to public transport, supermarkets, stores, pharmacies, and the hospital. And in terms of the housing itself, it shouldn't be a place that is super big, as it'll be really difficult to clean up. And also, there shouldn't be a lot of stairs to climb (爬楼梯). And if so, then, there should be an elevator.

保留老题：

人物题：

Describe a person who you follow on social media (社交媒体上关注的人)

You should say

Who he/she is

How you knew this person

What he/she posts on social media

And explain why you follow him/her on social media

知识点：

-influencer: 网红；

-troll: 网络抨击 v./n.

Stop trolling each other.

He's just a troll online, ignore him. (troll 在这里表示网络抨击别人的人)

-cyberbully: 网络霸凌

-social media account: 社交媒体账号

-follower: 关注者 (粉丝)

-feed: 推送

-algorithm: 大数据推算

-clickbait: 标题党

-live stream: (名词) 直播 ; livestream: (动词) 直播

-social eating live stream: 吃播 (Mukbang 发音“么科帮”)

-big eater: 大胃王

-hashtag: 话题标签

-Vlog: video blog 视频日志

-vlogger: 视频制作者

素材一:

Today I want to share with you one of my favorite influencers, XXX, on a social media site, called Weibo. She doesn't have a lot of followers, maybe only 150K, but she's for sure a hidden gem.

The reason why I started following her on Weibo was that I saw her video one day. Thanks to Weibo algorithm, I saw her in my feeds. The video itself was about English learning, which I was interested in. So, I clicked on the video, and I loved the content she created. It was fun and unique. I was impressed by the quality of the video, so I subscribed to her channel.

Every now and then, I see her posting on Weibo. And gradually I like her more and more. XXX is not just an English content creator, she's also a life style influencer. She is extremely positive in life. I see her posting photos of her decorating the house, vlogs of how she works out at the gym, and tutorials (教程) of how to DIY little fashion accessories, things like that.

And that's why I keep following her on Weibo. I started following her because I wanted to learn English, and I keep following her because who she is, and how she lives her life. I like her personality and her attitudes towards life. Sometimes when she shares with her followers about her thoughts and ideas in life, I feel like we are friends, and we are having a very nice conversation. The way she sees things is very inspiring for me. She knows what she wants, and what she doesn't want. She is really clear about her mind. And that self-collected side of her (她那特别有自持力、有想法的一面) is what attracts me the most.

So, yeh, that's the girl I've been following on Weibo. Thank you!

素材二：

来自上上季度的素材，关于吃播的内容。可以改编，把重点放到具体某一个常常做吃播的网红身上（事件题改为人物题）。以下是原素材，记得自行改编：

I remember many years ago, how amazed I was when I saw Mukbang for the first time on social media.

So, Mukbang is a type of live stream that was invented by some Korean vloggers. Basically, they choose to livestream while eating. And their followers will watch them eating in front of the camera, and meanwhile talking to the audience. I know, that sounds so weird right? Anyway, that's the definition of Mukbang, it's a type of social eating live stream.

The first time I saw Mukbang was about 6 or 7 years ago. One day I was just scrolling on my phone on a social media app, and I saw someone doing social eating live stream on his account. I was very intrigued, so I clicked on it. At the beginning, I found it ridiculous. Why would I be interested in seeing someone eating their food? But I have to say, it was kind of interesting to watch. The more ridiculous it was, the more I felt intrigued. Maybe it's because somehow, I felt like taking a sneak peek at some stranger's life? It was like prying someone's privacy. After watching the live stream for 30 mins, I became more interested. There was something interesting about Mukbang that I couldn't explain, but it was definitely relaxing to watch the whole thing.

I still remember how I was laughing and passing judgment on Mukbang when I first saw it. The funny thing is, now I enjoy watching this kind of live streams once in the while, when I feel bored, or tired, or stressed out. It feels like having a meal with a friend.

So, yeh, that was the story, thank you!

Part3:

1. What can people do on social media?

Wow, there're so many things that people can do on social media. Mainly connecting with people. You can share photos, videos or words with

people, you can share your life style with the world, you can chat, discuss things, you can see what other people are doing. (罗列)

2. Do you think old people and young people will use the same kind of social media software?

Well, their preferences might overlap, but definitely they're more different than similar. The young and old are into very different online content. Younger generation are more into TikTok dances, makeup tutorials, workout tutorials, and sending silly photos or videos to their friends in private. Whereas older generation are more interested in connecting with family and friends, cooking recipes, chicken soup for the soul (鸡汤). For example, I know that in western countries, Facebook is wildly popular among seniors; whereas most young people don't even use Facebook anymore, they would go for Instagram, Snapchat or TikTok. (分群体对比讨论, 举例子)

3. Do older people spend much time on social media?

Some do and some don't. I feel that old people can be divided into two different groups. One group, I call it "the social media maniacs" group; the other one, I call it "the normal old-fashioned" group. Just like the names can tell, old people I know around me, are either super addicted to social media, or pay almost 0 interest to social media. My grandmother and her friends are all the time making video calls to one another on WeChat, or share photos, videos on social media apps, reading chicken soup articles; at the same time, my grandfather doesn't even know how to use WeChat properly. He still buys newspapers every morning, and sits by the window, and then reads them page by page. (分群体, 举例子)

4. Are non-social media, like TV and newspapers still useful?

I would say so. I mean, even though many people would think that social media is replacing traditional TV, newspapers, and radio. It IS true, we do see that trend. Still, I see some people, like my grandfather, keeping the old habit of watching TV, reading newspapers, it's something they've been doing for so long to the point that it's even nostalgic. And also, radio programs are still pretty popular and valuable, as people always listen to the radio when they're behind the wheels/driving. (主流观点自己观点)

Describe a person who contributes to the society (对社会有贡献的人)

You should say

Who this person is

How you knew him/her

What type of work he/she does

Why you think he/she contributes to the society

可以讲一个很喜欢做公益事业献爱心的好心人，让这个社会变得更美好（抽象的贡献）；
可以讲一个艺术家、作家，给社会带去美好的艺术、文字（抽象的贡献）；可以讲一个科学家，推动社会进步（有点难就是了）；还可以讲一个企业家，给社会带来经济收益。上个季度“敬佩的商人”可以用来改编（只不过改编的量还蛮大的）。可以是身边认识的人，不用一定讲大明星。

So, today, I'd like to talk about my aunt. She's a very successful businessperson and a very kind-hearted human being.

My aunt currently owns 2 restaurants, 1 bar, and a fancy-schmancy (超级华丽的) private clinic (私人诊所). She used to have a clothing store as well, but it went under (破产) last year, so...it doesn't count anymore. She is like my idol. I look up to her a lot. I want to be like her one day.

She is a person of giving (舍得给予的人), a person with a heart of gold. In my eyes, she is the perfect candidate to talk about for today's topic.

From a financial perspective, her businesses pay a lot of taxes each year. And I know she would never be the kind of person who tries to cut corners (走捷径, 节省成本) when it coming to paying taxes. As a tax payer, a loyal citizen, she really makes a great contribution to the revenue every year.

And then, she also donates a lot of money from her personal incoming to all kinds of charitable organizations. Sometimes it's for medical

organizations, sometimes it's for educational institutions, sometimes it's for first aids after natural disasters.

And thirdly, she volunteers every year. That's not easy to achieve as her life is already so hectic and occupied. But she still tries her best to squeeze time to go to people, help the community, and connect with society in the most beautiful and down-to-earth (接地气儿的) way.

She's indeed a very special and valuable social member. And I hope that there could be more people like her.

So, yeh, that's my aunt. Thank you.

Part3:

1. What jobs are well –paid?

- full-time job: 全职工作; part-time job: 兼职工作
- well-paid job: 高薪工作; badly-paid job: 底薪工作
- high-powered job: 高权力工作 (主管、CEO 一类的)
- glamorous job: 光鲜亮丽的工作 (演员歌手、华尔街大佬一类的)
- prestigious job: 地位显赫的工作 (医生律师一类的)
- challenging job: 有挑战性的工作
- rewarding job: 值得的、有回报的工作
- stressful job: 有压力的工作

Well, jobs in the medical field are mostly well-paid. Surgeon, cardiologist, pediatrician, dentist, anesthesiologist, ...These jobs come with high salaries. And other glamorous jobs such as lawyer are also well-paid. Basically any jobs in the areas of law can give you a prestigious and wealthy life. And then, any high-powered jobs in big companies, like CEO, CFO, can easily make you a multi-millionaire. (罗列)

2. What are the changes in work conditions?

In terms of working hours (办公时长), in general, on average, employees today are working less than before. Now people work 35-40 hours per week, whereas in the past, it used to be 50 hours. And regarding work location (办公地点), these days especially since the pandemic, it has been becoming increasingly flexible. More and more people have become the so-called digital nomad (有网络就能工作的打工人, 不用坐班), meaning, they are the kind of people who can work anywhere as long as there's internet connection. And another change, perhaps, is the relationship between employees and employers. Nowadays, employees are much more respected, in the past, there used to be an unbalanced relationship between the two parties. Those old-fashioned bosses used to be tough and rude to their workers. (分类讨论)

3. What are the impacts of epidemic on the work environment?

Well, first, many people are now working from home, or in a hybrid work model (混合工作模式), meaning, coming back to the office to work, but not every day. And many people are actually enjoying this change, as they feel more relaxed and at ease (更自在) when they are working from home. But I'm pretty sure many employers are not quite happy about it as it's harder to monitor people. And secondly, the further adoption of technology is another major change. Due to COVID, people have been working from home a lot, all the virtual meetings and collaborations are heavily relying on digital tools. There has been an acceleration of software development in the work environment. And what else, for those people who are back to the office and working onsite, the personal distances between the employees are bigger than before. According to COVID protocol (疫情方案), employees should keep a distance of at least 1 meter from each other at work. So, that's another impact. Avoid working with a close distance, no big gatherings after work, things like that. (罗列)

4. Do you think younger people should be lower-paid than older people?

I don't think so, though this is the reality in many workplaces. Employers always assume older people have more work experience, they know more and know better. Therefore, their contribution at work is bigger than younger people. They deserve higher salaries. But this is not necessarily true. Many young employees can be really talented, and they're willing to

learn, to adapt (愿意学习和适应) . They don't mind to do the dirty work (不抗拒做脏活累活) . They can do big and small things at the same time, productive and efficient. Their contribution to their employers could be huge. If people like this are still paid less than older people just because of the age, then they will be seriously discouraged at work, and end up losing motivation. (主流观点+自己观点, 假设)

Describe a person you only met once and want to know more about (一见且想再见的人)

You should say

Who he/she is

When you met him/her

Why you want to know more about him/her

And explain how you feel about this person

觉得这个人很有个性、有趣、特别、可爱、幽默, 想做朋友, 想和他谈恋爱, 都可以。

知识点:

查看 qq 群文件 2 号文件夹“音频版词汇集”里和性格有关的表达

-have a crush on sb. 暗恋 (短暂的迷恋, 不是真的恋爱)

I had a crush on this boy.

-He's my crush. 他是我暗恋的人

-I have a feeling for her. 我对她有感觉

-I want us to be more than just friends. 我希望我们不是仅仅是朋友。

-hit it off 投缘

We really hit it off. We always have so much to talk about.

-get along: 相处愉快

She and I get along well.

-enjoy each other's company: 享受彼此的陪伴

-inspiring: 有启发力的

She's an inspiring person. She inspires me on so many levels. I learned so much from her.

-She really opened my mind with her life experiences.

形容有趣幽默的:

-funny

-hilarious

-have a good sense of humour

-can always crack me up

-a joker

-a cheerful person

A few years ago, I had a massive crush on a guy I met in a volunteer activity.

One time, I was volunteering for an art festival in my city. It was a one-day festival, and there was a lot of volunteering work to do, very intense. For example, checking the tickets, showing the directions, helping artists going to places, even moving some of the props on the stage (台上道具) .

We needed to pair up (组成对子) and work as a team. So, my crush was my partner for the day. His name was Lin. He was a very good-looking guy, tall and fit (健美的状态) (形容女生可以说, She was a very attractive girl. Beautiful eyes and nice long hair.) What attracted me the most was his smile. It was the most heartfelt smile (真诚的微笑) . When he smiled at

me, he could really light up my world. And I liked the way he talked to me, very gentle and cheerful at the same time. He's got a nice voice.

So, we started chatting while working together. And very soon, I knew we would get along easily. We understood each other's jokes, and we shared same views towards a lot of things in life. Talking with him was like the easiest thing, as we totally got each other (懂彼此). There were no conflicts or anything. We were like mind-twins (思想上的双胞胎).

But, at the end of the day, we were both too shy to exchange phone numbers. I was being overly rational. I said to myself, maybe all these connections we are having today are not real. We just met once, nobody can be that perfect. I didn't ask for his contact, and neither did he. And we just lost each other in the world after that festival. And now, I blame myself for being too timid (胆小懦弱). And I long to see him again.

Thank you.

Part3:

1. How do people make friends in China?

-People in China make friends the same way as people in other countries. One way is to make friends through day-to-day social interactions, by working together, studying together, living in the same neighbourhood, people become friends; another way is by mutual friends. You become a friend of your friend's friend on a party or any events like that; and in recent years, there's another trending way of meet new people, which is through "the magic of the internet". Many people, especially young people, are very open-minded about meet up with cyber friends. This suits people who don't have time to make friends in the real world. (罗列)

-按年龄分层也可以

2. On what occasions do people like to make friends?

Most people like to makes friends in social settings, like a party, a dinner, or a bowling night (保龄之夜) where the main point of being there is to

get to know more people, and open up the circle of friends. Therefore, people there are all with the mindset that they are going to make new friends. It's relatively easier to make friends under that kind of circumstance. And then, for some really sociable and talented people, any occasion in life could become their opportunities to make new friends. It makes no difference of where they are. (主流情况, 特殊情况补充)

3. Is it important to have the same hobbies and interests when making friends?

Well, having things in common, sharing the same interests, is one of the major reasons that connects people together. That means, you have more things to talk about when you hang out, and the chance of you understanding each other is much higher than other people who don't like what you like. And plus, you can do things together. So, I would say, yes, it is important. However, that said, two people with different hobbies, interests and ideas can still build a friendship as long as they can respect each other and inspire each other. For example, I have a good friend of mine. We have completely different personalities, but we can learn a lot from each other. We have mutual admiration. Therefore, we've been friends for years. (转折)

4. What qualities make true friends? /What makes true friends?

True friends will always be there for you, standing by your side (支持你), standing up for you (维护你), supporting you and trusting you. So, being supportive is the first and foremost quality. But it doesn't mean that they will blindly support you no matter what. True friends will keep each other in check (监督彼此). For example, when you did something really bad, when you lost your moral compass (道德指南针, 指做出有悖道德的事情), your real friends should be able to speak up (发声) and call you out (质疑, 要求解释), tell you what you did was wrong, was not the real you. Being reliable and sincere is the second quality. Another thing, true friends are willing to spend time on you when you need them. They are emotionally available. If a friend couldn't be bothered to (懒得) call you and see you, then it's not a real friendship. (罗列)

Describe someone you really like to spend time with (喜欢共度时光的人)

You should say:

Who this person is

How you knew him/her

What you usually do together

And explain why you like to spend time with him/her

素材一:

I really enjoy spending time with my mother.

She's like my best friend. I share everything with her. She knows all my relationships, and all the crazy stories between my ex-boyfriends and me. I know, not a lot of people can have a relationship like this with their parents. Even though now I'm studying in another city, still we video chat every other day. She basically knows everything happens in my life. (男生也可以用这段, 改成爸爸; 男朋友改成女朋友)

In terms what my mom and I usually do, well, before I moved to the city where I'm currently studying in, I lived with my parents. At that time, every day, my mom and I would go out for a walk and walk the dog together. It was part of our daily routine, and it really bonded us together. And now I don't see my mom that easily anymore, only during summer and winter breaks. My mom and I still get along really well, and enjoy each other's company. We go shopping together, watch movies together, and sometimes we even go to a nail shop and get our nails done (做指甲) together. We also enjoy just chatting, have a nice and long conversation. She can always give me a lot of useful suggestions, and help me keep my head on straight (让我保持头脑清醒) and avoid making silly decisions. My friends all feel very jealous of our relationship, as we always have endless topics to talk about.

So, yeh, that's my mom. We have fun together, we enjoy spending time with each other, and she is the anchor (船锚, 定海神针) in my life.

素材二:

I really enjoy spending time with my girlfriend. She's the best girlfriend and also my best friend.

We met each other over a concert. We both went to the same concert, and she was standing right next to me. The moment when I saw her beautiful face and lovely smile, I knew she was the one (就是我要找的人) . So, I asked for her phone number, and our story started from there.

Now, we've been together for four years, I still fall for her again and again (重新坠入爱河) every day. Every day, I find a new reason to love her more.

We are best friends. We do a lot of things together. For example, we both like working out, so we go to the gym together very often. At least three times per week. We do weight training together, and go to spin classes together. She does yoga, and I do it too. Love is to make each other happy, right?

She loves sweets and pastries. I take her to all kinds of cafes and pastry stores, to try out different pastries. I love basketball, she'll always be sitting next to the court and watching me play. Sometimes, she might even join in, and shoot some hoops with me. We are both movie people, so every Friday night is our movie night. We'll make some popcorns, open a bottle of wine, cuddle (抱抱) in the couch, and watch the movie we pick together.

There're so many things we do together, the list goes on (名单列都列不完) .

And the most amazing thing about us is that, after four years, we still have endless topics to talk about. We get each other's jokes, and we enjoy each other's sense of humour. We are always on the "honeymoon phase". I guess, it has a lot to do with the fact that we always try new things together, like learning a musical instrument, learning drawing, playing golf, ...We always learn and advance ourselves together, so the new version of me and the new version of her can never get bored with each other.

Part3:

1. What kinds of people are easy to get along with?

Well, people who have a friendly nature and are with a positive attitude are easy to get along with. This kind of people are well-liked by others because they always see things from the positive side, and their positive attitude attracts other people. And then, people who are humble and know how to listen can also get along with others. They're good listeners and they pay attention to details. Everybody loves somebody who is not self-centred. And what else, people who have flexibility are easier to hang out with. We all have our things (我们的讲究), our pet peeves (让你无名上火的事儿). But when we interact with each other, we need to be more accepting, tolerant, and less stubborn (少一些固执). People who are less stubborn and more easygoing are definitely more likable (讨喜的). (罗列)

2. How do leaders get along with their subordinates?

The way I see it, leaders should listen to their subordinates. A leader who has good listening skills can win people's hearts, as they feel valued and understood. And then, having a good sense of humour, making some jokes is another trick (小妙招) to remove the distance. And what else, leaders can also organize some fun events to let people spend more time together and get to know each other. (罗列)

3. Do people have time for themselves nowadays?

I don't know the answer, to be honest with you, but I do know that people should try to spend more time with themselves, do things that feed their souls. I'm saying this because the current rate of depression is higher than ever. And one of the reasons behind this is how competitive the society is, people are anxious and stressed out. Some of them even feel guilty when taking some "me time". Moreover, the excessive internet usage (过度的上网) is another major reason why people don't have time for themselves. If you think about it, when you go on your phone and browsing around aimlessly, you're by yourself but you are not with

yourself (你是在给自己时间, 但是你并没有真的和自己相处) . You're passively receiving information from the outside world without actively thinking and reflecting. You're not nurturing your mind and your soul (营养你的思维和灵魂) . So, after all, you feel drained (被掏空) and tired, and you don't feel satisfied at all. In order to have inner peace, you need to spend more time, reading books, writing a journal, listening to music, listening to yourself.

4. Do you like talking with older people? Why?

-It depends on the individual. Some older people are very fun to talk to. I can learn so much from them as they have much more life experience. I enjoy talking to people who are wise, and learn useful information from them; but some older people are very patronizing (擅长说教的) . They like to educate others to feel good about themselves. For those people, I won't waste my time talking with them. (分群体)

-喜欢 (答案一前半截回答)

-不喜欢 (答案一后半截回答)

经历类:

Describe a thing you did to learn another language (为学好外语做的一件事)

You should say:

What language you learned

What you did

How it helped you learn the language

And how you felt about it

可以是学英语，也可以是学其他二外、三外。去英语角找外国朋友聊天、去西餐厅打工、交外国朋友、上网找外国人聊天、语言交换（你教中文，对方教你另一门语言），去旅行.....这些事情都可以说，挑有意思的内容说

知识点：

-不要说” My English is very poor.” 非常中式英语，可以说：

I'm working on my English.

I want to improve my English.

My English is not that good.

-be fluent in English: 英语说得流利

-speak fluent English: 同上

-speak like a native: 像本族人一样说话

-language exchange: 语言交换

I did a language exchange with...

I found a language-exchange partner...

-English pen pal: 英语笔友

I found an English pen pal from the internet.

-immerse yourself in English

沉浸式英语

-put what you've learned into practice: 学以致用，实践

-language learning is based on repetition: 语言学习的基础是重复

-commit to this language: 承诺给这门语言（认真付出）

So, when it comes to learning a new language, my only experience is learning English. Although I'm still working on it, and I'm far away from being fluent in it, I tried hard in the past, and I'm still not giving up, ha-ha.

One thing I tried was finding a language exchange partner.

Several years ago, I really wanted to improve my English, especially my spoken English. I tried to immerse myself in English by watching English TV shows, listening to English songs, and reading English books. But it didn't help me too much. My English got a little better, but still far from how I liked it to be.

Then I realized that I needed to put what I'd learned into practice. I needed to simply speak the language! I thought about paying for some one-on-one classes, but I didn't have enough budget. Therefore, I came up with the idea of doing a little language exchange, so that I didn't need to pay for anything, and plus, I could make new friends. Genius idea, right (天才吧?) ?

The plan sounded wonderful, but in the reality, it wasn't that perfect. For one thing, neither of us had real language-teaching experience, so, it was quite frustrating to teach and explain things to each other. Many times, we just laughed awkwardly. And for another, both of us wanted to take advantage of each other, because we wanted to practice rather than teach. Therefore, sometimes we even fought a little bit to speak the language we wanted to practice, which is very normal, people are all selfish, right (开玩笑的语气) ?

Now, when I think about it, doing a language exchange is a better choice for people who are already pretty good with the language. They just want to hone the skill (打磨技能), and take it to the next level (提升到下一阶段). But for me, at that time, I spoke very little English. So, it was a little bit a waste of time.

So, yeh, that was the thing I did to learn English. Thank you!

Part3:

1. What difficulties do people face when learning a new language?

When learning a new language, the first obstacle is lack of opportunity to practice. Like I said, you need to put what you've learned into practice. But it's hard to seek chances to speak the language when you're living in another country. So, not having a language environment is one of the biggest problems. Second, lack of time. If you want to become fluent in a new language, you need to use it on a day-to-day basis, because it's all based on repetition. But many people don't have the time to devote to a new language. Therefore, they never get to improve. And then, when it comes to the language itself, learning idioms and slang words is a difficult thing. And the reason is that those things are not typically something you can learn from the textbooks, in a classroom. They're very casual day-to-day expressions that sometimes are even grammatically incorrect. Therefore, they're can be very confusing to learn. (罗列)

2. Do you think language is important? (我觉得这道题本身应该是 Do you think knowing more than one language is important?)

Yes, it's very important. Knowing a second, a third, or even fourth language is very beneficial to a person in many aspects. They can understand other cultures from a deeper level, they can travel with less effort, they can make friends with foreigners, and more importantly, knowing another language can make a person stand out in today's competitive job market and increase their job prospects (工作前景)。(罗列原因)

3. Which is better, to study alone or study in a group? Why?

- I vote for studying alone. It's easier to stay focused when you're on your own. Sometimes, when you study in a group, you'll get too excited to get into the zone, and then get carried away (被带跑偏了, 忘乎所以了) and end up chitchatting. My biggest fear for group-study is that it will turn a serious studying activity into a fun and gossipy tea party (茶话会). That happened to me many times. That's why I think group-study only sounds good in theory, but doesn't work in the reality (理论上听起来不错, 实际根本不好使)。(原因)

-I definitely go with group-study. I find myself more motivated when studying in a group. Seeing how other people stay focused helps me get

in the zone faster and easier. And plus, we can discuss things, brainstorm ideas, and exchange information and thoughts. For me, it's easier to hammer the knowledge into my head (把知识锤进我的大脑里) by discussing it. (原因+补充)

-It's hard to draw a conclusion as it works differently for different people. Some people are better off (情况更好的) studying alone. They easily get carried away when they're with other people and end up getting distracted. Some other people are the opposite. They get inspired when seeing other people studying hard. And they become more productive and efficient when they are in a group. For people like this, group-study is definitely a better option. (分群体)

4. What's the best way to learn a language?

-The way I see it, there's no one best way to learn a language. Many say the best way is to travel to another country and learn the language there. Supposedly, it's the ideal way to learn. But I would say it's not realistic as not everybody has the money or the time, and normally it will be just a short period of time, so how effective will it be? I doubt it. I would say, the biggest principle here is to, first, immerse yourself in the language, whether it's watching movies in that language, reading books, taking a course, or traveling to that country, having enough input first and repeatedly expose yourself to the language (把你自己曝露给这门语言), is the first step. And then, practice makes perfect (熟能生巧). Putting what you've learned into practice is the second step, and is also where people normally go wrong (人们出错的地方). Many people skip the hard work (跳过了努力付出的部分), and never really speak the language in practice. And that's why they'll never make progress. (主流观点, 自己观点)

Describe a time when you organized a happy event successfully (组织一场快乐活动)

You should say

What the event was

How you prepared for it

Who helped you organized it

And explain why you think it was a successful event

可以讲生日宴会、派对，婚礼，暖房派对，任何派对或晚宴。也可以是慈善晚宴这一类的。

知识点：

-different types of party/dinner/event:

Birthday party/dinner (生日派对、晚宴) , **wedding dinner** (婚礼晚宴) ,
house-warming party (暖房派对) , **karaoke party** (K 歌派对) , **charity dinner** (慈善晚宴) , **personal art show** (个人艺术展)

-动词的使用

① **plan: plan a party/dinner/an event**

I'm planning a party for my mom's 60th birthday.

② **have 和 organize 一样，组织派对**

I'm having a party tonight. Do you want to come?

③ **throw: 带着随意之感 办派对 (甚至 do a party 都可以用，和口语)**

I'm throwing a little party next week. Wanna come?

④ **host/organize a party 组织一个派对**

I'm hosting a dinner.

I'm organizing a karaoke night.

⑤ **go to/come to a party (不要用 attend)**

I'm coming to your party tonight!

I went to a party last week.

-其他相关表达:

①the host: 主人

The host of the party tonight is my best friend.

②guest: 客人

All the guests tonight will be our close friends.

③have a great time/ a lot of fun/ blast/ a whale of a time

We had a lot of fun last night.

We had a great time at the party.

We had a blast. 玩的极其愉快

We had a whale of time at Monica's party.

④ enjoy the party

We all enjoyed the party.

⑤ a wild party 超野的 (很尽兴的派对) / a crazy party/ a fun party/ a boring party/a laid back party (节奏很慢的, 没啥意思的)

⑥ Nothing really happened. 啥也没发生

-party 上会做的事儿

① Dance all night long

② Have a couple of drinks

③ Chat with friends

④ Play party games/play cards

④ meet new people/ expand social circle

-俚语

- ① **The life and soul of the party** 给派对带来活力的人，灵魂人物
She's the life and soul of the party.
- ② **paint the town red** 玩儿疯了，玩儿到尽兴
Let's paint the town red!!!
- ③ **a party animal** 派对动物（非常活跃于各大派对的人物）
- ④ **a social butterfly** 交际花，认识很多人的人（往往带有一点点贬义色彩）
- ⑤ **party-pooper/ a wet blanket**：派对上令人扫兴的不尽兴之人
- ⑥ **burn up the dance floor** 疯狂跳舞/**dance the night away** 整夜跳舞“Those two danced the night away.”

So, I want to share with you the time when I hosted a surprise birthday party for my mom.

It was on my mom's 50th birthday. I wanted to do something special for her. Not just a gift, but also something meaningful that can help her build a beautiful memory. I didn't have the money to invite my parents to a family trip, but I thought at least I could do a party for my mom.

In terms of how I prepared for this party. Well, every Sunday, my parents would go out to the park for a walk and then go to the food market for some fresh food. I knew they wouldn't be home around that time. Therefore, that was the window for me to prepare the party.

I asked two family members to come and help me clean up our home, and then we decorated the whole place. We bought some flowers, we blew up some balloons, we put on the birthday banner（生日横幅），and it said “50 is the new 30.”（幽默说法：50 岁其实是 30 岁的状态）。I prepared some snacks and drinks, put them nicely on the table. And I also invited my Uncle Chen and Aunt Li, as they have always been the life and soul of parties. They are like social butterflies, as they can talk to anybody, and glue everybody together（把所有人粘合起来）。

When my parents came back home, they were so surprised and thrilled. Especially my mom, she was freaking out. She screamed for 10 mins, got super excited/pumped. It was definitely a very successful party. Everybody had a whale of time.

We drank and chatted, played drinking games (喝酒时候玩儿的游戏), everyone got a little tipsy (微醺). Uncle Chen and Aunt Li made sure everybody laughed. They were telling jokes about my mom when she was a little girl. The atmosphere was really lively and fun. And later, my mom and my aunt started dancing to the music because someone played a very classic dance song in the 80s. They really went wild, and burned up the dance floor. At some point, everybody joined in. We really painted the town red.

That was an unforgettable party I organized. Thank you!

Part3:

1. How can parents help children to be organized?

First, parents need to show children how to be organized. For example, writing down a to-do list and do things according to the list; using tools and organizers when tidying things up. Parents can't expect children to be born organized. They need family education to learn to be organized. And then, another important thing to do is, parents need to be the role models for their children. Setting good examples, doing things in a clear and organized way. These can motivate children to become more organized. (罗列。经典思路：先传授，后以身示范)

2. On what occasions do people need to be organized?

When it comes to work or studies, it's much better when you're organized. Being organized can save you a lot of time, and help you focus more on delivering outcomes at work or at school. Same thing goes for other important events in life, like weddings, traveling, giving birth...if you're too easygoing, absent-minded, and go with the flow kind of style, you will feel even more stressed out when the event itself is already stressful enough. You will suffer more from your own messiness. That's why, I think, in life in general, people should always be more or less organized. That saves a lot of time and energy. (分类讨论，举例子)

3. Does everything need to be well prepared?

Not everything, but most things, I would say. There's nothing to feel embarrassed about making plans or preparing for things. It doesn't make

you a less cool person. It helps you succeed more often. And I really think that's a good quality that people should have. To be respectful to yourself and to life. However, over-preparing can be a problem if people pay too much attention to the prep work and trying to control every step of everything, then it's too much pressure and too overwhelming. I would say, prepare and then have fun. And from time to time, stop planning. Just improvise and go with the flow, and then see where the wind blows. A person shouldn't be too carefree, but he/she shouldn't be too up-tight and serious either. (反向思考)

4. Do people need others' help when organizing things?

It's a personal choice, right? Some people always want to get help from others as they enjoy a sense of community and connection. They like to be with people. Some people don't have much experience hosting things. Therefore, they also need help from people who are more experienced. And then, some other people don't want help at all, as they're independent and strong. They enjoy finishing things by themselves. It gives them a strong sense of achievement. (分群体)

Describe a long walk you ever had (远距离徒步)

You should say

When this happened

Where you walked

Who you were with

And explain how you felt about this long walk

可以自己一个人走，也可以和爱人一起走，也可以和朋友一起走

知识点：

-Go on a hike, go for a hike, take a hike

-Hike up the hill

-Go on a walk, go for a walk, take a walk, take a nature walk

-ramble around, wander around, roam around (aimlessly)漫无目的地走来走去

-目的: challenge my body, burn up my energy, get some fresh air, get some sun, get some Vitamin D, enjoy the day, get close to the nature, do some thinking, do meditation, refresh my mind, clear my mind

-感到劳累的表达可以使用:

- exhausted/ knackered (英式俚语): 精疲力竭

-I'm drained. (think of water or something draining out of a sink, going down the drain, there's nothing left)

精力被透支完

-worn out 可以形容衣服鞋子被穿破的状态, 也可以形容人精疲力竭

I feel completely worn out.

I'm worn out.

-I'm beat. (beat 也有形容词词性, 疲惫不堪的, 像被人打过一样瘫软)

-I'm wiped out. 同上, 精疲力竭

-I'm spent. 能量被花光了

After pulling an all-nighter/staying up all night (通宵熬夜) before the exam, I was completely spent this morning.

-tired to the bone

I'm tired to the bone. I can barely keep my eyes open.

-dead on my feet.

After working all night. I'm now dead on my feet.

I love taking a walk on a daily basis, but it's usually only about 40 mins, not a long long walk. But I remember, one time, I took a long walk by myself, and I spent 3 hours rambling around my city aimlessly.

It was a few years ago, I was about to graduate from university. And I was very uncertain about my future, to the point that I had an existential crisis (生存危机, 指的是寻找人活着的意义, 缺乏生存的动力). I didn't know what I should do and what the meaning of life was. I constantly had to deal with depressive episodes (要和抑郁情绪抗争), and I cried a lot.

And one day, I couldn't take it anymore, I felt very trapped and hopeless. I just stormed out of my home and started wandering around on the street. I don't remember where I went exactly. I just remember that I let myself go completely. I stopped thinking and wondering about the future, I focused on the now, the present moment. I saw people on the street, living their lives, kids playing with each other, kicking balls, city workers cleaning the street with sweat on their faces, a person in a wheel chair trying hard to go around and still smile at people, street vendors selling fast food to the locals...everybody was fighting for their lives and meanwhile trying to enjoy their lives as much as they could.

At some point, I was tired, exhausted physically, I was dead on my feet as I spend 3 hours walking, but mentally I became lighter and lighter. I detached my mind from my own emotion, and managed to calm down. I knew I was too impatient with my life, my future. I realized that I needed to live in the moment, and put more effort on enriching myself, advancing myself, and becoming more powerful. And when I became more competent one day, I would know what to do with my life.

At the end of the long walk, I was worn out, but I felt very happy that I found an answer to my uncertainty.

Part3:

1. What outdoor activities do people like?

Well, I read somewhere that people love taking a hike the most. That's the most popular outdoor activity among everyone. And next, people love having a picnic outdoors, under the tree, next to the lake, in the park, you see people picnic everywhere. And then, outdoor swimming in the summer time is very popular as well. In summer, you see people

swimming, playing and kicking in the water everywhere. In China, we have a funny way to describe the scene, we call it “cooking dumplings”, as there’re so many people floating in the water at the same time, close to each other. They look like dumplings. (罗列)

2. What are the differences between the outdoor activities children did in the past and now?

First, in terms of the amount of time kids spend outdoors today, it’s definitely much less than before. And then, in terms of the outdoor facilities, like the kids’ play grounds, amusement parks (游乐园), and splash parks (水上乐园), nowadays they’re much more well-built and advanced. And finally, regarding the things they play with, before, kids would play with everything, anything, like a little twig (树枝), a rock, a dead bug (死虫子), but now kids have so many toys and gear they can bring to the outside world: scooters (踏板车), RC cars (遥控车), or even drones! (分类讨论)

3. Is leisure time important to everyone?

Yeh for sure, nobody wants to keep working hard all the time, everybody needs to take care of themselves. Having some “me time”, enjoying the life a little, having some fun, is so crucial. It’s sad to see many people living an unbalanced life. They work around the clock, and never take a breather. If people never stop and have some leisure time, they would eventually burn out (耗尽精力, 不再热忱). (反向假设)

4. Do women have more leisure time than men?

Woooo, that’s a dangerous question (这个问题太危险了吧, 暗指煽动两性矛盾)! I definitely don’t see it that way. Women and men are equally responsible and important in the society, in their families, at work. I know, some people may say that this is a patriarchal society (父系社会), men are the leaders, they have more responsibilities at work, therefore, they work longer hours, and that’s why they have less time for leisure activities. However, just because men work longer, on average, doesn’t mean women have more leisure time. Women take care of their families and

children, run a lot of errands for their home. They might not be the main breadwinners (挣钱养家的人), the “money-makers” (摇钱树), but they’re the home-makers (置家的人). So, it’s not a matter of gender, it’s a matter of each individual. Some have more time for relaxation, some have less. It’s not fair to say one gender rest more than the other. It’s not true. (让位驳斥, 重新梳理考题)

Describe an interesting discussion you had with your friend (和朋友进行的有趣的讨论)

You should say:

What the discussion was about

What opinions you and your friend had

Why you think the discussion was interesting

And how you felt about it

其实, 任何经典的 p3 话题就可以被改编成讨论的主题。什么时候生孩子最佳, 未来还会有纸质书吗, 人工智能会全面取代人类劳动者吗.....找一个自己比较熟悉, 比较有的能说的内容来编。

知识点:

-talk about/over: =discuss

-chew over: 做决定前, 认真地讨论+思考

-debate about: 就.....而辩论

-exchange ideas and thoughts: 交换观点和想法

-come to an agreement: 同意彼此

-see eye to eye: 同上

-share the same position: 想法一致

-on the same page: 同上

-吵架的表达:

-argue; have a fight; fall out; have a fallout; have a quarrel; have words
can't agree to each other; can't agree to disagree; fail to agree

-A and B don't see eye to eye: 不同意彼此 (看彼此不顺眼)

-give someone the silent treatment: 吵架后一方对另一方冷战

-A and B are not on speaking terms: 冷战

-give someone a cold shoulder: 对某人不友好

So, I remember not long ago, my roommate and I had an interesting debate about when is the best age to become a parent (什么年纪做父母最合适) .

My roommate held the opinion that the best age to become a parent is below 25. She believed that raising a child is physically challenging, that's why below 25 years old is the best age to become a parent. You can play with your child without feeling tired. You are capable of waking up multiple times at night and not having enough time to sleep. Your whole energy level is still high enough to support you to go through this tough time.

I, on the other hand, was of the opinion that actually the best age is after 30, like 33 years old. My roommate was very surprised about my answer, but I made my opinion very clear. For me, having a child is mentally draining (思想上使人透支的) . Babies are needy and demanding, 24/7. You don't have the chance to take a break. Your life will make a 180-degree change. You have to be mentally strong and independent in order to go through the hardship in life. And not to mention, bringing up a child is

also very financially challenging. You would suffer if you didn't have enough money. Therefore, when people are over 30, they are more or less mentally mature and financially independent. And they are not that old yet. So, it's the perfect age.

We exchanged our thoughts completely but couldn't come to an agreement. But eventually, we agreed to disagree. Even though we couldn't be on the same page, it was still a very interesting discussion. Because before this debate, I didn't know my roommate and I would hold such different opinions. We are the same age, and with very similar backgrounds, and yet we think completely different. And to be honest, I got inspired by some of her thoughts. That's the purpose of having discussions, to listen to other people, to see things from a different perspective.

So, that was the time when I had an interesting discussion with my roommate. Thank you!

Part3:

1. When do children normally form their own views?

I'm not sure, I think children start to have their independent minds around 3-4 years old? That's when they can more or less speak and express themselves. I'm saying this because I see my little nephew, who is four years old, talk like a little adult now. it's so funny. Sometimes I will ask him some tricky questions, like "what is love", and he will give me his answer. I feel that sometimes he's got really good points. (举例子)

2. Do children have strong opinions?

Some do and some don't, just like adults. Some children are really confident with their opinions. They are strong-minded, sometimes even stubborn. And they're difficult to persuade. Some children are the opposite. They're very easygoing. They're more obedient to adults. And they're easily persuaded. (分群体讨论)

3. Should parents request their children to obey them?

I wouldn't use the word "obey" as it sounds really bad. Parents shouldn't request their children to obey. I would say, children should always respect and listen to their parents. And parents should do the same thing as well.

Respect each other and listen to each other. That's the foundation of a happy family.

4. In what industry do you think communication is a necessary skill?

First thing comes to mind, customer service industry. People who work in this industry need to speak to all kind of people. It is their job to communicate politely and properly. Therefore, having strong communication skills is crucial. And then, people who are in consulting industry also need to master the art of communication as it's their job to give advice to people. And what else, lawyers need to know how to talk to different people with different needs and interests. In the court, they need to defend their clients, debate with the other lawyer, and talk to the judge. Therefore, being a great communicator is key (关键). (罗列)

事物题:

Describe a special cake you received from others (收到的特殊蛋糕)

You should say:

When it happened

Where it happened

Who you got the cake from

And explain why it was a special cake

可以是妈妈给你做的第一个蛋糕，可以是好朋友做的一个蛋糕，可以是另一半（男友或女友）学者给你做的一个蛋糕；或者是一个特别厉害好看精致的蛋糕（但是对于和蛋糕有关的词汇要求会很高）

知识点:

和蛋糕有关的词汇：

-知名蛋糕的英文名

Brownie 布朗尼蛋糕；carrot cake 胡萝卜蛋糕；chocolate cake 巧克力蛋糕；

Banana cake 香蕉蛋糕；cheese cake 芝士蛋糕；black forest 黑森林蛋糕；

Cupcake 纸杯蛋糕；ice-cream cake 冰淇淋蛋糕；jar cake 放在玻璃瓶里的蛋糕；

Red velvet cake: 红丝绒蛋糕；swiss roll cake 瑞士卷；fruit cake 水果蛋糕；

-喜欢吃甜食的人：

① Have a sweet tooth: 有一颗甜牙齿

She has a sweet tooth. She can't live without cakes, candies and sweet drinks.

②sugar-fiend: 喜欢糖的小恶魔（嗜糖的人）

③I crave sweets.

I'm craving a cake.

I have cravings for sweets.

-蛋糕表面的一层奶油表层：icing 或者 frosting (一个意思) 使得蛋糕好看又好吃



用来做 frosting 的主要几种材料有：buttercream（奶油霜）,whipped cream（发泡淡奶油），以及 glaze（果胶釉面装饰）

-蛋糕从内部看到的每一层：layer (最上一层的蛋糕体 top layer cake, 最下面 bottom layer cake)



-每一层之间的奶油或者果酱一类的填充馅料：filling

Jam filling 果酱馅料、fruit filling 水果馅料

-有的蛋糕是从外面看多层的，比如结婚蛋糕

2-tier cake, 3-tier cake



-形容蛋糕：

Soft 柔软；tender 滑嫩；dense 绵密（密度高）；moist 湿润；rich 浓郁的

delicate 精致的；inviting 吸引人的；appealing 诱人的

I want to talk about a fruit cake my mom made for me. It was the best cake I'd ever had!

So, I have a crazy sweet tooth. I always crave sweet food. My mom knows about my cravings, and she always gets me all kinds of sweet food, pastries (烘焙点心), cakes, chocolate, and so on. And a year ago, she decided to learn how to bake a cake. And then, she made her very first cake for my birthday.

It was the perfect fruit cake. It looked very inviting and delicate from the outside. The cake was covered with a thick layer of whipped cream frosting, with all kinds of fruits on top: strawberries, blueberries, black berries, raspberries, and some mango pieces. And the cake was with mango fillings mixed with buttercream. Oh man, I'm drooling again (流口水). The cake itself was so moist and soft; the frosting was very creamy but light (很轻盈口感的奶油); the fruit made the flavor very rich and refreshing. The whole cake was like a symphony playing in my mouth, between my teeth, and on my tongue.

I loved that cake. It was the first cake my mom made for me. Of course, later she made many more cakes and pastries, and her baking skills improved even more. But that very first cake is special, and it will always be on my mind.

So, that's the cake I'd like to share with you, thank you!

Part3:

1. What are the differences between special food in China and other countries?

Well, in terms of the usage of spices (佐料香料的使用), Chinese cuisine is cooked with all kinds of spices and seasoning, that's why many Chinese dishes are very flavorful and sometimes very spicy. And in terms of the ingredients (食材), Chinese cooks use all kinds of rare ingredients, which is not a common thing in other countries. For example, animal feet, guts or even brains (动物的脚、内脏甚至大脑). What else, regarding the cooking method (烹饪方式), Chinese people like to stir-fry (炒菜) food in a wok (中国铁锅), whereas people from other countries like to roast, bake food in an oven. (分类讨论)

2. Is there any food in your country that is eaten at special times or on special occasions?

Yes, there're always special things to eat on special occasions like traditional festivals. For example, people always eat moon cakes on Mid-

autumn Festival; People eat dumplings at Chinese New Year's Eve; there're so many traditions related to food in my country. (举例子)

3. Why are some people willing to spend a lot of money on meals on special days?

Some people have the mindset that spending a lot of money on special days is a good way of remembering and celebrating this day. It's never a bad idea to pamper your stomach with nice food. And for some other people, they might want to impress others by inviting those people to a nice meal, and show off how generous they are. (分群体)

4. Do you think it's good to communicate when eating with your family?

-A little chat is fine. It helps you bond with your family, and catch up with them. But if it's very intense and passionate communication, then it might affect your mood for the meal. You won't be able to fully enjoy the food as you get distracted by the conversation. (分情况)

-There's a saying in China, "No talking while eating." Many people will say communicating when eating with family is impolite. People should pay full attention to the food and be quiet. But I don't see it that way. I see eating together as a great chance of communication/bonding. Actually, I vote for communicating when eating. As long as it's not too intense or distractive, it's a good thing to do. (主流观点, 自己观点)

-It depends on the occasion. If it's a very casual small family dinner/ gathering, then it's actually very OK to talk with your family, catch up and enjoy some quality time with your family. But if it's a big and formal family dinner, especially when there're older family members at the table, then probably you should think twice before opening your mouth and chitchat.

Describe a skill that you learned from older people (向长者学习的技能)

You should say:

What the skill was

Who you learned it from

How you learned it

And how you feel about it

知识点:

-掌握某个技巧: **get the/a hang of it; master the skill; learn the skill; learn the art of sth...; become skilled at...; grasp the skill...**

-强化技能: **strengthen/improve the skill**

-pick up a new skill: 学会一门新技巧

-hone a skill: 打磨一门技巧

-Practice makes perfect: 熟能生巧

-hands-on experience: 实操经验

So, today I want to shared with you how I learned cooking.

My dad taught me how to cook. And actually, in the beginning, he talked me into (说服我) learning cooking. He's my cooking "mentor" (导师), haha.

He told me that it was a basic survival skill that everybody should know. And plus, cooking at home is super healthy and it saves a lot of money. At that time, I was about to graduate from university, so what he said actually made a lot of sense to me. I thought it was a very good idea to become skilled at cooking.

In terms of how I learned cooking. First, I stood aside and observed a lot when my dad was cooking. I saw how he prepared all the ingredients, cut and chopped food, how he put seasonings and spices, all that kind of things. And I asked loads of questions whenever I got confused. He answered my questions right there, so it was very clear and easy communication. And later, when I had more confidence, I started cooking by myself, but with my dad standing next to me. He would correct me when he saw me doing something wrong.

Therefore, that's how I gained hands-on experience of cooking. I feel very proud of myself. I can cook, meaning, I won't starve in the future.

Nowadays many young people don't know how to cook at all. The most they can do is making instant noodles (方便面). Me, on the other hand, can cook all kinds of dishes, veggies and meats, you name it (你随便点). So, yeh, that's the skill I learned from my dad. Thank you!

Part3:

1. How can children learn from their parents?

Well, parents need to teach and show children how to do things. For example, washing hands after going to the washroom, brushing teeth twice per day, being friendly and respectful to others. And then, more importantly, parents are the rodel models to their children, so they should set examples in front of their children. Children really look up to their parents. They copy and learn everything from their parents. (举例子, 补充)

2. What knowledge can children learn from their grandparents?

Grandparents are just like parents; they can teach children a lot of things. They can read stories for grandchildren, teach them about morals. They can teach them how to eat and rest properly. Some grandparents with a lot of life experiences and wisdom can teach their grandchildren about these life lessons. Kids can also learn some practical skills from their grandparents, like baking, knitting, gardening, things like that. (罗列, 举例子)

3. What kind of help do you think older people need?

They need all kinds of help, physical helps and emotional supports. Old people might need help with laundry, grocery shopping, cleaning up the house, you know, all kinds of household chores. And then, many of them can't lift or move around heavy items, or can't drive a car and travel far. They need help in life in all shapes and forms. However, what people tend to ignore the most is their emotional needs. Old people are quite vulnerable and lonely. They need people to keep them company, talk to them, care for them. (分类讨论, 转折)

4. What skills can young people learn from older people?

Like I said, elders have years of wisdom and life experiences to share with the young. They can teach young people how to be brave, patient, and honest. They can teach young people about the importance of family and love. They can give advice on managing money. Their experiences of succeeding and also failing are all precious life lessons for young people to learn from. (举例子)

Describe an interesting song (一首有意思的歌)

You should say:

What the song is

What story the song tells

Whether the song is popular

And explain why you think it's interesting

可以说时下流行的歌、小时候的儿歌、甚至你妈妈瞎编的 lullaby (摇篮曲)。

知识点:

QQ 群文件 2 号文件夹“音频版词汇集”第二集有详细的针对音乐歌曲的表达，可以找来阅读以及收听音频。这里摘抄局部：

1. 针对音乐的形容词:

- Beautiful, pleasant, happy, cheerful, playful, upbeat, delightful, ecstatic (狂喜的), energetic, powerful, passionate, sexy, catchy (朗朗上口的), soaring (空灵的翱翔的), poetic (诗歌感的), uplifting (使人振奋向上的), peaceful, relaxing, soothing, slow (慢歌), soft (柔软的)

- awful, boring, distracting, loud, chaotic, noisy, depressing, sad, downbeat, gloomy, unpleasant, ear-splitting (炸耳朵, 太吵), uncomfortable, riotous (不受约束的, 乱的吵的), explosive, brassy (刺耳的), annoying (烦人的), piercing (穿透的刺耳的, pierce 作为动词表示打耳洞), scratching (音乐或者人的声音很刺耳)

2. 音乐带给人的感受:

- bring sb. to tears: 催人泪下
- amaze/stun/ astound/ touch sb. : 震撼感动某人
- make sb. want to dance: 让人听了想跟着跳舞
- give you positive energy: 给你积极的力量
- heal the wound: 抚平伤口
- motivate sb./ give sb. motivation and hope: 激励人心, 给予希望
- cheer sb. up: 让人心情变好
- give somebody goosebumps/ the creeps: 让人浑身起鸡皮疙瘩
- keep sb. calm: 使人平静
- give sb. a sense of security: 给人安稳安全之感
- Listening to music is a way to release my inner emotions that are weighing me down at that moment.

3. 其他表达:

① Lyrics: 歌词

If you don't listen to the lyrics, you won't know what a song is about.

注意 lyrics 作为歌词一直是复数形式

② Beat: 拍子, 节拍

Dance music always has a strong beat.

③ Rhythm: 整首歌的节奏

The rhythms of African music are much more complex than those of European music.

④ Melody: 旋律

I love the melody of this song. I can whistle (吹口哨) the melody.

⑤ Music album: 音乐专辑

His latest music album wasn't a massive hit (销量很好) but I love it.

This album was released in 2011. But it didn't sell well.

⑥ sing in tune: 唱歌不跑调的

⑦唱歌跑调、五音不全

-tone deaf: 五音不全的

-sing out of tune/ off key

-Singing is not my strongest suit/point: 唱歌不是我的最强项

-can't carry a note/tune in a bucket: (俚语) 五音不全

I want to share with you a song my mom used to sing to me every night. It was a lullaby that she made up. Now when I think of this song, I still laugh in my own head because it's a quite interesting song.

The song is not popular in any shape or form (压根一点都不.....) as it's made up by my mom. And she was too embarrassed to sing it to anyone else but me. Therefore, I was the only listener of this song. How special that made me feel? (我该感到多特别啊?)

And regarding what story the song tells, well, there isn't a very complicated story in this song. It is about a little girl who is trying to fall asleep, but she can't. So, she tries several things, she tries counting the sheep, tries drinking hot milk, and then a dream fairy (梦境仙子) comes to her, and helps her fall asleep. And after she falls asleep, she dreams about many things, the ocean, the forest, the starry night, and the endless meadow (无边无垠的草场) ...You know, basically, the little girl is me. It's literally a song about me falling asleep! Haha! (虚构的故事用一般现在时讲述)

The reason why it's an interesting song is that the lyrics are pretty funny, as they're made up by my mom very casually. So, sometimes, you can tell (你能感受到), the lyrics don't match the beat of the song (歌词对不上拍子). And then, my mom is not the best singer in the world (委婉地表示, 我妈唱歌不好听), sometimes, she sings out of tune. So, the song sounds a little funny and awkward when it's supposed to be beautiful and soothing.

But over all, it's a good song. The melody is catchy, the lyrics are simple and easy to learn. It helped me fall asleep every night. So, it's one of my favorite childhood songs.

So yeh, that's the song. Thank you!

Part3:

1. Why are many music competitions shows popular in China?

I don't think this kind of competitions are only popular in China, it's everywhere in the world. Music talent shows are super on trend around the world. Voice of America, the Voice UK, these shows are all very famous and popular. I guess, in general, people love seeing talents (见证才华). And being able to witness a star being born is really exciting (亲眼见证一个巨星诞生的过程是很令人激动的). And on top of that, the audience get to listen to good music. That's really enjoyable and highly entertaining. (原因, 补充)

2. What kinds of music do young people like?

Young people like music that is powerful, expressive, full of emotion and rhythmic. Some of them love rock music, heavy metal, punk, you know, the kind of music that is aggressive, angry, powerful and expressive; some of them like pop, as it's happy, upbeat and energetic. Some young people are into rap songs, as they are expressive, emotional and full of rhythm. (分群体)

3. What kind of people like traditional music?

I feel that most people who are into traditional music are seniors. They like classical music (古典乐) or because it helps them travel back in time. That's why you always see more elderly people at a classical music concert. However, this doesn't mean that young people all dislike traditional music. As a matter of fact, there're quite a lot younger people who also enjoy traditional songs as they're very classic (经典的) and have gone through the test of time (经历了时间的考验). (主流情况, 特殊情况补充)

4. What are the differences between live concerts and online concerts?

I guess, the biggest difference is the atmosphere/the vibe. When you go to a live concert, you are surrounded by hundreds and thousands of people who also like the artist as you do. People cheer, scream and jump next to you, it feels exciting, and it brings you a sense of community. Whereas online concerts are just online, you hear the screaming and cheering, but nothing is physical, so it feels completely different. And then, in terms of the price, online concerts are more affordable, whereas real live concerts are very expensive. Especially if you want to have a better seat. It can easily cost you an arm and a leg. (分类讨论)

Describe a toy you liked in your childhood (童年喜欢的玩具)

You should say:

What kind of toy it is

When you received it

How you played with it

And how you felt about it

知识点：

-首先，很重要一点，game 和 toy 不是一件事。

Toys are games without rules. When a toy has rules to play with, then it becomes a game. 游戏强调的是规则，是玩的过程。玩具是一个物件，想怎么玩就怎么玩，没有固定规则。You play with a toy. You play a game.

-Puzzle 属于游戏还是玩具呢？个人认为，这里概念有点模糊。小宝宝玩的 shape sorter（形状分类玩具），或者简单的 jigsaw puzzle（拼图玩具）可以是玩具，也可以是一种 game。但是，那种特别复杂的成年人玩儿的 puzzles 就不属于玩具了。因为那些 Puzzle 本身的物件属性不强，强调的是逻辑智力的抽象部分。

-types of toys:

① doll（洋娃娃），stuffed animal（毛绒玩具），action figure（人偶玩具），puppet（木偶）

② building toys（积木类），blocks（每块积木叫做 a block, stack up blocks 搭积木），Lego（乐高）

③ musical toys（音乐类），baby xylophone（宝宝木琴），baby piano（宝宝钢琴）.....

④ puzzle toys（解谜类），shape sorters（形状分类玩具），jigsaw（拼图玩具）

素材一（毛绒玩具）：

Today, I want to talk about my all-time favorite toy. It was a stuffed animal, and I named it Pangpang.

As for when I received the toy, uhmmmm, I don't remember exactly, to be honest, maybe aroundsix years old? I remember I got the toy on my birthday. My parents gave me the toy. Well, my parents bought me a lot of toys when I was little. I remember I had my room full of all kinds of toys. I think I was a little bit spoiled. (故事前传)

I played with Pangpang all the time. I fed her, put her to sleep, read bedtime story to her, I was like her mom. I just held her and kissed her all the time, and took her with me everywhere. I couldn't stop looking at her/take my eyes off her as she was the cutest toy ever. She was a little pig in white colour, very chubby and fluffy (胖嘟嘟毛茸茸), with a really adorable face, big eyes, long eyelashes, and pouty lips (撅撅的嘴唇). She always looked like she needed a good hug and kiss. I was in love with this toy for a quite long time.

I loved Pangpang. Although at that time I had a lot of toys, still this one somehow (也不知道为什么) meant much more to me. Even now, whenever I think about my childhood, I still picture Pangpang in my head. I guess it reminds me of my sweet childhood.

Yeah, I guess, that's pretty much it. Thank you.

素材二 (拼图) :

Ok, so, today I'd like to share with you my favorite childhood toy, which was my first jigsaw puzzle toy. I loved it when I was little.

I got my first jigsaw puzzle when I was around 6 years old. In the beginning, I had no idea how to play this puzzle. I couldn't solve the puzzle only by myself, so I asked my parents to play with me. They taught me how to solve the puzzle, like, all the tricks and logics. For example, my mom told me to always start from finding the corner pieces and the edge pieces on the 4 sides of the picture. That would make things much easier. The corner pieces and the edge pieces are always easier to find, as they have very different shapes compared with those regular pieces. So, I found the four corner pieces first, and started from there, I found all the edge pieces. And gradually, I set all the pieces together and formed a beautiful picture. It took me two days to finish the big puzzle. I felt so proud.

I loved this puzzle. I had a lot of fun while playing with it. And also, I appreciated the fact that my parents taught me how to find the logic of solving problems. I improved my tactical skills (策略技能) and concentration (专注力) at the same time. That was very helpful.

So, yeh, that was my favorite toy. Thanks.

Part3:

1. Do you think parents should buy more toys for their children or spend more time with them?

Well, companionship (陪伴) is definitely more important than providing material goods in parenting (家长对子女的教育). It's a no brainer (不用想就知道的事情). Some parents work really hard so that they can earn more money for their kids, and give them the best material life. But they end up not being able to spend quality time with their kids. What they don't understand is that kids need love more than toys, clothes, things. (让位驳斥)

2. What's the difference between the toys kids play with today and those they played with in the past?

Well, toys in the past were more basic, and they were made of natural materials, like wood, bamboo, clay, things like that. Whereas toys today are more advanced and multi-functional. And there's more technology involved as well, digital screens, special lights and sounds, even AI. (时间对比讨论)

3. Should advertisements aimed at kids be prohibited?

Well, I don't think they should be banned (=prohibited). It's a little unnecessary. Some of those ads could still be a source of information for parents. Some people may say those ads are poisoning our younger generation. Children who lack self-discipline will demand their parents for more products. And parents will end up buying lots of products they don't need or can hurt their children. But it doesn't have to be like that. Parents

don't have to listen to their children. It's parents' responsibility to refuse and educate their children. And besides, in my opinion, not all the commercials are poisoning. Some can still be informative and useful. (让位驳斥)

4. How do advertisements influence children?

Well, ads have very strong effects on children. Children are innocent and easy to manipulate (很好操控); therefore, marketers always try to aim at them. Children watch those ads, and many of them will get hooked on and brainwashed by the content, and then demand more toys and products. So, Ads can definitely affect children's buying decisions. And then, children who are overly exposed to advertisements might develop materialistic feelings (发展出物质化情绪). They might define themselves by what they have and what they don't have. This can create a void (空虚) in their lives, and make them unhappy. (罗列)

Describe an ambition that you haven't achieved (未实现的野心)

You should say

What it is

Why you haven't achieved it yet

What you did

And how you felt about it

可以是大的野心(环游世界、成为领袖)，小的野心(学会做蛋糕、减肥成功、跑完马拉松)，远期的野心(一步步成为公司 CEO, 成为知名作家)，近期的野心(早睡早起养成好的生活习惯、多去健身房)

知识点:

-ambition 既是不可数(表示野心大的程度)也可以是可数(表示不同类型地野心)

I have a lot of ambition, so much ambition.

I have many different ambitions. I want to rich; I want to be a writer; and I want to the best parent.

-I'm ambitious. (形容词词性)

I'm ambitious to become the youngest CEO in the world.

-aspiration: 雄心壮志

Aspirational: 雄心壮志的

-相似表达:

① I want to...

I really really want to become the manager of my department.

②I have a goal, which is....

I have a goal, which is win the marathon medal.

③ I long to...(long v.动词, 渴望)

I long to write my own book!!

④I dream about...

I really dream about marrying my boyfriend!

⑤I strive to...努力奋斗要成为, 要完成

I strive to get a band 7 in IELTS speaking test.

⑥I'm dying to...

I'm dying to pass IELTS exam.

-ambition 的类型

①short-term ambition, long-term ambition

②professional ambition(climb the ladder 爬梯子晋升, become a famous writer, work for Google), personal ambition (run a marathon, lose weight 两个我最爱用的话题)

-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!

②a dream come true 梦想成真

My new job is a dream come true.

③之前 p1 关于 concentration 的一系列表达都可以用在这里

-put/keep someone's nose to the grindstone 特别努力刻苦

She kept her nose to the grindstone all year and got the exam results she wanted.

-knuckle down 全力以赴 (knuckle 作为名词“指关节、膝关节”, 作为动词“开始认真工作”)

It's final-exam week so I've got to knuckle down and finally start studying.

-put my head down 同上用法

-get stuck in 带着激情开始做某事

The food looks amazing. Grab a plate and let's get stuck in!!!

-get in/into the zone 进入状态

I really want to get in the zone to study.

-throw myself into the task 投入工作学习任务中

Tonight, I really need to throw myself into the task, maybe I'll pull an all-nighter.

-really go at it/stick at it 全力以赴

I think you need a break from that school assignment. You've been really going at it for the last 2 hours!

-roll up one's sleeves 袖子卷起来 开干! 战斗模式!

-I did everything I could, blood, sweat and tears all the way. 流血流汗

-I fought tooth and nails to achieve my goal.

-动词:

①fight for my dream, ambition, goal, plan

②try hard to reach/achieve my goal

③I will carry on my goal at all costs!

④I'll never quit!

⑤give up your ambition

⑥throw in the towel (放弃的俚语) 拳击比赛中运动员弃赛时想要扔掉毛巾, 相当于举白旗

素材一: 改编自“困难的事”

I'm dying to lose some weight/ slim down/shed weight and get back in shape. It is my personal goal, a good ambition I have.

Currently I'm not happy with my body at all. A few years ago, I was a little depressed. And when my ex-boyfriend broke up with me, it was like the last straw. I hit rock bottom in my life. I started binge eating junk food, and I stopped working out. I put on 20 pounds in two months. And my weight has been staying there since then. I'm really fed up with (受够了) my weight, and I really want to get back on track (回到正轨) .

I tried two times. I tried to go on a diet, but it didn't work out. I mean, I did lose some weight/shed a few pounds in the beginning, but once I stopped

the diet, my weight just bounced back (反弹) . And I had to go back to square one. And I tried to exercise, so I started going to the gym. But I failed again because I realized that I ate much more after working out because I burned a lot of energy. And I didn't keep an eye on my diet because I thought I really knuckled down at the gym, I deserved to eat more.

So, now I know, in order to lose weight and get in shape, I need to pay attention to both diet and exercise. I mean, there is no cutting corners when it comes to losing weight. I need to give 100%, my blood, sweat and tears. Which means I need to not only work out on a regular basis, but also eat a little less. I need to cut sugar (断糖) .

But it's hard to be so strict with yourself. And that's why I haven't reached my ambition yet. I love carbs (碳水化合物) . It's really hard to say goodbye. Now, at the beginning of 2022, I really hope that I can achieve my goal. I won't quit. I won't throw in the towel.

Thank you!

素材二：改编自“不太成功的经历”

So, I have a little personal ambition, which is to win the marathon finisher medal (所有跑完的人都能拿到的奖杯) .

I tried once a couple of years ago, but failed, and the reason is that I didn't seriously prepare for the race. At that time, I saw two of my friends run a marathon together, and I got really jealous of them. Running a marathon seemed so cool to me. I told my parents that I wanted to try it as well, and my father told me it was something I needed to prepare seriously, like 16-20 weeks long.

But I didn't listen to him. I didn't really roll up my sleeves and go at it 100%. I thought I could just train a little bit, and accomplish the mission by my strong will. So, I only trained for about two weeks. What I did was, I ran 5K every day at night, and that was it. Now when I look at it, I was so innocent. 5K is nothing compared with 42K. And when the day came, I put on my best running shoes and sportswear (运动装) , and just started running.

I pulled a muscle at 10 K, and later my legs started cramping (腿开始痉挛). So, I gave up when I hit 15K. I didn't make it to the finish line, not even to the half way. And then I realized how ignorant I was to set a goal like that without knowing what it truly meant. That was such a silly ambition.

And now, I've been training for real. Every week, I spend 3 days, run a 20 K, and the rest of the days, I run a 10K. Every two weeks, I run a 40 K. This time, I think I will fulfill my ambition.

So, yeh, that's it.

Part3:

1. What ambitions do children usually have?

Children usually have the purest and cutest ambitions, sometimes even a little bit bizarre (奇怪的, 令人疑惑的). For example, to become a policeman, a nurse, a scientist, a teacher. When my cousin was little, he used to dream about becoming a window cleaner (擦窗户的人), because he like heights (喜欢各种登高). That was quite funny. (举例子)

2. Why are some people very ambitious in their work?

Many people are quite goal-driven and competitive. Their happiness comes from achieving things, fulfilling ambitions, and being recognized, respected, and admired in the workplace. And I don't see any problems with that, as long as they are ambitious and competitive in a healthy and positive way. People need to do whatever feeds their souls. If being ambitious is something makes them feel fulfilled, then just be it. (原因)

3. Why some people don't have dreams?

I don't know, to be honest. I have so many big and small dreams, and I don't understand why some people don't. Maybe some people are just too scared and unconfident to dream? They don't think they can actually accomplish things; maybe some people are swamped in their busy lives, so they don't have the time or energy to fantasize about things? Or maybe some people used to dream big (梦想很高), but experienced an epic fail (致命失败), so now they are discouraged to have new goals? I

don't know, I feel that some people might think having dreaming is rather unrealistic and childish. They are very pragmatic. (分群体)

4. How do people balance work and life?

People usually take a breather from time to time, unwind and find something interesting to do, and just have a good time. In order to have a balanced life, people will relax and enjoy some leisure activities to avoid burning out (透支, 燃烧光自己的热忱) from work. For example, if you have worked many extra hours today, the next day, you will try to work a little less, or finish early, go home and spend some quality time with your family, you know, to strike a balance between work and life. (举例子)

Describe something you received for free (免费物品)

You should say

What it was

Who you received it from

Where you received it

And how you felt about it

知识点:

-Get/receive something for free

-It didn't cost me anything.

-It was complimentary (多指, 商家归赠给顾客的免费礼物) .

-Somebody's treat.

It's my treat. 我请客

-It's on the house. 由店家出钱请客 (一般指的是餐厅酒吧里免费赠送的餐饮)

This cake is on the house because it's your birthday today.

-sample (product): 小样

So, last year on my birthday, I got a birthday gift from Sephora (it's a very famous retailer (零售商) of beauty products), and I was very happy about it. (男孩子可以改成别的品牌, 别的更合适的产品)

I'm a very loyal customer of Sephora. Every month I'll shop in store or online, and get a lot of good stuff for myself. Sometimes, it's makeup products (化妆品), sometimes it's skincare products (护肤品). And I gained a lot of points on my point card (积分卡).

On my birthday last year, I received a big birthday gift from Sephora. It's a full bag of goodies (好东西). Everything was complimentary as a big thank-you for my shopping history at Sephora.

In terms of how I felt about it, oh my, I was like a little kid opening a big bag of candies, totally over the moon, super thrilled. There were perfume samples, little makeup kits (彩妆盒), and some skincare sample products. It was a very generous gesture from Sephora to really connect with its customers. And also, it's a smart thing to do to build customer loyalty. It's always small things like this that can touch people's hearts (其实总是像这样的小事情才是最打动人心的) and build a deeper connection with them.

And funny thing is, after I received the free treat, I tried out the free samples (小样), and I loved some of them. So, later I went on their website, and bought some products! You see my point? These generous gestures will never be a waste of money, because they allow potential customers to get a little taste of something, and make them want more later. So, I think it's a win for everybody (大家都能获利).

So, yeh, that was the time when I got something for free. Thank you!

Part3:

1. Do you think people should pay for higher education, and why?

Wow, that's a very complicated question! I guess, on one hand, I'm of the opinion that higher education should be free or at least very affordable so that more talented people can get higher education and make more contribution to the society. The society needs more talents, and money shouldn't be the reason that stops some people from getting education. Money should never be the measuring tool that decides who can or cannot go to university. However, on the other hand, this society also need all kinds of skills and occupations. It needs doctors, surgeons and PHDs, it also needs security guards, bar tenders and cooks. If education was completely free, probably almost everybody would want to go to university. But it's not necessary for everybody to go to university, and they would over-occupy educational resources. And you will have overqualified workers everywhere. And that's already happening in Europe, I think. In Europe, university fees are very cheap, so almost everybody goes to university. At some point, it has lost its value. You can even see a pizza delivery guy who has a bachelor's degree. So, it's hard to say, really. (反向思考, 分头讨论)

2. Is it good or bad for people to have free education in the future?

这道题和上道题基本重合, 不会重复问

3. What free gifts do companies usually give to their customers?

Normally it's free samples from those companies. Like I said, they want their customers to feel appreciated and also could get a taste of their products, and maybe in the future will buy more things in return. And what else, sometimes the company will send their customers some practical gifts that have the company's logo on it. So, it's a gift, and it's also a way of marketing (营销方式). For example, a USB drive, a notebook, a shopping bag, a hat... things like that. (主流情况+补充)

4. Why do customers like to receive free gifts from companies?

Who doesn't like free stuff? When customers receive free gifts, they feel valued and appreciated. And it doesn't have to be something super expensive and luxurious, it's more of the gesture that touches people's hearts. Small things count (小事也是有用的) .

Describe something that you can't live without (not a computer/phone)
(生活里离不开的东西)

You should say

What it is

What you do with it

How it helps you in your life

And explain why you can't live without it

在校大学生可以说自行车，打工人可以说你的私家车；你的 **planner** 做计划的本子；你每天都要擦的香水；你的包包；你的篮球鞋……

The thing that I must have in my life is my planner. I'm a little old-fashioned, so I always like to write down my to-do list in my planner, instead of typing it down on my phone, and carry it with me wherever I go.

I write down my daily schedule in the planner. So, every night before bed, I will brainstorm the things I want to do, need to do and have to do in my head, and write them down one by one in the planner. Things I want to do, like, going to the gym, cooking, or watching a movie; things I need to do, like, doing the grocery, cutting my hair; and things that won't wait, like, a dental appointment, school deadline, and final exam.

This planner definitely has helped me become a much more organized and productive person. I used to be kind of messy. I liked to go with the flow, do things without a plan. But then, it took a toll on me. I forgot important things all the time, I became very goalless and directionless, I didn't want to try hard on things.

In order to find my productivity and motivation again, I started using the planner. Now, I check my pocket planner multiple times per day. It keeps me going, gives me a lot of motivation. Each time when I check one thing off the planner (划掉一个已经做完的事情), I gain a sense of achievement.

And now, I feel that I can't live without this little notebook. It's like my personal secretary, telling me what to do during the day and what are the things I have done in the past.

So, yeh, it's definitely something I really rely on nowadays. Thank you!

Part3:

1. Why are children attracted to new things (such as electronics)?

I guess electronics are fun and entertaining, children are naturally drawn to them (be drawn to sth.) . Children are full of curiosity, they love learning new things, and they get bored easily. Therefore, they tend to be interested in new gadgets. And plus, we adults are obsessed with our phones, tablets and laptops, and children copy everything from adults, so they also pay lots of attention to those things. (原因, 补充)

2. Why do some grown-ups hate to throw out old things (such as clothes)?

Some adults feel bad/guilty about throwing things that are still valuable and functioning, like a coffeemaker, a jacket, or a book. They always dream that one day, they might need the thing again, when the reality is they completely forget the thing and never use it again. What they don't realize is that one thing will lose its value once people stop using it. At some point, they're just cluttering useless things and making their living space smaller and smaller. (原因)

3. Is the way people buy things affected? How?

I think so, nowadays people love shopping online as it's much more convenient. People have been becoming so lazy. They don't want to go to a physical store anymore, they just want to lie on the couch, scrolling on their phones and choosing the things they like. In the past, people used to go to the street markets or malls, and really spent a lot of time and effort, browsing, making comparisons. And when they paid, they paid by cash. Whereas these days, people are paying by credit cards or PayPal.

(时间分层)

4. What do you think influences people to buy new things?

Uhhh, commercials and social media content. Good commercials can really stimulate people's desire to buy new things because they feel tempted. And at the same time, nowadays, social media is really making people become more competitive and want more things and better

things for themselves. Because people are sharing their lives, including the things they use, others might feel jealous when they see those things. That's why marketers sometimes sponsor online influencers to use their products and share with their followers on social media. It's a new way of marketing, and it works really well. People get influenced without realizing it because it's not an obvious advertisement. (罗列)

Describe a gift you would like to buy for your friend (想要给朋友买的礼物)

You should say

What gift you would like to buy

Who you would like to give it to

Why you would like to buy a gift for him/her

And explain why you choose that gift

知识点:

这里时态是一种虚拟时态，是还没有买但是有意愿有想法想要买给朋友的礼物。因此，时态应该是 **I would like to ...**

想要买给朋友的原因可能是这个礼物很有纪念意义、可能是某个朋友看中却不舍得买的东西、可能是你想要表达你对友情的爱意和感谢的礼物、甚至有可能是抽象的礼物，一场经历，比如一起去旅行、话剧门票等.....

-handmade gift: 手工制作的礼物

-DIY (do it yourself)

I want to DIY a gift for my best friend.

-express someone's gratitude/appreciation: 表达感恩、表达感谢

-a nice gesture: 一个友好的姿态、举措

-to give is to receive: 给予也是获得

-a celebration of love and friendship: 对于友谊与爱的庆祝

-gift 除了名词词性还有动词

①gift someone with something:

She gifted me with a beautiful pair of earrings.

②gift something to someone:

I'd like to gift this diamond ring to my daughter.

③gift someone something:

His father gifted him his first guitar at the age of seven.

So, I've been thinking about giving my best friend Jing a very special gift. It's not something physical, it's more of an experience. I would like to treat her to a trip (请她旅行), a trip with me. And I'll pay for everything.

My best friend Jing is such a good friend. She's super supportive and trusting. Last year, I went through a really bad breakup (很糟糕的分手). I was in a very dark place/spot (在黑暗里), and bawling my eyes out every day. And, she was there for me the whole time, comforting me and cheering me up. She was the person who helped me pull myself together eventually and went back on track. I really want to express my appreciation and gratitude of having her in my life, and I've been seeking chances to do it.

We both love traveling, but unfortunately, neither of us have enough money to support our hobby of traveling. If I had enough budget, I would definitely invite her to a trip with me to Yunnan province, because we both love Yunnan, and spend a week or so there, enjoy the nice weather and the local food there. It will be a celebration of love and friendship.

Good thing is, lately, I've been doing a parttime job at a small café. I'm the barista (咖啡师), and I get paid by hour. It's not a lot of money, but slowly I'm getting there. I've been able to save up a little. So, I'm counting the

days, in another 30 days or so, I'll save enough to pay for her flight ticket and mine, and for the hotel room that we would stay in.

So, yeh, that's the special experience I would like to gift to my best friend Jing. Thank you!

Part3:

1. When do people normally send gifts to others?

- Basically, people give gifts on all kinds of special occasions. For example, on birthdays, anniversaries, or traditional holidays, like Christmas, Chinese New Year, Valentine's Day. It's a social norm that people follow. sometimes, when people want to express their appreciation and gratitude to someone, they send gifts as well; or, sometimes, when people want to apologize, they might also buy a gift, like a bouquet of flowers, a bottle of wine, nice shoes, to say sorry and show the gesture.

(分情况，举例子)

2. Do people give gifts or red pockets on traditional festivals?

Both, I would say. People give nice and beautiful gifts to show a nice gesture on traditional festivals, for example, some beautiful indoor plants, or, a very nice fruit basket, or, a very expensive bottle of wine, things like that. At the same time, they'll also give red pockets to people, as known as (AKA), lucky money. It's something that sounds really lucky, so it has a positive meaning, and at the same time, it's incredibly practical. You can buy things to your liking. Therefore, you will never be disappointed.

3. Is it hard to choose a gift?

For some people yes, and for some others no. For people like me, it's not hard to choose a gift at all. I love buying gifts for my friends and family, and I'm really good at picking the right gift for people. You just need to be observant. Buying a gift is not about you, it's about other people. So, pay attention to what others really like and need, and make that person smile. It's a wonderful feeling when you get the right gift. To give is actually to receive, as you'll feel great as well; and for some people, choosing the right gift for someone is like mission impossible. I think they're too nervous, too afraid of failing, and they don't pay enough attention to

details. Therefore, they have no idea of what gift they should get. (分群体讨论)

4. Will people feel happy when receiving an expensive gift?

-Well, many people will say that gift is not about the price tag, which I do agree. Many times, I would like a handmade gift so much more than a gift bought from the store. However, that said, I don't think people will feel unhappy when they receive an expensive gift. I mean, why?! Who doesn't like luxury, who doesn't like quality things? Therefore, I'm pretty sure most people will feel happy. Because they feel valuable, they feel worthy.
(主流观点自己观点)

-It depends on the relationship between the gift giver and receiver, how close they are. If it's from a close friend, a family member, or their partner, then probably they will be very happy to receive an expensive gift because that makes them feel appreciated. But if it's from someone they don't really know, then I can imagine how weird they must feel. They might feel that they owe something to this person. And most people don't want to have that feeling. (分情况)

-Well, it depends on what the gift is. If it's something the gift receiver really loves and needs, then probably, the more expensive the better! Haha! Who doesn't like quality stuff? But if it's something that person doesn't even use, then perhaps they will feel pretty disappointed. First, that shows how little the gift giver knows about the receiver, and then, nobody likes wasting money, even it's not their money. (分类讨论)

Describe something that was broken in your home and then repaired (坏了又修好的东西)

You should say

What it is

How it was broken

How you got it repaired

And how you felt about it

可以讲家电、家具、古董坏了，也可以讲家里电脑坏了。

知识点：

电脑坏了的相关表达：

-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

"You need to back up your data using cloud-based storage."

-save on an external hard drive: 保存在移动硬盘里

-have warranty/in warranty: 有保修

-outside warranty: 没保修

-get technical support from the manufacturer: 从生产商获得技术支持

-blue error screen: 蓝屏 (windows 系统的)

-overheating: 过热

-overworked CPU: CPU 过度工作

-sudden shutdown: 突然关机

-freeze: 死机，冻住了

-The air vents were blocked. So, the laptop wasn't ventilated properly.

(排风扇被堵住了。笔记本电脑没有正常通风)

I remember several years ago, my laptop suddenly crashed at home, and left me with deep frustration. That is a memory that I don't even want to recall.

At that time, I had a very important presentation at school/work (学生党、工作党都可以说). And I was working on my laptop for days, preparing my PowerPoint slides, collecting information from the internet, and drawing diagrams using Photoshop. I was doing so many things at the same time.

I was using an old laptop. My mom gave her old one to me. And, I could feel that the laptop couldn't really keep up with what I was doing, as sometimes it froze for a second or two, and then went back to normal. That was a bad sign, but I didn't take it. I didn't back up my data on a regular basis, and I just kept going.

Until one day, I suddenly saw the blue error screen, and the laptop just shut down in a split second (顷刻之间, 一秒钟不到), and wouldn't restart. I didn't even have the time to save everything. I didn't know what happened, maybe the laptop was overheated, or the CPU overworked because I was running too many apps. Anyway, my laptop just died.

Luckily, I had warranty (延期保修), so I got it fixed for free. But still, I couldn't save all my data. That was a lesson to learn. Always back up your data! After that, I bought a new laptop to save me from more trouble.

So, yeh, that was the time when my laptop broke.

Part3:

1. Are IT-related jobs valued more by society?

I think so. I'm under this impression as well. Nowadays, IT jobs are more on demand and also well-paid. Because everything is related to this industry, people are doing everything online. The richest CEOs in the world are all in this field. Facebook, WhatsApp, Amazon, Google...All the money in the world is invested in IT. That's why many people are drawn to this industry. High school students tend to choose this major as well, as they know that there'll be more job opportunities in the future.

2. Is the quality of product worse than before?

I believe so. Everybody is saying that products today don't last anymore. You can never hear the story of someone's grandma's washing machine lasted 30 years again. And the reason behind it is that things nowadays are mostly mass produced. Those manufacturers don't care about the quality that much anymore, they just want to sell more and sell fast. In order to sell more, they need to control the costs, that's why things today are cheaper but with worse quality. And from another perspective, if stuff could last forever then those companies won't have enough chances to squeeze money out of their clients. For example, I read somewhere that with the technology today, a light bulb can last forever, say, 20,000 hours. But that's too many years. So, in order to make people buy light bulbs more often, all the light bulb manufacturers have come together, and signed up an agreement that they will all make sure the light bulb can only last 10,000 hours. Isn't this crazy? So, yeh, definitely, things are getting worse. (罗列原因, 举例子)

3. What kinds of things do people like to repair by themselves?

Well, normally people like to fix small home appliances (家电) and furniture, like a lamp, a fan, or a chair, things that are relatively easier to fix. Especially for men, men love spending time solving problems related to home improvements. Like, changing the light bulb, fixing the toilet, and fixing the water pipes. Women on the other hand, are not that keen on repairing stuff. Many of them like to DIY beautiful handicrafts, but when it comes to repairing stuff, they tend to ask men to fix for them, it could be a guy they hire, or their dads, or their husbands. (分群体)

4. Why do people like to get their mobile phone repaired in specialized stores?

I guess electronic devices are not easy to just repair by yourself. It's very delicate, and it requires a lot of specialization to repair a mobile phone. That's why you won't see a person just open the mobile phone at home, trying to fix the chips and the wires inside the phone by himself. That's just too crazy. (原因)

Describe an item of clothing that someone gave you (别人给你的衣服)

You should say:

What the clothing was

Who gave it to you

When you got it

And explain why this person gave you this clothing

衣服裤子裙子都可以。可以是妈妈给你做的衣服 (My mom made me a shirt)，也可以是你的另一半给你打的毛衣 (My girlfriend knitted me a sweater)，也可以是长辈把自己的昂贵的婚纱流传给你 (My grandma gave me her wedding dress)，意义非凡的衣服，甚至都可以是一个同学、朋友把自己衣服给你，因为你喜欢，因为你冷 (需要大衣)。

知识点:

衣服有关的词汇表达:

上衣:tops (统称)

衬衫、汗衫:shirt ; 女士衬衫: blouse; 运动卫衣: sweatshirt; T 恤: T-shirt; 抹胸上衣: tube top; 露肩的: off-shoulder; 泡泡袖: puff-sleeve; 喇叭袖: flare-sleeve; 喇叭牛仔裤/裤: flare jeans/pants; 荷叶边的: ruffled; ruffled skirt 荷叶边半裙; 蕾丝的: lace

线衣毛衣: sweater; 羊绒毛衣: cashmere sweater; 夹克衫: jacket; 外套:coat; 冬天大衣: winter coat; 套装: suit ; 帽衫: hoodie

裤子:pants; 运动裤:sweat pants; 牛仔裤: jeans; 短裤: shorts; 裙子: skirt; 连衣裙: dress; 晚礼服: evening dress

-颜色:

dark colour, light colour, bright colour, warm colour, cool colour

neon colour: 荧光色 I don't like neon colours. They make my skin look dark.

Red looks great on you! 红色在你身上很好看

You look great in this colour! 你穿这个颜色真好看! You look stunning in this dress! 你穿这个裙子真好看!

Yellow is not my colour. 黄色不适合我。 Green is totally my colour. 绿色绝对是我的颜色。

-This high-waste (高腰的) dress shows/ highlights/ accentuates my body shape. 这件高腰连衣裙很显我的身形

-暴露的衣服: exposing/ revealing/ provocative clothes; 保守的衣服: modest clothes

-lose-fitting 宽松的; slim-fit: 修身的; tight 紧身的

I want to share with you the time my best friend gave me a jacket of hers(/his 如果是男孩), and that nice gesture really touched the softest spot in my heart.

My best friend Lin is a very nice, kind, and generous person. She has a heart of gold. We get along really well, and she always inspires me with her kindness and generosity. Because of her, I learned to see the bright side of things, and stay positive.

Lin is also a very thoughtful friend. She pays a lot of attention to small things, very observant. One time, I borrowed one jacket from her, and I really liked it. It was a yellow mustard jacket, very slim-fit and elegant. It really accentuated my body shape and flattered my curves. It was totally my style.

Lin saw how much I loved the jacket, and she decided to gift it to me. I was very surprised, because, A, I knew she loved the jacket as well; and B, that jacket was very expensive. So, I said to her, "You love the jacket. Why are you giving it to me?" And guess what she said? She said, "Yes, I do love it, but I love you more." Oh my, those words I can never forget. My eyes were wet. I was very touched.

Lin taught me how to show appreciation and love to friends. She taught me that to give is actually to receive. She gave me her love, and then she received my love for her. Even today, I'm still loving and wearing that jacket. Each time when I put it on, I see Lin's face and her heartfelt smile (真心的微笑) .

So, I guess that's pretty much everything, thank you!

Part3:

1. Have you ever given clothes to others?

-Yes, I've given my old clothes to my younger cousins. And I've given out old clothes to charity. I make donations every year to give out things that I don't use to people in need. It's nice to think that someone can make use out of my stuff. (罗列, 原因)

- No, I haven't. I'm just not very confident with my taste in fashion, I feel embarrassed to let someone put on my old clothes. (原因)

2. Why do people dress casually in everyday life but dress formally at work?

Well, people dress up at work because normally there is a dress code, which means they need to look smart and professional, and some even need to wear uniforms. But even if there wasn't a dress code, still people always want to look presentable and reliable in front of their clients or customers. So, it makes sense that people want to dress formally in the workplace. And regarding the way people dress themselves in daily life, well, I guess, the vast majority of us just want to wear something comfy (舒服的) and casual, because there's no need to "dress to impress", right? (分情况讨论)

3. What are the advantages and disadvantages of wearing uniforms at work and school?

Uhhh, the pros are, first, wearing uniforms at work and school can create a sense of uniformity and also a sense of belonging, as everybody looks the same. They will feel that they are part of a big group, a big community. And then, when they look uniform, they look more

presentable together. And finally, for students, they save a lot of time on choosing what to wear every day before going to school. That makes everything much easier, for both students and parents. And plus, they'll stop competing with one another. The problem of wearing uniforms is, it stops people from expressing themselves through the way they dress. It takes away people's individualism and creativity. (对比讨论)

4. Why do people from different countries wear different clothing?

Well, each country has their own traditional clothes with their own style. Because the styles are different, people wear differently. And when it comes to modern fashion, people from different countries have different fashion senses and tastes. For example, Asian girls like wearing something girly and dreamy, and normally not very revealing clothes to hide their bodies. And many western girls like wearing very slim-fit and provocative clothes to highlight their curves. (分群体讨论, 举例子)

Describe a rule that you don't like (不喜欢的规矩)

You should say

What it is

Why you don't like it

How others feel about the rule

And explain whether you follow the rule

可以讲

-学校的 **no-phone policy** (不能带手机), **haircut policy** (高中发型规矩);

-工作岗位的 **dress code** 着装要求, **internet blocks** 断网, **no-phone policy**, 职场酒桌文化 **business drink**

-社会上的 **social rules: getting married and having a baby before 30** 三十岁前必须结婚生子

知识点：

-Unwritten/unspoken rules 不成文规定

遵守和不遵守规矩的动词或词组：

-obey, follow, respect, abide by, play by the rules

-disobey, break, disrespect, ignore, disregard, overstep, violate, disagree with the rules

-被惩罚：

get/be punished; get a fine/ticket

ground：禁足 n. You're grounded. 你被禁足了。

curfew：宵禁 We have strict curfews at home. All the kids have to arrive home before 9 pm.

-形容不喜欢 rules 的表达：

It's such an annoying rule!

That rule doesn't make any sense!

I almost hate that rule!

It's the one of the most nonsense rules.

I detest/hate that rule with every fiber of my being.

我全身心每个细胞都在恨这个规矩（很夸张的说法）

I disregarded that rule without feeling guilty.

Even though I totally hate the rule, still as a respectful person, I choose to play by the rule.

-形容那些不按规则来的人：

①entitled：本身表示有资格的，但是现实中往往指的是一些人自命不凡的、妄自尊大的，认为自己有特权的

Some millennials are so entitled. They think the world revolves around them. 有些 90 后 00 后的人怎么那么自命不凡。觉得全世界都该围着他们转。

② **self-centred, ego-centric, egotistical, selfish:** 自私自利的，以自我为中心的

③ **a rule breaker:** 破坏规矩的人

素材一：

Ok, so, today, I want to talk about the unspoken rule during those business drinking or professional drinking games in my country. It's such an annoying rule, and I could say that, I detest it with every fiber of my being. I'm not exaggerating.

So, this drinking rule is actually a bunch of small rules. For example, the first rule is, when business people gather around the dinner table, the drinking won't end until the meal is over, which means nobody can leave before the meal is over. Second, everyone must make at least one toast, to the host, to people sit next to you, or even to people who sit across the table. And another rule, which is the most important one, is that when someone makes a toast to you, you can never reject that person. You have to "gan bei", which literally means bottoms up. This is such a ridiculous rule, especially for young people in the workplace, when their supervisor asks them to finish the whole glass, they think they have no other choices, as the rule is the rule. Many people will end up completely drunk/ hammered (特别醉), or even throwing up/vomiting.

In terms of how Chinese people feel about the rule, well, that's the funny part about this culture. People love and hate it at the same time, it's a love-and-hate relationship. People love it when they are the ones who make other people drink up, and they hate it when they are the ones who are forced to drink up. So, sometimes, it even looks like they are revenging when it's their turn to make others to drink.

Finally, to answer the question of if I would play by the rule, uhmm, yes and no. I will respect the rule until I can't. For example, at the beginning of the meal, I will be able to make a toast to my boss, to express my gratitude, and drink up the whole glass. But at the end of the meal, I

normally feel very uncomfortable and drunk, and that's when I will say no to people who try to make me drink.

So, yeh, that's the rule I really dislike. Thank you!

素材二：

Today, I'd like to talk about an unwritten rule in the society in my country that I really don't like.

So, in China, there's a certain age where you "have to" get married and have children. and if you are still single at certain age or you're married but you don't children at certain age, you are a weirdo, a crazy person, so to speak. This rule especially applies to women. Let's say, if a woman is still single at the age of 26, 27, she would be "in trouble". Her family and friends will worry about her, thinking she will end up dying alone (孤独终老). People around her will start calling her a "leftover girl" (剩女), and try to set her up with some random guys they know (给她随便找个认识的男的凑对子). These single ladies will be forced by her family to go to many blind dates (相亲) and try to find a husband before 30.

This social rule is so deeply rooted in our culture, and it's really hard to get rid of. Some young people are strong enough to disregard the rule, and enjoy their own life following their own pace; some young people are still very passive and powerless in this circumstance, they feel that they don't get a say in this (没有话语权), as they need to follow the social norm, the rule, and listen to their parents. Otherwise, they will be heavily judged by the society.

As for me, I couldn't resent this rule more. I don't think it's anybody's business when I should get married or have children, or *whether* I should get married and have children at all. It's very sad to let someone or some people control your life decision and pass judgement on you. And I ignore this rule completely. I'm now 27 and still single. Lately I've been under a lot pressure, mainly from my parents. But I'm still enjoying my single life and choosing my future partner carefully. I don't want to settle for less (凑合). That's irresponsible.

So, yeh, this is the rule that I kind of hate, haha. Thank you!

Part3:

1. What are the rules students should follow at school?

Well, they're mainly classroom rules, for example, be in class on time; respect everyone, no bullying, no drugs or alcohol, raise your hand when talking, listen carefully to the teacher's instruction, things like that. Basically, rules to keep the classroom organized and the learning environment caring and friendly. (举例子)

2. Are rules at school good or bad, why?

It's hard to generalize, really. I mean, a school is like a society, it needs rules to make sure everyone behaves, and to avoid chaos. If most students at school are well-mannered, then a school can function properly, students can focus on learning and growing. Things like no bullying, no drugs or alcohol, completely make sense and are decent rules. However, there're things that don't make too much sense, like, no talking during the lunch, no long hair, no facial hair, they are just meaningless and harsh. Those're dumb rules. (转折, 举例子)

3. What rules should children follow at home.

Well, every family has its own rules. Some families have curfews at night, some family insist a no-phone rule, some families will never have junk food, etc. But I think there're some common rules that almost all the families have, for instance, being respectful to other family members, no curse words, no yelling in the house, no hitting, asking for permissions, and so on and so forth (等等) . (举例子)

4. How are people punished when parking at a wrong spot?

Normally people will get a ticket/fine when they park at a wrong place. And in some cases, they will get some points put on their license (扣分) .

Describe a story someone told you and you remember (别人讲述的故事)

You should say

What the story was about

Who told you this story

Why you remember it

And how you feel about it

可以是小时候听的童话故事，也可以是真实的故事；可以是故事本身很特别、很有意义、很给人启发、很搞笑、或者很恐怖；也可以是说故事的人很有天赋，让故事非常生动；或者是说故事的方式很特别，运用到高科技手段，等等

知识点：

-tell a story

-share a story with

-story telling skills

My cousin has very good story telling skills. He's a wonderful story-teller.

-story-teller: 说故事者

-engaging: 特别吸引人的、引人入胜的

His story is very engaging.

He really knows how to engage with his audience when telling the story.

-captivating/charming/incredible story: 迷人的故事

-sad story: 悲伤的故事; funny story: 搞笑的故事

-bawl one's eyes out: 哭晕了

I was bawling my eyes out when I heard the sad story.

-roll on the floor laughing: 笑倒在地上

I was rolling on the floor laughing when I heard the funny story.

I've heard so many stories in my life. Some are crazy, some are funny, some are scary, some are sad. But most of them didn't really leave a mark on me (对我产生影响). But I remember this story told by a stranger I met when I was traveling in a southern town in the UK. (可以改成任何国内城市)

Now come to think of it, it even seems a little surreal (超现实的). On that foggy day (多雾的那一天), in that foreign town, in a cafe, I met this old lady, we had a conversation, and she told me about her life story. Everything seems like a dream now. But that conversation, that story of hers, are still echoing in my head (在我的脑海中回响) sometimes.

Three years ago, I traveled to a small town in the south of England. On a foggy Thursday, I was aimlessly wandering around the town, and then I saw a tiny museum, it was a train museum. I let myself in, the building was actually half a museum half a café (一半是博物馆一般是咖啡馆). In the beginning, I didn't see anyone except the waiter. And then, I saw this old English lady at the corner, looking and smiling at me. (背景故事)

And she started talking to me, asking me about my background. I got all curious about her as well, so I asked her about her story. She told me her name was Rose, she used to be a military nurse, and she wasn't born and raised in that town. 30 years ago, she got retired, and she traveled to that town and she fell in love with it. So, she moved there.

Rose was around 80 when we met, so, 30 years ago when she moved to the town, she must have been around 50. I couldn't imagine someone making a life decision that easily and lightly in her 50s. But she was really brave and carefree. She told me: "30 years ago, I traveled to this town for the first time. And I told myself, oh I love it here, I'm gonna live here. So, that's what I did, I moved here, and I never left."

I felt very moved by her story and courage. She inspired me on so many levels. First, when I saw her, I never expected the story of her life to be so interesting. They say, never judge a book by its cover (人不可貌相). So true. And then, from the peaceful and satisfied smile on her face, I knew she made a good decision for her life, even at the age of 50. I realized that, it's never too late to do anything, as long as you have the courage to start

turning your life around. Making a change is scary, but what's even scarier is never making a change.

So, that's how I felt after hearing the story of Rose. Thank you!

Part3:

1. Do young children like the same story as old children?

Definitely not. I feel that young children and old children have very different preferences, different tastes in stories. Young children like simple and easy-going stories which are very easy for them to understand/comprehend. Stories with good rhyme, rhythm, and repetition (押韵的、带节奏感的、高重复的) are loved by babies and toddlers, as they want to learn the language through the story. Meanwhile, older children are more into the story itself, whether it's captivating, engaging and imaginative. And also, they're interested in learning the moral of the story (寓意). They like fairy tales, super hero stories, things like that. (分群体对比讨论)

2. How has technology changed story telling?

These days, digital story-telling is definitely becoming trendy. For children, as far as I'm concerned, there're books with an audio player that can tell stories by themselves, and also, parents can play storytelling videos to their children. Some people use a digital screen to help them make the story-telling more vivid. Basically, parents don't have to tell the stories only by themselves. They can rely on technology, like, the internet. Whereas in the past, it was only the care givers jobs to tell stories to their children. And for adults, they can listen to podcast, audiobooks to listen to stories. It's different as well. (时间分层)

3. How do people tell stories to children?

Well, some people will grab a story book and read aloud to children; some people will tell a story from themselves without relying on a book, and sometimes they even make up stories; Some people will use puppets (木偶), props (道具), and costumes to spice up the story, make it more engaging for children. (分群体)

4. Why do children like stories?

Stories are very entertaining, and they can open children's mind; Some stories are very challenging for children's imagination and creativity. They can bring children to a world full of imagination; Some stories have good morals, children can learn to relate to the story and reflect, and then behave better; another thing I noticed is that, children love hearing the same story over and over. Repetition in storytelling is very important. By listening to the rhyme and the rhythm repeatedly, children can have a better grip on vocabulary and grammar, and also, it can boost their confidence as they're familiar with the story. (原因, 分类讨论)

Describe a course that impressed you a lot (印象深刻的课程)

You should say

What the course was about

Where you took the course

What you did during the course

And explain why it impressed you a lot

知识点:

-take a course 修、学一门课程

-sign up for a course 注册了一门课, 选择了一门课

-taking classes/take a class 非正式的表达在修一门课, 和 course 一样

-have a class: 上一节课

I have to go now. I have a class in 10 mins.

-face-to-face course 实体课程

-online course 线上课程

-one-on-one course 一对一课程

-teaching style/approach 教学风格、方式

-Students can get the most out of it.

-engaging, interactive, fun, challenging, effective, efficient, inviting

-The course involves a lot of practice/ captures student's interest and attention/challenges students to enhance their knowledge and skills/ invites students to participate.

Three months ago, I took an online English course for IELTS speaking test. And I was very impressed by it.

Before I signed up for that course, I had never taken an online course.

And to be honest, I was kind of sceptical about it (持怀疑态度), as I doubted if it would be effective. I always thought that there was no way I could control the outcome when I couldn't even physically see my teachers. I knew online courses were trending, but I always thought it wasn't for me (不适合我)。

And one day, I accidentally clicked on a live-stream lesson on a free app that I was using to help me prepare for IELTS exam. It was a free lesson, and I was impressed by the teacher when I heard her speaking English. Her name was Tara and her English sounded so natural, free and perfect. Just like a native. And, plus, I really liked her teaching style. There was something about her class that really captured my interest. I immediately paid for her full course after the free class.

After three months taking Tara's course, I believe that I've found the right teacher, and I'm really impressed by her course. First, Tara was a wonderful story-teller. She had a great sense of humor. She could always crack me up during the class. Sometimes listening to her is like listening to a comedian. I feel that she could definitely host a talk show by herself. And then, Tara's was a really engaging and interactive teacher. In class, she invited her students to participate more, to really think with her, and to open their mouths. And she gave us a lot of chance to practice with

her. After class, she would talk to us one on one, see what our problems were, and give us good advice. And finally, I was impressed by how well-organized and functional her course was. It really changed my opinion towards online courses. I'm not saying that online courses are all better than traditional physical ones. But, at least, now I know some of them could be really effective. And online courses are indeed very convenient, flexible and more affordable.

So yeh, now, I can say that I'm a big fan of Tara. I highly recommend her online English course. Thank you!

(科目可以改成非英语类的，老师名字可以改一改，不叫 Tara)

Part3:

1. Why do some people have a better memory?

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. (分群体)

2. Do people like things with memorial significance?

Some people do and some don't. Some people keep everything, anything, that holds sentimental value, because they think it's special, it's memorial. Maybe they're afraid of forgetting their life experiences. Like, my mom, she literally keeps everything from my childhood. My first hair, my first tooth, my first painting, my clothes, my toys...it's crazy; and then, there are also some people who don't really care about things with special history. I guess, for them, things are just things. As long as they can hold on to the good memories in their heads, nothing else matters.

(分群体)

3. Which can help people remember things better, words or photos?

-Definitely photos and pictures. Pictures can be recognized immediately by people, and more quickly to recall. That's why people choose visuals to help them remember better. The way I see it, images are way more memorable than words, texts. By looking at a vivid image with all kinds of colours, your brain will get more stimulated, and be engaged more deeply. (原因)

-Most people would say that "one picture speaks a thousand words", that would be the mainstream concept. But I find it so cliché (主流会这么想, 但是我感觉很陈词滥调). We are now living in world where everything is about our visual experience. We feel numb about all kinds of pictures and videos on the internet. Therefore, sometimes, in some cases, well-written words can be more powerful than photos in terms of helping people remember things. Don't take me wrong, I'm not saying that words always work better than photos. I'm just saying, it's not easy to draw a conclusion (得出结论). It depends on the situation. (主流观点对比自己观点)

4. Can technology help people remember things better? And how?

Yeh for sure. Nowadays, people can set reminders on their phones and computers to remind them of things. And they can make videos and take pictures to remember the special moments in their lives. So, from this perspective, technologies can help people remember things better. However, having said that, if you think about it, at the same time, our capacity to remember actually has been reduced because of our technology usage. It is precisely because we are overly relying on technologies, we don't get to practice or train our memory. As a result, we become worse and worse at remembering things. (反向思考)

地点题

Describe a place in a village you visited (乡村一游)

You should say

Where it was

When you visited this place

What you did there

And how you felt about this place

知识点:

-farm house 农舍

-guest house 民宿

- hotel 酒店; inn 旅店; motel 汽车旅馆

- Bed and Breakfast (B&B) 提供早餐的家庭旅馆

- animal farm 动物农场

- fruit farm/orchard 果园

- fish pond 鱼塘

So, last month, my family and I visited a farm house in a village close to my city.

This farm house was quite big. It offered accommodation, food, relaxation and entertainment to people. We didn't stay over (过夜) even though it had a big guest house which could host at least 10 people. We just visited the place, and spent the whole day there.

In terms of what we did there, well, we did a lot of things. First, there was a fish pond where guests can fish by themselves and later eat the fish they catch at the restaurant. Many people, especially kids loved standing by the pond, holding a fish rod, and waiting for the fish to show up. So, we went fishing by the pond for a while. We caught a big fish and then we asked the cook at the restaurant to make a fish soup for us. It was really tasty. And then, this farm house had a small swimming pool, a sauna room, a steam room and a spa room for people to relax. I went swimming first, and then took a sauna, and eventually I enjoyed a nice spa treatment. I had facial and body massages. They really helped me unwind and take my mind off things. And finally, the farm house also offered majiang, cards, and board games in the entertainment room. So, after the

spa, my family and I spent several hours playing cards and boardgames. We laughed, joked around, we had a blast (玩儿得很开心) .

What else, oh yeh, the farm house had a small animal farm where people can get close to sheep, horses, ponies, donkeys and chickens; and they also had an orchard where people could pick some apples and peaches. We didn't go to those two farms because we didn't have enough time, but definitely one day we will come back and pick up where we left off (把没玩儿的给玩儿了) .

So, yeh, that's the place I visited.

Part3:

1. Is there anything special about villages in China?

To be honest, I don't have the knowledge to answer this question as I've never left China. China is huge, Chinese villages can be very different. Some are very poor and underdeveloped, some are rapidly developing, some are more developed. I know that some of the underdeveloped villages can be very shabby (破败的) . They don't have running water, so villagers drink from a common well (公用水井) ; they don't have sewer systems, so they share a public bathroom. I don't know if this is something special, but I hope it's something we can solve soon. (举例子)

2. Why do people want to go to the countryside?

Some like the quietness and peace in the countryside. The tranquility helps them clam down and unwind, and forget about their daily worries and troubles; Some enjoy the fresh air and beautiful nature. They take a hike, do a picnic, and blow off the steam; in China, many people have a thing of going to a country restaurant, and have some rural cuisine there. No matter what specific purposes people have, the main goal is the same, they all want to run away from the hustle and bustle of the city, and find their inner peace in the county. (分群体)

3. What do people usually do when they visit a village?

Some people would go to a country restaurant and enjoy a nice meal in the countryside. Some people would visit the animal farm, and get to

know more about animals; some people would visit an orchard and pick some fruit from the fruit trees. (分群体)

4. Do you think people will live in the villages in the future?

From what I can see now, more and more people are moving to the city. There're fewer and fewer people left in the village. Therefore, the rate of urbanization has been increasing every year. In the future, there'll be even fewer people in the village and much more people in the city. (现在看未来)

Describe a time you visited a new place (去到一个新地方)

You should say

Where the new place is

When you went there

Why you went there

And explain how you feel about the place

这道题可以用很多之前的“地点类主题”去改编：图书馆、咖啡馆、纽约中央公园、郊区的小山，或者范围还可以稍微大一些，一片区域，后海、鼓楼、簋街这一类等，都可以。

这个季度“早起去早餐店”的故事也可以改编，但是不要过度侧重在如何早起感到困。

知识点：

-原生态的地方：secluded, unspoiled, hidden place

-没什么人知道的宝藏：hidden gem

-安静宁静的地方：

Quiet, tranquil, peaceful, serene place

- 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

- my spot: 我爱的地点。 "This park is my favorite spot in the city."
- 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.

素材一：

Two months ago, I went for a hill walk (爬山) on the outskirts of my city with a couple of friends, and it was such a refreshing experience.

爬山不是 climb the mountain (这个指的是攀岩) ; 而是 go for a hill walk, 或者 hike up the hill

Before this walk, I'd never been to that area in my city. It is located in the north part of my city, a hilly area (山区) . Normally I'm not into hiking up a hill as I'm not a super outdoorsy person (喜欢户外的人) . But on that day, my best friend Jessica tried to invite me in a way I couldn't refuse, and now I feel very glad that I said yes to her.

Jessica knew a very secluded trail (原生态的小众的徒步的路线) in that area, so we were all by ourselves the whole time without crossing paths with other people. I liked it because I hate seeing a lot of people when I'm trying to enjoy nature. The trail was a relatively easy-going one, not very challenging, therefore, we spent a lot of the time enjoying the scenic views on the two sides of the trail.

The hike was relaxing, tranquil and fun. We laughed and sweated, burned up the energy, totally got away from the hustle and bustle in the life, forgot about our daily worries and hurdles, just disappeared into nature, and unwind.

After we got to the top, the view was amazing, breathtakingly stunning. We could see the entire city from a bird's eye view. And the city line was

stretching out in the back, looking cool and incredible. This place was far enough from the hustle and bustle of the city that allows you to loosen up, but it's also close enough to appreciate the gorgeous city views.

I felt peaceful and rested mentally. I will for sure go back to that place again. Thank you.

素材二：

When I took a vacation in New York City two years ago, I paid a visit to Central Park. It was my first time going there, and I highly recommend the park.

I went there because Central Park is probably the most famous urban park in the world. It's a landmark that I wouldn't want to miss. I feel like it is a place that is loved by everybody, tourists and locals.

And after I visited the park. I fell in love with it. Simply because how gorgeous it was, and how many things you could do there. It was such a lively and wonderful place. When I was there, I didn't have the time to explore every nook and cranny (每一个犄角旮旯) / every corner. But I still did many things there, and there were several attractions that I really loved.

First, my favourite spot (最爱的景点) among everything was Wollman Rink (沃尔曼溜冰场). It was just such a romantic place to be, you know? I've seen so many Hollywood romantic movies taking place on that rink. It was during the winter time when I was there, so I actually went on the ice (上到冰面上). It was easily one of the most picturesque activities I enjoyed at Central Park. While I was gliding over the ice (在冰面滑翔) clumsily (笨拙地), I enjoyed feeling the cold tingle (刺痛感) of winter air on my face and seeing people's beautiful smiles. That was absolutely the highlight moment of the day.

And then, after the ice-skating, I rented a bike and cycled around the park. Oh gosh, that was so much fun. With the help of the bike, I could explore more places with less time while having a little exercise, which I definitely recommend. So, I went to the famous Bow Bridge, another

iconic attraction; I saw Belvedere Castle; I passed by the Central Park Zoo; I even took a carousel ride (坐了旋转木马) at the park! That really harked back to (让人回归联想到) my childhood.

Another thing that left a deep impression on me was all the street artists (街头画家) in the park. When I was there, I saw so many street painters with unique styles, trying to sketch for people. I was impressed by how talented they were, and also, I was a little sad to see how much they were struggling to make a living and survive in such an expensive city. I paid one of the portrait painters to draw me. I really loved the piece!

(以上不用都说，可以挑两个说。而且也不要都说中央公园，可以说说国内的大型市政公园，有湖有娱乐设施的那种，参考素材内容，把名字和细节稍微改编一下)

Anyway, I totally enjoyed my time at Central Park. And for sure I will go back one day. Thank you!

素材三：

Ok, so, I'd like to talk about this café that I visited when I traveled to Beijing. And it made/left a deep impression on me.

So, I went to Beijing last year to visit my best friend Xiaolin, and she took me to this café called "Sculpture Time". What a beautiful name, right?

She told me it was like her secret retreat (秘密的休息场所) where she could unwind and run away from her daily worries.

(室内装潢不一定要说) It was a very tasteful (有品位的) place. Everything was decorated beautifully. Red brick walls, concrete flooring (水泥铺地), rustic wooden tables (粗糙的原木桌子) and chairs with metal legs (带金属腿的椅子). You know, typical industrial style (工业风). And plus, everything looked spotlessly clean (一尘不染). It was definitely a plus-point (加分项) for a clean freak like me.

The café was such a unique and cool place. I mean, there was a turntable/vinyl record player (唱片机) at the corner, and next to it there was a whole wall full of music records. You could buy records there, and also if you are interested in listening to some of the records, you could ask the servers to play the record for you. They had a big collection there, from classical to pop, from jazz to blues, from Asian to Western. It was like a heaven for music buffs/lovers.

I really liked “Sculpture Time”. It was a place with nice coffee and good music, which is like the best combo (套餐) in the world. Xiaolin and I spent the whole afternoon chatting in the café. We sat right next to a big floor-to-ceiling window (落地窗). I remember seeing the sunlight pouring through the big window, touching every corner with a layer of golden colour. I felt warm and cozy (温馨), with a cup of coffee in my hands, listening to the background music coming out from the turntable, catching up wit (互通有无) Xiaolin, and watching the world go by (看人潮在眼前走过) in front of the window. It was such a perfect way to while away the time (打发时光), to “sculpture the time”, on a lazy Sunday afternoon (慵懒的周日下午).

“Sculpture Time” is a hidden gem (宝藏), and I will go back to this place one day. Thank you!

Part3:

1. Which do you prefer, living in a city or only visiting it as a tourist?

-I prefer living in a city. Living in a city is more convenient in the sense that people can have much easier access to public transport, stores, theatres and restaurants. There're more cultural activities and opportunities which enable people to enrich their lives. And most importantly, it's easier to find a job in a city, so, job opportunities are another advantage. (罗列原因)

-I prefer to live in a small town or in the country, and visit cities as a tourist. Cities are not for me, they are too loud, bustling and chaotic. I feel

more peaceful and tranquil when I'm away from the city. So, I guess, it's better for me to live in a small and quiet place. (原因)

2. How do young children react when they go to school for the first time?

Most kids will be super excited and nervous at the same time. Perhaps they will be quieter and then observe a lot, which is completely normal, because everybody feels more insecure in a new environment, not just kids. But some kids, a few of them, will be very comfortable with the new situation, very outgoing and sociable. Those kids are extremely extroverted and confident. They are the so-called "people person". (主流+特殊情况)

3. How do young and old people react differently to new things?

Generally speaking, young people hold more positive attitude towards new things. They are more willing and open-minded to embrace new things, new activities, and new technologies. Whereas older people are more resistant/reluctant to accept new things as they hate the challenge of knowing or learning something new. In general, the old are more narrow-minded when facing new things. (分群体讨论)

4. Why do some people want to go to college far away from home?

I guess, some people want to start a new life in a new city and develop their independence. Many people I know that go to college far from home are the ones that have very controlling parents. They want to run away from their parents, basically. (原因)

Describe a city that you think it's very interesting (有意思、让你感兴趣的城市)

You should say

Where it is

What it is famous for

How you knew this city

And explain why you think it's interesting

知识点:

可以参考关于“家乡主题”下的形容城市的相关表达，上一主题对应的知识点，以及“音频版词汇集”关于旅行城市的一些语料。

素材一:

I'd like to talk about New York City. For me, it's definitely a charming, fun and interesting city.

I've known NYC since I was a little kid. I've seen so many movies and TV series about this city. In my mind, I feel like I already knew this city pretty well. I've been to NYC once, and I loved it there.

New York City is famous for its fast-paced lifestyle. It's a city that never sleeps/it's a 24-hour city. I mean, there's always something going on. It's got an amazingly rich culture that attracts people from all over the world. It's famous for its countless museums and galleries. It's like a paradise for people who are into history and art.

Not just that, it's also the heaven for foodies. Food options are crazy/mind-blowing in NYC. You can find any type of food there. From world-class Michelin star fancy restaurants (世界级米其林三星华丽餐厅), to casual affordable hole-in-the-wall hidden places (随意又便宜、隐藏在小巷子的小馆儿), you can find anything. It has thousands of cafés where you can just spend the day sitting on the street patio (街边露天餐区), sipping coffee, and watch the world go by.

And, what attracted me the most was the people there. New Yorkers seemed to be super friendly and welcoming. People were very chatty (爱聊天) and open. They were very easy to talk to. It was so effortless to start a conversation with a New Yorker. The whole city made me feel that I was welcomed.

(以上三段，不是都要说，可以选择其中两段，或者减少每段的重复表达，缩减篇幅)

That's why I find it charming and interesting! It's such a culturally diverse city with lots of cultural and social opportunities. I feel that I will never be bored with this city, as it always has so much to offer (have a lot to offer 提供很多美好的东西). I'm very interested in this city. One day I will revisit this city again.

So, yeh, that's the city that I find interesting. Thank you!

素材二:

I find Shanghai a very fun and interesting city. It's one of the most famous cities in the world, and it's located in the southeast of China.

I don't really remember when or how I got to know this city. I just remember seeing many TV shows taking place in Shanghai when I was little, and got impressed by this city.

It's a world-famous city. People call it "Paris of the East". It's definitely a metropolitan, a 24-hour city. There's a classic and famous song in the 1920s called "the sleepless Shanghai". Just to give you an idea of how busy and bustling it is. It's a financial centre, a cultural leader, a creative powerhouse. Definitely a city where you can see a great cultural diversity.

For me, what attracts me the most about Shanghai is the beautiful contrasts you see everywhere in the city, and that's what makes it an interesting and lively place. It's a city where you can see old and new, cheap and fancy.

It's a city with a rich history. Therefore, you can see many historical buildings. But at the same time, you can also get to enjoy some of the most modern and coolest architecture in the same area. Sometimes it's really impressive. Another great thing about Shanghai is that you can always go cheaper and you can always go fancier, more expensive. You can easily find a little hole-in-the-wall, spend only 20 yuan and get the best tasting food in the world. You can also flash your cash (显摆你的钱) at a posh restaurant (有格调的餐厅) at 5000 yuan per person. You can be

down-to-earth (接地气), and you can have your nose in the air (趾高气昂, 自命不凡, 鼻孔朝天的) .

Shanghai is such a unique and charming place. There you can see people from all over the world. It offers all kinds of job opportunities and business opportunities. That's why millions of people choose to settle down in Shanghai each year. And I can totally see why.

So, yeh, it's the city that sparks my interest. Thank you!

Part3:

1. What advantages can tourism bring to a city?

Well, from the government's perspective, tourism generates more income to a city. And once the city revenues are increased, part of the money could be used on improving infrastructure. So, it's a win-win for all. From the local community's perspective, tourism revitalizes (使有活力的) local communities. It connects people together, creates more jobs, makes a city more vibrant. And from the citizen's perspective, tourism brings more people to an area, teaches local people how to live with diversity, how to be more accepting and tolerant. (分类分群体讨论)

2. Why do some young people like to live in the city?

Uhm, living in the city is fun, convenient, and full of possibilities. It fits young people more. There's always something going on in the city. You have a variety of options when it comes to social life. And then, cities are definitely more convenient than the countryside. You can have easy access to public transport, restaurants, malls, schools and hospitals. You can have everything delivered to your door in the city. It's definitely much more convenient. And also, cities have more people and therefore, more jobs. For most young people, their careers are their everything. Their worlds revolve around their jobs. That's why some young people choose to live in the city, because there're more job opportunities in cities. (罗列)

3. Do most elderly people live in the city or in the countryside?

Even though many elderly people may claim that they would love to live in the countryside, still the reality is, most of them would choose to live in the city, at least in China. I guess, the reason is that, for older people, their biggest concern is going to the hospital. In China, for the elderly, it is the best if they live right next to a big hospital. That means they can get treatment conveniently and quickly. There aren't many big and advance hospitals in the countryside in China. (原因)

4. Do you think well-developed tourism will have negative effect on local people?

Yes, of course, everything has two sides. While tourism might boost the local economy, there're some downsides at the same time. When it comes to negative impact on local population, too many tourists will make a city overly crowded and cause heavy traffic jams. And then, when there're too many tourists in an area, they will damage the natural environment and cause all kinds of pollutions. Air pollution, water pollution and noise pollution can ruin the local environment. What's more, prices will generally increase, in supermarkets, stores, restaurants, because tourists are often wealthier than the locals. And moreover, local traditions might gradually fade away due to cultural exchanges. (罗列)

Describe a house or an apartment you would like to live in (想要的公寓或者房子)

You should say

What it is like

Where it would be

Why you would like to live in this house/apartment

And how you feel about this house/apartment

又是虚拟语气，表示意愿和想象的一个主题！

Ok, my ideal house would be located in a coastal city where you can have access to the beach, like, Qingdao, or Sanya, but not right next to the beach. I know, many people would love to have a beach house, but I don't. For me, it's too humid to live at the beach, it's not good for my

health, and also, it will cost a lot of money to maintain/take care of the house. Besides, normally there'll be a lot going on near the beach. I just want to avoid the hustle and bustle, and enjoy the peace.

I would like to have the house located in the woods, surrounded by tall and green trees. I love vegetation. All the trees can clean the air, and fresh up the environment.

And, in terms of the look of the house, I don't really care about the façade (外立面), so it doesn't need to be super fancy. I enjoy a cozy cottage look (温馨度假小屋风), so I would want this house to have a cottage style to it. For me the most important thing is what it has inside. I love natural light, so I would want each room to be filled with sunlight. Each room needs to have big floor-to-ceiling windows (落地窗) to let the sunlight in.

And then, since I'm a foodie and love cooking, I'll spend a lot of time in my kitchen. I would like to have an open-concept kitchen (开放式概念的厨房), it would be an all-white kitchen (全白厨房), a little bit vintage style (有一点小复古风), and there would be a big island (岛台) in the middle, with a beautiful marble countertop (大理石台面). It would be a place where all my family members could cook together and have meals together.

男孩子:

And then, since I'm a gamer (游戏玩家) and love entertainment, I would like to have a recreational room (娱乐室), AKA "man cave" (男人的老穴). There, I would put my X-box, my big TV, and two giant speakers, and also a very big and comfy sofa bed (沙发床) where I could sink in and just play games all night. And I would like to put a pool table (台球桌) next to the game station, so that I can invite my friends over for some games. What else, I might also put a bar in my man cave, so when my friends are with me, I can host a little party with snacks and drinks.

Oh, another thing, I wish I could have a home library where I can put tons of books on the book shelves, you know, just like those you see in the movies. I might not read all of them, but they definitely look pretty cool.

What's more, I would love to have a big back yard where I could grow some plants and flowers, and the whole back yard would be filled with a sweet scent/aroma (芳香) of different flowers in spring time. (这一段先是总结描述, 后是分区域讨论, 各个空间都可以说一点。不需要说这么多, 挑及两个亮点空间说就好了)

Yeh, I would love to live in a nice place like what I've just described. It would be in a great location and everything would be designed to my liking. It would be a perfect place for me and my family. Thank you!

Part3:

1. What kind of apartments are the most popular?

Well, it depends on what age groups we are talking about. For young people, the most popular apartments are actually the smaller ones. Which means they're easier to afford, no matter it's mortgage (贷款) or monthly rent (月租), they're for sure cheaper than bigger apartments. And also, smaller apartments require less effort to clean up and maintain. They suit young people's needs better. And when it comes to older people, or people who have a family to live with, bigger apartments are definitely much more preferred. The reason is obvious: people need enough living space. You can't put a family of four (一家四口) into a two-bedroom apartment (两室一厅). They won't fit. (分群体讨论)

2. What are the differences between houses that young people and old people like?

To be honest I don't really know, now come to think of it, I heard some old family members talking about how they don't want to live in a house with two or even three stories, as it would be very difficult for them to go up and down. That makes a lot of sense. But young people don't seem to have such concerns. Actually, they might even want the house to have as many stories as possible, because that makes the house look taller, bigger and more impressive. Another thing is, when it comes to technology, young people love to have a "smart house", which means every device and appliance in the house can be controlled by a software. Light system, AC system, even the fridge can be control by the computer.

Old people, on the other hand, couldn't care less about this (完全不在乎这一点) . Maybe the most technology they would want to have in the house is to have an elevator. (分类讨论)

3. What are the differences between apartments and houses?

Regarding the space, normally houses are bigger than apartments. People who choose to live in a house normally are the ones who want to have more living space. And then, the biggest pro of living in a house is that you get to have a garden. Having trees, plants and flowers in your garden or yard is a very attractive concept. And finally, in terms of privacy, apartments are not that sound proof. So, sometimes, you can hear what your neighbours are doing because you share the same wall. But you won't be sharing any walls with anybody when you live in a house. (分类讨论)

4. Do people usually rent or buy a house?

I would say, people usually buy a house. Because it won't make too much sense if you rent a house as the rent is going to be very expensive. And, the money you pay for the rent can be perfectly used to pay for a mortgage for the house. So, normally people who live in a house are the owners of that house. But sometimes, you never know, some people could still rent a house because they are foreigners who are just temporarily renting the place for 6 months. (主流情况+特殊情况补充)