

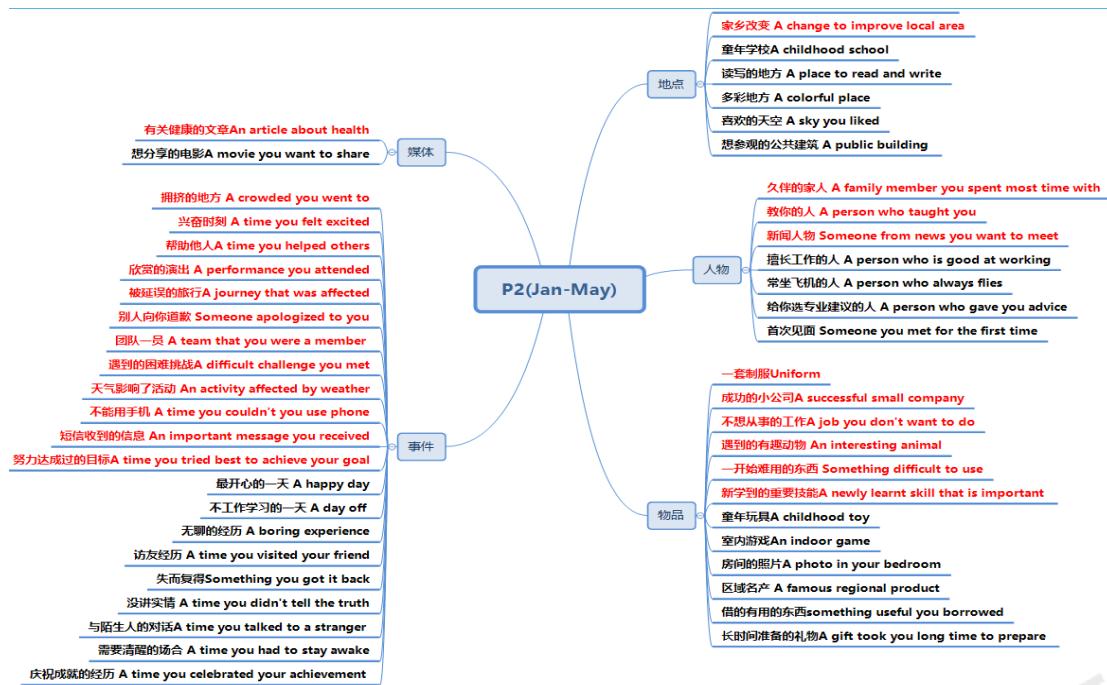
Part2 全题库课件

一级准备 25 道

人物类	事件类	地点类	物品类
久伴的家人	去的拥挤的地方	理想房屋	成功的小公司
教导你的人	感到兴奋的时刻	家乡改变	不想从事的工作
想见到的新闻人物	因为天气影响了活动		遇到的有趣的动物
	不能用手机的一个场合		有关健康的文章
	作为其中一员的一个团队		一开始难用的东西
	被延误的重要旅行		你穿过的一套制服
	欣赏过的一次演出		新学到的重要技能(实用技能)
	通过短信收到的一条重要信息		
	别人向你道歉		
	帮助他人的经历		
	遇到的一个困难挑战		
	尽力达成的一次目标		
	乘坐公共交通出行		

二级准备 28 道

人物类	事件类	地点类	物品类
首次见面的时刻	无聊的经历	童年学校	和朋友分享电影
擅长工作的人	庆祝成就的经历	读书写字地方	童年玩具
常坐飞机的人 (multinational) jet lag 时差	访友经历	多彩的地方	借别人的东西
有趣的谈话	最开心的一天/特别的一天	美丽的天空	长时间准备礼物
	选专业/工作建议	想参观的新的公共建筑	室内游戏
	首次见面	公园	家乡的特产
	不工作学习一天		学到的实用技能
	很累但要清醒的场合		
	没有对朋友说实话		
	失而复得的东西		
	你房间的照片		



人物类

久伴的家人 who how often what why	
是谁	Well, the family member I'd like to share with you is my mum, who has spent most time with me, and she is also my teacher and life guide/mentor.
多久在一起	We used to spend every day together for 18 years, while currently given that I am studying away from her, I could only spend major holidays with her in a year
在一起做什么	We normally do a range of things together, like watching TV, chatting, traveling, shopping and walking in a park.
为什么说这个人 Without her, I would be xxx Clueless and frustrated in my life.	I consider her to be the most important person in my life 好的倾听者 Firstly, she is quite patient; as a good listener, she can always be my company to experience ups and downs in my life. Regardless of situation 睿智的人 Besides, she is a wise woman, since she can always explain something difficult and complicated in an easy and simple way that I can understand, especially when I am confused about my future and face challenges in life. 处处是我的榜样

	Last but not least, she has set a good example for me to learn from, like integrity, honesty, responsibility and diligence. That's why I am lucky enough to have such a great mom.
教你的人 Who How did you meet this What kind of person Why	Well, the person I'd like to share with you is my xxx named xxx, who used to teach me xxx and xxx in my xxx; Basically, he is one of the most impressive teachers in my life and there are so many good characters about him regarding teaching me something useful 智慧渊博 For example, he is rather knowledgeable and wise; for example, he has got rich experience about history, tradition and culture, especially when we feel confused about something that is complicated, he is able to connect dots and explained something difficult in an easy and simple way that we can understand; 多才多艺 Besides, we also admire his creativity and versatility; since he is able to stimulate our interest of learning in different ways, like telling us a joke, showing us a movie or even singing songs for us; that's why the learning process is fun. 耐心好心 Last but not least, he is patient and responsible, and he is always willing to be our company to get over problems with us. That's why he is such a great teacher.

想见到的新闻人物

我们可以利用好人物性格词汇表说一个热爱慈善的公共人物的素材

古天乐（人美心灵美，以后我也想做慈善，因为他建了很多小学和水井帮助贫困地区的人）

这个人是谁 is on the top of my head, pay attribute to him;
Well, the role model I'd like to share with you is named Louis Koo, who is one of the most well-known movie stars and philanthropists 慈善家 in China. And in his spare time, he has built more than 100 schools in several provinces for poor dropouts.

人的大概介绍

I have known him for many years since I was in primary school, since **he and his classic movie images left us a lasting impression;** besides, he is quite **versatile**, for example, besides acting well, he is also good at singing songs, dancing and hosting;

他的善举和我的感受（这里选用自己说的顺口的，可做删减）

make a difference /fund/sponsor

Actually, what attracts me most is the fact that he is a man of true greatness, since he and his foundation have spared no effort to do charitable acts in some of the poorest provinces in China, like schools, medical facilities and water cellars/wells; 帮助了很多人改变人生 I look up to his diligence, even if he is aging, he has still worked every hard to shoot 10 films a year.

basically, he is doing everything he can to prevent schoolers from dropping off due to poverty; more than that, more young people can reach their potential and even change their life. He is using the money he has made from movies to help those who are in need, to help them develop and become who they truly are.

That's why he is amazing.

这里是一个补充素材：李子柒

	
是谁	Well, the person I'd like to see in the news is named Liziqi, who is one of the most famous vloggers on the internet, and she has millions of followers on Weibo, Tik-tok and Youtube. She is famous for sharing her simple lifestyle in a rustic village, cooking, planting and even making furniture.
怎么认识	I started to notice her when I saw a piece of news that only by posting 100 videos on youtube, the number of her fans is as many as CNN's; and just recently, she has been ranked as one of the 20 most influential public figures in 2020 by a magazine.
为什么想说她	I'd like to meet her for some reasons 给人一种平静的感觉 First of all, by watching her videos about cooking and planting, I feel a strong peaceful mindset, just as a saying goes, simplicity is the ultimate sophistication. 多才多艺 Moreover, she is so versatile; since she is able to cook cuisines of all kinds, and she is also an artist, a musician, a carpenter and even a DJ. 非常有爱心的人 Most of all, I look up to her since she is very big-hearted and caring, she returned to her small village to take care of her grandma several years ago, and now along with her sharing, more people are positively influenced and motivated

	<p>That's why I want to meet her one day.</p>
这里是她的故事：素材积累	<p>This is the story that you should know about Liziqi. She was born in 1990s in a small village in Sichuan China. She had a hard life in her childhood. Her stepmother always abused her once, when she was 6 years old, her stepmother pulled her hair and pressed her head in iced river water in winter. She had never talked about her mother so no one knew what happened to her birthmother. After her father died, she had to live with her grandparents. Her grandpa was a cook so she watched and learned how to cook from him. After her grandpa died, she went to city to make a living. She did everything she could to survive, such as being a waitress or a DJ. When her grandma was sick, she gave up her DJ career and go back to hometown to take care of her. Still for a living, she started a small shop online. For advertising the shop, she started making these videos....."Life is full of pain but I want to live meaningfully", she says , "The video only shows my dream life, however I have much more work to do behind these. Many people's fantasy of my life is only my survival instincts.</p>

观点	客观(凭什么这么说)	主观（和你的关系，选择使用）
Knowledgeable 知识渊博的	<p>He is a book-lover/he is my go-to person 爱书之人/解决问题的人</p> <p>He has got rich experience in terms of …; 在…方面特別有经验</p>	<p>As long as I come across problems/bottlenecks, he will be the first one I turn to for help</p> <p>只要遇到问题，他就是我第一个寻求帮助的人</p>
Wise/wisdom 有智慧的	<p>He could always explain something difficult and complicated in an easy and simple way that I can understand</p> <p>小道理解解释大问题</p> <p>例如：Currently, I'm very confused about my major selection and life future path, and he can show me the right direction based on his rich experience. 最近就给我人生道路指明了方向</p>	<p>Occasionally I would come across some bottlenecks in my life, and he is helpful to give me suggestions.</p> <p>遇到瓶颈，能够给我建议</p>
Kind/warm-hearted/big-hearted 或者 I really admire/appreciate his kindness. 热心的	<p>She is willing to give people who are in need;</p> <p>As long as there is a need, he/she would spare no effort to give others a hand, such as…</p> <p>不遗余力的帮助别人，比如说…</p>	<p>He is really a role model/good example for me to learn from.</p> <p>我们学习的榜样</p>
Charitable/Generous Charity 有善心的 Philanthropist 慈善家	<p>He and his foundation 基金会 manage to help the people in need, such as donating money, raising fund for poor kids/drop-outs. 失学儿童</p>	<p>Public's awareness of doing … can be raised.</p> <p>公众的意识也可以被提高</p>
Patient 耐心的 She is slow to anger Bumps in life.	<p>She/he is such a good listener</p> <p>好的倾听者</p>	<p>Whenever there is a situation, she/he is always willing to be my loyal company 做我的陪伴</p> <p>To help me get over difficult times; 陪我度过困难的时期</p> <p>Experience ups and downs</p>
Sociable/open-minded 社交能力强	<p>...is able to get along well with all types of people</p>	<p>his communication and language skill is such a</p>

Extroverted 外向的 Introverted 内向的	和各种各样的人相处的不错 Explore new clients	strength 优势 to deal with all sorts of situations 解决各种问题
Diligent/hardworking 勤奋的	He is always the first to come to classroom/stadium and the last to leave. 第一个来,最后一个离开 All day long Xxx works hard to put food on table.	In many ways, his fighting will is rather inspirational and encouraging 斗志感人 感染人的 contagion Contagious 有感染力的
Smart/intelligent 聪明的	As a quick learner, he is able to get the hang of 获得…的窍门…in the shortest time.	For the same question, he is more likely to have more creative ideas. 总是有好办法
Versatile/Talented 多才多艺的	Apart from being excellent in…., he is also famous/good at… 或者:He/she knows very well about how to mix and match 他很懂得如何混搭	That's why we always look up to him/her He or she is rather charming Charismatic 有魅力的 所以,大家都很钦佩他
Even if we have age gap, We have so many Common Grounds 或者 It is this common ground that brought us together 共同之处	We are both fans of…TV series 我们都特别喜欢做… Gossip	Whenever we get together, the fun never ends. 或者 We have endless conversation with a variety of topics about… 只要在一起,乐趣就不会结束
Amusing 搞笑的 She will Cheer me up in many ways, like … 用很多种方式让我开心 Inactive	He is full of sense of humor, it is a treat of talking with him; 幽默感 Showing us a movie, singing a song for us, playing games with us and even cooking for us.	Throughout the time, I would never feel bored; 跟他在一起不会闷 It is a treat of doing…, 很享受 Energized 焕发活力
Be passionate about… 因为喜欢, 所以热爱	For example, he will always seek a way to be a guru 达人, like watching movies, talking to native speakers and so on. 通过各种方式了解这方面的信息	He will become so talkative when it comes to a conversation about cooking/fashion/language studies 说到…的话题,他就停不下来
Charming/gorgeous He has got edges 他很有个性 Charismatic , 魅力的	He/she is looks glamorous under the spotlight with a variety of styles/looks 百变造型	We are so mesmerized/impressed by him/her, and I couldn't take my eyes off her/him;

		我们都被他所深深的吸引
Extraordinary performance skills 精湛的演技	He and his classic image (经典形象) of “…” has left us a lasting impression (深刻印象) in mind.	People can be easily got involved deeply into the movie along with his acting. 非常引人入胜
Considering his job is to 跟他的工作相关	He would have to practice his skill of teaching on a daily/yearly/regular basis ; 鉴于他的工作就是教英语，所以他需要不断地提高自己的能力	As a result, he is getting more and more experienced and influential. 他也变得越来越流利和熟练

事件类 when where what/how did you feel

事件类的题目指的是发生在过去的事情，此类题目是 part2 考题当中出题范围最广，题目最发散，极容易犯过去时语法错误的题目，但是在 Simon 这里，只要发生在过去，就是用心情三段式，用 6-7 句话就能够讲清楚一个包括了事情经过和心理活动的素材答案，首先我们先来看一下这类题目的回答结构

Well, the experience I'd like to share with you roughly happened…ago, while I was doing…/while I was about to …; back then…

At first, I was xxx, since barely did I know much about xxx, and especially when I couldn't make any progress, I really wanted to give up

But afterwards, accidentally, I attended a seminar regarding studying abroad and working abroad, during the speech, he shared many stories of application and ups and downs; when he said that as long as you put all your soul and mind into one thing, you can achieve anything.

I became inspired, and I decided to work hard,

Eventually, the moment I got xxx, I was so proud and excited, since I fulfilled my promise.

一分钟笔记：

1. 时态 -ed did was were
2. 对象 offer
3. 每个阶段的心情 clueless – barely did I
4. Inspired – put soul and mind into xxx,
5. Determined/diligent – first last
6. The moment I did, I was excited
7. Grateful



首先练习一道题目——尽力达到的目标/收到的重要信息/感到兴奋的时刻

一开始	Since I wasn't confident enough and I didn't know much about the process; meanwhile, my time was pressing, and I couldn't do xxx, my future would be doomed;
变量	I was lucky enough to meet xxx, who gave me help and encouragement; and I became motivated/enlightened and became determined;
做到了，点题	I did it/I made it; the moment I received the message that told me I was admitted, I felt so xxx.
分享的原因	I learnt a lesson, As long as I put all my mind into one thing, I can achieve anything. They sent me congratulations and offer; meanwhile, they told me that I am the talent they are looking for.
Positive	兴奋的 excited/I was over the moon/I was on the top of my world; 被启发，鼓舞: motivated/inspired/encouraged/enlightened 感激的: thankful; grateful; I really appreciated it; appreciative 释放了: I was relieved; 自信的 proud confident
Negative	焦虑的: anxious/fidgety(I couldn't sit or stand still) 坐立不安的; grumpy 脾气臭的; 不知所措的: clueless/ unsettled (I had no idea what was going on); 沮丧的 frustrated/ (no matter how hard I tried, it made no difference), it wasn't up to me to make any difference. 无助的: helpless/desperate/hopeless (since I was put aside)
副词	Gradually; surprisingly; fortunately; unluckily; in the meanwhile, eventually, finally; towards the end; throughout; personally, broadly speaking;
一分钟做笔记	

一条短信接到的重要信息

什么时候在哪	the experience roughly/approximately happened xxx ago, while I received a message from my mentor/instructor that my thesis was passed, and I was so excited.
一开始压力很大	At first, I was very worried about my thesis, since my graduation/scholarship/approval of doing sth totally lied on it, if I failed, my future would be doomed; meanwhile, I experienced many challenges and difficulties at the beginning, and I felt quite confused and struggled.
后来遇到了帮助我的变量	But afterwards, it was my mentor who patiently gave me instruction and explanation about key points and criteria that were very decisive; more than that, he always encouraged me to hang in there.
最终做到了，说到祝贺短信的时候非常的兴奋和感激	And eventually, I made it, the moment I received the message from him with congratulations, I was so relieved and proud, since my effort paid off; meanwhile, I was grateful to my mentor, since I couldn't make it without him. And I want to share this message with you.
一分钟的笔记	

作为团队的一员

什么时候在哪	Well, the experience I'd like to share with you roughly happened xxx ago, while I was in high school, and I joined a relay race team for sports events.
一开始很兴奋	At first, when I was selected by my PE teacher to do that, I was very excited, since I had a chance to earn credits for our class; besides, I was honored to be part of a great team with three other boys/girls.
后来很 bumpy	While afterwards, during the training session, I experienced challenges, since not everyone could be on the same page every time, and we spent time arguing with each other; but fortunately, for the sake of our class, we made personal sacrifice to be united;
最后拿了第一名，很骄傲	eventually, during the big day, we had a perfect cooperation and won the first place among all teams, we were so excited and proud of ourselves.

乘坐公共交通的旅行 a journey by public transportation

什么时候在哪	Well, the experience I'd like to share with you happened several years ago, while we took the high-speed train to IM to have a summer camp with classmates.
一开始很纠结怎么去	At first, we felt struggled with the transportation choice, since some classmates preferred driving by themselves, while others insisted that high-speed train was the best choice, since our group could be more organized and synchronized, besides, high-speed train was 3 times faster than driving a car and more importantly, we didn't have to worry about issues like safety or getting lost in the middle of a road trip; that's why we all agreed of traveling to xxx by high-speed train.
后来很 enjoy	More luckily, given the well-rounded railway network in my country, our small-town destination even had a train station for a high-speed train, and our journey was much easier and smoother; when we got there, we did a range of things, like horseback riding, playing games, tasting roast lamb, dancing around a bonfire and having a party, everything was perfect.
最后难忘的一次经历	Thanks to high-speed train, we can travel to so many nice places in our country with little effort, and that trip left me a lasting impression.

场景联想法 1 机场旅行场景（拥挤的地方，天气影响行程或者活动，向我们道歉）

事情发生在几个月前，当时我需要从 xxx 到 xxx 去参加一个重要的面试，为了尽快赶到，我选择了飞机这种最快的方式；当我到机场的时候，我发现候机大厅挤满了各种各样的人，我才意识到由于天气原因，很多航班被延误了。在等了几个小时之后我非常的沮丧，因为如果错过航班，我就会错过那个非常重要的面试。最终在等了六个小时后，我被告知我的航班被取消了，我非常的生气和疲倦，因为天气原因，我的一个重要旅行被影响了。这个时候，航空公司的职员来向我们道歉，我们也都很无助，毕竟旅行中安全才是第一位的，我以后旅行会尽量使用高铁。 Traffic control; cramped

Indifferent	I didn't think much
Shocked	Be cramped due to xxx
I had no choice but to wait; Clueless/tired	I waited for I didn't know where to go and whom to talk to
Plus that I was stuck in the middle of crowds Exhausted hopeless	It was no schedule
I was relieved	I took off my nightmare was over.
The whole experience was	

so unpleasant	
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发生 的 背景, 时间地 点	Well, the experience I'd like to share with you roughly happened several weeks ago, while I was about to travel to XXX for an important job interview/conference/competition, and in order to get there as soon as possible, I mistakenly chose flight instead of high-speed train.
一开始到了 时候	At first, when I got to the airport, the departure waiting hall was packed with people of all kinds, and then I realized that many flights were delayed due to the severe weather condition, and I became unsettled about my flight too.
拥挤的地方	<p>Not surprisingly, there was no timetable for my flight too. I was squeezed to stand in a corner.</p> <p>For me, I had no choice but to wait, due to the place was over crowded, I had to stand in a corner, being surrounded by all passengers; I was frustrated, since it wasn't up to me to make any difference;</p> <p>Eventually, after waiting for several hours, I boarded successfully, while it was one of the terrible experiences in my life.</p> <p>I was squeezed by people of all kinds.</p>
中间开始感 到焦虑疲倦	After waiting in the lounge for several hours, I still had no flight notice and I started to become anxious and fidgety, since I would lose that golden opportunity if I couldn't be there on time.
最 终 被 延 误, 点题 Morose 郁闷的	<p>Eventually, I had no good luck, the moment I was told that the flight was canceled, I felt totally frustrated and regretted, since I could have chosen high speed train in the first place, and just like that, my journey was totally ruined/spoiled.</p> <p>第三虚拟语气; we could have been together; would +现在完成时</p>
如果 是加 上 别 人 道 歉 呢?	<p>发生在多久以前,当时搭飞机: Well, the experience I'd like to share with you roughly happened several weeks ago, while I traveled from xxx to xxx; and I received an apology from airliner staff when I experienced a flight delay.</p> <p>一开始没当回事: At first, when I was noticed about the flight delay, I didn't take it seriously, since it was nothing uncommon in my city/country;</p> <p>但后来等了好久一直延误没人理: while after waiting for almost 4 hours in waiting lounge, I became anxious, since I didn't want to miss an important job interview; meanwhile, I was helpless and clueless, since no one stepped out to explain to us or take care of us.</p> <p>最终有人出来解释和道歉,也做了补偿和安排 Eventually, there was two ground crew members who showed up and apologize to us, to ease our frustration and even anger; after all, we were all exhausted and grumpy. meanwhile, there would be financial compensation and sleeping arrangement for us, which was a bit comforting.</p> <p>And I want to share that experience with you.</p>

遇到的困难 挑战呢 A difficult challenge	<p>什么时候，在哪里要做什么</p> <p>The experience I'd like to share with you roughly happened xxx ago, while I was traveling from xxx to xxx; and I had to be in xxx to attend an important job interview within 24 hours.</p> <p>一开始发现有航班延误，慢慢有点焦虑</p> <p>At first, when I got to the airport, I realized that there were many flights being delayed due to severe weather condition, and after waiting for two hours, I still had no hope, I started to become anxious, since I didn't want to lose that golden opportunity and leave a bad impression due to my fault; the situation was very challenging for me.</p> <p>后来改变计划，马上搭地铁从机场去车站</p> <p>Just at that moments, I made a decision, which was to give up my flight ticket and take high-speed train instead; so the following journey was even more challenging, I had to take the subway from airport to railway station within 45 mins, which was really pressing; but I still did it without any hesitation.</p> <p>最终还是做到了，下次不到最后一刻不放弃</p> <p>Eventually, I made it to the railway station at the last minute, but fortunately, my interview was very smooth; and next time, I will hang in there to the last moment when I face challenges.</p>
不能使用手机的一次经历	<p>Well, the experience I'd like to share with you roughly happened two years ago, while I was traveling to Australia for the first time in my life; and I was told that I couldn't use mobile phone when I waited to pass the custom in the airport</p> <p>At first, I was very excited when I landed in Sydney airport; and I couldn't wait to turn my phone on to do many things, like sending messages, contacting my family, replying messages, checking my email and taking photos; meanwhile, I was so immersed and I didn't notice the sign that using mobile phone is totally prohibited;</p> <p>And afterwards, there was an officer who approached me saying that I couldn't use my mobile phone when I waited in the line to pass their passport control; and I would break the rule if I used my mobile phone; after hearing that, I became very nervous and I put my phone away immediately; I also explained that I wasn't sensible enough to know that rule, and I promised not to do it anymore; as a result, I received a warning from the officer.</p> <p>After that, I became sensible about this rule, and I wouldn't do that anymore every time when I pass the airport custom.</p>

联想场景 2: 学习冥想 Meditation + yoga + gym simple habit APP

What is meditation 怎么做冥想？	Basically, during my lunch break, what I do is to sit comfortably on the ground or in a chair; by closing my eyes, I start to focus on my breath or thoughts in my head for several minutes, and by following the rhythm/pace/tempo of my breath, I can train my attention and awareness, gradually/eventually, I will have a clear/calm and stable state of mind/mentality.
How meditation works? 冥想的机理	Broadly speaking, when we meditate, parts of the brain about stress and anxiety start to shrink, while areas about joy, memory and empathy start to grow; in that case, brain is like a muscle, and meditation is like the exercise, the more we meditate, the more calm we will become.
读到的健康的文章	后来有一次在视频网站上看到一个文章分享了如何通过冥想来改善生活作息，不但学会了过程还学会了原理，非常的有趣
掌握的技能	后来我被朋友介绍去参加一个冥想课程，目的是帮助我们通过掌握冥想的步骤和技能改善我们的健康状况，逐渐地，我能够更好地工作和休息，也能够管理好时间，我的生活和健康质量都得到了提高 while I happened to read an article about xxx, and It was very interesting
文章是有关于冥想 Well, the article I want to share with you is about meditation, which is rather practical and interesting.	
一开始压力很大，健康和情绪管理都有点问题 At first, after experiencing stress and issues in life, I had bad emotion/time management and even insomnia/hair loss, I tried to search for solution/therapy that might be helpful; then I read an interesting article about how to meditate and how it works.	
读到了文章，学到了知识 For example, we can sit comfortably on the ground or in a chair, after closing eyes, we can follow thoughts in mind and pace of breath; gradually we can have a peaceful mindset; the reason is that when we meditate, our brain part of anxiety or stress will shrink and the part of joy or good memory will grow, which is very engaging.	
最后学以致用，掌握了技能，健康很大改善 Afterwards, I put theory into practice, and gradually I learnt how to have a peaceful mindset, which helps me concentrate and get rid of anxiety/stress.	
That's why this article is so instrumental.	
成功的小公司/教我的人	我找到了这家小公司，尽管是夫妻创业，但是他们影响了很多人的生活，教大家如何冥想和改进生活习惯，目前在我们的社区里非常的有名和成功。
这个小公司是什么，几个人	When describing a small successful company, the first one in my head is a company named Yujiafang in our community, which is yoga studio that teaches people how to exercise and meditate.

一开始被推荐去上课 At first, I was recommended by my friend to learn from them when I experienced stress and subhealth status, I desperately needed a guide to show me how to manage my emotion and improve my health; got to know each other

去了之后学了很多东西 And then, I started my training in their family-business studio, from doing yoga moves to learning meditation, from learning theories to putting them into practice, I made progress very quickly; and I start to understand why they were very successful, even if the studio was only run by a couple.

他们很棒首先是很专业和渊博 Firstly, they are very professional and knowledgeable, since they have been exercising yoga for 10 years, and they intend to bring positive energy and change to more people.

然后人还耐心有责任心 Besides, they are quite patient and responsible, since they never feel frustrated to show us again until we get the hang.

最终是给人们带来积极改变 Last but not least, their job is rather meaning, especially given today's life pace and sedentary lifestyle, they have influenced many to make a difference in their life.

这是为什么受大家追捧 give them credits refer xxx to that's why they are very successful.

不能使用手机: 在我冥想的时候，我要保证环境的安静和心境，所以我把我的手机关掉，才能保证全神贯注

经历发生在上周 Well, the experience I'd like to share with you happened from last week, when I attended a class about managing emotion and improving concentration.

朋友推荐我去上一堂冥想课，被告知不能使用手机 At first, I was recommended by my friend to attend such a meditation class, since he told me that this class would be therapeutic to my life issues like insomnia and anxiety; and afterwards, before starting the class, we were required to put our phone away, since using mobile phone was prohibited; 一开始我还不乐意 for me, I was unwilling to do so, since what if the class was boring or I missed something that was important, but rule is rule, I just did it.

但后来发现那一个小时非常愉悦 Then, I realized that meditation class was one of the most relaxing experience I had ever had, since I said goodbye to the outside world, and just by concentrating on the thoughts/awareness in my head, I felt delighted and relieved.

原理是 And the teacher told us that when we meditate without distraction like mobile phone, our brain part of anxiety or stress will shrink, while the part of joy and empathy will grow; that's why the more we meditate, the calmer we will become.

发现手机是我焦虑源头之一 After that experience, I intentionally put my phone away during my concentration, since I discover that it is the source of my stress, and I need to take a timeout from my work or study.

帮助别人: 有一次我表弟找到我说他的生活学习状态不好，不会管理情绪，我就把我学到的冥想的技能和知识交给了他，过了一段时间之后，他告诉我帮助很大，非常感激我。

经历发生在多久以前 Well, the experience I'd like to share with you roughly

happened xxx ago, while I helped my cousin to get over his life issues like stress and insomnia.

一开始表弟告诉我一些问题 At first, he told me that he experienced tremendous stress when facing examination and future choice, he was even tired of studying due to poor time management and slow progress; and after seeing that, I decided to help him by learning to concentrate, which was learned from an article on the Internet.

我开始教他我学到的方法 Afterwards, I told him to sit comfortably on the ground, closing eyes and following his breath rhythm, gradually, his attention and awareness would be trained; since it is the process to shrink his stress and anxiety while the brain part of joy and good memory will grow.

学以致用一段后效果显著 After putting theory into practice for days, my cousin delightedly told me he now was about to improve his study efficiency with better concentration and attention. He was very grateful to me, and I was proud too!

联想：

地点类 multisensory feeling

理想房屋	
是一个带庭院的房子	Well, the ideal living place I would like to describe actually is a courtyard house, which is supposed to be located near natural places, like a park or a garden.
我的室友和房屋的设施	Talking about my roommates, there is no doubt that I will choose living with my whole family, and there will be a range of types of rooms and facilities, including a sunroom, a cloak room, a home theatre, a swimming pool and a children's slide.
什么样的地方	the first point that I concern is the location, since I prefer to live near the nature, so that I can breathe fresh air every morning when I wake up, then my whole day can be refreshed and stimulated.
为什么很理想	有不同功能的房屋：More than that, it is also my dream to have different rooms with different functions, for example, it is my lifelong dream to have a game room where I can play video games, or a home theatre that I can enjoy a movie; as for the outdoor facilities, it will be perfect if I can have a pool. 周围很安全： On top of that, I hope this place to be located in a safe area, where is surrounded by friendly neighbors, in that way, I don't need to worry about the safety problem. Generally, it is the ideal house I am dreaming all the time.
<ul style="list-style-type: none">- Eye: be close to nature 靠近自然- Ear: very quiet 安静- Nose: fresh air 新鲜空气 florist= fragrance	

- Mouth: there is a veggies garden 有一个菜地, 自给自足 self-sufficient lifestyle.
- Body: spacious courtyard 宽敞的院子, I can do many outdoor activities
- Mind: slow pace of life 慢节奏的生活
- P2P: take care of each other 相互照顾

Given that xxx



家乡的改变 a change that will improve local area

是什么 ,首句要点题	Well, when talking about a positive change in my hometown, I have many options in my head, since my local place has been changing all the time, while the most impressive one I want to describe is the massive use of shared bikes
具体是什么	Basically, by scanning the QR code of the shared bikes, we can unlock a bike from one spot and return it at another spot, which is quite convenient
改善了哪些	Due to this change, many problems have been solved; for instance, more people would like to use shared bikes now to avoid traffic congestion and save money; as a result, both issues of traffic jam and air pollution are eased.
为什么喜欢	Besides, it is the cycling that can offer us a chance to burn calories as well, since we are all used to living a sedentary lifestyle, and now due to the commonly found shared bikes, we can exercise more often and get around easily, that's why it is a good change that has made my city more livable.
联想	这里可以和二级准备的公园一起合并, 讲到家乡假设了很多绿地而带来的积极改变

物品类

穿过的制服 uniform you wear

是什么, 什么时候穿	Well, when talking about a uniform that I used to wear, the first one in my mind is the school uniform in my high school, and back then, we were required to wear it from Monday to Friday, or important occasions, like flag-raising ceremony, celebration or PE class.			
什么样的衣服	Basically, my school uniform is just as mediocre/common as others; it is a set of sporty clothes with school image on it which is elastic and dirt-resistant. Durable			
想说的原因 I was so used to it	<p>I'd like to talk about it for some reasons</p> <p>避免攀比：For example, wearing uniform, from my perspective, is the way to avoid peer pressure; especially given the intensity of study in high school, we shouldn't pay more attention to peer competition or dressing up.</p> <p>We wouldn't be judged by the way we look.</p> <p>省时省力：Besides, it saves a lot of time and energy in the morning, since we don't have to think about mixing and matching; after all, there is no other option.</p> <p>荣誉感：One more to add, by telling the name and logo of my school in uniform, people would look up to me, since my high school is rather prestigious in my hometown, and I felt quite proud in that uniform.</p> <p>That's why I'd like to share it with you.</p>			
八词规划	Emotion	Health	P2p	Career
	Cost	Efficiency	Quality	Safety
联想				

见过的有趣的动物 an interesting animal you saw

- 看守职责 Guard Duty

Meerkats take turns to stand high on a rock or branch to look out for danger.

- 每日照顾 Day Care

One adult Meerkat always stays at the den to look after the young, which is rare in animal world, and they have strong sense of caring for their children.

- 成群结队 Ganging Up have a strong spirit of teamwork;

Meerkats band together to fight off rival gangs and predators as large as jackals;

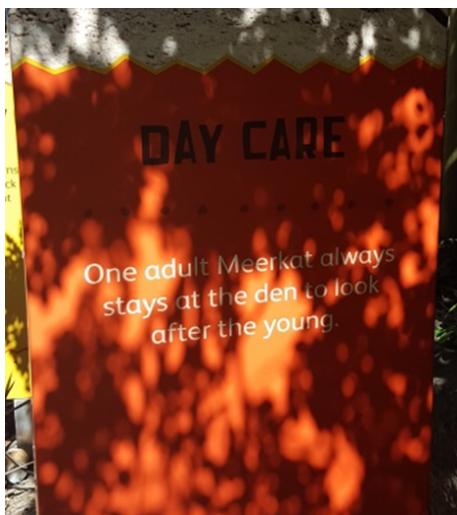
● 现学现用 Work Experience

Young Meerkats get **on-the-job training** as apprentice 学徒; hunters from adult in their mob.

什么时候在哪里看到了什么	我要讲的这种动物叫做蒙哥，是我上个月去动物园的时候所见到的； Well, the animal I'd like to describe is called meerkat, which is one of the most interesting animals I have seen in my life, and while we visited a zoo last week, I knew many things about meerkat;
什么样的动物	事实上，这是我第一次这么近距离地观察到这种可爱的动物，同时通过他的介绍，我了解到蒙哥是一种在非洲一些国家比较常见的小动物 Basically, it was my first time to see meerkat in person, even if I have seen them in movies and even animations. And they are very adorable and smart.
为什么有趣	首先，他们都拥有天生的看守职责，比如说，他们会轮流站在高处或者石头上去观察有没有危险存在 First, they have natural instinct/nature of guard duty, for example, they will take turns to stand high on a rock or branch to look out for danger, they put group interest first. 另在，和其他动物不一样，在他们孩子小的时候，至少有一个成年蒙哥会在窝里找看他们的孩子 In addition, unlike other animals, at least one adult meerkat will stay in dens to look after the young, which is very rare and uncommon; so they are quite caring and responsible; 还有，他们会成群结队地活动，特别是在共同需要去防御外敌的时候 More than that, they are united and qualified team players, since they will band together to fight off rival like jackals; I guess that's the survival trick in wildlife world.
联想	

10 WAYS TO DESCRIBE A Dog

1. My puppy has a very childlike face.
2. He has beautiful, jade-green eyes.
3. His fur is silky and smooth.
4. He has tiny, hedgehog paws.
5. Wagging his tail is his favorite activity!
6. He is very playful and a joy to be around.
7. His teeth are as sharp as needles.
8. He is always yelping at the cat.
9. I love him because he is so cuddly.
10. Sometimes he can be very wobbly on his feet.





补充素材 一个在海洋公园看到有趣动物 Dolphin 的一次演出经历

Well, the experience I'd like to share with you roughly happened xxx ago, while I was having fun in the Ocean world with my XXX

At first, we all felt excited, since I could see sea animals of all kinds, and dolphin is the superstar in the park, their performance has attracted people from all over the country

And then, when the show began, we were excited/thrilled to see such a lovely and smart creature; basically, they are so adorable/likeable with a long nose and small teeth, moreover, they are very clever and playful, it is said that their intelligence can be as high as a 6-year-old boy. When they feel happy, they will make a cheerful sound.

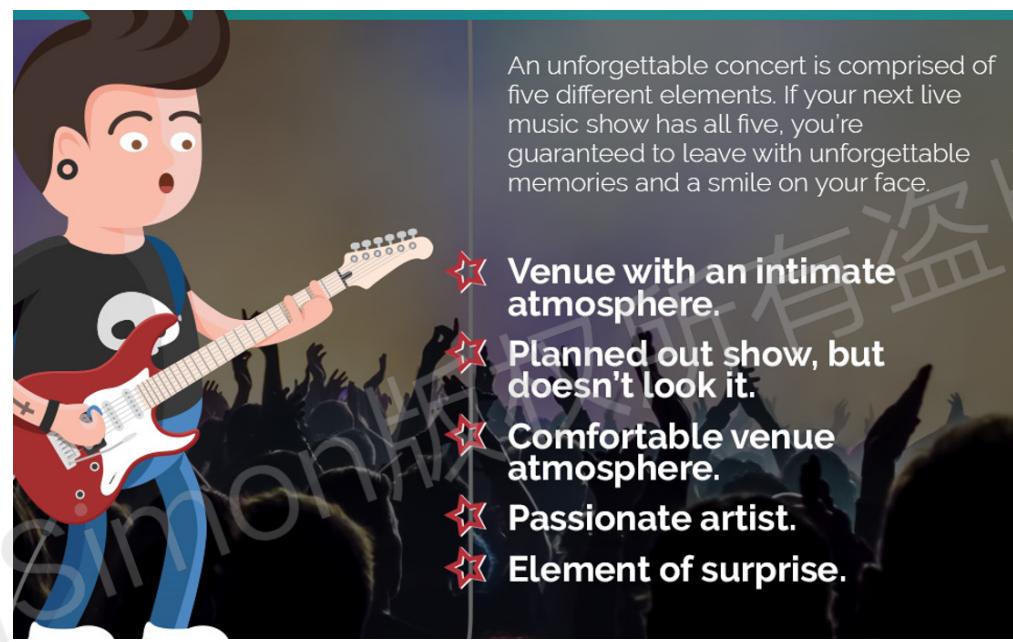
During the show, dolphin had a variety of performance and interaction with the instructor (like jumping the ring, kicking the ball with long nose, chasing each other, and even making fun of people), which attracted many wows/claps from the crowd, and they were extremely happy when they got fish from instructor as reward. Eventually, I was lucky enough to take a photo with a dolphin, and when I touched his head, my heart melted. And I had an upfront contact with xxx. And I liked the photo so much, since it captured my happiest moment in my life.

That's why the experience is so unforgettable. /memorable

补充素材：欣赏过的演出/感到兴奋的时刻

什么时候看谁的在哪里	Well, the experience I'd like to share with you approximately happened xxx ago, while I attended the gig of xxx's, which was held in the biggest stadium in my city.
都看到了什么,演绎了什么	The concert was amazing, since as a big fan of xxx, watching his live show was my long-time dream, and I was lucky enough to make my dream happen by watching his performance in person, and he performed many well-known songs and played instruments.
你的感受,为什么喜欢	首先是很棒的氛围 As for me, the concert was so

	<p>unforgettable and exciting, since firstly, the venue was filled with intimate vibe, and there were many interactions between xxx and us, we sang along with him throughout.</p> <p>其次我特别喜欢 xxx</p> <p>Besides, I am such a big fan of xxx, and I felt so exhilarated to see him, since he is so passionate and versatile, for example, apart from singing songs, he could also dance, play piano and even tell us jokes.</p> <p>还有是表演的精心筹备,舞台设计和印象灯光</p> <p>One more to add, the performance was greatly planned and presented, including the stage design, lighting and acoustic effect.</p> <p>That's why it left me a lasting impression</p>
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未来不想做的工作 (开放性问题) undesirable job

Process data; dealing with balance sheet, income statement, cashflow statement
Bettering the users' experience; white collar

是什么	Well, when talking about the job that I intend not to do in the future, the first one in my head is to be a xxxx, which is the least likely job I'd like to do.
在哪里做具体做什么	Basically, being a xxx involves a range of aspects and requirements, like doing xxx, and doing xxx (saving lives and healing wounds)

	(delivering knowledge, solving problems and managing students.)			
不喜欢的原因	<p>There are several reasons why I don't like it 不是做 xxx 的那块料</p> <p>Firstly, I am not into xxx/I am not a type of person who is able to do xxx/I am not talented/I couldn't have a sense of fulfillment from doing sth.</p> <p>没有很多机会社交和运动</p> <p>Besides, given the nature of the job, barely do I have much time stepping out or spending time with my family, since we are required to stay at xxx always.</p> <p>我不要稳定</p> <p>More importantly, I don't think stability is the biggest factor regarding doing a job, since I would like to explore more chances and possibilities by being adventurous/being a risk-taker</p>			
	Emotion	Health	Person to person	Career
	Cost	Efficiency	Quality	Safety

买的一开始难用的东西

东西是什么，什么时候买的	Well, when talking about such a special thing that I felt difficult to use at first, the one I want to share with you is my xiaomi smart band, which I bought two years ago.
当时买来做什么	<p style="text-align: center;">WALKING</p> <p>Along with tracking GPS, know your heart rate, pace, intensity and calories burned in order to improve your walking efficiency each time.</p> <p>At first, when I saw the smart wrist band, I got totally tempted, since the design was very sleek with a touch screen, and by connecting with my smart phone, many things could be done like monitoring my heartrate and sleep quality, recording my calories burned and tracking my daily steps, which was totally amazing, that's why I</p>

	bought it without any hesitation.
怎么难用	Then I realized that it was quite difficult to use, since firstly, it was difficult for me wear it for 24 hours, especially during scorching summer days. Besides, I was not as sporty/energetic as I expected, and buying such a band was totally impulsive.
后来为什么觉得有用	Until one day, I realized that there was a new function with my band, which was to give me tips and reminder about when to do sports, what to eat and how my health status is, I consider it to be more useful to remind myself to improve my health; that's why I started to wear that band again, and I hope it would be my strong push to step out more and avoid being a homebody.
我们讲一下 难用东西的 通用结构 1. 觉得很棒 买了一个 2. 回来之后 太复杂 3. 看了一个 up 主的 视频学会 了使用 Drone Digital single lens reflex Accidentally	<p>Well, the thing I would like to share with you is xxx, which was bought several months ago;</p> <p>At first, I was tempted by xxx, since my friend told me how awesome it was; after trying it at my friend's place, I ordered one without hesitation; since I thought it would be very helpful. (frustration: no matter how hard I try, it makes no difference)</p> <p>Afterwards, I was excited when I got it, but it turned out to be very complicated to use, since there are many functions with different modes, and I didn't get the hang in the first place; to be honest, it was not as convenient and useful as what I thought, so I gave up using it anymore. But once a time, after watching an instruction video on youtube, I started to understand how to use it in a proper way, and I followed the instruction step by step; gradually, I managed to understand all functions and I made it; the moment I did xxx, I felt very excited, since the money I spent was worth it. (awesome, terrific, fantastic, brilliant, marvelous, amazing)</p> <p>And now, I use it on a daily basis, it does save me a lot of time and effort.</p> <p>That's why I want to share it with you.</p>

大家一定要参考群文件里给出的 Mindmap 的文件合并统一去准备

Well, the experience I'd like to share with you roughly happened xxx ago, while I was celebrating my admission to my dream university with my parents, friends and teachers in a home-party club.

At first, the whole experience wasn't as easy as it sounds/basicly the whole process is rather bumpy; since I was confused about apply for university, and barely did I know many things of application and their criteria;

But afterwards, I was lucky enough to have my xxx to be my help, since they are/were very experienced, sincere and supportive; without them, I couldn't achieve anything; that's why when I received the conditional offer from xxx, the first thought in my head is to invite them to a party;

During the party, we did a range of things, like talking, eating together, playing games, sharing experience with each other, and they also gave me congratulation and blessings/best wishes for the future. I was so grateful to them, just a saying goes, a

friend in need is a friend indeed; I hope that I could actualize my value as a great reward for them.

二级准备 28 道

人物类	事件类	地点类	物品类
首次见面的时刻	无聊的经历	童年学校 (educational and entertaining) bird's chirping and wind's whistling, fine arts;	和朋友分享电影
擅长工作的人	庆祝成就的经历	读书写字地方	童年玩具
常坐飞机的人	访友经历	多彩的地方	借别人的东西
有趣的谈话	最开心的一天/特别的一天	美丽的天空	长时间准备礼物
	选专业/工作建议	想参观的新的公共建筑	室内游戏
	首次见面	公园	家乡的特产
	不工作学习一天		学到的实用技能
	很累但要清醒的场合		
	没有对朋友说实话		
	失而复得的东西		
	你房间的照片		

对象 2 时态 3 每问句型 4 各自表格

- 1 phone in lib
2 -ed did was were
1. Immersed pressing
2. Gone fidgety search – desperate
3. Suddenly, announcement – lost and found
4. Delighted grateful to such a big-hearted person

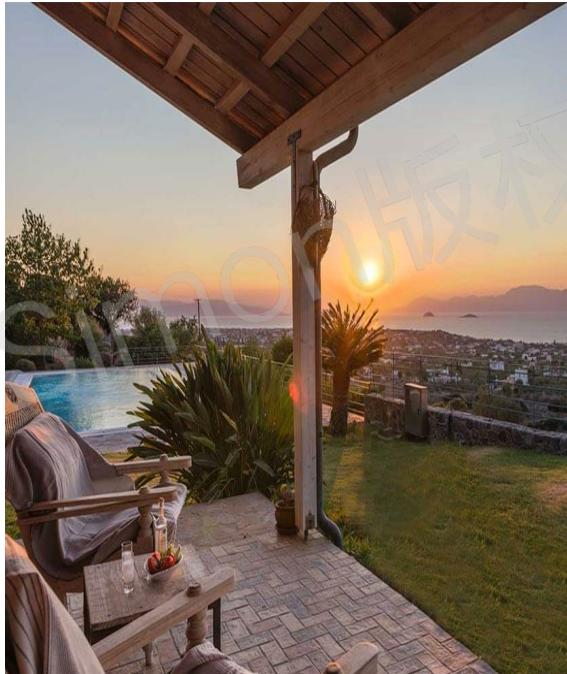
场景 1：海边旅行的经历，住的民宿

今年的十一假期期间（不工作学习的一天），我和朋友一起去海边旅游居住在一个海边的民宿。那里非常漂亮是一个多彩的地方，在傍晚的时候欣赏到了最美的夕阳（喜欢的天空），我还拍了照片并打印出来挂在我房间的墙上，真的是我非常开心的一天。

进入场景	The experience I'd like to share with you roughly happened xxx ago, while I traveled to xxx with my friends, and during our stay, we chose
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	<p>to live in a hostel that is located besides a bay/beach. While we were there, we did a range of things, like sightseeing, tasting local delicacies, doing water sports and so on. 做了什么 看到了什么</p> <p>the view is quite scenic and picturesque/stunning/like a postcard/breathtaking, and we can see colors of all kinds, like blue sky, white/cotton-like clouds, white-sand beach, green trees, colorful flowers, blue mountains in the distance and crystal blue ocean;</p>
开心的一天	<p>Eye: view is rather stunning/scenic/picturesque/idyllic 田园风光/rustic 乡土气息的，客观 for example, the place is surrounded by natural elements of all kinds, like blue xxx, white xxx, green xxx, colorful xxx; 主观: so this place offered us a chance to escape from city's hustle and bustle. (life routine, bustling city; city's concrete jungles (oasis))</p> <p>Ear: the place is peaceful/serene/tranquil, that is to say, I can only hear natural sounds in the morning (bird's chirping and wind's whistling), as for me, i feel a peaceful mindset</p> <p>Nose: I can smell fragrance of flowers and breathe fresh air, which is really healthy and refreshing, and it is ideal for doing outdoor activities, like walking xxx, and xxx, (body)</p> <p>Person to person: we enjoyed our time by doing things like xxxx. And we took a timeout from boring life routine and eventually we boosted ties with each other.</p>
多彩的地方 /喜欢的天空	<p>植物多彩 Given that xxx is a sub-tropical area, there many kinds of evergreen trees and plants, so the place is very colorful;</p> <p>看到的 view: especially when it comes to the dusk/twilight of the day, we just sat on the beach to enjoy colorful sunsets and endless views, while we sat around a bonfire, laughing, barbequing and chatting together, I felt that I was on the top of the world/I was over the moon;</p> <p>我的感受: since by enjoying that moment, I started to appreciate the beauty of nature and savor/relish the origin of happiness/life; and at this lovely place, I forgot worries in cities, regarding stress, anxiety, frustration and overwhelming life pace.</p> <p>That's why the experience is very unforgettable.</p>
房间的照片	<p>进入场景: Well, the photo I'd to share with you is the one I took during my trip to xxx, which was taken two weeks ago; in this photo, we were sitting quietly on the beach and enjoying the sunset view, everyone was happy.</p> <p>当时发生了什么 Back then, we had a blast on the beach, doing things like basking, walking and picnicking; especially during the twilight moment, we just sat on the beach to enjoy colorful sunsets and endless views, while we sat around a bonfire, laughing, barbequing and chatting together, I felt that I was on the top of the world/I was over the moon;</p> <p>拍下了照片: That's why when my friend gave me the snapshot that I</p>

	<p>could see every smiling face and stunning view of the beach, I felt exhilarated/thrilled and I couldn't wait to print it out when I returned, and after framing it, I hung it on the wall of my bedroom, 意义是什么 since it is the witness/record of one of the highlights in my life. Especially given that I plan to study abroad, and I will bring this photo with me to take a look from time to time when I miss them.</p>
读书写字的地方	<p>耳朵和鼻子的角度继续描述: besides, the place is rather peaceful; when I got up in the morning, I could hear nothing but bird's chirping and wind's whistling, I felt quite refreshed, I had a peaceful mindset and concentration ; when I got around, I could breathe fresh air and fragrance of flowers, which was ideal for me to read and write, since I could concentrate on what I was up to, which allows me to have a self-reflection 从心情和体会的角度: in such a lovely place, I got away from city's problems, regarding air pollution, distraction, fast life pace and complicated socialization, temptations; as a result, I could have a connection with my own mind and my soul; that's why that place left me a lasting impression.</p>





童年学校

这个学校是 xxx

Well, the childhood school I'd like to share with you is my primary school named Yangguang Yixiao, literally meaning sunshine No 1 primary school, which is located near my community; and it only took me 5 mins walk from where I used to live.

学校的建筑构造和设施

Basically, we have a garden campus, for example, it is surrounded by trees and plants of all kinds; in the morning, we even can hear bird's chirping and smell fragrance of flowers. Meanwhile, there are many facilities and classrooms, like

As one of the best primary schools in my city, Yixiao has very good infrastructure regarding buildings and supporting facilities; for example, we have rooms of all kinds, including classrooms, library, common room, game room, gym, laboratory, canteen and music room, while for outdoor facilities, we have playground, garden, swimming pool, pingpong table and so forth. Educational entertaining;

我学到了很多的知识

While I was there, I learned a range of subjects, like Chinese literature, math, English, biology, geography, pe and music. Besides, we also had opportunities to learn basic skill of using computer and playing instruments.

I love yixiao for the following reasons

学习和获得快乐的地方

First of all, it is a place for us to learn and have fun. I may have blurry memory about specific things or knowledge, I still can remember some highlights and feelings, like meeting new friends, playing games with classmates, being criticized by teachers and moments of going camping in a group.

获得了友谊

More than that, thanks to my strict teachers and friendly classmates, I started to be interested in study as well as our surrounding world; from biology class, I acquire knowledge and absorb information about this amazing world; from Chinese

literature class, I understood how rich our country's culture was; from field trip and summer camp, I harvested friendship and happiness.
That's why yixiao is so impressive in my mind.

如果是一个**新的公共建筑**, 无非是加上室内的描述, 用到的还是八词, 我们来讲一个大学/小区附近新建的体育馆
开头, 是什么, 在哪

When talking about a newly built public building, actually there are many options in my mind, while the first coming up is the new gymnasium/stadium that has just finished in my university; and I always want to take a look if there is any opportunity.

是一个内外兼修的建筑

Basically, the design of the brand new gymnasium is rather futuristic and impressive, since the whole building looks like a spaceship from the distance; and as for the interior part, there are many sections with different functions, like gym/fitness center, training center, swimming pool, cafeteria, sauna, spa and sport courts for playing basketball, squash, tennis, table tennis and badminton.

八词找原因

I am really anticipated for this new public building

各种划算

Firstly, the location is very central on the campus/community; and it only takes me several steps to be there; besides, as students, we are entitled to take advantage of such a brand new public facility; otherwise, it will take more time and money for us to work out in other places.

一站式的运动体验

Besides, the new building will offer us a one-stop exercising experience, I can imagine that in the future, I am able to spend several hours there, doing things like working out, swimming, having a shower, drinking coffee, eating and even enjoying a spa, which will be totally awesome/terrific. In that case, we can be greatly motivated to step out and stop being a homebody, which allows us to keep fit by burning calories from time to time.

That's why I am very excited about this new public building

继续, 我们从民宿老板背后有意思的人生故事出发, 引发出一系列有趣的经历

在那里认识了我们居住的民宿的老板叫做 Simon (也可以是**访友经历**), 他是一个**特别有趣想法的人**, 尽管我们是**首次见面**, 但是我们的对话非常有趣 (**陌生人对话**), 他在厌倦了城市外企的白领生活后就来到这里开了民宿, 主要原因是**他特别喜欢潜水**; ; 我们从聊天中对他有了更深的了解, 他以前是一家外企的 GM, 主要工作就是**飞到不同的国家**和不同的人做生意, 由于他的**工作特别出色**; 加上他多年的海外学习和工作经验, 给了我们很多**选择专业的建议**;

首次见面的 | When talking about a stranger who I met for the first time, the first one

陌生人	<p>in my head is a guy named xxx, who currently is the boss of a hostel in xxx, and we became friends during my stay last time with my friends.</p> <p>怎么认识的和他的故事:</p> <p>Given that/considering that S is outgoing/extroverted/hospitable, and so he invited us to his barbecue party, and we got to know each other very quickly; and throughout our conversation, I knew many things about him; for example, he used to be a senior programmer in an internet company with a well-paid job position, while after getting tired about living a stressful life in city, he decided to change the tune of life, and he moved to this village/town with his family to open a hostel, plus that he is a big fan of surfing/diving, he would like to make the best of both worlds</p> <p>为什么有趣</p> <p>that's why he could have fun, spend time with family and make a living at the same time. I was envious about him, and I hope that one day I could be like that.</p>
擅长工作的人	<p>进入场景，认识了他</p> <p>throughout the conversation, I understood more about him; as an international business developer in a multinational company, his job is all about flying to different places to meet clients, solve problems, explore new markets, negotiate with partners and attend conference;</p> <p>他的背景和经历</p> <p>I was very impressed by his background and experience; in the future, I hope that I could become someone like him. I admire him for the following reasons</p> <p>语言工作能力强</p> <p>he is able to do his job well since he is a language genius/talented, besides English, he even could speak a bit Arabic and Spanish, mainly because he is a big fan of different countries' culture, tradition and history, plus that his social personality, he can get along well with people of all kinds;</p> <p>谦虚和努力和管理团队强</p> <p>besides, he is rather humble and hardworking, he is always willing to learn from the best if there is any chance; as a frequent flyer, he knows well about managing time, emotion and teams in different places; that's why I really look up to him.</p>
补充一个飞行达人	<p>这人是谁 When talking about a flying guru, the first name in my mind is called Sam, who is probably one of the most famous and followed aviation vloggers in the world; his videos have been seen by millions of followers on youtube.</p> <p>主要特色 His job is rather interesting, which is about flying to different places of experience different kinds of planes, airliners and services; and he has flown to more than 100 countries and over 2000 flights, which is amazing; and many people follow him for updates.</p>

	<p>为什么讲这个人 这个人很有意思 After watching one of his videos, I have become a fan, since he is quite humorous and knowledgeable, he knows many things about flying and planes; by following his footsteps, my horizons are broadened as well. 把兴趣和职业完美结合 Besides, he is a perfect example of combining his interest and career, since he has gained fame and fortune from flying to everywhere. I hope that one day, I could become someone like him. That's why I want to share him with you.</p> <p style="text-align: center;">"My soul is in the sky."</p> <p>Hi, My Name is Sam Chui and I am one of the world's most followed aviation bloggers; I am also a world renowned content creator (vlogger). I enjoy anything related to aviation and travel. My fascination with airplanes stemmed from visiting Kai Tak airport as a teenager. I have spent some of the happiest times of my life in the air. It is that precious feeling of being above the clouds, the romance and the curiosity of flying which developed my passion towards aviation and travel. I have now travelled to over 100 countries, flown over 2,000 flights and logged over 3 million miles around the globe in the pursuit of my lifelong passion. I contribute aviation commentary regularly to many global media outlets such as CNN, Bloomberg News and a range of aviation related media. I am also the author of 3 books published in 2008, 2012 and 2014.</p>
给我的专业建议	Throughout our conversation, I also opened my mind to tell him about my current bottleneck of facing different challenges and choices in life; for instance, I was very struggled and confused about my future's path; after hearing that, Simon shared his previous experience of studying in UK, and after knowing my ambition and my thoughts, he gave me many suggestions regarding major option; for example, he encouraged me to pursue my dream to be a designer, which was considered by my parents to be an unstable job. Based on his analysis, being a designer is the best way to combine my passion and future trend , after all, this field would be demanded in days to come. I got inspired and convinced, since he was totally qualified to show me the way ahead; and he really is my silver lining behind the cloud.

其他场景

室内游戏 What How often How Why	我想聊的这个游戏叫做 TAKAGISM, Also Known As room escape, Well, the game I'd like to share with you is called T, which is a popular and casual puzzle game 益智游戏 among youngsters And I played it with my friends in a club last weekend; 基本来说，我们被关在一间封闭的房间里，为了逃出去，我们需要打开里面的每一扇门；因此我们需要找到一些细节和推理分析，再加上团队配合才能完成这个任务； Basically, we will be locked in a concealed room while we need to
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	<p>open every door in that room to escape; to achieve that, we are required to find teeny tiny details and clues step by step; For example, next door's key can be hidden in a box that the opposite portrait is pointing at.</p> <p>I love it</p> <p>首先，我们在完成这个有挑战的任务后能够非常有成就感 we can harvest a strong sense of xxx</p> <p>Emotion: exciting and adventurous, especially when we xxx</p> <p>In the first place, we can be greatly cheered up when we finally finish the task by cooperation and our wisdom.</p> <p>需要想象力，推理能力，分析能力和冷静的思考</p> <p>Additionally, it challenges each one of us to think critically, deductively and analytically; it calls for one's imagination and connection between dots; for example, next door's key can be hidden in a box where the opposite portrait is pointing at</p> <p>最后，这是要给团队合作的完美游戏，单靠任何一个人都不能结束游戏 It requires collective power to come up with solutions to solve the problem, otherwise, they couldn't make it successfully; That's why it is xxx</p>
童年玩具	<p>开头: well, the toy I would like to describe actually is a set of Lego blocks, which was a birthday gift from my parents when I was in my primary school.</p> <p>第三问: Basically speaking, playing Lego blocks consist of colorful interlocking plastic bricks in different forms, and then those pieces can be assembled and connected in many ways to construct objects like vehicles, buildings and working robots .</p> <p>(插播: 如果你要说 Barbie doll 的话, 可以用以下的描述: <i>Basically, when we play with Barbie dolls, what we need to do is to dress up Barbie with different costumes or accessories, besides, we can also put Barbie into different settings, like being a nurse, model, teachers, superheroes and so on.</i>)</p> <p>I love it for some reasons</p> <p>童年的美好回忆: to begin with, it is such a record and witness of my carefree childhood, since I can still recall that when I was little, I almost spent all my time on playing blocks by myself or with my little fellas, the process of playing it made hours pass like minutes; and the biggest fun was that my imagination and ideas could be realized by building blocks.</p> <p>锻炼能力: additionally, through playing Lego toys, I consider my personal abilities can be greatly boosted in terms of hands-on skills, eye-hand coordination and so forth.</p> <p>和小伙伴们: oh, one more to add, sometimes it called for teamwork to finish those projects, for example, we needed to do our own tasks and parts to complete a big castle or car-park building,</p>

	<p>throughout, our bonds were boosted through working with each other.</p> <p>Generally, that's why this fun experience is worth sharing.</p>
长时间准备的礼物	<p>这个礼物是什么， 给谁的 When talking about a gift that took me long time to prepare, the first thing in my mind actually is a work of art that was handmade by myself; and I gave it to my best friend as her Birthday day gift;</p> <p>一开始很纠结 At first, I felt struggled/clueless regarding sending gifts to my best friend, since I would like to leave a lasting impression in her mind; while finally I came up with a great idea, which was to create a portrait of her out of a set puzzle.</p> <p>后来网上找到了一家店: afterwards, I found a shop on TB to customize my friend' s selfie into a box of random pieces of puzzle, and then I could put them together as a portrait. and it took me almost the whole week to finish it, including putting them together, gluing it and framing it.</p> <p>(she got tears in eyes and lump in the throat 这个表达的意思是非常感动.)</p> <p>收到之后非常感动 Afterwards, during the moment, when I presented this gift, she was totally and utterly thrilled/moved/touched, and she told me that my gift was the one and only, and she would cherish it forever; as for me, it was the witness/record of our genuine friendship and even if I spent the whole week to do it, it was worth it. That's why I want to share it with you.</p>
家乡特产/学到的新的重要技能/访友经历	<p>Hot pot is a Chinese cooking method, prepared with a simmering pot of soup stock at the dining table, containing a variety of East Asian foodstuffs and ingredients. While the hot pot is kept simmering, ingredients are placed into the pot and are cooked at the table, in a manner similar to fondue. Typical hot pot dishes include thinly sliced meat, leaf vegetables, mushrooms, wontons, egg dumplings, tofu, and seafood. The cooked food is usually eaten with a dipping sauce.</p> <p>介绍</p> <p>Well, the local food I' d like to describe is hotpot, which is one of the most popular and commonest food in my city; and when it comes to family or friends gathering, hotpot is a perfect choice.</p> <p>怎么吃</p> <p>Basically, hotpot comes handy and easy; for example, after preparing a simmering/boiling pot of soup stock of all kinds like chili or mushroom, we can place a range of foodstuffs and</p>

ingredients into the pot, including sliced meat, veggies, mushrooms, tofu and seafood. The cooked food is usually eaten with a dipping sauce.

Another widely accepted reason is that the hot pot has the power to enhance friendship and unite family members or colleagues. Several people sit around a hot pot, talking and eating. They pick up food in one pot, which creates a natural closeness atmosphere to them. The warm air is also considered to make people comfortable.

Everyone's flavor can be customized, since we can choose different xxx

Besides, it is quite nutritious, since it is boiled and less cooked; More than that,

很多原因让我们喜欢火锅

There are so many reasons for us to be fans of hotpot

- For example, when friends or family sit around in a hot pot talking and eating, we can enhance friendship and unite family members; since we pick up food in one pot, which will create a natural closeness to them.
- Besides, as what I mentioned, it is easy to prepare and cater to everyone's flavor by choosing their own food, ingredient and sauce, they can customize their food; Especially during moments like spring festival, family reunion, public holiday and so on.

That's why hotpot is perfect.

Emotion: handy to prepare, flavor can be customized	Health: given that the food is boiled and less cooked, it is nutritious
P2p: boost ties, they pick up food from one pot;	
Cost:	

如果是访友经历呢

发生在什么时候 Well, the experience I'd like to share with you happened several weeks ago, while I had a party in my friend's house.

主题是什么，都做了什么 Basically, we visited his place to celebrate xxx's birthday, and while we were there, we did a range of things, like chatting, playing games, drinking beer, making fun of each

	<p>other and watching TV.</p> <p>印象深刻的是我们自己准备吃的，大家不同角色 And we even cooked at home by ourselves; for example, we played different roles of preparing food, like slicing meat, washing veggies, preparing a pot and so on,</p> <p>后来其乐融融 afterwards, we put different foodstuff into the hotpot and ate with dipping sauce. Finally, we sat around a table, eating, laughing and talking together, which was really comfy and homey; we had a blast</p> <p>特别有意思的一次访友经历 that is one of the most impressive moments in my life with my friends, and I want to share it with you.</p>						
分享的电影	<p>MOVIE INFO</p> <p>The movie consists of 7 stories, which are based on 7 memorial moments since the foundation of People's Republic of China. The stories are about what normal people do for the country and why they do that, showing the close relationship between citizens and the country – it seems that the concept of a country is so big while a citizen is too small, but they can't exist without each other. Produced in 2019, the year of the 70th anniversary of China, the film is a gift to every Chinese person living in the country and overseas.</p> <p>我要说的是什么</p> <p>Well, the movie I'd like to share with others is named my people, my country, which is one of the most inspirational and sensational movies I have watched recently; and I can't wait to recommend this movie to my friends.</p> <p>电影的情节 in the past 70 years/ 7 decades.</p> <ol style="list-style-type: none">Basically, the movie consists of 7 stories by 7 directors, which are based on 7 memorial moments since the foundation of people's republic of China, including the first atomic bomb, the return of HK, Beijing Olympic game, the landing of spacecraft and so on. <p>The stories are all about what normal people do for the country why they do that, showing the close relationship between citizens and the country.</p> <p>我喜欢的点是什么</p> <table border="1"><tr><td>Educational</td><td>I ask and ai about Chinese history, and I understand that how painstaking it is to have a new country. And there are many moments that we will cherish forever.</td></tr><tr><td>Entertaining</td><td>Since it is presented in a down-to-earth way, their performance is natural/lifelike and even hilarious.</td></tr><tr><td>Motivating</td><td>It is all about patriotism, after watching it, I am determined to do my share to make a difference</td></tr></table>	Educational	I ask and ai about Chinese history, and I understand that how painstaking it is to have a new country. And there are many moments that we will cherish forever.	Entertaining	Since it is presented in a down-to-earth way, their performance is natural/lifelike and even hilarious.	Motivating	It is all about patriotism, after watching it, I am determined to do my share to make a difference
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	in other's life.
如果是评价电影的话就是	
Multisensory feeling/reflection	
Eye:	I like the movie scenes, which are very epic and sensational; I love the storyline, which is down-to-earth and meaningful, since it can resonate our feeling and spirit.
Ear	Soundtrack is amazing, it goes along the story perfectly.
Mouth	They have many classic lines, and my impressive one comes like this,
Body	Performance is natural and lifelike, especially for xxx, who has blown my mind through his acting. I immersed myself deeply into the plot.
Mind	The movie is all about courage/sacrifice/romance/growing pain/, I even learnt a lesson from it,
具体的评价	
There are many reasons why I want to share this movie with my friends	
First of all, the movie is rather inspiring and epic, since by looking back what happened in the past 7 decades, I understand more about the meaning of happiness and achievement, since many generations have built a new china from scratch with bare hands . Besides, this movie is the gift to the anniversary of China this year, and it shows a simple idea that how big the country is while how small a citizen is, and they can't exist without each other. That's why we have become more patriotic after watching this movie.	

在图书馆学习



ANGER	HAPPY	SAD	CONFUSION	ENERGIZED	STRONG
Annoyed Agitated Fed up Irritated Mad Critical Resentful Disgusted Outraged Raging Furious Livid Bitter	Amused Delighted Glad Pleased Charmed Grateful Optimistic Content Joyful Enthusiastic Loving Marvelous	Depressed Desperate Dejected Heavy Crushed Disgusted Upset Hateful Sorrowful Mournful Weepy Frustrated	Uncertain Upset Doubtful Uncertain Indecisive Perplexed Embarrassed Hesitant Shy Lost Unsure Pessimistic Tense	Determined Inspired Creative Healthy Renewed Vibrant Strengthened Motivated Focused Invigorated Refreshed	Sure Certain Unique Dynamic Tenacious Hardy Secure Empowered Ambitious Powerful Confident Bold Determined

The experience I want to share with you roughly/approximately happened xxx ago, while I was about to do xxx/was doing sth

失而复得的东西	<p>At first, I was busy with xxx, and I got overwhelmed by my workload; and suddenly, I realized that my phone was gone, I couldn't find it anywhere; I started to feel anxious and fidgety, since my phone was like my life, everything important was in that phone, plus that it was very pricey, and losing it was the last thing I would like to see. After searching everywhere, I had no luck.</p> <p>Just at that moment, I heard an announcement in the lib, saying that anyone lost an iphone, please come to the lost and found desk. After hearing that, It was my last hope, and I rushed to the desk without any hesitation, luckily, the phone was mine; just like that, I lost it and I got it back</p> <p>And I was very grateful to this kind person who were big-hearted; without this person, my day would be doomed/ruined;</p>
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借的别人有用的东西	<p>一开始，我正在 review and prepare , and suddenly, I realized that my phone was dying, since I had used my phone to do my listening test all the time, and without my phone, I couldn't/would finish my task, that's why I felt anxious/frustrated/unsettled/worried/concerned And then, I noticed that my neighbor had got a power bank that I needed desperately, and I tried to turn to him for help; luckily, he was very generous and willing to give me a hand and let me charge my phone. (a friend in need is a friend indeed)</p> <p>Eventually, my problem was solved, and thanks to his help; and I was very thankful/grateful to him; next time, I would do the same thing as well, since helping others is to help ourselves.</p> <p>I want to share it with you.</p>
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无聊 / 保持清醒 / 没有对朋友说实话	<p>发生在两周之前</p> <p>well, the experience I'd like to share with you roughly happened two weeks ago, while my friend invited me to watch a movie with him/her. 一开始朋友邀约看电影时我是拒绝的，因为最近很辛苦，但是为了不扫兴我还是去了。</p> <p>Drowsy And I couldn't help falling asleep, but I tired to keep my chin up</p> <p>At first, to be honest, I was reluctant to accept his/her invitation, since I had been studying/working hard on my exam preparation/project for days, and if there is any chance, I'd rather stay at home and rest. While on second thought, I would disappoint my friend given that we hadn't met for a long time, and this chance might be a good time for us to catch up and I could also take a timeout in my overwhelming life. 但是，这电影老掉牙的情节和流量 Cast 让我昏昏欲睡，但是为了不让我的朋友 down 甚至生气，我还是强作清醒陪下去。</p> <p>Since xxx wasn't not my cup of tea, and I didn't have a sense or taste to understand xxx fully;</p> <p>But afterwards, I realized that I was wrong, since the movie was rather dull and cliché and I couldn't help feeling bored; while my friend was crazy about the leading actor in the movie, I felt indifferent to the cast and the storyline; plus the fact that I didn't sleep well the previous night, I almost fell asleep in the middle of the movie; but as for me, I pretended to be interested in the movie and enjoy a good time with my friend, otherwise, I would let him/her down; and I thought my friend would be angry with me if I closed my eyes.</p> <p>最后，要点题</p> <p>Throughout the movie, I had to stay awake even if I felt uninterested; hopefully next time, we would do something that is interesting and exciting, instead of watching a boring movie.</p> <p>(最后一段接着补充，没有对朋友说实话)</p> <p>At last, when the movie was over, I had to avoid telling him/her the truth that how awful the movie was; instead, I expressed how much I loved</p>
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	<p>the movie, trying to find common grounds with him/her; I guess sometime white lie is the best way to make the best of both worlds; 善意的谎言可能是一种两全其美的方式。</p>
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庆祝成就的经历	<p>发生的时间和地点</p> <p>Well, the experience I'd like to share with you roughly happened two months ago, while I was celebrating my achievement with my family, friends and teachers, regarding getting a conditional offer from my dream university</p> <p>一开始，很纠结，但是很多人帮助我</p> <p>The whole process is not as easy as it sounds; since at first, I was clueless about the application process and requirements from universities, and I almost gave up my dream when I faced challenges and difficulties, but fortunately, I had experienced friends and teachers who were willing to give me a hand, offering me suggestions, hand-by-hand instruction and encouragement.</p> <p>后来，做到了，我组织了一个感谢晚宴</p> <p>And afterwards, all my effort paid off, the moment I received my offer, I was so delighted and grateful to them; and I organized a dinner party to express my appreciation; during the party, I gave special thanks to my parents, teachers and friends, without them, I couldn't achieve anything; besides, they all sent me congratulations and blessings; we had fun by eating, sharing and laughing together; meanwhile, I learnt a lot from them about how to live and study abroad; just as a saying goes, a one-thousand journey begins with one single step, and I became very anticipated about future.</p>
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感到兴奋的时刻 A time you were excited (when/where/who/why) （也可以合并曾经作为团队的一员）	
交代时间地点背景，首句点题	Well, the moment I'd like to share with you roughly happened several years ago, while I was doing my first part-time job, and I felt very thrilled when I was paid for the first time in my life.
一开始很期待	At first, when I was referred to do that part-time job to hand out flyers, I was quite anticipated, since I had never had a chance to earn money by myself.
后来很想放弃 (欲扬先抑)	But afterwards, I realized that handing out flyers was really tiring and embarrassing, since we were required to stand on street for hours a day, and it was very common for us to be ignore and even dodged by others, and the only voice in my head was to give up.
出现了变量	Just at that moment, the team leader encouraged me by saying that don't be afraid of facing challenges, stepping out the comfort zone is the beginning of making process, and after hearing that, I became

	motivated and carry on doing my job.
最终做到了，再次点题	Eventually, I made it; by the time I finished all my tasks, I got paid with 500 kuai, and I was totally and utterly excited with this first-time experience. And I also learn a lesson about overcoming difficulties.