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张延 Tara 口语 2022 年 9-12 月 P1 素材汇总

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本季度新题 (2022 年 9-12 月新题, 2023 年 1-4 月保留题):

Social Media (社交媒体)

social media 的相关知识点:

- 介词 on 的使用: 表示 “在” 某个 social media platforms 社交平台上
(不是用 in 或者 at 这样的介词)

The other day, I was on YouTube, and I saw....

- social media 社交媒体 (更加抽象的概念) on social media

I follow Gu Ailing on social media.

- **social media platform** 社交媒体平台（更加具象的概念）

Weibo is one of the most popular social media platforms in China.

I'm following Gu Ailing on all her social media platforms (全网关注) .

- **social media sites** 社交媒体网站（和 platform 接近，但更加具象的概念）

Sometimes when I'm bored, I just look through different social media sites and find interesting posts (推文) and videos.

- **Youtuber**: 在 YouTube 上有一定粉丝量的大 V

- **influencer**: 网红（强调的是对大众的影响力）

Nowadays a lot of advertisers and big companies love getting in touch with influencers to promote their products. 如今很多广告公司、产品公司会喜欢和网红接洽来对自己的产品进行宣传。

- **hater**: 喷子（四处留言、泄愤的那种普通级别的喷子）**The best thing to do to a hater is: ignore them.**

- **keyboard warrior** 键盘侠、杠精、道德楷模

- **troll**: 喷子+黑粉（会针对性给某个网红留言，目的是伤害攻击 ta，并且期待得到回复，好进一步攻击对方）

a troll (名词): 一个喷子、黑粉、杠精

troll someone (动词): 喷、杠、黑的动作

He's just a troll online, ignore him.

Stop trolling each other online.

- **cyberbully**: 网暴 v.
- **cyberbullying**: 网暴 n.

Cyberbullying is such a very serious social phenomenon because people can comment anonymously online. 网暴是一个非常严重的社会现象因为人们可以在网上匿名留言评论。

- **follower: 关注者 (粉丝)**

Tara has a lot of followers on social media.

- **fanbase: 粉丝基数**

An influencer would do anything to widen their fanbase.

网红会倾尽全力来拓宽增大自己的粉丝基数。

- **netizen 网民: people online**

He got involved in a political argument with some netizens.

- **social media campaign: 社交媒体活动 (带有很强的商业目的)**

一般是网络营销策划人员常用的表达。通过举办一些社交活动 (线上、线下) 来达到某个具体的商业目的: 增加粉丝数量; 宣传某个产品; 销售某个产品。

Today we measure the effectiveness of a social media campaign by counting retweets, likes, and reblogs.

如今我们通过计算推特发文数、点赞数和转发数来查看一个社交媒体活动的有效性

(“Twitter” 是推特平台的英文名, 每一条推特发文叫 tweet, 发文者叫 tweeter)

- **feed: 推送。**既可以表示一条推送 a feed (也可以说 a post), 也可以表示你的整个社交媒体推送界面。

One day I saw a link showing up/popping up in my social media feed.

有一天我在我的社交媒体推送上看到了一个链接显示出来/弹出来。

- **algorithm: 算法**
- **clickbait: 标题党**

The reason why people hate clickbait is that it's sensational (耸人听闻的). Many times, the content and the title are irrelevant.

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

In order to grow her fanbase, Tara streams every other day on Weibo.

- live-streamer: 直播主播 (anchorman/anchorwoman 并不是真有针对性, 因为也表示电视节目主播)
- 打赏 (刷火箭): tip, reward, send gifts

When a live-streamer is streaming, viewers (观众) can buy tokens (代币) and send them to the streamer, or send gifts to reward (奖赏) the streamer.

She gets a lot of tips (小费) during the live stream.

In China, when someone livestreams, viewers can send gifts to show their support. And we call these gifts “the little rockets”. Basically, those streamers will get a lot of little rockets, and each rocket equals to certain amount of currency (真钱货币). They can cash them out (取现) later.

- 一键三连: 国外没有这一说 (这是 b 站的术语), 类似的表达:

If you like this video, please hit the “like” button/please give it a thumbs-up.

Leave a comment. 留言

Share this video. 转发视频

- social eating live stream: 吃播 (或者韩语 Mukbang 发音“么科帮”)
- big eater: 大胃王
- hashtag: 话题标签
- Blog: 部落格 (网络日志 web-log)
- Vlog: video blog 视频日志
- vlogger: vlog 制作者
- viral: 网络内容的病毒式传播

That video really went viral last year and got millions of clicks (点击) .

- **meme 发音[mi:m]: 梗图**

假笑男孩就是一个著名的 mem.

There's a famous mem in China, and we call it the "the fake smile boy". Basically, it's the picture of a boy who smiles super awkwardly, and some netizens just put his smile everywhere to portray a very socially awkward moment.

1. Do you and your friends like using social media?

social media user (社交媒体使用者) ; social media lover (社交媒体爱好者)

avid social media user (狂热的社交媒体使用者) ; social media freak (疯子)

常见的其他 avid 组合: avid smoker (烟鬼) ; avid reader (特别爱看书的人) ; avid traveler (爱旅行的人)

- ① **Oh yeh, my friends and I are all avid social media users (狂热使用者) .**

We love getting on social media platforms and browsing around (四处浏览) . I personally love watching videos on video-sharing platforms (视频分享平台) like TikTok or Bilibili (which is a Chinese social media site). Some of my friends are more interested in online articles. Social media is for everybody (社交媒体是适合所有人的) . (细节)

- ② **For sure! We millennials (1981-1996 年出生的人, 广义上的 80 后 90 后) grew up with social media. It's a huge part of our lives! It's a source of information (一种信息来源) , it's a way to connect with people (一种和人们连接的方式) , and it's a life style (生活方式) . I can't imagine my life without social media. How do I talk to my friends and family? Where do I get all the information? It's the same for my friends. (原因)**

- ③ **I'm very keen on using social media (热衷于使用社交媒体) on a daily basis, and so do some of my friends, but not all of my friends (不是所有的朋友都热衷) . I've noticed that some of my friends are trying to cut down on**

(削减) their screen time (屏幕时间), so that they can find more inner peace (找到更多内心平静). Some of them even have deleted their social media accounts to avoid the temptation (删除账号来避免诱惑). I really admire that, but I can never copy that. I'm the kind of person who can't live without my phone or my social media feeds (我是那种离不了自己手机和社交媒体信息的人). (转折, 原因)

④ I'm **not a big fan of social media**. Maybe I'm a little old-fashioned? My friends call me "grandma/grandpa" (朋友们都管我叫“奶奶/爷爷”). I'm just not into all the clickbait content, those sensational things. Each time when I scroll on the phone (刷手机), I'm flooded with all kinds of social media feeds (我被各种推送像洪水一样淹没). It's too much/overwhelming for me. I see people giving up on their privacies (放弃隐私), or even making a total fool of themselves (哗众取宠) in front of the camera...I just don't get it (我不理解). It makes me sad. (原因, 周围人评价, 分析感受)

2. Do you think you or your friends use too much social media?

① I hate to admit it but yes, I definitely spend too much time on my phone and on social media. I'm really hooked on those short funny videos online. They are meaningless, but they are highly entertaining. Sometimes I just lose hours and hours of time without realizing it. I really want to cut down on social media. It's a huge waste of time, and I could have used that time to do something more meaningful. (细节, 原因)

② Yeh for sure! All my friends and I are so addicted to (成瘾) social media. To give you an example, when we hang out together, sometimes we are together but not together at the same time (我们即在一起又没在一起), because everyone has their eyes glued to their phones. It's so sad to think about. (细节)

be hooked on sth.被迷住/ be addicted to sth. 对某物成瘾/have one's eyes glued to sth.眼珠子都离不开某物/be crazy about sth. 对某物疯狂

③ Speaking for myself, like I said, I'm not crazy about social media and stuff (诸如此类的); therefore, I wouldn't say that I'm over-spending my time on social media; but for some of my friends, I see how much they're addicted to their screens (屏幕). They definitely should take a step back from (离远点) their phones. For example, I have a friend who used to be so dependent on her phone that one day she decided to switch to a dumb phone (切换回傻瓜手机) in order to cut off/quit (斩断/戒掉) social media.

(分群体)

3. Do you want to work in social media? Why?

① I'm interested in social media marketing (社交媒体市场营销), and being able to work with advertisers, big companies, and online influencers. It sounds like such a fun experience! And plus, everybody can see that social media is the future (是未来). Anybody, any product can get famous overnight. It's all about fanbase (粉丝数), viewership (观众总量), algorithm (算法), and exposure (曝光). Knowing how to utilise the information to promote and sell a product sounds very interesting. (原因, 补充)

② I want to be a successful influencer, and I'm actually working on becoming one! So far, I've been building my personal brand (个人品牌) on several platforms, and I've been growing my fanbase. Currently I've got 250,000 followers. So yeh, definitely I'd like to work in social media. I like the flexible working time and work location in this industry, and also, I love the fact that I can have an influence on people. (细节, 原因)

③ No, not really. That would be the last thing I want to do. I'm not interested in this field at all. It's not for me. I'm 0 sociable, 0 tech-savvy (懂技术的), and I have no sense of marketing (我一点不爱社交, 一点不懂电脑技术, 一点营销感知都没有) whatsoever. I'm definitely not qualified for this kind of jobs. (原因)

4. What's the most popular social media platform in China? Why?

Off the top of my head (首先想到的), "little red book" (小红书) is super trending (流行的) in China, especially among females. It's kind of like the Chinese version of Instagram (中国版的 Ins). This platform is mainly about sharing pictures and short videos. People share everything on little red book, from product reviews (产品评测) to parenting (为人父母), from life philosophy (人生哲思) to travel tips (旅行贴士), from vlogs to Out Fit of the Day(OOTD), everything. People like how informative (信息量很大) it is. And also, it's like you can take a sneak peak at other people's lives (可以偷窥别人得生活). And then, what else, Bilibili is another super popular social media platform. It's like the Chinese YouTube (中国版油管) where people sharing all kinds of videos, usually longer videos with quality content (高质量内容). It's a place where people can learn things and get information in depth (深度学习). Self-education (自我教育) has been becoming a major trend around the world, including China. (列举, 细节, 原因)

Puzzles (智力游戏)

puzzle 的相关知识点:

- 一些 Puzzle 的描述词: fun, relaxing, meditative (有冥想功能的), therapeutic (有疗愈功能的), challenging, a great pastime (很棒的消磨时光的活动);
- Puzzles help us unwind/wind down/relax/blow off the steam/ kill time/ while away time/ pass time.
- Puzzles keep our brains active/ help our brains stay in good shape.让脑子保持灵敏

- People enjoy the ecstatic emotion which is called “flow” while solving the puzzle. 人们享受在解决智力游戏时体验到的一种叫做“心流”的狂喜情绪。
- Humans always love pattern-finding (寻找规律), and they always try to find meaning in things. This is written in DNA (写在基因里), an innate quality (天生的人格质地). Puzzles can satisfy this instinct (满足这项本能).
- benefits for kids: kids can build hand-eye coordination skills (手眼配合能力), problem solving skills (解决问题能力), shape recognition skill (识别形状能力, for young kids); improve their memory and patience (提升记忆力和耐心) through puzzle games.
- 常见的 Puzzle 的种类:
 1. logic puzzle (逻辑类): Sudoku (数独), math puzzle (其他数学数字类的), brain teaser (智力难题), chess puzzle (棋类), ...
 2. mechanical puzzle (机械类): jigsaw puzzle (拼图游戏), Rubik's cube (魔方), assembly puzzle (需要去拼接安装的那种), metal brain teaser (金属九连环那种) ...
 3. word puzzle (文字类): crossword puzzle, scrabble, ...
 4. other puzzles (其他类): trivia puzzle (冷门知识类), ...
- 一些动词: (1) Jigsaw puzzle: assemble a jigsaw puzzle; put the puzzle together (拼在一起); sort the pieces (把拼图块分类); edge pieces (边上的拼图块); edge of the puzzle (拼图的边沿); tabs (拼图块上突起的部分); blanks (拼图块上凹陷的部分) Find tabs and blanks that fit together.

(2)crossword puzzle: Look for the easy clues to solve first; look for small word answers first;

1. Did you do puzzles in your childhood?

① Yeh, like everybody. I used to love jigsaw puzzles. I started from 4 pieces, to 20 pieces, to later 200 pieces. I felt really rewarded (感到很满足, 被奖励到的感觉) after assembling a puzzle/putting a puzzle together. I really enjoyed the “flow” during the whole process. Doing puzzles helped me unwind (帮助我放松), lifted my mood (提升我的情绪) and improved my patience (提升我的耐心). (细节, 原因好处)

② Oh yeh, I was a big fan of Rubik's cubes, I still am. I used to have probably 20 Rubik's cubes when I was little. I enjoyed the challenges and the fun. Solving Rubik's cubes could take my mind off things. I forgot about my daily worries when I focused on it. It was such a great pastime for me, and almost therapeutic. Sometimes I could spend hours playing with my cubes. (细节, 原因好处)

③ Not really. I mean, I had some puzzle games but in general I wasn't into puzzles at all. I guess I just didn't have the patience for it. Instead, I spent most of my childhood outdoors playing sports. (原因)

2. When do you do puzzles, during your trip or when you feel bored?

① Sometimes I do puzzles with my friends when we hang out. We do word puzzles like scrabble and crossword; and sometimes we play a trivia game (冷知识比赛). I remember one time my friends and I took a cottage (度假小屋) trip and spent two nights there. And every night, we would play some puzzle games, with some music in the background and some wine, we had a good time. (举例子)

② I do puzzles quite often, like at least once per week. When I'm alone or feel very bored. I love math puzzles, especially sudoku. I'm a math person, and sudoku for me is like something so delicious and attractive that I can snack on (像零食一样咂摸几口) from time to time (数独对我来说就像是某种迷人又可口的东西可以让我闲来无事咂摸几口). There's something about math

puzzles that can really clear my mind, lift my mood, and help me find inner peace. (原因好处)

③I love doing crossword when I'm taking a flight or sitting on a train, or even sometimes when I'm waiting for some appointment and feeling bored. I love pattern-finding. I guess it's one of our human instincts. For me, it's one of the best ways to while away the time. (细节)

3. Do you like doing word puzzles or number puzzles? Which one is more difficult for you?

①I prefer word puzzles. I love reading, so I have a pretty large vocabulary (词汇量大). I enjoy challenging myself to learn more words. And plus, I'm not good with numbers at all. Therefore, math puzzles are not my thing. (原因, 补充)

②Well like I said, I'm a math lover, so obviously I would go with number puzzles. Doing a math puzzle can take my mind off daily life and all the troubles I have. I enjoy the "flow" so much. On the other hand, I don't feel connected to word puzzles. I become so clumsy (蠢笨的) when I solve a word puzzle. They're definitely not my thing. (原因)

③I like neither of them, to be honest. I love mechanical puzzles, like jigsaw puzzles, metal brain teasers, and Rubik's cubes. I like things that are tactile/touchable and visual (我喜欢实实在在能触摸到并且视觉性的东西). I like the feeling of getting a jigsaw piece and then finding the tabs and blanks that fit together perfectly (我喜欢捡起一片拼图, 找到凹槽和突起严丝合缝对上的地方). (细节)

4. Do you think it is good for old people to do puzzles?

Oh yeh absolutely! It's so good, so beneficial to the elderly. A, it's a wonderful pastime. It's quiet and tranquil, and it doesn't require any physical strength. And B, more importantly, doing puzzles keeps their brains busy and active, and stay in good shape. It's like a brain workout (大脑锻炼).

Singing (唱歌)

music 和 singing 的相关知识点:

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.

⑤ sing in tune: 唱歌不跑调的

have the voice of an angel: 有天使一般的嗓音

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**
- **I can't carry a note/tune in a bucket: (俚语) 五音不全**

1. Do you like singing? Why?

①I love singing and humming (哼唧歌曲) even though I sing out of tune sometimes. My mom says that I can't carry a note in a bucket, but still I enjoy singing. Singing cheers me up, keeps me calm, and just helps me unwind. I even sing while taking a shower! (原因, 周围人评价, 好处)

②Yeh I enjoy singing a lot. All my friends say that I'm a good singer, and one friend even says that I have the voice of an angel. I don't know if my voice is really that beautiful and soaring, but I definitely love singing to my friends, my family and sometimes even just myself. I think it runs in the family (家族遗传), as my mom is also a great singer. (原因, 周围人评价)

③No, never. I'm a terrible singer. I can't carry a note in a bucket! My singing voice is raspy (沙哑的), annoying and awful. So, you don't want to hear me sing. I think a cat can sing better than me (一只猫都唱歌比我好听). I'm good at whistling (吹口哨) though. (原因)

2. Have you ever learnt how to sing?

①No, not really. I took some music classes when I was in primary school, and that was it (仅此而已). I'm just naturally good at singing. I was born this way (生来如此), haha. (原因)

②Yeh I've taken some singing classes. My mom discovered my talent and took me to classes to take my talent to the next level (把我的天赋提升到更高一个级别). And I really appreciate her support and guidance. (原因)

③No, definitely no. I'm too embarrassed to learn. And plus, there's no point for me to learn as I have 0 talent in singing. To be honest, I haven't even sung in front of my friends yet. (原因)

3. Who do you want to sing for?

① I want to sing for my family and friends. Sometimes when I'm at a social gathering with all my close friends, I'll play my guitar and sing for them. I enjoy entertaining my friends. And the same thing goes for my family. Sometimes at a family gathering, I'll sing for them as well. I want to do it and I enjoy doing it. (细节)

② I want to sing for my future life partner. I'm single now, but I find it so romantic to sing for someone you love. One day when I find my Mr./Ms Right (我的真命天子/真命天女), I'll sing to him/her to express my love and gratitude for him/her. I can't think of a better way to tell someone you love him/her. (原因。男孩女孩具体性别具体修改内容)

③ I want to sing to nobody. Like I said, singing is not my strong suit (不是我的强项), not my thing. It's definitely not my love language (爱的语言). Therefore, I will never want to sing for anybody. I'm a gift person. I send gifts to show my love and appreciation. (原因)

4. Do you think singing can bring happiness to people?

① I think so, for most people, yes. It definitely makes me happy. I mean, have you seen those people singing together in a choir (合唱团)? They look so happy! Some people like to hum songs (哼小曲) while doing things, when they cook, when they take a shower, when they ride a bike, etc. Singing can be a great stress reliever (减压器) and promote relaxation. (举例子, 原因)

② For many people yes, but not for me! Haha! It makes me nervous. But yeh, many people like to hum songs (哼小曲) while doing things, when they cook, when they take a shower, when they ride a bike, etc. Singing can be a great stress reliever (减压器) and promote relaxation for people. (举例子, 原因)

Snacks (零食小吃)

snacks/snack food 的相关知识点:

- **Benefits of snack food:** ① provides a boost of energy if several hours pass between meals. ② Helps control your appetite to prevent overeating at the next meal. ③ Provides extra nutrients, like fresh fruit or nuts (坚果) .
- 常见的零食:
- **Chips (北美) / crisps (英国) :** 薯片
- **Puffs/ puffed snacks:** 膨化食品 比如, **Cheeto puffs** 奇多圈
- **Cookies (北美) / biscuits (英国) :** 小小奶奶的奶油饼干
最著名的 cookie: **chocolate chip cookie** 巧克力豆饼干
- **Brownies:** 布朗尼; **muffin** 玛芬
- **Pastries:** 烘焙点心
croissant (牛角面包) , **pies** (派) , **tarts** (蛋挞) , **donuts** (甜甜圈) , **danishes** (丹麦包) , **scones** (司康) .
- **Pretzels:** 椒盐脆饼
- **Chocolate:** 巧克力
- **Nuts:** 坚果
- **Fruit:** 水果
- **Yogurt:** 酸奶

1. What snacks do you like to eat?

① I love salty snacks. So, I love chips, pretzels, and salted nuts (盐味坚果) .

My favourite flavour of chips is salt and vinegar (盐醋口味薯片) . I know

many people find it weird, but I'm obsessed with it. It's my "go-to" snack (首选零食) . (细节补充)

②I love a sweet treat (甜味的小美味) , so, chocolate chips cookies, brownies, muffins and chocolate are my kind of snacks (属于我的口味的零食) . Especially chocolate chip cookies, they're my all-time favourite (永远最爱) . Whenever there're chocolate chip cookies in my house, I always finish them too soon (吃太快) . It's really bad (很不健康) , I know, but I can't help it (情不自禁) . (强调补充)

③I love healthy snacks (健康零食) . I love snacking on (磨磨牙, 吃点零食) nuts and yogurt in the morning and before dinner. Snacks can provide me with extra nutrients, and also control my appetite for the next meal. (原因)

2. Did you often eat snacks when you were young?

①Yeh I was all the time hungry, so I snacked a lot. But my parents never prepared snacks for me, so I bought snacks myself. I ate a lot of unhealthy snacks/junk snacks. I remember I ate a lot of puffs, like Cheeto puffs, corn puffs (玉米膨化食品) , a lot of them. I didn't have the concept of having a healthy diet at all. (举例子, 原因)

②Yeh, every day, in the afternoon, my parents would give me some snack food to eat. I ate a lot of dairy products (乳制品) when I was little, for example, cheese, yogurt, and milk and cereal (牛奶加麦片) . My parents were very mindful about my diet. They wanted to give me as much protein and calcium (蛋白质+钙) as possible so that I could grow taller and bigger. (举例子, 原因)

③No, not really. My parents didn't want to spoil my appetite for the real meal (让我对正餐失去食欲) . So, they almost never gave me snacks. I

remember I was all the time starving. Being hungry was a major part of my childhood memory. (原因)

3. When do you usually eat snacks now?

Normally between two meals (两餐之间), whenever I take a break. For example, in the morning, around 11am, I always have a coffee break with my coworkers/ classmates, we will go for a coffee, and I'll grab something to eat, usually it's a bag of chips or a small muffin. (WH 法)

4. Do you think it is healthy for you to eat snacks?

It depends on the snack you choose. If it's junk food, then probably no, it's not healthy. But if it's healthy food, like vegetables, fruits, yogurt or nuts, then it's a source of nutrients and energy. (分类别)

Names (名字)

- 常见的名字及含义:

女孩: 爱 - Love; 芳 - Fragrant; 芬 - fragrant; 静 - calm/quiet; 丽 - pretty; 敏 - nimble/clever; 燕 - swallow (the bird); 秀 - elegant/graceful; 雅 - elegant; 花 - flower; 春 - spring; 美 - beautiful

男孩: 强 - strength; 国 - country; 安 - security; 刚 - strong; 博 - knowledgeable; 文 - literate; 超 - surpass; 成 - successful; 豪 - prosperous; 明 - Bright; 伟 - greatness; 达 - attainment; 德 - virtue/moral; 福 - lucky; 富 - wealthy/rich

- 关于命名

My father/mother/grandmother...named me.

My father/mother/grandmother chose this name for me.

My father/mother/grandmother gave this name to me.

My father/mother/grandmother named me after my great grandfather.

- 形容对自己名字的感受

-I've always had a love and hate relationship (又爱又恨) with my name.

-I was always teased about my name (因为名字收到嘲弄) .

**-It's easy to pronounce (好发音) , easy to write (好写) , nothing weird,
nothing people can make fun of.**

-I like it. It's a beautiful name.

-I hate it. It's so complicated to write down, especially for a kid.

-I feel grateful for the name. and I hope I can live up to the meaning of my name (活出这个名字的含义) .

1.Does your name have any special meaning?

名字的具体含义宝宝们自己来，这我真的写不了。讲完名字含义之后可以简单盖过两句你对名字的评价，不用多。

Yes, my given name is XXX, and it means XXXX. My mother gave me this name, and I really love it. I think it sounds really elegant, beautiful, and feminine.

对于名字的评价的形容词:

**elegant; beautiful; soft; special; meaningful; unique; traditional; modern;
common; powerful; strong; sounds smart; feminine; masculine; ...**

2.How would you choose names for your next generation?

①I would name my kids after my favourite character names (角色名) in books. That's my plan. Now each time when I read a book and see a name I like, I'll write them down in a list. And one day, I'll go through the list and pick out one for my kid. Genius plan, right? (细节)

②I would probably turn to my parents for advice and also people who have more experiences in choosing names for kids. I want my next generation to have the best name with the most special meaning. A name is a wish that a kid will carry around all their life. (原因)

③I haven't thought about it yet, to be honest. I'm so far away from being a parent (离为人父母还很遥远) . Now come to think of it (现在想来) , it actually might be a good idea for my kid to choose the name themselves. When they're old enough, they can pick out the name themselves.

3.Are there any differences between how Chinese name their children now and in the past?

I think so. In the past, in China, we had a very serious "naming culture" (很严肃的取名文化) . Parents used to go to a fortune teller (算命先生) and ask for their advice on naming their children. For example, we have Wu Xing (五行) , also known as the "five movements"/"five elements" in China. If the fortune teller tells you that your child's destiny lacks either of these five elements, you might want to add it to your child's name. But nowadays, parents are more easy-going. Many of them just go through the dictionary and pick out the name they like. (举例子, 时间分层)

4.Does anyone in your family have the same name as you?

No. I know that in western culture, it is very common to name your child after other family members to show respect, but that's not the culture in China. It's actually the other way around (相反) , it is disrespectful to name your child after other family members in your family. So, no, I'm the only Yan in my family. (原因)

Geography (地理)

知识点:

- **Geography** 开头大写，表示大学专业。开头不大写表示“地理”这个概念或者中小学地理课程。
- **ask for directions** 问路
- **get/ feel lost** 迷路
- **get disoriented** 找不到东西南北
- **don't know which way is north, south, east or west** 同上
- **use a compass** 使用指南针
- **have a good sense of direction** 很有方向感
- **have no/0 sense of direction** 没有方向感, 0 方向感
- **be good/bad at navigating directions** 擅长/不擅长导航方向
- **get one place to another** 从一个点到另一个点
- **orient oneself** 寻找自己的位置，定位
- **have a mental map in your head** 脑海中有地图（活地图）
- **map reading skills** 识别地图的能力
- **navigation app** 导航软件
- **paper map** 纸质地图
- **walk around in circles** 走路打圈圈

1. Do you like geography?

① I love geography. Actually, Geography was one of my favourite subjects at school. I enjoy learning about other countries, including everything from politics to natural phenomena (任何有关政治地理到自然现象的知识) when I was at school. It's fascinating (迷人的) stuff! (原因)

也可以说 I'm fascinated by geography!

② No, not really. I don't know a whole lot about (知道很多) geography.

And it's because I hated/strongly disliked Geography class when I was in high school; I didn't do well in the subject. I have such a bad memory (我记性很不好) that I could never remember the capitals of other countries.

And I still don't know their names! I usually spaced out (发呆, 走神) in that class. (原因, 时间分层)

2. Have you ever studied geography at school?

① Geography was a mandatory subject (必修课) at school. However, in high school, I only had to study it for one year.

② When I was a child, we had some geography lessons in primary school, but I don't recall any other specific courses (课程) after that. Sure, we had history and biology, but no class solely dedicated to geography.

3. Are you good at reading maps?

① I'd say so! It's as if I've got a GPS (or a mental map) in my head. I'm good at navigating directions and I know how to get from one place to another (or from A to B) easily. I rarely get lost or have to ask for directions. (原因, 细节)

② I'm hopeless at reading maps (没有希望能读懂地图)! Thank goodness for Google Maps. I don't know how people can do without it. With a paper map, I either walk around in circles or have to go back to my original starting point (起点). (原因, 细节)

③ Sometimes I get the concept of using a compass (指南针), and I can sometimes figure out where I am on a map and where I have to go. Other times, I get disoriented and don't know which way is north, south, east or west! (分情况)

4. Would you visit a country because of its geographical location?

① Sure, I would! In fact, I do. I get bored if I stay in the same spot for too long. I live a nomadic lifestyle (过着游牧民族的生活方式). And as a

geography lover, I find new places with different landscapes (景观), sceneries (景色) and formations (地质风貌) exciting. I'm **novelty seeking** (喜欢新鲜事物的). **I'm drawn to** new experiences and new places (我被新鲜的经历和地点吸引). (原因+细节)

② I'm an **avid traveller** (积极的旅行者). I try to go on one big trip every year. **I'm into nature** and hiking is one of my passions. I take any chance I can to visit **rugged mountain roads** (崎岖不平的山路). **It's on my bucket list** (最大心愿) to visit all the national parks (国家公园) in the world. (原因, 细节)

③ **Travelling doesn't excite me that much.** I'm more of a **homebody** (宅家的人) and I'm very close to my family and hometown. I would **feel homesick** (想家) if I left for very long. (原因, 假设)

Weather / Climate (天气、气候)

知识点:

关于天气

1. 热天的表达:

- **It's scorching hot outside/today! It's a scorcher!**
- **It's baking/roasting/boiling!**
- **This room is like an oven!**
- **It's so hot you can fry an egg on the stone!**
- **We are experiencing/having a heat wave.**
- **It's like a sauna in here!**
- **It's very humid 闷热的/ muggy 闷热的/sticky 黏糊糊的!**
- **I'm sweating like a pig!**
- **I'm burning up!**

- It's so hot, I think I'm going to faint / pass out!
- to catch the sun / to catch some rays.
- to go outside and enjoy the sunshine
- Sun screen / sun lotion / sun tan lotion 防晒霜
- Sun tan / tanned skin / a tan 晒黑

Welcome back! Woo! You've got a nice tan!

- Sunburn: get a sunburn/ get sunburned 晒伤
- To be as red as a lobster – to be sunburned

2. 冷天的表达

- Cool (adj) – mildly cold 凉爽
- Chilly (adj) – quite cold (非冬季的) 小冷
- Crisp (adj) – quite cold 同上
- Brisk – cold 冷飕飕的 A brisk wind
- colder with the wind-chill factor 由于有风感觉更冷
- Freezing (adj) – very cold 超级冷
- Biting (adj) – extremely cold 超级超级冷
- It's biting cold outside!
- Bitter (adj) – extremely cold

It's bitterly cold!!

- There's a nip in the air! 凌冽
- It's nippy outside!
- a cold snap 骤冷 (短暂的)

Winter here is quite mild, with occasional cold snaps.

- cold wave 寒流
- cold spell 一段时间很冷

We are in a cold spell.

- Bleak – cold, dull, unpleasant 无趣的、惨白的、冰冷的

The weather is so bleak today.

In the winter, the landscape is bleak.

3. 其他天气:

- snowy (adj) a snowy day 下雪天
- sleet (n./v.) 雨夹雪 It' s sleeting outside.
- frost (n./v.) 结霜

It frosted last night.

We had a heavy frost this morning.

- drizzle (n./v.) 毛毛雨、下毛毛雨/ drizzly (adj)

It's drizzling outside.

- pouring 倾盆大雨 (pour 本身是倾倒的意思)

It's pouring outside.

- 类似的表达:
- It's showering outside.
- It's bucketing outside.
- It's really coming down out there!
- downpour/shower 急雨, 雷阵雨,

We got caught in a downpour.

- scattered showers 零星阵雨

The weather forecast calls for scattered showers.

- sunny, cloudy, gloomy, windy, foggy, hailing (下冰雹的)
- weather 除了具体晴天雨天, 还可以是: dry/ wet weather; hot/ cold weather; hot and humid

4. 气候:

- My hometown has very mild/moderate climate all year round (四季温和的气候) .
- My hometown has nice weathers all year round.
- Shanghai has four different/distinct seasons (鲜明的四季) .
- when your hometown is prone to something (e.g., flooding, droughts, etc.) 容易产生洪灾、旱灾
- We have very mild winter (温和的冬天) .
- 世界五大气候: tropical, dry, temperate, continental and polar
- tropical 热带气候 : wet and dry season 雨季和旱季交替的天气
- dry 干燥气候 : big extremes 温差大: from 40°C during the day to 10°C at night in summer
- temperate 温和四季气候: four seasons, moderate rainfall spread across the year; mild to warm summers, and cool to cold winters
- polar 极地气候 long winters and short summers; chilly or extremely cold places
- continental 大陆性气候 extreme seasonal changes. Collder winters, longer-lasting snow

1. What's the weather like where you live?

①Where I'm from, in the north part of China, we experience all four seasons. People laugh when I tell them that winter is our longest season. It lasts about 7-8 months, from the end of October to the beginning of May. It snows a lot in winter. Summers are nice and warm, though, with little rainfall, typically around 25-30°C (发音: 25 to 30 degrees celsius).

Spring and fall are short seasons (春天秋天很短) . (细节)

②Where I'm from, in the south part of China, it has a typical subtropical climate, which means there're wet season and dry season. From May to October is the summer season. It's wet, hot and humid. It rains all the time. Everything is wet, sticky and moldy (所有东西都有点湿湿的, 黏黏的发霉)

的) ; winter is drier, with no snow. I feel embarrassed to tell you that I haven't seen snow yet in my life. (细节)

③Where I'm from, in the west part of China, it has a typical continental climate. Winters are cold and dry, little snow. And summers are hot and humid. It rains a lot in the summer. (细节)

2. Do you prefer cold or hot weather?

① I prefer cooler or colder weather. I like to wrap myself up in something warm and get cozy (很温馨的状态) . Both staying in and going out are great plans for me in the wintertime. When it gets too hot in summer, I feel suffocated (窒息) . I tolerate cold weather (不怕冷) much better. (原因对比)

② I should've been born somewhere warmer (我该生在更暖和一点的地方) . I love the sun and spending time outdoors in the sun, getting a nice tan and a lot of Vitamin D. I don't overheat like some of my friends do (我不会像我的一些朋友那样过热, 中暑) . I could spend all day under the sun. (原因对比)

3. Do you prefer dry or wet weather?

① I can't stand the rain, so I'd go with dry weather. When I make plans, I always base my decisions on whether it's going to be a nice day or not. (原因)

② I love the rain! As the saying goes (俗话说的话) , "there's no such thing as bad weather, only bad clothing." (没有坏天气, 只有穿错衣服) Some people say they feel sad and depressed on a rainy day. Not me! It's the best time to go for a walk or run, in my opinion. (让位驳斥)

不怕热不怕冷的怕, 不是 **be afraid of**, 而是 **can't tolerate** 或者 **can't stand**

4. Are you in the habit of checking the weather forecast? When/How often?

① It's one of the first things that I do when I wake up. I need to know the weather in order to plan and go about my day (过我的一天). I normally check it as soon as my alarm goes off because I have a weather app on my phone. (WH 法)

② I look up the weather once in a blue moon (非常极其偶尔). It doesn't matter if it's sunny or rainy outside, I still have to go about my day. (原因)

③ Once in a while (有时), I'll look up the weather forecast. If I'm planning a trip or a hike, I wouldn't like to get caught in some nasty weather (糟糕的天气). But most of the time, I don't check the weather. It doesn't matter if it's sunny or rainy outside, I still have to go about my day. (分情况)

生活口语中经常会说: **The weather is nasty today!**

5. What do you think are the effects of climate change in recent years?

① It's clear that/There's no doubt that temperatures are rising worldwide. This past summer was exceptionally hot due to the heatwave and it's unhealthy to live in extreme weather like this. Not to mention what it's doing to crop harvests (庄稼收成). People, plants and animals will continue to suffer if we don't stop/fix/tackle (处理) climate change. (罗列)

6. Would you like to visit other cities with different climates from where you live?

① Sure, why not! Since I'm used to experiencing the four seasons, it could be interesting to visit somewhere tropical. Just to see what's like to live there. I could see myself (我能看见自己, 想象自己) in Costa Rica where it's beautifully warm all year round.

② I'd rather not because other climates are too extreme for me. It's either way too hot (要么不是太热) or way too cold (就是太冷) and I don't think I could handle it!

Technology (科技)

知识点:

- be addicted to technology/social media 对科技、社交媒体成瘾
- to scroll (on the phone) endlessly/aimlessly 没有节制的、目的地刷手机
- browse the Internet 在网上闲逛 (surf the web 稍微有点老派)
- tech savvy 技术小达人, 小能手

I'm not very tech savvy.

- buy new gadgets 买新的设备
- When a new phone is released. 当一个新手机宣布被投放市场

The new iPhone 14 was released yesterday.

- remote work (to work from home using technology) 远程工作
- a smartphone 智能手机 vs. a dumbphone 傻瓜手机 (只能打接电话, 发文字短信那种)

1. What technology do you often use: computers or cell phones?
(preference 问题)

① I tend to use my personal computer(PC) more often because of work/school. It's more comfortable to draft documents (写草稿) /type things down (打字) on a proper keyboard (在一个正儿八经的键盘上) as opposed to only using my two thumbs (手机打字只有两个拇指) . (原因)

② If I had to pick one, I prefer using cell phones, well smartphones, to be more precise (更具体来说). They're basically a small computer that you can take anywhere. They're light and fast. You have the world at your fingertips. You can communicate with friends and family; You can send emails; You can browse the internet; You can even shop online. I'm addicted to my phone. (原因)

2. What electronic devices have you bought lately?

① I recently bought a new laptop because my old one is about to die/stop working/conk out (高分词汇, 停止正常工作). I investigated a lot of different brands and features (特性) before buying anything. Eventually, I had to bite the bullet (咬子弹, 表示硬着头皮面对) and, luckily, I found a good deal at the store. (讲故事)

② I love buying new gadgets. And lately I bought a new fitness band (运动手环) for myself. First, it's a watch, so I can keep track of time (追踪时间); and then, the GPS receiver in the band can locate where I am when I'm running and walking; and then, it tracks my heart rate (记录我的心率) and calorie burning (热量燃烧); and what else, oh yeh, it also monitors/records my sleep (监控、记录我的睡眠). So yeh, I'm pretty happy with my purchase. (罗列)

3. Is there any technology you want to buy?

① I'd love to have a second laptop. One for home and one for work. I'll use the work laptop only for work, and the home laptop only for entertainment, like movies, games and social media. This way, I could separate my professional life and personal life, and maintain my work-life balance better. (原因)

② Yeh, I wish I could have an electric car. Even though I don't have the budget for it yet. But one can dream (人是可以作梦的), right? I'm trying to save up, little by little. And it would be the coolest thing to own an

electric car one day. It would help save money in my pocket, as well as take care of the environment. (先抑后扬)

4. Is technology important in your life?

① Without a doubt, yes. I use technology every day, at home, at work, everywhere! I can't imagine a life without it. How would I go to places? On foot (靠走路吗)? How would contact my friends and family? By talking to them face to face (靠面对面说话吗)? I wouldn't have that much time. And how would I work? It would be impossible. (反向假设)

② I could live without technology. I'm a person who can live off the grid (与世隔绝, 不需要水电煤网的人, 基本上就是在逃犯的生活标准). For instance, I've cut off social media for years. I have a dumbphone (傻瓜手机) to make phone calls, and that's it. And I don't even own a car. I prefer walking to places. So, no. I'd say technology doesn't mean a lot to me. (原因, 细节)

③ I've come to the realization that we're better off with technology (我们拥有科技会更好), but we shouldn't feel dependent on it. It's a tool that has to be used like any other tool: in the right way. That's why I frequently do digital detoxes (做数字数码排毒, 就是不用电脑、手机、电子产品的意思) to unplug (拔掉插头) and reconnect with myself (和自己建立联系). So, yeh, it's important to me but my life isn't completely dependent on it. For example, I use a navigation app when I go to places, but I still have map-reading skills when I don't have my phone with me. (原因, 举例子)

5. Is there any technology you don't like?

大家自己想一想你不喜欢的高科技

① I don't like the idea of self-driving cars (自驾车). I just don't trust them. So far, I've read a lot of news about self-driving cars getting into car accidents (车祸). And that proves my point. I just think there's still a long

way to go (还有很长的路要走), and Elon Musk shouldn't have put those cars on the market so soon (马斯克本不该这么早把这些车放到市场上来卖)。(原因)

②It's hard to narrow it down (做小范围, 选一个来说). On one hand, technology is undeniably (不可否认地) useful in our everyday lives. On the other hand, there are some aspects of technology that I dislike, especially when it has something to do with privacy (和隐私有些关系的时候). You know voice assistants (声音助理) such as Alexa or Siri? I find them creepy (令人毛骨悚然). And they're like an invasion of our privacy (对隐私的侵略). The fact that they're constantly listening to what we say and what they do with that information annoys me. (原因, 举例子)

6. What do you think the trends in technology today are, compared to when you were young?

Technology is so much more advanced compared to when I was a kid. A big trend that I notice today is the use of technology in schools. Many young children learn using laptops and tablets at an early age. Some schools even offer coding and programming courses to students nowadays because it's a part of their reality and future. (举例子, 具体化答题)

Morning time (早间时刻)

知识点:

- 早起型的人: **morning person/ early bird**
- 晚睡型的人: **night person/ night owl**
- **seize the day: to make the most of the present moment** 珍惜每一天

I love waking up early and seize the day.

- **Set the tone (for): 奠定基调**

Mornings are the time when we set the tone for rest of the day.

早上的时光把其余的一天的基调奠定好。

- **Mornings are when I feel the most energetic and can get things done.** 早上是我感到最有能量以及能把事情做成的时候。
- **I love the quietness and the calmness in the morning.** 我喜欢早上的宁静
- **熬夜晚睡: stay up**
- **熬通宵: pull an all-nighter**
- **早睡早起: go to bed early and wake up early**
- **I'm a big sleeper: 我是特别爱睡觉的人**
- **set alarm 设置闹钟**
- **I always set my alarm earlier so that I don't need to rush around (由于要迟到而窜来窜去) in the morning.**
- **turn off the alarm 关掉闹钟; hit snooze 点击“小憩”**
- **create/make/brainstorm a to-do list 制作一个“做事”清单**

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

- **write a list of everything I need to get done for the day**
- **make/develop a schedule**

1. Do you like getting up early in the morning?

①**Yes! I'm a typical morning person. I go to bed early and wake up early, around 6 am every day. It's always so quiet in the morning. I enjoy listening to the birds chirping and the cool morning breeze touching my face (早上的徐徐小风吹在脸上) . I find my body the most energetic and my mind the most productive in the morning as well. I can always get more things done in mornings (我在早上总是能做成更多事儿) . (原因, 细节)**

②Well, I would call myself a morning person, but I don't get up super early in the morning. I set my alarm at 8 am every morning. If it's much earlier than that, like 6ish (六点来钟), I would look like a zombie (我会看起来像是一个僵尸). My mind would be still sleeping. (原因)

③No, not really. I hate waking up early. I'm more of a night owl. Nights are when magic happens (魔力产生的时候)! There's just so much going on in the evening (晚上的事儿太多了), food and drinks, movies, gatherings, parties, meeting new people...I can never do those things in the morning. I can never be a morning person. I look like a zombie in the morning (我早上的时候看起来像个丧尸). (原因)

2.What do you usually do in the morning?

①During the week, I go to work. I wake up around 7 am, have my breakfast, and then rush to work (着急忙慌上班) /commute to work (通勤去上班). Normally I have a lot of meetings in the morning, as that's when my mind is the sharpest (锋利) and I feel the most energetic. I can get a lot of things done during this time. On weekends, I normally go to the gym in the morning to seize the day. (分情况)

②During the week, I have a lot of classes in the morning. Therefore, usually I'll be taking my classes during this time. And on those days when I don't have classes, I normally go to the school gym to work out a bit, you know, seize the day, make the most of it. And on weekends, I always sleep in (睡懒觉) to recharge the batteries. (分情况)

③I usually have a nice breakfast with my family. We are the kind of people who must have a nice breakfast every day to go about our day. And then, I'll go to the gym with my gym buddy (健身伙伴) Jessica/Mike. We spend 2 hours there, training (训练) and later stretching (拉伸). My mornings are pretty chill and slow-paced. I start working in the afternoon. (WH 法)

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

Well, I remember it was like war (像是战争一样) in the morning. I was always late for school (上学迟到), always rushing (着急忙慌). My mom would be scolding and nagging me (责备, 叨叨我). And then, I would grab my breakfast (抓起早餐) and finish it on my way to school in the subway. At school, there were so many classes in the morning. By the time when I had lunch, I felt exhausted/beat up (累死). (细节)

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

① Well, come to think of it, I still rush to work every day, and I have a lot of work in the morning. So, no, not really. I'm just a grownup version me. my mornings are still like war. Haha. (原因)

② My mornings are much more chill today. I take my time (花时间慢悠悠地做事情) in the morning, seize my day, enjoy everything I do. I used to hate mornings, but I don't anymore. (原因)

5. Do you spend your mornings doing the same things on both weekends and weekdays? Why?

第 2 题已经分周中和周末讨论了。如果按照答案①和②去回答, 不会再问这个问题。答案③, 可能会被问, 回答如下:

Well, on weekends, I don't go to the gym like I do on weekdays. Normally I'll have a nice breakfast with my family first. And then I love going out with my friends on Saturdays. We usually either go to the park or hike up the mountain. And, on Sunday mornings, there's always a flower market (鲜花市场) near my neighbourhood. So, I will go to the flower market to pick some fresh flowers. (WH 法)

Writing (写作)

知识点：

Writing 指的是写东西。写小说、诗歌、童话故事、日记.....学术写作，商业报告属于 **academic writing, business writing**. 也是 **writing** 的一种。但是，写作业 **doing homework**, 学习 **studying**, 就不属于 **writing** 范畴了。不要混淆概念。

- **a writer** 作家。但是不一定是写书、出书的作家。把写字作为爱好、正在立志成为职业作家的人也可以叫 **writer**.
- **an author** 至少写了一本书的作家
- **a published author** 成功出书的作家
- **a novelist** 小说家（也是作家，更具体的描述）
- **a biographer** 传记作者
- **a poet** 诗人
- **a story-teller** 擅长讲故事的人，故事大王
- **a journalist** 记者

1. Do you write a lot?

① **Yes, I'd consider myself a writer. I write almost on a daily basis. I love writing suspense, detective and romance. It's a hobby and also a passion of mine. It's like when I start writing, words just start flowing**（我开始写作的时候，文字就自己流淌出来）. **There's an urge, a desire, to put my ideas into words**（我有一种强烈愿望、欲望把自己的想法变成文字）. **I love that feeling.**（频率，原因）

② **Hmmm, not a lot. But I write every day. Every night, before bed, I will lock myself in my own bedroom, and write a journal**（写日志）. **It's like a diary, but I don't focus too much on how I feel. I just write down things happened during the day, and lessons learned**（学到什么）.（WH 法，细节）

③As a university student, I need to write essays all the time. So yeh, academic writing is a big part of my life. But when it comes to creative writing (创造型写作), like creating a story or a poem, then no, I don't write at all. (分情况)

④At work, I need to write reports to my boss on a weekly basis. And we are talking about reports with more than 100 pages (我们现在说的是 100 页以上的报告哦! 很口语的语气). So, yeh, I write tons of (成吨的) words every week. Sometimes I need to work extra hours or even stay up (熬夜) to finish my report. It's crazy. (原因。细节)

⑤Actually I'm trying to become a professional writer! A novelist. So I do a lot of writing practise every day. I enjoy story-telling. For me, writing is the best way to express myself. Putting my wild imagination and ideas into words is one of the best ways to unwind and gain the sense of joy. (原因)

2. What do you like to write? Why?

I love writing novels, like I said, suspense, detective, basically mystery stores, and romance. I love how much freedom I have in mystery stories. Sometimes I will travel to another time (另一个时间), or even another parallel world (另一个平行世界) to build my story. And I love writing romance, because I'm also a very romantic person. (原因)

3. Do you think the things you write would change?

①I would say so. You never know (你永远不知道). I'm also reading a lot, trying to learn more types and styles of writing. Therefore, it's very likely (很有可能) that one day I might come across (偶遇) some styles that I really really like, and just want to give it a try/shot (尝试). I'm very excited to see what the future holds (未来为我准备了什么, 未来可期的意思). (原因)

②I hope so! I hate academic writing! Ahaha! I don't want to write essays and papers forever. In the future, I don't want to write anything anymore, actually. (原因)

工作也是同样答案

4. Do you prefer typing or handwriting when you are writing?

①Sometimes when I'm just scribbling (随便写写画画) my ideas, trying to figure out some interesting plots, I'll write it with a pen on a piece of paper. I find it easier to generate my ideas (产生思路) this way. And when I starting writing the final story, I type it down on my computer. That's a faster way to write and also the best way to document my work (记录我的成果) .

②I always draft documents (打草稿) on my laptop first and then write the essay/report. I don't think my professor/boss would want to see my handwriting pieces, as they don't look very professional. Haha! (反向假设)

Public transportation (公共交通)

知识点:

不同的交通形式:

1. 常用的动词

- use/take public transport 使用交通工具
- take/catch a bus, a train 坐车
- 上下车: You get on and get off a bus, train, plane, bike, boat, etc. 因为你要往上踏一步才能上车
- Hop on/hop off 同上, 表示跳上跳下

- You get in and get out of a car, or taxi. 私家车比较小，只需要钻进钻出就好。

2. 交通模式

① drive: to travel by car

We usually drive to Shanghai during Chinese New Year.

Today I drove to work, but I prefer to use public transport.

② cycle/bike: to travel by bicycle/bike

I generally cycle/bike to school every day.

③ fly: to travel by plane

I always choose to fly when it comes to traveling internationally.

She flew all the way from Beijing to London to meet him.

It took more than two hours to get there by plane.

④ ride: to sit on a horse, bicycle or motorbike and control it as it moves along

I love riding horses.

I love horseback riding.

Peter rides his bike to school every day.

⑤ take: to travel by sitting on the vehicle

I took the bus to school.

Jessica takes the subway this morning.

She took the train to go to Beijing.

⑥ sail: to travel by boat or ship

They spent their holiday sailing around the northern islands.

⑦ go on foot=walk

1. What kind of public transportation do you usually take?

① I regularly take the subway to work. Fortunately, it's easy and affordable to get around my city (在城市里转悠) thanks to the subway/underground system. I really enjoy my little private time reading a book on the subway. Sometime I also catch/take a bus to go to places. Depends on my mood and also the traffic. (主流情况, 特殊情况)

② This year, I've been trying to reduce my environmental footprint (减少我给环境带来的负担), so I've been cycling to work more than usual. Once you get used to it, you realize that it's very freeing (使人感到自由) and you save a lot of money. (原因)

2. When do you usually take public transportation: in your everyday life or when you are travelling?

① Uhmm, it's more common for me to hop on the subway train or the bus when I'm at home (在自己城市的时候). I need it to get to school/work because I don't have a car, so I have no other choice! I feel comfortable because I know the subway/bus routes and schedules. I've used public transportation in other cities while traveling and found it overwhelming at times. Plus, when I'm travelling, I prefer to explore on foot. You get to discover much more that way (那样的话). (原因)

② I've travelled extensively (旅行的量很大) and always used public transportation more while abroad. When you're trying to cram/pack many plans into one day (一天当中塞很多计划), you have to take advantage of all the different modes/means of transportation that the city offers. Otherwise, you won't be able to see a lot of places and things! When I'm at home, I usually try my own car. (原因)

③ 在家和外出都使用公共交通

3. Do most people prefer public transportation in your country?

Well, not most people, but many Chinese people consider our public transportation to be one of the best in the world. It's not only efficient, but also fast, cheap and accessible. A lot of people I know commutes to work every day because they'd rather take advantage of their journey to do something else, and also save the cost of car insurance, parking and gas. (原因)

4. Did you take public transportation when you were a kid?

① All the time! It was very common for kids to take the bus to school.

There was always more frequency in the morning and after school, so we would all wait together and get on the same bus. That was a lot of fun.

And plus, there was a subsidized bus pass (对小孩子便宜的通票; subsidized 补助的; pass 是通票) for kids. So, it made sense (合理) for me to take the bus. (原因+补充)

其他原因: My parents were too busy to drive me to school;或者 they didn't own a car.

② Almost never/No, not usually. My parents didn't let me travel alone on public transportation until I was older. Instead, I carpooled to school (拼车) with some other students. /My parents drove me to school every day. But when they took me on a trip during holiday, we used to take a train or a flight.

其他原因: I lived close to school. So I walked to school every day.

5. Will there be more people taking public transportation in the future?

① I would imagine so. Just look at the traffic now, it's ridiculous and getting worse every day. Therefore, I'm 100% certain that we'll all have to use public transportation at some point (某一天). We'll have to pitch in (出力) and do our part (尽自己的责任) to help save the environment.

Hopefully, the government will incentivize (奖励) using public transportation more. (现在看未来)

②I doubt it. Public transportation will always be there as an option (会是永远的选择之一), but you have to take into consideration (考虑到) that nowadays new types of electric and hybrid cars (电动车、混合车) are continuously being designed and made. That will be the future. (现在看未来)

Birthdays (生日)

知识点:

1. 庆祝方式: have a party, go out for dinner or drinks, bake a cake, spend time with family and friends, go shopping, buy/receive gifts, etc.

2. 布置现场以及其他:

- Go to the store to buy party favours 派对用的小礼物 (balloons, noise-makers 制造噪音的纸做的小喇叭, candies, toys, loot bags 来生日的孩子们都能拿回家的小礼品袋子, 里面装点气球、糖果、小玩具, etc.),
- Set up the party 布置派对 (cleaning the house, decorating the space)
- Choose a theme 选择一个主题
- Blow up balloons 吹气球
- Hang the banner/streamer/balloons 挂横幅、彩带、气球
- Attach paper cut-outs to the wall (using tacks, tape, or sticky putty) 把剪纸小装饰贴在墙上 (用图钉、胶条或者黏黏的那种泥)
- Cover the table with a tablecloth 盖上桌布
- Light up the candles 点蜡烛
- Cut the cake 切蛋糕

- **Make a wish** 许愿
- **Blow out the candles** 吹蜡烛
- **Open the gift** 拆礼物

3. 动词的使用

- **plan: plan a party/dinner/an event**

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

- **have** 和 **organize** 一样，组织派对

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

- **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?

- **host/organize a party** 组织一个派对

I'm hosting a dinner.

I'm organizing a karaoke night.

- **go to/come to a party** (不要用 **attend**)

I'm coming to your party tonight!

4. 其他相关表达:

- **the host**: 主人

The host of the party tonight is my best friend.

- **guest**: 客人

All the guests tonight will be our close friends.

- **have a great time/ a lot of fun/ blast/ a whale of time**

We had a lot of fun last night.

We had a great time at the party.

We had a blast.

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

- **enjoy the party**
- **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）**
- **Nothing really happened. 啥也没发生**

5. 俚语和地道表达

- **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.
- **a party animal 派对动物（非常活跃于各大派对的人物）**
- **a social butterfly 交际花，认识很多人的人（往往带有一点点贬义色彩）**
- **party-pooper/ a wet blanket: 派对上令人扫兴的不尽兴之人**
- **burn up the dance floor 疯狂跳舞/dance the night away 整夜跳舞**
"Those two danced the night away."

1. What do you usually do on your birthday?

① I love birthdays, especially my own! I usually celebrate by hosting a party at my place. I love setting up a party, and inviting people over. I love opening gifts in front of everybody. That really makes me feel special. Or sometimes when I feel lazy to do a party, I'll go out for dinner to a nice restaurant with my family and friends. （主流情况，特殊情况）

② I don't have the habit of celebrating my birthday/I don't do birthdays. I simply don't like being the center of attention or receiving any gifts. And plus, I don't like to be reminded of my age, or the fact that I'm getting older. So, no celebrations. （原因，补充）

③ I don't do a full-blown（全面的，彻头彻尾的）birthday celebration. Usually, I have a small get-together（聚会）with my immediate family/nuclear family（自己爸妈这一类住在一起关系最近的家人），usually at my

parents' house. We have lunch, play a few games and then I open a few gifts. (原因, 细节)

2. What did you do on your birthday when you were young?

① We used to have so much fun on our birthdays as kids. My parents used to rent out a space each year on my birthday so that all of my friends and I could get together and play. There would be a different theme each year and we'd do fun activities, as well as eat a lot of yummy food afterwards. And all of my friends would get a loot bag before they went home. My parents were the best party hosts. (细节)

② Growing up (在我成长过程中), my family didn't put a lot of emphasis on celebrating birthdays. We would spend the day together and eat cake, but nothing fancy/extravagant (没什么奢华的) and no kids' birthday parties. (细节)

3. Do you think it is important for you to celebrate your birthday?

① 100% yes! (Totally/Absolutely/Definitely!) My birthday means a lot to me for many reasons. It's the perfect excuse to get together with friends and family. It also gives us the chance to reflect on the past year and make a big wish for what's coming up ahead. (原因)

② Frankly speaking, no, it isn't important for me. Every day is a gift. It's just another day for me. I think it's unnecessary (没必要) / meaningless (毫无意义的) / frivolous (轻浮的) / stupid to spend tons of money on birthdays and parties. At my age now, I couldn't care less about my birthday. (原因)

4. Whose birthday do you think is the most important to celebrate in China?

It really depends on your age. When you're a child, your own birthday is the most significant one to celebrate. And later when you grow older and have a partner (有一个伴侣), their birthday becomes the most important one. Otherwise, you run the risk of losing that person in your life because it's considered to be rude not to celebrate your significant other's

birthday (人生另一半的生日) . And then one day, when you have your own children, your children's birthdays become the number one priority/the first priority, because if you don't, they're going to give you a hard time (折磨你) . It's like everywhere else in the world (全世界都一样) . (分情况年龄段)

Housework and cooking (家务活和做饭)

知识点:

- prepare breakfast/lunch/dinner/meals: 准备早、中、晚、三餐=cooking
- meal prep v. 提前备菜
- I like to meal prep in advance every Monday.
- home-cooked/homemade food 家里自己做的菜
- a clean freak 洁癖
- a hoarder 集物癖患者 (家里东西特别多)
- clutter 杂乱

There's a bit of clutter in my home.

- declutter 断舍离
- stock up (on) sth. 屯东西
- home organization 家务收纳
- do (household) chores/ do housework 做家务
- help around the house 帮家里面做事
- do house cleaning (work) 打扫家里
- earn/get an allowance 挣零花钱
- 常见的家务:

cleaning the kitchen/bathroom/bedroom 打扫厨房、卫生间、卧室,
sweeping 扫地, mopping 拖地, vacuuming 洗地, dusting 弹灰, doing the

dishes 洗碗, doing the laundry(washing 洗衣服, ironing 熨烫 or folding 叠衣服) 洗衣服, cutting the grass (mowing) 剪草, cooking 做饭, feeding your pets 喂宠物, taking out the trash/compost/recycling 倒垃圾, washing the car 洗车, donating old clothes and shoes 捐旧衣服、鞋子

1. Do you do some cooking/help your family cook at home now?

① Yeh, my parents are getting old, so I do my best to visit them once/twice/three times a week/every day/every weekend and help prepare meals (准备三餐). We like to plan and meal prep for the entire week. Eating homemade meals is very important to us. (原因, 细节)

② I wish I could, but I don't help my family when it comes to cooking. I live in another city/ I'm too busy with work. I even order takeaway (or takeout) 点外卖 or delivery (点送餐到家) during the week for myself. One day, I might move back to my city/ when I have more time on hands, I would help my parents cook at home. (先抑后扬)

③ Well sometimes, not always. To this day, my mom is very territorial (有领地意识) in the kitchen, she prefers cooking alone. But, once in a while, I'll lend her a hand (搭把手) in the kitchen while we're preparing a special family get together. Otherwise, it'll be too much work for her. (原因)

2. Do you think your home is clean and tidy?

① I'd say so. I try hard to make my home clean, tidy and organized. My friends always say that my home looks spotlessly clean (一尘不染). I'm a clean freak (洁癖) and, therefore, have a pretty strict daily/weekly cleaning schedule. I love watching TV shows about home organization (家居收纳) as well. (原因, 周围人评价)

② I hate to admit it but my home is the opposite of being clean and tidy (我们家是干净整洁的反义词) . I find cleaning so tedious and time-consuming (又无聊又花时间) . I'd rather spend that time going to the gym or taking a nap. And I love stocking up on things (屯东西) . My friends call me a hoarder (集物癖) . (原因, 替代做法, 周围人评价)

③ I'm not the tidiest person in the world (委婉说法, 有点小邋遢) . There's a bit of clutter in my house (家里有一点点乱) , but I don't let things get too out of hand/control (失控) . When I really need to clean, I'll get around to it (拖拖拉拉最后去做了该做的事) , but I won't go out of my way (我不会太拼尽全力) . (原因)

3. Did you do some house cleaning when you were young?

① My parents asked me to help around the house from a very young age. We had a weekly cleaning schedule and everyone had to participate (参与) /do their part (做自己的份内) /lend a hand (帮把手) . We even got a small allowance (挣零花钱) for helping out. I helped my parents do the dishes, do the laundry, fold the clothes, dust the house (弹尘) , things like that. I'm grateful for all those skills that they instilled in me. (原因, 细节)

② My parents never forced me to do any house cleaning when I was young. We had someone help us with the house. It was a lady, and she would come over to clean our bedrooms and do the laundry. It saved us a lot of time. (have someone do sth.在这里表示组织安排某人做某事) (原因)

③ When I was little, every weekend, I would help my parents do the laundry, then hang the clothes, and later fold all the clothes. My parents used to be very busy, so I helped them with some chores. They paid me for doing them. That was how I earned my allowances. (WH 法)

4. Do you have breakfast at home every day?

① Oh yeh! as they say, “breakfast is the most important meal of the day”. I do eat breakfast at home because I don’t like to spend money at cafés/ because it’s healthier than grabbing something on the go. It’s always a wholewheat toast, a yogurt and some fruit. It’s part of my daily routine.
(原因, 细节)

② I’m usually in such a rush in the morning that I’m lucky if I get some coffee and (get) a quick bite in me (吃一口到肚子里) before I go. Most of the time, I just naturally fast (空腹禁食) until lunch time. I know it’s not the healthiest lifestyle, but there’s nothing I can do about it. (原因)

5. Do you want to learn how to cook well?

① You know, I’ve always wanted to/I’ve been meaning to learn how to cook well. Not long ago, I decided to sign up for a cooking class. It was mainly focusing on Chinese cuisines, but I also learned how to make Japanese Sushi and Vietnamese Pho (越南粉). I’m happy to see that I’m making progress on cooking. (细节)

② It’s not a priority of mine to learn how to cook well at this stage of my life (我人生的现阶段). I’d rather order takeout or have food delivered. I mean, I can definitely cook when it comes to preparing simple meals, but I wouldn’t take a cooking class just for fun (纯粹为了乐趣). (原因)

6. What housework do you like or dislike doing?

① Call me a weirdo but, for some reason (出于某种原因), I find cleaning therapeutic (有疗愈效果) and that’s why I like doing the dishes, doing the laundry and dusting the house. I just let my mind go (让思绪驰骋) while doing those chores. It’s a way of meditating (冥想). (细节, 原因)

② **There's nothing I can't stand more than vacuuming the floors. It's so loud, boring, time-consuming that I'd rather put up with a little dust!**
Sometimes I just go mopping straight without vacuuming first. (原因)

本季度保留题 (2022 年 5-8 月新题, 9-12 月保留题) :

Evening time (晚间时刻)

知识点:

一般来说晚上 6-9 点属于 evening time

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

Sleep talking happens when people are stressed.

She talks during sleep every night.

- sleep walking: 梦游。使用方法同上。

1. Do you like the morning or evening?

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

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

2. What do you usually do in the evening?

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

-It's kind of difficult to know, really! My life is pretty unpredictable, as I don't have a fixed routine (没有固定的作息) . Sometimes in the evening, I just stay at home, and doing nothing much (啥也不做) ; some other times I'll go out with my friends. We love hanging out at the bar, or go to the karaoke (唱 K) , or go to the arcade centre (电玩城) , or do some other fun stuff like that. For example, yesterday my friends and I went bowling (打保龄球) ! Gosh, that was so vintage (很复古) but so fun! (分情况)

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

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

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

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

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

-Oh my (哦天哪), huge differences! Like I said, when I was younger, I never had too much freedom on what to do in the evening (我没有太多自由决定晚上做什么). I always had to do my homework, and then I needed to go to bed early. But now, I'm my own boss (我是我自己的主人)! If I want to stay up, I stay up late! I can even pull an all-nighter if I want to. As a night person, the evening is my favourite part of the day. I love going out with my friends or going for a night run (去夜跑) just myself. (时间分层)

Books and reading habits (书籍和阅读)

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

1. types of books

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

2. 相关表达

① **bestseller**: 畅销书

This book was the bestseller last year.

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

I love classics. They are the best.

③ **best-known book** 成名作

④ **highly recommended**: 被高度推荐的

This book was highly recommended by my teacher.

⑤ 爱看书的人和不爱看书的人：

- **I'm a bit of a bookworm.**
- **I enjoy reading.**
- **I read for pleasure.**
- **I'm a keen/avid reader.**
- **Reading in my free time is my biggest hobby.**

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

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

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

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

Book smarts VS street smarts: n. 名词词性

Are you a person with book smarts or street smarts?

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

3. 形容一本书:

- a page turner 好看到停不下来的书

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

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

- amusing/entertaining: 有趣的、有娱乐性的

- adventurous: 充满冒险的

- informative: 充满信息量的、提供有用信息的、教育性的

- educational: 有教育意义的

- heartwarming 令人感到温暖愉悦的 causing gladness and tender feelings
- heartfelt: 走心的、真诚的
- hear-wrenching: 令人悲伤的
- insightful 有深刻见解的、有洞察力的
- thought-provoking 引发思考的 making you think a lot about a subject
- laugh-out-loud funny 能让人笑出声的好笑 extremely funny, hilarious
- mind-blowing: 颠覆性的

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

- tear-jerking 催泪的
- tear-jerker 催泪弹 This book was a real tear-jerker.
- moving/touching 令人感动的、打动人心的
- delightful 令人快乐愉快的
- with a charming story/with a beautifully crafted story

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

- uplifting 提升一个人的思想境界、情绪，振奋人心的

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

- fast-paced 节奏很快的

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

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

- suspenseful 悬疑的

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

This book is unputdownable.

4. 俚语:

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

② an open book: 很好搞明白, 一看就透, 没有神秘感。

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

③ a closed book: 与②相反

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

④ do sth. by the book: 按照规则来 (一板一眼)

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

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

Stop reading between the lines!

⑥ hit the books: 学习, 往往指考前突击

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

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

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

⑧ try every trick in the book: 极尽所能

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

⑨ read someone like a book: 很了解某人

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

1. Do you often read books? When?

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

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

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

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

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

-I guess so. When I was little, I used to read print books/paper books, but now I read E-books on devices like Kindle (像 kindle 这样的电子设备), or directly on my phone. It's so much easier to read E-books, but the at the same time, I really miss the feeling of holding the book, touching the pages, and even smelling the ink (闻墨水的味道). Paper books are more tangible (可碰触的).

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

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

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

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

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

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

-Well, like I said, they're completely different forms of art. They're equally fantastic! Movies are more visual and action-packed (更视觉化和故事紧凑的) , you can hear and see the stories come to life (走向真实) , with some popcorn and fizzy drinks (气泡饮料, fizzy 是嘶嘶作响、起泡沫的意思) . It's a great pastime (消遣) . Books, on the other hand, allows your imagination to go wild (让你的想象力走向狂野, 没有限制) . And plus, there's SO MUCH more detail in a book than a movie, details about the storyline and the characters (关于故事线和角色的细节) . It's takes much more time to finish a

book, but it's worth it (值得花时间慢慢看) . So, it's impossible to choose a preferred way. (对比讨论)

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

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

往年 reading 主题老题节选:

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

1. What kind of book do you read?

-I like novels. For me, reading long novels is like reliving other people's lives (就像重新活了别人的一生) . I can grow my imagination and I can

understand people and the world better. In addition, novels really can take my stress away; they can put my mind off things. (阐述原因+递进补充)

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

2. Do you read electronic books?

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

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

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

3. Do you read books related to your profession?

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

- Uhmmm, yeh I do. At work, I have to refresh and improve my knowledge all the time. So, almost every weekend, I will spend a couple of hours at

home to read either books or articles online that are related to my job. (阐述原因+WH 法)

Boring things (无聊之事)

知识点:

无聊的相关表达:

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

注意, bored 是被动状态, 当你感到无聊的时候要用 bored

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

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

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

This is so boring that it starts wearing on me!

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

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

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

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

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

The show just went on forever!

I feel that the show never ends.

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

1. What kinds of things are boring to you?

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

-Anything that makes me feel **stuck in the middle** (卡在中央) can **bore me to tears**. Like, **being stuck in traffic, waiting in line** (排队), **very slow internet connections** (网速过慢), **waiting for my dental appointment** (等我的牙医), waiting for a phone call, things like this **makes me insane** (让我

发疯) /lose my mind. Because it's boring, it's slow, and there's nothing I can do about it (啥也做不了) . It's not up to me (由不得我) . (列举)

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

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

2. What will you do when you feel bored?

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

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

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

-Oh, gosh, I need to think about it...uhmmm, off the top of my head, waiting at the doctor's office (等医生) , was probably the most mind-numbing thing that happened to me. I mean, it was always so long, so so

long, that I couldn't understand why. And then, I didn't have a phone to get distracted. Therefore, I just remember that I would stare at the door of the office for 1 hour, or something like that. That was a yawner! (细节, 原因)

-Uhm, I remember, one time, my parents took me to a science lecture when I was around 10. That lecture almost killed me (无聊到差点杀了我。夸张说法) . It went on FOREVER and EVER (没完没了没完没了) . And for me, at that age, it was as dull as dishwater. At some point, I believe I fell asleep while listening to it. This experience was traumatic (给人留下致命阴影的) , that's why I can easily remember it now. (讲故事法)

4. Do you think school is boring?

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

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

Watch (手表)

知识点:

1. 手表的主要类型

- **manual watch 手工表**

- automatic watch 自动表
- digital watch 电子表

2. 知名的手表品牌

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

3. 形容表达:

- everyday watch 每天都戴的日常手表

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

- sport watch 运动手表

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

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

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

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

- fashion watch 时装表
- diving watch 潜水表
- I feel naked without my watch. 我不戴手表的时候感觉像是没穿衣服一样
- It's my favourite fashion accessory. 是我最爱的一件市场单品

- tell time 搞清楚时间

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

- keep track of time 追踪时间

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

- goes with everything: 百搭

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

- **timeless 永不过时的, 没有时间性的**

The design is timeless.

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

4. 表的不同部位名称

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

1. Do you wear a watch?

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

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

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

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

-Yes, definitely. I remember that my parents got me a very cute Mickey Mouse kids watch. It was so cool for me at that age. The straps were colourful, the dial was with Mickey's face on it, and the hands were Mickey's hands! I was crazy about that watch for many years. (细节)

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

3. Why do some people wear expensive watches?

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

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

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

Therefore, I would say, wearing a watch is very unimportant. (原因)

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

Meeting places (聚会地点)

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

知识点:

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

动词词组: get away

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

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

-My favourite place to meet with my friends is this park in my city called Yuyuan Tan. It's a place where we can take a walk together, get some sun (晒晒太阳) , and get some fresh air (透透气) . It's such a peaceful place that helps us blow off the steam, get away from the hustle and bustle (远离喧

器) , and also a place where we have a nice heart-to-heart conversation (来一场心贴心的对话) . It's my favourite spot to meet up. (原因, 细节)

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

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

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

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

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

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

4. Why are some meeting places better than others?

不知道这题什么意思,可能题目没总结对

当遇到不明白的题的时候,你可以问:

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

Old buildings (老建筑)

知识点:

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

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

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

② 当描述建筑的外立面(façade)时, 我们可以说:

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

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

Ancient Chinese building 中国传统建筑

- **the tallest building in the city; it resembles/looks like A** (该建筑长得像.....) .
- **Roof, window, window frame, door, gate, balcony, wall, chimney** (烟囱), **attic** (阁楼), **driveway** (停车道), **garage** (车库), **porch** (门前户外走廊) ... (建筑物的主要外部结构名称)
- **It's made of brick, glass, stone, wood, concrete...** (建筑材料)
- **Glass wall** 玻璃幕墙

③ 当描述建筑内部 (interior look) 时, 我们可以说:

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

- There's a lot of consideration in this building. You can see the whole subtlety in here.

(这栋楼内部每个细节都有所考量。你能看到整体的精细微妙之处。)

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

2.老建筑相关表达:

除了以上表达, 还有:

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

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

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

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

-You might be surprised to know this, but there is a gothic church (哥特教堂) in my city. It was built in the 13th century. I used to love seeing that church. I loved seeing the large stained-glass windows (玻璃彩窗), the tall and pointed arches (又高又带尖顶的拱门) and the ornate decoration. It's so different from other buildings I can see in the city. (细节)

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

2. Do you think we should preserve old buildings in cities?

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

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

-I prefer to live in a modern house. I enjoy all the modern facilities and amenities (享受设施), they make my life so much easier. I know old

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

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

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

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

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

Sitting down (坐下)

知识点:

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

1. Where is your favourite place to sit?

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

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

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

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

-My lifestyle is pretty sedentary (久坐的). I have a sedentary job which keeps me in a sitting position all day, at least 7-8 hours. And when I come

back home, I spend the whole evening slumped (瘫坐) in front of the TV.

So, yeh, it's really bad. (细节)

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

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

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

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

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

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

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

Talents (天赋)

知识点:

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

He's good at French.

She's bad at spelling.

I'm not good at doing sports.

- **be great at** 同上，非常擅长
- **be brilliant at** 同上
- **be fantastic at** 同上
- **be terrible at** 非常不擅长
- **be useless at** 在某方面一无是处
- **He's an expert in computer programming.** 非常了解，某方面的专家
- **be talented at/in:** at 后面接一些常见的擅长的爱好；in 后面跟专业领域。

He's talented at music.

He's talented in ____ (a field).

He's very talented in Mathematics.

He has a talent for languages.

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

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

- **It's in my blood.** 是我的血液里流动的特质。

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

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

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

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

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

-I was born like that (我生来如此) . I loved singing when I was little. I was humming (哼歌) all the time, when I was in a shower, waking on the street, or doing homework. Singing is in my blood/DNA (血液、基因里自带某个特质) . (回忆过去)

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

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

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

-Uhhmm, singing is more like a talent, a hobby in life, but not in work, unless I'll become a professional singer one day, which I doubt. But I guess, you never know (你永远说不好) , maybe it could be something I can perform at some business occasions (商务场合) , like an employee talent show (员工才艺表演) . It won't directly help my future career, but it could

be a good opportunity for me to showcase my talent and my charisma (展示我的才华和我的个人魅力)。(转折)

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

-I think so. The way I see it, math is the foundation of many many subjects, fields, industries. So, I definitely see a lot of possibilities in this talent that I have. Right now, I'm not sure what exactly I will do after graduation, but definitely there will be a lot of math-related industries waiting for me to explore. (原因)

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

唱歌和数学的回答里已经提到家族遗传，就不会考了

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

Collect things (收集东西)

知识点:

- a collector of XXX; a XXX collector
- I'm an avid collector of music CDs.
- memorabilia 值得纪念的事物
- He's an avid collector of Beatles memorabilia.
- Those family photos have been handed down through generations. They're our family memorabilia.
- Some people like to collect things that has familial and emotional meaning (家庭情感意义)。

- We collect things that have sentimental values (情感价值) .
- Some people have collections from childhood: sports cards (体育卡片) , comic books (漫画) , dolls (娃娃) , teddy bears (泰迪熊) , mini cars, ...
- Some people collect for enjoyment and fun. Art, wine, music boxes, CDs, concert tickets.

- stock up 囤货, 动词短语

I love stocking up on toilet paper.

- stockpile 大量囤货, 动词, 意思同上
- hoard 集物癖, 心理变态那种

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

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

The walls were cluttered with paintings and prints.

The room is cluttered with things and clothes.

There was a clutter of bottles on the shelf.

I hate clutter.

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

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

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

1. Do you collect things?

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

-I'm a music buff (音乐爱好者), so I collect music CDs. My dad built up a large collection and stopped when I was born. Later, I started my own collection, and now sometimes we would go to record shops together! That's a great way to bond with my dad. We can have a common interest to share with each other. For me, seeing a collection built up on a shelf over the years is an incredible feeling! I'm so proud of my collection. (原因, 时间分层, 细节)

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

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

-I don't really collect things. I hate clutter (我讨厌堆积物品), and I don't like stocking up on things (囤货). I'm a little leaning towards minimalism (极简主义) now. I know some people may say that collecting things can bring you a lot of happiness, as they have emotional value. But too much clutter can be emotionally overwhelming. I need to constantly organize my

things, making new room for new things, it could be really mentally draining (精神上透支他人的)。(让位驳斥)

2. Are there anything you keep from childhood?

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

Hahah, joking! (细节)

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

(原因)

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

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

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

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

4. Where do you usually keep things you need?

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

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

-I usually keep things in the attic in my house. You might imagine it as a dirty and spooky space (吓人的地方), but it's not. The space is well-organized with boxes, and on each box there's a tag explaining what's inside. The attic is where I put my stuff. (细节)

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

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

Advertisement (广告)

知识点:

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

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

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

You see billboards everywhere advertising real estate.

- cold calling 电话销售

I hate receiving cold calls.

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

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

- jingle 广告主题曲, 那种短小抓人的小旋律

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

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

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

- entertaining ad 很有娱乐性的广告

I love an entertaining ad. Very funny and memorable.

- a piece of art 艺术品

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

- be drowning in ads

My Facebook feed is drowning in ads now.

The internet is drowning in ads.

- Too much advertising.
- be flooded with ads.

My inbox is flooded with spam/ads right now.

- target market 目标市场

The target market of this advertisement is women and children.

- during primetime viewing 黄金观看时间

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

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

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

- **word of mouth** 身边人、朋友推荐

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

- **celebrity endorsement** 明星代言

- **product placement** 产品植入

I don't like product placement in a movie.

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

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

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

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

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

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

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

2. What kinds of ads do you dislike?

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

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

3. Do you share ads with others?

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

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

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

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

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

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

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

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

-No, I know myself, being in an advertisement is not something I will feel comfortable with. I'm very camera shy, and I don't know anything about acting. Right now, just picturing this whole thing is already making me so nervous and uncomfortable. So, no way I would be able to do it. (原因)

Doing sports (做运动)

知识点:

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

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

I enjoy exercising. / I enjoy doing exercises.

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

- **physical activity** 体育活动、体能活动

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

- work out (v.) / work-out (n.) 健身

How long do you work out at the gym?

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

- slim down 变瘦

Regular workouts helped him slim down considerably.

- burn fat 燃脂

Jumping rope can really help me burn fat.

- shed pounds/ lose weight/ shift some weight

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

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

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

- good shape/bad shape 状态好、不好

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

I'm so out of shape.

I want to get in shape again.

You need to stay in shape for your marathon.

1. What sports do you like?

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

That's why I find them super interesting. I get fully relaxed by playing ball games. (原因)

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

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

2. Where did you learn how to do it?

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

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

-My best buddy (好哥们) / best friend introduced me to the world of fitness (带我走去了健身世界). He took me to his gym, and helped me sign up (帮我注册了会员). He showed me how to do weight-lifting (作力量训

练) , how to train my legs, shoulders, and arms, how to use different machines, things like that. Thanks to him, I became a gym freak as well.

(细节)

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

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

gym freak 可能还会问

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

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

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

4. Do you think students need more exercise?

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

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

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

Computers (电脑)

知识点:

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

- **computer-literate** 有足够的电脑知识

Nowadays, all graduates are computer-literate.

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

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

- **gadget** 小器具，小配件，小玩意儿
- **a computer breakdown, a computer crash:** 电脑崩盘

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

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

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

- **have warranty/in warranty:** 有保修

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

2. In what conditions would you use a computer?

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

-At work, I spend all day sitting in front of my computer, doing paperwork, writing reports, sending emails, organizing meetings, things like that. My computer is my tool and my weapon at work; and when I'm

finished for the day and come home, I will cast movies from my laptop to my smart TV (把电影从笔记本投放到智能电视上) . I use my computer and my laptop all the time. (分情况)

-Well, I'm a gamer (游戏玩家) . So, I rely heavily on my computer for games. Recently I've just invested a lot of money in my new gaming PC. It's very high-end (高大上的) , the best on the market (市面上最高端的最棒的游戏电脑) . Yeh, I'm very happy about it. (可以说点具体数据, 我也不懂, 编不下去了)

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

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

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

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

4. What would your life be like without computers?

-Probably it would be a mess. I mean, I use my computer for work, to send and receive emails, to write documents and reports, to go to online meeting, etc. I don't think I can do the work on my phone. I still enjoy having a big monitor and decent-sized keyboard (我还是享受于拥有一个大的

显示器和尺寸合适的键盘) . Typing on the phone could be really annoying.

(原因)

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

depressed, anxious and empty inside. (原因)

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

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

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

特殊补充:

以下三个主题在题卡中, 但已经是第三季度出现 (不排除过一段时间代谢掉)

Daily routine (日常作息)

知识点:

-**set alarm** 设置闹钟

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

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

-create/make/brainstorm a to-do list

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

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

-make/develop a schedule

-daily/weekly/monthly schedule

-dedicate...to

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

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

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

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

1. What's your daily study routine?

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

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

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

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

2. Have you ever changed your routine?

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

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

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

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

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

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

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

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

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

Science (科学)

1. Do you like science?

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

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

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

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

2. When did you start to learn about science?

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

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

3. Which science subject is interesting to you?

常见的科学学科 (高中) :

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

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

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

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

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

I remember when I was in primary school, I did a lot of experiments in the school lab. I don't recall too many details about what I did exactly, but I

remember how much fun I had. One thing I still remember is when I first time looked through a microscope. I saw cells moving and everything. That was very exciting and unforgettable. (细节)

Sports games (看体育比赛)

知识点:

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

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

-Do sports 做体育运动

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

I enjoy exercising. / I enjoy doing exercises.

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

-Physical activity 体育活动、体能活动

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

-Work out (v.) / work-out (n.) 健身

How long do you work out at the gym?

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

I've been working out at the gym lately.

Have you been working out? 暗指状态看起来很不错

1. Do you like watching sport programs on TV?

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

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

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

2. Do you like to watch live sports games?

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

-I don't care too much about it. I mean, it's not that I don't like it. I think it's very cool to watch a game live. But it's just not my thing. I'm not a sports fan, and plus, the tickets are normally very pricy for me. I will save up my money for a live concert rather than a live sports game. (原因)

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

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

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

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

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

常年在考主题:

Work or study (工作或学习)

学生党:

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

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

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

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

I'm planning for a further education in XXX.

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

2. What (subjects) are you studying?

即便上一题已经说了专业，也有可能问具体在学什么科目。

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

(后面可以加一句简单评价，不过就不会有下一问。)

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

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

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

3. Are you happy that you decided to study this major? (why or why not)
Yes, I love it. 原因（参考上题回答）

Not really...原因（参考上题回答）

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

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

4. What will you do when you finish studying?

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

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

拓展内容（如果考官问你对 gap year 的看法）：

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

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

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

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

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

I will reward myself from time to time.

Listen to the music while studying.

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

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

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

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

-Well, I'm a morning person. Studying in the morning is the best. I feel like my mind is clearer and sharper/snappier during that time. Normally I'll go to the school library/little garden behind my dorm, and study for a couple of hours there, without having breakfast. I'm the most efficient in that way. (WH)

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

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

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

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

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

9. Are you looking forward to working?

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

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

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

工作党:

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

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

(如果是不常见的职业，稍微解释一下)

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

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

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

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

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

2. What do you like about your job?

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

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

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

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

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

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

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

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

-I love this job, I feel very satisfied when I finish a project and my clients come to me saying how much they appreciate my work/ "thank you".

That makes me feel very valuable (有价值的).

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

4. What do you do to work better?

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

你也可以分享你的工作小 tip, 使用什么软件, 等等..

I always make plans at work...

5. How many hours do you work each week?

Fulltime job: 40 hours per week.

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

6. What happened on your first day at work?

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

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

Accommodation (住房)

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

1. Tell me about the house or the apartment you live in.
 - Do you live in a house or a flat?
 - Can you describe the place where you live? What kinds of housing do you live in?

思路：

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

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

公寓: (X-bedroom) apartment, flat

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

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

食堂: cafeteria, dining hall, canteen, refectory

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

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

walking distance; right next to the subway/ university/ hospital/ shopping center,

-I live in a beautiful house in the suburbs of my city. The house is very big/ spacious, I have a beautiful back yard where I could plant some flowers.

And the neighbourhood is very safe and quiet, and... (思考时间) very convenient as well, I mean, my house is really close to the grocery store/convenience store, so I like it a lot.

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

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

2. Who do you live with?

(如果之前没有提到和谁住，才有可能问道这一题)

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

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

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

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

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

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

-Mostly just the size difference. I mean, the living space I have now is much bigger than before. Before I moved to where I live now/ my current

apartment, I was living with my parents, and I only had a very small bedroom. But now, I have my own apartment, I have a big living room, and a big bedroom, and I even have a dressing room/walk-in closet for myself.

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

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

4. How long have you lived there?

-For about two years, not for too long.

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

Hometown (家乡)

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

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

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

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

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

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

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

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

3. Can you describe your hometown a little?

简单，20-25 秒，概括两句，不用太细节。

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

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

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

Food is amazing in my city,..

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

It's a very livable city/ place.

来学学形容 city 的说法：

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

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

2. dull/boring/sleepy 无趣无聊的

3. bustling: a crowded and busy place 热闹的

Hustle and bustle

还可以说 fast-paced/ lively

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

4. compact/small: 小小的、很拥挤的

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

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

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

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

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

It's a city that never sleeps.

9. vibrant: 充满活力的/exciting/ lively

10. it's got such a rich culture.

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

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

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

Air quality is an issue there.

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

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

Area (家周一带)

1. Do you like the area you live in?

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

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

It takes forever to do sth.

2. What are some changes in the area lately?

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

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

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

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

- 有的话就说具体是谁，你见过没。

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

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

- 其他内容自己回答