# 20240902

## Cambly AI CORRECTION

## Other AI correction

## Questions（answer them anytime）

## idiomatic English expressions(1-ai example 2-my example 3-ai correction)

## correction and expanding Expression

# 20241113

## Cambly AI CORRECTION

On Saturday, my company arranges a physical check-up.

On Saturday, my company arranges a physical check-up.

At some point, I want to go to the office to test my thought if my thought is wrong.

At some point, I want to go to the office to test my thoughts if my thoughts are wrong.

And I fix up.

And I fixed up.

they can quickly point out what problem is and how to find the problem.

they can quickly point out what the problem is and how to find the problem.  
他们可以快速指出问题是什么以及如何找到问题。

At this point, it shows that they have think of ways to

At this point, it shows that they have thought of ways to  
到了这一步，就说明他们已经想到办法了。

## Other AI correction

Error: The electricity has a problem.

Improved: There was a problem with the electricity.

Explanation: It's more common to refer to past events with "was" rather than "has" in this context.

Error: company provide an opportunity for employees to do a physical check-up for free. Improved: The company provides an opportunity for employees to have a physical check-up for free.

Explanation: "The company" should be used with "provides" to indicate the current situation.

Error: So, the result, now I haven't received the result yet.

Improved: So, I haven't received the results yet.

Explanation: "The result" should be "the results" to indicate multiple outcomes, and "now" is often omitted in this context.

Error: it's usual annually.

Improved: it's usual every year.

Explanation: "Annually" is an adverb, and "every year" is a more common way to express this idea in spoken English.

Error: I figure out a solution to solve my problem.

Improved: I figured out a solution to my problem.

Explanation: "Figured out" is the past tense and is more appropriate here, and "to" is not needed before "my problem."

Error: At some point, I want to go to the office to test my thought if my thought is wrong. Improved: At some point, I wanted to go to the office to test my idea to see if it was wrong. Explanation: "Thought" should be "idea" for clarity, and the past tense "wanted" should be used. "Test" is not the best verb choice here; "to see if" is more appropriate.

Error: And I fix up.

Improved: And I fixed it up.

Explanation: "Fixed" should be in the past tense to match the context.

Error: And these two days, I've been summarizing what I have done because it is close to the end of the year.

Improved: And these past two days, I've been summarizing what I've done because it's close to the end of the year.

Explanation: "These two days" should be "these past two days" for clarity, and "it's" is more colloquial than "it is."

Error: No matter we take it as an experience.

Improved: No matter if we take it as an experience. 不管我们是否将其视为一种体验。

Explanation: "No matter" should be followed by "if" to introduce the conditional clause.

Error: Or in the future, if I change a company, I can use this as a tool.

Improved: Or in the future, if I change companies, I can use this as a tool. Explanation: "Company" should be plural "companies" when referring to a general case of changing employers.

Error: Yeah, I noticed that the experienced engineers, after they watch the work for a while, they can quickly point out what problem is and how to find the problem.

Improved: Yeah, I've noticed that experienced engineers, after watching the work for a while, can quickly point out what the problem is and how to find it.

Explanation: "Noticed" should be in the present perfect tense, "watching" is the correct gerund form, and "what the problem is" should be "what the problem is" for clarity.

Error: And the third sentence is... If you are trying to show off for people at the top, forget it. They will look down at you anyhow.

Improved: And the third sentence is... If you're trying to show off to people at the top, forget it. They'll look down on you anyway.

Explanation: "You're" is the contraction of "you are," and "look down on" is the correct phrase. "Anyway" is more commonly used than "anyhow."

Error: Status will get you nowhere. Only an open heart will allow you to flow equally between everyone.

Improved: Status gets you nowhere. Only an open heart will allow you to interact equally with everyone.

Explanation: "Gets" is the correct present tense verb, and "interact" is a more appropriate verb than "flow" in this context.

Error: It's like 无穷无尽.

Improved: It's like endless desires.

Explanation: "无尽" means "endless" in English, and it's more common to use the word "desires" to complete the thought.

Error: So I think the imagination, before we buy something, before we really buy something and experience what I want, it's happy for us.

Improved: So I think that before we buy something, before we actually buy it and experience what we want, we're happy.

Explanation: "The imagination" is not the correct phrase here; the sentence should focus on the anticipation of buying something. "It's happy for us" should be "we're happy" for a more natural expression.

Error: But after we finish that, maybe it's not. We have another goal. We have another thing to buy. And it makes me unhappy again.

Improved: But after we've finished that, maybe it's not enough. We have another goal, another thing to buy, and it makes us unhappy again.

Explanation: "After we finish that" should be "after we've finished that" to indicate completion. "It makes me unhappy again" should be "it makes us unhappy again" for a more general statement.

Error: Stories have shown that people become unhappy when they limit their choice.

Improved: Studies have shown that people become unhappy when they have too many choices. Explanation: "Stories" should be "studies" for credibility, and "limit their choice" should be "have too many choices" to match the common phrase.

Error: And it can make you think it over and over again. And in this process, you are not really happy.

Improved: And it can make you think about it over and over again. And during this process, you're not really happy. Explanation: "Think it over" is the correct idiom, and "during this process" is more specific than "in this process."

Error: So we can say in our imagination we think that getting everything we want will make us happy. But in reality we will still always want more things.

Improved: So we can say that in our imagination, getting everything we want seems like it would make us happy, but in reality, we always want more.

Explanation: "In our imagination" should be followed by a comma, and "we will still always want more things" should be "we always want more" for a general truth.

Error: And in English we have a saying that says, more money, more problems.

Improved: And in English, we have a saying: "The more money, the more problems." Explanation: "And in English" should be followed by a comma, and the saying should be in the format of "The more...the more..." for emphasis.

Error: Maybe it is about finding the right halfway point between extreme poverty and extreme wealth.

Improved: Maybe it's about finding the right balance between extreme poverty and extreme wealth.

Explanation: "Halfway point" can be more accurately described as "balance," and "it's" is more colloquial than "it is."

Error: And the people with extreme wealth also have problems with happiness.

Improved: And people with extreme wealth also have problems when it comes to happiness. Explanation: "Also have problems with happiness" should be "also have problems when it comes to happiness" for clarity.

Error: And the people with extreme poverty always have problems.

Improved: And people with extreme poverty always face problems.

Explanation: "People with extreme poverty" is a more natural subject choice, and "face problems" is more idiomatic than "have problems."

Error: Because if the basic needs cannot be met,

Improved: Because if their basic needs can't be met,

Explanation: "The" is not needed before "basic needs," and "cannot" is more commonly contracted to "can't."

Error: and they cannot pursue other things, for example, such as bachelor education,

Improved: and they can't pursue other things, like higher education,

Explanation: "Cannot" is more commonly contracted to "can't," and "bachelor education" should be "higher education" for clarity.

Error: so it shows that if people lack of money, they cannot do anything.

Improved: so it shows that if people lack money, they can't do anything.

Explanation: "Lack of" should be "lack," and "cannot" is more commonly contracted to "can't."

Error: Or sometimes if someone gets a serious health problem, and people with extreme poverty will feel overwhelmed or feel helpless.

Improved: Or sometimes if someone with extreme poverty gets a serious health problem, they'll feel overwhelmed or helpless.

Explanation: The sentence should be more specific by indicating that the person with extreme poverty is the one with the health problem, and "will feel" is more appropriate than "will feel" for a general statement.

Error: Because even though facing a life,

Improved: Because even when facing a life,

Explanation: "Even though" should be "even when" for clarity.

Error: you cannot use money to solve that problem.

Improved: you can't use money to solve that problem.

Explanation: "Cannot" is more commonly contracted to "can't."

Error: you have to be very stressed about how to maintain that property.

Improved: you have to be very stressed about maintaining that property.

Explanation: "How to maintain" is slightly awkward; it's more common to say "maintaining" after "about."

Error: You need to think of how to maintain all your property, which is a

Improved: You need to think about maintaining all your property, which is

Explanation: "Think of how to" is less common in this context; "think about" is more natural.

Error: That's so stressed.

Improved: That's so stressful.

Explanation: "Stressed" is typically used to describe people, not situations; "stressful" is the correct adjective for describing situations.

Error: And I don't know if it is true. Maybe they have to deal with a relationship with

Improved: And I don't know if it's true. Maybe they have to deal with relationships where

Explanation: "It is true" should be contracted to "it's true," and "a relationship" should be "relationships" to indicate multiple relationships.

Error: someone who just has a real heart.

Improved: someone who has a genuine heart.一个有一颗真诚的心的人。

Explanation: "Just" is unnecessary and can imply exclusivity, which is not the intended meaning here.

Error: They just look at the money,

Improved: They only look at the money,   
他们只看钱，

Explanation: "Just" can imply that looking at money is the only thing they do, while "only" emphasizes that they consider money to the exclusion of other factors.

Error: so they cannot really experience the real emotion.

Improved: so they can't truly experience real emotions.

Explanation: "Cannot" should be contracted to "can't," and "the real emotion" should be "real emotions" to indicate a range of emotions.

Error: maybe we all heard some story about some rich men who pretend

Improved: maybe we've all heard stories about rich men who pretend

Explanation: "All heard" should be "all heard" to include the speaker, and "story" should be plural "stories" to indicate multiple instances.

Error: they are poor guys or they are not rich to test

Improved: they are poor or not rich to test

Explanation: Removing "guys" makes the sentence more formal and less gender-specific.

Error: if they have true feelings. Improved: if they have genuine feelings.

Explanation: "True feelings" can be replaced with "genuine feelings" for a slight variation in language.

Error: And it can lead to another problem.

Improved: And this can lead to another problem.

Explanation: "This" refers back to the specific situation they were just discussing, making the connection clearer.

Error: the person who test another person,

Improved: the person who tests another person,

Explanation: "Test" should agree with the singular subject "the person," so it should be "tests."

Error: I would say, you doubt me. Improved: I would say you doubt me. Explanation: The comma is necessary to separate the quoted speech from the rest of the sentence.

Error: It can lead to problems to build trust.

Improved: **It can lead to problems in building trust.**

Explanation: "To build trust" should be "in building trust" to indicate the process of trust-building.

Error: And I have heard stories that people who suddenly win the lottery,

Improved: And I've heard stories about people who suddenly win the lottery, Explanation: "Have heard" should be in the present perfect tense "I've heard," and "that" should be "about" to introduce the stories.

Error: they don't have experience to manage the immense

Improved: they lack experience in managing the immense amount of money.他们缺乏管理巨额资金的经验。

Explanation: "Don't have experience to" is less common; "lack experience in" is more idiomatic.

Error: All of a sudden, it's difficult

Improved: Suddenly, it's difficult Explanation: "All of a sudden" is a bit old-fashioned; "suddenly" is more commonly used today.

Error: And it can avoid other people to be aware of what he is looking at.

Improved: And it can prevent other people from being aware of what he's look.   
而且它可以防止其他人知道他的长相。

## Questions（answer them anytime）

## idiomatic English expressions(1-ai example 2-my example 3-ai correction)

### 询问工作和周末情况 (Inquiring About Work and Weekend)

"How is work going? How was your weekend?"

这个表达用于询问对方的工作进展以及周末情况，是日常对话中的常见问候。

### 体检 (Physical Check-up)

"I had a physical check-up and examination, and it will take a while to receive the results."

描述了进行体检和等待结果的过程。

### 工作紧迫感 (Preoccupation With Work)

"I was so preoccupied with work all weekend that I felt the urge to go to the office to test out my solution."

表达了对工作的极度专注，以至于周末也想要去办公室解决问题。

### 经验积累 (Gaining Experience)

"Maybe as you gain more experience, you'll be able to solve problems more quickly."

说明了随着经验的增加，解决问题的能力也会提高。

### 工作节奏 (Work Pace)

"Things are a little more relaxed now."

描述了工作节奏放缓，变得更加轻松。

### 招聘流程 (Hiring Process)

"The job wouldn't start until August next year, so I think it's a long hiring process."

描述了招聘流程的漫长，工作开始时间较晚。

### 接受现实 (Acceptance of Reality)

"I decided it's out of my control now."

表达了对某些事情无法控制的接受态度。

### 专注研究 (Focusing on Research)

"For now, I can focus on research work."

说明了目前可以将注意力集中在研究工作上。

### 消费观念 (Spending Habits)

"It's better to use money to meet our basic needs instead of spending it on things we want."

讨论了消费观念，强调满足基本需求比满足欲望更重要。

### 欲望无尽 (Endless Desires)

"We have endless desires to buy more and more things."

描述了人类对物质的无尽追求。

### 选择过多 (Too Many Choices)

"Studies have shown that people become unhappy when they have limitless choices."

说明了选择过多可能导致的不幸福感。

### 金钱与问题 (Money and Problems)

"More money, more problems."

简洁地表达了财富增加可能带来的问题。

### 金钱的平衡 (Balancing Money)

"Maybe it's about finding **the right halfway point** between extreme poverty and extreme wealth."

讨论了在极端贫困和极端财富之间找到平衡的重要性。

### 财富与人际关系 (Wealth and Relationships)

"If you are extremely rich, you can never be sure if your relationships are genuine."

描述了极端财富可能对人际关系真实性的影响。

### 彩票中奖 (Lottery Winnings)

"People who suddenly win the lottery and become extremely rich overnight may **experience a decline in happiness."**

说明了突然暴富可能带来的幸福感下降。

### 隐私保护 (Protecting Privacy)

"They will wear masks to disguise their identities."

描述了为了保护隐私而采取的措施。

## correction and expanding Expression

# 20241104

## Cambly AI CORRECTION

as what I just said, our, our companies can offer a cheaper proposal than our company,

as I just said, other companies can offer a cheaper proposal than our company,

if the company can success,

if the company can succeed

in a month ago, um, the stock in China, uh, began to rise, but

a month ago, um, the stock in China, uh, began to rise, but

## Other AI correction

Error: "what factors will affect you to decide on the final match?"

Improved: "what factors will affect your decision on the final marks?"

Explanation: "Affect" should be followed by "on" when referring to the impact on a decision-making process.

Error: "other company, uh, offer, uh, cheaper price proposal"

Improved: "other companies may offer a cheaper price proposal"

Explanation: It's more natural to use "may" to indicate possibility and "a" is needed before "cheaper."

Error: "a more feasible proposal to that company"

Improved: "a more feasible proposal to the company"   
“向公司提出更可行的建议”

Explanation: "To" is the correct preposition when referring to proposals being made to a company.

Error: "we just, uh, see it as a practice"

Improved: "we just see it as practice"

Explanation: "As" is not needed before "practice" in this context.

Error: "we can, um, collect them, uh, in order to give experience"

Improved: "we can collect them to gain experience"

Explanation: "It" is not needed, and "gain experience" is a more natural way to express this idea.

Error: "if the company can success"

Improved: "if the company can succeed"

Explanation: "Succeed" is the correct verb form to use here.

Error: "I'm concerned that if the company can success"

Improved: "I'm concerned about whether the company can succeed"

Explanation: "Concerned about" is more appropriate, and "whether" is used to introduce the condition.

Error: "the look of concern indicated that I had a serious health problem."

Improved: "the look of concern on the doctor's face indicated that I had a serious health problem."

Explanation: It's more specific and clear to mention the doctor's face.

Error: "the stock in China, uh, began to rise"

Improved: "the stock market in China began to rise"

Explanation: "It" is not needed, and "stock market" is the correct term.

Error: "we are still in financial crisis"

Improved: "we are still in a financial crisis"

Explanation: "A" is needed before "financial crisis" to indicate it's one crisis.

Error: "they will face risk in the future"

Improved: "they will face risks in the future"

Explanation: "Risks" is plural because there can be multiple risks.

Error: "they choose to spend money, uh, on the bank, in the bank"

Improved: "they choose to keep their money in the bank"

Explanation: "It" is not needed, and "keep" is a more natural verb to use in this context.

Error: "the government, uh, has been, um, decreasing the rate of stock interest"

Improved: "the government has been lowering interest rates"

Explanation: "Decreasing" is less common in this context, and "interest rates" is the correct term.

Error: "because, uh, the country encourage people to spend more"

Improved: "because the country encourages people to spend more"

Explanation: "Encourages" should agree with the singular subject "the country."

Error: "holding money around us can make us feel security"

Improved: "holding money can give us a sense of security"

Explanation: "Can" is used for possibility, and "give" is a more natural verb in this context.

Error: "I ate up three bowls of rice in a row"

Improved: "I ate three bowls of rice in a row"

Explanation: "Ate up" is not commonly used; "ate" is sufficient.

Error: "I've been learning five evenings in a row" Improved: "I've been studying five evenings in a row" Explanation: "Studying" is more specific and appropriate than "learning" in this context.

Error: "staff will be taken over all of one's management responsibility"

Improved: "staff will take over all of one's management responsibilities" “员工将接管所有管理职责”

Explanation: "Responsibilities" is plural, and "will take over" is the correct future tense.

Error: "if I want to say, take responsibility"

Improved: "if I want to say, take on responsibility"

Explanation: "Take on" is a more natural phrasal verb when talking about assuming responsibility.

Error: "my superior at work always gives me a lot of assignments at the beginning of the week" Improved: "my boss always assigns me a lot of tasks at the beginning of the week"

Explanation: "Boss" is more commonly used in everyday speech, and "assigns" is the correct verb tense.

## Questions（answer them anytime）

## idiomatic English expressions(1-ai example 2-my example 3-ai correction)

### 批改作业

地道英语句子："I'm finalizing some grading, deciding on the final marks for the students' assignments."

### 同事间的评分核对

地道英语句子："To ensure fairness, I have to consult with colleagues so we can check each other's marking."

### 提案未成功

地道英语句子："Sometimes proposals are unsuccessful, as my brother, an electrical engineer, often experiences."

### 市场竞争

地道英语句子："There is fierce competition between companies, with some able to offer more affordable prices."

### 从失望中学习

地道英语句子："We must always learn from our disappointments to improve and grow."

### 时间压力

地道英语句子："There was time pressure, but next time you will **be better equipped to** handle the situation."

### 经济问题

地道英语句子："We are in the middle of a financial crisis, which is causing many people to be concerned."

### 降低利率

地道英语句子："The government has been **lowering interest rates** to stimulate economic growth."

### 连续性动作

地道英语句子："This week, I went running five evenings **in a row** to improve my fitness."

### 承担责任

地道英语句子："It's time to take responsibility for your life and the decisions you make."

### 自我认知

地道英语句子："Becoming someone who is responsible means being more careful, serious, and sensible about your actions."

### 上下级关系

地道英语句子："My superior at work always gives me a lot of assignments at the beginning of the week, which can be challenging."

### 自卑

地道英语句子："**Feeling inferior can hold you back from achieving your full potential**, so it's important to build self-confidence."

## correction and expanding Expression

[engoo.com/app/daily-news/article/finances-main-cause-of-stress-for-japans-businesspeople/FWUz-JLaEe-NgIMXy\_wo5Q](https://engoo.com/app/daily-news/article/finances-main-cause-of-stress-for-japans-businesspeople/FWUz-JLaEe-NgIMXy_wo5Q" \t "https://www.cambly.com/en/student/progress/_blank)

Finalizing some marking

To Decide on something

Meaning: To determine or make a decision about something.

Idiomatic English Sentences:

"We need to decide on a final design for the project by the end of the week."

"After discussing with the team, we decided on a new marketing strategy."

**deciding on** final marks for student's assignments

I have to **consult with** colleagues, so we can check each other's marking

It helps if somebody else can look

Sometimes proposals are unsuccessful

My brother is an electric engineer, and he says many of his proposals are unsuccessful

A more affordable price

Meaning: A lower or more reasonable price.

Idiomatic English Sentences:

"The store offers a more affordable price on this product during the holiday season."

"We chose the contractor who provided a more affordable price for the renovation."

There is fierce competition between companies, and some companies are able to offer **a more affordable price.**

We must always learn from our disappointments.

There was time pressure

Be equipped to do

Meaning: To have the necessary conditions or abilities to do something.

Idiomatic English Sentences:

"With the right tools and training, the team is now equipped to handle complex projects."

"She felt more confident and equipped to take on the challenge after attending the workshop."



Next time you will **be better equipped to** handle the situation

After losing our project, **I was concerned about** whether we would be successful next time (adjective).

The look of ...

Meaning: The appearance or expression of something.

Idiomatic English Sentences:

"The look of surprise on her face told us she hadn't expected the news."

"The look of determination in his eyes showed he was ready for the race."

The look of concern on the doctor indicated that I had a serious health problem.

It can appear as either adjective or noun

This is a huge financial risk.

**We are in the middle of a financial crisis.**

Because many people are concerned about the financial crisis, they **feel hesitant to** spend too much money.由于许多人担心金融危机，他们对花太多钱感到犹豫。

Lower interest rates

Meaning: A reduction in the rates charged for borrowing money.

Idiomatic English Sentences:

"The central bank's decision to lower interest rates stimulated economic growth."

"Lower interest rates make it more affordable for people to buy homes."

The government has been lowering interest rates

**If nobody is spending any money, then the economy cannot grow.**

Being able to save some money gives people a sense of security.

Especially because nowadays the future feels very uncertain.尤其是现在，未来感觉非常不确定。

one after another - in a row

Meaning: Consecutively, one after another without interruption.

Idiomatic English Sentences:

"She won the championship for three years in a row, setting a new record."

"He finished the entire pizza by himself, eating three slices in a row."

I ate three bowls of rice in a row

This week, I went running five evenings in a row.

Maybe I wanted to be very fit and healthy.

To take over

Meaning: To assume control or responsibility.

Idiomatic English Sentences:

"When the manager left, she was asked to take over the department."

"The new CEO will take over the company's operations next month."

To take over = you will take charge of something, you will be responsible

She has to be in charge of all his duties

Take responsibility of / be responsible for

Meaning: To be in charge of or accountable for something.

Idiomatic English Sentences:

"As a team leader, I take responsibility for our project's success or failure."

"Parents are responsible for their children's education and well-being."

Lee, it's time to **take responsibility of** your life!

It's time to **be responsible for** your future, your decisions, etc.

Become somebody who is responsible (somebody who is careful, serious, sensible)

Irresponsible

Meaning: Lacking a sense of responsibility or not taking responsibility seriously.

Idiomatic English Sentences:

"Leaving the project unfinished was an irresponsible decision."

"It's irresponsible to drive after drinking alcohol."

Opposite word is **irresponsible**

Many young people these days are irresponsible, they do not care about their future

responsibility (noun)

responsible (adjective)

superior and inferior

Meaning: Higher in rank, quality, or performance.

Idiomatic English Sentences:

"Her superior experience made her the best candidate for the job."

"The superior quality of the materials used ensured the product's durability."

Meaning: Lower in rank, quality, or performance.

Idiomatic English Sentences:

"He **felt inferior to his colleagues** because he lacked their advanced degrees."“他感觉自己不如同事，因为他没有他们的高级学位。

"**The inferior product** had to be recalled due to safety concerns."  
“出于安全考虑，劣质产品必须被召回。

superior - can mean better or greater

superior - leader or your boss, specific context of a school or office or organisation

My superior at work always gives me a lot of assignments at the beginning of the week.

"My inferiors at the office."

Not a kind or a polite thing to say.

**My employees (more polite): somebody who works for you.**

# 20241028

## Cambly AI CORRECTION

So, yeah, originally I think I will,

So, yeah, originally I thought I would,

or do a research about your area.

or do research about your area.

And so now you decide to apply a new job,

And so now you decide to apply for a new job,

Today, I figure out the bug that I made last week,

Today, I figured out the book that I made last week,

I just happy with myself.

I am just happy with myself.

if I do some devices, it's not just only about the software,

if I make some devices, it's not just only about the software,

lack of steam to get rid of strong feelings, energy,

let off steam to get rid of strong feelings, energy,

## Other AI correction

Error: "I am I am applying for a lecturer job in Finland,"

Improved: "I am applying for a lecturer position in Finland,"

Explanation: The repetition of "I am" is unnecessary and can be streamlined for clarity.

Error: "They need they need so many documents"

Improved: "They require a multitude of documents,"

Explanation: Repeating "they need" is redundant; using "require" and "multitude" provides a more formal and varied expression.

Error: "it's a long -term job,"

Improved: "it's a long-term job,"

Explanation: Lee uses a space between "long" and "term," which should be hyphenated as "long-term."

Error: "so it's okay, but it's very exhausting"

Improved: "so it's fine, but it's very exhausting"

Explanation: "Okay" is informal; "fine" is a better choice for expressing that something is acceptable.

Error: "I am I am busy with now"

Improved: "I am busy with it now"

Explanation: Lee repeats "I am" unnecessarily; the correct phrase is "busy with it now."

Error: "and you will have enough time to relax or do a research about"

Improved: "and you will have enough time to relax or conduct research on"

Explanation: "Do a research" is incorrect; "conduct research" is the correct term. Also, "about" should be "on" when referring to the subject of research.

Error: "and you will have a summer break,"

Improved: "and you will have a summer vacation,"

Explanation: "Summer break" could be误会为学校假期，而"summer vacation"更准确地表达了夏季休假的含义。

Error: "I figure out the book that I made last week," Improved: "I finished the book I was working on last week," Explanation: "Figure out" is not the correct phrase for completing a book; "finished" is more appropriate.

Error: "I just happy with myself." Improved: "I am quite happy with myself." Explanation: "Just happy" is grammatically incorrect; "quite happy" is a complete and correct expression.

Error: "I think a lot of things in my dormitory,"

Improved: "I think I have a lot of things in my dormitory,"

Explanation: "Think" is not the correct verb here; "have" is used to indicate possession.

Error: "and some character," Improved: "and some small figures," Explanation: "Character" can be misunderstood as a person's traits; "small figures" is more accurate for physical objects.

Error: "I drink with those."

Improved: "I use those for drinking."

Explanation: The original sentence is unclear; specifying the action "use" and the purpose "for drinking" clarifies the meaning.

Error: "This is right, and these two characters made up from the right material,"

Improved: "That's correct, and these two figures are made from the appropriate material," Explanation: "This is right" is informal; "That's correct" is more formal. "Characters" should be "figures," and "made up from" should be "made from."

Error: "I spend, it's equal, I spend money in"

Improved: "I spent an amount equal to one month's expenses,"

Explanation: The original sentence is fragmented; the improved sentence is more coherent and clear.

Error: "I started by experimenting, to begin with, and yes, hmm, and it's good,"

Improved: "I began with some experiments, and indeed, it's been good,"

Explanation: "To begin with" is better placed at the beginning of the sentence. "Started by experimenting" is more fluently expressed as "began with some experiments," and "hmm" is replaced with "indeed" for a more polished response.

## Questions（answer them anytime）

## idiomatic English expressions(1-ai example 2-my example 3-ai correction)

### 申请工作 (Applying for a Job)

"I'm applying for a Lecturer position in Finland, and the process is quite exhausting due to the numerous documents required."

### 竞争激烈 (Highly Competitive)

"The job market is very competitive, but sometimes it's worth applying just for the experience."

### 截止日期 (Deadline)

"The deadline is approaching at the end of the month, so I need to hurry up with my application."

### 准备文件 (Preparing Documents)

"I'm working on my teaching portfolio and research plan, among many other documents, for the job application."

### 解决问题 (Solving Problems)

"It's very satisfying to tackle and solve a challenging problem, especially under pressure."

### 费用问题 (Cost)

"The cost of the printer was equivalent to one month's expenses, but it was a necessary investment."  
“打印机的成本相当于一个月的开支，但这是一项必要的投资。”

### 非暴力沟通 (Non-violent Communication)

"To manage stress, I practice non-violent communication and try to **let off steam** at the gym **after work**."

### 情况恶化 (Worsening Situation)

"As the situation is getting worse, it's important to find ways to let off steam and decompress."  
“随着情况变得越来越糟，找到发泄压力和减压的方法很重要。”

### 共同利益 (Mutual Benefit)

"We need to find a compromise that meets in the middle, something that will be to our mutual benefit."

### 第一印象 (First Impression)

"Often we say the first impression is the most important, and it's possible **to have a good or bad impression of someone**."

### 了解他人 (Getting to Know Someone)

"It's important to give people a chance and to understand them fully before making any judgments."

### 重要性 (Importance)

"Making a good first impression is crucial; it counts for a lot, so you must put effort into it."

## correction and expanding Expression

I am applying for a Lecturer job in Finland

Very exhausting, because they need so many documents

Very competitive

Sometimes it's worth it just to try

The deadline is in a few days' time, at the end of the month

I have to hurry up

Teaching portfolio, research plan, many different documents

It's very satisfying to solve a challenging problem

Was it very expensive?

**The cost of the printer was equal to one month's expenses.**

I started by experimenting and having fun with it to begin with.

[engoo.com/app/daily-news/article/science-finds-soft-complaints-more-effective-than-anger/GNcbsmXwEe-lem-iKVmVBg](https://engoo.com/app/daily-news/article/science-finds-soft-complaints-more-effective-than-anger/GNcbsmXwEe-lem-iKVmVBg" \t "https://www.cambly.com/en/student/progress/_blank)

non-violent communication

### "blow off steam" / "let off steam"

I am going to the gym after work just to blow off some steam OR to let off some steam.

When a pot is boiling, some steam has to be let out.

The situation is getting worse, so we need to let off steam.

### Mutual benefit

"our mutual benefit" = something that will benefit both of us

"our mutual friend" = someone who is a friend to both of us, a friend we have common

To come to an agreement / to meet each other halfway / to agree on something that is for our mutual benefit

We need to come to a compromise, and this will be to our mutual benefit.

Something that will benefit them both.

### frustrated

I became extremely frustrated at work when I couldn't solve the problem that my boss gave me.

impatient, or annoyed

### impression

Often we say the first impression of somebody is the most important impression.

It is possible to have a good or bad impression of somebody.

Sometimes we have a bad impression of people, we think they are lazy, or unkind, or untrustworthy.

I had a bad impression of my colleague when he arrived late for the meeting; this gave me the impression that he is unreliable.

If you don't communicate well, this might give the bad impression that you are untrustworthy or unreliable.

### Don't judge a book by its cover.

We shouldn't judge people based only on our first impression.

It's important to give people a chance and to get to know the person fully before judging them.

It's important to make a good first impression.

The first impression counts for a lot, you must put a lot effort in the first impression.

# 20241021

## Cambly AI CORRECTION

I asked them to point out what mistake I have made and ask it to give the original mistake and give the modified, the improved version to me.

I asked them to point out what mistake I had made and ask it to give the original mistake and give the modified, the improved version to me.

The verb 'have' should be in the past tense to match the context of the sentence.

I just make them notes.

I just made those notes.

The verb 'make' should be in the past tense to match the context of the sentence.

he had have been no more than five feet tall.

he would have been no more than five feet tall.

The phrase 'had have been' is incorrect. The correct form is 'would have been'.

People can not digest nutrient from the food as effective.

People cannot digest nutrients from the food as effectively.

The adjective 'effective' should be in the adverb form 'effectively' to modify the verb 'digest'.

## Other AI correction

Error: "I just stay in. I don't go out because in the past three weeks, I always go out."

Improved: "I stayed in this weekend. I've been going out a lot over the past three weeks, and it's been exhausting."

Explanation: This provides a clearer explanation of why you stayed in, using the present perfect tense to describe the recent past.

Error: "I organize the English notes and learn something related to my job."

Improved: "I organized my English notes and learned some things related to my job."

Explanation: The past tense is more appropriate since you're describing actions completed in the past.

Error: "Have you received the website?"

Improved: "Did you receive the website I sent you?"

Explanation: This question is more direct and clear in asking if the other person has received a specific item.

Error: "It's version one. It's not complete."

Improved: "This is version one, and it's not complete."

Explanation: Adding "This is" makes the sentence more specific and clear.

Error: "I placed them into the AI website."

Improved: "I uploaded them to the AI website."

Explanation: "Uploaded" is the correct term for transferring files to a website.

Error: "I asked them to point out what mistake I have made and ask it to give the original mistake and give the modified, the improved version to me."

Improved: "I asked the AI to point out my mistakes, provide the original errors, and give me the corrected, improved versions, along with explanations."

Explanation: This rephrases the sentence for clarity and uses the correct structure for asking for corrections and explanations.

Error: "Cambly AI can give me some corrections, but that's not much."

Improved: "Cambly AI can provide some corrections, but it's not extensive."

Explanation: "Provide" is a better verb choice than "give" in this context, and "not extensive" is a clearer way to express the limitation.

Error: "And after that, I copy your correction and ask the AI to summarize the topic we've talked about."

Improved: "After that, I copy your corrections and ask the AI to summarize the topics we've discussed."

Explanation: "Corrections" is plural since you're referring to multiple corrections, and "topics" is also plural to match.

Error: "And after that, I gave my example according to the topic we've talked about and ask the AI to correct me."

Improved: "Then, I provided my examples based on the topics we've discussed and asked the AI to correct them."

Explanation: "Provided" is the correct past tense, and "them" is the correct pronoun to refer to the examples.

Error: "Maybe in this year, I should have used this way earlier."

Improved: "Perhaps I should have started using this method earlier this year."

Explanation: This rephrases the sentence for better clarity and uses "started using" for a more natural expression.

Error: "I just copied the transcript. I just revealed the transcript."

Improved: "I just copied and reviewed the transcript."

Explanation: "Reviewed" is a better term than "revealed" in this context, as it indicates you looked over the transcript.

Error: "Do you have any completion, supplement?"

Improved: "Do you have any suggestions to supplement this information?"

Explanation: "Suggestions to supplement" is a clearer way to ask for additional information or ideas.

Error: "Based on this knowledge, what can I do?"

Improved: "What else can I do based on this knowledge?"

Explanation: This rephrases the question for better clarity and indicates you're looking for further actions or applications of the knowledge.

Error: "I can fit into this. I can. Bad."

Improved: "I can fit into this workplace, but it's challenging."

Explanation: This clarifies that you're able to function in your work environment, but it's difficult.

Error: "I can fit into the workforce. Such." Improved: "I can contribute to the workforce, but it's challenging." Explanation: "Contribute to the workforce" is a clearer way to express your ability to work within a team or company, and "challenging" better conveys the difficulty.

Error: "I am struggling to fit into the workplace."

Improved: "I'm finding it difficult to adjust to the workplace."

Explanation: "Adjust to" is a more natural way to express the process of becoming comfortable in a new work environment.

## Questions（answer them anytime）

## idiomatic English expressions(1-ai example 2-my example 3-ai correction)

### 提前道歉 (Apologizing in Advance)

"Apologies in advance if this causes any inconvenience."

### 询问近况 (Checking In)

"How's your week going? I've been staying in to catch up after all the traveling I did recently."

### 学习资料补充 (Additional Study Materials)

"I think you're being extremely thorough and diligent. Review the materials several times and consider active learning strategies, like testing yourself with flashcards of Chinese phrases to see if you can recall the English translations."

### 文档格式问题 (Document Formatting)

"I noticed the line spacing in the document is quite narrow, which might make it difficult to read."

### 书籍内容 (Book Content)

"This book explores the communication between a professor and a young person, where the professor is nearing the end of his life and shares his wisdom through an interview."

### 棉质材料 (Cotton Fabric)

"Cotton is a fabric made from the cotton plant, known for its comfort and breathability, though it's often more expensive than synthetic fibers. Pure cotton is rare; many clothes are a blend, like 30% cotton and 70% synthetic fibers. Check the clothing tag to know the material composition."

### 疾病影响 (Disease Effects)

"The book illustrates the profound effects of the disease on Morrie, showing the physical atrophy and the emotional journey he undergoes."

### 身体萎缩 (Muscle Atrophy)

"Atrophy refers to the wasting away of muscles, like how Morrie's legs had shrunk and his clothes now hang loosely on him."

### 体重减轻 (Weight Loss)

"Some diseases can cause significant weight loss, either as a direct result or as a symptom. This can lead to changes in how clothes fit, as the body no longer retains nutrients from food as effectively."

## correction and expanding Expression

[docs.google.com/document/d/19IZ25udI4kMtsfnDw0sOg\_-UsWPeEoNU4LDyySSIISQ/edit?tab=t.0](https://docs.google.com/document/d/19IZ25udI4kMtsfnDw0sOg_-UsWPeEoNU4LDyySSIISQ/edit?tab=t.0" \t "https://www.cambly.com/en/student/progress/_blank)

Apologies in advance

How is your week going?

**Over the weekend I stayed in and didn't go anywhere, because I have done a lot of travelling in the past few weeks.**

AI to be helpful?

### thorough

The notes look very thorough and detailed.

"Thorough" 和 "detailed" 都是形容词，用来描述事物的特征：

Thorough: 这个词意味着彻底的、全面的，指某事物被深入地处理或检查，没有遗漏任何细节。例如，"a thorough investigation"（彻底的调查）或"thorough preparation"（充分的准备）。

Detailed: 这个词意味着详细的、具体的，指某事物包含许多精细的或具体的信息。例如，"a detailed plan"（详细的计划）或"detailed instructions"（详细的说明）。

地道表达：

"The report is both thorough and detailed, covering all aspects of the project." （这份报告既全面又详细，涵盖了项目的所有方面。）

"She gave a thorough and detailed analysis of the financial data." （她对财务数据进行了彻底和详细的分析。）

这些表达方式在工作或学术环境中常用于描述工作的质量或某人完成任务的程度。

Additional material?

I think you are being extremely thorough and diligent.

Review them several times. Take time to read through them several times.

Active learning: find ways to test yourself.

A paper with just the Chinese phrases, and then test yourself to see if you can remember the English phrases correctly.

I have the document, but I won't share my screen

This book is about communication between two people. The professor is going to die, and the young person is interviewing him.

Cotton is a kind of fabric made from cotton. Often very cool and comfortable to wear.

very comfortable, more breathability

Usually more expensive than cheap synthetic fibres

It's quite rare to find clothing that is 100% cotton

30% cotton + 70% synthetic fibres

**Your clothing tag will tell you what material your clothing is made of.**

**It shows us the effects of the disease on Morrie.**

### atrophied

atrophy = when something becomes smaller



His legs had shrunk, or his legs had become much smaller

All of his clothes seem to be very loose on him as a result.

Some people lose a lot of weight as the result of the disease, or as one symptom of a disease.

**People do not digest nutrients from the food as effectively.**

**People no longer fit into their clothes as they used to.**

In the given sentences, "as" is used to make comparisons or to indicate the manner or degree in which something happens:

"People do not digest nutrients from the food as effectively."

Here, "as" is used to compare the effectiveness of digestion to a previous or expected level.

"People no longer fit into their clothes as they used to."

In this sentence, "as" is used to compare the current situation with a past state or habit.

Here are three idiomatic expressions using "as":

"As soon as possible."

This means doing something at the earliest opportunity or without delay.

Example: "Please submit the application as soon as possible."

"As if."

This phrase is used to describe something that is done in the manner or way that is being described, often to express disbelief or sarcasm.

Example: "He acted as if nothing had happened."

"As well as."

This phrase is used to add information that is equal in importance to the first part of the sentence.

Example: "She is a talented singer as well as a skilled dancer."

These expressions demonstrate the versatility of "as" in English and how it can be used to compare, contrast, and add information in different contexts.

# 20241014

## Cambly AI CORRECTION

~~or something you can’t get access when you are a layman~~

or something you can get access to when you are a layman

Everyone need to queue to go to the bus.

Everyone needs to queue to go to the bus.

she need to put them around her ears.

she needs to put them around her ears.

our heart rates get fast

our heart rates increase

the ability of to, of protecting your body

the ability of protecting your body

## Other AI correction

错误例子："I need to work to make up the holiday."

正确例子："I need to work to make up for the holiday."

解释："Make up for" 是一个固定搭配，表示补偿或弥补。

错误例子："I went to the graves of ancestors."

正确例子："I visited the ancestral graves."

解释：通常我们会说 "visit the graves" 或者 "pay respects at the graves" 来表达去墓地祭拜祖先。

错误例子："I cannot fix them quickly and I doubt my ability,"

正确例子："I can't fix them quickly, and that makes me doubt my ability,"

解释：在连接两个相关的句子时，使用连接词如 "and" 或 "but" 可以使句子更加流畅。同时，"that" 可以用来指代前面提到的情况。

错误例子："and some knowledge is classical" **(Confidential)**

正确例子："and some knowledge is fundamental"

解释："Classical" 通常用来描述古典的或者经典的事物，而 "fundamental" 更适合用来描述基础的或者核心的知识。

错误例子："something is not open to outside."

正确例子："some information is not accessible to the public."

解释："Open to outside" 不是一个常用的表达。"Accessible to the public" 是一个更自然的表达方式，用来表示信息对公众可获取。

错误例子："It can feel very daunting."

正确例子："You can feel daunted."

解释：虽然 "It can feel very daunting" 是正确的，但是 "You can feel daunted" 是一个更地道的表达方式，直接表达了个人的感受。

错误例子："it can prevent hair loss."

正确例子："It can prevent hair from falling out."

解释："Prevent hair loss" 可以被理解，但是 "prevent hair from falling out" 是一个更具体的表达方式，描述了防止头发脱落的动作。

错误例子："it is advisable to have a blood test done on an empty stomach,"

正确例子："It's advisable to have a blood test on an empty stomach,"

解释：通常我们不会说 "have a blood test done"，而是直接说 "have a blood test"。

错误例子："Early, go to the grave, yeah, I need to go to the grave,"

正确例子："Early on, I went to the graveside, yes, I needed to visit the gravesite,"

解释：使用 "early on" 来表示一天中较早的时间，而 "graveside" 或 "gravesite" 是比 "grave" 更常用的词。

错误例子："I have started a new project. That is totally a new area for me"

正确例子："I've started a new project. It's completely new territory for me."

解释："It's completely new territory for me" 是一个更自然的表达方式，用来描述一个全新的领域。

错误例子："and because I met a lot of problems, I cannot fix them quickly"

正确例子："and because I've **encountered** a lot of problems, I can't solve them quickly."

解释："Encountered" 是一个更正式的词，用来描述遇到问题。同时，"solve" 是一个更常用的词，用来描述解决问题。

错误例子："and I asked him a lot of questions today."

正确例子："and I asked him many questions today."

解释："A lot of" 可以被 "many" 替换，使句子听起来更自然。

错误例子："I prepare some photos."

正确例子："I've prepared some photos."

解释：使用现在完成时 "I've prepared" 来表示这个动作对现在有影响，即你已经准备好了照片。

错误例子："Everyone need to queue to go to the bus"

正确例子："Everyone needs to queue to get on the bus."

解释："Needs to" 是正确的，因为这是对 everyone 的要求。同时，"get on the bus" 是一个更自然的表达方式。

错误例子："it can prevent hair loss because every day people, maybe, loss, maybe we almost every day lose our hair,"

正确例子："It can prevent hair loss, although we all lose some hair every day, it helps keep it to a minimum."

解释：这个句子的结构需要调整以提高清晰度。使用 "although" 来引入对比，并且明确表达即使我们每天都会掉一些头发，但可以减少这个数量。

错误例子："it is painful sometimes, I remember when you go to see a doctor, oh when I have a fever"

正确例子："It can be painful sometimes. I remember when I went to see a doctor because I had a fever.

解释：使用 **"it can be" 来表达有时候的情况，并且使用 "because" 来说明原因。**

错误例子："do you look at the needle or look away when you do this,"

正确例子："Do you look at the needle or away when you get an injection?" / "Do you look at the needle or look away when you're getting the injection?"

解释：使用 **"get an injection"** 作为更具体的表达方式，并且 "look away" 是一个更自然的表达方式。

错误例子："I'm excited about the new project. I'm afraid that I can't finish it in time at the same time."

正确例子："I'm excited about the new project. I'm afraid I won't be able to finish it on time, though."

解释：使用“though”来表示转折，使句子更自然。

错误例子："This is the long queue."

正确例子："There's a long queue."

解释：使用“There's”来引导存在句，更自然地描述场景。

错误例子："the driver quickly sends you to the specific area."

正确例子："The driver quickly takes you to the specific area."

解释：在描述司机的行为时，“takes”比“sends”更常用。

错误例子："it can prevent hair loss because every day people, maybe, loss, maybe we almost every day lose our hair,"

正确例子："It can help prevent hair loss, as we all naturally shed some hair every day."

解释：使用“help prevent”和“shed”来描述自然的头发脱落过程。

## Questions（answer them anytime）

"Do you feel excited about the new project?"

这个问题是在你提到开始了一个新项目之后提出的，Leila 想要了解你对新项目的感受。

"You had to maybe go to the graves of your ancestors? Mm-hmm."

这个问题是在你提到需要去墓地之后提出的，Leila 想要确认你是不是去拜访了你祖先的墓地。

"Do you want to continue the pictures today, Lee? Or what would you like to do?"

在对话的后半部分，Leila 询问你是否想要继续看图片或者有其他的计划。

"Are you the photographer?"

当你分享了一些照片后，Leila 问你是不是照片的摄影师。

"You can tell me which one is."

当你提到准备讨论医院或医疗相关的照片时，Leila 让你指出具体是哪一张照片。

"Should I scroll down?"

在查看照片的过程中，Leila 询问你是否需要她滚动查看更多照片。

"How about you?"

在对话的最后，Leila 询问你的情况，可能是想要了解你的近况或者你是否有类似她所描述的经历。

## idiomatic English expressions(1-ai example 2-my example 3-ai correction)

### 祭祖 (Ancestral Worship)

|  |  |
| --- | --- |
| 1 | Paying respects at the ancestral graves is an important tradition during the Qingming Festival. |
| 2 | Paying respects at the ancestral graves not only shows our respect to our ancestors but also strengthen our family unity. |
| 3 | Paying respects at the ancestral graves not only shows our respect for our ancestors but also strengthens our family unity. |

### 新项目 (New Project)

|  |  |
| --- | --- |
| 1 | Embarking on a new project can be both thrilling and nerve-wracking, but it's where growth happens. |
| 2 | Paying respects at the ancestral graves not only shows our respect to our ancestors but also strengthen our family unity. |
| 3 | Paying respects at the ancestral graves not only shows our respect for our ancestors but also strengthens our family unity. |

### 教学周结束 (End of Teaching Week)

|  |  |
| --- | --- |
| 1 | "With the final teaching week behind us, it's time to breathe easy and focus on our research from the comfort of home." |
| 2 | Paying respects at the ancestral graves not only shows our respect to our ancestors but also strengthen our family unity. |
| 3 | Paying respects at the ancestral graves not only shows our respect for our ancestors but also strengthens our family unity. |

### 赶鸭子 (Herd Ducks / herd sheep)

|  |  |
| --- | --- |
| 1 | Managing a group of children is like herding ducks; it requires patience and a firm hand.  Organizing the students for the field trip was like herding sheep; they all wanted to go different directions! |
| 2 | In order to quickly accept a lot of visitors, They treat visitors like herding ducks/herding sheep because there are countless visitors rushing into this place during National Holiday. |
| 3 | To quickly accommodate the large number of visitors, they have to manage the crowds much like herding sheep or ducks, as countless visitors flock to this place during the National Holiday. |

### 医护服装 (Medical Scrubs)

|  |  |
| --- | --- |
| 1 | "Wearing scrubs is standard for doctors and nurses to maintain a **sterile(无菌的)** and professional environment." |
| 2 | The Surgeon who wears scrubs is doing a operation for a patience who is at risk of dying. |
| 3 | The surgeon, wearing scrubs, is performing an operation on a patient who is at risk of dying |

### 细菌 (Germs)

|  |  |
| --- | --- |
| 1 | "Practicing good hand hygiene is crucial to prevent the spread of germs and keep everyone healthy." |
| 2 | This plant can not grow if the environment is full of germs.  Once you expose the food in the air, the germs will grow quickly. |
| 3 | This plant cannot grow if the environment **is teeming with germs**.  Once food is exposed to air, germs can multiply rapidly. |

### 掉发 (Hair Loss)

|  |  |
| --- | --- |
| 1 | "Using a hair product designed to reduce fall-out can help maintain a fuller-looking mane."使用旨在减少脱落的护发产品有助于保持鬃毛看起来更浓密。 |
| 2 | Stay up late can lead to hair loss, so it’s advisable to sleep early. |
| 3 | Staying up late can lead to hair loss, so it's advisable / it would be better to go to bed early. |

### 手套 (Gloves)

|  |  |
| --- | --- |
| 1 | "Gloves are a necessary barrier when handling patients to prevent the transfer of germs and ensure a hygienic procedure." |
| 2 | Gloves are a necessary barrier when washing a lot of dishes in a long period to prevent detergent corrosion. |
| 3 | Gloves are essential for protecting your hands from **detergent irritation** when washing dishes over an extended period |

### 疫苗加强针 (Booster Shots)

|  |  |
| --- | --- |
| 1 | "Getting a booster shot can significantly enhance your immunity and provide extra protection against viruses." |
| 2 | We need to get a booster shot to enhance our immunity to face the evolving virus. |
| 3 | **To keep up with the evolving virus**, we should consider getting a booster shot to boost our immunity. |

### 定期注射疫苗 (Regular Vaccinations)

|  |  |
| --- | --- |
| 1 | "Staying up-to-date with regular vaccinations is key to combating the evolving strains of diseases." |
| 2 | Getting Regular vaccinations is crucial to overcome the evolving disease. |
| 3 | Regular vaccinations are crucial for **staying ahead of evolving diseases**.定期接种疫苗对于预防疾病的发展至关重要。 |

### 炎症 (Inflammation)

|  |  |
| --- | --- |
| 1 | "The doctor might order a blood test to check for inflammation levels, which could indicate an underlying issue." |
| 2 | Dealing with the wisdom teeth incorrectly can cause inflammation. |
| 3 | **Improperly** handling wisdom teeth extraction can lead to inflammation. |

## correction and expanding Expression

I went to the graves of my ancestors.

Do you feel excited about the new project？

We often feel self-doubt when we have to tackle something new.

Push through the feelings of self-doubt and learn as much as you can.

It is hard to approach a totally new area.

It can feel very daunting(scary) when we have to try or learn something completely new.

It’s good it you are growing at work, even when it’s scary.

It’s a bad thing if you are just standing still, if everything is stagnant.

如果你只是站着不动，如果一切都停滞不前，那就太糟糕了。

This is the last teaching week of the semester.

At least I can focus on research and work from home.

赶鸭子

**It’s like heading sheep**

When you try to move big groups of people.

### Scrubs



Most doctors and nurses wear scrubs.

She has a stethoscope hanging around her neck.她的脖子上挂着一个听诊器

In order to use the stethoscope, she must put it in her ears in order to listen to the speed of patient's heart beat.

Our heart increases when we are nervous or if we have excited intensely.

### Hygienic

She has also covered her hair, which is more hygienic (clean) in a surgical environment.

Germs(bacteria)

"She's also covered her hair, which is a more hygienic approach in an operating room, helping to keep the area clean and reducing the risk of infection."

"The restaurant prides itself on its hygienic kitchen practices, which is why customers trust the quality of their food." (这家餐馆以其卫生的厨房操作为荣，这也是顾客信任他们食品质量的原因。)

"Doctors must wash their hands thoroughly to maintain a hygienic environment for patients." (医生必须彻底洗手，以维持对病人的卫生环境。)

"The new policy requires all employees to wear gloves, which is a step towards more hygienic food handling." (新政策要求所有员工戴手套，这是朝着更卫生的食品处理迈出的一步。)

"She always carries hand sanitizer to ensure hygienic practices when she's out and about." (她总是随身携带洗手液，以确保外出时的卫生习惯。)

"The school implemented a hygienic lunch program, with strict guidelines for food preparation and storage." (学校实施了一个卫生的午餐计划，对食品的准备和储存有严格的指导方针。)

It can prevent hair loss; it can keep your hair in place.它可以防止脱发；可以让头发保持在原位。it helps to keep a clean and hygienic surgical environment.

They must also wear gloves, these can help to protect.

The doctor or nurse is injecting a vaccination into the patient's shoulder.

The patient is receiving a vaccination **through an injection**.



We also had to receive the Covid19 vaccination through injection.

I think I have received at least three.

It is time to have another one.

I think it can **boost your immunity** if you receive another one.

I think there is no harm in getting another one from time to time (maybe once a year?)

Your body’s ability to fight it will slowly decrease.

"To fight it" is an infinitive phrase that functions as an adjective modifying "ability." It tells us more about what the ability is for.

The virus is always mutating, we always have new variants.病毒总是在变异，总是会出现新的变种。

So maybe new vaccinations can better respond to new variants.因此也许新的疫苗可以更好地应对新的变种。

Sometimes doctors must take a sample of our blood(they must **draw blood**)in order to **conduct further tests.**有时医生必须抽取我们的血液样本（他们必须抽血）才能进行进一步的检查。

Sometimes they cannot diagnose the illness without conducting blood tests.



Kidney or other organs.

Eating or drinking something before take a blood test can influence the results and could cause the doctor to misdiagnose you.在验血前吃东西或喝东西可能会影响结果，并可能导致医生误诊。

### advisable

It’s advisable to have a blood test done on an empty stomach.

I always close my eyes and look away and just wait until it’s finished.

I do not react well to the sight of blood.我见血反应不太好。

"It's advisable to check the weather forecast before planning an outdoor event." (在计划户外活动之前，查看天气预报是一个明智的做法。)

"Given the heavy traffic, it's advisable to leave for the airport well in advance." (考虑到交通拥堵，最好提前很久出发去机场。)

"The doctor advised that it's advisable to get a flu shot before the winter season." (医生建议在冬季来临之前接种流感疫苗是一个明智的选择。)

"In this job market, it's advisable to network and keep your skills updated." (在当前的就业市场中，建立人脉并保持技能更新是明智的。)

"It's advisable to read the contract carefully before signing to avoid any hidden clauses." (在签字之前仔细阅读合同以避免任何隐藏条款是明智的。)

# 20241007

## Cambly AI CORRECTION

We always met traffic jam or cure.

We always met traffic jams or queues.

We need to cure a lot.

We need to queue a lot.

I had a soft throat after I ate the food.

I had a sore throat after I ate the food.

The holiday is... There are seven days. But... The government just gave people three days. Holidays.

The holiday is... There are seven days. But... The government just gave people three days of holiday.

The train is arriving or if the train has leaving or if the train is late.

The train is arriving or if the train has left or if the train is late.

The local government or the local people built many buildings. Ancient buildings. It was recent years.

The local government or the local people built many buildings. Ancient buildings. It was in recent years.

## Other AI correction

Error: "I have come back to my business, to my company, to my dormitory."

Improved: "I've returned to work at my company and am back at my dormitory." / "I'm back at work and staying in my company's dormitory."

Explanation: Using "I've returned" provides a clearer past tense, and the sentence flows better when combined.

Error: "That is packed with a lot of people."

Improved: "That place was packed with a lot of people."

Explanation: Adding "place was" provides clarity and specifies what was crowded.

Error: "That is packed with a lot of people."

Improved: "It's packed with a lot of people." / "That place is packed with people."

Explanation: "It's" is more natural than "That is" in this context.

Error: "And the food is so spicy that I cannot... That I have... I had a soft throat after I ate the food."

Improved: "The food was so spicy that it left me with a sore throat after eating."

Explanation: This corrects the verb tense and uses "left me with" to indicate the result of eating the spicy food.

Error: "And I can tell you maybe, maybe during, maybe during that holiday everywhere in China is too packed."

Improved: "And I can tell you that during that holiday, everywhere in China **is likely to** be very crowded." / "And I can tell you that during that holiday, everywhere in China gets extremely crowded."

Explanation: This removes unnecessary "maybes" and uses "is likely to be" for a more formal expression.

Error: "And you don't need to go anywhere."

Improved: "You won't need to go out.” / "You don't need to go out."

Explanation: This is a more natural way to express that there's no need to leave a certain place.

Error: "We start from very poor."

Improved: "We've come from humble beginnings."

Explanation: This is a more natural way to express that people started with very little.

Error: "And the only way to get rich is hard working."

Improved: "And the key to prosperity is hard work." / "And the only way to become wealthy is through hard work."

Explanation: This uses a more idiomatic expression and corrects the noun form "prosperity" and the noun form of "work" which is "work."

Error: "Because I think we don't have the original communication. Accumulation."

Improved: "I believe this is because **we lack** the initial wealth accumulation."

Explanation: This clarifies the intended meaning and corrects the phrase to a more standard expression.

Error: "I thought there was a place people don't... Don't... People would not go."

Improved: "I thought I'd found a place that wouldn't be crowded." / " I thought there was a place that wouldn't be crowded with people."

Explanation: This simplifies the sentence and avoids repetition, making it more concise and clear.

Error: "And the information board also shows which platforms the different trains are leaving from."

Improved: "The information board also indicates which platforms the trains are departing from." Explanation: This rephrases the sentence for greater formality and clarity, using "indicates" and "departing from" for precision.

Error: "And if your train information is in green, it means you should start making your way to the platform."

Improved: "If your train information is green, it means you should head to the platform." Explanation: This simplifies the sentence and uses "head to" for a more natural expression.

Error: "And if your train information is in red, you just sit on your chair and wait."

Improved: "If your train information is red, it means you should **remain seated and wait.**" Explanation: This corrects the passive voice to active and simplifies the sentence for clarity.

Error: "They can make the street look attractive."

Improved: "They've made the street attractive."

Explanation: Using "They've made" indicates that the action has been completed, which is more likely the case if the street is already built.

Error: "So, this is why so many people rush into this place."

Improved: "That's why so many people **flock to** this place."

Explanation: "Flock to" is a more idiomatic expression for a large group of people moving to a location.

Error: "We went to another province to... Yeah. We go hiking."

Improved: "We went to another province for hiking."

Explanation: The verb "went" should be followed by the purpose of the trip, and "for" is the appropriate preposition to indicate the reason for the travel.

Error: "We always met traffic jam or cure."

Improved: "We always **encountered traffic jams**."

Explanation: "Encountered" is a better choice than "met" in this context, and "traffic jam" should be plural since it refers to multiple instances.

Error: "The local food."

Improved: "The local cuisine."

Explanation: "Cuisine" is a more formal and specific term for the type of food characteristic of a particular region or country.

## Questions（answer them anytime）

"Lee, how's it going?"

Leila is asking about your general well-being or how your day is progressing.

"Are you in your hometown?"

She is inquiring about your current location.

"No?"

This is a follow-up response to your statement, prompting for clarification.

"Ah, okay. How was your holiday?"

Leila is asking about your experience during your holiday.

"Why was it tiring?"

She wants to know the reasons why your holiday was tiring.

"To go hiking?"

Leila is asking if one of the activities that made your holiday tiring was hiking.

"Did you also visit your hometown? Did you go see your family?"

She is asking if you visited your hometown and family during your holiday.

"How many days did you stay there?"

Leila is inquiring about the duration of your stay in your hometown.

"So there were no non-spicy food options?"

She is asking if there were any food options that were not spicy during your trip.

"How am I doing?"

Leila is asking about her own state or progress, possibly reflecting on her day.

"Do you, do you, do you now have to work some extra days to make up for the holiday?"

She is asking if you need to work additional days to compensate for the days taken off for the holiday.

"So do you have that way of holiday in your country?"

Leila is asking if the practice of making up for holiday days by working extra days is common in your country.

"What about you? What was your day?"

She is asking about your day, showing interest in your experiences.

"And how do you feel when so many people are traveling at once?"

Leila is inquiring about your feelings or reactions to the crowds during peak travel times.

"So what is happening in this picture? Is it a market? Are people trying to go somewhere? What's the location?"

She is asking for a description of a photo you are discussing, wanting to know the context and details of the scene.

## idiomatic English expressions(1-ai example 2-my example 3-ai correction)

### 疲惫的假期 (Tiring Holiday)

|  |  |
| --- | --- |
| 1 | "The holiday was exhausting; I thought it would be a less crowded destination." |
| 2 |  |
| 3 |  |

### 高海拔 (High Altitude)

|  |  |
| --- | --- |
| 1 | "We visited an area with high altitude, which made the trip more challenging." |
| 2 |  |
| 3 |  |

### 补假 (Making Up for Holidays)

|  |  |
| --- | --- |
| 1 | "Since the government only gave us three days off, we have to work extra days to compensate for the holiday." |
| 2 |  |
| 3 |  |

### 勤劳 (Hardworking)

|  |  |
| --- | --- |
| 1 | "Many Chinese people embrace a strong work ethic, often inspired by **the hardships their parents faced**." |
| 2 |  |
| 3 |  |

### 假期安排 (Holiday Schedule)

|  |  |
| --- | --- |
| 1 | "After the exams in November, the students will enjoy their summer break from November until early February." |
| 2 |  |
| 3 |  |

### 信息板 (Information Board)

|  |  |
| --- | --- |
| 1 | "The information board displays departure and arrival times, as well as the status of different trains heading to various destinations." |
| 2 |  |
| 3 |  |

### 列车状态 (Train Status)

|  |  |
| --- | --- |
| 1 | "If the train information is in green, it means you should head to the platform, as your train is about to depart." |
| 2 |  |
| 3 |  |

### 改签 (Rescheduling)

|  |  |
| --- | --- |
| 1 | "If the information is in red, it might indicate a cancellation or delay, and it's too late to board the train." |
| 2 |  |
| 3 |  |

### 停止检票 (停止 Ticket Checking)

|  |  |
| --- | --- |
| 1 | "Ticket checking ceases five minutes before departure; once the font turns red, it's too late to show your ticket at the gate." |
| 2 |  |
| 3 |  |

### 商业街 (Commercial Street)

|  |  |
| --- | --- |
| 1 | "The commercial street is bustling with numerous eateries and drinking spots." |
| 2 |  |
| 3 |  |

### 复古风格 (Retro Style)

|  |  |
| --- | --- |
| 1 | "They've constructed buildings in a retro style to give the street an attractive, ancient look, even though they're not genuinely old." |
| 2 |  |
| 3 |  |

### 假期旅行 (Holiday Travel)

|  |  |
| --- | --- |
| 1 | "During the October holiday, it's not ideal to visit popular spots because everyone is on the move at the same time." |
| 2 |  |
| 3 |  |

## correction and expanding Expression

[docs.google.com/document/d/1kkE6MWwHhEsehPAgxLMTYcPVc6\_HpM2eJi5N4HRNNvc/edit](https://docs.google.com/document/d/1kkE6MWwHhEsehPAgxLMTYcPVc6_HpM2eJi5N4HRNNvc/edit" \t "https://www.cambly.com/en/student/progress/_blank)

It was a tiring holiday.

I thought it was a place that not many people would travel to.

So how many days did you stay here?

There were no non-spicy food options?

It was too packed with people.

Every in China is too packed.

People have been unable to travel because of the pandemic for the past few years.

So now that they have the opportunity, everybody wants to travel.’

Very few people travel there.

It’s an area with high altitude.

Do you now have to work some extra days to make up for the holiday?

The government only gave people three holidays; we have to make up for the other days of the holiday.

Many Chinese people are aware that their parents suffered and faced hardships, so this gives people **a hardworking ethic/value**.

But luckily, I only have to survive tow more weeks, then the teaching year will end.

In November the students will go on holiday, after their exams.

For us, it's our summer holiday (longest holiday). From November until early February.

Information board

A screen showing departure and arrival times.或者显示出发和到达时间的屏幕

The departure and arrival times of different trains going to different destinations.前往不同目的地的列车的出发和到达时间

It also shows the status of different trains: whether the train is arriving or departing.

Three categories of different statuses of trains.三种不同状态的列车

The information board also shows which platforms the different trains are leaving from.信息板还显示不同列车从哪个站台出发

So if your train information is in green, it means **you should start making your way to the platform**.

Your train is about to depart.

Maybe it has been canceled or delayed? If the information is in red

It is too late to **board the train**, it is about to leave.上火车已经太晚了，火车马上就要开了。



When there are only 5 mins left to departure, people can no longer board the train.

It is too late to show your ticket at the gate.

The font changes to red to indicate that it is too late.字体变为红色，表示已经太晚了。

You can **swipe** either your ID card or your printed ticket in order to enter the gate.

How do you feel when so many people are travelling **at the same time**? Do you feel overwhelmed or you don't mind?

It was too crowded.

It is a commercial street, there are many places where you can eat and drink.

They built buildings that look ancient, or that in an ancient style, even though they are not really ancient.

It can make the street look attractive.

They have lit up all the buildings.

Lit up = they have put lights, they are shining lights on them.

Not during the October holiday, because everybody is travelling at the same time

# 20240930

## Cambly AI CORRECTION

Tomorrow we will have seven days holidays

Tomorrow we will have seven days of holidays

I hope the trip is well,

I hope the trip is good,

everywhere is people,

everywhere there are people,

even though human have understand the effects

even though humans have understood the effects

the human have understand the weakness of the cancer

the humans have understood the weakness of the cancer

If you can publish paper in this area

If you can publish a paper in this area

and it's hard to be an employee on that career

and it's hard to be an employee in that career

## Other AI correction

Error: "The first day I will stay, I don't go out, and three days, maybe four days, I will trip with my friends, and the next day I will go home, yeah."

Improved: "On the first day, I'll stay in. Then, for the next three or four days, I'll go on a trip with my friends. After that, I'll head home." “第一天，我会待在家里。接下来的三四天，我会和朋友们去旅行。之后，我就回家了。”

Explanation: This sentence needed restructuring for clarity and to correct the verb tense

Error: "Another province, this province is next to Guangdong province, yeah."

Improved: "We're going to a province that **borders** Guangdong."

Explanation: "Borders" is a more precise term than "is next to," and it's more concise to say "that borders Guangdong" rather than "this province is next to Guangdong province."

Error: "Some things you have to wish or to see, I hope there will be no serious traffic jam when we start our journey, because we decided to rent a car, yeah, and drive by ourselves to get there. Yeah, I hope the trip is well, and see, yeah, beautiful scenery in that province."

Improved: "There are a few things I'm really hoping to see. I wish we won't **encounter any serious traffic jams** when we start our journey, especially since we've decided to rent a car and **drive there ourselves**. I hope the trip goes well and that we get to enjoy the beautiful scenery in that province."

Explanation: This sentence was restructured for clarity and to correct the phrase "drive by ourselves" to a more natural "drive there ourselves." Also, "I hope the trip is well" was changed to "I hope the trip goes well" for proper idiomatic expression.

Error: "It is not a place of interest."

Improved: "It's not a tourist attraction."

Explanation: "Tourist attraction" is a more commonly used term than "place of interest" and fits the context better.

Error: "Okay, it is not a tourist spot, yes, natural landscape, yes, because, yeah, in these seven days, everywhere is people, yeah, it is crowded everywhere."

Improved: "Okay, it's not a tourist spot. We're more interested in the natural landscape. During these seven days, it's crowded everywhere because everyone is traveling."

Explanation: The sentence structure was improved for clarity, and "it's crowded everywhere" was changed to a singular instance to avoid repetition.

Error: "Yeah, I will go hiking. That is not a hot place or a place of interest."

Improved: "Yes, I'm planning to **go hiking**. It's not a popular tourist destination."

Explanation: "Popular tourist destination" is a more natural way to describe a place that many people visit.

Error: "Yes, everyone is on the move, so everywhere is very congested, congested."

Improved: "Yes, with everyone on the move, places are very congested."

Explanation: The sentence is simplified to avoid unnecessary repetition of "congested" and to make it more fluent.

Error: "If that means if you can successfully persuade your friend, quit smoking, it can be better than eradicating cancer."

Improved: "If that means you can successfully **persuade your friend to quit smoking**, it could have a more significant impact than even eradicating cancer."

Explanation: This corrects the sentence structure for clarity and emphasizes the impact of preventing smoking-related diseases.

Error: "But prevention is boring, especially compared to the science and prestige of cancer treatment."

Improved: "But prevention can seem less **engaging**, **especially when compared to** the complex science and prestige associated with cancer treatment."

Explanation: This rephrases the sentence to sound more natural and to convey a more nuanced view of the comparison between prevention and treatment.

## Questions（answer them anytime）

"How are you doing?"

Leila is inquiring about your general well-being.

"Where will you go on your trip with your friends?"

She is asking about the destination of your planned trip with friends.

"What are some of the things you hope to visit or to see?"

Leila is interested in knowing the specific places or things you wish to experience during your trip.

"Will you go hiking or visit some tourist attractions?"

She wants to know if your plans include hiking or visiting any popular tourist sites.

"So there were no non-spicy food options?"

Leila is asking if there were any food options available that were not spicy during your previous trip.

"So do you have that way of holiday in your country?"

She is asking if the practice of working extra days to compensate for holiday time off is common in your country.

"What about you? What was your day?"

Leila is inquiring about your day and what you did.

"How do you feel? What are your plans? What are your plans for the holiday?"

She is asking about your emotions and specific plans for the upcoming holiday.

"Where will you go on your trip with your friends?"

Leila repeats her question about the destination of your trip with friends.

"So you will also go to your hometown afterwards?"

She confirms if you will be visiting your hometown after the holiday.

"Okay, Lee, would you like to continue with the book?"

Leila is asking if you would like to continue discussing the book you are reading together.

"Do you know which chapter?"

She is inquiring about the specific chapter you are currently on in the book.

"Did you already read some of the book by yourself?"

Leila is asking if you have read any parts of the book on your own prior to your discussion.

"Do you understand everything there? Or is there some vocabulary here that's new for you?"

She is checking if you understand all the content and if there are any new or unfamiliar words.

## idiomatic English expressions(1-ai example 2-my example 3-ai correction)

### 旅行计划 (Travel Plans)

|  |  |
| --- | --- |
| 1 | "What are your travel plans? Are you headed somewhere with **beautiful scenery** or planning to visit some **historical sites**?" |
| 2 |  |
| 3 |  |

### 自然景观 (Natural Landscape)

|  |  |
| --- | --- |
| 1 | "I'm more interested in enjoying the natural landscape rather than visiting tourist hot spots." |
| 2 |  |
| 3 |  |

### 假期拥挤 (Holiday Congestion)

|  |  |
| --- | --- |
| 1 | "With everyone on the move during the holidays, everywhere becomes incredibly congested." |
| 2 |  |
| 3 |  |

### 假期放松 (Holiday Relaxation)

|  |  |
| --- | --- |
| 1 | "I managed to relax a bit on Saturday, enjoying some well-deserved time off." |
| 2 |  |
| 3 |  |

### 代课 (Covering Lessons)

|  |  |
| --- | --- |
| 1 | "I'm covering lessons for another teacher this week, which means I have a packed teaching schedule." |
| 2 |  |
| 3 |  |

### 个性特点 (Personal Quirks)

|  |  |
| --- | --- |
| 1 | "Leila has many quirks; for instance, she often twitches when she's talking, which is quite a distinctive habit." |
| 2 |  |
| 3 |  |

### 洁癖 (Mythophobia)

|  |  |
| --- | --- |
| 1 | "She has such a strong aversion to germs that she washes her hands repeatedly throughout the day, which is a common symptom of mythophobia." |
| 2 |  |
| 3 |  |

### 缺陷 (Defects)

|  |  |
| --- | --- |
| 1 | "Understanding the defects in cancer cells is crucial for developing strategies to combat the disease." |
| 2 |  |
| 3 |  |

### 心理学 (Psychology)

|  |  |
| --- | --- |
| 1 | "Psychological exercises can be effective in persuading individuals to change their behavior, such as quitting smoking." |
| 2 |  |
| 3 |  |

### 吸烟成瘾 (Smoking Addiction)

|  |  |
| --- | --- |
| 1 | "Smoking is highly addictive, and human psychology is complex, leading many to continue despite knowing the health risks. |
| 2 |  |
| 3 |  |

### 经济与心理问题 (Economic and Psychological Issues)

|  |  |
| --- | --- |
| 1 | "While governments reap substantial tax revenues from tobacco sales, they also grapple with the economic burden of smoking-related health issues and the psychological impact on individuals and communities." |
| 2 |  |
| 3 |  |

## correction and expanding Expression

## Defect

meaning：a [fault](https://dictionary.cambridge.org/dictionary/english/fault" \o "fault) or [problem](https://dictionary.cambridge.org/dictionary/english/problem" \o "problem) in something or someone that [spoils](https://dictionary.cambridge.org/dictionary/english/spoils" \o "spoils) that thing or [person](https://dictionary.cambridge.org/dictionary/english/person" \o "person) or [causes](https://dictionary.cambridge.org/dictionary/english/cause" \o "causes) it, him, or her not to [work](https://dictionary.cambridge.org/dictionary/english/work" \o "work) [correctly](https://dictionary.cambridge.org/dictionary/english/correctly" \o "correctly)

example：

1. **defect in** *All the company's [aircraft](https://dictionary.cambridge.org/dictionary/english/aircraft" \o "aircraft) have been [grounded](https://dictionary.cambridge.org/dictionary/english/grounded" \o "grounded), after a defect in the [engine](https://dictionary.cambridge.org/dictionary/english/engine" \o "engine) [cooling](https://dictionary.cambridge.org/dictionary/english/cooling" \o "cooling) [system](https://dictionary.cambridge.org/dictionary/english/system" \o "system) was [discovered](https://dictionary.cambridge.org/dictionary/english/discover" \o "discovered).*
2. *There are so many defects in [our](https://dictionary.cambridge.org/dictionary/english/our" \o "our) [education](https://dictionary.cambridge.org/dictionary/english/education" \o "education) [system](https://dictionary.cambridge.org/dictionary/english/system" \o "system).*
3. **character defect** *It's a [character](https://dictionary.cambridge.org/dictionary/english/character" \o "character) defect in her that she can't [ever](https://dictionary.cambridge.org/dictionary/english/ever" \o "ever) [admit](https://dictionary.cambridge.org/dictionary/english/admit" \o "admit) she's [wrong](https://dictionary.cambridge.org/dictionary/english/wrong" \o "wrong).*

When something is imperfect; when there is a problem.

“defects in cancer cells” = if you better understand what are the problems or weakness in cells that become cancerous, then you understand how cancer develops, then that moves you towards understanding how to fight the disease.

“Psychology” = study of the human mind.

“psychological exercise” = it is an exercise that is related to how you can persuade them to change their mind about smoking.

Human psychology is very complex = many people choose to do things that they know are bad for them.

For the government, smoking is also an economical issue, not only a psychological.

Tomorrow we will have seven days of holidays.

I hope the trip is good.

Everywhere there are people.

Even though humans have understood the effects

The humans have understood the weakness of the cancer.

If you can publish a paper in this area...

And it’s hard to be an employee in that career...

What are your plans?

Where will you go on your trip?

What are some things you hope to visit or to see?

Mainly interested in beautiful sceneries.

Will you go hiking or visit some tourist attractions?

It is not a tourist hot spot!

More interested in enjoying the **natural landscape自然景观**.

Everyone is on the move, so everywhere is very **congested**.

*Congested [roads](https://dictionary.cambridge.org/dictionary/english/road" \o "roads) are [normal](https://dictionary.cambridge.org/dictionary/english/normal" \o "normal) on [holiday](https://dictionary.cambridge.org/dictionary/english/holiday" \o "holiday) [weekends](https://dictionary.cambridge.org/dictionary/english/weekend" \o "weekends).*

*The [restaurant](https://dictionary.cambridge.org/dictionary/english/restaurant" \o "restaurant) would [increase](https://dictionary.cambridge.org/dictionary/english/increase" \o "increase) [traffic](https://dictionary.cambridge.org/dictionary/english/traffic" \o "traffic) congestion and [noise](https://dictionary.cambridge.org/dictionary/english/noise" \o "noise).*

Enjoy the time off.

I relaxed a little bit on Saturday.

She is pregnant, she is expecting a baby.

I am **covering lessons** for another teacher, so I have too much teaching this week.

"Cover lessons" 在教育领域通常指的是教师在原任教师缺席时代替其进行教学。这个表达比较直接，没有太多地道的变体，但可以用不同的方式表达相同的意思，例如：

Teach in someone's absence

Take over classes

Substitute teach

Fill in for a teacher

Take someone's place in teaching

这些表达都可以用来描述在另一位教师无法上课时，临时接管其课程的行为。

## Quirk

= strange feature = strange

=Leila has many quirks: she often twitches when she is talking (it is a strange feature or a strange habit that Leila has)

Quirky

= My friend Leila is very quirky, she is always interested in strange books and new ideas.

# 20240923

## Cambly AI CORRECTION

~~I stay at the indoor~~

I stay indoors.

~~Yes, my leader asked me to modify the work that I've been done.~~

Yes, my leader asked me to modify the work that I have done.

~~I thought I have finished, but it is not.~~

I thought I had finished, but I had not.

~~There is no standard, so it quite waste time, but we need to do that.~~

There is no standard, so it quite wastes time, but we need to do that.

~~you can easily read a book without a look up vocabulary.~~

you can easily read a book without looking up vocabulary.

~~The bad news spreads thousands of meters away.~~

The bad news spreads for thousands of meters.

## Other AI correction

Error: "It's not common in September."

Improved: "That's not common for September."

Explanation: This rephrase corrects the sentence structure to clearly state that the weather is unusual for the month.

Error: "Yes, I remember you. Tonight, you have red hair."

Improved: "Yes, I remember you have red hair."

Explanation: The word "tonight" is unnecessary and changes the meaning. The corrected sentence is more straightforward.

Error: "it has two months passed"

Improved: "it's been two months"

Explanation: The correct phrase is "it's been" to indicate the passage of time.

Error: "Cold snow."

Improved: "It snowed."

Explanation: "It snowed" is the correct past tense form to indicate that snow fell.

Error: "So I was I Tried to stay indoors and stay warm over the weekend."

Improved: "So I tried to stay indoors and stay warm over the weekend."

Explanation: The sentence should not start with "So I was," and "tried to" is more commonly used to indicate an attempt.

Error: "my leader asked me to modify the work that I've been done."

Improved: "my leader asked me to modify the work I've done." Explanation: Remove "that" after "work" for a more natural sentence structure.

Error: "I thought I have finished, but it is not."

Improved: "I thought I had finished, but I haven't."

Explanation: Use "had finished" for the past perfect tense and "haven't" for the present perfect tense to indicate an action that was not completed.

Error: "There is no standard, so we need to do that."

Improved: "There's no standard, so we have to do that."

Explanation: "There's no" is a more common contraction, and "have to" is more appropriate to express necessity.

Error: "Yes, he has vague concept."

Improved: "Yes, he has a vague concept."

Explanation: Add "a" before "vague concept" to use the correct article.

Error: "I just do it by his advice."

Improved: "I just follow his advice."

Explanation: "Follow his advice" is a more natural way to express acting on someone's suggestions.

Error: "I have too much teaching and lesson planning and everything but um after After october things will be better."

Improved: "I have a lot of teaching and lesson planning to do, but things will improve after October."

Explanation: Use "a lot of" instead of "too much" for tasks, and restructure the sentence for clarity.

Error: "An important fact that explains a lot."

Improved: "An important fact that explains a lot is that good news takes time, while bad news tends to occur instantly."

Explanation: Complete the thought by contrasting the time it takes for good news versus bad news.

Error: "The good news don't go out from our home."

Improved: "Good news doesn't travel fast from our home."

Explanation: Use "doesn't" for the singular subject "good news" and rephrase for clarity.

Error: "The bad news spreads thousands of meters away."

Improved: "Bad news travels fast and spreads far."

Explanation: This rephrase emphasizes the rapid spread of bad news and is more idiomatic.

## Questions（answer them anytime）

## idiomatic English expressions(1-ai example 2-my example 3-ai correction)

## correction and expanding Expression

Unusually low temperature for September.

Because it is our springtime.

It was an unusual **cold snap**.寒流



I tried to **stay indoors** and stay warm over the weekend.

Due to the heavy rain, it's best to stay indoors today.

由于大雨，今天最好待在室内。

The doctor advised her to stay indoors for a few days to recover fully.

医生建议她完全康复前最好待在家里几天。

With the air quality being so poor, it's safer to stay indoors.

鉴于空气质量这么差，待在室内更安全。

It's too cold outside; let's stay indoors and watch a movie.

外面太冷了；我们待在家里看电影吧。

The forecast predicts a hurricane tonight, so we should stay indoors.

天气预报今晚有飓风，所以我们最好待在室内。

He is giving you **contradictory advice** and sometimes you feel like time is wasted as a result.

I received contradictory advice from two different doctors about my diet.

我从两位不同的医生那里得到了关于饮食的相互矛盾的建议。

The experts gave us contradictory advice on how to manage the crisis.

专家们就如何管理这场危机给出了相互矛盾的建议。

It's confusing when you get contradictory advice from people you trust.

当你从你信任的人那里得到相互矛盾的建议时，会感到困惑。

The contradictory advice from the financial advisors left us unsure of our next move.

金融顾问们给出的相互矛盾的建议让我们不确定下一步该怎么做。

She felt overwhelmed by the contradictory advice she received about parenting.

她对于育儿方面的相互矛盾的建议感到不知所措。

He has a "**trial and error**" approach: which means that we learn by trying and making mistakes.

Do you get frustrated?

Right now things are hectic: I have too much teaching and lesson planning.

After October, things will be better.

Catastrophic = disastrous

In recent years, there have been **catastrophic floods** in some parts of China.

**A catastrophic storm** made landfall on US soil.一场灾难性的风暴登陆美国本土。

**Compound**

Good things compound over the years if you work hard and save money = good things add up slowly into something bigger.

= similar to accumulate

**“the snowball effect”** = when something small eventually becomes something bigger

My stress has been compounding throughout the year.

我的压力一年来一直在增加。

People are always interested in bad news; people like to **gossip and discuss** bad news.

# 20240916

## Cambly AI CORRECTION

Because this is the mid-autumn festival

I felt moved after I saw the groom, my senior, giving a presentation.

We and our family and some relatives get together to have a big meal.

Our family and some relatives get together to have a big meal.

Prosecutor cancels investigation led to the impeachment of former U.S. President Bill Clinton.

The prosecutor canceled the investigation that led to the impeachment of former U.S. President Bill Clinton.

If people cannot impeach him, it's difficult.

If people cannot impeach him, it becomes difficult to hold him accountable.

I'm so broke down by my house that I have to work harder and harder.

I'm so bogged down by my house that I have to work harder and harder.

Some party won the immigration.

Some party won the election.

## Other AI correction

Error: "This week, I have three days off because this is mid-autumn festival."

Improved: "I have three days off this week for the Mid-Autumn Festival."

Explanation: The corrected sentence is more concise and uses the correct term "Mid-Autumn Festival."

Error: "We have to go to work on Saturday to compensate for the holiday."

Improved: "We have to work on Saturday to make up for the holiday days."

Explanation: "Make up for" is a more natural way to express working extra to compensate for days off.

Error: "I came back home yesterday."

Improved: "I returned home yesterday."

Explanation: "Returned" is a more common way to express coming back to a place.

Error: "On Saturday, I attended my senior's wedding ceremony."

Improved: "On Saturday, I attended the wedding of a senior friend."

Explanation: "Senior friend" is a clearer way to describe someone who is older or more experienced.

Error: "So, on that day, I had to go to work early so that I can get off work earlier than before to catch the wedding ceremony."

Improved: "So, on that day, I went to work early to finish early, allowing me to attend the wedding ceremony."

Explanation: This rephrases the sentence for clarity and removes unnecessary repetition.

Error: "It was fun. It was fun. It was nice."

Improved: "It was really enjoyable and a beautiful ceremony."

Explanation: This combines the similar sentences and uses stronger adjectives.

Error: "I felt moved after I saw the groom, my senior, gave a presentation."

Improved: "I was deeply moved when I saw my senior, the groom, give his presentation." Explanation: This restructures the sentence for better flow and emphasis.

Error: "And the food is delicious."

Improved: "And the food was **absolutely** delicious."

Explanation: "Was" is the correct past tense, and "absolutely" adds emphasis.

Error: "To marvel."

Improved: "To marvel."

Explanation: This seems to be a typographical error or a partial thought. Ensure complete thoughts are expressed.

Error: "It's simple. We and our family and some relatives get together to have a big meal." Improved: "It's quite simple. We, along with our family and some relatives, will **gather for a big meal**."

Explanation: This rephrases the sentence for better flow and clarity.

Error: "I'm staying at my family home."

Improved: "I'm staying at my family's home."

Explanation: "Family's" shows possession, indicating whose home it is.

Error: "Also, we can... we can read an article."

Improved: "Additionally, we could read an article."

Explanation: "Additionally" provides a smooth transition, and "could" offers a suggestion.

Error: "Americans pay to spread the Russian content."

Improved: "Americans pay to spread Russian content."   
“美国人花钱传播俄罗斯内容。”

Explanation: The definite article "the" before "Russian content" is not necessary.

Error: "Prosecutor cancels investigation led to the impeachment of former U .S. President Bill Clinton."

Improved: "The prosecutor's cancellation of the investigation led to the impeachment of former U.S. President Bill Clinton."

Explanation: This corrects the sentence structure for clarity and uses the correct term "cancellation."

Error: "In the US, ahead of the elections, the supporters of Donald Trump have completely different political beliefs compared to the supporters of Conor McGregor."

Improved: "In the US, ahead of the elections, the supporters of Donald Trump have completely different political beliefs compared to the supporters of Kamala Harris."

Explanation: Conor McGregor is not a political figure; this was likely a mistake. Kamala Harris is the correct counterpart to mention in this context.

Error: "I just heard. I don't know much about this."

Improved: "I've heard about it, but I don't know much detail."

Explanation: This rephrase provides a clearer expression of limited knowledge on the topic.

## Questions（answer them anytime）

## idiomatic English expressions(1-ai example 2-my example 3-ai correction)

### 补偿工作日 (Compensatory Work)

"We have to put in some extra hours on Saturday **to make up for** the day we had off."

### 感人的演讲 (Moving Presentation)

"He **delivered** a moving presentation **that really touched the hearts of the audience**."

### 庆祝方式 (Celebrating)

"How will you be celebrating the occasion? Any special plans?"

### 参加葬礼 (Attending a Funeral)

"I had to attend a funeral on Saturday; my friend's mother passed away, and it was a very somber gathering."

### 忙碌如常 (Busy as Usual)

"It's been very busy as usual, with **a lot on my plate**."

### 法律指控 (Legal Indictments)

"The official was indicted on charges of espionage, facing potential impeachment due to misconduct."

### 检察官与被告 (Prosecutor and Defendant)

"The prosecutor is trying to prove the defendant's guilt, while the defense attorney aims to demonstrate their innocence."

### 贪污 (Embezzlement)

"The government official was accused of embezzling funds intended for public use, which is a form of corruption."

### 离岸税务天堂 (Offshore Tax Havens)

"Some individuals park their money in offshore tax havens to take advantage of more lenient tax laws."

### 引导或转移资金 (Funneling Money)

"Criminal organizations often use complex financial schemes to funnel money into illicit activities."

### 陷入困境 (Bogged Down)

"I've been bogged down by my heavy workload, leaving me with little time for personal pursuits."

### 公投与政治分化 (Referendum and Political Polarization)

"The upcoming referendum has highlighted the deep political polarization in the country, with opposing views on critical issues."

### 极端对立的观点 (Opposing Views)

"The two political camps are polarized, holding beliefs that are starkly contrasting."

## correction and expanding Expression

<https://engoo.com/app/daily-news/article/americans-paid-to-spread-pro-russian-content/ATOqrHBUEe-ExK-qiRkM-Q>

If people cannot impeach him, it becomes difficult to hold him accountable.

如果人们不能弹劾他，就很难追究他的责任。

"Bogged down" 通常用来描述某人被某事困住或阻碍，无法轻松前进。

The report took longer to write than expected because I got bogged down in some of the technical details.

"I'm afraid if we keep adding features, the project will bog down." （如果我们继续增加功能，我担心项目会进展缓慢。）

"Don't let the details bog you down; focus on the big picture." （别让细节拖你后腿；关注大局。）

"The negotiations bogged down over the issue of funding." （谈判在资金问题上陷入了僵局。）

"We can't let the team bog down in the final stretch of the project." （我们不能让团队在项目的最后阶段停滞不前。）

"He's bogged down with debt and can't seem to find a way out." （他负债累累，似乎找不到出路。）

"The company is trying to avoid getting bogged down in bureaucracy." （公司正试图避免陷入官僚主义。）

"The process bogged down due to lack of clear instructions." （由于缺乏清晰的指示，这个过程陷入了困境。）

"Our vacation plans got bogged down by the unexpected car repairs." （我们的度假计划因为意外的汽车维修而受阻。）

"She's bogged down in her dissertation and can't finish on time." （她博士论文进展缓慢，无法按时完成。）

"The meeting bogged down when they started discussing the controversial topic." （当他们开始讨论这个有争议的话题时，会议陷入了僵局。）

We have to go to work on Saturday to **compensate for** our day off.

He gave a moving presentation / speech

On Saturday I had to go to a funeral.

My friend's mother **passed away**, so we had to be at the funeral.

It was a sad occasion.

Very busy as usual.

Indict = accuse

WikiLeaks founder Julian Assange was indicted on espionage charges in 2019.

He **was accused of** spying.

**impeach** = charge an official with misconduct; impeach a president = remove from the president's office

Another word for a lawyer who is trying to show that a criminal is guilty

Embezzled = stolen

**The embezzled funds were funneled through offshore tax havens to various personal accounts.**

这个句子的意思是：被挪用的资金通过海外的避税天堂转移到了不同的个人账户。

Embezzled：这个词作为动词，意思是非法地挪用（通常是受信任的资金）。它通常用于描述一个人（如雇员或官员）利用其职位上的便利，将本应用于特定目的的资金据为己有。

地道表达：

"He was accused of embezzling funds from the company." （他被指控挪用了公司的资金。）

"The financial manager embezzled a large sum of money before disappearing." （财务经理在消失之前挪用了一大笔钱。）

Funneled：这个词作为动词，意思是通过一个狭窄的通道或方法将某物引导或转移。在金融犯罪的语境中，它通常用来描述将资金或资源非法地转移到另一个地方，以隐藏其来源或避免税收。

地道表达：

"The profits were funneled through **a complex network of shell companies**." （利润通过一个复杂的空壳公司网络被转移。）

"They funneled money to the campaign through various sources to hide the donations." （他们通过各种来源将资金转移到竞选活动中，以隐藏捐款。）

整个句子描述的是一种典型的洗钱行为，其中非法获得的资金被转移到海外账户，以掩盖其来源并使其看起来合法。这种行为通常涉及到复杂的金融操作和保密的金融中心，即所谓的“避税天堂”。

Sometimes government officials will embezzle money that is supposed to be used for public good.有时政府官员会挪用本应用于公共利益的资金。

= corruption

Offshore tax havens = accounts in countries that have tax laws that are not so strict.

In some countries, it is easier to move money around and to deposit large amounts of money without facing high tax.

### Funnel

We can use a funnel (noun) to funnel (verb) water into a smaller container.

我们可以使用漏斗（名词）将水漏斗（动词）倒入较小的容器中。

Funnel (verb) = guide or direct something

### Bog down

= pulled down by something

= something is preventing you from moving forward or making progress.

**I am so bogged down by my heavy workload nowadays that I have no spare time to study English.**最近我被繁重的工作负担压得喘不过气来，根本没有空余时间学习英语。

I am bogged down by all the payments I have to make for my house and my car; so I have no extra money for a holiday.

我被房子和汽车的所有款项压得喘不过气来；所以我没有多余的钱去度假。

~~I am bogged down by overthink.~~

Usually to talk about something outside of you that you can't control.

### Polarization

The Brexit referendum **deepened political polarization** in the UK.英国脱欧公投加深了英国的政治两极分化。

There is deep political polarization in the USA ahead of the elections: the supporters of Donald Trump have completely different political beliefs and values to the supporters of Kamala Harris.

The U.S.A is very polarized (adjective) at the moment.

They are polarized; they have totally different views.

Trump and Harris have completely different views on immigration.

# 20240909

## Cambly AI CORRECTION

there was a lecture because I was a member of a community party of China

there was a lecture because I was a member of the Communist Party of China

We need to study the policy of physical theory about what's going on

We need to study the policy of political theory about what's going on

It's boring. Yeah, because there are total 31 people in our department,

It's boring. Yeah, because there are a total of 31 people in our department

and that Saturday, at that day, we happen to have team building,

and that Saturday, we happened to have team building,

I originally thought because we don't have time to catch that event, but finally,

I originally thought because we didn't have time to catch that event, but finally,

Although we have never met before and that company has never invited to call them.

Although we have never met before and that company has never invited me to call them.  
虽然我们以前从未见过面，那家公司也从来没有邀请我给他们打电话。

If somebody, if some stranger calls me, yeah, most times I don't like to get it.

If somebody, if some stranger calls me, yeah, most times I don't like to answer it.

## Other AI correction

Error: "I'm still in the battery, I'm sorry, and last week was still relaxed, so I take this opportunity to brush up my coding skills,"

Improved: "I'm still at the factory. Sorry for the confusion. Last week was quite relaxed, so I took the opportunity to brush up on my coding skills."

Explanation: Clarifies the location and provides a smoother transition between sentences.

Error: "at the weekend there was a lecture because I was a member of a community party of China, and so we sometimes study the policy of physical theory about what's going on, what policies have been published recently."

Improved: "Over the weekend, I **attended a lecture** because I'm a member of the communist party in China. We sometimes study policies and theories **on current events** and recently published policies."

Explanation: This rephrases the sentence for better clarity and coherence.

Error: "It's boring."

Improved: "It was rather uninteresting."

Explanation: "Rather uninteresting" provides a more formal and descriptive way to express that the lecture was not engaging.

Error: "Yeah, because there are total 31 people in our department, they are the members of the community party, but just new employees choose to join in that lecture. Yeah, no one likes to join,"

Improved: "Yes, there are a total of 31 people in our department who are members of the communist party, but only new employees **are required to** attend the lecture. Truthfully, no one really wants to join."

Explanation: This corrects the sentence structure and provides a clearer explanation of the situation.

Error: "and that Saturday, at that day, we happen to have team building, I originally thought because we don't have time to catch that event, but finally, we went that race to have dinner in time. Yeah, yeah,"

Improved: "And on Saturday, we **coincidentally** had **a team-building event**. I originally thought we wouldn't have time to attend, but we managed to make it there in time for dinner. Yes," Explanation: This rephrases the sentence for better clarity and flow.

Error: "What about you?"

Improved: "How about you? How's your week been?"

Explanation: This is a more engaging way to ask about the other person's week.

Error: "Okay. Yes."

Improved: "Sounds good. I'm looking forward to it."

Explanation: This response shows enthusiasm and anticipation for the upcoming activity.

Error: "We can take turn reading the transcript."

Improved: "Shall we **take turns** reading the transcript?" Explanation: This phrase is more polite and collaborative, suggesting a shared activity.

Meaning: To alternate or share in doing something by turns; to do something in a sequence, one after the other.

Idiomatic English Sentences:

"In the meeting, each department head took turns to present their quarterly reports."

"The children took turns choosing which game to play, ensuring everyone got a chance to pick."

Error: "They are four pounds per unit."

Improved: "They cost four pounds per unit."

Explanation: This corrects the sentence to clearly state the price per unit.

Error: "Not really. One of the companies I called has run back."

Improved: "Not exactly. **I did get a callback from one of the companies I called."**

Explanation: This clarifies that a company responded after the initial call.

Error: "A little bit kind of" Improved: "Kind of a little bit" Explanation: This corrects the phrase for proper word order in casual speech.

Error: "So what is a cold call? Have you come across this expression so a cold call is When you call somebody With no prior invitation"

Improved: "So, what is a cold call? It's when you call someone without any prior invitation." Explanation: This provides a clear definition of a cold call and corrects the sentence structure for clarity.

## Questions（answer them anytime）

## idiomatic English expressions(1-ai example 2-my example 3-ai correction)

### 提高时间效率 (Making Time Productive)

"I've been looking for ways to make my time more productive by setting clear goals and prioritizing tasks."

### 讲座体验 (Lecture Experience)

"Was it an interesting lecture? I found it engaging, although few people volunteered to participate."

### 身体状况 (Physical Condition)

"The past two weeks have been hectic, leaving my body quite exhausted. I was suddenly very tired and in need of rest."

### 商务英语 (Business English)

"For effective negotiation strategies, I've been reviewing resources like the BBC Learning English 'English at Work' series."

### 冷 call (Cold Calling)

"Cold calling can be a brave approach in sales, where you call **potential customers** without a prior invitation, hoping to generate interest despite the common dislike for unsolicited calls."

### 客户线索 (Customer Leads)

"Generating quality customer leads is what I excel at; **it's my thing** and has **saved my bacon** on more than one occasion."

### 英式茶点 (British Tea and Biscuits)

"Afternoons in the UK often **involve** a cup of tea and a custard cream biscuit, a classic favorite among locals."

### 未来计划 (Future Plans)

"**I'm off to prepare dinner for tonight**, just one of the tasks on my agenda for the day."

### 口头禅 (Manner of Speaking)

"She has a manner of saying 'sort of' when she talks about her experiences, indicating a mix of success and challenges."

### 妥协 (Compromise)

"To reach an agreement, I'm willing to meet you halfway and find a compromise that suits both parties."

## correction and expanding Expression

There was a lecture because I was a member of the communist party of China.

there are a total of 31 people in our department.

The phrase "a total of" is used in English to indicate the full amount or number of something when you are adding up different quantities or items. It is often followed by a number or a quantity to specify the sum.

Explanation:

Summation: "A total of" is used to show the combined or overall amount after adding individual parts together.

Quantification: It helps to quantify the total number or amount of items or occurrences.

Authentic English Expressions:

Counting Items:

**"A total of 50 students attended the lecture."**

Meaning: There were 50 students in total who were present at the lecture.

Adding Expenses:

**"The bill came to a total of $150 for the entire meal."**

Meaning: The overall cost of the meal for everyone was $150.

Combining Data:

**"The survey received a total of 300 responses."**

Meaning: The survey got 300 responses in total.

Accumulating Points:

"She scored a total of 120 points in the game."

Meaning: The player achieved a total of 120 points throughout the game.

Calculating Time:

**"The project took a total of six months to complete."**

Meaning: It took six months altogether to finish the project.

You are finding ways to make the time productive.

Very few people volunteered to join.

I was suddenly very tired

The past two weeks have been very busy

My body was very exhausted

[bbc.co.uk/learningenglish/english/features/english-at-work/30-negotiating](https://www.bbc.co.uk/learningenglish/english/features/english-at-work/30-negotiating" \t "https://www.cambly.com/en/student/progress/_blank)

What is a "cold call"?

When you call somebody with no prior invitation.

For example, I will find somebody's contact details on the internet and call them, even though we have never met before, and that company has never invited to call them.

This is different from when you meet somebody, you have a conversation, they give you a business card, and then you call them (not a cold call).

You can have good luck or bad luck with a cold call.

it's brave to cold call somebody

Most people don't enjoy receiving cold calls from strangers.

They are facing closure, they have financial difficulties, so she tried to cold call new potential customers.

A Cold call

A "cold call" is an unsolicited telephone call made to a potential customer or client who has not previously expressed interest in your product or service. It's a proactive sales technique where the goal is to initiate a conversation, qualify leads, and potentially close a sale. Cold calling is often used by sales representatives and marketers to generate new business relationships and expand their customer base.

**Initiating a Cold Call:**

"I'm going to make some **cold calls** today to **pitch our new software solution**."

Meaning: The speaker plans to call potential customers to introduce a new product.

**Reacting to a Cold Call:**

"I received a cold call from a sales rep offering a free trial of their service."

Meaning: The speaker has been contacted unexpectedly by a salesperson.

**Preparing for Cold Calls:**

"Before we start the cold calling campaign, let's review the script and identify our target audience."

Meaning: The speaker is preparing for a series of cold calls with a planned approach.

Handling Rejection:

"You have to be prepared for rejection when making cold calls."

Meaning: It's expected that some potential customers will not be interested.

Setting Goals for Cold Calls:

"Our team's goal is to secure at least five appointments through cold calls this week."

Meaning: The objective is to get several meetings set up as a result of the calls.

Improving Cold Calling Skills:

**"To improve my cold calling skills, I'm going to practice active listening and refine my pitch."**

Meaning: The speaker is looking to enhance their ability to engage potential customers.

Reflecting on Cold Call Results:

**"After making dozens of cold calls, I realized I need to be more concise and focused on the customer's needs."**

Meaning: The speaker is analyzing their approach to be more effective.

Cold calling can be an effective way to reach new customers, but it requires persistence, preparation, and the ability to connect with people quickly and effectively. It's a common practice in sales and often involves overcoming initial resistance or skepticism from the person on the other end of the line.

"this is my thing"

= "this is what I am good at"

"Writing is my thing" = "Writing is a skill that I am good at."

"saved my bacon"

When someone "saves your bacon", it means they help you to get out of a difficult or dangerous situation.

You saved my body, my life.

"Bacon" is one way of talking about me.

"You saved my bacon" = another way of saying "you saved my life" or "really helped me out"

The phrase "saved my bacon" is an idiomatic expression in English that means to rescue someone from a difficult or dangerous situation, or to prevent a bad outcome. It is often used to express gratitude for someone or something that has kept a situation from becoming worse.

Idiomatic English Sentences:

"When my laptop crashed right before the presentation, my colleague was able to recover the file, which really saved my bacon."

"I thought I was going to miss my flight, but the taxi driver sped through traffic and got me to the airport just in time – he saved my bacon!"

Custard cream = a kind of biscuit

English people always drink tea and eat biscuits.

"I'm off to..."

**"I'm off to make dinner for tonight."**

The next thing I'm going to do

"I'll meet you halfway"

= we can find a compromise, it doesn't literally mean we will meet something

We will meet each other halfway

The phrase "I'll meet you halfway" means that someone is willing to compromise or make concessions in order to reach an agreement or settle a dispute. It suggests that the person will go part of the way to meet the other party's demands or expectations, with the expectation that the other party will also make some concessions.

Authentic English Expressions:

Negotiating a Deal:

**"I understand your concerns, and I'm willing to meet you halfway on this contract."**

Meaning: The speaker is willing to make some concessions in the negotiation to reach an agreement.

Resolving a Dispute:

**"We've been at an impasse for too long; I'll meet you halfway if you will."**

Meaning: The speaker is ready to compromise to resolve the dispute, hoping for a reciprocal compromise from the other party.

Making a Compromise:

**"I'm not entirely happy with this proposal, but I'll meet you halfway."**

Meaning: The speaker is not fully satisfied but is willing to accept the proposal with some concessions.

Reaching a Compromise in a Relationship:

**"Let's sit down and talk about our differences; I'm willing to meet you halfway."**

Meaning: The speaker is open to discussing issues and finding a middle ground in the relationship.

Balancing Work and Personal Life:

**"I know you need me to work overtime, but I'll meet you halfway by working a few extra hours during the week."**

Meaning: The speaker is willing to make some extra effort to help but not to the full extent requested.

Splitting the Difference:

"We can't agree on the price, so how about I meet you halfway?"

Meaning: The speaker is suggesting to split the difference in price as a way to reach an agreement.

This phrase is often used in business negotiations, personal relationships, and any situation where a compromise is needed to move forward. It emphasizes a willingness to be flexible and work towards a mutually beneficial outcome.

"killer"

= an informal way of saying "very good"

"killer lines" = "my very good lines"

# 20240902

## Cambly AI CORRECTION

So, at the same company, there are two parts. One part is some employees are responsible for studying and some employees are responsible for producing.

So, at the same company, there are two parts. One part has employees responsible for studying, and the other part has employees responsible for producing.

The company asked us to receive the production for two weeks.

The company asked us to **oversee the production** for two weeks.

Maybe the purpose for them is to help us to know how the factory runs and how to operate in real environment.

Maybe the purpose for them is to help us to know how the factory runs and how to operate **in a real environment.**

But the person, the tutor who is responsible for me and other two employees, this person today didn't show up.

But the person, the tutor who is responsible for me and the other two employees, this person today didn't show up.

He just sent me a radio, PowerPoint.他刚刚给我发了一个收音机、PowerPoint。

He just sent me a recording and a PowerPoint.他刚刚给我发了一段录音和一份 PowerPoint。

Most people feel it's a quite good experience.

Most people feel it's quite a good experience.

So when she meets new situation, she doesn't know how to do it.

So when she meets a new situation, she doesn't know how to handle it.

Some video I watch, most video I just listen in my rest time.

Some videos I watch, most videos I just listen to in my rest time.

Before I find this video, I find another book.

Before I found this video, I found another book.

## Other AI correction

Error: "Good, yeah. What about your day?"

Improved: "Good, how was your day?"

Explanation: "It's more common to use 'how was your day?' to inquire about someone's day."

Error: "I will go to the factory. It has fully or half -fully automatically produced things."

Improved: "I will go to the factory. It is **fully or semi-automatically** producing things."

Explanation: "The correct phrase is 'fully or semi-automatically' and 'producing things' is more appropriate than 'produced things'."

Error: "I don't need to do a lot of things."

Improved: "There isn't much for me to do."

Explanation: "It's more natural to say 'there isn't much for me to do' when you're indicating that your role is minimal."

Error: "I don't need to stay at the original place to work."

Improved: "I don't need to stay at my usual workplace."

Explanation: "'Usual workplace' is a more natural way to refer to the place where you typically work."

Error: "One part is some employees are responsible for studying."

Improved: "One part is where some employees are responsible for research."

Explanation: "It's more common to say 'research' in a professional context rather than 'studying', and it's clearer to say 'where some employees are responsible for research'."

Error: "The company asked us to receive the production for two weeks."

Improved: "The company has asked us to oversee production for two weeks."

Explanation: "'Oversee production' is a more professional way to describe managing or being responsible for the production process."

Error: "it's a waste of time."

Improved: "I feel it's a waste of time."

Explanation: "Adding 'I feel' makes the statement more personal and less abrupt."

Error: "I don't need to do anything, not even just show."

Improved: "I don't need to do anything; I'm just an observer."

Explanation: "Being 'just an observer' is a clearer way to express that your role is to watch without participating."

Error: "the purpose for them is to help us to know how the factory runs and how to operate in real environment."

Improved: "Their purpose is to help us understand how the factory operates in a real-world environment."

Explanation: "'Their purpose is to help us understand' is a clearer and more formal way to state the intention, and 'real-world environment' is a more common phrase."

Error: "the person, the tutor who is responsible for me and other two employees, this person today didn't show up."

Improved: "the tutor responsible for me and two other employees didn't show up today." Explanation: "The sentence flows better without the repeated 'the person' and is more concise."

Error: "I would do other things."

Improved: "I plan to do other things."

Explanation: "'Plan to' indicates intention, which is more appropriate than 'would' in this context."

Error: "the company still gives me money, even though I waste time."

Improved: "the company still pays me even though I feel my time isn't being well-spent."   
“尽管我觉得我的时间没有花得值，公司仍然付钱给我。”

Explanation: "It's more polite to say 'feel my time isn't being well-spent' rather than 'waste time'."

Error: "Most people feel it's a quite good experience."

Improved: "Most people feel it's a pretty good experience."

Explanation: "'Pretty' is more commonly used in conversational English to mean 'quite' or 'very'."

Error: "You don't have to work in the office."

Improved: "You don't need to work in the office."

Explanation: "'Need to' is more commonly used to indicate necessity."

Error: "No, it's boring."

Improved: "No, I find it boring."

Explanation: "Adding 'I find it' makes the statement more personal."

Error: "today we spent maybe six hours at the meeting room and do nothing."

Improved: "today we spent maybe six hours in the meeting room doing nothing."

Explanation: "'Doing nothing' is a more natural way to express that no work was done."

Error: "In the morning, I didn't take anything except my phone."

Improved: "In the morning, I only brought my phone."

Explanation: "'Only brought my phone' is a more natural way to express that the speaker brought just one item."

Error: "And there are some real situation I have met or I will meet, I think, without."

Improved: "And there are some real situations I've encountered or might encounter, I think." Explanation: "'Encountered or might encounter' is a more natural way to express past and future experiences, and 'I think' should be at the end of the sentence."

## Questions（answer them anytime）

How are you?

询问Lee的近况。

How is your day?

询问Lee当天过得如何。

Which city is the factory in?

询问Lee即将去的工厂所在的城市。

Are you going to go visit this factory just for a little while?

询问Lee是否只是短暂访问工厂。

Do they also think it's a waste of time?

询问其他同事是否也认为在工厂的时间是浪费。

How do your colleagues feel? Do they also think it's a waste of time?

询问Lee的同事们对于在工厂的时间是否也持相同看法。

How long will you work one day? How many hours will you spend on your work in one day?

询问Lee一天工作多少小时。

Did you find a link?

询问Lee是否找到了某个链接。

Did you already choose one of them?

询问Lee是否已经选择了某个视频或材料。

How many of the videos have you already watched?

询问Lee已经观看了多少视频。

Did you find this video useful? What are some of the useful tips that were shared in the video?

询问Lee是否发现视频有用，以及视频中分享了哪些有用的提示。

## idiomatic English expressions(1-ai example 2-my example 3-ai correction)

### 制造实习

地道英语句子："I'm going on a two-week manufacturing internship at the factory to gain hands-on experience实践经验."

### 研发

地道英语句子："Some employees focus on research and development, while others are dedicated to the production line."

### 观察生产

地道英语句子："My role is in R&D, but I need to observe the production process for two weeks to get a better understanding of the factory operations."  
我的职责是研发，但我需要观察生产流程两周，以更好地了解工厂运营情况。

### 同事的感受

地道英语句子："How do your colleagues feel about the workload? Are they satisfied or feeling the pressure?"

### 压力和疲惫

地道英语句子："When we're bored, we tend to get easily frustrated, but **on the positive side**, we're not too stressed and exhausted."

### 忙碌的工作

地道英语句子："Things can get hectic at work, with many tasks happening all at once, which requires us to manage our time effectively."

### 加班

地道英语句子："Occasionally working overtime is manageable, but doing it consistently can be quite exhausting in the long run."

### 工作时长

地道英语句子："It's not uncommon for my workday to extend to 10 hours, especially when there's a lot to be done."“我的工作日延长到 10 个小时并不罕见，尤其是当有很多事情要做的时候。”

### 灵活工作

地道英语句子："Sometimes I work late into the evening, or I'll wake up early to start working, which can be tiring."

### 偶尔加班

地道英语句子："**Working overtime occasionally** is fine, but it's important to maintain a healthy work-life balance."

### 提供合适的回答

地道英语句子："The narrator suggests strategies for coping with工作压力 and gives suitable answers to common interview questions."

### 非教科书式的对话

地道英语句子："The dialogue in this series is more realistic and less like the formal exchanges you might find in a textbook."

### 消化信息

地道英语句子："After a full day of training, I need some time in the evening to **digest all the new information I've learned**."

## correction and expanding Expression

[bbc.co.uk/learningenglish/english/features/english-at-work](https://www.bbc.co.uk/learningenglish/english/features/english-at-work" \t "https://www.cambly.com/en/student/progress/_blank)

You are visiting the factory for two weeks.

Some employees do research and development; others are responsible for production.

My responsibility is research and development, but we have to observe the production for two weeks.

Maybe they want you to have better insight and understanding of the factory's production processes

How do your colleagues feel?

When we are bored, we get easily frustrated.

On the positive side, you are not too stressed and exhausted.

For the next time that things get very hectic and busy.

hectic = another word for busy; when many things are happening all at the same time

On my side, things are hectic.

Got back a few hours ago.

It will be OK.

Hectic

"Hectic" 是一个形容词，用来描述忙碌、混乱、紧张或充满活动的状态。它通常用于形容一个时间段内有许多事情同时发生，让人感到压力很大，难以保持平静或有条不紊。

含义：

****忙碌的****：指一个人有很多工作或责任，几乎没有休息的时间。

****混乱的****：指环境或情况混乱，缺乏组织或秩序。

****紧张的****：指生活节奏快，压力大，使人感到紧张或焦虑

****描述工作日****：

"The week has been hectic with **back-to-back** meetings and deadlines."

意思是："这周非常忙碌，会议和截止日期一个接一个。"

****描述生活节奏****：

"Trying to balance work and family life can be **quite hectic**."

意思是："试图平衡工作和家庭生活可能会相当忙碌。"

****描述旅行经历****：

"Our trip to the city was a hectic whirlwind of sightseeing and activities."

意思是："我们去城市的旅行是一连串的观光和活动，非常忙碌。"

****描述节日准备****：

"The holidays always bring **a hectic schedule** with all the shopping and preparations."

意思是："节日总是带来**繁忙的日程**，包括所有的购物和准备工作。"

****描述工作氛围****：

"The office has been in a hectic mode since the new project started."

意思是："自从新项目开始以来，办公室一直处于忙碌状态。"

****描述社交活动****：

"The party was so hectic that I barely **had a moment** to **catch my breath**."

意思是："聚会非常忙碌，我几乎没有时间喘口气。"

这些表达方式都是在描述一个充满活动、压力或混乱的情况，通常需要人们快速反应并同时处理多项任务。

It can be 10 hours often.

Sometimes I work late, or I get home and keep working.

And sometimes I wake up early and work.

It can become very tiring

If it work overtime occasionally, it's OK, but if you do it consistently over a long period of time it become exhausting.

The narrator advises her on how to cope and how to give suitable answers.

**At the same time,** the viewers/students can pick up some useful tips and useful sentences.

These are very **realistic questions** that you might get asked in an interview.

The dialogue is more realistic, not so much like a textbook.

# 20240819

In your experience what are the differences between Guangzhou and Huizhou? Which city do you prefer?

The transportation in Guangzhou runs very smoothly: for example, there is an efficient metro system.

However, in Huizhou, the public transportation is not so efficient or developed, because it is a smaller city with a smaller population. Therefore, the government has not invested so much money into transportation or infrastructure.

The local government does not have as much money available as in bigger cities.

Easier for them to lose money.他们更加容易亏损

Some advantages of Huizhou are that there is fresh air and there are more outdoor activities available, such as hiking. The rent and the cost of housing in Huizhou is also much cheaper than Guangzhou, per square metre.

Maybe they are not so crowded?

Do you think you will be happy to live there for a few years/

You are already familiar with the city.

Not too crowded, with some interesting things to do.

In China, Huizhou is considered a small city.

Meanwhile the "city" where I teach at a university only has 500,000 people - the whole city.

There is a big difference between what is considered a "small" city in China or South Africa.中国和南非的“小”城市标准存在很大差异。

In South Africa, a city of 7 million people would be considered very huge.

No, in South Africa we have a big "unemployment crisis".

More than 30% youth unemployment (cannot find jobs)

Many graduates in China struggle to find a job; there are not enough jobs available.

Feel like their degree is worthless

South Africa's population has grown very fast. South Africa has a very bad education system. E**ven when people graduate, they do not have the skills that companies and employers are looking for.**

Many of my students, they will graduate because they will get at least 50% marks. But, they are not skilled enough; they will graduate even though they are not at the level that they should be at.

Maybe the requirements in China are more strict.

**In your opinion, what is causing the situation in China? Why are there no more jobs available?**

I believe China's population is no longer growing so fast; it started to decline?

It is a very competitive job market.

**Companies have reduced how many people they hire.**

1. "Companies have cut back on hiring."
2. "Companies have reduced their hiring numbers."
3. "Companies are hiring fewer people now."
4. "There has been a reduction in the number of people companies are hiring."
5. "Companies have decreased their workforce intake."

# 20240812

**we just wanted to see the sunrise, but the fog was too thick, and we didn't see the sun.**

**it is a process, maybe it will become busier as time goes by.**

**you organize all your thesis into a book, you will publish it, and maybe I can buy a book**

the mole is a funny friend, because he always makes his friends laugh

because your friends can support and go around you

they can lift you out of the water

sometimes I worry you all realize I'm ordinary, said the boy,

Was it your first time to climb that mountain?

It took us five hours to get to the top.

The fog was too thick to see the sunrise.

Wasn't it difficult to climb at night?

Did you use torches?

UK:torch USA:flashlight

Maybe it will become more busy as time goes by.

Now I am working to convert or change my PhD into a book for publication.

**I am having to juggle my research and my teaching work.**

"Juggle" 是一个动词，用来描述在多个任务或责任之间进行平衡和协调的过程。它通常用于表达在有限的时间和资源下，尝试有效地管理多个不同的活动或职责。

含义：

* ****平衡多个任务****：在多个需要同时进行的任务之间分配注意力和时间。
* ****协调****：调整行动和计划，以确保所有事情都能得到适当的处理。
* ****忙碌****：在多个角色或职责之间快速切换，以保持进度。

地道表达示例：

****管理工作和家庭责任****：

"With two jobs and three kids, I'm constantly juggling my work and family commitments."

意思是："有两份工作和三个孩子，我一直在努力平衡工作和家庭责任。"

****平衡工作和学习****：

"As a full-time student and part-time worker, I have to juggle my studies and my job."

* + 意思是："作为一个全职学生和兼职工作者，我必须在学习和工作之间进行平衡。"

****协调多个项目****：

"Managing multiple projects at once requires a lot of juggling and prioritization."

* + 意思是："同时管理多个项目需要大量的协调和优先级排序。"

****处理紧急和长期任务****：

"To keep up with urgent deadlines and long-term goals, I need to juggle my tasks efficiently."

* + 意思是："为了跟上紧急截止日期和长期目标，我需要有效地协调我的任务。"

****在多个兴趣之间分配时间****：

"Balancing my passion for painting and my career, I have to juggle my time between the two."

* + 意思是："在我对绘画的热情和我的职业生涯之间，我需要在两者之间分配时间。"

"Juggle" 这个词语在描述时间管理和多任务处理时非常实用，它传达了在多个优先事项之间进行有效分配和调整的概念。

When you try to keep many balls in the air = when you try to do many things at the same time.

Multitasking

# 20240805

He was responsible for leading me to the office.

And we are in different rooms, we are in single rooms.

I will overthink about mistakes.

I don’t forgive myself

**No complaints**

a [statement](https://dictionary.cambridge.org/dictionary/english/statement" \o "statement) that something is [wrong](https://dictionary.cambridge.org/dictionary/english/wrong" \o "wrong) or not [satisfactory](https://dictionary.cambridge.org/dictionary/english/satisfactory" \o "satisfactory):

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* [[ + that ]](https://dictionary.cambridge.org/help/codes.html) We've had complaints that you've been [playing](https://dictionary.cambridge.org/dictionary/english/card" \o "playing) [your](https://dictionary.cambridge.org/dictionary/english/your" \o "your) [radio](https://dictionary.cambridge.org/dictionary/english/radio" \o "radio) too [loud](https://dictionary.cambridge.org/dictionary/english/loud" \o "loud).
* Do you have any [grounds](https://dictionary.cambridge.org/dictionary/english/grounds" \o "grounds) for complaint (= [reason](https://dictionary.cambridge.org/dictionary/english/reason" \o "reason) to [formally](https://dictionary.cambridge.org/dictionary/english/formal" \o "formally) [complain](https://dictionary.cambridge.org/dictionary/english/complain" \o "complain))?

He is a good guide and mentor.

Good relations with your new colleagues.

Helping one another instead of competing with one another.

In order to achieve the goal

How is life with your new flatmates?

You mostly stay in your own rooms.

Do you ever cook together or spend time together?

When I was a student, there were 5 of us in one flat. But we rarely spent time together, usually, we were doing our own things.

You are happy for now?你现在幸福吗？

We have different social circles.我们有不同的社交圈。

Sometimes friends can **ground** you!

**To ground someone** = to give them something solid, to remind them who they are, where they come from.

"doing nothing with friends is never doing nothing"

We don't have to do anything special with our friends; we can just enjoy each other's company.

"No, it isn't".

"No, it isn't doing nothing."不，这不是什么都不做。

A way of agreeing

But in spoken English, this is how we would say it

"Pay for" 和 "pay off" 这两个短语在英语中有不同的含义和用法：

Pay for:

含义：为某物或某项服务支付费用。

用法：通常后面跟名词或代词，表示支付的对象。

例句：I have to pay for the tickets.（我得为这些票付款。）

Pay off:

含义：还清债务，或通过努力工作或投资获得回报。

用法：通常后面不跟名词，表示债务或贷款被完全偿还，或表示某个行动或计划最终取得了成功。

例句：He managed to pay off his student loans.（他设法还清了学生贷款。）

区别：

"Pay for" 强调的是支付行为，即为了获得某样东西或服务而支付金钱。

"Pay off" 则强调的是还清债务或投资最终得到回报的结果。

在某些情况下，"pay off" 也可以用于比喻意义，表示某个行动或策略最终证明是成功的或有益的，不一定涉及金钱。

其他用法：

"Pay for" 还可以用于表达因为某个行为或决定而受到惩罚或承担后果。

例句：He paid for his mistake with a heavy fine.（他因为错误而支付了一笔重罚。）

"Pay off" 有时也用于描述贿赂某人以获取某种利益。

例句：They tried to pay off the officials to get the contract.（他们试图贿赂官员以获得合同。）

"After months of training, my effort finally paid off and I won the race."

"All the late nights studying really paid off when I got a great grade on the exam."

"Her dedication to the project finally paid off with a successful launch."

# 20240729

If people listen to their fears, it can stop us from moving.

I’m afraid of making trouble to others.

I’m afraid of making presentation in front of others.

It is repaying the favour.

"Repay" 是一个动词，意思是归还或偿还某物，通常是指归还借款、债务或回报别人的好意。在不同的语境中，"repay" 可以有不同的含义：

偿还债务：归还欠款或债务。

地道表达："I need to repay my student loan."

意思是："我需要偿还我的学生贷款。"

回报好意：回报别人给予的帮助或支持。

地道表达："I want to repay the kindness she showed me during my difficult time."

意思是："我想回报她在我困难时期对我的好意。"

报复：在某些情况下，"repay" 也可以表示以同样的方式回应别人的行为，尤其是负面的行为。

地道表达："He repaid the insult with silence."

意思是："他用沉默回应了侮辱。"

回报投资：在金融领域，"repay" 可以指投资回报或本金的偿还。

地道表达："The investment repaid 10% over five years."

意思是："这项投资在五年内回报了10%。"

回报信任：通过行动证明某人的信任是正确的。

地道表达："By finishing the project on time, she repaid her manager's trust."

意思是："她按时完成项目，回报了经理的信任。"

Do you think you will enjoy your work?

There are many differences between student life and working life.

You have a different relationship with your colleagues and your workplace.

Are you expected to work very long hours?你需要工作很长时间吗？

Most people end up working overtime, maybe 80 hours of overtime in a month.

Listening too much to your fears, or paying too much attention to your fears, can stop you from moving or growing.

We have to overcome our fears, we have to push ourselves.

Because if we always listen to our fears, we will go nowhere.

Don't be so afraid of the unknown, or of what is new and unfamiliar to you.

Fixed mindset vs. growth mindset.

When we are not so afraid of the unknown, then we can embrace a growth mindset.

With his paw prints in the snow, the fox is drawing a heart to say thank you.

"to be in the present" = to learn how to not always be so distracted

**How a person looks on the outside cannot show you what they are feeling on the inside.**

## On the outside / on the inside

"On the outside" 和 "on the inside" 是两个常用的英语短语，用来描述事物的外部和内部特征或状态。

On the Outside:

含义：指事物的外部，外表，或表面。

地道表达：

"The house looks beautiful on the outside, but it needs a lot of work on the inside."

意思是："这座房子外表看起来很漂亮，但内部需要很多工作。"

On the Inside:

含义：指事物的内部，内在，或本质。

地道表达：

"She may seem tough on the outside, but on the inside, she's really kind and caring."

意思是："她外表看起来可能很坚强，但内心其实非常善良和体贴。"

组合使用：

这两个短语经常一起使用，以对比事物的外在和内在特征。

描述人的性格：

"He's a gentle soul on the inside, despite his tough exterior."

意思是："他外表粗犷，但内心其实很温柔。"

描述物体：

"The box is unremarkable on the outside, but it contains a valuable treasure on the inside."

意思是："这个盒子外表不起眼，但里面装着宝贵的财宝。"

描述情况或环境：

"The city is bustling and noisy on the outside, but it has a peaceful and serene atmosphere on the inside."

意思是："这座城市外表繁忙喧闹，但内部有着宁静祥和的氛围。"

这些表达方式强调了外表和内在之间的对比，可以用来描述人、物体、环境或情况。

We can mask our true emotions.

Everyone will have their own interpretations.

The fox saves the mole and returns him to the land, to repay the mole for saving his life. He is repaying the favour.

# 20240722

The purpose of the training is to teach us how to get familiar with this company.

In the past three days, we did a lot of games.

I didn’t prepare something well.

How is your new flat and your new job? How are your flatmates?

The training is familiarising us with the company and the company’s culture. We are learning the company’s values: of being creative, of striving, of cooperating as a team, of working efficiently, and of being honest.

We make a car as a team-building exercise.

I have not had time to rest.我还没有时间休息。

Yesterday, I had to take care of my niece and nephew a lot.

## Wing it

The truth is everyone is winging it.

You are doing your best as you go along, your are improvising(even if you don’t feel prepared)

(nobody really knows what they are doing; everyone is just trying their best)

I don’t feel prepared for my new job, but I am going to wing it.

Even if they don’t show it or admit it.

Every week I am afraid, every week I am winging it.

As you grow up and get experience, you realise that everybody feels this way.

Even every experienced workers, they are often just winging it.

The phrase "wing it" is an informal expression that means to improvise or make things up as you go along, especially when you don't have much experience or preparation. It suggests that someone is relying on their instincts, intuition, or ability to adapt in the moment rather than following a plan or having extensive knowledge.

Understanding "Wing It":

Improvisation: Doing something without a detailed plan or prior preparation.

Adaptability: Adjusting to a situation as it unfolds, using whatever resources or skills are available.

Confidence: Sometimes, "wing it" implies a level of confidence in one's ability to handle situations without strict guidelines.

Authentic English Expressions Using "Wing It":

In a Social Situation:

"I didn't know what to expect at the party, so I just had to wing it."

Meaning: The speaker didn't have a plan for the party and had to rely on their ability to adapt to the situation.

In Work or School:

"She's never given a presentation before, so she's winging it today."

Meaning: The person has no prior experience with presentations and is improvising during the event.

In a Performance:

"The actor forgot his lines, but he winged it and nobody noticed."

Meaning: The actor had to improvise his lines during the performance.

In a Creative Process:

"I don't have a clear design yet, so I'm just going to wing it and see what happens."

Meaning: The speaker is going to create something without a fixed plan and see how it turns out.

In a Travel Experience:

"We didn't have a detailed itinerary, so we just winged it and explored as we went."

Meaning: The travelers didn't have a strict plan and decided to explore spontaneously.

The expression "wing it" is often used to describe a spontaneous or flexible approach to situations where detailed planning isn't possible or necessary. It can also be a way to describe a carefree attitude towards life's challenges.

And you will continue to wing it, “to learn on the job”, to learn as you go along.

You can be kind to yourself because everybody around you is also winging it.

“an unusual answer that makes us think about what we should value in our lives.”

“if at first you don’t succeed , try try try again”

The mole is saying: stop **putting so much pressure on yourself**, be kind to yourself.

We are not always in control of ourselves. We cannot always be reasonable(保持理智).

# 20240715

I think like a training for one month.

There are always one or two people living here.

So if you just read the pages related to the boy, you can **crease the corners of specific characters**.

因此，如果您只阅读与男孩相关的页面，则可以折皱特定字符的角。

Tomorrow I will start a one-month training as part of my new job.

Will you stay in the flat provided by the company?

I will have a six-months probation period, staying in the accommodation provided by the company.

Did you already meet your flatmates?

It’s randomly selected, I have not met them yet.

You will meet them for the first time next week.

Next week you can tell me your first impressions.

“I feel like I’m both sometimes” = sometimes he feels like he is both eighty and eight.

**Scribble on it...**

**Scribble** = when you write or draw something; but quite roughly, not perfectly.

"Scribble" 是一个动词，意思是潦草地书写或画，通常指匆忙或不整齐的书写或绘画。这个词语可以用来形容写得很快、不注重笔迹的书写，或者是随意的涂鸦。

含义：

潦草书写：快速而杂乱无章的书写。

涂鸦：在纸上随意地画线条或图案。

匆忙写作：没有花时间仔细书写或规划的写作。

地道表达示例：

描述匆忙的笔记：

"During the lecture, she had to scribble down the key points as quickly as possible."

意思是："在讲座中，她不得不尽快潦草地记下关键点。"

描述孩子的绘画：

"The kids were scribbling on the walls with crayons."

意思是："孩子们用蜡笔在墙上涂鸦。"

描述不整洁的书写：

"His signature was barely legible, just a quick scribble."

意思是："他的签名几乎无法辨认，只是匆匆地一划。"

描述匆忙完成的任务：

"She had to scribble out a report before the deadline."

意思是："她必须在截止日期前匆忙完成报告。"

描述艺术创作：

"The artist's scribbles on the canvas turned out to be a masterpiece."

意思是："艺术家在画布上的涂鸦最终成为了杰作。"

"Scribble" 这个词语在描述快速、不拘小节的书写或绘画时非常实用，它传达了一种即兴和自由的风格。

The write is inviting us to scribble on his book.

## “crease the corners”

He is inviting us to fold the pages of the book = he is inviting us to make our marks on the book.

There are four characters in the book.

You might have a connection to a specific character, so you will crease the corners of the pages where that character appears.

The phrase "crease the corners" refers to the act of folding or bending the corners of a piece of paper, cardboard, or similar material. This can be done for various purposes, such as organizing documents, marking pages in a book, or simply as a result of handling and using the material over time.

Explanation:

Folding: To make a fold or a sharp bend in the corner of a flat object.

Wearing: Over time, the corners of items like paper or books can become creased or worn down due to frequent use.

Authentic English Expressions:

Organizing Documents:

"I always crease the corners of important pages so they're easy to find later."

Meaning: The speaker is in the habit of folding the corners of pages to mark them for future reference.

Marking a Book:

"She creased the corner of the page to remember where she left off."

Meaning: The action of folding the corner of a page to mark one's place in a book.

Worn from Use:

"The map was well-used, with creased corners and a few tears."

Meaning: The map has been heavily used, as indicated by the folded corners and some damage.

Preparing for Binding:

"Before binding the documents, we need to crease the corners to make them neat."

Meaning: Folding the corners of documents to ensure a clean and professional appearance when they are bound.

Aging a Book:

"The antique book had yellowed pages and creased corners from decades of use."

Meaning: The book has aged, showing signs of use such as yellowed pages and folded corners.

The phrase "crease the corners" is often used in contexts where organization or the physical condition of paper-based materials is relevant. It can also be used metaphorically to describe the process of aging or maturing, where "creasing" might represent the accumulation of experience or wisdom.

A well thumbed is a book where many people's thumbs have been; where many people have been turning the pages.

A very old and a very popular book will be a well thumbed book.

The phrase "well thumbed" is an idiomatic expression that describes a book that has been read frequently and extensively, to the point where the edges and corners of the pages are worn or creased from being handled so much. This is typically a result of the book being a favorite or frequently referenced, leading to the physical signs of heavy use.

Explanation:

Frequent Use: A book that is well thumbed has been used a lot, often as a reference or for pleasure.

Worn Edges: The pages may have visible signs of wear, such as creases, dog-ears, or worn edges from being frequently turned.

Popularity: A well thumbed book is often popular or valuable to its owner, indicating its importance or enjoyment.

Authentic English Expressions:

Describing a Favorite Book:

"This cookbook has been in our family for generations; it's well thumbed from all the use."

Meaning: The cookbook has been a go-to resource for many years, showing its value through the wear and tear.

Highlighting Frequent Reading:

"His copy of '1984' is well thumbed from multiple readings."

Meaning: The person has read the novel '1984' many times, as evidenced by the worn condition of the book.

Referring to a Reference Book:

"The dictionary on her desk is well thumbed from constant use."

Meaning: The dictionary has been a frequently consulted resource, leading to its worn appearance.

Indicating a Book's Value:

"The well thumbed pages of her travel guide speak to the many adventures she's had."

Meaning: The travel guide has been an essential companion on many trips, as shown by the worn pages.

Expressing Nostalgia:

"That old novel is well thumbed and brings back memories of my childhood."

Meaning: The book has been read so often that it's worn out, and it evokes a sense of nostalgia.

The expression "well thumbed" is a visual way to describe the physical evidence of a book's popularity and frequent use, often carrying a sense of affection or nostalgia for the reader.

“although I’m sure you’ll see things here that I don’t”

The author is saying that the reader might see or notice some details, or the reader might have an understanding of the story, that is new or different from what the author understands or sees.

Every reader is unique; and every reader will have a different understanding of the story.

“...when the mole first surfaces...”

= surfaces = another word for appears.

=when the mole first appears, when the mole first comes into the story.

They spend time together **gazing** into the wild

**Gaze** = when you look at something for a long time, look at something very deeply.

Looking at the wild(looking at nature); thinking about nature

"Gaze" 是一个动词，意味着长时间地、专注地看某物或某人，通常带有强烈的兴趣或好奇。它通常用于描述凝视远处的风景、星星、画作或任何吸引你视线的对象。

含义：

专注地看：用眼睛长时间地注视，显示出深刻的兴趣或欣赏。

沉思地看：在思考或沉浸在某个景象或想法中时，目光停留在某处。

凝视：通常带有情感色彩，如爱慕、好奇或敬畏。

地道表达示例：

欣赏风景：

"They spent their vacation gazing at the breathtaking mountain views."

意思是："他们在假期里凝视着令人屏息的山景。"

观察星星：

"On a clear night, they would gaze up at the stars for hours."

意思是："在晴朗的夜晚，他们会凝视星星数小时。"

欣赏艺术：

"She stood in the gallery, gazing at the masterpiece with admiration."

意思是："她站在画廊里，带着钦佩的目光凝视着那幅杰作。"

深情凝视：

"The couple gazed into each other's eyes, lost in their love."

意思是："这对情侣深情地凝视着彼此的眼睛，沉浸在他们的爱中。"

观察野生动物：

"The tourists gazed in awe at the wildlife they spotted on their safari."

意思是："游客们在野生动物园旅行中，敬畏地凝视着他们发现的野生动物。"

"Gaze" 这个词语在描述人们专注于观察某个对象时非常有用，它传达了一种持续的、深思熟虑的注视。

## Be wary of

He is “wary because he’s been hurt by life”

Wary = cautious; careful

He doesn’t trust people easily

"Wary" 是一个形容词，用来描述某人因为过去的负面经历而变得小心谨慎、警惕或不轻易相信他人的态度。这个词通常用来表达对可能发生的问题或危险的高度警觉和防备。

含义：

小心谨慎：由于过去的不良经历，某人在面对新情况时会格外小心。

警惕：对潜在的风险或威胁保持警觉。

不轻易信任：由于受过伤害，某人可能不容易相信他人或新的机会。

地道表达示例：

对新工作保持警惕：

"After being **laid off**, he became wary of committing to a new job too quickly."

意思是："在被解雇之后，他变得对迅速承诺新工作持谨慎态度。"

对人际关系保持警惕：

"Having been betrayed by a friend, she is wary of getting too close to people."

意思是："由于被朋友背叛过，她对人保持警惕，不易与人过于亲近。"

对投资持谨慎态度：

"He's wary of investing in the stock market after losing money previously."

意思是："在之前亏钱之后，他对投资股市持谨慎态度。"

对新技术持保留态度：

"Given his past experiences, he's wary of embracing new technologies."

意思是："鉴于他过去的经历，他对接受新技术持保留态度。"

对承诺持怀疑态度：

"Wary of empty promises, he always checks the fine print in contracts."

意思是："由于对空洞的承诺保持警惕，他总是在合同中检查细则。"

"Wary" 这个词语在描述某人由于过去的负面经历而变得更加谨慎和防备时非常有用。它传达了一种对潜在风险的深刻理解和对新情况的小心处理。

”it can turn on a sixpence”

= something can change very quickly, with no warning.

Sixpence = coin

A coin can have two sides.

The phrase "it can turn on a sixpence" is a British idiom that means something or someone can change direction or course very quickly and easily, often with agility or nimbleness. The expression originally referred to the ability of a ship to change direction quickly, even in a very small amount of water, which was a desirable quality in tight or confined spaces.

Explanation:

Quick Change: The ability to make a swift and sudden change in direction or behavior.

Agility: The movement is often smooth and effortless, requiring little effort or space.

Authentic English Expressions:

Describing a Vehicle:

"This car is so responsive; it can turn on a sixpence."

Meaning: The car is very agile and can change direction quickly.

Describing a Dancer:

"The dancer's movements were so fluid; she could turn on a sixpence."

Meaning: The dancer is very nimble and can change positions or movements with ease.

Describing a Business Strategy:

**"The company's strategy can turn on a sixpence, adapting quickly to market changes."**

Meaning: The business can change its strategy swiftly to suit new circumstances.

Describing a Sports Team:

"Our team's tactics can turn on a sixpence, catching the opposition off guard."

Meaning: The sports team can change its tactics quickly, surprising their opponents.

Describing a Person's Mood:

**"His mood can turn on a sixpence; one moment he's happy, the next he's angry."**

Meaning: The person's mood changes very **rapidly** and **unpredictably**.

This idiom is often used to describe something that is very maneuverable or someone who is very adaptable. It conveys a sense of ease and speed in making changes or adjustments.

# 20240708

<https://engoo.com/app/daily-news/article/spend-and-save-how-to-beat-lifestyle-creep/7vlwrDghEe-rHDt6T6O3Rw>

I started using an app to record my costs.

We put some fertilizer.

I take some measures to prevent myself from spending money unconsciously.

If we do something good we can treat ourselves or reward ourselves.

What age do most people retire South Africa => **at what age do most people retire in South Africa?**

it has been snowing.

Minimum is -5 and maximum is 3.

## A short space of time

I have experienced two seasons in a short space of time.

"A short space of time" 是一个英语短语，用来描述一段相对较短的时间。这个表达通常用来强调某个过程或事件在很短的时间内就发生了，或者某个时间段感觉很快就过去了。

含义：

短暂的时间：指一个不长的、有限的时间段。

迅速：某事发生得很快或在预期之外的短时间内。

地道表达示例：

描述快速变化：

"In a short space of time, the technology has transformed our daily lives."

意思是："在很短的时间内，这项技术已经改变了我们的日常生活。"

描述时间过得快：

"A short space of time after the party started, everyone was enjoying themselves."

意思是："派对开始后不久，每个人都玩得很开心。"

描述快速学习：

"She picked up the language quickly, mastering it in a short space of time."

意思是："她很快就学会了这门语言，在很短的时间内就掌握了它。"

描述快速适应：

"It didn't take long for him to settle into his new job; he adapted in a short space of time."

意思是："他很快就适应了新工作，很快就适应了。"

描述快速反应：

"The company responded to the crisis effectively in a short space of time."

意思是："公司在短时间内有效地应对了危机。"

这个短语在描述时间的流逝、变化的速度或对时间的感知时非常有用。它传达了一种时间紧迫或时间快速流逝的感觉

We put some fertilizer in the soil around the trees to make sure that they grow better next year.

How do you feel about starting your new job?

Are you going to rent a new apartment?

The company will provide free **shared housing**.公司将提供免费共享住房。

But we will each have our own rooms.但我们每个人都有自己的房间。

Have you met your housemates?

It has advantages and disadvantages: it can save money on rent, but it might be difficult to share.

You will be restricted by many rules.

"Restrict" 是一个动词，意思是限制或约束某人的行动、行为或选择。它通常用于描述由于规则、法律、政策或其他形式的控制而施加的限制。

含义：

限制行动：不允许某人进行特定的行为或活动。

约束选择：减少某人可以选择的选项或可能性。

施加控制：通过规则或指导原则来控制某人的行为。

地道表达示例：

描述工作环境中的限制：

"Employees are restricted from using personal devices at work."

意思是："员工被限制在工作中使用个人设备。"

描述法律限制：

"The new law restricts the sale of alcohol to minors."

意思是："新法律限制向未成年人销售酒精。"

描述健康限制：

"Due to his allergies, he is restricted from eating certain foods."

意思是："由于他的过敏症，他被限制食用某些食物。"

描述时间限制：

"The assignment must be submitted within a strict deadline, so you are restricted by time."

意思是："作业必须在严格的截止日期前提交，所以你受到时间的限制。"

描述资源限制：

"The project is restricted by the limited budget available."

意思是："该项目受到有限预算的限制。"

"Restrict" 这个词语在描述由于外部因素而无法自由行动或选择时非常有用。它传达了一种由于某些条件或规定而产生的限制感。

But you can save a lot of money.

So you will see how it goes.

I would first try the **shared housing** and try make it work in order to save money.

But, if my housemates are terrible and my life is miserable, then I will rent my own apartment.

At least for a few months.

Because I am starting to earn money, I want to learn some financial skills.

You have to learn investment skills.

Most people need to **get a mortgage** to buy a house.

Most people don't have enough money to buy a house. So they borrow money from the bank, and then every month they pay back a little bit of the money, over many years.

Going to sleep early is an important part of a healthy lifestyles.

Exercising regularly is also important.

As long as you get enough sleep.

Avoiding alcohol and cigarettes.

Try to avoid to much worry and stress.

**creep**

Creep(literally) - when a person or animal moves very slowly.

I crept into the kitchen slowly to make sure that I would not wake anybody up.

Similar to tiptoe.

Creep(in other parts of life):when something else happens very slowly.

Financial creep = very slow financial changes.

Creeping economic or political changes = very slow economic or political changes, very gradual.

Very slow movement up.

**“cost creep” = when your costs slowly increase without you noticing.**

For example, you might start eating at more restaurants

Or you might start getting more subscriptions (paying for more music or TV services)

**A few measures(a few ways)to reduce cost creep**.

Measures to prevent you from unconsciously spending too much money.

They don’t even realise that they have more and more costs.

**Most people spend more money than they realise.大多数人花的钱比他们意识到的要多**

I started using an app to record my costs, and this can prevent cost creep.

If we do something good, we can treat ourselves or reward ourselves with a treat.

"Measures" in this context refers to the steps or actions taken to mitigate or prevent a particular problem or issue. In the realm of finance and project management, measures are often implemented to control costs, improve efficiency, or achieve other financial objectives.

"**Cost creep" describes the phenomenon where the total cost of a project or operation gradually increases over time, often due to unforeseen expenses, scope changes, or inflation. It's a common challenge in budget management that can lead to projects exceeding their initial financial estimates.**

Here are some idiomatic English sentences that express ways to reduce cost creep:

**"To combat cost creep, we need to implement stringent cost controls and monitor expenses closely."**

**"Regular budget reviews are essential to identify and address cost creep early on."**

"By adopting value engineering practices, we can find cost-effective alternatives without sacrificing quality."

"Enhancing procurement strategies can help us secure better deals and prevent cost creep."

"Streamlining our supply chain operations is a proactive measure to curb cost creep."

"Investing in process automation can significantly reduce labor-related costs and mitigate cost creep."

"Pursuing energy conservation measures not only benefits the environment but also helps to control cost creep."

"Optimizing resource allocation ensures that we're not overspending and can help to keep cost creep in check."

"A culture of continuous improvement can lead to more efficient processes, which in turn can help to reduce cost creep."

"Effective risk management is crucial for anticipating and mitigating factors that could contribute to cost creep."

These sentences provide a clear and concise way to communicate strategies for managing and reducing cost creep in various contexts.

Take early retirement = to retire early.

At what age do most people retire in South Africa?

Most people in South Africa are about 65.

But some will retire later.但有些人会晚点退休。

# 20240624

This question is based on the vocabulary we learned before. We can choose first and then make random questions.

I don't know if we should just put the frozen food straight into cooking.it is harmful.

We put some hot water to immerse all the frozen food. The food could melt.

Yes, but I eat cheese when I eat cake. If I celebrate someone's birthday or someone celebrates my birthday, we prepare cake with cheese.

when we daydream at night, we often think of happy moments in the past, and it can make me smile or laugh.

We are most open to assuming what kinds of people they are by their appearance or what they wear.

我们最愿意通过他们的外表或穿着来推测他们是什么样的人。

"Be open to doing something" 是一个常用的英语表达，意思是对做某事持开放态度，愿意尝试或考虑某事。这个短语通常用来描述一个人对于某种行为、想法或活动不排斥，甚至可能乐于接受。

在你提供的句子 "We are most open to assuming what kinds of people they are by their appearance or what they wear." 中，"be open to assuming" 意味着我们很容易或者很愿意根据人们的外表或穿着来做出关于他们性格或身份的假设。

Sometimes I make an assumption about someone wrong. ==》**sometimes I make a wrong assumption about someone**.有时我对某人做出错误的假设。

How was your weekend?

Nothing too special.

Why did you have to go to the hospital.

This weekend I went swimming, and also in a Finnish sauna.

Do you know what a sauna is?



It is very hot and humid **inside**.

So you sweat a lot.

So you can **sweat out** all the bad toxins in your body.

这样你就可以通过出汗排出体内所有的有害毒素。

Afterwards you go swimming in some cold water.

And then you go back in the hot sauna.

It can you make you feel very refreshed and relaxed.

<https://docs.google.com/document/d/1ZxbzZtp0plDoVVEaUtY6il6tp41Uo8YF01aPQ-t5ipk/edit#heading=h.28ryvtyi9r34>

## defrost

We have to defrost frozen food so that the food cooks evenly, because otherwise maybe the outside will cook faster than the inside.

We can use hot water or even a microwave to defrost frozen food.

In the microwave you have to use a lower setting to defrost the food slowly.

在微波炉中，您必须使用较低的设置来缓慢地解冻食物。

You can put it outside the freezer and just give it enough time to defrost.

## crave

I crave spicy food.

Crave - a really strong feeling when you feel like you really want something.

We often crave something after we have seen somebody eating something delicious.

I usually carve pizza or bread and cheese.

I usually like vegetarian pizza, as long as it has a lot of cheese.

When I was living in China I always missed bread and cheese because in China most people don't eat a lot of bread and cheese.

当我住在中国时，我总是很想念面包和奶酪，因为在中国大多数人不吃太多面包和奶酪。

It is a little bit difficult to find, it is more difficult to find than in South Africa or European countries.

## Reminisce

# 20240617

[docs.google.com/document/d/1VIWZoa-fi-Hlw2tFbewcKqen-QxS6VVxgRHb-fNRQAs/edit#heading=h.gd6k1mbys9j6](https://docs.google.com/document/d/1VIWZoa-fi-Hlw2tFbewcKqen-QxS6VVxgRHb-fNRQAs/edit" \l "heading=h.gd6k1mbys9j6" \t "https://www.cambly.com/en/student/_blank)

Where did you have the party?

We went to an apartment: we played video games, we cooked, we sang karaoke, and we played roleplay games.

Roleplay games: group games where everyone takes on a role, acting to be something else.

How can you tell when somebody is a wolf?

How do you know?

The wolves pretend to be good men, and everyone else has to spot their lies and deceit.

狼们假装是好人，其他人都必须识破他们的谎言和欺骗。

Some people are good at **deceiving** the others, and **at hiding the fact that they are a wolf.**

## absorb

A good night's sleep can help you to better absorb knowledge in the morning, because you will be more refreshed.

Time is like a sponge that absorbs water; as long as you squeeze it there is always water.

**Time is like a sponge that has absorbed water. If you squeeze it, you can always get more time out.**

**=**

**"Time is precious and finite. We need to make the most of every moment."**

If you use your time wisely, you can also fit more and more in.

also fit in more and more activities.

fit in = squeeze in

**I don't know how to fit in all these things into my daily schedule = I don't know how to make time (or squeeze in) all these things into my daily schedule.**

**我不知道如何把所有这些事情安排进我的日常日程 = 我不知道如何腾出时间（或挤时间）把这些事情都安排进我的日常日程**。

curry = a spicy dish, it is common in Indian cooking



strong smell

**Durian fruit** = very common in China



**Stinky tofu**



## linger

The smells of durian fruit and stinky tofu will **linger in the air** for a long time, because these foods have strong smells and flavours.榴莲果和臭豆腐的气味会在空气中停留很长时间，因为这些水果的气味和味道很浓。

I **lingered at McDonald's** for a long time after I had finished my lunch.

Sometimes I **linger at a coffee** for a long time so I can **use their free wifi and use the space as an office**, with my laptop.

After my friend died, the strong feelings of sadness **lingered in me** for a long time.

My feelings for the beautiful woman **lingered in me** for a long time.

## disgust

The man in the picture is spitting.

Gross

Gross = something disgusting, uncomfortable

Spiders are gross

The smell of a baby's nappy is gross.婴儿尿布的气味很难闻。

Cockroaches are gross.



When you stand on them?

When you stand on cockroaches, or crush them, then it can be really gross.

The cockroaches generate a lot of dirt.

**The lingering smell of the dead mouse really disgusted me.残留的死老鼠的气味真让我恶心。**

What else disgusts you?

Lack of hygiene: When someone does not practice proper hygiene, such as not bathing regularly, wearing dirty clothes, or having bad breath, it can be quite unpleasant and disgusting.

Rudeness and inconsideration: People who are rude, selfish, or inconsiderate of others' feelings and needs can be extremely disgusting. This can manifest in various ways, like cutting people off in conversations, not sharing, or being dismissive of others' opinions.

Animal cruelty: The mistreatment or abuse of animals, including but not limited to neglect, beating, and killing, is extremely distressing and disgusting to many people.

Littering and pollution: When people litter, dump waste illegally, or contribute to environmental pollution in other ways, it not only degrades the beauty of our surroundings but also poses health risks. This kind of irresponsible behavior can be quite disgusting.

Manipulation and deception: Being manipulated or deceived by someone, especially when it involves lies, tricks, or schemes, can be deeply distressing and disgusting. It betrays trust and can have negative consequences for those affected.

Gross or unsanitary conditions: Scenes or situations that are unsanitary, such as seeing someone eat with dirty hands or witnessing unsanitary food preparation practices, can be quite disgusting and unsettling.

# 20240610

[docs.google.com/document/d/1EaSvx4OLf3c5UgG56HoSribc1qqqgXqMZP3-EDSUQy0/edit#heading=h.g1vsz6hmxkch](https://docs.google.com/document/d/1EaSvx4OLf3c5UgG56HoSribc1qqqgXqMZP3-EDSUQy0/edit" \l "heading=h.g1vsz6hmxkch" \t "https://www.cambly.com/en/student/_blank)

You were having trouble connecting?

I'm good

I am in Finland

Because we have vacation, so I can travel a bit

Finland is in northern Europe

I had to travel across the world, **from one side of the world to the other side**.

I am enjoying being somewhere different.

I will go back to South Africa **at the beginning of July**.

I will not go to other countries, because I don't have enough money.

**Everything is very expensive, especially because the South African currency is very weak compared to the European currency.**

I am staying with family and friends who live in Finland, **that is the only way I can afford to be here**.

Otherwise it's too expensive, I don't have enough money.

I will only stay in Finland for some weeks, staying with friends and family, because I don't have money to travel to many places.

Very expensive country

**It's still a good experience to be somewhere different.**

Are you still at home now?

**You will start your new job in mid-July**.

Where will you travel?

Have you ever visited that province before?

So will it be your first time to travel outside Guangzhou?

Vocabulary to make sentences more concise

## furnish

"I need to furnish my new apartment."

I furnished my new office, I furnished my new house....

## berate

berate – criticise someone, or tell someone that they have done something wrong

The parent **berated their child for** stealing some sweets.

The boss berated the workers for not finishing the project on time.

老板斥责工人们没有按时完成工程。

The girlfriend berated her boyfriend for not giving her a gift **on Valentine's Day**.

## jeopardize

"jeopardize"

to jeopardize = to put yourself at risk

If you keep smoking, you jeopardize your health.

If you work too hard and come home too late every night, you jeopardize your good relationships with your family.

= you sacrifice something

Texting while driving can **jeopardize** your safety and the safety of others.

When you **keep secrets from each other**, then **you will stop trusting each other**, so you will **jeopardize your relationship**.

Good relationships **are built on** sharing and honest communication.

## mask

to mask - to cover something, to hide something

Sarah tried to mask her awkwardness with a smile.

# 20240603

[engoo.com/app/daily-news/article/many-people-afraid-to-reconnect-with-old-friends/4RtxeBbzEe-mdNtOanAHFA](https://engoo.com/app/daily-news/article/many-people-afraid-to-reconnect-with-old-friends/4RtxeBbzEe-mdNtOanAHFA" \t "https://www.cambly.com/en/student/progress/_blank)

How was your thesis defence?

**I was sweating a lot when I answered the questions**.

What did the experts say?

Did you get the results?

They did not read the thesis carefully.

Were they fair questions?

**What is innovative (or new) about your project**?

**If I compare my research to others, robots in other studies could move more flexibly**.

Were they satisfied with your answers?

When will you get the results?

You already received the results?

When will you graduate?你什么时候毕业？

We will celebrate our achievement together, and then **hand over our work to the new students**.

I will start working on 16th July.

我将于7月16日开始工作

You have interesting changes in your life.你的生活发生了有趣的变化。

I am travelling now, because we have the **winter break** for students.

I will **start teaching** classes again in early July.

Maybe 5 weeks.

I am travelling until early July.我要旅行到七月初。

I still have to do research work.

Mostly writing articles.

## Drift apart

= move apart

Most people will **drift apart** from some of their friends at some point in their lives.

Jenna and I were pretty close in high school, but we drifted apart after going to different colleges.

Jenna and I were pretty close in university, but we drifted apart **after taking up jobs in different cities**.

## reluctant

reluctant = not wanting to do something

I am reluctant to take too many students on Cambly, so I have decided to only keep three students.

I am reluctant to go swimming, because the water is very cold.

I am reluctant to go outside today, because it's raining.

I am reluctant to make a toast to my teacher, because I am allergic to alcohol: it always makes my skin **blotchy**.



... it always makes my skin red and I don't enjoy drinking it.

I **am reluctant to** drink alcohol, but I know that drinking and talking with people can lead to more opportunities.

He was **reluctant** to **accept the promotion** because **it would require him to** relocate to a different city.

She was reluctant to share her personal information with strangers on the internet.

"make a toast" = when you raise your glass to somebody and say some good things about them (when you celebrate them)

Wish them the best for the future lives and careers

## Hold onto

"hold onto" means the opposite of "let go"

Hold onto friends = keep your friends, **maintain your friendships**.

"practice helped" = practicing messaging an old friend, practicing **reaching out to an old friend**.

# 20240513

I got got one score of 80 and one of 82.

it equal to a rehearsal of graduation events.

it equals a rehearsal of graduation events

was, is published in the website, and other people can see, can look for your thesis and

was, is published **on the website**, and other people can see, can look for your thesis and

I'm lack of this type of experiment, because

I lack this type of experiment, because

your methods is efficient, in fact, it works, yes, he think, yeah, this will be proved, he think

your methods are efficient, in fact, it works, yes, he thinks, yeah, this will be proved, he thinks

I cannot do nothing

I cannot do anything

I would give my all information, all my job that I have done in three, in the past three years to my supervisor, maybe it, it,

I would give all my information, all my job that I have done in three, in the past three years to my supervisor, maybe it, it,

you are like a workhorses,

you are like a workhorse,

You were very nervous

You did very well

You are preparing for your defence

A practice defence

They said I’m lacking contrasting experiments in the thesis.

These will prove that my methods are **effective**.有效的

Does it mean you have to do more experiments that will take a lot of time?

I will try to do as many as I can to try and prove that I have **listened to their advice**.

What are your plans after graduation? What do you hope to do?

Job fair



What is your job about? Which company is the job with?what kind of work will you be doing?what is your position?

You are a kind of software engineer that controls the functioning and mechanisms of the car.

Are you a member of a team of engineers?

I am a cog in the engine of the company.

"a small part of something" = "I am just a cog in the engine"

"Cog" 在这个句子中是一个比喻，指的是机器中的一个齿轮。在比喻意义上，"a cog in the engine" 指的是公司这个大机器中的一个小部件或小角色，意味着这个人在公司中扮演着一个虽小但必要的角色，就像齿轮对于机器的运转一样重要。这个表达通常用来描述一个人感觉自己在组织中只是一个小部分，而不是核心或领导角色。

以下是一些使用 "cog" 的地道英文表达：

I feel like just a cog in the machine here; my work doesn't seem to make much of a difference.

我感觉在这里只是机器中的一个齿轮；我的工作似乎没有太大的影响。

She's more than just a cog in the company's operations; she's a key player.

她不仅仅是公司运营中的一个齿轮；她是关键人物。

In a large corporation, it's easy to feel like a small cog in a huge machine.

在一家大公司里，很容易感觉自己只是一台巨大机器中的一个小齿轮。

He's not just a cog; he's the engine that drives the whole team.

他不仅仅是一个齿轮；他是推动整个团队前进的引擎。

Working in a startup, you're not a cog; you're a critical part of the team.

在初创公司工作，你不是一个齿轮；你是团队中的关键部分。

She doesn't want to be a cog in the system; she wants to shape its direction.

她不想成为系统中的一个齿轮；她想要塑造它的方向。

Even though you might feel like a small cog, remember that every part is essential for the machine to work.

即使你可能感觉自己只是一个小齿轮，记住每个部分对于机器的运作都是必不可少的。

He's tired of being a cog and wants to start his own business where he can make a bigger impact.

他厌倦了做一个齿轮，想要开始自己的生意，在那里他可以产生更大的影响。

这些表达展示了 "cog" 在不同语境下的使用方式，通常用来描述个人在组织或系统中的作用和感受。

Are you excited to start the new job?

I read that many students who graduate in China struggle to find a job.

For those who major in the Humanities, it can be very difficult.

It is easier for engineering graduates.

Many people want to become **civil servants**(they want to work for the government)



The competition to become a civil servant is very intense.

It is not a very stressful job and it has many stable benefits(like a good salary). **it is not too demanding on your time**.占用的时间也不多

As compared with civil servants, worker in private companies frequently have to work overtime(maybe more than 12 hours a day), six days a week.

They are like workhorses.

If you work in a private company, you are like a workhorse.

Many people try to take the entry exam to become civil servants.

But it is very competitive.

Are you scared of how hard you might have to work in the private company?

**You will be well-paid**?

After my undergraduate degree...

# 20240506

<https://docs.google.com/document/d/1oVML5M9crGjQG0nHwMuJ5Y3HWeXcYOW2NWtNVhGY9So/edit?tab=t.0#heading=h.swdrqy8cq8j7>

want to do their deadline

want to meet their deadline

give me feedback until May 10th

give me feedback by May 10th

Not long journey

It's not a long journey

Have you take a day off?

Have you taken a day off?

I think that's some point

I think that's a point

what other sees me

what others see me

what other's opinion about me

what others' opinion about me

I have not received my feedback yet.

I didn’t enjoy myself during the holidays, because I was worried about my feedback.

Is it a long journey to your hometown?

No it is not a long journey to my hometown.

“you can’t win” you are in a situation where there is no easy answer, or no clear solution.

**Either way无论如何**, they faces challenges or a problem.

it's like a dilemma.

“I called it off”

I called off the meeting = I canceled the meeting.

I called off the relationship = I ended the relationship.

**Apprehensive = anxious or scared that something bad is going to happen.**

"Apprehensive" 是一个形容词，用来描述一种担忧、担心或恐惧的感觉，通常是因为预料到可能会发生不好的事情。这个词可以用在多种情境中，表达对未来事件的不安或焦虑。

以下是一些使用 "apprehensive" 的地道英文表达：

She was apprehensive about starting her new job.

她对开始新工作感到担忧。

The students were apprehensive about the upcoming exams.

学生们对即将到来的考试感到忧虑。

He felt apprehensive about meeting his girlfriend's parents for the first time.

他第一次见女朋友的父母时感到紧张。

The team was apprehensive about the challenges they would face in the new project.

团队对新项目中将面临的挑战感到忧虑。

She was apprehensive about the surgery, but the doctor reassured her that everything would be fine.

她对手术感到担忧，但医生向她保证一切都会好的。

The children were apprehensive about moving to a new school.

孩子们对搬到新学校感到忧虑。

He became apprehensive when he saw the police car approaching.

当他看到警车驶来时，他变得紧张起来。

She was apprehensive about giving a speech in front of such a large audience.

她对在这么大的观众面前演讲感到紧张。

The employees were apprehensive about the potential layoffs.

员工们对可能的裁员感到忧虑。

He felt apprehensive about the outcome of the interview.

他对面试的结果感到担忧。

这些句子展示了 "apprehensive" 在描述对未来事件的担忧和不安时的用法。

## Apprehend

## apprehensive

I apprehended that the meeting would have a bad ending.

= you already understood, you already could see, that it would have a bad ending, even before it happened.

I feel apprehensive, or i am apprehensive that this meeting will have a bad meeting.

I am apprehensive about seeing my friend **later today**, because we had a fight the last time we saw each other.

My father usually gets very angry when we talk about money, so I am apprehensive about having a discussion with him **later today**.

## Awkward

Feeling awkward = feel uneasy, or embarrassed, or uncomfortable

I felt very awkward when my mom saw me kissing my girlfriend.

Worried about what other people think about me.

I felt awkward when I was with my friends at the restaurant, because I didn’t have enough money to pay for all the expensive dishes.

A classmate reunion同学聚会

It’s a common situation, or a common feeling to have.普遍现象

## embarrassed

Embarrassed is a stronger word, and a stronger feeling (it means you really feel ashamed)尴尬

We can use awkward for situations that are not so serious, sometimes it means feeling a little bit uncomfortable.

Imagine you have done something serious, like telling a big lie or stealing something and somebody catches you, then you will be embarrassed

**Your friends expose you or see through your lie, you feel embarrassed**

When we first met for dinner, we didn't have many things to say, it was hard to break the ice, so it was a little bit awkward.

"a little embarrassed"

# 20240429

# 20240422

# 20240415

It is becoming very cold.

It is autumn and there is a lot of rain.

I am **waiting for** the results.

What will you do while you wait?

I need to prepare the presentation **for** my thesis defence.

I need to **summarize the thesis into something** that is easy to present.

There is some room **for** improvement, but it is still a good start for the robot design.

Last week we had a mid-semester break, so I did not have to teach.

One-week holiday.

But this week, I have to start teaching again.

Maybe now, you are less stressed?

What should we look at today?

[engoo.com/app/daily-news/article/how-ai-could-reduce-inequality-in-education/61ZXANXcEe6oKDehHLEQVA](https://engoo.com/app/daily-news/article/how-ai-could-reduce-inequality-in-education/61ZXANXcEe6oKDehHLEQVA" \t "https://www.cambly.com/en/student/progress/_blank)

## Leveler

It doesn't matter if you are rich or poor, or what your skin colour is, or what country you come from = when you play soccer, everyone is the same

It only matters how well you can play

It is a leveler = it levels people, and makes people the same and equal

It creates equality

Love, like death, a universal leveler of mankind. 在爱神和死神面前，所有人都平等。

## embrace

embrace somebody = like a hug

embrace = to accept or support something (like a new idea) with enthusiasm

We have thunderstorms

It can affect the internet connection

## bridge

bridge (verb) - to bring two things closer to each other

"bridge racial differences" = bring people of different races closer to each other弥合种族差异

bring black and white people closer together

## Pathway

in real life, a pathway = a road that takes somewhere

= a way to get somewhere or achieve something

I see a clear pathway for how I am going to complete my Master's.我看到了如何完成硕士学位的清晰途径。

## Set back

"set back by the upheaval of the pandemic"

"set back" = when you fall behind

Many students were set back by the pandemic = they fell behind in their learning because of the pandemic (because they could not go to school, they were stuck at home)

The way to have an equal society is to make sure everyone gets equal education.

You will always have inequalities in society if education is unequal.

## Compulsory education

义务教育

We have nine years **of** compulsory education.我们有九年义务教育。

This is a leveler, because at least everyone gets a basic education.

赢在起跑线上

Winning at the start line

Parents know that if they **invest in** their child's education now, they are already **making sure** that their children will be successful later in life.

投入更多

Parents will invest more in private education and extra classes.

# 20240318

You will take a break from Cambly?

We will meet again in the middle of April

## "hold your horses"

Wait a moment / Be patient / Don't act so quickly

Your friend becomes very angry with the waiter because the waiter is taking too long to serve the food. Your friend starts to shout loudly and wants to start to fight with the waiter.你的朋友对服务员很生气，因为服务员上菜的时间太长了。你的朋友开始大声喊叫并想要与服务员打架。

Then you will tell your friend: "Hold your horses! Calm down and think about what you are saying. The restaurant is very busy."

冲动是魔鬼

= think carefully, think rationally. Don't act so fast.

## "break a leg"

Good luck for performances, or job interviews, or exams, or presentations.

Lee: "Leila, I have a job interview tomorrow."

Leila: "Break a leg, Lee, I know you will do great!"

It is a common expression

Family and friends often **say this** **to each other.**

**Break a leg for your final Master's exam!** = Good luck with your final Master's exam!

## "under the weather"

=slightly unwell, or a little bit sick

For example, if you have a cold or a runny stomach

You are a little bit sick, you don't feel so good

Today I feel under the weather; I can't come for class.

**Most of the time(大多数时候)**, it means physically sick.

I can't come to the cinema today, I am feeling under the weather.

Please can I **have a day off**? I am feeling under the weather.

Maybe in one or two days, you will be better.

## "hit the nail on the head"

= finds exactly the right answer

Lee, I think you haven't finished your Master's because you are having trouble with your last experiment.李，我想你还没有完成硕士学位，因为你上次的实验遇到了麻烦。

Leila, it's true, you have hit the nail on the head!

One of your friends tells you that **he has ended his relationship with his girlfriend**.

And you tell him, you think it's because the girlfriend was not kind enough with him.

一针见血

Your friend will tell you: "You hit the nail on the head! You understand my reasons perfectly."

Your translation hit the nail on the head = it is exactly the right answer.你的翻译一语中的

Countries always want more resources.

You hit the nail on the head!

= exactly the right answer

## "breaking the ice"

"breaking the ice" = when you try to find a way to make things easier between people, especially at the beginning when people **are new to each other** and things feel difficult and awkward.

You can use whenever people meet each other **for the first time**.每当人们第一次见面时您都可以使用。

The first time you have class with new people, the first time you meet new colleagues, or any situation **where you meet people** for the first time.

# 20240311



How was your weekend?

Your deadline is close.

The internet is not so good

Read and talk about vocabulary?

## Enigmatic

Meaning:

[mysterious](https://dictionary.cambridge.org/dictionary/english/mysterious" \o "mysterious) and [impossible](https://dictionary.cambridge.org/dictionary/english/impossible" \o "impossible) to [understand](https://dictionary.cambridge.org/dictionary/english/understand" \o "understand) [completely](https://dictionary.cambridge.org/dictionary/english/completely" \o "completely)

Example:

The Mona Lisa has a [famously](https://dictionary.cambridge.org/dictionary/english/famously" \o "famously) enigmatic [smile](https://dictionary.cambridge.org/dictionary/english/smile" \o "smile).

## Intertwined

Meaning:

[twisted](https://dictionary.cambridge.org/dictionary/english/twisted" \o "twisted) together or [closely](https://dictionary.cambridge.org/dictionary/english/closely" \o "closely) [connected](https://dictionary.cambridge.org/dictionary/english/connected" \o "connected) so as to be [difficult](https://dictionary.cambridge.org/dictionary/english/difficult" \o "difficult) to [separate](https://dictionary.cambridge.org/dictionary/english/separate" \o "separate).

= connected

Example:

Our [fates](https://dictionary.cambridge.org/dictionary/english/fate" \o "fates) [seemed](https://dictionary.cambridge.org/dictionary/english/seem" \o "seemed) to be intertwined.

My English lessons **are always intertwined with** learning new vocabulary.

## hustle

hustle = activity / pushing each other / a lot of people trying to make money

"constant hustle" = there is always this very busy activity in cities

sometimes a verb / sometimes a noun

I am always hustling in the big city (verb)我总是在大城市奔波

There is always a hustle in the market.市场上总是热闹非凡。

## Curator

(馆长)

curator = somebody who designs and organises exhibitions, at a museum or an art gallery

He is an art curator. So his job is to curate (organise) art exhibitions.

## Thought-provoking

thought-provoking (adjective)

something that provokes your thoughts / something that makes you ask questions or think very deeply

I enjoy going to art exhibitions, because I always find them very thought-provoking.

## engaged in

Meaning:to take [part](https://dictionary.cambridge.org/dictionary/english/part" \o "part) in something

Example:Most [students](https://dictionary.cambridge.org/dictionary/english/student" \o "students) engage in [extracurricular](https://dictionary.cambridge.org/dictionary/english/extracurricular" \o "extracurricular) [activities](https://dictionary.cambridge.org/dictionary/english/activity" \o "activities) after [school](https://dictionary.cambridge.org/dictionary/english/school" \o "school) and on [weekends](https://dictionary.cambridge.org/dictionary/english/weekend" \o "weekends).

The company is engaging in a new marketing strategy to attract more customers.（公司正在采取新的营销策略吸引更多顾客。）

She is currently engaged in writing her first novel.（她目前正在撰写她的第一部小说。）

## Engage with

engaged with something = you are so interested in, you are always working in, thinking about it

**At the moment, I am very engaged with the experiments for my Master's thesis.**

**The students were fully engaged with the speaker during the presentation.（学生们在演讲过程中完全投入了。）**

**engaged - very dedicated**

## thrown myself into

throw yourself = put your whole self into something(to do something [enthusiastically](https://dictionary.cambridge.org/dictionary/english/enthusiasm" \o "enthusiastically))

you give something 100% energy and attention.

She’s thrown herself into this new job.

## Slack off

Don't slack off in your studies. 学习上不可懈怠。

Without stress, you may slack off and idle away your time. 没有压力，你可能会松懈，浪费你的时间。

It's natural to slack off towards the end of a hard day's work. 辛苦工作了一天，快结束时有所松懈是很自然的。

Don't slack off too much. Remember your original purpose. 不要过分松懈，记住你的初衷。

After intense work in the summer, we are slacking off now. 夏季紧张的工作过后，我们现在放松了。

slack off = the opposite of being engaged

slack off = it means you are very lazy, you are only doing the minimum work, you are doing as little as possible

I always get angry when my students are **slacking off(懈怠)**.

摸鱼

Do you think a lot of young people in China are slacking off?

enigmatic = another word for mysterious

something that is mystery = when there are no easy answers

**The Mona Lisa has an enigmatic (mysterious smile) = because we don't know why she is smiling.**

It is a very **thought-provoking** painting because it is so enigmatic.

你

## transfixed on全神贯注低凝视着

every eye transfixed on the unveiled masterpiece每双眼睛都凝视着那幅揭幕的杰作”，强调人们对这幅杰作的高度关注和全神贯注。

drew my attention.

transfixed on = you are so amazed that you cannot look away

you cannot move, you are just looking at something = maybe it's because you are very scared or very amazed

## A rush of excitement surged through me

It means when you are very excited

Rush of excitement is when a very strong feeling of excitement moves through your body (rushes through your body)

the very "surge" means suddenly and powerfully - for example **a river of water can "surge"一条河的水可以“汹涌澎湃”**

So if a rush of excitement surges through you it means that a feeling of excitement moves very suddenly and powerfully through you.

# 20240304

[engoo.com/app/daily-news/article/the-advantages-of-being-an-introvert/1pPgDCV5EeqN2t-RL7WG1g](https://engoo.com/app/daily-news/article/the-advantages-of-being-an-introvert/1pPgDCV5EeqN2t-RL7WG1g" \t "https://www.cambly.com/en/student/progress/_blank)

~~asteroids are the opposite they get energy from being with other people and don't like being alone~~

Extroverts are the opposite. They get energy from being with other people and don't like being alone.

~~some people may think that is introverts are shy~~

Some people may think that introverts are shy.

~~that doesn't mean they don't have all one friends~~

that doesn't mean they don't have a lot of friends

~~what other people says and then give response give response to people~~

what other people say and then give a response to people.

How was your weekend?

You have been working most of the week end.

## credit

My supervisor published my work as if it was his own; he took all the credit for my work.

我的导师把我的作品当作他自己的作品来发表；他把我的作品全部归功于他。

I did all the work, but my boss took all the credit.

Ambivert - a mixture of an introvert and extrovert.

## Exhausting

Running a marathon is the most exhausting thing I’ve ever done!

Every scenic spot is packed with people, which is an exhausting experience.

I get more energy from being alone / being alone energize me.

What about the other descriptions of introverts in the article? For example, that introverts are good listeners, or take a long time to decide.

Are those things true about you？

I usually listen to what others say and **I take time to give a response.**

And are you very loyal to your friends? Do you choose your friends carefully?

Loyal = very faithful; you don’t betray them; you put a lot of time and energy into friendships.

One of the signs of an introvert.

Do you think you would make a good leader?

Why do you say that?

You are not very good at talking in front of people?

Expression: actions are more important than words.

In my past experiences: I am good at listening to people and understanding people, but sometimes I am too kind.

Sometimes as a leader, you have to be **strict**.

What do you think are the advantages?你认为它的优点是什么？

They are not too shy to speak in front of people.

Do you sometimes wish that you were an extrovert?

Sometimes I will do what I have to do, **in spite of** my personality. For example, I can force myself to speak in front of people.

You feel more comfortable and confident in front of people. it is easier to be with other people.

I often find it very difficult to interact with people.

Parents often try to force their children to be something that they are not.

Parents often try to force their children to be something that they are not.

Would you say that most of your friends are introverts or extroverts?

Do you notice the personality differences?

He is a very supportive friend.

He was not afraid that he wouldn't find a job.

He is a very confident and decisive person.他是一个非常自信并且果断的人。

It took me a longer time to make the decision.

She likes to talk a lot and she gets along easily with other people.

What qualities do you look for in a friend?你希望朋友具备什么品质？

It's important that friends understand each.

# 20240227

## Turn off

~~But Jack is completely turned off to her pleas.~~

But Jack is completely turned off by her pleas.但杰克对她的恳求却完全不以为然。

在这个句子中，"turn off" 是一个动词短语，意思是使某人失去兴趣、感到不悦或反感。当某人被另一个人的行为、言语或特质所"turn off"时，意味着他们对这个人或事物的兴趣减少或完全消失。

以下是一些使用 "turn off" 的地道英语句子：

**The loud music at the party really turned me off.**

派对上的吵闹音乐真的让我很反感。

His constant boasting turned her off.

他不断的自夸让她感到厌烦。

The smell in the room turned us off our food.

房间里的气味让我们对食物失去了胃口。

She was initially interested, but his rudeness turned her off.

她最初是感兴趣的，但他的粗鲁让她失去了兴趣。

**The high price of the tickets turned many people off.**

票价过高让很多人失去了兴趣。

His obsession with work really turns me off.

他对工作的痴迷真的让我感到厌烦。

The political ads on TV have really turned me off.

电视上的政治广告真的让我很反感。

Her constant negativity can turn people off.

她持续的消极态度可能会让人反感。

**The long lines at the theme park turned the kids off.**

主题公园的长队让孩子们失去了兴趣。

The excessive use of jargon in the manual turned me off.

手册中过多的术语让我感到厌烦。

All work and no play makes Jack a dull boy.

## Signs of wear and tear

"Wear and tear" 是一个常用的英语短语，用来描述物品因日常使用而逐渐磨损或损坏的过程。它也可以比喻地用来描述人因长时间的工作或压力而感到疲惫或衰老。

以下是一些使用 "wear and tear" 的地道英文句子：

After years of use, the furniture showed significant wear and tear.

经过多年的使用，家具显示出明显的磨损。

The car had a lot of wear and tear, but it still ran well.

这辆车磨损严重，但它仍然运行良好。

The hotel offered a discount because the room was subject to normal wear and tear.

酒店提供了折扣，因为房间是正常的磨损。

**He's been working long hours and it's starting to show in the wear and tear on his face.**

他长时间工作，脸上开始显现出疲惫的迹象。

The wear and tear on the equipment was expected after such heavy use.

在如此频繁的使用之后，设备的磨损是意料之中的。

The warranty does not cover normal wear and tear.

保修不包括正常磨损。

**The shoes have seen a lot of miles and have considerable wear and tear.**

这双鞋已经走过很多路，磨损相当严重。

After a decade of teaching, she's showing the wear and tear of the job.

经过十年的教学，她的工作已经开始显现出疲惫。

The wear and tear on the playground equipment was due to the rough play of the children.

操场设备的磨损是由于孩子们的粗暴游戏造成的。

**The house had a lot of charm despite the wear and tear from the years.**

尽管多年来有些磨损，但这座房子仍然很有韵味

~~This is the most richest man in China.~~

建议：

This is the richest man in China.

~~Someone is so smart and they are not understand why some people can study well.~~

建议：

Someone is so smart and they do not understand why some people can study well.

Why some people cannot figure this problem out quickly.

建议：

Why some people cannot figure out this problem quickly.

Until he got problem with his health.

建议：

Until he got a problem with his health.

两个句子在语法上都是正确的，但它们在时态和含义上有细微的差别。

What he did must cause a result.

这个句子使用了现在时态 "must cause"，暗示他的行为与结果之间存在必然的因果关系，并且这种关系在说话时仍然有效。这种表述可能适用于描述一个普遍真理或当前仍然适用的情况。

What he did must have caused a result.

这个句子使用了现在完成时态 "must have caused"，暗示他的行为在过去导致了某个结果，并且这个结果对现在或说话时仍然有影响。这种表述通常用于推测过去发生的事件及其对现在的影响。

建议使用第二个句子，因为它更明确地表达了过去的行为对现在或当前情况的影响。此外，使用 "must have caused" 通常在语气上更加谨慎，因为它涉及到对过去事件的推测。

例如：

What he did must cause a result. 可能用于描述一个普遍的规则或原则，如："What he did must cause a result, according to the laws of physics."

What he did must have caused a result. 可能用于描述一个具体的情况，如："What he did must have caused a result, as we can see from the evidence."

What vocabulary is new for you?

## In top condition

“in top condition” = in a vert good condition almost like new.

~~The new phone that I bought it is in top condition.~~

The new phone that I bought is in top condition.

I like to keep my teeth in top condition.

## Wear and tear

Wear and tear = damaged, no longer in top condition.

This car is very old, it is showing signs of wear and tear.

My phone is four years old; it is showing signs of wear and tear. It always get stuck.

## Worn out

I feel worn out = I feel extremely tired.

The coat he is wearing is very worn out = the coat looks very old, maybe torn. It is in a bad condition.

Torn = past of tear.

## Detach

Detach = take something away.

I am going to detach the lens from my glasses = I am going to take away the lens.

I want to detach myself from work = I want to take myself away from work.

"Detach" 这个词在英语中意味着将自己从某事物中分离出来，通常用于描述情感上或物理上与某事物保持距离。在工作场合，"detach" 通常用来表达想要从工作压力或责任中解脱出来，以便放松或专注于其他事情。

以下是一些使用 "detach" 的地道英文句子：

I need to detach myself from work this weekend to recharge my batteries.

我这个周末需要从工作中抽身，以便重新充电。

It's important to detach from work during vacation to fully enjoy your time off.

在假期期间，从工作中抽身出来，充分享受你的休息时间是很重要的。

She's been trying to detach emotionally from the project since it ended.

自从项目结束以来，她一直试图在情感上与之脱离。

To maintain a healthy work-life balance, he makes a point of detaching from his job after hours.

为了保持健康的工作与生活平衡，他下班后会刻意与工作保持距离。

It can be challenging to detach from the fast-paced environment of the newsroom.

要从新闻编辑室快节奏的环境中抽身出来可能是个挑战。

After a long day at work, I like to detach by going for a walk in the park.

经过漫长的一天工作后，我喜欢通过在公园散步来放松自己。

Many people find it helpful to detach from their electronic devices for a while before bed.

很多人发现在睡前一段时间不使用电子设备是有帮助的。

She had to detach herself from the team temporarily due to personal reasons.

由于个人原因，她不得不暂时与团队保持距离。

It's not easy to detach from the success of the company you've built from scratch.

要从你白手起家建立的公司的成功中抽身并不容易。

**To avoid burnout, it's crucial to learn how to detach from work stress.**

为了避免精疲力竭，学会如何从工作压力中抽身是至关重要的。

## Well-needed

“well-needed” = something that we really need, or badly needed.

I will take a well-needed walk to relax after work today.

****After a hectic week, a relaxing movie is just what I need.****

I will do some well-needed exercise to keep myself healthy.

I had a well-needed drink after my exercise.

I will watch a well-needed movie to relax after work today.

## Tone deaf

1. tone deaf (literal) = somebody who cannot tell when there is change in musical tones
2. tone deaf (not literal) = when you are not sensitive to what is happening around you; you are not aware or you are not understanding what is happening around you

If somebody very rich is telling their friends who are very poor about all the money they have, then they are being tone-deaf.

如果一个非常富有的人向他非常贫穷的朋友讲述他拥有的所有金钱，那么他们就是不敏感的

They do not have empathy for others; they are not showing sensitivity for others.

You are blind and deaf to the people around you, and what they need and how they feel.

Jack is tone-deaf to his wife's pleas (his wife's questions).

he is not sensitive to what his wife is saying

when you are deaf to the people around you (you cannot hear or understand them)

fate = something inevitable; something you cannot avoid; something that has already been decided

fateful

fateful day = a day he could not avoid, because he has been working so much

"burn out" = more than just tired / extremely不只是疲惫/极度

# 20240226

# 20240219

# 20240214

# 20240130

[engoo.com/app/daily-news/article/romantic-relationships-lets-talk/vhm8OAJ6EeeGi5eRRp5XCw](https://engoo.com/app/daily-news/article/romantic-relationships-lets-talk/vhm8OAJ6EeeGi5eRRp5XCw" \t "https://www.cambly.com/en/student/progress/_blank)

We had a thunderstorm.

So the internet connection was bad

There was no space at the hairdresser’s.理发店没有空位了。

How often do you have to cut your hair?

Once a month or once every six weeks.

Your hair grows very quickly.

At least once every two months.

It’s good that you choose the articles before the class.

I am in a long-distance relationship.

## Eat away at

Eat out is different from eat away at.

His constant nagging ate away at her patience.

nagging = telling the other person what to do.

It can be annoying.

The passion can eat away at the relationship.

If you are often fighting in a relationship, it can make it very difficult.

## Toxic

Toxic = something that is not good for you, it’s like poison.

## fighting

Fighting = it can mean arguing, or disagreeing. Sometimes it can mean a physical fight.

## Basis

I drink milk on a daily basis.

## Day-to-day

He is in charge of the day-to-day management of the staff.他负责员工的日常管理。

## Ups and downs

It is a normal thing in life to have ups and downs.

# 20230814

[engoo.com/app/lessons/describing-pictures-intermediate-describing-pictures-a-happy-moment/WAkGVkBpEeer4w8JMYgNuQ?category\_id=P\_HriMOnEeifo0O-yMP42w&course\_id=ZZasjsOnEeiHZVOMC0VfdA](https://engoo.com/app/lessons/describing-pictures-intermediate-describing-pictures-a-happy-moment/WAkGVkBpEeer4w8JMYgNuQ?category_id=P_HriMOnEeifo0O-yMP42w&course_id=ZZasjsOnEeiHZVOMC0VfdA" \t "https://www.cambly.com/en/student/progress/_blank)

I am very busy.

Are you preparing for your interview?

I have to refresh my memory about this project from a long time ago.



She is teaching her daughter how to make salad / salad dressing.

The mother is touching the daughter's head and telling her how to cook.

The daughter is pouring oil from a bottle into a salad bowl.

There are a rich variety of vegetables on the table.

It's a very colourful picture.

What are they wearing?

They are both wearing **aprons** to keep their clothes clean.

They are having a good time together / They are enjoying some quality time together.

They cherish the quality time together.

It is a very joyful moment / a happy moment.

There are some delicious smells **in the air**.

The food smells very fresh and **fragrant**.

**Fragrant**

"Fragrant" 是一个形容词，用来描述一种强烈的、令人愉悦的香味。这个词通常用来描述花香、香料、香水或其他具有宜人气味的事物。"Fragrant" 强调的是香味的强度和吸引力，它传达了一种感官上的享受和美好体验。

以下是一些使用 "fragrant" 的地道英文句子：

The fragrant flowers in the garden filled the air with a delightful scent.

花园里芬芳的花朵让空气充满了愉悦的香气。

She entered the room and was greeted by the fragrant aroma of freshly brewed coffee.

她走进房间，被新煮咖啡的芬芳香气所迎接。

The fragrant incense wafted through the temple, creating a calming atmosphere.

寺庙中飘散的香薰创造了一种宁静的氛围。

The fragrant herbs in the pasta sauce added a depth of flavor to the dish.

意大利面酱中的香草增添了菜肴的风味。

The fragrant roses in the vase perfumed the entire room.

瓶中的芬芳玫瑰让整个房间都充满了香气。

He was captivated by the fragrant smell of her perfume.

他被她香水的芬芳气味所吸引。

The fragrant tea leaves were carefully selected for their unique aroma.

这些茶叶因其独特的香气而被精心挑选。

The fragrant candles at the dinner table set a romantic mood.

餐桌上的香薰蜡烛营造了一种浪漫的氛围。

The fragrant essential oils were used to create a soothing massage experience.

这些芬芳的精油被用来创造一种舒缓的按摩体验。

The fragrant spices in the dish reminded her of her grandmother's cooking.

这道菜中的香料让她想起了祖母的烹饪。

这些句子展示了 "fragrant" 在描述各种令人愉悦的气味时的用法。

****

salad dressing = the sauce that we pour onto salad



There is a cute cat with big eyes and big whiskers who is wearing a blue and white outfit. Maybe it is a special occasion because the cat has brought some flowers for the woman. The woman is standing at the door and the cat is looking up at the woman. The cat is trying to surprise the woman.

The women's toes are painted with red nail polish.女人的脚趾都涂着红色的指甲油。

OR the woman has painted her toe nails red.

Why is this picture unusual or funny?

It's a funny picture because in real life we don't usually see cats wearing clothes or holding a bunch of flowers.

special occasion = special celebration, like a birthday or an anniversary

something to celebrate.值得庆祝的事情

The cat is admiring the woman. The cat is looking up hopefully at the woman.猫很欣赏这个女人。猫满怀希望地抬头看着女人。

We can take very cute images with cats.我们可以和猫一起拍摄非常可爱的照片。

Cats always look very cute in pictures.



The young lady is enjoying a head massage.

Masseuse = person who does the massage.

The masseuse is using her hands to massage the woman's head.

The woman seems to be enjoying the massage as she is closing her eyes and looks like she's very relaxed.

The woman's head is supported with a towel.女人的头用毛巾支撑着。

After the massage, the woman will feel very relaxed and re-energised.

There is a pink flower in her ear.

re-energised (energised again, you feel like you have energy again)

Where do you think the woman and the masseuse?你认为那个女人和按摩师在哪里？

They are in a garden.

# 20230813

[engoo.com/app/daily-news/article/chatgpt-solves-some-problems-better-than-college-students/qaMfOjKvEe6YKp9KKJ9A7g](https://engoo.com/app/daily-news/article/chatgpt-solves-some-problems-better-than-college-students/qaMfOjKvEe6YKp9KKJ9A7g" \t "https://www.cambly.com/en/student/progress/_blank)

I have sent 30 applications to different companies.我已经向不同的公司发送了 30 份求职申请。

How did the interview go?

The interview will be next Thursday.

What kind of preparation are you doing? How are you preparing?

I am trying to predict the interview questions.There are many tech companies in Shenzhen.It's an engineering job.

It will be an online interview.

scrap

"This project is not working at all, we need to scrap it." (we need to end it / we need to stop it)

"Scrap" 在这个语境中是一个动词，意思是完全放弃或终止一个项目、计划或想法，通常是因为它们不可行、失败或不再有用。这个词传达了一种决定性的行动，即放弃并可能将资源重新分配到其他更有价值的事务上。

以下是一些使用 "scrap" 的地道英文句子：

The company decided to scrap the old machinery and invest in new technology.

公司决定废弃旧机器并投资新技术。

Due to low ticket sales, the theater production was scrapped.

由于售票量低，剧院制作被取消了。

They had to scrap the initial design and start over due to safety concerns.

由于安全考虑，他们不得不放弃最初的设计并重新开始。

The software project was scrapped after it became clear that it would not meet the deadline.

在明确软件项目无法满足截止日期后，该项目被终止了。

The team decided to scrap the old strategy and come up with a new plan.

团队决定放弃旧策略并制定一个新计划。

The car factory had to scrap thousands of vehicles due to a manufacturing defect.

由于制造缺陷，汽车工厂不得不报废数千辆车。

After several unsuccessful attempts, they decided to scrap the idea and try something different.

在几次失败的尝试之后，他们决定放弃这个想法并尝试一些不同的东西。

The company is considering scrapping the project due to high costs and low returns.

由于成本高且回报低，公司正在考虑终止这个项目。

The government scrapped the controversial bill after widespread protests.

在广泛的抗议之后，政府放弃了这项有争议的法案。

The airline decided to scrap the unpopular route due to lack of demand.

由于需求不足，航空公司决定取消这条不受欢迎的航线。

这些句子展示了 "scrap" 在描述放弃或终止事物时的用法，通常涉及到一个明确的决定和行动。

interaction

I have a good interaction in class with Lee.

I don't know much about Jacob's private life because all of our interactions have been work-related so far.

They have only interacted at work, they have never interacted outside of work.他们只在工作中交往过，工作之外从来没有交往过。

They would like to find out if ChatGPT thinks like a human, or is showing a new intelligence.

GPT-3 can't always defeat students, but GPT-4 mostly can perform better than humans.

The robot can predict what the human chess player's next move will be.机器人可以预测人类棋手的下一步动作。

We can use its advantages to help us in work and to the benefit of humans.

我们可以利用它的优势来帮助我们工作并造福人类。

People are using it to help them to work faster and more efficiently.

# 20230808

### The Summer Day

Who made the world? Who made the swan, and the black bear? Who made the grasshopper? This grasshopper, I mean— the one who has flung herself out of the grass, the one who is eating sugar out of my hand, who is moving her jaws back and forth instead of up and down— who is gazing around with her enormous and complicated eyes. Now she lifts her pale forearms and thoroughly washes her face. Now she snaps her wings open, and floats away. I don't know exactly what a prayer is. I do know how to pay attention, how to fall down into the grass, how to kneel down in the grass, how to be idle and blessed, how to stroll through the fields, which is what I have been doing all day. Tell me, what else should I have done? Doesn't everything die at last, and too soon? Tell me, what is it you plan to do with your one wild and precious life? —Mary Oliver

### Wild Geese

You do not have to be good. You do not have to walk on your knees for a hundred miles through the desert, repenting. You only have to let the soft animal of your body love what it loves. Tell me about despair, yours, and I will tell you mine. Meanwhile the world goes on. Meanwhile the sun and the clear pebbles of the rain are moving across the landscapes, over the prairies and the deep trees, the mountains and the rivers. Meanwhile the wild geese, high in the clean blue air, are heading home again. Whoever you are, no matter how lonely, the world offers itself to your imagination, calls to you like the wild geese, harsh and exciting— over and over announcing your place in the family of things.

She **pays close attention to** things. She watches things closely.

She pays close attention to the natural world.

**Do you agree with the message of this poem?**

She asks us to think about what we should be doing.

We have to think for ourselves what is important to us.

For her, prayer is about paying attention.

Small, ordinary moments in life.

"Blessed" – you have many things, you have everything you need

"idle" = lazy, relaxing, not working

"idle and blessed" – lucky to have time to relax, to enjoy nature

**We have strong instincts, and sometimes we love something, or don't love something, and we can't change it**.

We can share our experiences.

You still belong in the world.

Even when you feel despair, you need to remember that you still belong in.

即使当你感到绝望时，你也需要记住你仍然属于其中。

# 20230807

<https://engoo.com/app/daily-news/article/everything-on-your-doorstep-what-are-15-minute-cities/nHbSwsy0Ee2S7lMW7CjeYw>

How was your day?

Just an ordinary day

What kind of test?

Personality test

**For the professional test, I need to answer some questions related to my field of work.**

I have to stop Cambly soon.

I think after next week I will stop for some time.

Next lesson: poetry in English

Simply poetry in English.

A sprawling city - a widespread city, spread over a large area

#### "to be present"

= to exist

There are many problems present in modern-day China.

= There are many problems that exist in modern-day China.

#### concentrate

= many meanings

They are concentrated around the river = They exist around the river.

Conspiracy theory = believe that things happen because of secret mysterious reasons

Some people believe that Covid-19 was planned in secret by powerful world leaders to destroy the population = this is a conspiracy theory

Homes and entertainment are often in different areas

Homes are built before services (schools, hospitals, etc.) are built.

It takes time for services to arrive in new areas.

People **on the edges of cities** may have to travel long distances to **reach services**.  
城市边缘的人们可能需要长途跋涉才能获得服务

"if money stays local" = if everybody only spends money in their local area

**The economy of the city centre might suffer**, because less people will spend money there.

Is Guangzhou a 15 minute city?

Do you think 15 minute cities are a good idea?

**On the one hand, it would be convenient to have everything 15 minutes away. But on the other hand, people often want to travel far away from where they live**.

# 20230801

## correction and expanding Expression

[engoo.com/app/daily-news/article/whats-done-is-done-how-to-avoid-the-sunk-cost-fallacy/ir12Hr34Ee2y8s9hwjOZVQ](https://engoo.com/app/daily-news/article/whats-done-is-done-how-to-avoid-the-sunk-cost-fallacy/ir12Hr34Ee2y8s9hwjOZVQ" \t "https://www.cambly.com/en/student/progress/_blank)

Working late

### Dedicated

You are a very **dedicated** group of students.

|  |
| --- |
| My example: I am dedicated to my research. |
| Ai example:  "The team of researchers worked around the clock, showing a dedicated effort to find a cure for the disease."  研究团队夜以继日地工作，表现出了寻找疾病治疗方法的专注努力。  "He's a dedicated teacher who always goes the extra mile for his students."  他是一位非常投入的老师，总是愿意为学生多做一些努力。  "I'm deeply **committed** to my research, and I'm willing to put in the long hours to see it through."  "My research is my priority, and I'm fully **dedicated** to making progress in this field."  "I've **devoted myself to** my research, and I'm determined to uncover new insights." |

There is no one correct answer, there are many possible interpretations.

interpretation = a way of understanding something

### compensate

= make up for something, make something better

To compensate for my missed time this week, I will work extra hard this weekend.

### Bring(oneself)

I can't bring myself to work today = I can't make myself work / I don't want to work.

I can't bring myself to call my Mother today.

### cut one's losses

These experiments are going very badly, I think we should cut our losses and stop doing them.

losses

### Alternative

= when there is another possibility

There are many alternatives to Cambly if you want to learn English.

(there are many other options to learn English)

It's what follows from bad decisions that is the most important.最重要的是错误决定所带来的后果

### the sunk cost fallacy



I think try to leave and come back

**Have you ever experienced the sunk cost fallacy?**

**After I worked at it for some months, I still had not made any progress. Even though my professor asked me to change the direction, I had the feeling that I had already invested a lot of time in the original direction. So it was very hard to change from the original direction.**

Relationships and friendships

# 20230731

# 20230728

# 20230428

[engoo.com/app/daily-news/article/fighting-for-education-who-is-malala-yousafzai/gRcilA-BEeyuSkOBbXgqIw](https://engoo.com/app/daily-news/article/fighting-for-education-who-is-malala-yousafzai/gRcilA-BEeyuSkOBbXgqIw" \t "https://www.cambly.com/en/student/progress/_blank)

# 20230428

# 20230413

# 20230411

# 20230407

# 20230405

# 20230329

# 20230328

# 20230324

My name is Leila

I am from South Africa

25

25 years old

**Electrical Engineering**

Second year of Master's

Guangzhou

Now I live in South Africa

I used to live in Shenzhen

I was an English teacher

**How long did you live in Shenzhen for?**

Only one year - 2018/2019

Are you studying now?

I am finishing my PhD studies

I hope I will graduate soon

**What is your major?**

**What is the focus of your research?**

I am studying English Literature

English Department英语系

What is your experience of being a Master's student?

Do you have good teachers at your university?

I feel that I am not making enough progress with my research.

It is hard to research on your own, you need a lot of self-discipline.

You need to be very **self-driven**.

When you are not studying, what do you do for fun?

I am in the habit of exercising first thing in the morning.

Do you play any team sports？

I used to play basketball, but I quit because I was not very good.

I also like to watch movies and TV shows.

**You are a dedicated English student.**

Learning English will **lead to** more job opportunities.

Are you interested in travelling to English-speaking countries?

I have travelled in countries in Africa and Europe.

**I have never been outside of China.**

But I am interested in **travelling abroad.**

Which countries would you like to visit?

Which country did you enjoy the most?

I can recommend Italy.

Italy is a country in Europe.

Venice

Beautiful historical cities

The people are friendly.

If you want to practice English, go to the U.K.

**Which places in China have you visited?**

Do you live with your family?

**I live at the student dormitory at the university**.

**It is a long trip to go and visit my family.**

Have you taken any of the courses on Cambly?

I have taken some of the PPT lessons.

[esldiscussions.com/i/information.html](https://esldiscussions.com/i/information.html" \t "https://www.cambly.com/en/student/progress/_blank)

[engoo.com/app/daily-news](https://engoo.com/app/daily-news" \t "https://www.cambly.com/en/student/progress/_blank)