

安娜雅思 雅思口语素材 Part1

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，剩下的是 5-8 月新题，我们会在 5 月初开始更新，具体更新通知和进度请留意群公告。

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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，就是现在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。这在口语上是没问题的，但大家在写作中就尽量要避免哦。

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1: Work / Study

Work

这个话题写了三套答案，分别是商科、文科和理工科专业。

(1) For those who major in Business (商科)

1. How do you usually spend your day at work?

Usually, I spend my day at work working diligently and with focus. I do not like to mess around when I am at work. Of course, during my lunch break I will hang out with my colleagues and eat with them. However, when I am on the clock I am focused on my task and like to get all my work done efficiently.

2. Do you find it easy to organize your time at work?

Sometimes I can find it quite tricky to organize my time at work. I work with a very large team of people, and it can often be quite overwhelming trying to communicate with all of them effectively. This affects my time management at work.

3. Who helps you most in your work?

I get most of my help from the team around me at work. It is a very social and collaborative environment at my workplace, so whenever I have issues or problems that need to be resolved I just ask a colleague to help me.

(2) For those who major in Social Science (文科)

1. How do you usually spend your day at work?

Usually, I spend my day at work working diligently and with focus. I do not like to mess around when I am at work. Of course, during my lunch break I will hang out with my colleagues and eat with them. However, when I am on the clock I am focused on my task and like to get all my work done efficiently.

2. Do you find it easy to organize your time at work?

For the most part, I find it easy to organize my time at work. Schools run to a very strict schedule, the times for classes is the same every day, so I always know what to expect. This helps me stay organized.

3. Who helps you most in your work?

At work I receive most of my help from other teachers. Though we teach different subjects, we encounter similar problems with our students, so we often offer each other advice. It is nice to have a network of people who can support me at work.

(3) For those who major in Natural Science (理工科)

1. How do you usually spend your day at work?

Usually, I spend my day at work working diligently and with focus. I do not like to mess around when I am at work. Of course, during my lunch break I will hang out with my colleagues and eat with them. However,

when I am on the clock I am focused on my task and like to get all my work done efficiently.

2. Do you find it easy to organize your time at work?

I find it quite easy to organize my time at work. I am fortunate enough to be able to work quite independently, therefore I have a lot of control over my duties and time management. This makes it very easy to be organized.

3. Who helps you most in your work?

I am helped most by my boss at work. In general, software development is a very independently run business, so there are not a lot of group projects at my office. If I ever encounter a problem, I go to my boss, and they assist me.

Study

这个话题写了三套答案，分别是商科、文科和理工科专业。其中商科的描述比较笼统，可以套用于任何专业。

(1) For those who major in Business (商科)

1. How do you usually spend your day when you're studying?

When I am studying, I need to break my day up into manageable tasks. I am not the sort of person who can study for 8 hours straight and then go home. I need to work on specific tasks for an hour or two and then go take a short break such as a walk outside or get a drink of water and talk with some friends. I find these breaks help me maintain focus and stay positive while I am working.

2. Do you find it easy to organize your study time?

Sometimes I find it tricky to organize my study time. Business studies is a very practical degree, and we have a lot of workshops and projects that we must complete! This means it is often hard to find enough time to study and revise well.

3. Who helps you most in your studies?

I receive the most help from my fellow students. There is a lot of group work and group projects in a business degree, so I am always interacting with other business students. They often help me with my studies and revision.

(2) For those who major in Social Science (文科)

1. How do you usually spend your day when you're studying?

When I am studying, I need to break my day up into manageable tasks. I am not the sort of person who can study for 8 hours straight and then go home. I need to work on specific tasks for an hour or two and then go take a short break such as a walk outside or get a drink of water and talk with some friends. I find these breaks help me maintain focus and stay positive while I am working.

2. Do you find it easy to organize your study time?

I find it quite easy to organize my study time. Mastering a language is a very difficult process, so it is very

important I am organized, and I have good time management skills. Therefore, I am very strict with my study time organization.

3. Who helps you most in your studies?

I receive the most help from my professors at the university. The professors at the university have so much knowledge and expertise in their subject areas, so whenever I have trouble, they are able to solve my problem in minutes!

(3) For those who major in Natural Science (理工科)

1. How do you usually spend your day when you're studying?

When I am studying, I need to break my day up into manageable tasks. I am not the sort of person who can study for 8 hours straight and then go home. I need to work on specific tasks for an hour or two and then go take a short break such as a walk outside or get a drink of water and talk with some friends. I find these breaks help me maintain focus and stay positive while I am working.

2. Do you find it easy to organize your study time?

For the most part I find it easy to organize my study time, but sometimes I get distracted. In general, I have software development projects to focus on that require a lot of study. I am normally quite focused, but occasionally I slip up!

3. Who helps you most in your studies?

I receive most of my help from my best friend. He also studies computer science and we often study together in the library. Often, I will help him with problems he does not understand, and he also helps me with problems I don't understand.

2: Hometown

(1) Grown up in a big city and like it

1. Tell me about your hometown / where is your hometown?

My hometown is Shanghai, the largest city in China found on the central coast. It is a huge, metropolitan city and one of the global financial hubs. It is a very beautiful city with a famed waterfront promenade called the Bund (外滩) which attracts a lot of tourists and sightseers every year!

2. Did you learn about the history of your home town when you were at school?

When I was at school I did learn about the history of Shanghai. Shanghai is one of the biggest and most major cities in China, so its history is taught not only in my school but in schools across the country!

3. What is your home town famous for today?

Nowadays, Shanghai is famous for being one of the global financial hubs and therefore an incredibly developed and fast paced city. People come from all around the world to experience the thrilling nightlife and culture of Shanghai.

(2) Grown up in a big city and don't like it

1. Tell me about your hometown / where is your hometown?

My hometown is the city of Shanghai, which is one of the largest cities in China, found on the central coast. Shanghai is a huge and sprawling city, full of massive high-rise buildings and densely packed grey streets. There are some beautiful areas such as the Bund, but these are incredibly expensive and very few people can afford to live there!

2. Did you learn about the history of your home town when you were at school?

Yes, we were all taught about the history of Shanghai when I was at school. I did not find the lessons very interesting, and Shanghai has a very long and complicated history.

3. What is your home town famous for today?

Shanghai is famous nowadays for being a financial and commercial hub of the world. Therefore, this city attracts thousands of people who are looking to come here and make lots of money. I find it a very unattractive aspect of the city.

(3) Grown up in a small town and like it

1. Tell me about your hometown / where is your hometown?

My hometown is the small town of Shantou, found on the eastern coast of Guangdong. Shantou was originally a trading port and therefore the docks and ships are a very important aspect of the town for me. When I was a kid I would go down to the docks and sit for hours watching the ships go by.

2. Did you learn about the history of your home town when you were at school?

I learned a little about the history of my hometown when I was at school, but not a lot. We learned about the

foundation of Shantou as a trading port and its development from there. But mainly, we learn about larger cities.

3. What is your home town famous for today?

I would say that my small town is most famous for the temples we have. There is both the Palace Temple of Old Mother and the Temple of Emperor Guan, both of which attract a lot of tourists.

(4) Grown up in a small town and don't like it

1. Tell me about your hometown / where is your hometown?

My hometown is the city of Shantou, a small prefecture (县城) on the eastern coast of Guangdong. It is a sizeable and small town, with a population of over five million people. It was originally a trading port, and a lot of our economy is based on our history of maritime (海上的) trade.

2. Did you learn about the history of your home town when you were at school?

I did not learn a lot about the history of my hometown when I was at school. To be honest, there is not a lot to learn about the history of Shantou. In general, they taught us Chinese history and the history of larger towns.

3. What is your home town famous for today?

There is not a lot my hometown is famous for today; I do not think it is a very well-known place. However, the Shipaotai Park is a very popular attraction, and many people visit the area to go there. So, this is probably what my town is most famous for.

3: Mirrors

1. How often do you look at yourself in a mirror?

- 1) I look at myself in the mirror very often. I am quite **self-conscious**(自我怀疑) about my appearance, and I like to look **neat and tidy** (干净整洁) when I am in public. Therefore, I look at myself in the mirror any chance I get so I can make sure my hair is tidy and my clothes are neat.
- 2) I very rarely look at myself in a mirror. I am not a very **vain** (自视甚高) person and so I am not too concerned with my own appearance. I only look at myself in a mirror when I really need to, such as when I spill something on my face.

2. Have you ever bought a mirror?

- 1) Yes, I have bought a mirror. In fact, I bought a mirror not too long ago! I had a small mirror I would use in my room to look at my hair and face, but I needed to buy a full-length mirror to see what my daily outfits looked like.
- 2) No, I have never bought a mirror. When I was growing up, there were already plenty of mirrors in my house that my parents had bought. Since then, I have only rented accommodation that already had mirrors on the walls.

3. Would you buy clothes without checking yourself in a mirror first?

- 1) No, I would never buy clothes without checking myself in a mirror first! It is very important to me that the clothes I buy look good on me, so I do not buy any clothes without checking myself in the mirror first.
- 2) Yes, I often buy clothes without checking myself in the mirror first. For one, I often buy clothes online, so it is literally impossible for me to check myself in the mirror first. Yet, even at stores if a piece of clothing looks good, I trust it will look fine on me.

4. Do you think mirrors are a good way to decorate a room?

- 1) I think mirrors are a great way to decorate a room. Mirrors come in many different shapes and sizes, and some mirrors have very beautiful ornate frames. Therefore, they make good decorations, they are also great because mirrors make small rooms seem larger.
- 2) I do not think mirrors are a good way to decorate a room. Mirrors are quite boring decorations when compared to things such as paintings or wall hangings. When decorating a room, I would rather choose decorations that are colourful and exciting.

4: Taking photos

1. How often do you take photos?

- 1) I take photos very often! I use the camera on my phone, and I always have my phone on me (随身携带手机), so I take photos on a daily basis. I like to take photos with my friends, when I am at pretty places and when I order good food!
- 2) I do not take photos very often. I am the sort of person who enjoys living in the present and I find that I always forget to take photos. However, I do not think we should take photos all the time, sometimes it is better just to enjoy the moment.

2. Do you like taking photos of yourself?

- 1) I like taking photos of myself! I often take selfies on days when I look good or when I am wearing an interesting outfit. I like to keep a record of how I look so I take a lot of photos of myself and enjoy doing so!
- 2) I do not like taking photos of myself. I am not a very confident person and I get quite shy when I must take a photograph of myself. So, I try to take as little photos of myself as possible.

3. Do you have a favorite family photo?

- 1) I have a favourite family photo; it is the photo of my older brother graduating from university. Our whole family attended the graduation and it is a beautiful photo with three generations of my family in it! I cherish the photo a lot.
- 2) I do not have a favourite family photo. There are so many wonderful photos of my family that it is impossible to choose just one that is my favourite! I like all my family photos; each one is lovely for its own reasons.

4. Would you like to learn how to take better photos?

- 1) I would like to learn how to take better photos. I take a lot of photos but there is always room to improve! It would be great to have a better understanding of lighting and shadow when it comes to taking photos.
- 2) I do not think I would like to learn how to take better photos. I do not take a lot of photos, so it is not a skill I have ever wanted to develop or improve. I would rather learn a different skill.

5: Cars

1. Did you enjoy travelling by car when you were a child?

- 1) I really enjoyed travelling by car when I was a child! I would always get excited for long car journeys, and I enjoyed watching the scenery pass by through the window. I would relish every car journey.
- 2) No, I always disliked travelling by car when I was a child. When young, I was impatient, and I would get bored very easily during car journeys. Therefore, I always wanted car journeys to be over quickly when I was a child!

2. Would you generally prefer to be a driver or a passenger in a car

- 1) Personally, I prefer being the passenger in a car rather than the driver. When I am in a car, I like controlling the music, talking with my friends and enjoying the scenery. When you are driving you must focus on the road, and you cannot enjoy these things.
- 2) I much prefer being a driver when I am in a car. I love driving and I enjoy feeling in control of the vehicle. Driving is a fun and relaxing activity for me, in contrast I find being a passenger in a car very boring.

3. How important is the colour of a car to you?

- 1) The colour of a car is very important to me. I want my car to look good and I want it to be my favourite colour for cars. I have always thought red cars look the best, so it is important to me that a car is red.
- 2) The colour of a car is not important to me. I care more about a car's specifications and features; I enjoy good quality cars that drive well and are very fast! It does not matter to me what colour the car is.

4. What type of car would you most like to have in the future?

- 1) In the future, I would like to have a very large car with a lot of space for people and luggage. I want a car I can use for road trips and for camping, therefore I want one with a lot of space! I do not need a flashy or a fast car.
- 2) In the future I would like to own a sports car. It has been a dream of mine for a while to own an incredible car like a Lamborghini. However, these are very expensive so the chances of me owning one are low!

6: Websites

1. What kinds of websites do you use most often?

- 1) The websites I use most often are social media websites. I do not really use the internet much for research or for my work, I prefer to use the internet for leisure and relaxation. So, the kinds of websites I use most often are social media websites.
- 2) The websites I use most often are my email and research websites. I use the internet a lot in my studies and for my work, so I am constantly using my email and also researching things online. So, these are the websites I use most frequently.

2. Do you prefer to get information from websites or books?

- 1) Personally, I prefer to get my information from books. I find the internet a difficult thing to navigate. There is so much information everywhere and it is confusing to know what to trust and what to ignore. Books are more reputable and trustworthy.
- 2) I prefer to get information from websites than from books. This is because researching on the internet is so quick and easy to do! Finding information in books takes hours to look through pages and pages of information. It is far quicker to search for things online.

3. Does your favorite website look the same now as when you first used it?

- 1) Not at all! My favourite website is a social media website, and they are constantly updating the user interface! The homepage is updated and changes every few years and other features, such as the chat feature, are updated even more regularly.
- 2) Yes, my favourite website looks very similar to how it looked when I first used it. My favourite website is an online encyclopedia which contains information on almost every topic! It is quite a simple website without a lot of features, so it has not changed a lot over the years.

4. Which is more important to you, what a website looks like or how easy it is to use?

- 1) Personally, I think it is very important that a website looks good. I do not care about whether a website is easy to use or not because you can learn how to use most websites even if they are tricky. However, there is nothing you can do about an ugly looking website!
- 2) For me, the most important thing in a website is how easy it is to use. I find there are a lot of websites that look brilliant but are really complicated and confusing to use! I like my websites to be simple, effective, and easy to use.

7: Street markets

1. What are the best things to buy at street markets in your country?

- 1) The best thing to buy at street markets in my country is food! In China, the street food found in markets is incredible! In fact, many of our street food dishes are so delicious they are famous worldwide! So, food is by far the best thing to buy at street markets.
- 2) In my opinion, the best things to buy at street markets in my country are hand-made craft items. There are such incredible artisans and craftsmen at the street markets in China. You can find all sorts of intricate jewelry and beautiful clothing!

2. When was the last time you went to a street market?

- 1) I was at a street market just last weekend! I try to go to street markets as often as I can, I find it a nice way to spend my free time and to hang out with my friends. I like to walk around the markets on weekends and get tasty snacks.
- 2) I have not been to a street market in quite some time, probably since last summer. I am quite busy and so I don't often have the time to visit street markets. It is something I like to do on special occasions or when I am visiting friends.

3. Do you like going to street markets when you're on holiday?

- 1) I do like going to street markets when I am on holiday. There are street markets around the world, and they are very different from country to country. Each country's street markets sell unique food and crafts! I like going to new places and seeing the different things they sell.
- 2) I do not like going to street markets when I am holiday. If I have travelled to a new place then I like to explore historical locations, museums, and galleries. I find these far more interesting than street markets which I can go to when I am in my hometown!

4. Which do you prefer: shopping at street market or shopping at a shopping centre?

- 1) I much prefer shopping at street markets rather than shopping at a shopping centre. I love meeting the interesting people who run the stalls at the market. It is a much more personal and friendly experience buying products from street markets than at supermarkets.
- 2) Personally, I prefer shopping at a shopping centre rather than at a street market. I find that shopping centres are more convenient and easier to use. You can find everything you need at a shopping centre while street markets normally have a very limited selection of products.

8: Watching sport

1. Do you enjoy watching sport on TV?

- 1) I love watching sport on TV! I am a very competitive and sporty person; I have my favourite football team and I enjoy most sports! I like watching sports on TV with my friends, when we watch sports, we all get very excited by the game!
- 2) I do not enjoy watching sports on TV. Personally, I find sports quite boring, I have never been an athletic person and I do not follow any sports teams. So, I find sports really boring to watch on TV.

2. Have you ever been to watch a live sports event [e.g. in a stadium]?

- 1) Yes, I have been to watch many live sports events. I am a big fan of football and I get very excited about the major competitions. During the last World Cup, I was lucky enough to fly to Russia to watch one of the matches!
- 2) No, I have never been to watch a live sports event. For one, I do not find sports very interesting so I think a live sports event would be very boring to me. Moreover, tickets for live sports events are normally very expensive!

3. Is there a sports event you might like to watch in the future?

- 1) A sports event I always want to watch is the Olympics. Ever since the Olympics were held in Beijing, I have been a huge fan of the event. I try to watch it every four years, I particularly like watching the track and field events.
- 2) The only sport I am really interested in is tennis, so I would like to watch Wimbledon one day in the future. Wimbledon is one of the most famed and celebrated tennis competitions, I think it would be incredible to go see it in person.

4. Do you think it's more enjoyable to watch sport alone or with other people?

- 1) I think it is more enjoyable to watch sports with other people. Most sports are competitive or team sports, so there is always a social element to them. It is so much fun to get excited about a great sports match with your friends!
- 2) Personally, I prefer to watch sports alone than watch sports with other people. I find that people get very rowdy and competitive when they are watching sports which I do not like. I would rather enjoy the sports alone in peace.

9: Art

1. Did you learn to draw or paint when you were younger?

- 1) Yes, when I was a child, I learned how to draw and paint. I grew up in a very creative household and my mother encouraged my siblings and I to draw from a very young age. So, I am quite skilled in both drawing and painting.
- 2) No, I did not learn to draw or paint when I was younger. I have never thought drawing or painting to be particularly useful skills, so I never spent any time practicing them. So, I do not know how to draw or paint well.

2. Have you ever visited an art gallery?

- 1) Yes, I have visited many art galleries. Growing up my family and I would often go to art galleries and museums on the weekends. Furthermore, whenever we were on holiday to a different town, we would visit the galleries in that town as well!
- 2) I have very rarely visited art galleries; I only ever remember going as part of a school trip when I was a kid. In general, I do not go to art galleries. I find them quite boring, and I get tired quickly from walking around in them.

3. Do you like looking at drawing or painting?

- 1) Yes, I very much enjoy looking at drawings and paintings. I find most artworks beautiful and mesmerizing. I love to look at the colours and the techniques of different artworks and appreciate the skill of the artist.
- 2) I do not like looking at drawings or paintings. I do not know that much about art so I do not find it interesting to look at artworks, no matter how beautiful or skillfully created they may be. I would rather spend my time watching films or listening to music.

4. Would you like to learn more about art in the future?

- 1) I always want to learn more about art! In the future I would love to learn more! I have always been interested in learning more about western art and modern forms of art. There is so much for me to learn!
- 2) I have no desires to learn more about art in the future. I enjoy my life without any knowledge about art, so I see no reason for me to learn anything about it now. Learning about art is fine for people who like drawings and paintings, but not for me!

10: Finding and losing things

1. What kind of lost things have you found in a public place?

- 1) I often find quite mundane items that people have lost in public places. A common example of lost items I have found are umbrellas and gloves. People often leave these behind by accident on cold or rainy days.
- 2) I have found very important things lost in public places, such as smart phones and wallets. Often, our important items are quite small and easy to misplace. So, it is common to find these things lost in public places.

2. What would you do if you found something valuable, for example a phone?

- 1) If I found something valuable like a phone in a public place, I would do my best to return it to its owner. I would look around to see if anybody was looking for a lost phone, and if I could not find anyone I would see if there was any way to contact the owner of the phone.
- 2) If I found something valuable, such as a phone, I would bring it to a police station. Personally, I do not think it is my responsibility to find the owner of the product. I would be worried that I would accidentally give it to the wrong person.

3. Have you ever lost something which was found by a stranger?

- 1) Yes, I once lost my wallet, and it was returned to me by a stranger. I had left my wallet on the bus when I was travelling home, and I thought it was probably lost for good! Luckily, I had a piece of paper with my phone number in the wallet and a stranger called me to return it!
- 2) No, I have never been lucky enough to have something I had lost returned to me by a stranger. Whenever I lose things, I tend to lose them for good! So far, I have never had anything returned to me.

4. Would you ever ask for help on social media to find something you'd lost?

- 1) Yes, if I ever lost something important in a busy public place, I would ask for help on social media to find it. Social media is a great way to connect with strangers and to ask for help from them. If I announced that I lost something there is a chance a stranger on social media may have found it!
- 2) No, I don't think I would ever ask for help on social media to find something I'd lost. It is so unlikely that anyone on social media would be able to help you. There are millions of people on social media, the chances of finding the person who has your lost things is pretty low.

11: Email

1. Is email popular with everyone in your country?

- 1) Yes, I think email is quite popular with everyone in my country. People use email at school, at work, and to send messages to their friends and family. Email is the quickest way to send a long message to someone, so it is very popular.
- 2) No, I do not think email is popular with everyone in my country. There are many people who really do not like using email. They would much rather talk to people on the phone or through instant messaging, these people prefer instant replies to emails.

2. Do you send a lot of emails?

- 1) Yes, I send a lot of emails. I send many emails for my study and for my work, there are people I must contact on a daily basis. On top of this, I also like to send emails to my friends and family who live in different towns to me.
- 2) No, I do not send a lot of emails. Personally, I do not have a lot of reasons to use email. Most of my communication I do through phone calls or by messaging people on WeChat. This is all I really need to contact people.

3. Do you prefer to email people or speak to them on the phone?

- 1) Personally, I prefer to email people than to speak to them on the phone. I find that via email you get much more detailed information and replies from people. Often on the phone you can get distracted or forget what you have been told.
- 2) I prefer to speak to people on the phone rather than to email them. I feel like phone calls are far more efficient and to the point. You can discuss so much on a short phone call, while in contrast it takes multiple emails to have any sort of conversation with somebody.

4. Do you think people will use email more or less in the future?

- 1) I think people will use email more in the future. The world is becoming a more technologically focused place and emails are at the heart of all technologically based industries. I think as the world develops, we will send more and more emails.
- 2) I think people will use email less in the future. New forms of communication are developing all the time. We are already seeing people email less and use instant messaging or video calls instead. I think this trend will continue and people will use email less and less in the future.

12: Daily life routine

1. What do you usually do in the morning [before starting your work or studies]?

- 1) In the mornings I like to exercise. I try to wake up quite early and then go for a jog most mornings, if it is very cold outside then I just work out in my room. I think exercising is a great way to start the day.
- 2) In the mornings I like to relax and start my day slowly. I normally wake up and listen to some music while I make a coffee and some breakfast. I am very tired in the mornings, so I do not like doing anything that requires too much energy.

2. Do you prefer to go to bed early or late?

- 1) I prefer going to bed early rather than late. I hate feeling sluggish and tired in the mornings, so I try to avoid going to bed late as much as possible. It is very important I get a decent night's sleep.
- 2) I prefer going to bed late than going to bed early. I enjoy the evening a lot, I like spending it with my friends, hanging out or watching TV. Therefore, I often go to bed quite late.

3. Do you like to do the same things every weekend?

- 1) I quite like doing the same things every weekend. I am a creature of habit and I like my routines, so I try to keep them the same. My weekends are relaxing and enjoyable, I would not want them to change in any way.
- 2) I do not like doing the same things every weekend. I think variety is very important in life, so during my free time I like to try new things. Whether this is trying a new restaurant, watching a new movie, or hanging out with new people!

4. Is your daily routine going to change in the future?

- 1) I do not think my daily routine is going to change in the future. I like my daily routine and I have developed a system that works for me. I am very productive, healthy, and happy. Therefore, I do not think there is anything I need to change.
- 2) I think my daily routine will change in the future. I am not the most productive person in the world, and I think it would be better if I had healthier habits. So, I am going to try and improve my daily routine in the future.

13: Dreams

1. How often do you remember your dreams after you wake up?

- 1) I often remember my dreams after I wake up. I have very vivid and interesting dreams, so I find them hard to forget! Often when I wake up, I will write my dreams down when they are especially fascinating.
- 2) I rarely remember my dreams after I wake up. Usually, I only vaguely remember my dreams for a few seconds before I forget them completely. I think it is very common for people to forget their dreams when they wake up.

2. Do you like hearing about other people's dreams?

- 1) I like hearing about other people's dreams. I think dreams are very interesting and they can tell you a lot about a person. So, I always find it fascinating to hear the strange and marvelous dreams of my family and friends.
- 2) I do not like hearing about other people's dreams. I find it very boring when people explain their dreams. Most of the time, dreams are not that interesting and especially when they are being described to you by someone.

3. Do you think dreams can have special meanings?

- 1) I think dreams can have special meanings. They say that dreams are related to our unconscious desires. Therefore, I think dreams have the power to tell us things about ourselves that we do not consciously realise.
- 2) I do not think dreams have special meanings. Most dreams are random and bizarre, they do not make a lot of sense and are hard to explain. Therefore, I do not think they can hold any particularly special meanings.

4. Would you like to learn more about the subject of dreams?

- 1) I would really like to learn more about the subject of dreams. Dreams are such a fascinating and mysterious subject. We still do not fully understand what causes them or why they happen, I would love to learn more about that.
- 2) I am not interested in learning anything more about the subject of dreams. Personally, I think most theories on dreams are unfounded and unreliable. Therefore, I think it is a waste of time to read up on theories about dreams.

14: Cell phones

1. Do you like using a cell phone?

- 1) I really like using my cell phone. I use my phone all the time, it is rarely out of my hand. When I wake up, the first thing I do is check the notifications on my phone. I love apps like TikTok and WeChat.
- 2) I do not really like using my cell phone much. I prefer to have conversations with people in person and I find texting stressful and annoying. I try to use my cell phone as little as possible, I am much happier that way!

2. Do you send many text messages?

- 1) Yes, I send a lot of text messages, almost exclusively through WeChat. I have all my friends and family on WeChat, and I find it a great way to stay in contact with people I have not seen in ages.
- 2) I do not send many text messages. I find text messages are a really inefficient way to talk to people. It takes ages to get a point across or to get answers from somebody. I would much rather talk in person.

3. When did you first have a cell phone?

- 1) I first got a cell phone when I was quite young. I grew up in a very big metropolitan city and my parents were worried about me when I was travelling to and from school as a kid. So, they got me a phone so I could always call them if I needed to.
- 2) I did not first get a cell phone until I was almost an adult. Growing up, my parents didn't think a kid should have a cell phone. They thought I should spend my time outside and playing with friends rather than on a cell phone.

4. Are there any places where you would not use a cell phone?

- 1) There are very few places where I would not use a cell phone. The only places I would not use my cellphone are places where it is strictly forbidden to do so, such as at the cinema or in an exam hall.
- 2) There are many places where I would not use a cell phone. I do not like using cell phones in any social situation. I think it is rude when people are on their phones when they are hanging out with friends. So, I do not use my cellphone in bars or restaurants.

15: Cinema

1. Did you go to the cinema a lot when you were a child?

- 1) Yes, I went to the cinema a lot when I was a child. My mother loved the cinema and would take us every weekend to see whatever new film was out that week. I enjoyed it very much.
- 2) No, I did not often go to the cinema when I was a child. As a family we preferred watching TV rather than going to the cinema. It is more relaxing to stay home and watch a variety show!

2. Do you still like the same movies that you liked when you were a child?

- 1) I still like a lot of the same films that I liked when I was a child. Growing up I was a huge fan of action films and sci-fi films and today these are still my favourite movies. For example, I love the Marvel franchise.
- 2) I have a much more different taste in films now than compared to when I was a child. I used to like silly films and comedies but nowadays I much prefer to watch serious dramas and complex films. My taste has changed a lot.

3. Do you prefer to go to the cinema with friends or on your own?

- 1) I prefer to go to the cinema with my friends than on my own. I think going to the cinema is a wonderful social thing to do with friends. It is a lot of fun sitting together, watching a great movie, and then discussing the movie together afterwards!
- 2) Personally, I prefer going to the cinema on my own. At the cinema I like to immerse myself in the film and I find friends distracting. It is very relaxing going to the cinema alone, I do it often!

4. Which is more popular in your country: watching movies at movie theatre, or watching movies at home?

- 1) In my country, I would say it is more popular to watch movies at a movie theatre than to watch movies at home. At least in my friend group, we all try to go to the cinema whenever we have the chance to!
- 2) I'd say it is more popular for people to watch movies at home than to watch movies at the movie theatre in my country. This is mainly because streaming services are so convenient nowadays, so it is possible to watch thousands of movies at home!