

# 雅思口语素材

## Part3 完整版

## 如何使用好我们这份口语素材呢？

### 第一，先自行过一遍题目，了解题目内容和要求

我们的口语题目都是选自雅思哥 App 的，相对来说是市面上最完整的题库。对于没准备过口语的烤鸭来说，先自行过一遍题目，有利于了解口语是怎么考试的，问题的要求，类别，知根知底才能做到心中有数，考试的时候就不会慌张。如果一上来就盲目得背答案，那效率不会太高的。

### 第二，看完题目过后先遮住答案自己练习一遍

看完题目了，然后自己对着题目，拿起草稿本和笔，试着把自己脑海中要回答的要点或者思路大致写下来。这个过程要快，不要浪费时间，因为只要有一点点的想法，后期你再准备的时候就可以扩写。口语就怕没话说，哪怕挤牙膏一样挤一点是一点。这样在过一遍全部题库，大致就能标记出哪些话题自己是熟悉的，哪些是没有丁点思路的，然后下面在对没思路的话题多加练习

### 第三，对照素材，了解思路和素材结构

在这过程中，烤鸭们应该注意 part2 答案。看 part2 时，主要看答案是怎样回应题目中的四个小问题的，是怎样连接的，是怎样回答 why 这个小问题的（因为这往往是 part 中最重要的问题），回答时是持什么样的观点，用了哪些例子，怎么说理。

### 第四，结合自身情况，理清每个题目的回答思路

做完以上三步，相信大家都多多少少有点印象了，接下来有两条路，

一，是根据自身情况，结合素材的思路，改写素材或者自编一个思路出来，然后多加练习，这也是店主推荐的，毕竟属于自己的东西才是最合适。下面提供一个思路的例子，大家可以参考一下，话题是 需改进的公众场所

二，就是背素材了，时间实在紧张的亲走投无路的话也只能选择这种方式，但得注意一下

(1) 拿到题目，或者考官刚问完问题，亲得慢点来，别激动，别考官都没问完问题你就开始回答

(2) 考试的时候要跟考官有眼神交流，最好加上点手势，身体动作

(3) 回答的时候要注意恰当的停顿，特别注意的是切忌一口气说出一段话，还带从句的。

总而言之，归根到底还是得多看多练习！

## 写在前面的话

雅思口语素材 Part3 使用须知：

5-8 月新题是会在 9-12 月继续考的题目，9 月份的考试的烤鸭先准备这一部分哦

9-12 月新题大概会在 9 月 8 号左右开始更新，更新的内容还是点开我发给你的百度云链接查看~ 有什么疑问都可以询问旺旺客服哦！

Part3 的回答建议 4-6 句，或者有话说的可以聊得更多。考官基本上不会在 Part3 打断 Part3 的回答时间大概在 5 分钟左右。也就是说您回答得越多，考官间的问题可能就相对少一点

然后考官会在考试中随机问一些问题，可能跟你的回答有关，也可能是随意问的。这部分没法预测，所以也只能靠临场发挥和平时积累了。

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安娜出国留学工作室原创出品

## No. 1 广告（5-8 月新题）

### 1. Why do some people hate advertisements?

There are many people in the world who hate advertisements. In fact, a lot of my friends get very annoyed whenever an advertisement plays on the television or on the radio. Advertisements are annoying because you are not interested in buying the things that they are advertising, which can be very boring. Moreover, many advertisements can be very loud and annoying in an attempt to catch the listener's attention. Therefore, many people find them irritating, especially if the advertisement has interrupted something they were watching. However, not everyone hates advertisements this much. For example, in the western world advertisements have been a common part of life for well over a hundred years. So many people are able to easily ignore advertisements without becoming annoyed by them.

### 2. Do people usually buy stuff after watching advertisements?

Sometimes advertisements can be really effective and make a lot of people buy stuff after they have seen it. This is because advertisements are often very well made and convincing. Sometimes advertisements can be very persuasive and make decent arguments as to why an individual should purchase what they are trying to sell. Also, sometimes advertisements are advertising products which are very useful or interesting, these definitely make people go out and buy stuff. However, personally I believe that some people are more **susceptible** (可能) to advertisements than others. I think that young people can be very impressionable and thus advertisements can really impact them. Often young people will go out and buy things that they do not really want or need just because an advert convinced them to buy the product.

### 3. Is music useful in advertising?

Personally, I believe that music is very useful in advertising. There are many different advantages to using music in advertising campaigns. Firstly, music has a large effect on the mood of an advert. Happy and energetic music can put viewers in a really good mood when they are watching an advertisement, which makes them more likely to buy the product. This is because if an advertisement makes a person feel happy then they will probably **presume** (假设、认为) that the product will also make them feel happy. Furthermore, if an advert uses well known and popular music then it is likely that a person will make good associations with what the advertisement is trying to sell. This is because if an advertisement has cool and trendy music then people will assume the product is cool and trendy as well. Yet, this is only really effective on people who have good knowledge on modern music. Therefore, I think music can be more useful when advertising to young viewers and less useful when advertising to older generations.

### 4. What are the advantages of TV advertisements? How about internet advertisements?

TV advertising is the most common and effective form of advertisements. There have been television advertisements for almost as long as there has been television. One of the advantages of TV advertising is that they reach a very large and wide ranging **demographic** (人口). Almost every house in the modern world will have a television, therefore, TV advertisements are seen by all sorts of

different people. Many people like to watch television as a way to relax after work or school. For these people, advertisements have always been a part of watching television, thus, for the most part people watch advertisements complacently (满意的、满足的). However, in contrast to this, many people get very upset about internet advertisements. I have many friends who complain when they are watching a video on the internet and an advertisement plays which they cannot skip. Similarly, many music streaming websites will play advertisements between songs and this frequently irritates people. There is a much different culture on the internet, people expect things immediately and without interruption, therefore I think it is much less effective for advertisements.

## No. 2 利用网络解决问题（5-8月新题）

### 1.What do people do online in their free time?

Many people nowadays choose to spend their free time browsing the internet. There are all sorts of different things one can do on the internet. The most popular activity by far has to be visiting social media websites. Social media is a huge part of modern life and many people will spend hours on different social media every day. There is social media for catching up with friends, for sharing your ideas, for posting photographs you have taken online and many other things. I would say that social media is particularly popular with younger generations and also with people that do not have too many responsibilities.

### 2.What impacts does the internet have on schools?

The internet can have both positive and negative impacts on schools. On one hand there are many ways in which the internet can be used as a resource to improve the quality of teaching within a school. The internet has huge amounts of information as well as many fun and interactive ways to teach facts to students. Therefore, when applied correctly, the internet can be a very effective tool for teaching. However, there are also many ways in which the internet can negatively affect schools. The internet is a very risky source of distraction to many students across the world. Social media and video websites can often distract children from their studies and cause them to lose focus in class.

### 3.Do you think many people waste their time online?

There are many ways in which the internet poses a large risk of distracting people from their work and studies. Nowadays, with mobile phones most people are always connected to the internet wherever they go. This means that a lot of people waste their time online instead of focusing on important things they have to do. Often during class students will browse through social media on their phones. Similarly many people spend their free time browsing content on the internet when that time could be better spent on self-improvement or socialising. I think this problem is particularly poignant (深刻、尖锐的) amongst people who live in large cities. People in cities often feel very isolated from one another and therefore spend a lot of their time alone on the internet. In contrast to this, people in small villages have a better sense of community and thus would rather spend their time doing interesting activities with friends.

### 4.What can people do with the internet in the future? And how?

It is very hard to really predict what people will do with the internet in the future. The internet is a rapidly changing social space and its potentialities could be limitless. The internet also offers different

tools for different groups of people. For businesses, the internet may become a huge platform for them to connect to their customer bases. There are many companies already using the internet as their primary space to sell products such as Uber or Alibaba. For these companies the internet will probably develop to engage in new and exciting ways with the physical world, commerce and trade. Yet in contrast, the internet will offer very different developments to people who appreciate art and music. The internet is becoming a large cyber gallery for artists to place their artwork and music on display for people to appreciate.

## No. 3 水上运动（5-8月新题）

### 1.What's the differences between outdoor sports and indoor sports?

There are many differences between outdoor sports and indoor sports; each of which have their own advantages and disadvantages. Outdoor sports have many advantages such as being able to play in the sun and fresh air on beautiful days. Furthermore, outdoor sports are often less limited by space than indoor sports which must be **constricted** (受限制的) to the size of a building or room. However, in contrast to this, indoor sports have many benefits that outdoor sports do not. For example, outdoor sports are not a lot of fun to play in bad weather but indoor sports are never affected by the weather.

### 2.What kinds of water sports are popular nowadays

There are all sorts of different watersports which are popular nowadays. Watersports are often considered one of the greatest forms of exercise as swimming **exercises** (动词。锻炼) almost all of the **muscle groups** (肌肉群) in one's body. Therefore, there are many people who use watersports as a means of staying in shape. However, there is another form of water sport that are becoming very popular nowadays. There are many extreme water sports which people like to play to experience a thrill and an **adrenaline rush** (肾上腺素). There are so many fast paced water sports such as water skiing, surfing and diving. All of these sports push people to extreme limits but can be very dangerous.

### 3.Why should we develop water transport?

There are both arguments for and arguments against why we should develop water transport. Some people believe that we should develop water transport because it may be far more **ecologically sustainable** (生态的可持续发展) than the air transport we are currently **reliant** (依靠) on as a civilisation. Water transport **emits** (发出、释放) far less greenhouse gasses than air transport does so it is a far more sustainable form of transport. However, the current issue with it is that water transport is a very slow form of transport compared to flying. Therefore, it would be good if we could develop water transport in the hopes of creating a fast water transport system which is still ecologically friendly. However, there are mixed opinions on this topic. For example, people living in areas such as the **Mediterranean** (地中海) are very supportive of developing water transport because they live in an area where many countries are connected by water so this would be an effective form of transport. But in contrast, many countries, such as China for example, have huge areas of land in which water transport is not effective. Therefore, it seems like a bad area to invest development when there are places where water transport is impossible.

### 4.Do you think it is necessary for everyone to learn to swim?

Personally, I believe swimming is a very important skill to learn. Swimming is an excellent form of exercise and swimming also offers many social opportunities when one is on holiday. Therefore, there are many personal advantages to knowing how to swim. Yet the most important reason is that knowing how to swim can be the difference between life and death. Accidents are very common in life and you never know when you may accidentally fall into deep water with no one around to help you. If you do not know how to swim then there may be very little hope that you survive.

## No. 4 外国名人（5-8 月新题）

### 1. How can people become famous?

Celebrity culture is becoming a larger and larger part of society in the modern world. There are many different ways that people can become famous. However, most people become famous because they are very talented and interesting people. Most of the time famous people are individuals who the media or the public have become very interested in because of their unique talent. For example often a young person is discovered with amazing singing abilities and they quickly become famous because the public are so amazed by their talent. Different countries have different types of celebrities. For example where I am from some of our most famous celebrities are actors such as Deng Chao from the television show Running Man. Being on television is a very common way for people to become very famous, as millions of people watch television every day.

### 2. What are the advantages and disadvantages of becoming a celebrity?

I am not sure whether I would like to be a celebrity. Many modern celebrities struggle with protecting their privacy. Everywhere they go people recognise them and the media follow them. I imagine it must be very stressful trying to live your day to day life. However, there are obvious benefits to being a celebrity. Most celebrities become very wealthy due to their fame and live fun and exciting lives as a result. This lifestyle has become something a lot of people desire in the modern world, especially members of the younger generation. Most young people would like to be rich and famous without having to work very hard in life. However, I do not see the appeal in this. I think being a celebrity is stressful and I would prefer to live a quiet life.

### 3. What influences can famous people have on the society?

Famous people have a lot of influence on society because a lot of people look up to celebrities and respect their opinions. Personally, I do not think this is always a good thing. Celebrities can often have a lot of young people who look up to them, therefore if a celebrity makes a bad decision often many children may copy them without thinking. This is dangerous as it can make it difficult to raise children to be good and well-rounded people if they have bad role models. However, I think that in China celebrities till only have a minor influence on society. This is not true for the rest of the world, in the western world celebrities have a massive impact on very serious issues. For example, celebrities are often used in advertising campaigns for big charities tackling serious issues.

### 4. Why can some celebrities stay famous for a long time while some cannot?

Fame and popularity are strange things in society and can be very volatile (不稳定). Some celebrities remain famous for a long time while others are forgotten about very quickly. I think this is largely because we live in a very fast paced society where things are always changing and there is

always something new to discover. Therefore, to remain famous a celebrity must always be in the media and the public eyes. Therefore, good celebrities will continue to either release popular music, or make new movies or do whatever they are talented at to stay in the public eye. Some celebrities are not able to do this and quickly lose fame after becoming celebrities, these types of people are called one hit wonders because they only had one successful moment. It is my opinion that older generations were not so quick to forget about celebrities.

## No. 5 陌生人的电话（5-8月新题）

### 1. Why do you think some people talk aloud on public transport?

I think there are many different opinions on what is proper etiquette (礼仪) on public transport. There are some people who believe you should be completely silent, some who think it is okay to talk quietly and others who talk very loudly with no regard for other passengers. Personally I believe it is okay to talk quietly with the people next to you, as long as you are not disruptive (制造混乱的) and you are respectful. There are some people in the older generations who believe that people should be silent on public transport but I do not agree with this. Public transport can be very boring and often the journeys are long so it is nice to talk with the people sat next to you. Yet, there are some young people who talk very loudly on public transport. I think this is very rude, as it can be disruptive and annoying.

### 2. Should people be banned from talking aloud in public places?

I do not think people should be banned from talking aloud in public places. There are many reasons why somebody may need to talk in a public place. There could be urgent news to communicate such as if someone was feeling unwell or if they were in danger. Therefore, it is important that people are allowed to communicate with each other. Also, people may need help from those around them such as when somebody is lost and needs directions. Furthermore, I do not think there is a problem with friends talking quietly to each other in public places.

### 3. Is it bad to talk on the phone in public places?

There is a lot of debate over whether it is bad for people to talk on the phone in public places. Personally, I have mixed opinions on the issue. I think there are a lot of times when it is valid for people to talk on the phone in public places. Often when out in public you need to make arrangements or plans with friends and colleagues who you are meeting later in the day. Sometimes phone calls are quite important and you may have to make these calls in public places. However, there are some people who have long and loud conversations on the phone in public places which are obnoxious and inappropriate. This is very common amongst young people, often young people will have very loud conversations with their friends on the phone when it would be better for them to meet in person to have the conversation. It can be very loud and distracting to listen to silly conversations in public places.

### 4. Why do some people always break rules in public places?

I think in general most people try to abide (遵守) by the law at all times, however, there are some people who always break rules in public places. It is hard to understand why people do this. Most people like to be law abiding citizens as this has a positive impact on communities and makes the

world a nice place to be. However, there are often **recalcitrant** (顽固的) individuals who like to break the laws whenever they can. Often this is due to them being brought up badly when they were children. Often people from less **privileged** (享有特权、高贵的) backgrounds do not learn about laws and societal expectations when they are children. This means that these individuals have issues with authority and often break the rules. In my hometown, these people are rare and usually **loners** (孤独者).

## No. 6 童年让我笑的人（5-8月新题）

### 1. What can make children laugh?

It is very easy to make children laugh. When we are young the world seems a very **bizarre** (奇怪) and humorous place, thus many children find a lot of things to be funny. When I was young, I always laughed really hard at **practical jokes** (恶作剧). In my hometown, practical jokes are considered as the most humorous form of comedy. When the consequences are **minimal** (极少的), it is funny to watch foolish behaviour and people being tricked. However, what is considered funny differs from culture to culture. Where I am from practical jokes are considered good comedy but some places do not find them funny. For example, in many parts of the Western world, children are entertained by **clowns and scripted comedy** (小丑和脚本喜剧).

### 2. What do you think is the best age for people to have children?

Personally, I believe it is sensible for people to wait until they are mature adults with comfortable jobs before they have children. Having children is an expensive and **arduous** (艰巨的) experience, therefore it is important that people have the resources necessary to support raising children. This is a somewhat modern opinion, many older generations thought having children at a young age was the best age to have children. Often, people would marry in a young age and have children in their early twenties. This was because family was thought to be the most important thing in life. However, I believe financial security is important to good family life.

### 3. Do you think people should be trained before they become parents?

I think it is important that people are experienced and wise before they become parents, however, I do not think they need to be formally trained. This is an opinion I think many people in the older generation would agree with. For thousands of years people have raised children without the need of formal training. You learn how to raise children from watching your own parents raise you. Learning how to look after another human being is a part of life we all experience without the need for training. Yet, there are many modern studies which suggest that parenting is far more complex than we once thought. Therefore, there is a growing opinion amongst the younger generations that training should be given before people become parents.

### 4. Do you think childhood is the most important in one's development?

Childhood is an incredibly important stage in one's development, however, it is not **the be all and end all** (俚语, 等于“it's not everything”). As a child you learn many important skills. Childhood is the formative years of an individual's social skills, moral compass and intelligence. However, it is my belief that people are always developing. Therefore, even if things were not learnt well in childhood, a

person may still develop these skills later in life. Yet, there are many who would disagree with me. In the western world, especially in Europe, psychoanalysis is a popular practice which places huge importance on the formative stages of childhood. Psychoanalysts would believe that childhood is the most important stage in one's development.

## No. 7 给别人建议 (5-8 月新题)

### 1.What kinds of advice do parents give to their children?

Traditionally, parents give their children advices to help prepare them for the adult world. Therefore, the kind of advice they give depends on what is useful for the child in their particular environment. For example, in my hometown parents give their children advice on how to act fairly and communicate well with others. Yet, in Western individualistic (个人主义) countries there is a larger sense of competition between individuals in the adult world. Therefore, parents in the western world tend to give children advice on how to be confident and independent.

### 2.How do experts give advice to others? (e.g. a doctor gives advice to his patients)

Experts must give advice in a very different manner to how a friend may give advice to another friend. Experts, such as a doctor, must give advice in a professional and objective (客观的) manner. Experts are meant to communicate information clearly and without digression (题外话). In contrast to this, friends may give each other advice using many allegories or metaphors (寓言或隐喻) to strengthen their point and make it more interesting. This would be very inappropriate for an expert and their advice would not seem serious. It is important to convey advice in the most proper and suitable manner.

### 3.What advice do parents give to teenagers about making friends?

There is a lot of advice that parents can give teenagers about making friends. Most of the advice is to do with being genuine (与真诚有关的) and not pretending to be somebody that you are not. Often a parent will tell a teenager all they need to do is 'be themselves'. This is because you want friends who like you for who you are and not for who you are pretending to be. (这是因为你想要的朋友是真正喜欢你的人，而不是你假装喜欢的人。) However, advice is changing a lot in the modern world. In large cities it is easy for teenagers to fall into the wrong group of people. Therefore, nowadays, a lot of parents' advice is about avoiding dangerous people and bad influences.

### 4.Whose advice is more helpful? Parents' or friends'

There are mixed opinions on whose advice is more helpful. For older generations it was always believed that there is no better advice than what comes from your family and especially your parents. Your parents have a wealth of life experience which means they can give very good and well informed advice. Yet, nowadays, some people disagree with this opinion. Due to the rapidly changing nature of the modern world, your friends can often give you better advice than your parents.

## No. 8 交通工具出故障（5-8 月新题）

### 1. Who like to travel more? Older people or younger people?

There is no conclusive (决定性的、确定的) answer for who likes to travel more between older people and younger people. Many older people love to travel as they have reached their retirement. Therefore, they have a lot of free time and have earnt the money to do a lot of travelling. However, young people are often energetic and adventurous and they will travel even if they do not have a lot of money. It is very common for young people to travel very far with only a little bit of money and a backpack (背包). Therefore, I think both older people and younger people love to travel.

### 2. Are there fewer people using private cars because of improved public transport?

I think it is true to say that there are fewer people using private cars because of improved public transport but this is not the only reason. Improvements to public transport definitely increase its use as many people are deterred from (阻止) using bad public transport. If a transport system is inefficient then people cannot rely on it. However, I think many people turn to public transport for other reasons as well, some environmental and some economic. For example, even with an improved public transport system many people will still use private cars because they are wealthy enough to do so.

### 3. What do you think needs to be improved in public transport?

I think there are many improvements which need to be made to public transport around the world. In general, all public transport needs to become more environmentally friendly if it is to be sustainable (可持续的) in the future. Yet locally (在本地) there are also improvements to be made. In many parts of the western world the public transport system is very inefficient and unreliable, so that needs to be improved. But in my hometown, the transport system is efficient, but it does struggle with the large population size of my city. Therefore, transport system in my hometown needs to be improved so that it can carry a larger capacity of passengers.

### 4. What are the advantages and disadvantages of private transport?

There are a few disadvantages to private transport but for some people the advantages far outweigh them. Private transport is both costly and environmentally unfriendly. Public transport splits (分推) the cost of travel between all the passengers and reduces fuel emissions by transporting many people at one time. However, certain people, such as the old or disabled, may find public transport to be very uncomfortable and difficult to use. Therefore, private transport offers them many advantages such as independence and comfort. Furthermore, private transport offers the individual greater control over their journey. One is not limited by a certain schedule or route.

## No. 9 助你实现目标的人（5-8 月新题）

### 1. Why is it important for teenagers to set goals?

It is very important for teenagers to set goals to that they are successful in life. Goals help a person set themselves reasonable challenges and encourage people to progress in life. In the modern world there are many distractions which can prevent teenagers from reaching their full potential. Therefore,

setting goals is a good way for teenagers to stay determined and develop as individuals. In my opinion, it was far more common for teenagers in the older generations to set goals and achieve them. Nowadays, many people are lazy and despondent, thus they lack the determination to set goals and challenge themselves.

## **2.What will encourage children to learn more?**

There are many different forms of encouragement which can motivate a child to learn more. The best form of encouragement is for the family to create a healthy learning environment at home, one that encourages intellectual pursuit. However, some children require a bit more encouragement than others. For these children it can be positive to use incentives such as playing games or rewarding a child with their favourite food when they work well. I think it is becoming more common for people in the younger generations to find ways of making learning fun for children.

## **3.Do parents and teachers punish children physically nowadays?**

It is becoming much rarer for parents to punish children physically nowadays. For older generations this was a normal way of disciplining children. However, recent studies have demonstrated that physical punishment is not an effective means of discipline and often it can do more harm than it does good. In the modern world most schools avoid physical punishment and it is becoming less common for parents as well. It is better to try and communicate with children and explain why their actions were bad. This leads to better developed children than ones who are physically punished.

## **4.Who do you think has the greater influence on the goal-setting of children? Teachers or parents?**

The best form of encouragement for children to set goals comes from their parents. If a child is raised in a loving and nurturing environment which praises development and intellectual pursuit then that child will naturally want to learn more. It is the responsibility of the parents to create children who want to challenge themselves and set goals. However, many people now believe that teachers can have a greater influence on children. Teachers hold a natural position of authority and guidance which gives them an advantage on influencing children to be good goal-setters. However, I still believe that parents have the greatest influence.

## **No. 10 早起 (5-8 月新题)**

### **1.What kind of people usually get up early? And why?**

All sorts of different people get up early for quite a few different reasons. Children and young teenagers must wake up early to get to school on time. Similarly, many adults have to wake up very early to commute to work. Depending on the job some adults wake up between 6am and 8am but there are certain jobs where people must wake up even earlier. In contrast to this, many retired elderly people still wake up early. Some people just enjoy being awake in the early morning, to watch the sun rise and experience the fresh air.

### **2.Is it easier for older people to get up early than young people?**

Personally I believe it is easier for older people to get up early than young people. Children begin life waking up very early in the morning but after about the age of four or five they enter the developmental stage of their growth and require lots of sleep. Therefore, children and teenagers often find it very difficult to wake up in the mornings as they need their rest. In contrast to this, adults require far less sleep than children do. Furthermore, they have had their entire lives to adjust to waking up early for work, therefore waking up early comes naturally to older people.

### 3.What are the benefits of getting up early?

There are many benefits to getting up early. There have been many studies which show that waking up early improves an individual's energy levels throughout the day, even though this may seem counter intuitive (违反直觉的). Waking up early has also been proven to have positive effects on improved mood and greater happiness in people. Furthermore, people who wake up early are normally more productive and better adjusted individuals. However, there are some people who would disagree with me. Many people find that waking up early leaves them tired throughout the day and very unproductive.

### 4.What effect does sleeping in late have on a person's life patterns?

Sleeping late can have very adverse (不良) effects on a person's life pattern (模式). We all develop natural routines in our day to day life and small changes can have large effects on these. If somebody starts sleeping much later in the day then they may lack their usual energy and enthusiasm. This will make them less productive and could potentially even decrease their mood which can lead to depression. Therefore it is very important that one has a regular and sensible sleeping pattern. However, occasionally there are people called 'night owls (夜猫子)' for whom the inverse (逆、相反) is true. These people feel most productive during the night and therefore sleeping late can have positive effects for them.

## No. 11 说外语的人（5-8月新题）

### 1.Is learning a foreign language important?

Learning a foreign language is very important. There are so many advantages one can gain from learning a foreign language. Not only does it improve one's ability to communicate with foreign people, it also trains important parts of the brain and therefore increases one's intelligence. Nowadays it is becoming more and more important to learn a foreign language as the world is far more connected globally. Older generations did not feel it was as important because countries seemed more divided than they are today, one could go there whole lives comfortably only speaking their own language.

### 2.What benefits can a foreign language bring to one's career?

There are so many benefits a foreign language brings to one's career. In the modern world, more and more careers are based on an international scale (规模). It is becoming more important to employers that prospective (潜在的) employees are able to communicate with one, if not many, foreign countries. Speaking a foreign language allows one to access new and better careers that may be otherwise inaccessible. However, this is not true of all careers. There are still many good and important careers that occur on a national scale, and the need for a foreign language is not important.

### 3. Do you think English will be the mainstream language of the world in the future?

There are many people who believe that English will be the **mainstream** (主流) language of the world in the future, however, I am not so convinced. Currently, English is one of the most commonly spoken languages in the world and many western people believe it will become the mainstream language of the future. However, the English language gained its **prevalence** (流行) due to the economic strength of English speaking countries. As more countries with foreign languages enter the global economic field their languages gain a global importance. Therefore, the South American economy makes Spanish a very useful language to learn and the same could be said for Cantonese in China.

### 4. When learning a foreign language, which part is easier? Speaking or writing?

People learn in different methods and thus find some parts of learning a foreign language easier than others. There are some people who believe that learning to speak is the easiest part and others who think it is learning to write. Personally, I think it depends on the context. For example, if you are living in a place where you are surrounded by people who speak the foreign language you are trying to learn then speaking will be easier than writing. This is because you spend so much time listening to conversations in the foreign language that speaking the language comes naturally to you. In contrast, somebody learning a language alone, with no one to speak to, will find the writing part much easier to learn.

## No. 12 喜欢的歌手（5-8月新题）

### 1. What kind of music do people like at different ages?

When it comes to music preference there are many different tastes, however, there is also a big difference between what kind of music people like at different ages. In my opinion, when it comes to popular music, people like the music that they grew up with. Therefore, people who were teenagers in the 60s will like music from the 60s for most of their life. In contrast, someone younger who grew up in the 90s will not care for the music of the 60s. Yet, this is only true with popular music, when it comes to **niche music** (小众音乐) types things are quite different. For example when young people may love rap and dance music because of its **upbeat** (乐观向上) energy. In contrast, when they become older they may develop an appreciation of classical music and jazz for its **intricate** (错综复杂) detail.

### 2. What kind of music is popular in China now and what kind will be in the future?

There is a range of music that is popular in China at the moment. Obviously there is a large following of mainstream global music, a lot of which is from the Western world, yet there is a booming and vibrant Chinese music industry. Recently a lot of young people have become very interested in a music genre called K-Pop, originating from South Korea. This is very energetic pop music, usually accompanied by **complex** (复杂的) dancing and charismatic band members. In response to this some believe that China is producing its own form of this pop music, coined (创造了) C-Pop. This is the music that is very popular with young people at the moment, however I think it will change. In the 1980s Chinese rock music was extremely popular with young people, nobody would have predicted the change to pop music. Therefore, I do not think we can ever predict the future of music.

### 3. Do people learn to sing nowadays?

I think a lot of people learn to sing nowadays, but not like they did before. People in the older generations learnt to sing for different reasons. Singing was a community activity, something you did at festivals and special occasions. Therefore, people would learn how to sing by singing with people in their community. However, in the modern world the attitude towards singing is very different. Singing has become a very **lucrative** (赚钱的) career. So, people now go to private **vocal** (声乐) coaching to improve their singing. Singing is now learnt **meticulously** (精心、细致) and is done so for private reasons. Regardless of the context, singing has always played a large part in cultural history, so people will always be learning how to sing.

### 4. Do you think the most popular singer is the best one?

In most instances the most popular singer is the best one. For professional singers their celebrity and fame is the direct result of their singing talent. Therefore, the better one is at singing the more popular they become in society. However, this is not always true. In the modern world people can gain popularity for many things which sometimes have nothing to do with talent. In modern celebrity culture many of the most popular singers are popular because of their **personality and charisma** (个性和魅力), not because of their talent.

## No. 13 历史建筑（5-8月新题）

### 1. Do Chinese people like to visit historical buildings?

Chinese people really enjoy visiting historical buildings. I think this may have to do with the wealth of historical buildings we have in China. We not only have one of the most famous historical landmarks in the world, the Great Wall, but we also have one of the most beautiful and **intricate** (错综复杂的) historical sites, the Forbidden Palace. Therefore, living in a place with such fantastic historical buildings **breeds** (孕育) a love for visiting them. However, I suspect this is becoming less true for young people. It seems to me that young people are becoming less interested in history, they only care about what is new and modern.

### 2. Why do people visit historical buildings?

There are many reasons why people visit historical buildings. Historical buildings are areas of great historical beauty. Usually the architecture of historical buildings are incredibly impressive, which is one of the reasons they remained preserved through history. Furthermore, historical buildings tell stories of huge importance. Usually historical buildings are linked to influential periods and moments in history. It is for this reason that many older people like to visit historical buildings because they often have a deep appreciation for ancient history.

### 3. Is it necessary to protect historical buildings?

Personally, I believe it is completely necessary to protect historical buildings. Historical buildings are a national treasure and should be protected and conserved at all costs. They are very important to a nation's cultural history and often the building may have had a significant role in a country's history. Furthermore, historical buildings often bring lots of money to a country through tourism, therefore they are worth the investment. I believe in China we have a great respect for our historical buildings.

so this is a common opinion, however, there are many countries in the western world which do not think it is necessary to protect historical buildings. To them it is a waste of money.

#### **4.Do most people agree to the government's funding to protect historical building?**

I think most people agree to the government's funding to protect historical buildings. To most people in China, our historical buildings are very important to us and we would like to treat them with respect. Obviously, it is not cheap to protect and restore historical buildings, therefore government funding is absolutely necessary to their protection. Personally, I think this is a fine use of taxes. However, there are a few people who would argue that there are more important things on which to spend tax payer money. For example, better education and healthcare have a larger effect on most of the population than the protection of historical buildings.

### **No. 14 乐于助人的人（5-8月新题）**

#### **1.Do people nowadays help others more than in the past?**

I do not think people nowadays help others more than in the past. It is my opinion that in the past, because we lived in smaller communities, people helped each other more frequently. Communities were closer and people knew each other better, therefore, people were more eager to give each other assistance. In the modern world more and more people are living in large urban cities where there is less sense of a community. Therefore, often we feel our neighbours are strangers and we are less inclined to help each other. However, this is not true of everyone, there are still many kind people who help others no matter where they live.

#### **2.Who should teach children to help others? Parents or teachers?**

I would argue that it is the responsibility of both the parents and the teachers to teach children it is good to help others. Helping others is fundamental to the construction of a good and healthy society. In my opinion both parents and teachers have huge influence on children. Therefore, they both have the potential to impart this skill on children and thus it is their responsibility to do so. However, there are some who may disagree with me and be of the opinion that it is not the teacher's responsibility. Some people believe that a teacher should only teach formal education, and social skills are the responsibility of parents.

#### **3.In what kinds of professions do people help others more?**

There are many professions which are based around the idea of helping other people. This is especially true for social services such as doctors, the fire department and the police. These professions exist for the protection and assistance of society. Therefore, I believe these are the kinds of professions which help people the most. However, many young people these days feel like they have been affected more by influential celebrities such as movie stars or pop singers. For these people, the messages and morals found in the art work of these professions have a profound influence on society. Therefore, it is true to say that different kinds of professions can help people in vastly different ways.

#### **4.Why are some people willing to help others?**

Some people are definitely more willing to help those around them than other people, and there are a few different reasons for this. Some would argue that some people have an innately more helpful nature, and naturally feel inclined to help others more. Personally, I believe it is more influenced by upbringing. People who were taught that it is good and proper to help others will be more willing to do so. It is for this reason that I believe older people are more willing to help others than younger people. I feel that it was more important to be helpful for older generations and therefore they raised their children to be helpful people.

## No. 15 和朋友出去（5-8 月新题）

### 1. Who should people spend more time with? Family or friends?

Personally I believe it is very important to spend time with one's family. Your family are with you for your entire life so it is important to develop a strong and close relationship with your family. Family should be the people you can count on at any moment in life, whether good or bad. I believe this was the accepted norm for people in the older generation, a good family relationship is always of high value for older people. However, many young people today value their friendships over their family and believe they should spend more time with their friends.

### 2. What's the difference between staying with friends and staying with family?

Personally I believe it is much nicer to stay with your family than it is to stay with your friends. Personally, I think that when one stays with their family they are instantly accepted as a natural member of the household. Thus, the experience is comfortable and you can easily relax when staying with family. However, when staying with friends you are often treated as a guest, which although being kind and polite, often means it is harder to relax. However, this may not be the case for all people. There are many people who may have quite informal friendships and for them it is just like staying with family.

### 3. Do people prefer being with a large group of people or with a few friends?

Some people prefer being with a large group of people but in my opinion I would rather be with a few friends. I think the difference of opinion comes down to whether you are an introvert or an extrovert. As an introvert I would rather be with a few friends as I feel it is less stressful. Large groups of people can often be overwhelming and chaotic so I do not find it enjoyable. However, a lot of people would disagree, there are some who value having lots of friends and large groups of people around them. This is a particularly common mindset in the western world, but personally I prefer being with a few friends.

### 4. Do science and technology improve the relationship between people?

Science and technology offer many ways to improve relationships between people. Technology has been assisting human relationships for hundreds if not thousands of years. Recently developments such as mobile phones allow people to verbally communicate with each other all over the world. However, even more primitive technologies such as transport as ancient as the horse and carriage were things which helped connect communities and improve the relationships between people. However, there are some people who believe modern technology is having an adverse effect and worsening the relationships between people.

## No. 16 公园（5-8月新题）

### 1.What are the benefits that a park can bring to a city?

There are many benefits that a park can bring to a city. Parks are places where people are able to escape the grey and dreary environment of the city. It is important to have green spaces in a city and it has been proven to have very beneficial effects for a person's mental health. Also, parks are very important spaces for the elderly as they are social environments where they can meet friends and have conversations. However, many young professionals do not care whether there are parks in the city, as their lives are too busy and complex for them to appreciate simple things like parks.

### 2.Should people help clean public gardens?

I would argue that it is the social responsibility of all people to help clean public gardens. Public gardens are a shared social space which is free for all people to enjoy. Therefore, it is our shared responsibility to keep the spaces clean and well looked after so that they are in a good condition for everyone to enjoy. However, there are some people who would argue that it is the government's responsibility to keep public gardens clean. For them the government should hire people to look after the gardens and keep them clean. However, I think if we all helped out a little bit then this would not be necessary.

### 3.Do young people go to the park very often?

I think some young people go to the park very often while others do not. A lot of young people like going to the park because parks are idyllic and beautiful places where you can spend time with your friends. I think young people who live in small towns and villages really appreciate parks. For them, parks are an important space for communities to mingle and relax. However, young people who live in cities care less for parks. There lots of places young people prefer to hang out in cities, such as shopping centres and cinemas, that they do not go to the park very often.

### 4.Why do some people plant flowers at home?

Many people like to plant flowers at home so that they can experience nature where they live. It is very nice to have houseplants and flowers in one's home as it makes your home environment feel fresh. It is very common for people who live in the city to plant flowers at home. This is because in the cities not many wild flowers grow naturally so it is rare to see them when walking about. In contrast, fewer people who live in the countryside plant flowers at home because they are so abundant in the fields and therefore they see flowers whenever they leave home.

## No. 17 喜欢穿的衣服（5-8月新题）

### 1.What's the difference between the dressing style of young people and that of old people?

There is quite a large difference between the dressing style of young people and that of old people. Old people are often more sensible with their dressing style. Old people will wear clothes that are functional and suitable to their environment. For example, they will dress in thick and warm clothes during the winter. Old people care less about style and instead dress in a respectful and sensible

manner. In contrast to this, most young people dictate their dress style by what is fashionable. Therefore, young people will wear the latest and trendiest clothes regardless if they are sensible for the weather or not.

## **2.Do the people living in south China(warmer) wear difference clothes from the people living in the north(colder)?**

There is a dramatic difference between the types of clothes people wear living in the south of China and those worn by people living in the north of China. China is a very large country and therefore there are quite large environmental differences between the north and the south. The north of China can be very cold and the south of China can be very warm, and thus the dressing style between the regions is very different. In the north people normally wear much warmer clothing that protects them from the cold weather. In the south of China, people do not have to worry about the cold so they wear a variety of light and breezy clothing.

## **3.Do you think students like to wear uniforms?**

I think there are mixed opinions on whether students like to wear uniforms. Some students do not like to wear uniforms as they think choosing their own clothing is a fun way for them to express themselves. This is a very common opinion in very individualistic countries such as the United States of America where individual expression is culturally very important. However, some students would rather wear uniforms as they find the idea of choosing their own clothing every day to be stressful and distracting from their education. Having a uniform allows students to come into school and study without having to worry about what clothes they are going to wear.

## **4.When do people wear formal clothes?**

There are many different occasions on which people wear formal clothes. There are many professions which require people to wear formal clothes. For example, businessmen are expected to dress nicely in formal suits, as are some civil servants and politicians. People may also wear formal clothes for certain special occasions such as weddings or funerals. These are occasions where people want to show their respect so it is important to wear formal clothes. For older people, often wearing formal clothes on a day to day basis was quite normal. However, nowadays people only wear formal clothes for special occasions or certain reasons.

# **No. 18 旅游经历（5-8 月新题）**

## **1.What are some popular attractions that people like to visit?**

There are many different popular attractions that people like to visit. Older people often like to visit cultural attractions such as historical buildings or museums. These attractions are popular because they are full of fun facts and interesting information to learn. Also, these attractions are often stunningly beautiful and many people visit them just to witness their beauty. Young people on the other hand often like to visit fun and exciting popular attractions. Therefore, places to do exciting sports or fun amusement parks are very popular attractions for young people. Therefore young people love visiting Sanya or Disneyland.

## **2.Why do many people like to travel abroad?**

I think many people like to travel abroad to escape the lives they live and experience new things. Often when travelling, people will visit far away countries with very different cultures. Thus, they experience ways of life that they would never be able to experience where they live. Travelling abroad also gives people a break from their regular lives. This is why travelling abroad is very common for people who live in large cities. Travelling abroad allows people who live in the city the opportunity to escape the chaotic lifestyle of their homes.

### **3.What do people usually do during long holidays?**

There are many different things people can do during long holidays. Many people of the older generation like to take cruises when they go on long holidays. This is when they spend their holiday on a luxury ship which will travel the seas visiting wonderful and beautiful places. It is a very relaxing and idyllic way to spend a long holiday which is why it is favoured by the elderly. In contrast, young people are more adventurous on their long holidays. Often young people will travel to many exotic countries with little more than a backpack. They go from country to country with no direct aims or intentions, they go just to experience the city.

### **4.Do you think there will be more ecotourism in the future?**

Ecotourism is a rapidly growing industry which appears to have a bright future. Due to climate change, and other ecological crises, many environments are under threat. Ecotourism is a great way for people to invest money into efforts which conserve and protect environments which are in danger. This form of holiday is becoming particularly popular within the younger generations. Young people are very concerned with climate change and the state of the environment, therefore, ecotourism is very common among them. However, many older people still prefer traditional methods of tourism such as cruises and package holidays.

## **No. 19 纪念品（5-8月新题）**

### **1.What souvenirs would people buy from tourist attractions?**

There are many different types of souvenirs that people buy when they are on holiday at tourist attractions. When my mother goes on holiday she likes to buy exotic foods and local delicacies. I think this is a common souvenir to buy for women when they go on holiday. Food items make lovely souvenirs to share with friends and family when you arrive home from your holiday. However, men often prefer to buy permanent souvenirs to take home which are not perishable as food is. Thus, jewellery, artwork and little trinkets bought at markets also make popular souvenirs.

### **2.Why do people like to take photos when travelling?**

Lots of people like to take photos when they are travelling as it is a lovely way to capture important moments during your holiday. When somebody takes lots of photos when travelling it means when they get home they can go through their photos and relive the special moments. People can also share these photos with their friends and family. This is a lovely way to share your experience with those that you love. Many older people would share their experiences with their closest friends and family by going through photo albums of their travels. Nowadays, young people place their photos on online social media and share it with anyone to see, which is much less personal.

### **3.Is it good that the local sell things to tourists?**

Sometimes it is good for local communities to sell to tourists but sometimes it can be harmful. There are many countries for which tourism brings a lot of money to local communities. The economy of large developed countries such as Italy greatly benefit from tourism and local communities can thrive due to tourism. However, many smaller countries such as small Caribbean islands can be negatively affected by the tourism industry. Often small countries can become dependent on tourism to support their economies, which can be very unstable and ultimately have negative consequences.

#### **4.What are the pros and cons of taking professional cameras when travelling?**

Professional cameras are becoming much more common for average people to use when travelling. Professional cameras allow people to capture beautiful and significant moments during their travels with the utmost quality. It can be a great shame when you take many photos while travelling but once at home you discover they are all blurry and low quality. Therefore, many people take professional cameras when travelling. However, it does come as a great risk travelling with a professional camera. Professional cameras are very expensive which can make you a target for thieves. Therefore, it can be quite dangerous travelling with conspicuous expensive items.

### **No. 20 想获得的奖（5-8月新题）**

#### **1.What reward can children get from school?**

There are many different achievements and awards that children can get from school. There are awards for academic achievement which are awarded to children who demonstrate exceptional talent and aptitude in their studies. There are also awards for attendance and punctuality which reward children for the effort and dedication to their studies. On special occasions students may also be given prizes for participation in talent competitions such as singing and dance. Children are rewarded moderately in schools in China however, there are many western schools which use awards daily to motivate their students. Personally I think this is excessive.

#### **2.Should parents push their children to get prizes?**

I do not think it is important for parents to push their children to get prizes. I think prizes can distract a child from their studies and apply unneeded pressure upon them. It would be better for parents to push their children to get good grades and focus on their studies. Education should be exciting and enjoyable for children, however, if they are pushed to focus on prizes it can be stressful and unenjoyable. However, there are many families for which good grades are not enough and they want their child to achieve prizes as well. This is a common belief among strict and conservative families.

#### **3.Is it good for children to compete for prizes at school?**

I do not think that it is good for children to compete for prizes at school. Prizes should be awarded to children who do well as a personal token of appreciation for their hard work. Prizes should not be things for which children compete against each other. It is better to encourage children to work hard for their own sakes and not to be awarded as better than their peers. Yet, many people would disagree with me. People from western countries with individualistic attitudes believe that competition between people is good and healthy. Therefore, these people believe that it is good for children to compete for prizes.

#### **4.What kinds of rewards can companies offer to their outstanding employees?**

There are a variety of incentives which companies offer as a reward to their outstanding employees. Many companies will offer their outstanding employees vacation rewards such as all-inclusive holidays to tropical resorts. However, this is quite a grandiose reward and often companies may offer more humble tokens of appreciation for outstanding work. A very common gift to outstanding employees is a very fine and expensive pen. This is often a gift given to employees that are entering retirement. In contrast to this, companies sometimes reward all their employees at once by hosting a staff party where everyone can have fun and enjoy themselves.

## No. 21 实用技能（5-8月新题）

### 1.What is the most important practical skill in modern society?

There are many differing opinions on what is the most important practical skill in modern society. Personally, I believe that communication skills are vital to a person's success in modern society. The ability to speak persuasively and effectively communicate one's ideas are essential skills for the modern professional world. However, there are some people who would argue that domestic practical skills are more important. There are many people who believe that cooking is the most important practical skill both in modern society and throughout history. Food and cooking are essential to life therefore it is easy to understand why some may believe cooking is the most important practical skill in modern society.

### 2.What kinds of skills are difficult to learn?

All skills are difficult to learn at first as learning a new skill takes time and patience. However, some skills are definitely harder to learn than others. A very difficult skill to learn is playing a musical instrument. To become very good at a certain instrument can take years and years of practice. Therefore, learning an instrument is a very difficult skill to learn. However, for children learning new skills such as playing an instrument or learning a new language can be very easy for them to learn. It is far more difficult for adults to learn new skills such as these, this is why it is better to learn difficult skills at a young age.

### 3.What kinds of professions require practical skills?

There are many different professions which require practical skills. To be a chef, one must have the practical skill of cooking. To be a carpenter one must have practical skills of carpentry, to be a landscaper one must have a practical skill of gardening. These sorts of professions are still very common in small rural villages where gardeners and carpenters are needed in high demand. However, in cities these jobs are much rarer. Modern professions are often based on intellectual skills and specialised knowledge such as economics and finance. Therefore, practical skills are becoming less required for professions in large urban cities.

### 4.What are some special skills that people can learn?

Some people learn special skills to give them unique advantages in life. It is good to learn rare skills which can set you apart from the common person. Learning an uncommon language is one special skill someone can learn to set yourself apart from other people. There are also many professions which require specialised skills such as advanced computing or accounting. Many young people are eager to learn special skills so that they can get ahead in the professional world. In contrast, older

people are more likely to develop good practical skills as these were more essential to their professional world.

## No. 22 获得错误信息（5-8月新题）

### 1.What kinds of professions are related to giving information to others?

As a civilisation there is a lot of information which is important to individuals to know on a day to day basis. Therefore, there are certain professions which exist to give information to citizens. Sometimes these jobs are information that is needed on a day to day basis. For example, many people work in public transport to give commuters information each day on travel times and service. However, there are some professions which offer specialised information. There are many government departments which are designed to share useful information with the public. A good example of this is a local government based charity in my hometown which shares information on healthy living and eating.

### 2.What's the difference between giving information by phone and by email?

It is far more effective to communicate information by email than by phone. When writing an email somebody can be clear and give extensive detail on the information they wish to communicate. Furthermore, the reader of the information can read it at the own pace and absorb the information properly. In contrast to this, information communicated by the phone can often be rushed and unclear which can leave people confused. However, there are moments when giving information over the phone is more appropriate. If the information must be relayed urgently then communicating it by the phone is the most effective method.

### 3.How can people check whether a piece of information is correct or not?

It can be difficult to know whether we can trust all of the information we receive therefore it is important to check whether a piece of information is correct or not. For older generations this was often a long and arduous process that would require visiting the library to research the information. It is much easier for young people to check information nowadays as they can search the internet on their phones. The internet has a wealth of information on almost every topic imaginable, therefore it is a very useful resource for checking the validity of one's facts.

### 4.Do people trust the information online?

Many people trust the information that they find online but I am not sure if this is a wise thing to do. There are a lot of people who will read facts and news headlines on the internet and will believe what they read without a second thought. However, the internet is not a well-regulated space and therefore a lot of news and facts are on the internet which are not credible. Young people are particularly gullible to information they read online, in contrast, older people are more sceptical about the news they research. I think it is good to be sceptical when looking for information online.

## No. 23 游戏节目（5-8月新题）

### 1.Why do people like to watch TV shows?

Watching TV shows is a nice way to relax after a long day at work or school. Some people like to watch comedies when they get home as it is a nice form of light entertainment. Older people often like to watch educational programs such as historical dramas or documentaries, these are interesting because they teach as well as entertain. In contrast, young people prefer to watch reality TV shows and game shows. These TV shows are a large part of popular culture so young people like to watch them so they can discuss the programs with their friends.

## **2.What kinds of TV shows between the games people play now and those people played in the past?**

TV game shows have changed a lot in recent years. When game shows first became popular on TV the challenges were often challenging but simple. TV game shows were mainly intellectual quizzes or physical competitions. A good example of this would be the Japanese TV series Sasuke from the nineties, this was a game show based one physical skill and endurance. This type of game show is very popular among the older generations who prefer simpler competitions. However, nowadays young people prefer bizarre and strange game shows. Young people find usual game shows boring and unstimulating so prefer absurd games shows such as Running Man which are strange and exciting.

## **3.Why do some people watch TV shows online?**

A lot more people are starting to watch TV shows online instead of on conventional TV stations. There are many advantages to watching TV shows online. For one, there are less advert to watch when streaming TV shows online. Furthermore, there is greater freedom of choice when watching TV shows online. On TV people must stick to the television schedule and watch what is being broadcasted. When watching shows online you can choose to watch whatever you want to watch whenever you want to watch it. Therefore, watching TV online is very common for young people. However, older people find watching TV on conventional TV stations easier and more convenient.

# **No. 24 邀请聚餐（5-8月新题）**

## **1.Do you think it is possible that everyone will eat at restaurants instead of at home in the future?**

I think it is unlikely that everyone will eat at restaurants instead of at home in the future. Although young people are less skilled in cooking and it is becoming quite affordable to eat at restaurants nowadays, I still think it is unlikely that everyone will eat at restaurants. In certain parts of the world, such as Europe and the west, the price of food in restaurants is very expensive and rises every year. Therefore, it is not economically viable to eat at restaurants instead of meals every day. There is also a lot of joy that can be gained from cooking your own meals, so many people prefer to eat at home instead of at restaurants.

## **2.What are the advantages and disadvantages of eating at restaurants?**

It is always a lovely experience to go out and eat at restaurants. There are many lovely aspects to eating at restaurants. The food is professionally cooked so is often extremely delicious and enjoyable. A further advantage is that you do not have to spend time or energy cooking and cleaning. However, eating out at restaurants can be very expensive therefore it is not something that could be done every day. Furthermore, restaurants can be difficult for people who have allergies and dietary requirements. When people have special dietary requirements it can be much easier to eat at home than at a restaurants.

### 3. Why do more and more people like to eat at restaurants rather than at home?

Many people prefer to eat at restaurants rather than eat at home. A lot of people are too busy or too lazy to spend a lot of time cooking. This is particularly common among young professionals in urban cities. Their lifestyles can be so intense that they find it difficult to cook for themselves properly, therefore eating out at restaurants allows busy people to feed themselves well. On the other hand, older people also prefer visiting restaurants for the experience of fine dining. Therefore, many people

### 4. Where do Chinese people usually eat? At restaurants or at home?

Most Chinese people usually eat at restaurants or at street food vendors but it depends on the meal. Breakfast is normally eaten at home as breakfast is a simple and easy meal to prepare. However, street food is very cheap in China, especially in small towns, therefore, it is very affordable to eat out for most meals. Therefore, Chinese people will commonly get their lunch and dinner from affordable food stalls and restaurants. Furthermore, on special occasions Chinese people often like to celebrate by going to fine restaurants. Therefore, Chinese people usually eat out at restaurants. However, there are certain households where home cooking is very important, so for some people it is more usual to eat at home.

## No. 25 保持健康（5-8月新题）

### 1. What do old people in your country do to stay healthy?

It is very important for people to stay healthy, especially the elderly. Often elderly people struggle to stay healthy as their body are frailer and at a higher risk of damage than a younger person's body is. Therefore, many old people engage in sports which are specially tailored to be less physically exhausting. For example, it is very common for older people to engage in water based exercises such as swimming or water aerobics as these are less taxing on the body. However, there are some older people who are very robust and engage in similar exercises as young people. This is particularly common in rural areas where people often play competitive team sports, such as football, well into their old age. Overall, any exercise which older people are able to do is very good and important for them to stay fit and healthy.

### 2. How do you deal with pressure?

It is very important to find effective and healthy ways to deal with pressure in life. When one does not deal with pressure effectively this can lead to high levels of stress which is often detrimental to a person's health. Personally, I like to deal with pressure through the use of clear and effective organisation. When I have many jobs and responsibilities to attend to, and the pressure is building up, I like to write lists of the tasks which I have to complete. The lists put all my life pressures into smaller manageable tasks which I can tackle one by one. Therefore, the pressures in my life do not feel so overwhelming and thus do not become stressful. People in the older generation often use similar techniques and are generally very good at dealing with pressure. In contrast, often young people are quite inexperienced and therefore are not very good at dealing with pressure.

### 3. Why do some people hate playing sports?

There are many people who hate playing sports, and this can be for a number of reasons. There are certain people who are not very athletic and therefore find playing sports to be exhausting. This is

particularly true within the older generation, many of whom would much rather not participate in any sports. However, there are many young people who also hate playing sports. Young people often hate playing sports due to the competitive nature of sports in general. Many sports pitch one person against another, or one team against another. Therefore, people are judged for their skills and abilities. Many people do not enjoy being judged or compared to their peers and for this reason they hate playing sports. Finally, there are also many people who think playing sports is quite boring. We each have our own tastes and ideas about what is fun and for some people playing sports is not fun at all.

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