

雅思口语素材

Part 1

写在前面的话

雅思口语素材 Part1 使用须知：

素材内容是以国内背景所创作，以尽可能适合国内考生使用。

另外，一般来说 Part1 的回答只需要简单的 2-3 句，而我们的素材里面有部分题目是写得相对长一些的，所以亲亲可以选择性的准备。

素材里面的一些关键词或者难词都有标黄和备注，大家可以看看

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1. Work (常考题)

1. Why did you choose to do that type of work?

I chose to go into publishing as my profession. The reason why I chose this type of work is that I have a real love of language and literature. Therefore, I wanted to work in an area which would allow me to work around the things I love. Moreover, publishing is a very stable job and can be quite **lucrative** (赚钱的) in the long term, so I think it is a good idea for my future prospects.

2. Is it interesting?

Personally, I think it is a very interesting job. The reason why I believe this is I have access to many different and interesting people through the job, all of whom are skilled writers or artists. Therefore, I find my job very exciting on some days. However, not every day is exciting and sometimes my job is mainly administration work and these days can be very boring.

3. Do you miss being a student?

Sometimes I miss being a student because it was a very different sort of life. As a student, I had more freedom to explore what I found interesting and exciting. Nowadays, I must follow and explore what is good for the company in the work place and not only my own desires. Which means occasionally I must do things which I am not very interested in. At moments like this, I miss being a student.

4. Do you like your job?

Yes, I really like my job. It is not only that I find the work inspiring and interesting, I also have a very good relationship with everyone I work with in the company. People in my company are very funny and kind. So, being surrounded by them makes it difficult to dislike my job. I would work happily with this publishing company until the day I retire.

2. Study (常考题)

1. Why did you choose that subject?

When I was applying for Universities, I chose to study Literature and Language. I chose to study this because when I was young, I had a strong passion for both reading and writing so I wanted to develop my literary skills. I would like to develop a career based around literature so a good understanding of its history and development will be very useful for my future. For these reasons I thought Literature and Language was a good choice for me to study.

2. Is it interesting?

I find what I study very interesting. One of the **perks** (好处) of my study area is that it is not completely based on facts. Studying literature allows me to explore and form **opinionated** (固执己见的) arguments which are based on literature. It gives me a sense of freedom when I am doing my studies. I also have a very wide range of reading, so every lesson has fresh and interesting material for me to study.

3.What subjects are you studying?

There are two parts of my studies, literature and language. For the literature modules, we mainly focus on European literature, studying poetry, prose and drama. These are divided into different eras of writing which starts from the **medieval** (中世纪的) and finishes at the modern day. For the language modules, we study the fundamentals and advanced theories of language and grammar. These subjects are normally a lot more difficult than the literature subjects, but I still find them very interesting.

4.Do you prefer to study in the mornings or in the afternoon?

I prefer to study in the mornings. After waking up from a good night's sleep, I normally have a lot of energy and motivation. I find it enjoyable to study as the sun rises and then make myself a nice breakfast to keep my energies up. I find myself more **distracted** (心烦意乱的) in the afternoons especially during winter when the sun sets very early in the day. I find that it is harder to work when it is dark outside, I lose my motivation.

5.Are you looking forward to working?

I am looking forward to working because I hope to continue working in the same area of my studies. However, work may be much more enjoyable than my studies. In the work place, I will have definite goals to accomplish and I think doing so will be very satisfying. I look forward to being part of a team and working together to achieve a common end.

6.Do you like your subject?

I like my subject very much as it is very interesting, and it also allows me to be creative and to immerse myself into a good book. I often enjoy what I am studying so much that I even forget it is a piece of work. It feels like what I would choose to do for recreation as well. I am very happy that I chose to study Literature and Language, a subject that is very dear to me.

3. Home (accommodation) (常考题)

1.What kind of housing/accommodation would you like to live in?

I quite like the idea of living in shared accommodation. I think it would be nice to experience living with some flat mates in the future. There are a lot of TV shows and sitcoms that are based on the adventures of flatmates and I have a very romantic idea of living in a flat with some friends **that are my age** (与我同岁).

2.Do you prefer living in a house or a flat?

I prefer living in a flat to a house because it is what feels more natural to me. In China it is far more common to live in a flat than living in a house, so this is what I am used to. In a flat, you can **make the most of** (最大限度利用) all the space you have, and you are **close with** (关系紧密) the community of people who live in your neighbouring flats. I really like this and feel that living in a house would be a more **isolated experience** (孤独的经历).

3.(if you answer you haven't lived there long) What's the difference between where you

are living now and where you have lived in the past?

My family and I have recently moved north in the country, quite far from where we used to live. We moved to a new flat in a bigger city, the flat is also a little bigger which is quite nice. The biggest difference is the view from the flat which is very high up and overlooks the massive city. We did not have a view like this in our old flat and I find it very exciting.

4. Can you describe the place where you live?

I now live in Taiyuan, which is the capital of the Shanxi province. It is a city with a long industrial history, so it has a much more urban look (城市面貌) than the place I moved from. It is also a lot further north from where I used to live so it is not as warm as I am used to.

5. Which room does your family spend most of the time in?

My family spends most of the time in the living room. This is a large room in the flat with comfortable chairs and a large table. We often take our meals together in this room. When I return from my studies and my parents return from work, we like to spend time together in the living room telling stories about our day.

6. How long have you live there?

We moved in here quite recently, only about a month ago. So, we have not lived here for a long time. I am still getting used to the area and discovering new things about the city I live in. So, the flat does not really feel like home yet, but I think it will do pretty soon. The more time I spend there, the more comfortable my new home feels like to me.

7. What do you usually do in your house/flat/room?

I spend most of my time reading in the flat, most of my reading is for my studies but I also like to read for pleasure when I can find the time. Aside from this, I eat my meals at home with my family and sometimes I like to just enjoy the view over the city that I can see from the flat.

8. Do you plan to live there for a long time?

I do not plan to live here for a long time. I am going to leave the city to attend university in about a year, so at that point I will leave this flat and find a new place to live. As a matter of fact, I do not think this is a sad thing as I have not known the place very long, so it is not too hard for me to leave.

9. Are the transport facilities to your home very good?

The transport facilities in my city are very good. The entire city has access to a very reliable network of bus and subway services. My favourite form of transportation is the subway as it is much quicker than the bus and there is no chance of getting stuck in traffic. However, one must be careful with taking public transport as if you get caught in rush hour, it can be a very busy and uncomfortable journey.

10. What part of your home do you like the most?

My favourite part of my home is definitely the kitchen. I am very passionate about food and

love to cook, so I like to spend lots of time in my kitchen learning new recipes and skills. My flat has a big and very nice kitchen, so I always have a very enjoyable time when I am in that room.

11. Who do you live with?

I live with my family. My family consists of my parents, my sister and my grandma. We all love each other very much. Maybe I will move out soon because I am planning to get a master's degree in a foreign country.

12. Please describe the room you live in?

My bedroom is only 10 square meters. But it is well-furnished. First of all, I have a king-size bed, and I often lie there to read comics and novel. Next to my bed is a bookshelf where I put hundreds of books there. Inaddition, there's a large desk in front of the window. My room is quite bright; it's a nice place to relax.

4. Hometown (常考题)

1. What's (the name of) your hometown?

The name of my hometown is Beijing, it is a huge, vibrant city and the capital of China. I have lived here from a very young age and feel very comfortable in my hometown. As one of the most populous cities in the world, Beijing has a large population. Therefore, there is a vast array of different people and cultures which keeps my hometown constantly interesting.

2. Is that a big city or a small place?

As it is the capital of China, Beijing is a very big city. So it is the industrial and economic heart of the country, and throughout history many people have migrated here from other parts of the country seeking opportunity. Therefore, there are currently over 20 million people living in Beijing so it has to be very big to accommodate everyone.

3. How long have you lived there?

I have lived in Beijing almost all my life. I was actually born in Guangzhou but my parents moved to Beijing when I was a very young child, only a couple of years old. So it feels like I have lived in Beijing my entire life, so almost two decades. I could not imagine living anywhere else.

4. Do you like your hometown?

I really like my hometown. Because it is such a huge city, there is a very diverse range of people and entertainment. Every day you see someone new and I enjoy the vast array of life I get to witness when I walk around. There are also so many different restaurants and shops to choose from and experience so I never get bored in my hometown.

5. Is there anything you dislike about it?

One thing I really dislike about my hometown Beijing is the air pollution. It worries me very

much as it has been proven that the air pollution is very harmful to people's health and there is very little you can do to prevent being affected by it. Furthermore, it is very ugly to look at especially in winter when there is a heavy smog in the air.

6.What do you like (the most) about your hometown?

The thing I like the most about my hometown is definitely the people of the city. People in Beijing are very friendly and enthusiastic. The people create a very nice environment to live in and everyone is kind and helpful to each other. I think this makes my hometown a very pleasant place to live and prevents me from feeling lonely in such a big city.

7.Do you like living there?

I love living in Beijing. I have lived here for almost all of my life so I cannot imagine living anywhere else. This city feels like home to me and I feel very comfortable walking through the streets and familiar places of my memory. I have a lot of friends in the town and also my family, so I feel like I am part of a community.

8.Please describe your hometown a little.

Beijing is a city with a lot of history and culture, as it has been the capital of China for centuries. In fact, it is possibly one of the oldest cities in the world dating back 3000 years. Due to its age, there are many interesting historical sites in my hometown. You can find part of the Great Wall of China as well as visit the Forbidden City, the ancient imperial palace of the Ming dynasty, in Beijing. My hometown is one with a very rich history.

9.Do you think you will continue living there for a long time?

I think I will continue to live here as long as possible. It is the only home I have ever known, and I think it is a wonderful place to live. However, life can be unexpected and I do not know where future opportunities may take me. If it is good for my future then possibly one day I may leave Beijing and move somewhere new.

5. Transportation (常考题)

1.What is the most popular means of transportation in your hometown?

My hometown Beijing has very good public transport services. Because it is such a big city with so many people, the government has invested a lot of money into public transport to ensure everyone can commute through the city. Therefore, the most popular means of transportation in my hometown is definitely the subway, as people get to where they need to be, quickly without being stuck in traffic.

2.Can you compare the advantages of planes and trains?

Planes and trains are very different methods of transportation, each with their own advantages. Personally, I prefer trains as trains are more ecofriendly and the journey also can be very beautiful and **scenic (风景优美的)**. However, if you are travelling a very long distance it is more sensible to take a plane. Long train journeys are very uncomfortable, planes are far quicker

and also can travel overseas. Therefore, sometimes planes are the only option for travel.

3.How often do you take buses?

I do not take buses very often. In my hometown, there are better forms of public transport so I would only take a bus if the subway was not able to get me there, which is unlikely. When travelling out of the city I am also more likely to take a train as they are more comfortable and better for the environment.

4.Is driving to work popular in your country?

No, driving is not very popular in my country. However, many people do drive and this is the issue. China has a very large population so the roads are always very crowded and there is bad traffic which can seriously delay your journey. Therefore, people try to avoid driving as much as they can.

5.Would you ride bikes to work in the future?

I would like to ride bikes to work in the future, as I am very conscious of my environmental impact and would like to reduce my carbon emissions. However, I am also concerned about my own safety so I would need proper bike lanes to ride in and also, I would be worried about exposure to the air pollution. So, I am not sure.

6.Do you prefer public transportation or private transportation?

Personally, I prefer public transportation. Private transportation has its benefits such as comfort and direct travel, but I still think public transportation is better. I like to reduce my impact on the environment where possible and also enjoy being able to see all the different types of people you find on public transport.

7.Do you think people will drive more in the future?

No, I do not think people will drive more in the future. Firstly, the population is on the rise, so the likely hood is that roads are going to get far busier and thus the traffic worse. Furthermore, I think younger generations are more conscious of environmental damage and thus we be less likely to drive.

8.What will become the most popular means of transportation in China?

The subway will definitely become the most popular means of transport in China. It has many benefits, it is good for the environment and also a very manageable form of transportation. It is the fastest and most effective form of transport at the moment and for the future it will be the easiest way to control a higher population as you do not get traffic jams on the subway.

6. Teachers (常考题)

1.Do you have a favorite teacher?

I do have a favourite teacher. My favourite teacher was my old chemistry teacher at high school. Chemistry was not my favourite subject, but my teacher found a way to make every lesson

interesting, he also really listened to the other students and I so was able to really help us when we did not understand.

2.Do you want to be a teacher in the future?

I would like to be a teacher in the future because I think it is one of the most important roles in society. The new generation of citizens are energetic and passionate about learning and contributing to society in the future. So, the nation needs good and passionate teachers, and I am willing to do this.

3.What kinds of teachers do you like?

I like teacher who are empathetic with their students. Teachers would normally get the best work out of their students, if they listen to their students and are aware of how the students feel. This is because they are able to understand why a student may be struggling and what it is they need to improve at their studies. I think these are the best kinds of teachers because they put the wellbeing of the students first.

4.Do you think teachers should be angry at students or not?

In general, I think teachers should not be angry at their students. Displaying anger towards a young person is not an effective method to inspire better behaviour, it does the opposite at encouraging bad behaviour instead. Obviously, there may be some exceptions. For example, when one student's behaviour is distracting other students, it may be appropriate to be angry with them.

5.Do you like strict teachers?

I think teachers should be strict. There should be certain rules and boundaries that a teacher sets which encourage a good and constructive learning environment, and if a student breaks these rules the teacher should be strict in punishment and reaffirming (动词：重申) the boundaries of the classroom. However, it is important to be strict but not to be cruel as you do not want to discourage the students.

6.What's the difference between young and old teachers?

I believe that young teachers often have more liberal methods of teaching. Sometimes, old teachers can be very dogmatic and traditional in their teaching methods which is sometimes a positive thing. Yet these traditional methods of teaching do not work so well with the pressures of the modern world. Often, young teachers have found new liberal methods to teach young children and keep their attention.

7. Music

1.When do you listen to music?

I listen to music when I am doing quite a few different things in my day to day life. I like to listen to music with headphones when I am commuting (通勤) through the city, as it keeps me entertained and happy. I also like listening to music in my room in the evenings when I am

studying or relaxing, as I find music very calming.

2.How much time do you spend listening to music every day?

I spend a lot of time each day listening to music. This is because I have all of my favourite music on my phone, so I can listen to it wherever I go. Thus, I listen to it as I commute, as I work or relax. So, I spend at least a few hours listening to music every day. Music makes life more beautiful and romantic, so I like to listen to it as much as I can.

3.What kinds of music do you like to listen to?

I like to listen to different kinds of music and it depends on what I am doing at the time. For example, when walking around town and commuting, I like to listen to **lyrical** (抒情的) music with very powerful and beautiful singers. This music is always full of energy and puts me in a great mood. However, this music is quite distracting if I am at home trying to study or relax, so I would rather listen to jazz or classical music in these situations.

4.What's your favorite kind of music?

My favourite kind of music would have to be jazz music. I did not always love jazz music, when I was quite young I found it boring and did not really understand it. My dad was always play it, and I was never too interested. But as I got older, I started listening to it more closely and discovered that the melodies and instruments blended together in such a beautiful way. It is now my favourite kind of music.

5.Have you ever been to a concert before?

I have been to a concert before. I grew up in Beijing and we have many music halls and concert venues within the city. Thus, I have seen many small, local music artists playing in venues within my city. But I have also seen quite famous music artists who are on tour and have visited my city. My favourite artist once came to my town and I had an utterly brilliant night at the concert. The energy and music were so beautiful, I will never forget that night.

8. Patience

1.Were you patient when you were young?

When I was a young I was really not a very patient child. My mother would often get **irritated** (恼怒的) by me because I would become restless or she would be **agitated** (焦虑的) if I had to be patient. For example, if my mother would take me shopping with her, I would often become bored very quickly and wish to do something else. She would always tell me to just be patient and the shopping will be over soon. But I found it difficult to find the patience.

2.How do you feel when other people are not patient?

I think it can be very irritating when other people are not patient. There are many things in life for which we have to be patient and wait. For example, often you have to wait at the doctors for your turn to be seen. Very often you see people very impatient and becoming irritated when they have to wait so long. This can be **aggravating** (令人恼怒的) to see and often their

irritation can make you very stressed as well. So, I think it is important to be patient.

3. Were you less or more patient when you were angry?

When I become angry, I find it very hard to be a patient person. Anger can disrupt a person's logical thinking and make it difficult for them to make good choices. So, it would be best to be patient and wait for something, however, when you are angry you simply feel like you cannot do this. Therefore, you rave and shout (大喊大叫) about being upset that you have to wait, but usually this does not solve the problem. Therefore, it is good to stay patient even when you are angry.

9. The area you live in

1. Do you like the area that you live in?

I do like the area I live in. I live in Beijing and I have lived here all my life, so I know the city well. Many people would find a city daunting and perhaps scary, but to me I am very comfortable here. I know how to get around in all parts of the city and I am never worried about getting lost. It is nice to feel so connected to the area that you live in.

2. What are some changes in the area recently?

As I live in a large urban city it is constantly changing and developing to keep up with modern developments. The city is always expanding as new suburbs are developed on the outside and more of the inner city is improved and modernised. There are always new shops and new restaurants popping up all over the city, so it is hard to keep up with the changes. I like this because it makes it feel like the city is constantly brand new.

3. Do you know any famous people in your area?

I do not personally know any famous people in my area but I am sure there are many around. This is because only about fifteen minutes away from where I live, there is a very rich and luxurious part of the city. I do not know exactly who lives in these beautiful houses but there are many rumours (传言) about different famous musicians and actors who may possibly live there. I find this very exciting.

4. Where do you like to go in that area?

My favourite places are the bookstores and the cafes. There are some lovely bookstores where I live. Some small bookstores sell old but pretty second-hand books. I often like to go in these shops to buy an old book and then go to a café to have a look through it. There are many cafes to choose from and I could not really say that I have a specific favourite.

10. Tea and coffee

1. Do Chinese people like to drink tea or coffee?

Yes, in China teas is very popular as it has a huge cultural significance to us. Tea has always

been a large part of our culture since early Chinese history and it is still very popular today. Many Chinese people also like coffee and it is especially popular with the younger generations, but it does not have the same cultural significance of tea since coffee originated from the Americas and was only introduced to the rest of the world a few hundred years ago.

2.Do you prepare tea or coffee for the guests at home?

Actually, I prefer to prepare cokes for them. If i must choose one, I think it is tea. Chinese people prefer to serve tea to their guests. All restaurants in China will serve a pot of tea to guests instead of coffee. I think coffee is more suitable for some business occasions or afternoon tea.

3.When was the last time you drank tea or coffee?

Well, the last time I drank tea or coffee would have to be this morning. It is almost part of my daily ritual (仪式) that I wake up and begin my day with either a tea or coffee. Normally I drink tea as I prefer this to coffee but sometimes when I wake up feeling especially tired I decided to drink a coffee instead for the extra caffeine (咖啡因) it contains.

11. Public holiday

1.How many public holidays do you have in china?

There are about 20 days in total during the year which are public holidays in China. The longest days are the Spring Festival and the National Day, both of which are 7 days. People enjoy the relaxation time and often like to travel during these two festivals. However, as there are so many people in China, each scenic spot is crowded with people during the long holiday, which is really terrible. So sometimes it is nice just to stay at home and relax there.

2.Do you think people need more public holidays?

Yes, of course. I think public holidays are very important for personal wellbeing and also the wellbeing of society as a whole. It is nice to all come together and have a break at the same time as there is always a strong sense of community and celebration during a public holiday. Also, modern life can be very stressful, so it is important that people have proper breaks that they can look forward to.

3.How do you usually spend your holidays?

I usually spend my holidays by going out into the countryside and enjoying an activity that I cannot access in the city. Sometimes I will go with my friends and we will find some beautiful countryside to walk through and perhaps a mountain to hike up. Other times, we may go to a lake to fish in or perhaps do some swimming if it is warm enough. I think this is a nice way to spend your holidays when you live in the city.

4.Which holiday is your favourite?

My favourite public holiday in China is definitely the Spring Festival holiday. Firstly, it is my favourite because it is the longest. The Spring Festival is a week long which gives my family and I a lot of time to relax or engage in recreations. Furthermore, during the spring festival

adults give us undergraduate children money to encourage us to work hard in our studies, this is a lovely gift and always makes the holiday feel more special.

12 Weather

1. Do you prefer dry or wet weather?

I prefer the wet weather. In my hometown, the weather is pretty wet, and it rains all the time, so I think I am used to wet weather. So being wet and the cold does not bother me and it means that I can appreciate the beauty of rain and the lovely sound it makes. Furthermore, dry weather can be often very hot and unbearable which I do not like.

2. What kind of weather do you like most?

My favourite kind of weather would definitely be a warm spring afternoon with a light breeze. I like weather that is **temperate and mild** (温暖的和温和的), the kind of weather you can lay down in and relax. I prefer such weather to wind, rain and snow. Because I like to spend my time outdoors and these kinds of weather prevent me from doing that.

3. What is your favourite season?

My favourite season is probably autumn. I do love spring and watching all of the flowers bloom and new life being born, however, there is something about walking down a path full of trees with orange and brown leaves. I think it is more beautiful than anything else I have seen in my life. Summer and winter can be too extreme in temperatures for me. Therefore, I would have to say that autumn is my favourite season.

4. What kind of weather is typical in your hometown?

My hometown is in a very wet region of the country, therefore we get quite a lot of rain throughout the year and also snow in the very cold months of winter. For a lot of people, this weather would be quite disagreeable, but personally I am used to it and can even find it beautiful. I have grown to enjoy both the rain and snow and I find them comforting especially when I am not in my hometown.

13. Perfume

1. Do you use perfume?

I like to **wear perfume** (涂抹香水) on special occasions. But I do not wear perfume every day as I think that is a little bit unnecessary and luxurious. However, wearing perfume is a lovely way to do something special on important days or when you want to make a good impression. Therefore, I like to wear perfume when going to parties or formal occasions such as job interviews. I always enjoy when people compliment me on the perfume that I am wearing.

2. Do you give perfume as a gift?

I think perfume is a lovely thing to give as a gift, but it does have some difficulties. Because

there is such a large range of different perfumes it is hard to decide which perfume to give as a gift. People can have different tastes and it would be very upsetting if you gave someone a perfume they did not like. Therefore, I think perfume is only a good gift when you know the person really well and know what perfumes they like.

3.What does perfume mean to you?

Perfume means a lot to me. Personally, I think perfume is very special and I only use it on rare occasions. Therefore, I associate perfume with (把……联系在一起) a lot of special memories. Furthermore, though I use perfume rarely, my mother wears perfume every day. Therefore, perfume always makes me think of my mother, whom I love very much. Thus, I think perfume is very meaningful and I love when I can smell it in the air.

4.What kind of perfume do you like?

My favourite kind of perfume is subtle and delicate. I think there are many perfumes which can be quite overpowering and garish (无法抵挡的和艳俗的). I do not like these as I can find powerful smells to be quite nauseating. Therefore, I really love delicate perfumes such as ones with mild floral notes. It is for these reasons that Chanel n.05 is my favourite perfume. I think its scent is very lovely and sophisticated. This was also my mother's favourite perfume.

14. Reading

1.Do you like reading?

I think reading is one of the best ways to spend free time. When I get home from work, I like to relax in the evenings by reading a good book. I like to read a lot of thrilling and exciting fiction. I love a well told story, so reading always puts me in a good mood. I also read non-fiction from time to time and learn a lot of interesting facts. There are so many benefits to reading.

2.What kind of books do you read?

Mostly I like to read detective fiction. These are stories in which there are complicated crimes that are solved by a charismatic (有魅力的) and intelligent detective. I find these stories very exciting and utterly captivating (非常吸引人). My favourite detective stories are the Sherlock Holmes novels written by Arthur Conan Doyle. However, I also like to read a lot of non-fiction, so I learn a lot of interesting facts and theories.

3.Do you read electronic books?

At first I was against the idea of reading electronic books. I had very romantic notions (浪漫的想法) about physical paper books and thought that they were far superior to electronic books. However, a friend of mine explained how electronic books are much better for the environment as you do not have to cut trees down for paper. So now I read electronic books, and they seem just as good as paper books. Also you can often buy books very cheaply when they are electronic books.

4. Do you read books related to your profession?

I occasionally read books related to my profession. I am an actor and there are some very interesting books on the art and history of acting. I like to read them from time to time as often there are good suggestions and lessons which improve my acting skills. These books are very helpful for my career and also they are often quite interesting. However, for the most part I like to escape my job and read fiction when I have time to read.

15. Smile

1. When do people smile to others?

Smiling is essentially a way that people communicate to each other. Most of the time people will smile to show they are happy. Therefore, it is very common to smile when you see your friends and loved ones, as it makes you happy to see them. However, people can smile for many different reasons. Sometimes people smile because something is funny and sometimes people smile when they think something is absurd. It is always nice to smile.

2. Do you smile when someone takes photos for you?

I like to smile when somebody takes a photo for me. It is nice to smile in photographs because when you look back on them later you can remember how happy you felt at the time. However, not everyone likes smiling in photographs. There are a lot of people who think smiling in photographs feels forced and they would rather look natural. For me, smiling always feels natural, so this is not a problem.

3. Can you recognize a fake smile?

I think sometimes it can be very obvious when somebody is doing a fake smile. A genuine smile always looks very natural and **sincere** (真诚). However, in contrast, a fake smile often looks static and forced. Therefore, I think a fake smile is very easy to recognize. It is very common for people to do fake smiles when they are in awkward or uncomfortable situations. Personally, I like to avoid doing any fake smiles, as I think it is bad to be insincere.

4. Do you like to smile?

I like to smile a lot. I think when you smile a lot the world seems like a happier and more beautiful place. It is often said that smiling is **contagious** (会传染的), so when you smile a lot the people around you also smile. I think this makes everyone feel good and happy. Therefore, I really like to smile. I think smiling is a nice way to express your happiness and perhaps brighten up someone else's day.

16. Outdoor

1. Do you prefer to be indoors or outdoors?

Personally, I prefer to be outdoors than indoors. I love nature very much, so I am happiest when I am outside and I am surrounded by trees and wildlife. I like to look at the blue sky, and feel

the sun upon my skin. I feel like staying indoors can often feel gloomy and claustrophobic (悲观的和幽闭的). So I do not understand why anyone would prefer to be indoors than outdoors.

2. Did you like to go outside when you were young?

When I was young I used to spend a lot of time outdoors playing with my friends. There were all sorts of different games we would play in the public parks. We spent a lot of time in the sun, running around in fields of grass. As long as the weather was good, I would spend most of my time outdoors. However, if it was really cold or raining hard then I would not go outside very much.

3. Did you often go over to your friends' house when you were young?

When I was young I would often go over to my friend's house. After school, my friends and I liked to play games together and socialize. Sometimes we would do this outdoors, but in the winter it was too cold, so we would normally play at each other's houses. It would always be a lot of fun, and we would play indoor games such as hide and seek. However, I think we all would have rather been playing outdoors.

4. Is it important for children to play outdoors?

I think it is very good for children to play outdoors. Playing outside develops a lot of healthy traits within a child. Often children play very energetic and sporty games when playing outdoors, therefore, playing outdoors is good for developing good exercise habits in children. Furthermore, playing outdoors offers children opportunities to develop their social skills which are very important in life. There are many benefits for a child who spends a lot of time playing outdoors instead of being in the house.

17. Plan

1. Do you make plans everyday?

I think it is a very good idea to make plans every day. Organizational skills are very important and making plans is a good way to ensure that you are being productive. So, I try to make plans most days but I do not make them every day. I think it is also important to have days to relax where there is nothing definite you have planned to do. It is important to have balance in life.

2. Are you good at managing your time?

I am quite good at managing my time. When I was young, I used to be quite bad at time management. I would get distracted (干扰、思想不集中) very easily and often forget to do things. Then my friend suggested that I write lists and use them to help me manage my time. Ever since then I have been far more focused and efficient in my day to day tasks. Following lists is a very effective way to manage your time and I would highly recommend it to anyone who is distracted easily.

3. What is the latest plan you made?

I am an actor and I recently was given a leading role in a new play. There were a lot of lines I

had to learn for this play, so I planned a schedule for how and when I would learn the lines. I dedicated different times of the day for the different scenes I was in. I followed my plan in a committed manner every day and I learnt my lines very quickly. Following a plan is a very effective way to achieve your goals.

4.What is the hardest part about making plans?

Personally, I believe the hardest part about making plans is finding a balance between work and relaxation. It is very important that we reward ourselves for hard work and take well deserved breaks. Giving yourself time to relax is important to achieve long term productivity. However, I often struggle to plan breaks when there are a lot of things which I have to get done. I am trying to figure out a good way to ensure I am finding time to relax in between work.

18. Math

1.Do you often use a calculator?

I often use a calculator when I have to do complicated mathematics and I do not have a lot of time. For example, I work a part-time job in a café and frequently must add up multiple sums to figure out the total of a customer's bill. This would take me quite a while to do in my head therefore I like to use a calculator. The improves the speed with which I can do the calculation and also lowers the risk that I may make an error.

2.Are girls generally good at mathematics?

Girls are generally just as good as boys at mathematics. Some people are naturally better at mathematics and some people struggle with it but I do not think it is determined by gender. When I studied mathematics at school some of the best people in my class were girls. I think that some people are just really passionate about mathematics but there are a lot of people who find it boring and are not so good at it.

3.Do you think it is difficult to learn mathematics well?

I think it can be very difficult to learn mathematics well. Some mathematics is very complicated and it takes a lot of hard work and focus to understand it properly. However, for some people complicated mathematics comes naturally to them. For these types of people mathematics is not difficult to learn well because they have an innate (天生的) talent for mathematics. I always think this is very impressive, as I personally found it quite difficult to learn mathematics well.

4.Do you think mathematics is important?

Mathematics is a very important subject. In many ways, mathematics is the basis of society as we know it. So many important aspects of modern society rely on mathematics. A good example of this is architecture. There are so many beautiful buildings and impressive skyscrapers that exist because of very precise mathematics. Without mathematics it would be impossible to engineer complicated buildings and commodities.

19. Garbage

1. Do you think your city is clean or not?

I think parts of my city are clean but there are areas which are not. I live in a very large city, Beijing, the capital of China. As my city is so large, there are loads of people who live here and some people do not respect the city properly. Therefore, there is often litter (垃圾、不可数名词) on the streets and also the pollution can cover things in soot (灰尘). However, there are certain areas, such as my hometown, which are very clean because most of the people look after the place.

2. How do you feel when you see people throwing garbage on the street?

It makes me very annoyed when I see people throwing garbage on the street. I think littering is very disrespectful and it is loutish (无礼的) behaviour. It is a stupid action to degrade (降低) and dirty your own community. Most of the time, if I see someone littering, I will confront them and tell them to pick up their garbage.

3. Why do some people throw garbage on the street?

I do not understand why some people throw garbage on the street. To me, it seems completely illogical (不合逻辑的) to throw your garbage on the street and make a community dirty. However, I guess that some people may have been raised with bad and selfish values (养成了不好的和自私的价值观). They may expect someone else to come along and pick it up for them. Therefore, maybe people throw garbage on the street out of laziness.

4. What do you do with garbage when you are on the street?

When I am walking along the street and I have a piece of garbage I will keep it on me until I find a bin (垃圾桶) to put it in. It is not difficult to hold a piece of garbage in your hands for a little while. Luckily in Beijing there are many public bins therefore I do not have to wait very long before I find a place to throw away my garbage. I would never drop my garbage on the street.

20. Visit relatives

1. Do you often visit your relatives?

I try to visit my relatives as often as I can. Sometimes this is easy but sometimes this can be difficult. For example, my mother and father live in the same city as I do, so I visit them often for dinner or a coffee. However, my grandparents live many hours away by train therefore visiting them is more difficult. Therefore, I visit them on special occasions when I can find the time. I think it is important to visit your relatives as frequently as possible.

2. What do you do when visiting relatives?

When I visit my relatives most of the time we will share a meal together. I think sharing a meal with your loved ones is the best way to spend time with each other and catch up on each other's

lives. We like to spend the evening discussing old memories and new things that are happening in our lives. Sometimes, for my grandparents, I will help them do tasks around their house which they struggle to do alone.

3. When was the last time you visited relatives?

The last time I visited my relatives was when I went to my grandparents' house for the weekend. While I was there, we spent a lot of time discussing my life and my future plans. My grandparents are always very interested in what I am doing. I also did some cleaning for them and helped them move some furniture which they would have struggled to do alone. I like to help my grandparents when I am with them and make their lives a little easier.

4. Why do people visit their relatives?

I think people visit their relatives because they love and care for them. Our relatives will always be there for us in our times of need and it is nice to visit each other and have a close relationship with our relatives. Life can be difficult and life can be lonely, so having relatives that you are close to is very important. People visit their relatives because they enjoy spending time with the people they care about.

21. Market

1. What do street markets sell?

Street markets sell a variety of different things. There are street markets which sell fresh food and produce to local people and restaurants alike. There are also markets where people can buy clothes, souvenirs (纪念品) and other commodities (日用品). However, my favourite type of street market are the street food markets, where you can buy cheap hot meals to have for your lunch or dinner.

2. Are there many street markets in China?

Street markets are very common in China especially for food. In small villages and large towns, the street markets are always full of people buying food and household items. The produce and commodities on offer (出售中的) are always good value as well. Street markets are really common because Chinese people like things which are good value for money. However, in large cities such as Beijing it is becoming a lot more common for people to shop in supermarkets instead of street markets.

3. What are the differences between street markets and supermarkets?

There are a lot of differences between street markets and supermarkets. Supermarkets are often a lot more convenient than street markets as everything you need to buy can be found in one place. Furthermore, supermarkets often stock (备有) a wider range of products so there are more things for you to buy. However, street markets can often be cheaper and also support smaller owned local businesses. So, I think it is better to use street markets.

4. Do you often go to the supermarkets?

I try not to go to the supermarket very often. Personally, I prefer shopping at street markets as I like to support small local businesses and I also have a good relationship with many of the street vendors (销售者) there. However, every once in a while (每隔一段时间), I need to buy something which I cannot find at the street market and therefore I have to go to the supermarket. So, I would say that I probably go to the supermarket once every fortnight (两周).

22. Borrow or lending

1. Have you ever lent books to others?

I frequently lend my books out to other people. I am an avid (狂热的) reader and get very excited about books, therefore, when I read a good book I instantly recommend it to my friends. I trust my friends a lot therefore I have no reservations about lending my books out to them. Thus, I lend my books out to others very frequently and occasionally if they really love the book, I will let them keep it.

2. Do you like to lend books to others?

I really like lending books to other people. I like to lend my books to others because when you have both read the same book, you (你们) share a very meaningful experience. There is a wealth of discussion you can have with somebody over a book. Furthermore, my friends have always returned my books in good condition and very quickly, therefore, I am never worried about lending them.

3. Have you ever borrow money from others?

I do not ever borrow money from people. Personally, I think it is always better to earn the money first and then buy what you need. It is not a good habit to get in to debt with people (跟其他人产生债务关系). Therefore, I have always avoided borrowing money from people. I would find it very distressing (痛苦的) if I borrowed money from someone and was not able to pay them back. Therefore, I do not think it is worth taking the risk.

4. How do you feel when people don't return things they borrowed from you?

I think it can be very annoying when people do not return things they borrowed from me, but it depends on the context. For example, sometimes someone has not returned an item because they needed to use it longer than they first imagined. This does not bother me. However, people often do not return things they have borrowed because they forget or are too lazy to. In my opinion, this is unacceptable.

23. Travel

1. Do you like travelling?

I love travelling very much. Personally, I think travelling is one of the best ways to develop as a person. By travelling you gain a lot of experience and get to discover new cultures. This turns

you into a more rounded (全面的) and better person. You never know what you are going to discover when you travel to a new place, so travelling is always an exciting thing to do. I try to travel as much as possible.

2.Which cities have you travelled to?

Last year I took a year to travel abroad and I spent a lot of that time travelling in Europe. Therefore, I visited many ancient European cities such as Rome and Venice in Italy. I also travelled to Barcelona in Spain, London in England and Paris in France. It was beautiful and amazing to visit these places which have had such a different history to where I am from. There are so many more cities I would like to visit in the future.

3.What kind of cities do you like to travel to?

Personally, I like to travel to large cities with really old histories. I like to get completely lost in a new place and accidentally discover loads of hidden places in the city. Everywhere you go there is such a wealth of knowledge to access and discover. One of my favourite things to find is really old architecture. Because of this, I loved travelling in Greece and Italy as there were so many ruins (废墟) for me to visit.

4.What is the place that left you the deepest impression when travelling?

The place that left the deepest impression on me when I was travelling was Malta. Malta is an island of the south coast off Italy. Malta has an incredibly interesting history and was a melting pot of cultures (汇聚了多种文化的地方) between Europe and Persia (波斯). Therefore, the architecture is the most interesting mix of western and eastern designs. I thought the buildings were the most beautiful things I had ever seen in the world.

24. Social network

1.Do you think it is good to make friends online?

I think it is good to make friends online. The internet is a place where you can find and communicate with people all over the world. No one is limited by distance, therefore, you can find people who are really interesting and fun to talk to. I have made many good friends through the internet and have lovely conversations with them every day. The internet allows you to connect with people that you may not find in your hometown.

2.What are the disadvantages of social networking apps?

I think there are many disadvantages to social networking apps. Social networking apps can be very distracting(分散注意力的) and lower a person's productivity. This can have a big impact on their success in life and their commitment to tasks. Furthermore, social networking sites often place a lot of importance on superficial (肤浅的) qualities such as appearance and popularity. This can leave people with bad habits and goals in life. Therefore, I think it is good to be careful with how one uses social networking apps.

3.Why do you use social networking apps

Personally, I use social networking apps as a platform to connect with people related to my career. I am a writer and social networking apps are a very good place to market yourself and connect with other people working in your field. Many social networking sites can be used as free and effective advertising, therefore, I use them to create a public image for my work. I also use social networking apps to stay in touch with friends and family.

4. How often do you use social networking applications?

I use social networking applications approximately every day. I try to limit the amount I use them as social networking applications can be very distracting and bad for productivity. However, they also have their advantages for my personal and professional life. Therefore, I use social networking sites most days to catch up with friends or contact people regarding my profession. However, I know some people who use social networking applications almost all day every day.

25. Daily Routine

1. Will you change your daily routine in the near future?

I am going to change my daily routine in the near future. I am about to travel to a new part of the country to study at university. When there, (到时候) my entire daily routine will change as it will be structured (组织、安排) around my studies. I will have a completely new study, eating and exercise routine. For young people, our daily routines change frequently as our lives progress and we develop. In contrast, older people have normally developed a fixed daily routine that they are used to and are happy with. Therefore, for older people their daily routines do not change very often.

2. What's the difference between people's daily routine in the past and that in the present?

In the modern world, people's daily routines are far different to people's daily routines in the past. In the past people's daily routines would involve a lot of transactions with the local community. People would buy their daily groceries (生活用品) for cooking meals from local markets and spend time with their families. Nowadays, modern life is a lot busier and people are often a lot more isolated. Therefore, people's daily routines are focused more around themselves and their own self betterment (改善). People's routines are focused more around their work and studies than on the local community.

3. Has your daily routine changed? And how?

My daily routine has changed a lot in my life. When I was a child I had very little control over my daily routine. For most people, while you are a child, your life and daily routines are planned by your parents. Thus, my eating routine and exercise routine were all dictated (决定) by my parents. When I left home my daily routine changed to fit my new lifestyle. I left home to study at university and adjusted my daily routine to fit my new study life. I slept later in the day and ate quicker meals so I could dedicate (致力、奉献) more time to my studies. This is very common for students, they must alter their daily routines drastically (彻底的) to fit the needs of university life.

4.What do you usually do on weekends?

On the weekends I like to spend my time relaxing after a long week's hard work. During the weekends I will usually cook myself my favourite meals and watch some of my favourite television shows. In the late evening I like to spend my time reading books and listening to music. Some people, especially young people, like to go out at the weekends and experience the night life of the city. This is another exciting way to reward oneself after working all week. It is important to spend your free time on recreation and relaxation. If you work all of the time then you will become stressed and this can be very bad for one's health.

26. Friends (9-12 月新题)

1. What do you think makes good friends

There are many qualities which make a good friend. Personally, I believe loyalty and honesty are important traits to have in a friend. Our friends should be the people we can trust. They should be there when we need them and never say or do anything to hurt or upset us. Therefore, loyalty and honesty are important.

2. Do you keep in contact with friends from your childhood?

I still **keep in contact** (保持联系) with many friends from my childhood. I grew up in Beijing and still live there to this day. Therefore, I still live very close to many of my childhood friends. I often **bump into** (遇见) them when walking around city and we will arrange to catch up over a coffee together.

3. What kinds of people do you like to make friends with?

I like to make friends with happy and energetic people. I feel like it is important to surround yourself with positive energy and positive people. Therefore, I like to make friends with people who are into sports and group activities. I also enjoy these kinds of people because I love to play games with my friends.

4. Do you think you are a good friend or others?

I think I am a very good friend to other people. I always try to do what is best for my friends. I try to be there for them in their times of need and listen to them when they have problems they wish to share.

27. Movies (9-12 月新题)

1. What's your favourite movie?

My favourite movie is **Pulp Fiction** (电影: 低俗小说). It is a very exciting, intense and dramatic film. Filled with suspense, horror and violence. Because of this, many people do not like the film at all. But for me, I think it is extremely interesting and **thought provoking** (启发性的).

2. Do your friends like this movie?

My friends also like the film Pulp Fiction, along with many other films by Quinten Tarantino. It is unlike many other Hollywood films. It does not have a simple happy ending and the narrative is very complex. It is quite unique, and so we all find it very interesting.

3. What kinds of movies do you think young people like

I think young people are very fond of scary horror movies at the moment. It seems every day there is a new advert for some thriller or scary movie. I think this is because such films are exciting and full of suspense.

4. Do you want to be a movie star?

Sometimes I think that I would love to be a movie star. I think it must be a very interesting job. To be an actor means you must be very creative and passionate, and these are things I would like to be. However, it also seems like being a movie star could be very stressful, so I am not completely sure.

28. Animals (9-12 月新题)

1. Have you ever kept pets?

Yes, I have had pets ever since I was a child. My mother has two cats which I can remember from the day I was born. It feels like they have always been part of the family. One is black and the other is white and orange. I love them very much.

2. Do you like to go to the zoo?

I do like to go to the zoo. I love animals very much and the zoo is full of many **rare and exotic** (稀有的和外国的) animals that I do not often get the chance to see. My favourite animal is the panda so I like to visit the panda exhibition every time I go to the zoo.

3. Have you ever seen any wild animals before?

I have not seen wild animals very often. I have spent most of my life living in Beijing which is a very industrialized city and therefore there is not much wildlife. However, when driving in the country side I have seen wild deer before, but this has only happened rarely.

4. What wild animals do you like most

My favourite wild animal is the wolf. I have loved wolves ever since I was a young child. Wolves are very beautiful creatures. Wolves are loyal to each other and very fierce that I find this exciting. However, I would be very scared if I saw a wolf in the wild because they are extremely dangerous animals.

29. Languages (9-12 月新题)

1. What languages can you speak?

I am extremely interested in foreign languages and have been studying them ever since I was a young child. The only foreign language I studied was English as I thought this language would be the most useful for the global society that we live in.

2. Do you think it is difficult to learn a new language?

Learning new languages is very difficult as it requires a lot of practice, patience and a good memory. There are many aspects to learning a new language, and some are easier than others. For example, learning vocabulary is very easy while learning the grammar of a new language can be **incredibly** (非常地、难以置信地) difficult.

3. Will you learn other languages in the future?

I think it is always good to **better yourself** (提升自己, better 做动词) and improve your mind, therefore, I intend to learn other languages in the future. Learning a new language is always useful and will always be beneficial to you in your life. However, it is important to practice the languages which you have already learned as well as learning new ones. New languages must be practiced frequently or else it is easy to forget everything that you have learned.

4. Why do you learn English?

I learn the English language because I believe that it is a very useful skill to have. English is a very commonly spoken language around the world and it is often the international language used by politicians. It can be very advantageous to one's career to speak English well.

30. Voice (9-12 月新题)

1. Has your voice ever changed?

I remember this one time when my voice changed and it was very strange. A few years ago I was very sick and **contracted a chest infection** (患上了肺部感染). I was **coughing** (咳嗽) violently and had a very **sore throat** (喉咙痛). Because of this, my voice became very **hoarse and husky** (沙哑的). I sounded like a completely different person and I remember my parents found it very strange. My voice was affected in this way for a couple of weeks until the medication I took cured my chest infection.

2. Do you enjoy recording your voice and listening to it?

I find it very strange when I record my voice and then listen to it. It always seems like my recorded voice sounds so different to how I think my voice sounds when I speak. However, friends who hear my voice recorded tell me it sounds exactly like my voice. So, I am starting to get used to the sound of my recorded voice. However, I think it will always sound a little strange to me.

3. Do you like your own voice?

I am **impartial** about my own voice. I hear my voice every single day so it just sounds normal to me. I do not dislike my voice but I do not think it is anything special either. My voice is calm

and **subtle** (不引人注意的), which is quite nice.

4. Does your voice sound similar to your parents?

My voice does sound quite similar to my parents. I have a very similar voice to my father and my all my life people have commented on how alike our voices sound. However, there are some small differences. I grew up in Beijing so have a Beijing accent, in contrast, my father was raised in Shanghai, and so our voices are slightly different.

31. Jeans (9-12月新题)

1. Do you wear jeans?

I do wear jeans but they are not the only type of trousers that I wear. I wear different sorts of trousers for different occasions but I am very comfortable in jeans. When I was a child, my mother would buy me jeans to wear as I was growing up. So wearing jeans feels very natural to me.

2. How often do you wear jeans?

I would say I wear jeans a few times each week. Jeans are not the only trousers I wear. If I am going to school then I wear formal suit trousers, and often **on my days off** (休息的日子里) I will wear **tracksuit bottoms** (运动长裤) as these are very comfortable. So I do not wear jeans every day, but I do wear them quite often as they are very practical trousers.

3. Do you like wearing jeans, why?

I like wearing jeans because they are very practical trousers. Jeans are very comfortable but also **sturdy** (耐用的), so they don't tear or rip easily. Furthermore, jeans are very **stylish** (时髦的) and **come in** (变得潮流) all sorts of colours and fashions. Regular trousers can be quite boring and uncomfortable, so it is nice to have something which is different.

4. Why do you think jeans are popular in China?

I think jeans are so popular in China because they are fashionable and comfortable. Therefore, everybody likes wearing them, from young teenagers to grown adults. Many young people like to wear jeans because cool and stylish celebrities wear jeans such as actors and K-Pop singers.

32. Haircut (9-12月新题)

1. What's your favourite hairstyle?

For Women: My favourite hairstyle is a **topknot** (头饰) style with a messy **fringe** (刘海). This is where I take my long hair and tie it up in a **bun** (髻) on the top of my head. However, I let some of my fringe fall loose out of the hair-tie and this is called a messy fringe. Some of my favourite actors often wear their hair like this which is why I like it so much.

For Men: My favourite hairstyle is a **shaved head** (光头). This is a very unusual hairstyle to

have as your favourite because most people prefer long and luxurious hair. However, I have always loved a shaved head. I like shaved heads because when I was growing up I was a big fan of punk music and a lot of my favourite musicians had shaved heads.

2. How often do you have your hair cut?

For women: I do not get my haircut very frequently. Haircuts can be quite expensive and I have long hair which does not need cutting too often. I get my haircut every couple of months just to chop off (剪掉) the split ends (发根分叉) and keep it looking neat (整洁的) .

For men: I like to keep my hair quite short and very neat (整洁的) , because of this I have my hair cut very often. I will usually get my hair cut about once every two weeks. I like to keep the sides and back of my hair very short so they need to be cut regularly.

3. How much do you usually spend on your haircut?

I do not spend a lot of money on my haircuts. I think it is important to look good and to respect your appearance, but this does not mean you must spend a lot of money on it. My haircuts are good and reasonably prices. However, my sister spends a lot of money on her haircuts, they are very expensive.

4. Do you often change your haircut?

I do not tend to change my haircut often. I think it is quite strange and chaotic when people change their haircuts frequently. I prefer to find a haircut that I like and keep it. If you experiment with new hairstyles you may end up with a haircut that you hate. And there is nothing you can do about it until your hair grows out again.

5. How long have you had your current haircut

I have had my current haircut since I was a young teenager. I do not like the idea of changing hairstyles frequently as this feels chaotic and unruly (混乱和不羁) . Change is not always good and sometimes it is better to stick with what you know and what you are comfortable with. So I have had my current haircut for a long time, and I do not think I am going to change it any time soon.

6. Have you ever had an unhappy haircut

When I was 15 years old I needed to get a haircut before my family and I went on vacation. Unfortunately, my normal hairdressers (理发师) was fully booked (预约满了) , so I went to a hairdressers I had never been to before. I explained what I wanted and sat as they cut my hair. By the time they finished I was distraught. They cut my hair too short and it was totally wonky. I was so upset, and I never went to that hairdressers again.

7. Do you like to have your hair cut

I really like having my hair cut. I find the process very therapeutic (舒心的) and relaxing. It almost feels like being in a spa. Furthermore, I have a very friendly hairdresser. He is always very kind and funny. I really enjoy his conversation. It is also very nice at the end of a haircut, when you look fresh and neat. Literally, a weight is lifted off your shoulders.

33. Concentration (9-12 月新题)

1. When do you need to be focused?

I am a student so I need to be focused a lot of the time. I need to be focused when I am in my classes and listening to my teachers. I also need to be focused when I am at home and studying. It is very important for me to be focused or I will not do well in my exams, and this may have many negative implications.

2. What many distract you when you are trying to stay focused?

There are many distractions in the modern world which I sometimes find difficult to avoid. I think the biggest distraction to my focus comes from my mobile phone. I have many games and social media apps on my phone that often distract me when I am trying to focus on my studies. What makes a mobile phone a particularly bad distraction is that it beeps (哔哔声) at you with new notifications every few minutes. This is very distracting.

3. What do you do to help you concentrate?

There are a few things I do to help me concentrate. The first thing I do is remove any distractions from my environment. For example, when studying at home I ensure that the television is off and my phone is on silent, this way there is no risk of being distracted by these things. Furthermore, I always ensure I have water and snacks as becoming thirsty or hungry can be very distracting when one is trying to focus.

4. Is it difficult for you to stay focused on something?

Sometimes I do find it difficult to stay focused on something. Particularly if the thing I am focusing on is boring. I personally find mathematics very boring, however, it is important for me to do well at school and, therefore, I must concentrate on studying mathematics. Unfortunately, I often find myself daydreaming (白日梦) or falling asleep when I study mathematics.

34. Walking (9-12 月新题)

1. Do you walk a lot?

I try to walk as much as I can. I think walking is a good form of transport because it is both good for your health and also good for the planet. I walk to school, to the library and to visit my friends. I would say I probably spend around 30 minutes to an hour walking every day.

2. Do you walk more often than in the past?

I definitely walk more now than I did in the past. When I was a child my parents would control the way I travelled around the city. My parents liked to drive to places as they believed it was the safest and most convenient way to travel around the city. Nowadays, I prefer to walk as I am always thinking of ways that I can reduce my carbon footprint (碳排放量). Therefore, I walk far more often now than I did in the past.

3. Do you think people will walk more or not in the future?

I think people will walk less in the future. Technology is rapidly developing and as a society we are always progressing in our methods of transportation. People prefer to take the bus or the metro to commute through the city. I think that one day we may even have technology such as hover boards (悬浮滑板) which mean we would never have to walk again.

4. Where do you usually take a walk?

I like to walk every day as I find it is a good way to clear my head and relax. I live in Beijing and it is a very large and crowded city so it is sometimes difficult to find a nice place to walk. My favourite place to go for a walk is Jingshan Park. It is a beautiful park in Beijing city full of greenery (绿色植物) and beautiful trees. I usually walk in Jingshan Park at least every other day.