

安娜口语素材
第三套 Part2
(高分版串联)
偏工作党

5-8 月的考试该怎么准备呢？

该文档里的素材是 5-8 月的必考题，占 5-8 月题库的一半，剩下的一半是 5-8 月新题。然后我们会在 5 月 4 日左右开始更新 5-8 月新题，8 号能出完整题库，10-15 号更新完一套完整的 Part123 范文，月底前更新完剩下的多套 Part2 范文。

特殊说明

高分版串联素材的词汇和句型比较难，为了避免大家无法使用，所以我们同时会提供这套素材的简单版本，烤鸭可以在网盘里面找到，但这套素材的简单版就没有录音了。

串联版 Part2 目录以及使用说明

串联版 Part2 指的是一篇范文回答多个话题。具体分类看看以下目录就知道了。但是有些话题问的方向不一样，如果用同一篇范文来回答的话会有跑题嫌疑。所以有些串联的话题我们还是写了 2-3 篇范文，根据问题的问法稍作了一些修改。但是大体上的内容和思路都是一致的~ 中文思路里，画着下划线的，就是串联话题中共用的部分哦！

21 天打卡团

我们正在准备 21 天打卡团（包括最新听力阅读预测，写作真题练习，完整口语模考，提分建议和备考计划制作，Part3 串联方法和短期提分训练等等），预计会在 6 月中旬推出，详情请留意我们的微信公众号：安娜雅思。

如果我觉得素材有错怎么办？

我们的素材都是经过店主 Anna 和外教一起编写和检查过的哦！您可以放心！其实外国人在生活中有一些常用的口头上的表达，看起来很奇怪但实际并没有错的，国内老师也不会懂这些。所以呀！如果你觉得素材有错，我们是非常欢迎您来询问我们滴！千万不要觉得不好意思哦！下面举两个例子：

“Anna is two years my elder.” 安娜比我大两岁。“She is four months my younger” 她比我小四个月。

这是一种比较现代的说法，当然我们平时都会讲 “Anna is two years older than me” 和 “She is four months younger than me.” 但其实外国人都都会用前者多一些的。

“the majority of the girls were content discussing about how handsome or how affluent their boyfriends were.” 女孩子们都在热烈地讨论他们的男朋友有多帅。

这是现代英语的另一个特征，就是外国人在口头上都常常会省略掉介词。这里就把 were content with discussing 的 with 去掉了。这在口语上是完全没问题的，但大家在写作中就尽量要避免哦。

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（一）李子柒

1 - 2: 社交网络上常关注的人& 对社会做出贡献的人

Describe a person you follow regularly on social media or other media. Some instructions that you can follow: Who this person is How you know about this person What kinds of things he/she talks about And explain why you follow this person regularly on social media or other media.	Describe a person you know who does a job which is useful to society. Some instructions that you can follow: Who this person is What job this person does What skills this person needs to do the job And explain why you think this job is useful to society.
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《社交网络上常关注的人》

Li Zi Qi is a content creator I follow on Tiktok who shares traditional Chinese food. A couple of years ago, when I was at home and browsing videos on Tiktok her video caught my eye. I've been an avid follower of her content ever since!

She frequently opens the window into her rural cooking processes through short form video content. In her videos, she demonstrates her primitive rural life to the audience without reservation which commences at sunrise and concludes at sunset. Every video she produces is a reflection of her understanding and her adoration of life. On one instance, Li Zi Qi spent more than a year to restore the ancient process of making "the Four Treasures of the Study". She has also employed ancient methods to create hand-brewed soy sauce. She even cut down some wood and bamboo by herself to construct a thatched shed and a swing in her yard. She demonstrated to her audience the rustic and romantic life of the countryside.

I follow Li Qi because her videos are utterly fascinating. In the modern world, the majority of young people are employed in large cities, and suffer from great pressure, including myself. I was inspired by Li Qi's videos, in which she portrayed rural life in a spirited way that I had always wanted to experience.

李子柒是我在抖音上关注的一个分享中国传统美食的主播。大约三年前的某一天，我在家里刷抖音，她的视频一下子吸引了我。从那以后每次她出新视频我都会持续关注。

她经常在短视频平台分享自己制作美食的过程。在她的视频中日出而作，日落而息的原始农村生活，毫无保留地展现在了观众面前。她做的每一个视频倾注的全部都是自己对生活的理解与热爱。李子柒曾经用了一年多的时间，去还原“文房四宝”笔墨纸砚古时候的制作全过程，也曾经用过古法去制作手工酿造的酱油，甚至曾以一人之力在家里的院子里，用砍下来的木头和竹子亲自搭了一座茅草棚和一个秋千。他用视频给大家展现了简单又美好的乡村生活的样子。

我关注李子柒是因为她的视频总能让我看的津津有味。现在大部分年轻人都在一线城市工作，压力比较大，包括我。而李子柒的视频刚好给了我一些激励，在这些视频当中，她将乡间生活演绎得快活潇洒，这可是我一直以来的向往。

《对社会做出贡献的人》

Li Zi Qi is a content creator I follow on Tiktok who shares traditional Chinese food. Though she is not a big name or a successful enterpriser, she does a great job to promote our traditional culture.

She frequently opens the window into her rural cooking processes through short form video content. In her videos, she demonstrates her primitive rural life to the audience without reservation which commences at sunrise and concludes at sunset. Every video she produces is a reflection of her understanding and her adoration of life. On one instance, Li Zi Qi spent more than a year to restore the ancient process of making "the Four Treasures of the Study". She has also employed ancient methods to create hand-brewed soy sauce. She even cut down some wood and bamboo by herself to construct a thatched shed and a swing in her yard. She demonstrated to her audience the rustic and romantic life of the countryside.

Being a short video creator comes with many difficulties. Li Qi not only needs to have an excellent understanding of traditional Chinese culture, but also must be versed in video technology to present it to her audience in an interesting manner. She is not only popular in China, but she also acts as a digital ambassador to promote Chinese culture to the world. She has tens of millions of YouTube subscribers and receives a wealth of compliments. She is responsible for the return of Chinese traditional culture to the world again.

中文思路：

李子柒是我在抖音上关注的一个分享中国传统美食的主播。她虽然只是个普通人，但我认为她对中国传统文化的宣传作出了很大的贡献。

她经常在短视频平台分享自己制作美食的过程。在她的视频中日出而作，日落而息的原始农村生活，毫无保留地展现在了观众面前。她做的每一个视频倾注的全部都是自己对生活的理解与热爱。李子柒曾经用了一年多的时间，去还原“文房四宝”笔墨纸砚古时候的制作全过程，也曾经用过古法去制作手工酿造的酱油，甚至曾以一人之力在家里的院子里，用砍下来的木头和竹子亲自搭了一座茅草棚和一个秋千。他用视频给大家展现了简单又美好的乡村生活的样子。

做一名短视频创作者并不容易。李子柒不仅需要对中国传统文化有足够的了解，还需要用视频把它们生动的展示在观众面前。她不仅在火遍中国，还把中国文化宣传到了全世界。她在 YouTube 上有几千万的粉丝。外国网友表示看着李子柒制作的全过程真实又令人激动，大赞中国文化十分惊艳，中国女孩十分迷人！李子柒让中国传统文化再次走向了世界。

(二) 空乘的故事

3 - 4: 别人告诉你的故事 & 有趣的谈话

Describe a story someone told you that you remember well. Some instructions that you can follow: Who told you the story When this person told you the story What the story was about And explain why you remember this story well	Describe an interesting discussion that you had with friends. Some instructions you can follow: What the discussion was about What opinions you and your friends expressed What the result of the discussion was And explain why you found this discussion was.
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While I was attending high school, I was very close with a girl called Anna. After graduation we drifted apart, we enrolled into colleges in different cities, therefore we didn't keep in touch for quite some time. Last summer holiday, I unexpectedly bumped into Anna again at a KTV party. She recognized me as soon as I walked in the room and then gave me a very warm greeting. She looked far more beautiful than how I had remembered her. Previously, she was a shy and introverted girl, but now she dressed smartly and spoke with confidence and grace.

We discussed aspects of college life, and Anna informed me that she majored in flight attendance. She had spent the past 6 months working as an intern in China Southern Airlines and would be able to enter the company directly after her graduation. Well, she greatly piqued my interest. She regaled me with many fascinating stories about flying. For example, on one occasion she saw a pretty little English girl and said hello to her in English. To her surprise, the little girl was of dual heritage and spoke in fluent Sichuan dialect. She also informed me that while working on planes, every once in a while, she meets celebrities and can take photos with them if she's allowed.

I found the conversation riveting. I the role of flight attendant is a very impressive and remarkable profession, and I learned more about the daily life of a flight attendant through our conversation. It was also an opportunity for me to discover some intriguing stories that I would normally have no access to in my own life. Thus, I found this whole encounter quite fascinating.

高中时期，我有一个很好的朋友叫做安娜。毕业后我们去了不同的城市上大学，所以失去了联系。去年暑假的时候，我在一次聚会上遇见了 Anna。我一进门她就认出了我，热情的和我打招呼。她看起来比以前漂亮多了。以前她又内敛又害羞，但现在穿着优雅谈吐得体。

我们聊起了大学生活，安娜告诉我他学了空乘专业，也就是我们常说的空姐。现在他已经在南航实习半年了，毕业后就可以直接入职。这让我非常有兴趣。她给我讲了很多有关飞行的趣事。比如有一次她看到一个漂亮的英国小女孩，用英文上去打招呼。没想到小女孩是混血，竟然说着一口流利的四川方言。这让我忍不住哈哈大笑。她还告诉我在飞机上工作偶尔会遇到明星，如果经纪人允许还可以跟他们合影呢。

我认为这是一次非常有趣的谈话。我认为空乘是一个很酷很神秘的职业，和安娜的对话让我了解到了这个职业的日常。我还听到了一些自己生活中完全接触不到的趣事。这一切都让我觉得很新鲜。

(三) 实习主管

5 - 6: 想共度时光的人 & 最近第一次见且想了解更多的人

Describe a person that you enjoy spending time with. Some instructions that you can follow: How you met this person What type of person he/she is What you have done together And explain why you enjoy spending time with this person.	Describe a person you only met recently who you would like to get to know better. You should say: Who this person is Where you met him/her What you talked about And explain why you would like to get to know this person better.
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Not long ago, I began an internship with a security firm, where I became acquainted with Anna. Anna served as my director and my mentor during the internship. She is a woman I admire very much, and I cherish the time I spent with her.

We first met each other during my interview. However, we did not become familiar with each other until I undertook the internship. I would say Anna is in her thirties, she always wore decent business suits and had a professional look to her.

One day during my internship, she requested I give a presentation at the following meeting. I worked diligently to prepare for it and stayed up late during the week to create a presentation I believed was satisfactory, however I was criticized by Anna at the meeting. Being reprimanded in front of so many people made me feel wronged and demoralized. I believe Anna noticed my low mood and so she invited me to have lunch with her after the meeting. During this lunch, she seemed to transform into a totally different person and spoke to me gently. She carefully analyzed where I went wrong and guided me on how to improve. After listening to her analysis, I became uplifted at once. I was amazed by how she could come up with such a perfect plan in such a short time.

For the rest of my time at the internship, I often came to Anna for advice, and my ability improved rapidly through the high-intensity work. Anna is the kind of person I want to be around because I can learn many things from her. I aspire to follow in her footsteps someday.

上个暑假，我去了一所证券机构实习。在那里我认识了 anna，她是我的主管，也是我实习期间的导师。她是我非常欣赏的女性，和她相处总令我感到愉快。（我想了解她更多一些）

我在面试的时候曾经见过她，直到我参加实习之后，我们才渐渐熟悉起来。Anna 大约三十岁左右，总是穿着很得体的职业装，看起来非常专业。实习的某一天，她要我做一个会议上的演讲。虽然我非常努力地准备了一周，每天熬夜到很晚，做出了一份自己很满意的答案，但在会上还是被 anna 批评的一无是处。当着那么多人的面被批评让我感到委屈又沮丧。Anna 大概是看出了我低落的情绪，会后她约我一起吃午饭。这时候她像完全变了一个人，说话很温和。她认真分析我的问题所在，并且告诉我应该怎么做。听了她的分析，我的思路瞬间明朗了。我很惊讶她为什么可以在这么短的时间内，想出如此完美的方案。之后的实习中，我经常向 anna 请教，我的能力也高强度的工作中在迅速增长。我喜欢和 anna 呆在一起，从她身上我总能学到很多书上没有的东西。（我想了解她更多一些）希望有一天我也能成为像她那样的人。

(四) 修东西

7 - 8: 修复的坏物件 & 从长辈学到的技能

Describe a time when something in your home broke and you tried to repair it. Some instructions that you can follow: What thing broke Why this thing broke What you did to try to repair it And explain how successful you were at trying to repair this thing.	Describe a useful skill you learned from an older person. Some instructions that you can follow: Who the other person was What skill you learned from this older person How easy or difficult it was to learn this skill And explain why it was useful for you to learn this skill
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《修复的坏物件》

A short while ago, I successfully repaired a faulty light in my house. To be honest, it was a walk in the park for me.

If my memory serves me correctly, it was during a night when my wife and I were having a conversation in our bedroom, and one of the lights suddenly went dim. Therefore, I endeavored to discover the root of the issue. I removed the bulb from its fixture and returned it in place. There was no change, the light was still faulty. Then I removed the bulb from a different lamp and placed it into the broken fixture, and it worked! Therefore, I knew it must be the old bulb that was faulty and needed to be replaced. However, it was late and the local supermarket was closed, thus I went and purchased a new bulb the next day and solved the problem by placing it in the fixture. The most probable reason for why it was broken was that the filament had broken after such long use.

In fact, I'm quite adept at repairing household items. Whether it's an electrical malfunction, a leaky pipe, or some simple repair of electrical appliances, I can handle them! I have always been a greatly curious person. My father was skilled at repairing electrical appliances in our house. When I was a teenager, whenever he was repairing the household items, I would sit by him and watch, and by this I learned gradually. This is an incredibly useful skill, because many simple household problems can be solved quickly with my hands, however it can take a day or two to get a repairman to fix them.

中文思路:

不久前，我成功地修好了家里的灯。说实话这对我来说实在是小菜一碟。

如果我没记错的话，那是一个周内的晚上，我和我妻子正在聊天，突然，房间里的一个吊灯灭了。于是我就主动去试图修灯泡。我把灯泡拆下来再装回去，发现没有任何作用，灯还是不行。然后我把另外一个灯的灯泡拆下来装到这个灯上，发现灯亮了。于是我就知道是原来的灯泡坏了，需要换一个。那时候已经很晚了，楼下的超市已经关门了，所以我第二天去买了个新灯泡，重新装上去就解决了问题。灯泡坏了一般都是使用时间太久了导致的。

其实我是个非常擅长修理家用物品的人。无论是家里电器跳闸，水管漏水亦或者一些简单的电器修复，我都非常擅长。因为我是一个非常好奇的人，以前小时候，我爸爸就非常擅长修理家里的电器。每当他在修复的时候，我都蹲在隔壁观摩，久而久之我就学会了。这是一项非常有用的技能，因为很多家中的

小问题其实只需动手就能解决，但要找上门师傅维修的话则需要一两天的时间。

《从长辈学到的技能》

In fact, I'm quite adept at repairing household items. My father educated me in this skill when I was an adolescent.

Whether it's an electrical malfunction, a leaky pipe, or some simple repair of electrical appliances, I can handle them! I have always been a greatly curious person. My father was skilled at repairing electrical appliances in our house. When I was a teenager, whenever he was repairing the household items, I would sit by him and watch, and by this I learned gradually. This is an incredibly useful skill, because many simple household problems can be solved quickly with my hands, however it can take a day or two to get a repairman to fix them.

But I must admit it's a very complicated skill. For one, the appliances, the wiring, and the switches which are involved in electrical items are very hazardous, the slightest mistake can lead to great injury. For example, when I replace a light bulb, I make sure I have turned off the switch first, otherwise I may risk electrocution. Another difficulty when it comes to home repair is that there are so many things that can break down in our home, such as broken light bulbs and clogged toilets. These are all unique and different experiences, but you get more adept at repairing them each time you experience it.

中文思路：

我是个非常擅长修理家用物品的人，这项技能是我爸爸教给我的。

无论是家里跳闸，水管漏水亦或者一些简单的电器修复，我都非常擅长。因为我是一个非常好奇的人，以前小时候，我爸爸就非常擅长修理家里的电器。每当他在修复的时候，我都蹲在隔壁观摩。久而久之我就学会了。这是一项非常有用的技能，因为很多家中的小问题其实只需动手就能解决，但要找上门师傅维修的话则需要一两天的时间。

不过这是一项非常难的技能。一方面，因为涉及用电的地方都很危险，稍有不慎就可能会受伤。比如，在我换灯泡的时候，我必须先把电闸关掉，不然我很可能会被电到。另一方面，家里可能会坏的东西真的太多了，从换灯泡，到通厕所，还有清洁吸尘器等。其实这项技能更多地像是积累的经验，时间久了，那么你就会变得更专业。

(五) 禾木

9 - 11: 新地方 & 乡下一隅 & 享受的远足

Describe a place in the countryside that you enjoyed visiting. Some instructions you can follow: Where you went in the countryside Why you went to this place in the countryside What you saw and did there And explain why you enjoyed visiting this place in the countryside.	Describe a time that you remember being in a new place. Some instructions that you can follow: Where you were Why you were in the new place What you remember about it And explain how you felt about being in this new place	Describe a long walk that you enjoyed. Some instructions you can follow Where and when you went on the walk Who you went with What you saw on the walk And explain why you enjoyed this long walk
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《新地方》&《乡下一隅》

Last October, my boyfriend and I travelled to Hemu for a holiday during our annual leave. This was our first visit to Hemu. Hemu is well renowned. Before I travelled to Hemu, I had been informed about this wonderful place on the Internet because it is called the Little Switzerland in China. Many companions of mine who have travelled to Hemu themselves had recommend it to me highly.

Hemu is located in the Altai region in northern Xinjiang province. The town is situated in the mountains, with only one winding road in and out, thus it preserves its primitive natural scenery and its quaint charms.

During my travels, I witnessed grassland, log cabins, rivers, and snowy mountains. I truly considered this to be a magical place. When I stood afore the log cabin, I could cast my eyes ahead and view the snow-capped mountains in the distance. When I cast my eyes below, I could view the log cabins and wild horses dotted through the land. When walking to Hemu Park, I could take a quiet forest trail. Most significantly, because it was sparsely populated, I felt completely at ease and comfortable, away from the hustle and bustle of the city.

The trip was very brief. I only stayed in Hemu for two days. But the serenity and comfort of the place stayed with me for a long time, and I'm planning to return for a week in the winter to soak up the beauty and quiet.

中文思路:

去年 10 月的时候，我和我男朋友趁着休年假的时间，去了禾木旅游。这是我们第一次来到禾木。禾木非常著名，在来禾木之前，我就在网上听说过这个美丽的地方，因为它被称为东方的瑞士。很多去过的朋友也跟我推荐它。

禾木位于新疆北部的阿勒泰地区，这座小镇位于崇山峻岭之中，出入都只有一条盘山公路，所以这使得它能保持最原始的自然风光和人文特色。

一路上，我看到了草原，木屋，小河还有雪山。这是一个神奇的地方，当我站在禾木的木屋前，我抬头可以看见远处连绵的雪山，平视可以看到星星点点的木屋和野马。走到禾木公园，我可以进行一次清幽的森林漫步。最重要的是，因为这里人烟稀少，所以这里让人感到无比的宁静舒适，远离了城市的热闹与喧嚣。

这次的旅途很短，我只在禾木待了两天就走了。但这里的宁静和舒适让我久久不能忘怀，我正计划着在冬天的时候再来一次，在这里住上一个星期，尽情地享受这里的美景和静谧。

《享受的一次远足》

Last October, my boyfriend and I travelled to Hemu for a holiday during our annual leave. This was our first visit to Hemu. Hemu is well renowned. Before I travelled to Hemu, I had been informed about this wonderful place on the Internet because it is called the Little Switzerland in China. Many companions of mine who have travelled to Hemu themselves had recommend it to me highly.

Hemu maintains the most primitive natural scenery. In Hemu, my boyfriend and I undertook a forest hike. Aside from a regular shuttle bus service, we commuted to almost all the attractions on foot. When we entered the forest park, we passed a fast-flowing river flanked by thick birch forests. There were many eagles circling overhead. We would pause to take pictures as we travelled along the path, unknowingly we had hiked for over two hours. The forest park is so vast that if we continued walking, we would have arrived at another village!

I really love going on a long walk like this since I have never seen such picturesque scenery before. The trip was very brief. I only stayed in Hemu for two days. But the serenity and comfort of the place stayed with me for a long time, and I'm planning to return for a week in the winter to soak up the beauty and quiet.

中文思路：

去年 10 月的时候，我和我男朋友趁着休年假的时间，去了禾木旅游。这是一座位于新疆北部的小镇。在来禾木之前，我就在网上听说过这个美丽的地方，它被称为东方的瑞士。很多去过的朋友也跟我推荐它。

禾木拥有最原始的自然风光。在禾木，我和我丈夫进行了一次森林远足。那里没有汽车，除了固定的班车，几乎所有景点都要靠步行。从酒店出发，我们经过了一条湍急的小河，两旁都是茂密的白桦林。一路上，我抬头可以看见远处连绵的雪山，远望可以看到星星点点的木屋和绵羊。头顶上还有很多鹰在不停的盘旋。我们边拍照边往前走，不知不觉走了两个小时。禾木非常大，如果一直走下去的话，会走到另一个村庄！

我很喜欢这次远足，作为一个生活在城市里的人。这样的自然风光是我从未见到过的。我只在禾木待了两天就走了。但这里的宁静和舒适让我久久不能忘怀，我正计划着在冬天的时候再来一次，在这里什么住上一个星期，尽情地享受这里的美景和静谧。

12: 有趣的城市

Describe a famous city that you find interesting.

Some instructions that you can follow:

Where the city is

How you know about the city

Why the city is famous

And explain why you find this city interesting.

Last October, my boyfriend and I travelled to Lhasa for a holiday during our annual leave. This was our first time in Lhasa. Lhasa is a very well renowned city. Before I travelled to Lhasa, I had been informed about this wonderful place on the Internet because it is called the Sunshine City. Many companions of mine who have travelled to Lhasa themselves had recommend it to me highly.

Located on the Tibetan Plateau, Lhasa is one of the highest altitude cities in the world. Lhasa is home to the site of the world-famous Potala Palace, and it is also the holy land of Buddhist believers.

Lhasa is a magical and fascinating city, where the air is thin, but the people are full of faith. I was impressed by the humility and enthusiasm of the Tibetans. When I arrived at the Potala Palace, I could view the snow-capped mountains in the distance when I cast my eyes ahead, and I could see the buildings, cars, and citizens of the city. The numerous temples, the monks on the roads, and the traditional architecture of Lhasa filled me with a sense of the local people's piety. Yet simultaneously, Lhasa is a relatively modern city, there are many commercial squares, and it abounds with modern cars which demonstrates its prosperity. Modernity and religion are in perfect harmony in Lhasa, and that's what makes Lhasa fascinating.

The trip was very short. I only stayed in Lhasa for five days. But the serenity and comfort of the place stayed with me for a long time, and I'm planning to return for a week to soak up the beauty and quiet.

去年 10 月的时候，我和我男朋友趁着休年假的时间，去了拉萨旅游。拉萨是一座非常著名的城市，在来拉萨之前，我就在网上听说过这个美丽的城市，因为它被称为日光之城。很多去过的朋友也跟我推荐它。

拉萨位于青藏高原，是世界上海拔最高的城市之一。这里不仅有全世界闻名的布达拉宫，更是许多佛教信徒心中的圣地。

拉萨是一个神奇又有趣的城市，这里的空气稀薄，但是这里的人却充满了信仰。藏民们纯朴和热情让我印象深刻。当我登上布达拉宫，我抬头可以看见远处连绵的雪山，平视可以看到城市的房屋以及星星点点的车流。当地众多的寺庙，路上的僧人和传统的建筑都让人感受到当地人们的虔诚。同时拉萨也是一座相对现代化的城市，众多的商业广场和满街的汽车都展示着它的繁华。现代与信仰在拉萨完美地融合在一起，这就是拉萨有趣的地方。

这次的旅途很短，我只在拉萨待了五天就走了。但这里的宁静和舒适让我久久不能忘怀，我正计划着在冬天的时候再来一次，在这里住上一个星期，尽情地享受这里的美景和静谧。

(六) 单独话题

13: 特殊的蛋糕

Describe an occasion when you had a cake that was special.

Some instructions you can follow:

What kind of cake it was

Why you had this cake

Who you were with

And explain how you felt about having this special cake.

Last weekend, I consumed a very special cake. There was nothing unique regarding the shape of the cake compared to ordinary cakes, however the sugar used to produce the cake had been replaced by a substitute sugar. The result of which is that the cake is very low in calories. This is a very attractive quality to me because I'm endeavoring to shed some pounds.

I discovered the non-sugar cake recommendation on Tiktok a few months ago, and I was fascinated. However, to my displeasure, the smallest cake in the shop was six inches, and it would be impossible for me to eat it all by myself. It just so happened to be my colleague Anna's birthday last week, so I immediately ordered my dream cake for Anna. Anna was surprised and elated when she discovered this cake contained a sugar substitute. Ultimately, we shared this cake, and we were both full and thought it was delicious.

I believe this cake is utterly delectable because it does not taste very sweet. Furthermore, there is an abundance of fresh fruit within the cake, which is very to my taste. However, the most crucial aspect is that it's very healthy, due to using the substitute sugar to produce a cake with a small quantity of calories. I have a sweet tooth, and my life is almost inseparable from bubble tea and cakes. However, they all contain an abundance of sugar, so I've been putting on weight as I've gotten older, and I've been quite distraught about it. I'm so elated that I have found non-sugar cake and it will be my first choice when I want a cake in the future.

中文思路:

上周末，我吃了一个很特殊的蛋糕。这个蛋糕的外形和普通蛋糕并无区别，只不过制作蛋糕的白砂糖被替换成了代糖。这意味着这个蛋糕并不会让我摄入过多的糖分。这对正在减肥中的我是十分友好的。几个月前我就在抖音上看到了无糖蛋糕的推荐，对此我很感兴趣。但这家店最小的蛋糕也有 6 英寸，我一个人根本吃不完。刚好上周我同事 anna 过生日，我立刻预订了这款心仪已久的蛋糕。Anna 听说这款蛋糕是无糖的，她也非常感兴趣。最终我们分享了这个蛋糕，我们都觉得蛋糕很好吃，都吃饱了。

我认为这个蛋糕非常棒，它吃起来并不会很甜，蛋糕中间加了很多新鲜水果，非常符合我的口味。最重要的是它非常健康。用代糖制作蛋糕坯和奶油，并不会影响蛋糕的口感。但这个小小的改变使蛋糕的热量降低了一半。我是个甜食爱好者，我的生活几乎离不开奶茶和蛋糕。这些食物都含有大量的糖，因此随着年龄的增长，我的体重一直在增加，为此我很苦恼。我很开心我发现了无糖蛋糕，以后我想吃蛋糕的时候，它将成为我的首选。

14: 收到的免费物品/服务

Describe a time when you received something without having to pay for it

Some instructions you can follow:

What this free thing was

Why it was free

What you did to get this free thing

And explain how you felt about receiving this free thing.

Shortly after I graduated from university, I received a credit card from China Merchants Bank. Due to the fact I use this credit card frequently and I have an excellent credit record, I was upgraded to a platinum credit card last year. The results of this are that I shall receive a complimentary medical check-up and dental cleaning every year. I greatly appreciate these free services.

As competition among banks becomes increasingly fierce, many banks vie for customers by offering exorbitant perks to VIP customers in order to retain them, such as a medical check-up, dental cleaning, and airport transfer. If I were to foot the cost for my own physical examination and dental cleaning, I may need to spend in excess of one thousand yuan. Furthermore, the airport shuttle provides excellent convenience for my family and me to travel. Moreover, these services are provided by the most prestigious of medical institutions and service providers, thus I receive an excellent experience from them every time.

Platinum credit cards usually come with hefty annual fees; however my card's annual fee can be redeemed with points. The result is that as long as I use this card to pay for everything, I am awarded with many free services for almost nothing. I'm a pragmatist, I spend my money rationally, and I don't overspend aggressively, so credit cards aren't a spending trap for me. On the contrary, it has been a huge convenience for me. This platinum credit card is undeniably useful.

大学刚刚毕业的时候，我办了一张招商银行的信用卡。因为我经常使用这张信用卡，而且我的信用记录良好，去年我得到了一张白金信用卡。这意味着我每年都会收到招行赠送的免费的体检和洗牙。我非常喜欢这几项免费服务。

由于银行之间竞争日益激烈，为了留住客户，很多银行都会给贵宾客户赠送相应的福利。比如体检，洗牙，接送机等等。如果我自己购买体检和洗牙，我可能需要花费一千多元。而接送机则为我和我的家庭出行提供了极大的便利。而且提供这些服务的都是一些高端的医疗机构和服务商，我每次可以得到良好的服务体验。

白金信用卡通常都有高额的年费，但是我这张卡的年费是可以积分兑换的。这意味着只要我日常支出都用这张信用卡支付，那我几乎不用额外付钱即可享有非常多的免费服务。我是一个实用主义者，我的日常支出都非常理性，而且我从不进行激进的超前消费，所以信用卡对我来说并不会是一个消费的陷阱。相反，它还给我带来了巨大的便利，这张白金信用卡真的太有用了。

15: 筹办的活动

Describe a time when you were preparing for a happy event .

Some instructions you can follow:

What the event was

How you prepare for this event

Who helped you prepare for it.

And explain how successful your preparations for this event were.

Nowadays, the pace of work in the city has become faster and we suffer from much greater pressure. Not long ago, my colleagues and I prepared a team-building event to have some fun and relieve ourselves. It was a successful and happy event, and I haven't seen our colleagues smiling that much in ages.

At first, we planned to go hiking in the countryside, but considering the seriousness of the recent epidemic, we finally canceled the original plan and planned a table tennis match in the company instead. There were already several ping-pong tables in the office building, so we just needed to bring some rackets. We also bought lots of popcorn and other snacks, as well as prizes for the winners.

We started our team-building with an office Ping-Pong match. Colleagues were teamed up against one another and winners continued playing other winners, while losers from the first round continued to play winners from the losers' bracket. In between matches, we tested our strength, endurance, and teamwork. While it was really intense and fast, spirits were high and it was a fun game for everyone, including beginners. We all gave it our best. Even though there was some defeat, all my colleagues were totally relaxed, completely switched off from the stress of work, and joyfully played around with the ball. We shared smiles and popcorn all around, and our hearts were full of joy.

如今，城市的工作节奏已经变得疯狂和越来越快，承受着越来越大的压力。不久前，我和我的同事组织了一次团建来给大家找点乐子，放松下身心。团建很成功，我从来没见过大家笑得如此开心。

一开始我们准备去郊外爬山，但考虑到最近疫情严重，最终我们还是取消了原定计划，改为在公司里进行乒乓球比赛。公司大楼本来就有几张乒乓球桌，所以我们只需准备球拍。另外我们还买了很多爆米花和其他零食，还有最后给赢家发的奖品。

我们以办公室乒乓比赛开始了我们的团建。同事们被组队对抗，赢家继续和其他赢家比赛，而第一轮输家继续和输家组的赢家比赛。在比赛间隙，我们测试了自己的力量、耐力和团队精神。虽然它真的是紧张和快速，情绪很高，这是一个有趣的游戏，对每个人，包括初学者。我们都尽力了。虽然有一些失败，但我所有的同事都非常放松，完全摆脱了工作的压力，愉快地玩着球。我们分享着微笑和爆米花，我们的心是满满的。

16: 理想之家

Describe the kind of house or apartment you would like to live in.

Some instructions that you can follow:

Where this house or apartment would be

What it would look like

What would be special about the house or apartment?

And explain why you would like to live in this house or apartment

I have always envisaged my dream home as a log cabin in the countryside. This dream began after I visited an idyllic location, Hemu, where I was deeply impressed by the tranquil and comfortable environment, as well as the delicate and secluded cabins. It is my aspiration to live in a house like that after my retirement.

My dream cabin doesn't have to be a mansion, just a place large enough for me and my husband to live in. The building should be constructed of wood and the interior decoration should be natural and understated. The house should be filled with all kinds of furniture and necessities, as well as air conditioning and heating, so that we can live comfortably throughout the seasons. My husband has a green thumb and adores growing flowers; therefore, an elaborate garden is a must. Meanwhile, our Samoyed can have his own den in the garden.

Living here, I want to cast open the door every morning to have the hallways bathed in sun and to hear the music of birds. In my spare time, I shall organize parties with my friends in the yard and enjoy delicious outdoor barbecues.

This envisaged house is perfect for me! Far removed from the hustle and bustle of the city, I can thoroughly enjoy life and embrace nature. I don't have to worry about the pressures of work anymore. Of course, I also want my home to have convenient transportation, so that I can often go downtown for shopping sprees!

我理想的家就是一个位于乡下的小木屋。之所以我喜欢这样的家，是因为我曾经去过一个美丽的地方，禾木，那里恬静舒适的环境和精致幽静的小木屋给我留下了很深的印象。我希望以后退休后能住在那样的房子里。

我梦想中的木屋不需要很大，足够我和我丈夫生活就足够了。房子应该是木头制作的，里面的装修也应该贴近自然。屋子里需要有各种家具和生活必需品，同时要有空调和暖气，这样的话不管夏天还是冬天，我们都能舒服地住在里面。我丈夫喜欢养花，一个精致的花园是必须的。同时，我们家的萨摩耶也可以在花园里拥有它自己的窝。

住在这里，我希望每天早上一打开门就能看见阳光，可以听到鸟叫的声音。空闲的时候我可以和朋友们在院子里聚会，并且享用一顿美味的户外烧烤。

这样的房子我来说是完美的！远离了城市的热闹和喧嚣，我能真正地享受生活、享受自然。我再也不需要操心令人抓狂的工作。当然，如果我也希望我家能拥有便捷的交通，这样我就能时常回市区买东西。

17: 别人给你的衣服

Describe an item of clothing that someone gave you.

Some instructions that you can follow:

What the item of clothing was and who gave it to you

What it looked like

When you wore it

And explain why this person gave you this item of clothing

My mother gifted me a great coat this Christmas. I have long dreamed of owning this coat! It was quite expensive, and I was genuinely quite surprised as I didn't expect my mother to purchase it for me.

It is a long brown cashmere coat and many celebrities have worn it. It is light and thin, yet it is still excellent at trapping heat. It comes with a flattering and shapely cut, which makes me look tall and slender. Since wearing the coat, my friends all compliment me on my elegance, which feels really wonderful.

The coat is very precious and now a prized possession of mine. I reserve it for dates with friends or for formal occasions. I'm anxious I may tear or soil it otherwise. I can't imagine wearing such a gorgeous coat while eating in the canteen. Therefore, I think it is wiser to wear my down jacket when I go to classes.

My mother bought me the coat as a sign of her love and affection for me. She rarely purchases anything valuable for herself. Instead, she always tries her best to gratify me when there is something I have my eye on. More importantly, she figured that as I was about to graduate, it would be a very important moment and so she wanted to buy me something special. I'm extremely grateful to my mother. She must be the greatest mother in the world.

今年圣诞节的时候，妈妈送给我一件很棒的衣服。这是我梦想已久的一件外套，它的价格非常昂贵，我真的没想到妈妈会买下来送给我。

这是一件棕色的长款羊绒外套，很多明星都穿过它。它很轻薄，但是穿上却很暖和。这件衣服拥有优秀的剪裁，显得我又高又瘦。所有的朋友都说我穿着这件衣服显得非常有气质。这种感觉实在是太棒了。

这件衣服可是我的宝贝，只有在和朋友约会，或者一些正式的场合我才会穿着它。我很怕把它弄坏或者是弄脏了。我无法想象我穿着如此华丽的外套去食堂吃饭的情景，因此上课的时候我更喜欢穿着我的羽绒服。

我的妈妈之所以会给我买这件衣服，是因为她很爱我。平时她很少给自己买什么贵重的东西。但只要是我喜欢的，他都会尽力满足我。更重要的是她觉得我快毕业了，这是一个很重要的时刻。她想买一些特别的礼物送给我。我非常感谢我的妈妈，她一定是全世界最好的妈妈了。

18: 童年玩具

Describe a toy that you often played with as a child.

Some instructions that you can follow:

What kind of toy it was

How old you were when you got it

Whether you played with the toy by yourself or with other people

And explain how you felt about this toy

When I was little, I loved slot cars more than any other toy. A slot car is an electric miniature-racing car that is guided by a slot in the track on which it runs. A slot car set usually has four main parts: the controllers, the track, the cars themselves and the battery. I was so into the toy because of a popular Japanese anime called "The Racing Brothers!!" The anime is about mini four-wheel drive racing and how kids and adults compete annually over the hobby around the world using customized motorized miniature cars. I remember receiving a slot car toy as a birthday gift from my parents when I was crazy about the anime at 10 years old. I still recall that after I unboxed the gift, it took me about half an hour to set up the track and connect the controllers. I plugged the battery into the mains and put the cars on the track. Although I was possessive about my belongings, I shared this toy with my friends. I would always invite those who were passionate about it over to play with me. Though I don't play with the car anymore, I still have it in my room. It brings back nostalgic memories of my youth.

中文思路:

当我还小的时候，我喜欢轨道车玩具胜过其他任何玩具。这是一辆有动力的微型赛车，由赛道上的一个插槽引导。一辆槽车通常有四个主要部分：控制器，赛道，汽车本身和电池。我非常喜欢这个玩具，因为一个流行的日本动漫叫“四驱兄弟!!”这部动漫讲述的是世界各地的儿童和成人每年如何使用四驱车来争夺冠军。我记得在我十岁的时候，当我对日本动漫非常着迷的时候，我收到了父母送给我的生日礼物——一辆四驱车。我仍然记得在我打开礼物的盒子后，我花了大约半个小时来设置轨道和连接控制器。我把电池插到电源上，把赛车放到赛道上。虽然我对我的财产占有欲很强，但我还是把这个玩具和我的朋友们分享。我总是邀请那些对热爱它的人来和我一起玩。虽然我不再玩这辆车了，但我把它放在我的房间里。它唤起了我对青年时代的怀旧回忆。

19: 想买给朋友的礼物

Describe a gift you would like to buy for a friend

Some instructions that you can follow:

How well you know this friend

How much time you spend with him/her

What type of gift you would like to buy him/her

And explain why you would like to buy this gift for your friend

With the Chinese New Year around the corner, I would like to talk about something special I am planning to gift. Leah is a very close friend and colleague of mine. She sits next to me in the office. While we are on different teams, we have a lot of overlapping duties and collaborate closely on outreach projects. In addition to our professional ties, we share many hobbies, such as hiking, cooking, and cycling. And we both love and have cats. Recently, I have found one interactive toy that could keep my cat entertained for hours. It is an automatic toy, quiet and non-threatening. It's great for shy cats because it's not overwhelming. I found that my cat just went crazy about it. The toy moves around the floor like a bug, dragging a small feather behind it. I would turn it on for five minutes a few times a day and watch my cat go wild. With the positive feedback I got from my own cat, I am pretty sure that Leah's cat will feel the same. It will also help her cat to exercise, and to promote cat-owner bonding. Now I am eagerly waiting for our next workday so that I can surprise her with this gift.

中文思路:

随着中国新年的临近，我想谈谈我计划送什么特别的礼物。利亚是我非常亲密的朋友和同事。她在办公室里坐在我旁边。虽然我们在不同的团队，但我们有很多重叠的地方，并且会在外展项目上紧密合作。除了我们的职业关系外，我们还有很多共同的爱好，比如徒步旅行、烹饪和骑自行车。我们都爱猫，也都养猫。最近，我发现了一个互动玩具，可以让我的猫娱乐几个小时。它是一个自动玩具，安静，不会造成伤害。这对害羞的猫来说非常好，因为它不会让猫咪不知所措。我发现我的猫太喜欢它了。这个玩具像虫子一样在地板上移动，身后拖着一根小羽毛。我每天会打开它几次，每次五分钟，看着我的猫发疯。我从自己的猫那里得到了积极的反馈，我很肯定 Leah 的猫也会有同样的感觉。它还能帮助她的猫锻炼身体，增进猫主人之间的感情。现在我急切地等待着我们的下一个工作日，这样我就可以用这个礼物给她一个惊喜。

20: 帮助你学外语的事情

Describe something you did that helped you to learn another language.

Some instructions that you can follow:

What you did

Where you did it

Who you did it with

And explain how doing this helped you to learn another language.

Learning a new language is a very essential and useful endeavor. I feel that knowing a foreign language helps to connect people of various cultures, and English is one of the most widely spoken languages nowadays. Many of my colleagues frequently speak English in the office, and in some certain situations, I need to send emails to overseas clients. Some colleagues told me that Cambly offers quality, innovative, and professional classes at all levels. Unfortunately, due to the pandemic, most of their offline classes are still suspended. Therefore, I had to take online courses. To my surprise, their online courses are very user-friendly and practical, with programs adapted to an online setting without ever betraying their quality teaching. Every day, I would receive a selection of exercises, texts, dialogues, and mini-lessons in English. These include fun stories and historical notes that match my language level. Often, within a few minutes after I send my answers, I would receive a correction email with personalized explanations from my teacher. Last but not least, at the end of each lesson, I get a taste of English culture, literature, songs, films, and more. I feel like these short, personalized and fun online English lessons really help me to be motivated and engaged. I have improved a lot.

中文思路:

学习一门新的语言是非常必要和有用的。我觉得掌握一门外语可以帮助不同文化背景的人建立联系。英语是当今最普遍的语言之一。我的许多同事经常在办公室说英语，在某些情况下，我需要给海外公司发邮件。一些同事告诉我，坎布里在各个层次上都提供高质量、创新和专业的课程。不幸的是，由于疫情，他们的大部分线下课程仍在停课。因此，我必须上网络课程。令我惊讶的是，他们的在线课程非常友好和实用，有适合在线课程的程序，但从来没有背叛他们的教学质量。每天，我都会收到精选的英语练习、课文、对话和迷你英语课。其中包括与我的水平相匹配的有趣故事和历史笔记。通常在我发出答案后的几分钟内，我就会收到一封来自老师的更正邮件，里面有我个人的解释。最后但并非最不重要的是，在每节课结束时，我可以品尝英国文化、文学、歌曲、电影等。我觉得这些简短的、个性化的、有趣的在线英语课程真的帮助我获得动力和参与。我进步了很多

21: 有趣的歌

Describe a song that you think is interesting.

Some instructions that you can follow:

What country the song is from

How you know about the song

What the song is about

And explain why you think this song is interesting.

I love listening to music, and here I would like to describe a very interesting song called “Dear Future Husband” by American singer-songwriter Meghan Trainor. The single was released in 2015, less than a year after Meghan Trainor achieved worldwide success with her catchy tune, “All About That Bass.” Once it came out, I was soon addicted to it. The concept is simple: Trainor judges the merits of a string of potential suitors. However, the execution of this concept is done in such a creative and fun way. Though she doesn’t consider herself a feminist, Trainor continues to produce girl power anthems and “Dear Future Husband” is no exception. Sure, the music video features Trainor all dolled up like a 1950s housewife, but she warns her potential suitors, “don’t be thinking I’ll be home and baking apple pies” because she’s got a nine to five job too. I think the song is really cute and smart in delivering its message against gender norms and in smashing old-fashioned spousal expectations. It is important for all girls to embrace bravery and forget about being perfect.

中文思路:

我喜欢听音乐, 在这里我想描述一首非常有趣的歌曲, 叫做“亲爱的未来丈夫”, 由美国创作歌手梅根·特雷纳。这首单曲于 2015 年发行。距离梅根·特雷纳凭借《All About That Bass》这首朗朗上口的歌曲在全球获得成功还不到一年。听过后我就立刻喜欢上了这首歌。这首歌的大意很简单: 特雷纳会判断一连串潜在追求者的优点。然而, 这一理念的执行方式却是基于一种创造性且有趣的方式。尽管特雷纳不认为自己是女权主义者, 但她继续创作女性力量的颂歌, “亲爱的特色丈夫”也不例外。当然, MV 中特雷纳打扮得像个 20 世纪 50 年代的家庭主妇, 但她警告潜在的追求者, “不要以为我会在家烤苹果派”, 因为她也有份朝九晚五的工作。我认为这首歌真的很可爱, 也很聪明, 它打破了性别规范, 打破了传统的配偶期望。对所有女孩来说, 拥抱勇敢, 忘记完美是很重要的。

22: 未实现的目标

Describe an ambition you haven't achieved yet.

Some instructions that you can follow:

What your ambition is

Why you want to achieve this ambition

How long you have had this ambition

And explain why you haven't achieved this ambition yet.

I really love traveling, and top of my bucket list is to visit all the provinces of China. While I was born and grew up here, there are still so many either well-known (but amazing) attractions or adventures off the beaten path that I haven't had a chance to visit or experience yet. Since 18 years old, I have been traveling either on my own or with likeminded friends. I am particularly interested in visiting places with very old local architectures, rich folk cultures, unforgettable beautiful sceneries, and long histories telling the interesting stories of the past decades and centuries. I was so close to achieving this ambition in 2021 with only two more provinces left to visit. However, due to continued waves of coronavirus outbreaks, it became difficult to travel around freely. I felt like I could not fully enjoy the trips because of potential COVID-related risks. I am especially worried about becoming quarantined and being unable to return for work. That said, I have started to embrace the changes and become more mindful of travel-related policies. Once I feel more comfortable travelling again, I will do so because I think it is important for boosting mental health and personal growth and a good way to balance one's life and work.

中文思路:

我真的很喜欢旅游，我的愿望清单上的第一项就是去中国所有的省份旅游。虽然我在这里出生和长大，但这里仍然有许多人迹罕至但令人惊叹的景点，或远离人迹罕至的冒险之旅，我还没有机会参观或体验。从 18 岁开始，我就一直独自旅行，或者和志同道合的朋友一起旅行。我特别喜欢参观当地风格的古老建筑、村民的民间文化、令人难忘的美丽风景和讲述几十年甚至几百年有趣故事的悠久历史。2021 年，我差点就实现了这一目标，当时还剩下两个省。然而，由于疫情的持续爆发，人们很难自由出行。由于新冠肺炎的潜在风险，我感觉无法充分享受旅行。我特别担心被隔离，不能回来工作。也就是说，我已经开始接受变化，对旅游相关政策更加关注。一旦我再次感到舒适和快乐的旅行，我就会这样做，因为我认为这是促进心理健康和个人成长的重要方式，也是一种平衡生活和工作的好方法。

23: 学校/工作中不喜欢的规定

Describe a rule (e.g. at school or work) you dislike and would like to change.

Some instructions that you can follow:

What the rule is

What the reason for the rule is

Why you dislike the rule

And explain how you would like to change the rule.

Something I have always disliked and would like to change about work is the fixed working hours from 9 to 5. Though the typical workday model is already ingrained in our lives, more and more companies have decided to implement a flexible work schedule. For those of us who work a 9-to-5 shift, the rush hour can be draining, as travel to and from work may be riddled with many stress-inducing situations, such as traffic congestion, irate commuters, and the like. Once we are in a bad mood, it can be difficult to get our mind to focus on work. In addition, with a rigid schedule, we can end up spending more time in the office than at home, which means we won't have time to take up hobbies and passions for personal growth or even pursue errands and attend to personal needs. Therefore, instead of sticking to the old fashioned, fixed 8-hour work schedule, I really hope the management team might consider a working arrangement where employees can choose which days or hours to work within a set time period or limit. They could come in earlier or later than the standard hours, and possibly even punch out early provided they have completed their tasks for the day. Working from home or remotely may even be allowed. I am sure a healthier work-life balance will play an important role in an employee's health and happiness.

中文思路:

我一直不喜欢并希望改变的工作时间是固定的朝九晚五。尽管这一刻板印象已根植于我们的生活中，但越来越多的公司决定实行弹性工作时间。对于我们这些朝九晚五的人来说，上下班的高峰时间会让我们筋疲力尽，因为上下班的路上可能充满了许多引发意外的情况，比如交通拥堵、愤怒的通勤者等等。一旦我们心情不好，就很难把注意力集中在工作上。此外，有了严格的时间表，我们在办公室的时间会比在家的时间更长，这意味着我们将没有时间去从事个人成长的爱好和激情，甚至追求差事和处理个人需求。因此，我非常希望管理层能够考虑一种工作安排，让员工可以在规定的时间或限制内选择工作的天数或时间，而不是拘泥于老式的 8 小时固定工作时间表。他们可以提前或晚于标准时间上班，甚至可能提前打卡下班，前提是他们已经完成了当天的任务。甚至可能允许在家或远程工作。我相信更健康的工作和生活平衡将对员工的健康和幸福起到重要作用。

24: 离不开的东西

Describe something you can't live without – not a mobile/cell phone or computer.

Some instructions that you can follow:

What this thing is

What you used for it

How long you have had it

And explain why you can't live without this thing.

I would say I really couldn't live without coffee, especially during workdays. The thing is that coffee isn't just about great taste or flavor. I have grown attached to its ability to affect me mentally and socially. First off, I will admit that coffee has a positive effect on my mental performance. It stimulates the nervous system and increases concentration, alertness and attention. Starting the day's work with a steaming mug can make me more focused and ready for the challenges ahead. Also, taking a break out of the working day to refresh and relax is very important. The busy modern-day work schedule has increasingly left us with less time to ourselves. Taking a stroll away from the desk for a coffee with colleagues is an excuse to take a well-deserved recess. This, in turn, will aid my happiness and productivity at work. Last but not least, there is always something new to try. From caramel and vanilla to white chocolate and mint infusions, the drink is always reinventing itself. This is also why coffee is perfect with any meal - an accompaniment to my light work lunch. It really is an essential part of my work life now.

中文思路:

我想说，我真的不能没有咖啡，特别是在任何工作日。问题是，咖啡不仅仅是美味或味道。我已经对它影响我精神和社会的能力产生了依恋。首先，我承认咖啡对我的心理表现有积极的影响。它刺激神经系统，提高注意力、警觉性和注意力。用一个热气腾腾的杯子开始一天的工作，能让我更专注，也能为未来的挑战做好准备。此外，工作之余休息一下，放松一下也是非常重要的。现代繁忙的工作日程使我们留给自己的时间越来越少。离开办公桌散步，和同事喝杯咖啡，是享受应得休息的一个借口。这反过来也会让我在工作中更快乐，更有效率。最后但并非最不重要的是，总有新的东西可以尝试。从焦糖、香草到白巧克力和薄荷，这种饮料总是在自我改造。这也是为什么咖啡与任何一顿饭都是完美的搭配——搭配我清淡的工作午餐。这是我在工作生活中必不可少的一部分。

25: 印象深刻的一堂课

Describe a lesson that you remember well.

Some instructions that you can follow:

What the lesson was about

When and where this lesson took place

What happened during this lesson

And explain why you remember this lesson so well

I would like to share a recent training course at work concerning unconscious bias, as well as diversity and inclusivity in the workplace. It was a free online course accessible on a computer or mobile device to all staff. In the highly interactive 2.5 hour virtual webinar, the training seeks to raise awareness of the mental shortcuts that lead to snap judgments—often based on age and gender—about people’s talents or character. In response, the training provides tools to adjust automatic patterns of thinking, and ultimately reduces bias in attitudes and behaviors at work, from hiring and promotion decisions to interactions with customers and colleagues.

I think the training is very effective because it does more than simply increase awareness of bias and its impact. It teaches workers to manage their biases, change their behavior, and track their progress. It offers information that contradicts stereotypes and allows us to connect with people whose experiences are different from ours. And it’s not just a onetime education session. It entails a longer journey of structural change to policies and operations, like the elimination of self-assessments from performance reviews. I have started to find the workplace to be more inclusive, where differences are cherished rather than tolerated, and thus feel a greater sense of belonging and respect for my contributions.

中文思路:

我想分享一下最近的一个培训课程，内容是关于无意识偏见以及多样化和包容的环境。这是一门免费的在线课程，所有员工都可以通过电脑或移动设备访问。2.5 小时的，非常丰富的在线研讨会，旨在提高认识的心理捷径。这种捷径是基于年龄和性别，对一个人的天赋和特性的草率的判断。同时提供思维自动调整模式，并最终减少工作态度和行为中的偏见。这关系到招聘和晋升，以及客户和同事的互动。

我认为这种培训非常有效，因为它不仅能提高人们对偏见及其影响的认识。它教我们管理他们的偏见，改变他们的行为，跟踪他们的进步。它给我们提供了打破刻板印象的信息，并让我们与那些经历与我们不同的人建立联系。这不仅仅是一次一次性的教育。这需要较长的旅程，并对政策和业务进行结构性改革，例如从业绩审查中取消自我评估。我开始发现工作场所变得更加包容——在这里，人们珍视差异，而不是容忍差异，对我的贡献有更大的归属感和尊重。