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初级 1
Greetings 打招呼

1. 简单的“你好”

从正式到非正式: Hello, Hi, Hey

2. 早安、下午好、晚上好

早安 Good morning. 简称 Morning.

下午好 Good afternoon. 简称 Afternoon.

晚上 Good evening. 简称 Evening.

晚安 Good night. 简称 Night.

3. “最近过得怎么样?”

从正式到非正式:

How are you?

How's it going?

What's up?

回答

How are you?

- I'm doing well. And you?
- I'm good, you?
- Doing good! How about you?

How's it going?

- Good! You?
- Not bad! You?
- It's going well. You?

What's up?

- Not much, you?
- What's up!

练习 1

A: Hello! How are you?

B: I'm doing well! And you?

A: I'm good!

练习 2

A: Hi, Josh!

B: Hey! How's it going?

A: Not bad! You?

B: Pretty good!

4. 酷一些的问候

Hello = Yo!

What's up = 'Sup?

练习 1

A: Yo!

B: Yo, man! 'Sup?

A: Not much, you?

B: Not much.

练习 2

A: 'Sup.

B: 'Sup.

初级 2

Introductions 自我介绍

1. 分享名字

A: Hi! Nice to meet you. My name is Josh.

B: Nice to meet you, too! I'm Sarah.

(...)

2. 常见提问 1: 来自哪里?

A: Where are you from, Sarah?

B: I'm from China.

(...)

3. 常见提问 2: 做什么工作?

A: What do you do?

I'm _____.

a teacher.
in finance (金融) .
a stay-at-home dad/mom.
just traveling.

What do you do for work?

What work do you do?

What is your job?

4. 常见提问 3: 在这里多久?

A: How long have you been here?

B: I have been here for 2 years.

A: How long have you been here?

B: Just 1 month. I'm just traveling.

A: How long have you been in the USA?

B: I have been in the USA for 2 years.

课堂中刻板自我介绍

Hello! My name is Josh.

I am from the USA, and I have been in China for ten years.

5. 反问技巧

You?

And you?

How/what about you?

练习 1

A: Hi! Nice to meet you. What's your name?

B: Nice to meet you. I'm Sarah. You?

A: I'm Josh.

(...)

练习 2

A: Where are you from, Sarah?

B: I'm from China. How about you?

A: I'm from the USA.

(...)

练习 3

B: What do you do?

A: I'm a teacher. And you?

B: I'm in finance.

(...)

初级 3

Thanks! 感谢

1. 啥时候要说 thanks

啥时候都要说 (all the time)

2. 基础的 thanks

从休闲到正式

Thanks.

Thank you.

Thank you so much.

Thank you very much.

3. 具体的 thanks

Thank you for ____.

everything.

the food.

your time.

your help.

4. 高级的 thanks

Thanks a lot!

Thanks a million!

I really appreciate it.

5. 怎么回 thanks

You're welcome.

No problem.

No worries.

Any time.

练习 1

A: Thank you!

B: You're welcome.

练习 2

A: After you.

B: Thanks!

A: No worries.

练习 3

A: Thank you for your help.

B: Any time.

初级 4
Sorry! 道歉

1. 基础的 sorry

Sorry.

I'm sorry.

I'm very/so sorry.

2. 具体的 sorry

I'm sorry for/about ____.

that.

being late.

doing that.

3. 高级的 sorry

My bad.

That's my bad.

That's on me.

4. 怎么回个 sorry

It's ok.

Don't worry about it.

No worries.

No problem.

练习 1

A: I'm sorry.

B: Don't worry about it.

练习 2

A: Oh, excuse me!

B: No worries.

练习 3

A: I'm so sorry for being late.

B: It's ok.

练习 4

A: Oh, no! That's my bad.

B: Hey, don't worry about it.

A: Thanks.

初级 5: Bye! 告别

一. 正宗的 goodbye

- ① Goodbye.
- ② Bye-bye.
- ③ Bye.

二. “See you later” 的多样子女们

- ① See you later. 再见
- ② See you.
- ③ Later.
- ④ See you tomorrow. 明天见
- ⑤ See you next week. 下周见
- ⑥ See you next time. 下回见

三. 祝福性的 bye

- ① Have a good/nice day!
- ② Have a good night!
- ③ Good night!
- ④ Have a good one!
- ⑤ Take care

四. 练习

- ① A: See you later!
B: OK! Have a nice day!
- ② A: Have a good night.
B: You, too!

③ A: Goodbye! See you later!

B: Take care!

初级 6: Waking Up 起床洗漱

一. 早上的 10 件事

1. 睡醒

wake up

get up

get out of bed

2. 刷牙

brush (my) teeth

3. 洗脸

wash (my) face

4. 梳头

comb (my) hair

do (my) hair

5. 洗澡

take a shower

take a bath

6. 化妆

do (my) makeup

put on (my) makeup

7. 刮胡子

shave

8. 穿衣服

get dressed

9. 跑步

go for a run

10. 上班

go to work

go to class/school

二. What is your morning routine? 你的晨起日常是什么?

(1)

First, I get up.

Then, I brush my teeth.

Then, I take a shower.

Last, I go to class.

(2)

First, I get out of bed.

Then, I go for a run.

Then, I take a shower.

Last, I get dressed.

(3)

First, I wake up.

Then, I do my hair.

Then, I do my makeup.

Last, I go to work.

初级 7: 3 Meals a Day 一日三餐

一. 三餐的名字

① Breakfast 早餐

② lunch 午餐

- ③ Dinner/Supper 晚餐
④ A snack 吃零食

二. “See you later” 的多样子女们

(1)

- ① I **have** breakfast **at** 7:30. 我 7 点半吃早餐
② I **eat** lunch **in** the afternoon. 我下午吃午饭
③ I **have** dinner **after** work. 我下班后吃晚餐

(2)

- ① **When do you have lunch?** 你啥时候吃午饭?
② I have lunch **at** noon. 我中午 12 点吃午饭
③ I have lunch **before** class. 我上课前吃午饭
④ I don't have lunch./I skip lunch. 我不吃午饭。

三. 吃什么?

(1)

- ① I have eggs and toast for breakfast. 我早餐吃鸡蛋和烤面包
② I have a salad for lunch. 我午餐吃啥啦
③ I **eat out** for dinner. 我晚餐在外面吃

(2)

A salad 沙拉	Chips 薯片
A sandwich 三明治	Fast food 快餐
A steak 牛排	Pizza 披萨
Rice 米饭	Fruit 水果
Noodles 面条	Vegetables/veggies 蔬菜

(3)

- | | |
|---------------------------------------|-----------|
| ① What do you have for dinner? | 你晚餐平时吃什么？ |
| ② I have rice and veggies for dinner. | 米饭和蔬菜 |
| ③ I have fast food for dinner. | 我晚餐吃快餐。 |
| ④ I usually skip dinner. | 我平常不吃快餐。 |

四. 练习

- ① A: When do you eat breakfast?
B: I eat breakfast before class.
A: What do you have for breakfast?
B: Eggs.
- ② A: When do you eat lunch?
B: In the **early** afternoon.
A: When do you have breakfast?
B: In the **late** morning.
- ③ A: When do you eat dinner?
B: **Right** after work.
A: What do you have?
B: I usually have noodles.
- ④ A: When do you have lunch?
B: I usually skip lunch.
A: Really?
B: Yes. But I have a snack in the afternoon.

初级 8: Sleep & Rest 睡觉休息

一. 啥时候 sleep?

(1)

- ① I go to bed at 11pm. 我 11 点睡觉
- ② I go to bed early/late. 我睡觉很早/晚
- ③ I went to bed at 1am. 我凌晨 1 点睡了

(2)

- ① **When do you go to bed?** 你平时什么时候睡觉?

I go to bed **at** midnight. 晚上 12 点

- ② **When did you go to sleep?** 什么时候睡了?

I **went** to sleep early, at 9pm. 很早, 九点

二. Sleep 得怎么样?

(1)

How did you sleep? 睡得怎么样?

I slept well. 还行。

Great! 棒棒的!

(2)

How did you sleep? 睡得怎么样?

I didn' t sleep well. 不太好。

I slept **poorly**. 不好。

Not good. 不好。

三. Sleepy? 还是 tired?

- ① I' m **sleepy**. 我困了。
② She' s **tired**. 她累了。
③ They are **exhausted**. Ta 们累坏了。

四. Rest 的那些事

- ① Need some rest. 我需要休息。
② Get some rest. 好好休息。
③ Rest well. 祝你好休息。
④ Take a rest. 休息一下吧。
⑤ ~~Have a rest. 休息一下吧。~~

五. 练习

- ① A: When **do** you go to bed?
B: I usually go to bed at 11.
A: When **did** you go to bed **yesterday**?
B: I went to bed at 1am.
- ② A: When did you go to bed?
B: I went to bed early, at 10pm.
A: Really? How did you sleep?
B: I slept very well.
- ③ A: What time did you go to bed?
B: I went to bed very late, at 3am.
A: Oh no! How did you sleep?
B: Poorly.

④ A: How do you feel?

B: I need some rest.

A: Ok. Rest well!

B: Thank you.

初级 9: Ordering Food 点餐

一. 服务员问你的问题

- | | |
|------------------------------|----------|
| ① Are you ready? | 准备好了吗? |
| ② Are you ready to order? | 准备好点餐了么? |
| ③ What can I get for you? | 我能帮你拿什么? |
| ④ Do you know what you want? | 做好决定了吗? |

二. 点餐句型

- | | |
|--|--------------|
| ① Could I have a chicken salad? | 我要鸡肉沙拉 |
| ② I would like the number 3. | 我要个 3 号 (套餐) |
| ③ I will have the beef soup. | 我要牛肉汤 |

三. 增加东西 **and/with**

- | | |
|---|------------------|
| ③ I would like a chicken sandwich and a water. | 我要个鸡肉三明治和一杯水。 |
| ② I' ll have a cheeseburger, some fries, and a coke. | 我要芝士汉堡、薯条、和一个可乐。 |
| ③ Could I have a number 3 with a vanilla milkshake? | 可否点个三号套餐和一个香草奶昔? |

四. 减少东西

(1) **with no**

- | |
|---|
| ① I' ll have a burger with no pickles. |
|---|

我要个汉堡，不要酸黄瓜。

- ② I would like a fish taco **with no** onion.

我要个鱼肉塔可，不要洋葱。

- ③ Could I have a salad **with no** dressing?

可否来个沙拉，不要沙拉酱？

(2) ... **and/with** ____ **on the side.**

- ① I would like a salad **with** dressing **on the side.**

我要个沙拉，沙拉酱放在一边。

- ② Can I have a sandwich **with** the sauce **on the side**?

我要个三明治，可否把酱放在一边？

- ③ I'll have a burger **with** the veggies **on the side.**

我要个汉堡，蔬菜放在旁边吧。

五. 具体一点！

Small

Extra +

Medium

... with extra dressing.

Large

... with extra cheese.

六. 练习

- ① A: What can I get for you?

B: I'll have a salad.

A: What would you like to drink?

B: Just water. Thank you.

- ② A: What would you like?

B: I'd like a burger with no onions.

A: Is that all?

B: I'd also like some fries, please.

③ A: Are you ready to order?

B: I'd like a sandwich with sauce on the side.

A: And for you?

C: I'll have a burger and fries.

④ A: What can I get you?

B: I'll have a number 5 with a coke.

A: Anything else?

B: No, that's it.

初级 10: Table Manners 餐桌礼仪

一、几个文化点

- ① 用哪个 fork? Napkin 放哪?
- ② "Don't eat with your mouth open!"
- ③ Shhh!
- ④ "Go ahead. Don't wait for me!"

二、餐中常问的问题

- ① -Could you **pass** the salt? 可以给我盐吗?
-Of course!
- ② -Would you like some pepper? 要不要黑胡椒?
-Yes, please!
- ③ -Could I **try** the soup? 我可以试试汤吗?
-Sure! Go ahead!
- ④ -Would you like to **try** the soup? 汤要不要试一下?

-No, thank you.

三. 家里吃饭的礼仪

- ① The pork is great! 猪肉好好吃!
- ② I love this salad. 超爱这个沙拉
- ③ Would you like some more? 要不要多吃点?
- ④ Take your time! 慢慢吃

四. 在餐厅吃的礼仪

- ① How is everything? 怎么样?
- ② Could we have some more bread? 面包还有吗?
- ③ Are you done with this? 这个吃完了吗?
- ④ Can I take this away? 这个可以拿走吗?

五. 练习

- ① A: Could you pass the salt, please?
B: Of course!
A: Thanks! How's the soup?
B: It's great!
- ② A: Would you like some more bread?
B: Oh, no, thank you!
A: Can I take this away for you?
B: Yes, thanks!
- ③ A: Tom, this cake is great!
B: Thanks! Would you like some more?
A: No, thank you! I'm so full.
B: Great!

④ A: How is the beef?

B: It's really good. Would you like to try it?

A: Yes! Thanks.

B: My pleasure!

初级 11: The Check 买单

一、买单!

① We're ready for the check. 我们准备好买单了。

② Could we have the check? 我们可以买单吗?

③ Check, please. 买单

~~④ Pay the bill.~~

二、饭后甜点?

① Do you want some dessert?

② Did you save some room for dessert?

③ Would you like a dessert menu?

要甜点吗?

- No, thank you. We're ready for the check.

三. AA 不叫 AA

(1)

① Can we split the check? 可以 AA 制吗?

② Can we have separate checks? 可以分开买单吗?

③ Can you put this on my check and that on his?

可以把这个放在我的单子上，那个放他的吗？

（这个放在我的单子上吧，那个放他的）

(2)

① Should we split it? 要不要分？

② This is on me! 这次是我的！

③ It's my treat. 我请客。

④ You can get it next time. 下次你来吧。

五. 小费

① Tip 20% or more.

小费要给 20%或多一点。

② “Keep the change.”

不要找零

五. 练习

① A: Would you like some dessert?

B: No, thank you. We're ready for the check.

A: Ok. I'll be right back.

② A: Could we have the check, please?

B: Of course. Was everything all right.

A: Yes. And, can we split the check?

B: No problem.

③ A: Can we get the check?

B: Ok. Is this all together, or separate?

A: Separate checks, please.

B: No problem.

④ A: This is on me!

B: Oh, no! It's my treat.

A: You can get it next time.

B: All right. Next time, it's my treat!

初级 12: On the Phone 打电话

一、第一句：接电话

- Hello? 喂?

- Hi, Josh! 哈喽, Josh!

- Bilibili. How can I help you? 这是哔哩哔哩。。。

- Josh's Office. Ted speaking. 树华办公室。我是 Ted.

二、第二句：打过来的人

- Hi! This is Josh. 哈喽! 我是 Josh.

- Hi! I'm calling about... 我打给你是因为。。。

- Hi. I'm Josh. Is Sarah there? ... Sarah 在吗?

- Hi. I'm calling for Dr. Josh. 我在找 Josh 医生。

三、第三句：开始聊

- May I ask who is calling? 请问您是?

- Hi, Sarah! What's up? 嗨, Sarah! 怎么了?

-Hi. What can I do for you? 您好。什么事?

-Just a moment. I'll get her. 稍等, 我去找她。

六. 第 N 句：对话中

- Can you hold on for a second? 嘿，等一下。。。。
- Hold on. I' ll be right back. 等我一下
- I' m sorry. What was that? 不好意思，我没听清。
- I can' t hear you clearly. 听不清楚

五、最后一句：Bye-bye

- Well, I have to go. 我得走
- It was nice talking to you. 聊得开心
- I' ll get back to you (about this). 我稍后给你更新。
- I' ll try again later. 我稍后再打。

六、练习

- ① A: Hi, Sarah! How are you?
B: I' m doing well! You?
A: I' m OK. What' s up?
B: I' m calling about Ted...
- ② A: Hello?
B: Hi! Is this Josh?
A: May I ask who is calling?
B: It' s Dr. Sarah' s office.
- ③ A: Hey, can you hold on for a second?
B: Sure. (...)

A: Thanks for waiting!

B: No problem!

④ A: Hey, I have to go.

B: Well, it was nice talking to you!

A: You, too! I' ll call you later.

B: Ok! Bye!

初级 13: The Airport 在机场

一、抵达机场

(1)

Terminal 航站楼

Check in 值机

Departures 出发

Check bags 托行李

Arrivals 落地

Carry-on 随手

Domestic 国内

Airline 航空公司

International 国际

(2)

① Where is the check in? 值机柜台在哪里?

② Where are you going today? 今天飞到哪?

③ What is your destination? 目的地是?

④ Are you checking any bags? 有没有托运?

二、安检

(1)

Batteries 电池

Flammable 可燃 (的)

Remove 脱

Boarding pass 登机牌

(2)

① Do you have any laptops, umbrellas, batteries, liquids, or anything flammable?

包里有没有笔记本电脑、雨伞、电池、液体或任何易燃物品?

② Please remove your shoes.

请脱鞋子。

③ Step forward, please.

往前来。

三、登记口

(1)

Gate 登机口

On Time 按时

Delayed 延误

Boarding 登机

Boarding group 等级组

Seat 座位

(2)

① Where is gate A3?

A3 登机口在哪？

② Now boarding group 3.

现在 3 号组登机

③ The flight has been changed to Gate 7.

航班改为 7 号登机口。

四、落地后

Immigration 入境

Baggage claim 行李领取处

Customs 海关

Ground transportation 车、巴士、出租车

Taxi 出租车

Ride share 优步之类的

五、练习

① A: Where are you going today?

B: Shanghai.

A: Any bags to check?

B: Just this one.

② A: Is this your bag?

B: Yes.

A: Can I look inside?

B: OK.

③ A: Excuse me, where is gate C9?

B: You' re in the wrong terminal.

A: Oh! Which terminal is this?

B: This is terminal F. Terminal C is that way.

④ A: Which airline are you on?

B: American Airlines.

A: Domestic or international?

B: Domestic. It should be terminal A.

初级 14: Hotels 在酒店

一、订房间

(1)

Single room 单人间

Reservation 预定

Twin room 双小床间

Book 预定

Double room 双大床间

Cancel 取消

Suite 套房

Non/Smoking 不/抽烟

(2)

① Do you have a single room for tonight?

今晚有没有单人间?

② Can I book a room for this weekend?

周末有没有房?

③ I' d like a double room for the 12th to the 16th.

要定个 12 号到 16 号的双人房间。

二、入住

(1)

Check in 入住

Deposit 押金

Room number 房间号

Key 房 Reservation number 订单号

Nth floor N 层

Elevator 电梯

(2)

- | | |
|--|-----------|
| ① Do you have your reservation number? | 有没有预定号? |
| ② There' s a \$50 deposit. | 有\$50 押金 |
| ③ Your room is on the 3rd floor. | 您的房间在 3 层 |
| ④ The elevator is over there. | 电梯在那边。 |

四、服务

(1)

Pool 泳池

Gym 健身房

Business center 商务中心

Restaurant 餐厅

Change rooms 换房间

Room service 送餐

(2)

- ① Can I change rooms, please? 可以换房间吗?
- ② Where is the pool? 泳池在哪里?
- ③ When does the business center close? 商务中心几点关门?
- ④ I'd like to order room service. 我要在房间里吃。

五、退房

(1)

Check out 退房

Key drop 收钥匙箱

(2)

- ① Check out is at 1pm. 要 1 点前退房。
- ② Was everything all right? 房间还好吧?
- ③ How was your stay? 房间还好吗?

五、练习

- ① A: Hi. I'd like to book a room for May 4th to 8th.

B: What kind of room would you like?

A: A double room, please.

B: Smoking or non-smoking?

- ② A: Do you have any single rooms?

B: I'm sorry, we only have twin rooms.

A: How much are the twin rooms?

B: One-hundred and twelve dollars.

- ③ A: What name is the reservation under?

B: It' s under Josh.

A: One single room for two nights?

B: That' s right.

④ A: I' d like to check out, please.

B: How was your stay?

A: It was great.

B: OK! Just put your key here and you' re done.

初级 15: The Bank 在银行

一、基础任务

(1)

Account 账户

Open 开

Close 管

Checking 活期

Savings 储蓄

Debit card 储蓄卡 Credit card 信用卡

Loan 贷款

Apply 申请

Exchange 兑换

(2)

① I want to open an account.我要开账户

②I want to apply for a credit card.我要申请信用卡

③I would like to exchange some RMB.我要兑换我的 RMB

二、支票的那些事

(1)

Check 支票

Cash 现金/兑现

Endorse 背书

Signature 签字

“Pay to the order of ____” 这支票是给____的

(2)

- | | |
|--------------------------------------|-----------|
| ① I would like to cash a check. | 我要兑现个支票 |
| ② Can I send you a check? | 可以给你支票吗? |
| ③ Who should I make it out to? | 写给谁的? |
| ④ You can deposit checks in the app. | APP 里可以兑现 |

三、ATM 取款机

(1)

PIN 密码

Deposit 存款

Withdrawal 取款

Check balance 查看余额

Transaction fee 交易费

四、国际转账

(1)

Wire transfer 汇款

Account number 账号

Routing number 路由号码

Exchange rate 汇率

“make a transfer” 汇个款

Recipient 收款人

Transfer limit 汇款上限

五、练习

- ① A: I would like to open an account.
B: Do you have your ID?
A: I have a passport.
B: Do you have a social security number?
- ② A: Can I deposit checks in the app?
B: Yes, but there is a daily limit.
A: What's the limit?
B: Two thousand dollars.
- ③ A: I would like to make an international wire.
B: Do you have an account here?
A: Yes, I do.
B: Do you have the recipient's information?
- ④ A: I would like to exchange some RMB.
B: Ok. The exchange rate is 0.14.
A: That's fine.
B: There is also a \$10 exchange fee.

初级 16: Directions 问路

一、怎么问

1、礼貌地打招呼

- ① Excuse me! 打扰了!
- ② Hi! 你好!
- ③ Hello! 你好!
- ④ Sorry to bother you! 不好意思打扰你!

2.礼貌的问


- ①Where is...X 在哪
- ②Could you tell me where ... is?可否说 X 在哪
- ③Could you tell me how to get to...可否说 X 怎么走
- ④Which way is ...?X 在哪个方向

3. 礼貌的走

- ①Thank you!
- ②Thank you so much!

二、走路相关

(1)

- ① Road
 - Street
 - Boulevard
 - Avenue
 - Lane
- 
- 路

② Left 左

Right 右

Straight 直

Turn 拐

That way 往那边

③ Intersection 路口

Block 街段

Light 红绿灯

④ Turn right.

Go right.

Take a right.

Make a right.

右拐

(2)

① Go that way and turn left on 3rd Street.

往那边走，在 3 号街左拐。

② It's by the bank.

在银行旁边。

③ It's three blocks that way, past the bridge.

往那边三个路口，要过小桥。

④ Turn right at that light. It's at the next intersection.

在那个红绿灯右拐，然后就在下一个路口。

⑤ Go straight for about a mile, then make a left.

一直走大概一英里，然后左拐。

⑥ I think it's about three blocks that way.

我觉得应该是在那边，三个路段左右。

三、公交相关

(1)

Subway 地铁

Bus 大巴

BRT 快速大巴

Station 站

Stop 站

Transfer 换线

Change lines 换线

Exit A 出口 A

North 北

South 南

East 东

West 西

(2)

① Take line 3 to line 4.

坐 3 号线去 4 号线。

② It's three stops away.

离这里三站地。

③ Take this line 5 stations, then change to line 2.

坐这条线 5 站地，然后换成 2 号线。

④ Take the bus to the subway station.

坐大巴去地铁站。

⑤ It' s at this stop. It should be by exit B.

就在这个站。应该在 B 号出口。

⑥ Let' s get off here. It' s a transfer station.

咱们在这里下吧，是个换乘站。

五、练习

① A: Hi! Excuse me, could I ask for directions?

B: Sure. Where are you going?

A: I' m looking for the police station.

B: I think there' s one on the next block.

② A: Hi! Could I ask you how to get to the bus?

B: It' s pretty far. Take a right at that light and go for about a mile or so.

A: OK! Thank you!

③ A: Could you tell me where the subway is?

B: Which line do you want?

A: Line 13 or line 7 would be OK.

B: Line 7 is about 2 blocks that way.

④ A: Do you know which stop Wall Street is at?

B: Take this line west for 2 stops, transfer to the green line, then go 2 stops north.

A: I see! Thank you very much!

初级 17: Dating 约会

一、约会关系怎么说

(1)

① Ask sbd. out / on a date. 邀请 ta 约会

② Go on a date with / Go out with sbd. 跟 ta 约会

③ going out with / dating / seeing sbd. 跟 ta 在约会

(2)

① I asked him out. 我邀请他约会了。

② We are dating. 我们在约会。

③ Dan and Sue are dating. D 和 S 在约会。

④ I am seeing someone. 我不是单身。

二、约起来

① Would you like to go to dinner tomorrow?

明天一起吃晚饭怎么样?

② Would you like to go on a date this weekend?

这周末，要不要去约会?

③ Let's do dinner and a movie. Meet at 7?

咱们吃个晚饭再看电影。7 点怎么样?

④ I'll pick you up at 6:30.

我六点半来接你。

三、改和取消

① Sorry, something came up. Can we go tomorrow instead?

不好意思，突然有急事了，我们能改成明天吗?

② I can't make it this week. Can we go some other time?

我这周去不了，可以改天吗?

③ This weekend is no good for me. Next weekend?

这周末我不行。下周末吧？

- ④ I don't like movies. Can we go to the museum instead?

我不是很喜欢电影，可以改成博物馆吗？

- ⑤ Thanks for asking, but I think we should just be friends.

感谢你邀请我，但我觉得我们还是做朋友吧。

- ⑥ Thank you, but I'm not ready to date right now.

谢谢，但我现在不太能约会。

四、约下次

- ① I had a great time yesterday. We should do it again soon.

昨天很开心见你，我们找时间再约吧。

- ② I loved talking with you. Can I see you again sometime?

很开心跟你聊天。以后可以再见你吗？

五、练习

- ① A: Would you like to get dinner tomorrow?

B: I would love to! Where should we go?

A: Do you like sushi? (寿司)

B: I do! I know a great sushi place.

- ② A: Would you like to go out sometime?

B: I'm sorry – I think we should just be friends.

A: No problem! Thanks for telling me.

B: Of course.

- ③ A: I'm sorry, but something came up. I can't make it tonight.

B: I'm sorry to hear that!

A: Can we go out next weekend instead?

- ④ A: I had a great time last night. We should do it again soon.
B: Me, too! Where should we go next time?
A: I know a good Chinese food place.

初级 18: Seeing the Doctor 看病

一、约看病

(1)

Appointment	预约
Walk-in	散客
Urgent Care	简易门诊所
Clinic	医务所
Hospital	医院

(2)

- ① I' d like to make an appointment. 我要约看病
② Are you the **patient**? 看病的人是你自己吗?
③ Do you take walk-ins? 没预约还能看病吗?

二、形容状况

(1)

I have a...	我有.....
fever	发烧
sore throat	喉咙痛
cough	咳嗽
Stomachache	肚子疼
Rash	皮疹

(2)

I am... 我.....

Nauseous 作呕

Sneezing 打喷嚏

(3)

My ___ hurts. 我的__疼。

head, foot, arm... 头、脚、手臂

三、医生反问

- ① When did it start? 什么时候开始的?
- ② Has this happened before? 这个情况有过吗?
- ③ Do you have any allergies? 有过敏史吗?
- ④ Are you taking any medications? 正在服用药物吗?

四、药品说明

(1)

- ① prescription 药方
- ② pill 药丸
- ③ “take” “吃”
- ④ cream 药膏
- ⑤ “apply” 涂

(2)

- ① Take 1 every 12 hours for 5 days.

这 5 天，每 12 小时吃一个

② Take it with food.

饭后使用。

③ May cause drowsiness.

应该会让你困的

五、练习

① A: I' d like to make an appointment.

B: How about tomorrow at 4pm?

A: Do you have an **earlier** time?

B: If it' s an **emergency**, please go to the hospital.

② A: How are you feeling?

B: I have a fever and a sore throat.

A: When did it start?

B: Last night.

③ A: What **brings you in** today?

B: I have a headache and I' m nauseous.

A: Are you taking any medications?

B: Yes. I' m **getting over** a fever.

④ A: Take these 3 times a day for 2 days.

B: Should I take them with food?

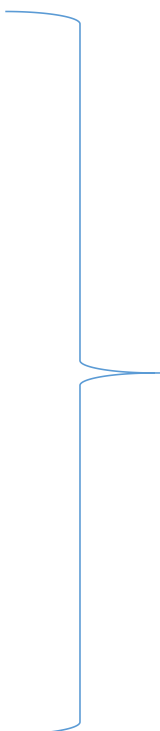
A: Yes. And they might make you drowsy.

B: Ok. Thank you!

初级 19: Sports 运动

一、有哪些运动?

(1)

Basketball	篮球		“play”
Baseball	棒球		
Football	美国橄榄球		
Soccer	足球		
Tennis	网球		
Ping-pong	乒乓球		
Volleyball	排球		
Badminton	羽毛球		
Golf	高尔夫		
Frisbee golf	飞盘高尔夫		
Ultimate	极限飞盘		
Pickleball	匹克球		

二、聊玩运动

(1)

- ① Do you play sports? 你玩运动吗？
- ② Do you play tennis? 你打网球吗？
- ③ Are you good? 玩得怎么样？
- ④ When/where do you play? 什么时候/在哪里玩？
- ⑤ Do you play **for fun**? 就是**随便**打吗？
- ⑥ Are you in a **league**? 有正式团队/**联盟**吗？

三、聊看运动

- ① Do you watch sports? 你看运动吗？
- ② Are you into sports? 你喜欢运动吗？
- ③ Who's your team? 你支持哪个团队？

- ④ Did you see the game? 比赛你看了吗?
⑤ Did you see it in person? 你要亲自去看吗?
⑥ Is there a watch party? 会有看赛派对吗?

四、常见错误

(1)

“I will win you.” 我会赢你。

I will **beat** you. 我会赢你。

Win 获胜	Beat 打败谁谁谁
Lose 输	Lose to 输给谁谁谁

(2)

- | | |
|------------------------|--------|
| ① I will win. | 我会赢。 |
| ② I will win the game. | 这场我会赢。 |
| ③ I will beat you. | 我会赢你了。 |
| ④ My team won. | 我的队赢了。 |
| ⑤ My team lost. | 我的队输了。 |

五、练习

- ① A: Are you into sports?
B: Kind of. I don' t play, but I watch football.
A: Really? Who' s your team?
B: The Dallas Cowboys.
- ② A: Do you play any sports?
B: I play soccer every week.
A: Wow! Are you in a league?

B: No, it' s just for fun.

③ A: Are you into tennis?

B: Yeah. I play every Tuesday.

A: Where do you play?

B: At the university. Do you want to come?

④ A: Did you see the game yesterday?

B: Yes! It was so exciting.

A: Yeah, but I was sad that we lost.

B: Well, you can' t win them all.

初级 20: Entertainment 娱乐

一、娱乐有哪些？

(1)

Movies 电影

TV 电视

Music 音乐

Instagram (Insta)

TikTok 抖音

Board games 桌游

Video games 电子游戏

Reading 看书

Going out 去酒吧

Hanging out 跟朋友聊天

二、喜欢和不喜欢

① I like movies. 我喜欢看电影

- ② I **don't** like TV. 我不喜欢看电视
- ③ I **really** like music. 我很喜欢音乐
- ④ I **love** board games. 我超爱桌游
- ⑤ I **just** like hanging out. 我就喜欢跟朋友闲聊而已

三、问问对方喜欢什么

- ① What do you do for fun? 你喜欢做啥?
- ② Do you like movies? 你喜欢做什么?
- ③ Are you into board games? 你喜欢玩桌游吗?
- ④ What shows do you watch? 你喜欢什么节目?
- ⑤ What's your favorite book? 你最喜欢的书是什么?

四、给推荐

- ① Have you seen The Bear? 看过 The Bear 吗?
- ② You should try Baldur's Gate 3. 你应该试一试 Baldur's Gate 3
- ③ You should check out his TikTok. 你应该看看___的抖音
- ④ I think you'd like The Little Prince. 你应该会喜欢 The Little Prince
- ⑤ Any recommendations? 有什么推荐吗?

五、练习

- ① A: What do you do for fun?
B: I hang out at home and listen to music.
A: Really? Any recommendations?
B: I will send you some.
- ② A: Are you into reading?
B: I used to be. I still read some.

A: What' s your favorite book?

B: Probably Dune. You?

③ A: Have you seen Barbie?

B: I have!

A: What did you think of it?

B: It was a lot of fun.

④ A: Do you like Harry Styles?

B: His music is OK.

A: You should check out his TikTok.

B: Really? Is it funny?

初级 21: Shopping 购物

一、商店里的用语

(1)

Discount 折扣

Sale 打折活动

Try on 试衣

Fitting room 试衣间

Size 大小 Small, Medium, Large, Extra__)

(2)

① This is 20 percent off. 这个打八折

② Can I try this on? 这个可以试试吗?

③ Do you have fitting rooms? 有没有试衣间?

④ Do you have this in another size? 有没有其他大小?

⑤ Do you have this in a large? 这个有大的吗?

⑥ I wear an extra small. 我穿超小

二、聊购物和衣服

(1)

Shirt 衬衫

Pants 裤子

Dress 连衣裙

Skirt 裙子

Shoes 鞋子

Socks 袜子

Hat 帽子

Undies 内衣

Gloves 手套

Jacket 夹克

Coat 外套

Outfit 搭配的衣服

(2)

① I love your outfit! 超爱你这个衣服!

② Where did you get it/those? 在哪里买的?

③ How much was it/were they? 多少钱买的?

④ It was pretty **cheap / pricey (expensive) / not bad.**

⑤ Are you into fashion? 你很懂时尚吧?

三、练习

① A: Excuse me! Do you have this in a medium?

B: Yes, we do. Let me get it for you.

A: Thanks! Can I try it on?

B: Of course. The fitting rooms are over there.

② A: How much is this jacket?

B: It's on sale, so it's 15% off. That's \$50.

A: Oh! What is on sale now?

B: All winter clothes are on sale this week.

③ A: I love your outfit!

B: Thanks! It's new.

A: Where did you get it?

B: I got it from Stitch Fix.

④ A: Your shirt is amazing!

B: Thanks! I got it at the mall yesterday.

A: How much was it?

B: It was pretty pricey, but it's worth it!

初级 22: Meeting Up 聚会

一、邀请聚会

(1)

① Do you want to go to the party tomorrow?

要去明天的派对吗?

② Are you going to Kevin's dinner?

打算去 Kevin 的晚餐吗?

③ Some friends are going to the movies this weekend. Want to come?

周末一些朋友要去影院, 要不要来?

④ I'm going to the concert with some friends. Want to join?

我和一些朋友要去演唱会, 你来不来(参加)?

⑤ Does anyone want to go to the -- festival?

有没有人要去(--)节?

⑥ Is anyone going to the game tomorrow?

有没有人打算去明天的球赛?

二、接收邀请

① Sure! 好滴!

② Sounds good. 不错, 可以可以

③ I'd love to! 好滴!

④ Count me in! 把我也算上

⑤ I'm going. 我打算去

三、追问细节

① What time? 什么时候?

② Where is it? 在哪?

③ What's the address? 地址有吗?

④ Is there a dress code? 有没有服装要求?

⑤ Can I get a ride? 可以有人来接我吗?

⑥ Do you need a ride? 需要去接你吗?

四、拒绝邀请

① I'd love to, but I'll be at work!

听来不错，但我要工作！

② Oh no! I'm not free this weekend.

糟了！这周末我没空

③ I'm sorry, I'll have to miss this one!

不好意思，这次我要错过的！

④ I can't make it this time, but I'd love to come next time!

这次来不了，但下次一定去！

⑤ Next time!

下次吧！

五、练习

① A: Want to go to the game tomorrow?

B: Sounds great! Can I get a ride?

A: I don't have a car, but I'll ask if Tom can.

B: Great, thanks! I'm looking forward to it.

② A: Some friends are going to the movies tomorrow. Are you in?

B: What time are you going?

A: Tomorrow at 8, I think.

B: Sounds great! See you there.

③ A: I'm going to dinner tonight with some friends. Want to come?

B: Sure! Where is it?

A: A restaurant close to my house.

B: Perfect! Send me the address.

④ A: Does anyone want to go to the new bar this weekend?

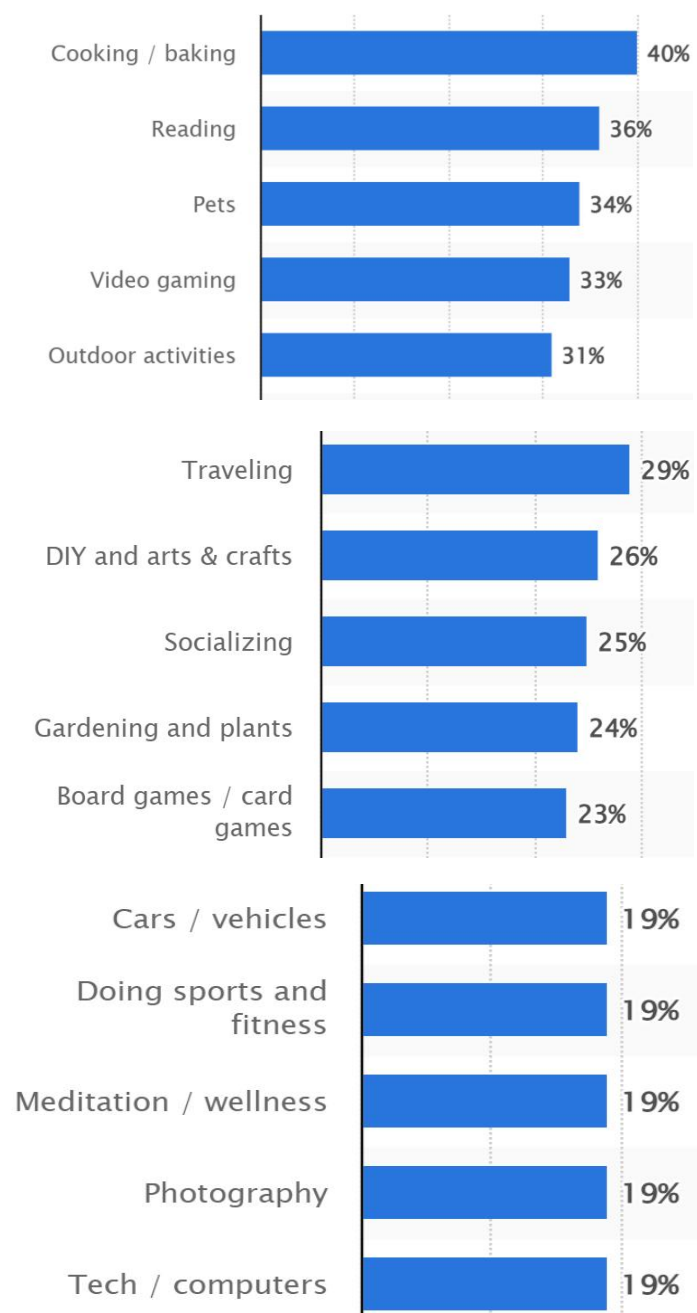
B: I'd love to, but I have to study this weekend!

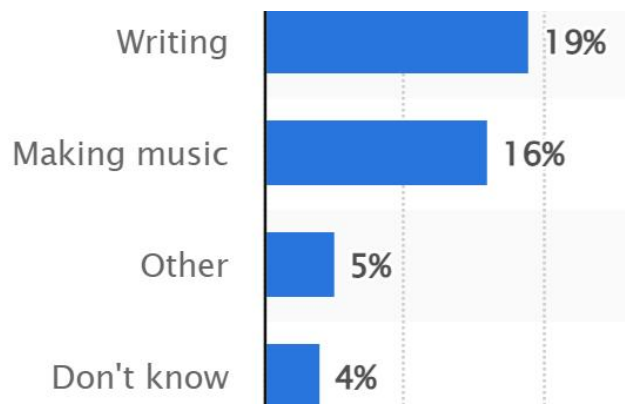
A: OK! Good luck!

B: Thanks! Next time I' ll go!

初级 23: Hobbies 兴趣爱好

一、米国佬有哪些爱好?





二、问问爱好

(1)

① What do you do for fun?

有空的时候喜欢做什么？

② What do you do on the weekends?

周末平时做什么？

③ Do you have any hobbies?

有没有什么爱好？

(2)

① I' m into fitness.

我喜欢锻炼。

② I' m a gamer.

我是游戏狂。

③ I' m an **amateur** musician.

我是个音乐**爱好者**。

④ I just hang out.

我就待着吧。

⑤ I don't really have any.

我大概没有吧。

六、追问细节

① How long have you been playing?

你玩多久了？

② What kind of dog do you have?

是什么样的狗？

③ What do you write?

你写什么？

四、练习

① A: Do you have any hobbies?

B: I'm an amateur writer.

A: Wow! What do you write?

B: I write short stories and some poems.

② A: What do you do on the weekends?

B: I usually go running or hiking.

A: Really? How long have you been running?

B: Ever since high school.

③ A: What do you do for fun?

B: I'm really into gardening.

A: Cool! What kind of garden do you have?

B: It's mostly flowers and some vegetables.

- ④ A: Do you have any hobbies?
B: Not really.
A: Then what do you like to do for fun?
B: I just hang out at home, **I guess.**

初级 24: Dreams 梦想

一、做什么梦

- ① What's your **dream job**?
梦想中的工作是什么?
② Do you have a **dream house**?
有没有梦想中的房子?
③ What's your **dream car**?
最想要的车子是什么?

二、问问梦想

(1)

- ① What's your dream?
你的梦想是什么?
② Do you have any big dreams?
有没有什么大的梦想?
③ Did you have any big dreams when you were a kid?
小时候有没有大梦想?

(2)

- ① I want to be an artist.

我想做个艺术家

- ② I' d like to open a coffee shop.

我想开一家咖啡厅

- ③ I wanted to be a policeman.

我小时候想做警察

三、聊聊梦想

- ① It' s hard to follow your dreams.

追梦想很难。

- ② It' s easy to lose sight of your dreams.

失去梦想很容易。

- ③ You can make your dreams come true.

你的梦想可以实现。

四、练习

- ① A: What' s your dream?

B: Whoa! That' s a big question.

A: Well, do you have any dreams?

B: I guess I' d like to [visit Europe](#).

- ② A: Do you have any big dreams?

B: I' d like to get a house in California.

A: Really! What part of California?

B: In the south, close to LA.

- ③ A: Did you have any dreams when you were a kid?

B: I always wanted to be a pilot.

A: Wow! What about now?

B: Nope! I love being a teacher.

- ④ A: Do you have a dream house?
 B: I' d like an apartment in New York.
 A: Really? Why New York?
 B: I' ve just always dreamed of living there.

初级 25: Transportation 交通方式

一、公共交通工具用法

方式	动词	介词
bus	take the	on the
subway	take the	on the
train	take the/a	on the/a
(air)plane	fly	on the

- ① I will take the bus. 我要做大巴去
 ② I'm on the subway. 我在地铁上
 ③ I will fly there. 我要坐飞机去
 ④ She is already on the train. 她已经在火车上。

二、个人交通方式用法

方式	动词	介词
car	drive / ride with	in the
taxi / Uber / Lyft	take a	in the/a
bike / scooter	ride/take a/my	on a/my
walk	walk	(walking)

- ① I' m in a taxi. 我在出租车上
 ② I' m in the car already. 我已经在车上

- ③ I' ll drive. 我开车去
- ④ I' ll take a scooter. 我要骑踏板车去
- ⑤ I' ll just Uber. 我坐优步去。

三、常见的不自然表达

(1) “go by”

- ① I go to school by bus. / I take the bus to school.
我坐巴士上学
- ② I will go home by airplane. / I will fly home.
我要坐飞机回家

四、练习

- ① A: How do you get to work?
B: I usually take the subway.
A: How long does it take?
B: Not long. About 20 minutes.
- ② A: How will you get to the party?
B: I think Kevin will give me a ride. You?
A: I' ll probably drive.
B: Oh! Could I ride with you?
- ③ A: You got here so fast!
B: Yeah. I rode my bike.
A: Whoa! Do you usually ride your bike?
B: Yeah. I ride it everywhere.

- ④ A: Can you take the bus to school?
B: Nope. There's no bus stop by my house.
A: Oh, no! Then how do you get to school?
B: I usually walk. Sometimes I take an Uber.

初级 26: Holidays 节日庆祝

一、精彩节日 1: 圣诞节

- ① Did you have a good **Christmas**?
你的圣诞节怎么样?
- ② There were so many **presents** under the **(Christmas) tree**!
圣诞树下很多礼物!
- ③ We **hang** our **stockings** on the **fireplace**.
我们的圣诞袜子挂在壁炉上
- ④ Leave **milk and cookies** for **Santa**!
记得给圣诞老人留牛奶和饼干!

二、精彩节日 2: 感恩节

- ① How was your **Thanksgiving**?
你的感恩节过得如何?
- ② Did you have a **family reunion**?
有没有家庭团员?
- ③ I think I ate **way too much turkey**.
我吃火鸡吃多了。。。

三、精彩节日 3: 万圣节

- ① Did you have fun on **Halloween**?

你的万圣节好玩吗？

- ② What was your **costume**?

你打扮成谁了？

- ③ Did you go **trick-or-treating**?

有没有去不给糖就捣乱？

四、尬聊各种节日

- ① What did you do on the **long weekend**?

长周末都干了什么？

- ② Did you have a good **break**?

放假玩得开心吗？

- ③ How was your **holiday**?

节日过得如何？

五、练习

- ① A: What did you get for Christmas?

B: Santa was nice to me! I got a car.

A: A car! That's amazing!

B: It was just a toy. It was in my stocking.

- ② A: Did you have a good Thanksgiving?

B: I did! We had a family reunion.

A: Wow! How was it?

B: We just ate a lot and watched football.

- ③ A: What were you for Halloween?

B: I went as Mickey Mouse.

A: Nice! Did you go to a party?

B: No. I just went trick-or-treating with my kids.

- ④ A: How was your long weekend?
B: I caught up on sleep. You?
A: I went hiking.
B: Sounds like fun! Where did you go?

初级 27: Appearance 描述外表

一、身体 Body

(1)

- ① Tall / short 高 / 矮
- ② Bigger / larger / **fat** 胖
- ③ Slim / trim / athletic 瘦
- ④ Muscular / built 装

(2)

- ① She is tall. 她很高
- ② She is short but built. 她矮但比较装
- ③ He' s pretty slim. 他比较瘦。
- ④ He' s a little heavier. 他有点小胖。

二、头发 Hair

(1)

- ① (is) blond / blonde (男 / 女) 金发
- ② (has) brown / red / black hair 棕 / 红 / 黑色头发
- ③ (is) bald 光头
- ④ Long / short 长 / 短
- ⑤ Curly / straight 卷的 / 直的

(2)

- ① She has curly red hair. 她有卷的红发
- ② She is bald. 她是个光头
- ③ He is blond. 他有金发
- ④ He has long blond hair. 他有长金发

三、眼睛 Eyes

(1)

- ① Green 绿色
- ② Brown 棕色
- ③ Blue 蓝色
- ④ Hazel 榛果色眼睛
- ⑤ Dark / **black** 黑色 / **黑眼圈**
- ⑥ Wears glasses 戴眼镜
- ⑦ Wears sunglasses 戴太阳镜

(2)

- ① He has brown eyes.
他有棕色眼睛
- ② She has blue eyes and wears glasses.
她有蓝色眼睛也戴眼镜
- ③ She always wears sunglasses.
她经常戴太阳镜

四、练习

① A: Do you know Kevin?

B: Maybe. What does he look like?

A: He's short and trim.

B: Does he have red hair?

② A: Who is Josh?

B: He is that guy over there.

A: Which one?

B: The tall one with brown hair.

③ A: Is Sarah the short girl over there?

B: No, that's Amanda. Sarah is taller than that.

A: Does she have curly hair?

B: No, her hair is straight.

④ A: Is Josh athletic?

B: No. He's a little heavy.

A: Does he wear glasses?

B: No, but he does wear sunglasses all the time.

初级 28: Personality 描述性格

一、内/外向

(1)

① Extroverted 外向

② Outgoing 开放

③ Talkative 啰嗦

④ **People person** 爱打交道

⑤ **Social butterfly** 交际花

⑥ **Introverted** 内向

⑦ **Shy** 害羞

⑧ **Quiet** 安静

⑨ **Reserved** 话少

⑩ **Homebody** 宅人

(2)

① **She's an extrovert.** 她很外向

② **She's really outgoing.** 她好开放

③ **He's kind of a homebody.** 他比较宅

④ **He's a social butterfly.** 他是个交际花

二、A/B 型性格

(1)

Type A A 型

① **Go-getter** 干将

② **Ambitious** 有企图心

③ **Stubborn** 倔强

④ **High-strung** 不安性格

Type B B 型

① **Laid back** 随性

② **Easygoing** 随性

③ **Chill** 放松

④ **Lazy** 懒

(2)

- ① She' s very ambitious. 她很有企图心
- ② He' s kind of high-strung. 他有些不安的感觉
- ③ He' s pretty laid back. 他比较随性
- ④ She' s a little lazy. 她有点懒

三、好不好接触

(1)

- ① Kind 善良
- ② Nice 好心
- ③ Friendly 友好
- ④ Generous 大方
- ⑤ Cold 高冷
- ⑥ Stuck-up 架子十足
- ⑦ Mean 不善良
- ⑧ Selfish 自我

(2)

- ① He' s a kind person. 他很善良
- ② He' s a little cold. 他有点冷
- ③ She' s so generous. 她好大方
- ④ She' s a little mean sometimes. 她有时候有点不善良

四、练习

① A: What is your brother like?

B: He's nice. And he's very ambitious.

A: Are you ambitious, too?

B: Not really. I'm pretty laid back.

② A: Kevin was pretty mean yesterday.

B: Really? What happened?

A: He said some mean things about Bob.

B: Well, that's not nice.

③ A: Are you an introvert or an extrovert?

B: I think I'm pretty extroverted.

A: I thought so. You seem like a people person.

B: Really? I can be shy sometimes.

④ A: Do you think I'm selfish?

B: No! Why do you ask?

A: Harry said he thinks I am selfish.

B: Well, Harry's mean. Don't listen to him.

初级 29: Weather & Seasons 天气和四季

一、天气 Weather

(1)

① Clear 晴天

② Sunny 阳光滴

③ Cloudy 多云

④ Overcast 多云

⑤ Rainy / raining 下雨

⑥ Stormy / storming 暴风雨

⑦ Hailing 冰雹

⑧ Snowy / snowing 下雪

(2)

① It's clear outside. 外面是晴天

② It's raining. 在下雨

③ The weather is rainy today. 今天都是下雨

④ It's an overcast day. 今天多云的。

二、温度 Temperature

(1)

① Nice 还不错

② 70 degrees 70 度

③ Warm 温暖

④ Hot 热

⑤ Boiling 开水（超热）

⑥ Cool 凉快

⑦ Cold 冷

⑧ Freezing 成冰（超冷）

(2)

① It's nice outside. 外面还可以的现在

② It's boiling! 外面实在是太热了！

③ The weather is cool today. 今天天气凉快

④ It will be 65 degrees tomorrow. 明天要 65 度

三、季节 Seasons

(1)

- ① Spring 春天
- ② Summer 夏天
- ③ Autumn / fall 秋天
- ④ Winter 冬天

(2)

- ① Summer is my favorite season. 我最喜欢夏天
- ② I can't wait until fall. 我等不及秋天了
- ③ Winters here are freezing. 这里的冬天超冷
- ④ I will come back in spring. 我春天就回来了

四、练习

- ① A: What's the weather like?

B: It's raining.

A: Great! I love rainy weather.

B: I don't! I love clear days.

- ② A: What's it like outside?

B: It's clear, but it's super hot.

A: Summers here are miserable.

B: But it cools off in the evenings.

- ③ A: It's snowing outside!

B: Great! I love snowy weather.

A: Me, too! Want to play in the snow?

B: No! It's freezing! I just love looking at snow.

- ④ A: It's a beautiful day.
B: It is! The high is only 65 degrees.
A: Yes, but the low tonight is in the 40s.
B: Ah. I can't wait until summer!

初级 30: Looking for Work 找工作

一、为什么在找工作?

(1)

- ① Unemployed 无业
- ② Between jobs 目前没有职位
- ③ Recent graduate 刚毕业的
- ④ Career change 换行
- ⑤ Got laid off 被下岗
- ⑥ Quit 辞职

(2)

- ① I'm between jobs right now.
我目前没有职位
- ② I just got laid off.
我刚被下岗
- ③ I'm in the middle of a career change.
我正在换行中

二、找什么工作?

(1)

- ① Work 工作
- ② Job 职位

③ Role 职位

④ Position 职位

⑤ Industry / field 行业

(2)

① I' m looking for work.

我正在找工作。

② I' m looking for a **role** in **marketing**.

我正在找一个市场营销相关的职位。

③ What industry are you in?

你是什么行业的？

三、怎么找工作？

(1)

① Job listing / description 职位介绍 (JD)

② Job board 职位公告板

③ Cold call 冷电话 (打 CC)

④ Network / networking 扩大人际网

⑤ Resume / CV 简历

(2)

① I' m checking job boards. 我在看公告板

② You should send your CV. 该投放简历了

③ Networking is the key. 扩大人际网是最关键的

④ Don' t be afraid of cold calls. 别怕打冷电话

四、练习

① A: What do you do?

B: I' m between jobs right now.

A: Oh, really? Are you looking for work?

B: Yes. It's really hard!

② A: I' m looking for a job right now.

B: What kind of position are you looking for?

A: I' m looking for a translation role.

B: I' ll ask around for you.

③ A: I saw a job listing that I think you' d like.

B: Really? What was it?

A: It was a teaching job at the high school.

B: Great! Can you send it to me?

④ A: It' s so hard to find a job right now.

B: How are you looking?

A: I' m just applying for every job I see.

B: Maybe you should do more networking.

初级 31: Interview 面试

一、你做过什么?

(1)

① I am a ___ with ___ years of experience.

我是一个有___年经验的___。

② I have been in ___ for ___ years.

我干___行业干了___年。

③ I' m a recent ___ graduate from ___.

我是个刚毕业的___学生，从___毕业。

(2)

① I am a high school teacher with 12 years of experience.

我是个有 12 年经验的高中老师。

② I have been in marketing for 5 years as a director.

我做市场营销总监做了 5 年。

③ I'm a recent music graduate from UT Austin.

我是个刚毕业的音乐生，从德州大学毕业的。

④ I just finished my translation degree at NYU.

在纽约大学刚学完翻译。

二、你的精彩在哪？

(1)

① I was the top ____.

我是第一名____

② I received the ____ award.

我得了____大奖

③ I graduated near the top of my class.

我是顶级学生之一

④ I sold over ____.

我卖的超过____

⑤ I created new ____.

我创造了新的____

(2)

① I was the top seller in the company.

我是公司销量最高的销售员。

② I created new workflows.

我创造了新的工作模式。

- ③ I brought in five new major clients.

我带进了 5 名新大客户。

三、为什么要选你？

(1)

- ① I am a perfect fit because ____.

我完美搭配这个职位是因为____

- ② This job is ideal for me because ____.

这个职位对我很理想因为____.

- ③ I hope to have the chance to ____ in this job.

我希望做这个职位的时候我能够____

(2)

- ① I' m a perfect fit because this job requires my main skills.

我是最完美的配合，因为这个职位需要的就是我的强项。

- ② This job is ideal because it fits with my long-term goals.

这个职位很理想，是因为它跟我的长期目标很配。

- ③ In this job, I hope to continue developing my abilities.

这个职位中，我希望/打算继续发展我的____能力。

- ④ This job is a perfect fit with my background.

这个职位完美搭配我的背景。

四、练习

- ① A: Tell me a little about yourself.

B: I'm a teacher with 12 years of experience. I was the top teacher in my school. In this job, I hope to use my communication skills to bring in new clients and make more sales.

② A: Introduce yourself.

B: I' ve been in marketing for 8 years. In my last job, I brought in 3 new clients and sold over 3 million dollars of projects in 1 year. I' m excited about this job, as it really fits my skills.

③ A: Tell me who you are.

B: I' m a recent art graduate from NYU. I won the university' s design competition 3 years in a row. This job is the perfect opportunity for me to keep developing my branding skills.

④ A: Tell me about yourself.

B: I' ve been in the service industry for 5 years. In my last job, I was promoted to manager within 6 months. I think my experience in service makes me the ideal person for this job.

初级 32: Asking for Advice 询问建议

一、询问建议

(1)

- ① Advice 建议
- ② Suggestion 建议
- ③ Feedback 反馈
- ④ pinion 想法
- ⑤ Thought(s) 想法

(2)

- ① Could I ask your advice on ____?
可否问问你（对____）的建议 / 反馈 / 想法？
- ② I would love to get your thoughts on ____.

可以的话，很像听听你对___的想法。

- ③ Does that sound good to you?

刚才那些，你觉得怎么样？

- ④ Could you take a look at ___ for me?

能否帮我看看___（然后给反馈）吗？

二、询问前

(1)

- ① Take ___ minutes 花___分钟

- ② Convenient time 方便时间

- ③ Have time 有时间

(2)

- ① Do you have 2 minutes?

有没有两分钟？

- ② It should only take 5 minutes.

应该只需要 5 分钟。

- ③ Do you have time to look at ___ before 5pm today?

今天 5 点前有没有时间看看___？

- ④ Is there a convenient time today to ask about ___?

今天有没有方便的时间问你有些关于___的问题？

三、询问后

(1)

- ① Appreciate 欣赏 / 感谢

- ② Make time 抽时间

- ③ Helpful 有帮助

(2)

- ① Thanks! I really appreciate it.

感谢！我非常感谢（你的帮助）。

- ② Thanks for making time for this!

感谢你抽时间！

- ③ Thank you! This was so helpful.

谢谢你！这些很有帮助。

四、练习

- ① A: Hi! Do you have 2 minutes to talk?

B: Sure. What's up?

A: I'd love to get your opinion on this shirt.

B: It looks great! I have no feedback.

- ② A: Do you have 5 minutes today to talk about the PPT?

B: I have time right now.

A: Great. What do you think?

B: I think it's pretty good, but...

- ③ A: (...) What do you think I should do?

B: I think you should follow your heart.

A: Thank you. That's really helpful.

B: You're welcome.

- ④ A: (...) Does that sound good to you?

B: It does. I think it's a great idea.

A: OK! Thank you so much for your time.

B: Anytime. Good luck!

初级 33: Interest & Care 表达关心

一、关心类型

(1)

- ① Interest 关注度
- ② Care (about) 关心
- ③ Care (for) 照顾
- ④ Concern / am concerned 关心+微担心
- ⑤ Worry / am worried 担心

(2)

- ① I'm a little concerned about _____. 有点小担心_____.
- ② I'm not worried about _____. 我不担心_____.
- ③ I'm interested in _____. 我对_____感兴趣。
- ④ I care about you. 我很关心你。

二、对公事的关心

(1)

- ① How is _____ going? _____进行得怎么样?
- ② What's going on with _____? _____现在有什么新事?
- ③ Where are we at with _____? _____目前到哪里了?
- ④ Give me an update on _____. 关于_____更新一下去。

三、对个人的关心

(1)

- ① How are you doing? 过得怎么样?
- ② How are you adjusting? 适应得怎么样?

③ Is everything going well? 一切都还好吗?

④ Is there anything I can do to help with ___?

关于___, 有没有我可以帮助的方面?

四、练习

① A: I'm a little worried about my resume.

B: Why? What's wrong?

A: I don't think I have enough experience.

B: Don't worry about that! You'll do great.

② A: What's going on with the new project?

B: It's going well.

A: Is there anything I can do to help?

B: Not right now, but I will **let you know**.

③ A: How are you adjusting to the new job?

B: It's going pretty well, but not great.

A: Why not? What's wrong?

B: Some of my **coworkers** are kind of mean.

④ A: Give me an update on the new coworker.

B: She's doing very well.

A: Good. Where are we at with the new client?

B: We have a meeting with them tomorrow.

初级 34: Blame 表达指责

一、Blame 的关键词

(1)

- ① Blame 怪、责任
- ② Fault 责任、错误
- ③ Responsibility 责任（平时中性）
- ④ Point fingers 指责
- ⑤ Point the finger 指责

二、怪谁咯？

(1)

- ① Where is the problem?

问题出在哪里了？

- ② Whose fault is this?

这是谁的错？

- ③ Who is to blame?

该怪谁了？

三、指责别人

(1)

- ① It' s ____' s fault.

该怪____.

- ②It' s ____' s responsibility.

是____的责任。

- ③The blame is with ____.

责任在____那里。

四、承担责任

- ① It' s my fault. 是我的错。
② It was my mistake. 是我的错。
③ That' s on me. 是我的错。
④ My bad. 是我的错。

五、拒绝责任

- ① It wasn't me.
不是我干的
② We can't blame ____ for that.
这不太能指责____。
③ ____ wasn't the problem.
问题不在____那里。

六、拒绝追责任

- ① Let's not point fingers.
咱们还是不要太关注责任
② Let's not play the blame game.
咱们还是别玩指责的游戏
③ Let's focus on solutions, not problems.
咱们不要关注问题，还是关注办法吧。

七、练习

- ① A: Whose fault is this?
B: It's my fault. I'm sorry.
A: That's ok. Just **don't let it happen again.**
B: Thank you. I won't.

- ② A: Where is the problem?
B: This is Bob' s fault.
A: I don' t think we can blame Bob for this.
B: Then I don' t know who to blame.
- ③ A: This is your responsibility.
B: It wasn' t me! I didn' t do it.
A: Then, who did it?
B: I don' t know.
- ④ A: I think this is Carl' s fault.
B: Let' s not point fingers.
A: But we need to find the problem!
B: Let' s focus on solutions, not problems.

初级 35: Ready for Intermediate 中级来啦!

一、话题介绍 Introducing Topics

(1)

- ① Today, we will talk about... 今天我们要聊...
② Now, let's look at... 现在我们就看一下...
③ Let's begin! 开始吧!
④ Let's do it! 开始吧!
⑤ Let's go! 开始吧!
⑥ Let's get into it! 开始吧!

二、词汇讲解 Explaining Words

(1)

- ① to mean 意思是

② same / the same as 一模一样

③ similar to / like 相似

④ noun 名词

⑤ verb 动词

⑥ adjective 形容词

⑦ adverb 副词

⑧ article 冠词

⑨ preposition 介词

三、语境讲解 Explaining Context

(1)

① Formal 正式

② Casual 休闲

③ Slang 俚语

④ Work environment 工作场合

⑤ High / low status 高/低 层次

四、复习

① Do you remember... 记不记得…?

② We learned this before. 这个我们早就学过。

③ We have talked about this before. 这个我们聊过。

④ Did you get it? / Got it? 懂了吧?

五、跟读

① Follow me. / (Repeat) after me.

② Prepare / Release 准备 / 爆发

③ Connect / link 连读

- ④ Swallow 吞
- ⑤ Syllable 音节
- ⑥ Emphasis 重音

六、练习

① Update me on the project.

“Update me” is a **phrase** used by **someone of** higher status to **someone of** lower status.

② This is a real conundrum!

A “conundrum” is like a problem.

Here, “real” doesn’ t mean 真实存在的;

It just adds **emphasis**.

③ What’ s up, dawg?

“Dawg” is slang. It means “friend.”

Don’ t use it in a work environment.

It’ s **extremely** casual.

④ You did a great job!

When we speak quickly, “did a” will be linked.

Here, “job” doesn’ t really mean anything.

You could also just say, “You did great!”