

Doing sports

1 What sports do you like?

- 我喜欢游泳/跑步/羽毛球/网球—还喜欢一些温和的运动—瑜伽/Zumba

2 Where did you learn how to do it?

- 羽毛球/游泳/跑步—学校—体育课/选修课—免费
- 瑜伽/zumba—大学附近的健身中心—会员/付费课程

3 Did you do some sports when you were young?

- 嗯嗯—非常喜欢运动—让人精神好/有能量—大学/高中时—每天晚上跑步半小时
- 特别擅长篮球—学校篮球俱乐部成员—参加地区/全国性比赛—得了一些奖

4 Do you think students need more exercise?

- 嗯嗯—花太多时间在学术学习/考试/课程—很多人几乎不运动—久坐不动生活方式/肥胖—影响身心健康/学习效率—需要做运动
- 做运动很多好处—增强体质/学新技能/减压/放松/结交新朋友—运动完学习更高效/感到更开心—释放多巴胺等化学物质

Books and reading habits

1 Do you often read books? When?

- 嗯嗯—每周读书6-10小时—一般睡前读1小时—完成了各项工作/自由时间—一种放松

2 Are your reading habits now different than before?

- 以前喜欢看小说/爱情小说/侦探小说—有趣的/令人兴奋的故事
- 现在喜欢看历史书/人物传记—从历史事件/成功人的个人经历学到很多

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

- 嗯嗯—有蛮多—比如一些经典小说—pride and prejudice/Jane eyre/the great Gatsby
- 最喜欢harry porter—现看电影/再看小说—不同的理解/感受

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

- 看电影—最重要的原因是一省时间2小时内完成精彩故事—更好声音影像效果+演员出色表演/展现一个魔幻世界—更好的感受场景和剧情的发展
- 看书—电影是导演和演员的感受表达—会被影响—看书更主观—应用自身想象力—感受人物的情绪和人生经历—更专注故事

Boring things

1 What kinds of things are boring to you?

- 和不熟的人聊天—讨论不感兴趣的事情—浪费时间
- 排队买东西/开很长的会/逛街/看不感兴趣的展/做重复性的工作—收集数据/做计算

2 What will you do when you feel bored?

- 经常做些放松/兴奋事—看电影/朋友聊天/SPA按摩/跑步/瑜伽冥想
- 长假期—去旅游/新城市新地方—有趣的经历/都是新鲜的
- 做每日计划—生活安排好组织好—不会无聊—更高效/更有动力

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

- 初中一年级—学校组织了一次团队旅行—被安排各种讲座/要求做笔记—完全不感兴趣—很匆忙—根本没时间自己参与各种活动—食物也无聊—土豆和鸡肉。。。
- 导游带去一个小博物馆—门票贵—没有什么展品—还被要求必须呆2小时/买一些产品—最无聊经历

4 Do you think school is boring?

- 一点都不, 相反很有趣很精彩
- 上不同的课程—学新知识/感到充实; 认识不同类型的朋友/一起做各种有趣活动—运动/志愿者活动/研究项目—交流想法观点—棒棒哒

Collecting things

1 Do you collect things?

- 嗯嗯—收集不同国家的硬币—不同于纸币—硬币更代表一个国家的历史和文化—收集了十几个国家的硬币—美国/日本/英国/泰国
- 邮票/cd/书签/不同种类玫瑰/球鞋

2 Are there any things you keep from childhood?

- 很多—小学的课本/笔记本/学生证/自行车/金项链/有趣的玩具

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

- 嗯嗯—只要能正常工作—不丢老物件—勾起当时有趣经历—环保—尽可能充分使用
- 小时候的单车—修了很多次—给我的侄子/女儿用
- 一个喜欢保存老物件的人—更可靠更值得信赖

4 Where do you usually keep things you need?

- 珍贵的/有价值的/有意义的/我喜欢的一放在书房的大木箱子—应该被很好保护—被锁上/只有我有钥匙

Talents

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

- 音乐才能—擅长弹钢琴/唱歌
- 语言天赋—学语言很快—中国很多城市的不同方言/英语/法语/日语

2 Was it mastered recently or when you were young?

- 年轻时—发现有音乐/运动天赋—后父母帮我找老师/教练—接受系统培训—参加各种地区性全国性比赛—获得一些奖—成就感/成功感

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

- 嗯嗯—有些用
- 参加公司的一些团队活动/更容易脱颖而出—遇到困难问题时—能更好的处理压力—通过运动/音乐排解压力—有利于团队合作/沟通
- 语言—地球村—更多工作机会—在跨国公司工作—更好职业前景

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

- 我爸爸/妈妈/弟弟也有此天赋—音乐/体育/语言—音乐专业学大提琴/擅长滑雪滑板/学英语比同龄人快—基因对人的天赋有很大影响

Watch

1 Do you wear a watch?

- 嗯嗯—戴apple watch

2 Have you ever got a watch as a gift?

- 嗯嗯—2-3次—小时候十岁生日—爸爸送电子表—漂亮的swatch
- 今年生日—男朋友/爸爸送我一个apple watch

3 Why do some people wear expensive watches?

- 最重要原因—社会地位/财富的象征—戴贵手表的人被认为更成功更富有更可靠—彰显财富—赢得更多机会
- 也有一些人—很有钱—贵手表是首饰珠宝—甚至是一种投资—增值

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

- 不再重要—已经被智能手机取代—更方便/高效—直接读时间/设定闹钟/提醒—只是一个饰品而是重要物品

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Meeting places

1 Where is your favorite place to meet with your friends?

- 市中心的星巴克咖啡—交通便利—方便所有人去/地标容易找
- 星巴克大落地窗/两层大空间/咖啡好/环境好—经常先在这碰面聊一聊—再开始开心聚会

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

- 当然—合适的碰头点应该是容易找的地标—比如商场—碰面后可以直接开始—一站式购物体验—餐馆/咖啡馆/电影院
- 还有书店/咖啡店—等人时不会无聊

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

- 小时候—没钱—经常在市中心大广场的雕塑/喷泉—学校门口/学校附近小商店; 现在—喜欢在环境不错地方—刚刚说过—咖啡店/书店/商场
- 小时候—只被允许在家和学校附近—安全风险; 现在可以自己选择—不是父母决定

4 Why are some meeting places better than others?

- 一般因为—这些地方有更便利的交通/更好的地理位置/更好的环境/更好的设施
- 或者因为一些主观因素—靠近朋友的工作地点/就在家附近—所以觉得更好

Old buildings

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

- 嗯嗯—市中心有一个100多年旧寺庙—被修缮改建成一个旅游景点—免费向公众开放—去过1次—导游介绍历史背景和发展—拍了一些照片
- 还有一些老房子—可能会被推翻—改建新楼

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

- 一些有重要历史意义和文化价值的老建筑—应该被保护—政府有责任—城市景观/文化重要部分—被保留给下一代/下下一代
- 如果老建筑都被摩天大楼/现代建筑取代—城市变得无聊/乏味/无生机/无趣

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

- 会选现代建筑—老房子不适合居住—设备老/设计过时/安全风险—花很多钱维修
- 现代房子—设计科学/各种现代设施设备/电梯/热水器/供暖系统/照明系统更好—更舒适/安全/方便

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

- 嗯嗯—希望有机会参观国内外老建筑—特别是法国卢浮宫Louvre/中国故宫The Imperial Palace/大英博物馆The British Museum —还有欧洲大教堂城堡

Computers

1 In what conditions would you use a computer?

- 小学2年级—学校有电脑课—学习简单电脑技能—不难/有趣
- 清楚记得—小学1年级暑假—哥哥教我玩电脑游戏—神奇机器

2 When was the first time you used a computer?

- 现在智能手机广泛应用—很多事直接手机完成
- 但是当要写论文/查资料/看电影/写邮件—更喜欢用电脑—更方便高效—大屏幕/键盘

3 What would your life be like without computers?

- 不能打字—花好多时间写论文
- 不能电脑查资料—去图书馆花几天读各种书/文献
- 不能用电脑网络课/视频会议—浪费大量时间在通勤上
- 离不开电脑/没有电脑生活—一团糟

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

- 有小孩在旁边—很喜欢用这个神奇机器—无法用电脑
- 去偏远地区露营—网络连接不稳定

Sitting down

1 Where is your favorite place to sit?

- 书房的书桌旁—朝南的房间/落地窗—前面是一块大草地/树/听到鸟叫声—安静/平和—都是按自己喜好布置—坐在书桌前看书/工作——种放松/平静自己

2 Do you always sit down for a long time?

- 嗯嗯—离不开电脑—工作学习时—电脑前坐至少1-2个小时—有时候甚至忘记喝水
- 现在手机中设置闹钟—提醒我站立/走动—每40分钟—久坐不动对身体不好

3 Do you feel sleepy when you are sitting down?

- 嗯嗯—长时间盯着电脑屏幕—困/类—无法专注于任务—影响工作效率—所以长时间工作学习后—趴桌子上睡一会—5-10分钟—让自己清醒

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

- 嗯嗯—喜欢坐地上—不喜欢坐沙发/椅子上—光着脚/不穿鞋—舒服/放松—可能坐地上可以给小孩安全感

Advertisement

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

- 过去不喜欢—广告阻止继续看电影/电视—干扰
- 现在广告有创意/设计好/有意义—有些有教育性—而不是直接宣传产品—会花时间看广告

- 不喜欢—阻止我继续看电视电影/干扰
- 花钱办视频网站会员—不用浪费时间看无聊广告—划算

2 What kinds of advertisements do you dislike?

- 不喜欢商业广告—宣传商品—强迫消费者接受一些信息—夸大的/有误导性的/—鼓励消费者买不必要商品
- 没有创意广告—浪费时间

3 Do you share advertisements with others?

- 嗯嗯—看到有趣有创意的广告—会分享给朋友/家人
- 上周分享了一个公益广告—山村小学志愿者服务—同学们—暑假有机会参加这个活动

4 Do you want to work in advertising in the future?

- 如果可以, 想去
- 广告业涉及到很多不同领域/不同专业技能—学到很多—美剧【广告狂人】—各种成功/经典广告—希望参与广告行业—很棒很有趣的体验

Evening time

1 Do you like the morning or evening?

- 喜欢晚上一早上很忙—忙各种事情/会议/课程—早起难受/痛苦经历
- 晚上一自由时间/做自己感兴趣事情—令人兴奋的夜生活/安静让人舒服放松

2 What do you usually do in the evening?

- 晚上是个人时间—主要用于娱乐/休闲活动/运动—和朋友看电影/跑步—最近晚上花2小时学轮滑/python/学法语

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

Why?

- 小时候—晚上被安排各种课程—舞蹈课/钢琴课/网球课—完成不同科目作业—有点累
- 周末的晚上一自由时间—和朋友玩/看电视/做自己感兴趣的事情—放松

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

- 最大区别是—过去花大量时间自习/去图书馆/专注学术学习—现在觉得没必要晚上学习—应该用来娱乐放松—逛街/跑步/露营
- 另一个区别是—过去经常一个人—现在和同学/朋友一起—变得更开心/有动力

Daily routine

What is your daily study routine?

- 很简单—早上7.30起床—半小时瑜伽或跑步—8.30—5.30 上课—课多/图书馆自习—7—8点网络课学习python...—9点完成作业/复习—11点前睡觉
- 很简单—7点起来做早餐送孩子上学—9am—6pm办公室工作—做日程/开会/小组项目—高效工作按时完成—6pm之后家庭时间—不工作

Have you ever changed your routine?

- 嗯嗯—这学期/这个月开始—把运动时间从早上改到下午—感觉很困/累—做半小时运动振奋自己—每天睡前泡脚—暖和舒服有利于睡眠
- at the beginning of this semester/ month, feel sleepy and tired, cheer myself up, make me refreshed and energetic again, take a footpath, good for my sleep

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

- 嗯嗯—非常重要—有了daily routine—明确目标—先完成时什么再做什么—不会浪费时间在不重要/不必要的事情上—每件事都顺利进行—安全感/控制杆—不会焦虑/担心
- clear/definite goals, not waste too much time on insignificant or unnecessary things, everything is running smoothly, a sense of safety and control, feel anxious or worried

What part of your day do you like best?

- 早上一花半小时跑步/做瑜伽—很好的身心状态—吃完早餐—做日计划安排—高效完成各种任务—相反下午晚上很疲惫累
- doing yoga, good physical and mental state, make daily plans and schedules, finish different tasks highly efficiently, by contrast, feel tired even exhausted
- 晚上一没有任何外在干扰和分心—安静/平和的环境—专注于自己喜欢的事情—高效完成—一切有自己控制
- There are no external distractions and interruptions/disturbance, work in a peaceful and quiet environment

Hometown

Where is your hometown?

Where do you come from?

- 思路: 我来自于长沙—湖南省的省会—历史古城—毛主席的故乡—现在因电视产业而闻名
- 思路: 我就来自于长沙—本地人
- 英文: capital city of Hunan Province, historic city, be famous/well-known for, I am a native/I am a local

Is that a big city or a small place?

- 思路: 中型城市—超过800万人口—中部地区大城市—最具幸福感城市之一—发展迅速, 吸引大量年轻人
- 英文: a medium-sized city, Central China, one of the ten happiest cities, is developing rapidly

How long have you been living there?

- 思路: 快20年/超过20年—自从出生—见证了很多发展和变化
- 英文: since I was born, has witnessed significant changes and development

Do you like your hometown?

- 思路: 当然/非常喜欢—生活20多年—小学初中高中—家人朋友—美丽风景/美味食物/当地文化—发展迅速/设施完善—生活压力不大/节奏不快—刚刚说过—十大最具幸福感城市之一
- 英文: beautiful sceneries, delicious spicy food, local culture, good public facilities, lead a pressured and fast-paced lifestyle

Is there anything you dislike about it?

- 思路: 唯一不喜欢的一多变/严峻的天气—夏天闷热冬天寒冷—只有两个季节没有春秋—严重影响了生活方式—夏天冬天很少做户外运动
- 英文: the only thing that I dislike, changeable and harsh weather conditions, stuff and hot, freezing and humid, serious affect our lifestyle

What do you like (most) about your hometown?

- 思路: 当然是一长沙人乐观的生活态度—各种方式让自己的生活有趣刺激—各种娱乐场所—酒吧/卡拉OK/咖啡馆/剧院/运动场—特别适合年轻人生活—热情/有活力的城市
- 英文: it must be, optimistic and positive attitude towards life, entertainment places, concert hall, karaoke bar, sports centre, a lively, vigorous and vibrant city

Do you think you will continue living there for a long time?

- 思路: 我会—刚刚说过—这么好的城市—完善的设施, 家人朋友, 不错的生活环境。
- 更重要的是一城市正高速发展—经济腾飞—就业机会多—找到满意的工作
- 思路2: 不会—小城市—虽然在快速发展—学当代艺术专业—很难找到满意的工作—从英国大学毕业后—先去国际大城市—北上广—更多就业机会

- 英文: brilliant/excellent facilities, a good living environment, the economy is thriving, numerous job opportunities, find a satisfying/desired/decent job, modern arts, it is difficult to, international metropolises

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The area you live in

1 Where do you like to go in that area?

- 最喜欢去家附近的小植物园—10分钟走路——周至少去一次—跑步/野餐/露营—特定时间花展
- 还喜欢一个大商场各种设施/电影院/咖啡馆/餐馆—24小时书店/小农场

2 Do you know any famous people in your area?

- 不是很清楚—听说有一个当地电视台主持人/流行歌手—住这边—从没见过

3 What are some changes in the area recently?

- 最大变化—很多设施被新建增加—刚刚说过—大商场/植物园—2个地铁站/1个大医院在建—生活更方便高效—不用花1个多小时去市中心
- 很多年轻人搬到这个区域—更有活力更热闹—小区附近有一个夜市—卖各种小吃饮料

4 Do you like the area that you live in?

- 当然喜欢—不是市中心—不吵不拥挤/平和安静—享有完善设施/便利生活—好地方
- 公共交通高效—坐公车/地铁去城市各个地方

Work or studies

Are you working or studying?

- **思路: 我现在在北京读大学—第三年**
- 英文: i am currently studying in, in the third year, freshman, sophomore, junior, senior

What are you studying?

What is your major?

- **思路: 我的专业是—经济学**
- 学科: architecture, archaeology, literature, sociology, economics, physics, international business, accounting, finance, art and design, marketing, law, engineering, English, linguistics, photography
- 英文: i major in, my major is

Why did you choose to study that subject?

- **思路: 主要是因为—父母是企业家—推荐学经济学—高中喜欢看商业杂志—对经济学感兴趣**
- **另一个重要原因—自己创业—经济学是很好的准备—研究生可以学相关学科—企业管理/银行金融学等**
- 英文: entrepreneur/businessman, business magazines, set up my own business, a good preparation and foundation

Is it interesting?

Do you like your subject?

- **思路: 很有趣——通过研究人们在日常生活中的经济行为—帮助做更好的决策/使团队工作更高效**
- **学各种相关科目—微观经济学/宏观经济学/统计学/金融学—学校项目好—参与会议/实习/研究—学到的知识应用到实践中**
- 英文: economic activities, make better decisions, be better in decision-making and problem-solving, microeconomics, macroeconomics; statistics, finance, good academic and practice programs, do internships, put what I have learnt in the university into practice

Are you looking forward to working?

- **思路: 嗯嗯—期待用自己所学知识和技能来赚钱—变得经济独立—开始工作—意味着我开始有挑战性但令人兴奋的征程—学会和不同背景的人工作相处**
- **虽然会遇到各种问题—不能用学术知识解决—心胸开阔/更有能力/更乐观**
- 英文: become financially independent, start a challenging and exciting journey, work with people from different backgrounds, encounter various kinds of problems or difficulties, be more open-minded, competent and confident

Do you prefer to study in the mornings or in the afternoons?

- 思路: 我喜欢早上学习—8小时睡眠后—吃完早餐/做完运动—头脑清晰—更专注—工作效率高
- 相反—下午很疲惫/困—忙其他事情/其他计划或活动—干扰我的学习
- 习惯——般早上7:30开始学习—做好每天的安排
- 英文: have a clear mind, stay focused, better concentrate on, work more efficiently, feel exhausted and sleepy, disturb my study, make daily schedules

What technology do you use when you study?

- 思路: 最有用的科技是电脑和因特网—受益于这个科技—学习更容易/方便/高效/灵活—写论文网上找资料—网络课没有时间和地理的限制
- 最近使用最多—iPad+apple pencil—听课程/做笔记/画画—易携带/轻便
- 英文: benefit from, be easier, more convenient, efficient and flexible, not retracted by time or geographical locations

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Home/accommodation

What kinds of accommodation do you live in?

Do you live in a house or flat?

- 思路1: 我现在和父母住在一个大公寓—城市南边园
- 英文: I am currently living, a lovely balcony, in the suburb/suburban area

Can you describe the place where you live?

- 思路: 坐北朝南的公寓—第17楼—3个卧室/2个浴室/一个大客厅/一个厨房/一个不错的阳台—奶黄色—温馨舒适的家
- 英文: a south-facing flat, on the 17th floor, a lovely balcony, be decorated in cream color, a warm and cozy home

What room does your family spend most of the time in?

- 思路: 大客厅—最宽敞/公共空间—运动娱乐设施—休闲时间—电视/跑步机/游戏机—舒服的沙发—一起看电视/玩游戏/聊天/做运动—家庭欢乐扮演重要角色—放松
- 英文: the biggest shared space, entertainment and sports equipment, game console, treadmill, comfortable sofas, play an important role in family happiness, leisure time, leisure activities, a relaxing place

What part of your home do you like the most?

- 思路: 卧室—私人空间—不被外界干扰—专注我感兴趣的事情—听音乐/冥想—最喜欢窗边的书桌—边读书写作—享受窗外的美景—感到平和愉悦
- 英文: a private space, not be disturbed by the surrounding environment, concentrate on what I am interested in, meditation, feel peaceful and joyful

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

- 思路: 租房市中心—靠近我的高中—方便—房子很小/家具简单—晚上非常吵闹
- 现在搬到城市南边—虽然远离市中心—交通没那么高效/生活没那么方便—更大更舒适—装修不错—安静平和的小区—睡眠好很多—邻居友善热情—更喜欢现在住的地方
- 英文: less efficient and convenient, more spacious and comfortable, better decorated, a quiet and peaceful neighborhood, sleep quality has been improved greatly

How long have you lived there?

- 思路: 两年—大学第一年—搬到新公寓—新的开始
- 英文: embrace the brand new start

Are the transport facilities to your home very good?

- 思路: 刚刚我提过—离市中心远—不错—有一个大公交车站/地铁站—5分钟步行—去城市各个地方—30分钟公交
- 英文: as I have mentioned before, a bus stop, a metro station, 5-minutes' walk, by bus

Do you plan to live there for a long time?

- 思路: 嗯嗯—刚刚搬家—十年内不会搬—很满意现在的公寓/周边环境/配套设施—交通购物娱乐/邻居—房价增长快—不计划再买房
- 英文: supporting facilities, the house price is soaring

What kind of house or flat do you want to live in in the future?

- 思路: 如果可以—郊区—买地—建四合院—前面有湖—后面有树林—养很多动物/种各种蔬菜/花/果树—周末邀请很多朋友—做饭/野餐/野营—放松愉悦的体验—希望愿望十年后成真
- 英文: in the suburb, a quadrangle, my dream would be fulfilled within ten years, a relaxing and exciting experience

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