



# 钱梦娟Fancy托福口语课程 (Task 1&Task 2)

钱梦娟Fancy

微信: fancykouyu

微博: 钱梦娟Fancy托福口语

I'm a university student who has endless tasks to deal with. For example, I need to take classes, write papers, prepare for this TOEFL test and so on. Usually, I feel so tired and busy, so I need to find a way to let off my steam. Like, last weekend, I ..., and I felt so relaxed. I could totally get away from the daily grind.

What's more, while doing sth, I can meet a bunch of people who share the common interests and hobbies. I mean, it's easier for us to get along with each other. It can help me to expand my social network.

# 1. 大城市（出国）

convenience of public transportation

endless entertainment options

It'll look good on your CV.

top quality restaurants and shopping

the best possible medical care

experience a new culture

see the world

experience different styles of education

make friends from around the world

increase your employment prospects

expand worldview

become truly independent

develop your language skills

study in a global hub for your field

Living in a big city can provide people with a lot of benefits. I am a university student who studies in Beijing, the capital city in my country. I enjoy my life here in this big and modern city, because I can receive better education, experience new things, get more job opportunities and so on. All these can lead to a better life, right?

Besides, the basic infrastructure in big city is perfect, because there are some museums, hospitals, schools, libraries and so on.

## 2. 榜样力量

role model/idol

stand out among the crowd

admire/respect/look up to sb/emulate

give a good(concrete) example; give a good illustration; set a good example

follow one's example; take heed of someone

imitate/mimic/copy

motivate/inspire sb

give sb motivation/inspiration

A fine example has boundless power

榜样的力量是无穷的。

He modeled his manners on his father's.

他以父亲的举止为榜样

Yi Fan is a famous actor in my country, and I admire him a lot because he sets a good example to me. Once, I watched an interview about him on TV. In the interview, he told us that at the beginning of his career, he was little-known. However, he kept trying harder and harder and never gave up. Now, he is a household star and everyone knows his name. His story motivates and inspires me all the time.

### 3. 大学教育/商业

I am studying in a top university, which provides me with a platform to gain and enrich knowledge for my major. My major is business administration. In university, I have learned some related academic subjects, such as economics, management, e-commerce and so on. At the same time, I can do some internships in some business companies. All these can lay a solid foundation for my future career.

What's more, in university, I can make friends with some talented people who can give me a lot of inspiration.

## 4 三选一,末尾否定

To tell you the truth, when talking about the other two things, I have absolutely no interest in them.

Therefore, I don't want to waste my time on them.

只要是三选一的题目,基本末尾都可以说



## 5. 节约钱

save money/save cost/accumulate saving

my budget is tight

spend less than you earn/ cut out small things

cost sb an arm and a leg

can't afford

be a rip-off/expensive/costly/overpriced

daily expense

make ends meet

We should prepare for a rainy day.

Saving money is worth the effort.

Take care of the pence, and the pounds will take care of themselves.

I am only a student who doesn't have regular income, so I need to save money in daily life. Otherwise, I can't make my ends meet. However, \_\_\_\_\_ may cost me a lot of money. It's a financial burden for me.

What's more, I would rather save the money to do other meaningful things, such as paying for my tuition, traveling or doing some charity.

再切题的加一个理由

## 6. 环保类（志愿者类）

environmental protection/environmental friendly

strengthen people's awareness of environmental protection

make contribution to protect the environment

carbon emission/ haze/ air condition/ air quality

protect the ozone layer, maintain animal and human food chain. preserve potable

water, make efficient use of the non-renewable resources

We only have one planet.

car pooling; take the public transportation; plant trees; recycle the garbage;

ecosystem; carbon emission; climate change; global warming; purify the air; make

full use of the resource;

volunteer activity: make contribution to the community; make friends with people

who share the same value

many a little makes a mickle

Protecting the environment is very important, because the world we live in is our only home. Last summer, I joined an environmental protection club named Beautiful Home. Once, we collected the recyclable rubbish in the downtown, such as plastics, cans, bottles and so on. Then we sent them to the recycle center. I think this kind of activity can not only clean the city, but also strengthen citizen's awareness of environmental protection.(make full use of the natural resources)

(人: can not only help the... to ..., but also give myself a sense of accomplishment. I feel myself important.)

# 7. 成功励志

natural ability, talent, inborn ability

hard-working, persistence

Practice makes perfect.

Persistence pays off.

boost confidence

build up confidence

motive sb to work harder

give motivation to sb

inspire sb

Last semester, I joined a speech contest in university. To be frank, I didn't have any talent in public speaking, so I felt soooo nervous. I really wanted to challenge myself. Therefore, I spent a lot of time preparing for it, like searching for information, writing my speech, improving my body language and so on. No kidding, I even practiced in the washroom (laugh secretly)! In the end, I got the first prize in this competition. HURRAY!!! Since then, I became more and more confident! Amazing experience, right?

# 8. 运动

do sports, do exercise, work out

gym/stadium

swim, basketball, yoga, jog, run, tennis...

beneficial for physical and mental health

stretch out arms and legs/improve strengthen and flexibility/keep a good body

shape/ burn calorie

let off the steam/release stress/let one's hair down

burned out/worn out/exhausted/stressful

I'm a big fan of doing sports, because it's beneficial for my physical and mental health. I'm very interested in swimming, because during the process, I could stretch out my arms and legs and build muscle all over the body. What's more, it's also a good way to relax and feel good. Besides, swimming is one of the most effective ways to burn calories so that I can keep a good body shape.



## 9、家人朋友、通信

keep each other good company; be there for each other;  
support each other; they are my rock  
feel down; feel blue; feel down in the dumps; have  
difficulties in life;  
comfort v. ; comforting adj.  
give me a shoulder to cry on  
give me good advice  
encourage me to see the silver lining in the dark clouds

I'm studying in Beijing which is far away from my hometown. When I feel down or when I meet some troubles in my life, I will call my parents, because they are my rock. Like last night, I was sooooo upset about the upcoming toefl test, coz it's tooooo important to me. Then I called my mom and she encouraged me that "honey, it's ok. Take it easy. I have faith in you. You are the best." After the conversation, I felt much better.

# 10、健康饮食

healthy diet

A nutritious, well-balanced diet is the foundation of good health.

protein, carbohydrate, vitamin, minerals;

At the core of a balanced diet are foods that are high in vitamins, minerals, and other nutrients and low in unnecessary fats and sugars.

fruits/vegetables(green beans, broccoli, cabbage)/grains/ yogurt

junk food/ additive/ illegal cooking oil

healthy/hygienic/clean

Having healthy diet plays a very important role in our lives, because a healthy body is the foundation of everything. However, a lot of people pay less attention to their diet, and they eat some junk food, such as French fries, hamburger, fried chicken, and so on. I think people should eat more home-made food, and eat more fruits and vegetables. After all, health is the most important thing in our life.

# 11、旅游

opens your eyes to know the rest of the world lives

embrace new cultures

learn different history

take a break from the sedentary life

let off your steam

get away from the daily grind

have fun

kill the time

spend some quality time with your family members

seashore, forest

breath the fresh air, enjoy the sunshine, appreciate the beautiful view

Fancy托福口语  
严禁转载

I often travel in my spare time, because I think it's good chance for me to see the rest of the world.

**when:** Last summer vacation,

**where:** I traveled to Boston, a modern and metropolitan city in US.

**who:** I went there with a bunch of my friends.

**what:** We did a lot of interesting things, such as shopping, visiting museums, tasting sea food and so on. Sooo amazing. BTW, the public transportation there is very convenient, so you can take bus or subway to arrive at any destination you want.

**why:** It's a great experience for me, because my friends and I had a great fun there.

## 12. 学习（时间管理、教授、电脑）

make a plan; make a to-do list

manage the time

make full use of the time; maximize the time efficiency; enhance efficiency, get high efficiency

excellent, knowledgeable, responsible professors

lay a solid foundation for my future career

concentrate on; focus on; keep one's eyes on the ball

I am a university student who has endless tasks to deal with, such as..... Last weekend, the management professor asked us finish an essay in 2 days. Yeah, you heard me, TWO days. It almost drove me crazy. I made a to-do list in order to get high efficiency in study. According to the list, I did a lot of things, such as searching for information online, reading e-books, and writing the outline. In the end, I finished the essay on time with high quality.

(I use my computer to ....)

(In the class, the professor told us how to write the paper, like how to ...)



# 13、艺术

painting class, sculpture class

oil painting

water color painting

Chinese painting

exhibition, museum, art gallery

develop patience, creativity and appreciative ability

masterpieces

Van Gogh, Picasso

Learning art is very important, because it can develop creative thinking, broaden the mind and feed the soul. When I was in high school, my favorite subject is painting class. Our painting teacher often took us to the art galleries or museums to watch some art exhibitions. I learned a lot of background knowledge and skills about painting pictures, such as how to use the brush, how to structure the picture, and how to match the color.

What's more, I also appreciated some masterpieces from some great artists, such as Van Gogh, Picasso and so on.

## 14. 节约时间

Time is very precious for students, because you need to deal with a lot of things. Especially now, I need to prepare for this TOEFL test and deal with my final exam (sigh) I really feel exhausted and stressed out. Therefore, I don't have time to...I would rather save the time to do some other meaningful things, such as doing sports, studying or sleeping.

再加一个切题的原因

## 15.工作艰辛

You know what, being a ... is not an easy thing, because everyday you need to spend a lot of time doing ..., such as, ..., and ... Take my friend Fancy as an example, she is a ... She works very hard everyday in order to ... I really admire her from the bottom of my heart. Without ...'s work, we can't ...

## 16. 兼职

I think doing part time job is a good way for us to accumulate some practical working experience. Last year, I had an internship in a local company. It was a great experience for me, coz I learned some useful knowledge and skills, such as time management, teamwork, organization, customer service and so on. All these can lay a solid foundation for my future career.

Also, I can make some money by doing part-time job.

## 17. 动物保护

I think it's very important to protect the endangered species, because if a species goes extinct, it's lost forever. Last summer vacation, I went to a wild zoo in Sichuan. I saw a lot of lovely pandas there. Panda is a kind of endangered species, and the government should do something to protect it, such as building protected lands, planting more trees, improving breeding techniques and so on. In this way, it can provide a favorable environment for pandas to live. I really hope that my grand children or grand grand children can still see the real, cute pandas.

## 18. 效率类

Getting high efficiency is very important, because it enables to you get more things done in a short time. I am a university student who has a lot of schoolwork to do, so I need to make sure getting high efficiency in study. I usually... to help myself keep my mind on study. In this way, I can be totally focused and concentrated.

## 19. 丰富人生

Doing sth can help me enrich my knowledge and experience. That's the point of life, right? I mean, life is short! We should make full use of (seize) every opportunity to experience new things. I really want to experience different things in my life. For eg...



## 21. 新增语料库-公共场合不礼貌行为，噪音

It's very important for people to enhance the public awareness. For example, we shouldn't make any loud noise in public area, because everyone deserves the right to have a quiet environment.

when: Last Friday afternoon,

where: I was studying in the school library, coz the final exam was coming.

who: You know what, a guy who sat next to me was talking loudly on the phone.

what: He made a lot of noise, and I couldn't focus on my study. I just got distracted. It's so annoying!

I think this kind of behavior is impolite and rude!

## 22. 课堂讨论

“More hands make for lighter work.” “Two heads are better than one.”

Group discussion is very beneficial for students because two heads are better than one. When participating in group discussion, students can work together to solve some difficult problems. What's more, participation can add interest and engage students.

Once, our business professor asked us to do a project, then my partners and I discussed it together. We could learn from each other's different perspectives, solve the problems together efficiently. In the end, we did a great job in the project!

## 23. 独立生活

When I was a little kid, my parents taught me some life skills to cultivate my independence. For example, like, um, when I got 6? Or 7 years old? (升调, 表示不太记得了), they taught me how to do some basic housework(household tasks), such as doing laundry, washing dishes, vacuuming the floor and so on. Now, I am studying in a city which is far away from my hometown, but I can totally take care of myself and live independently. It's not a difficult thing for me to adapt to the university life. Now, I am planning to learn how to cook, coz eating home-made food is healthier and economical.