

雅思口语素材
Part2 串联
(女生版)

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！

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(一) 去三亚旅行

1: 喜欢的一张照片 (9-12月新题)

Describe a picture or photograph you like in your room

You should say:

What is in it

Where it is

How you got it

And explain why you like it

There is a photograph in my room which is special to me and I like very much. It is a photograph that I took myself of one of the most beautiful sunsets I had ever seen in my life. When I was younger, I developed a **keen** (强烈的) interest in photography which my parents encouraged. They were very kind and bought me a good camera to take professional quality pictures with.

I took photographs of all sorts of things but I was particularly interested in nature. We once took a family vacation to the seaside city of Sanya, I was very excited to take pictures of all the beautiful things there. On the last day, we went down to the beach and watched the sunset. It was the most **glorious** (非常棒的) sunset I had ever seen in my life and I took a magnificent photograph of it. I was so proud of my photograph that when we returned home, I **had a very large copy of it hung**¹ in my room. Every day I see it, it reminds me of being in Sanya and how happy I was there, so I like it very much. I have received many compliments on it from friends and family over the years so it is also a reminder of my love and passion for photography. I have a lot of personal experiences with the photograph which is why it is so special to me.

中文思路:

我的房间里有一张对我来说很特别的照片，我非常喜欢。这是我为自己拍摄的一张照片，它是我一生中见过的最美的日落之一。当我年轻的时候，我对摄影产生了浓厚的兴趣，这是我父母鼓励的。他们非常友好，给我买了一个很好的相机，用它来拍高质量的照片。

我拍了各种各样的东西，但我对大自然特别感兴趣。有一次我们全家去海滨城市三亚度假，我很兴奋地拍下了那里所有美丽的东西。最后一天，我们去海滩看日落。这是我一生中见过的最壮观的日落，我拍了一张壮观的照片。我为我的照片感到骄傲，当我们回到家的时候，我把他放大并挂在我的房间里。每当我看到它就想起三亚，我在那里是多么快乐，所以我非常喜欢它。多年来，我收到了很多朋友和家人的称赞，这也提醒了我对摄影的热爱和激情。我对这张照片有很深感情，这就是它对我来说如此特别的原因。

¹ Have sth done 使…处于某种状态的用法

2: 经常坐飞机的人 (9-12月新题)

Describe a person who often travels by plane

You should say

Who he or she is

Where he or she goes

Why he or she travels by plane

And how he or she feels about it

My mother often travels by planes, in fact, she flies far more frequently than the average person. She and my father love to go to beaches and islands during the vacations. They live in Beijing and like to escape the city. Therefore, they often travel to Sanya, or Bali Island as well as other beach and island resorts.

They like to visit islands as they want to escape cold weather by going to somewhere that is warm and has lovely beaches. Furthermore, they are very big fans of water sports such as diving and boating. My mother believes the only convenient way to travel to islands is by plane. She does not like long journeys, therefore, she will rarely (很少) take the train to visit places and almost never drives long distances. She likes to fly everywhere because it is quick and comfortable. She particularly likes to fly to island resorts because she hates taking boats. She is very susceptible (可能) to seasickness (晕船) and, therefore, will avoid travelling by boat at all costs (不惜一切代价).

She is very happy with this lifestyle, as she considers flying a great luxury and really enjoys travelling by plane. However, she has recently started feeling bad about how much she flies. Travelling by plane is very bad for the planet and my mother is very concerned about the environment. Therefore, she now feels slightly guilty when she flies to places and has recently been considering other forms of transportation.

中文思路:

我妈妈经常乘飞机旅行，事实上，她坐飞机的频率比普通人高得多。她和我父亲喜欢在假期去海滩和岛屿。他们住在北京，喜欢逃离城市。因此，他们经常去三亚或巴厘岛以及其他海滩和岛屿度假。

他们喜欢参观岛屿，因为他们想去温暖的地方，有可爱的海滩来躲避寒冷的天气。此外，他们非常喜欢水上运动，如跳水和划船。我母亲认为去岛屿旅行唯一方便的方法是乘飞机。她不喜欢长途旅行，因此，她很少坐火车去旅游，几乎从不开长途汽车。她喜欢到处飞，因为它又快又舒服。她特别喜欢乘飞机去岛屿旅游胜地，因为她讨厌坐船。她很容易晕船，因此会不惜一切代价避免坐船旅行。

她对这种生活方式非常满意，因为她认为坐飞机是一件非常奢侈的事情，而且非常喜欢坐飞机旅行。然而，她最近开始对自己飞得多感到难过。乘飞机旅行对地球非常有害，我妈妈非常关心环境。因此，当她坐飞机去一些地方时，她现在感到有点内疚，最近她一直在考虑其他的交通方式。

3: 无聊经历 (9-12月新题)

Describe an experience that you got bored when you were with friends

You should say:

When it was

Who you were with

What you did

And explain why you were bored

Not too long ago, my friends and I had a very boring day when things unexpectedly went wrong while we were on holiday. We had all decided to go to Sanya during the vacation as we wanted a break from the city and thought it would be nice to go somewhere warm and sunny. Sanya seemed like the perfect place as it had beautiful beaches and loads of fun activities to do during the day.

However, when we arrived it was not as sunny as we had expected. The sky was looking dark, grey and quite **formidable** (令人害怕的). When we got to our hotel we asked the **concierge** (服务员) at the desk if the weather was going to get better over the next few days. He told us he was not sure, as there were fears that an unexpected storm may possibly hit the island. This came as a great shock to us, as we had booked many activities which could not be done in a storm such as diving and surfing. Tomorrow Morning, when we woke up, it was **pouring with rain** (倾盆大雨) and there were **gale force winds** (狂风). It was impossible to leave the hotel and we ended up stuck in our rooms all day. We were incredibly bored. There was very little for us to do in the hotel. They did not have a recreation room, or any board games that we could amuse ourselves with. We simply had to sit there and wait for the storm to pass. It was a boring day.

中文思路:

不久前，我和我的朋友们度过了非常无聊的一天，当我们度假时，事情出乎意料地出了问题。我们想从城市中休息一下，所以决定去三亚度假，我们认为去一个温暖和阳光明媚的地方会很棒。三亚似乎是一个完美的地方，它有美丽的海滩和许多有趣的活动。

然而，当我们到达的时候，天气并不像我们预期的那样晴朗。天空又黑又灰，令人生畏。当我们到达酒店时，我们问服务台的礼宾员接下来几天的天气是否会变好。他告诉我们他不确定，可能会有一场意想不到的台风要来。这对我们来说是一个巨大的打击，因为我们已经预订了很多活动，不能在暴风雨中做，比如潜水和冲浪。第二天，当我们早上醒来的时候，正下着倾盆大雨，刮着大风。离开旅馆是不可能的，我们整天困在房间里。我们非常无聊。在旅馆里没什么可做的。他们没有娱乐室，也没有我们可以自娱自乐的棋类游戏。我们只好坐在那里等暴风雨过去。这真是无聊的一天。

4: 拜访朋友 (9-12月新题)

Describe an experience that you visited a friend

You should say:

Where you visited him or her

What you did

Why you visited him or her

And how you felt about it

Last summer vacation, I went to visit a very good friend of mine who lives quite far away. I went to Sanya, which is a seaside town on Hainan Island, to visit my friend Chen. Chen and I are childhood friends and grew up together in Beijing. However, when Chen turned 12 his father got a new job and he and his family moved away to Sanya.

At the time I found this extremely upsetting because it felt like I lost my closest friend. Yet, now that I am older I realise that friends are not lost simply because they have moved away. Chen usually sent me some beautiful pictures of Sanya and invited me to have a visit to Sanya. So I went to Sanya to visit Chen and I had a wonderful time while I was there. I had never been to Sanya and when I arrived Chen was eager to show me all the fun and exciting things Sanya has to offer. He took me to local seafood restaurants and we swam in the warm oceans. There were so many exciting water sports activities to do in Sanya. We rode speed boats in the ocean and we even went diving and saw such a beautiful array (大量的) of underwater life. I was so happy I had come here to visit my friend. I now completely understand why his father moved away from Beijing to Sanya. Island life is beautiful and relaxing, which is very different from the hustle and bustle of the city.

中文思路：

去年暑假，我去拜访一个住得很远的好朋友。我去了三亚看望我的朋友陈，这是海南岛上的一个海滨小镇。我和陈是青梅竹马，一起在北京长大。然而，当陈 12 岁时，他的父亲找到了一份新工作，他和他的家人搬到了三亚。

当时我感到非常沮丧，因为我觉得我失去了我最亲密的朋友。然而，现在我长大了，我意识到朋友的离去并不仅仅是因为他们搬走了。陈经常发三亚的美照给我，并邀请我有空去玩)所以我去三亚看望陈，我在那里度过了一段美好的时光。我从来没有去过三亚，当我到达的时候，陈急于向我展示三亚所有有趣和令人兴奋的东西。他带我去了当地的海鲜餐馆，我们在温暖的海洋里游泳。在三亚有很多令人兴奋的水上运动活动。我们在海里乘坐快艇，我们甚至去潜水，看到了美丽的水下生物。我很高兴我来这里看望我的朋友。我现在完全明白他父亲为什么从北京搬到三亚了。岛上的生活是美丽和放松的，这和喧嚣的城市非常不同。

5: 与陌生人的对话 (9-12月新题)

Describe an interesting conversation you had with a stranger

You should say:

Who this person was

What the conversation was about

Why you had this conversation

And how you felt about it

Last summer, while on holiday, I had a very interesting conversation with a stranger. I had travelled to Sanya with a group of my friends to go diving. None of us had been diving before, but we imagined it must be **utterly** (非常) beautiful to see all of the ocean life and the beauty of nature.

On the day we went diving, we arrived to the diving instructors quite early. They said that the boat would not be returning for approximately 40 minutes but we were allowed to wait in the building if we liked. It was a very hot day so we decided it would be a good idea to stay inside in the cool. While we were waiting, we met another woman who was also waiting for the boat. She began speaking to us and asked if we were travellers here. When we said yes, she began telling us everything she knew about Sanya. She has moved here 10 years ago when she was a young girl with her family and loved Sanya very much. She was **a keen diver** (潜水爱好者) and told us magical stories about her experience diving and what she had seen underwater. We all listened **keenly** (听得仔细) as she told us about beautiful fish and coral reefs. We were so enraptured that the 40 minutes flew past and by the time the boat returned we were all so excited to go diving. She was a kind and interesting person to speak to and we all felt very grateful that we had met her.

中文思路:

去年夏天，当我在度假的时候，我和一个陌生人进行了一次非常有趣的谈话。我和一群朋友去三亚潜水。我们以前没有人潜水过，但是我们想象看到所有的海洋生物和大自然的美丽一定是非常美丽的。

我们去潜水的那天，我们很早就到了潜水教练那里，他们说船大概要 40 分钟后才会回来，但是如果我们可以，我们可以在楼里等。那天很热，所以我们决定呆在凉爽的室内是个好主意。当我们在等的时候，我们遇到了另一个女人，她也在等船。她开始和我们说话，问我们是不是这里的游客。当我们答应时，她开始告诉我们她所知道的关于三亚的一切。10 年前，她和家人搬到这里，那时她还是个小女孩，非常喜欢三亚。她是一位潜水爱好者，给我们讲述了她潜水的经历和她在水下看到的神奇故事。当她给我们讲美丽的鱼和珊瑚礁时，我们都听得很认真。我们欣喜若狂，40 分钟一晃而过，等船回来时，我们都迫不及待地想去潜水。她是一个善良有趣的人，我们都很感激我们遇到了她。

6: 借过的好用东西 (9-12月新题)

Describe something useful you borrowed from others

You should say:

What it was

When you borrowed it

Who you borrowed it from

And explain why you borrowed it

I was once on holiday with my friends when we had to borrow something very useful from others. We had travelled to Sanya, to experience the beautiful sun and beaches of Hainan Island, and also the activities one can experience there.

We were all incredibly excited to try diving. None of us had been diving before, so we had no idea what to expect. When we went to investigate (研究) the diving, we discovered that there is a huge amount of equipment needed to go diving. To dive, a person needs a wet suit (潜水服), an oxygen tank (氧气罐) connected to a breathing apparatus (呼吸器), flippers (脚蹼) and all sorts of other highly technical equipment. When we looked at the prices of the equipment, we discovered it would have cost a fortune (花一笔钱) to buy it all. Then we found some lovely instructors who could teach us how to swim and borrow us some equipment. But unfortunately, they said the wet suit was personal things that they can't lend us for free.

Luckily, my friend Lucy is a big fan of diving. I immediately asked her to borrow a wet suit as we were almost the same height and weight. This was brilliant because it is impossible to go diving without the proper equipment. Therefore, we were all able to go diving multiple times during our trip to Sanya. Everything we saw under the sea was so beautiful, and it was only possible due to the equipment we borrowed from Lucy and the instructors.

中文思路:

有一次我和朋友们去度假，我们不得不向别人借一些非常有用的东西。我们去了三亚，去体验海南岛美丽的阳光和海滩，同时体验那里的活动。我们都非常兴奋地尝试潜水。但我们以前没人尝试过，所以不知道会发生什么。当我们仔细研究时，我们发现潜水需要大量的设备。要潜水，一个人需要一套潜水衣，一个氧气罐，一个连接到呼吸器，脚蹼和其他各种高科技设备的氧气罐。当我们看这些设备的价格时，我们发现把它们全买下来要花一大笔钱。我们找到了一群可爱的教练，他们免费借用器材，这项服务包括在潜水指导的价格之内。但是不包括潜水衣，这需要我自己准备。

幸运的是，我的朋友 Lucy 是个潜水迷，因为他的身高体重都和我差不多，我立刻向他借了潜水服。这太棒了，因为没有合适的设备是不可能去潜水的。因此，我们都能够去潜水多次在我们的三亚之旅。我们在海底所看到的一切都是那么美丽，这完全是来自我们从 Lucy 和教官那里借来的设备。

7：喜欢的天空（9-12月新题）

Describe a beautiful sky you enjoyed seeing

You should say:

Where you saw it

Who you saw it with

What you saw

And How you felt about it

The most beautiful sky that I have ever seen definitely would be the sunset in Sanya. Sanya is a seaside city on Hainan Island, which is off the south coast of China in the tropical regions. The weather there is meant to be fantastic and the skies, particularly the sunsets, are utterly beautiful.

The reason why I have the chance to see this particular sky is that my best friend introduced it to me. His name is Chen and he moved to Sanya from Beijing when he was young. We have kept in contact with each other ever since he moved away. The one thing he would always describe in his words was walking down to the beach and watching the sunset. He made it sound so beautiful. So, last winter vacation my family and I took a trip to Sanya.

Chen took me to see the most beautiful sky in Sanya, which was completely different from what I saw in Beijing. The sun was round and red, like a duck egg yolk. We could even see another sun which was reflected on the sea, the colour of sky also changed from sky blue to red, and finally turned into deep purple.

I think the reason why I want to see it so much is that I live in Beijing and here the sunsets are rarely as beautiful as the ones Chen describes. Unfortunately, in Beijing a lot of the sky is blocked out by skyscrapers and is further unclear due to air pollution. Therefore, the sunset in Sanya would be a truly special experience.

中文思路：

我曾经看过最美的天空，那一定是三亚的日落。三亚是海南岛上的一个海滨小镇，位于中国南部沿海的热带地区。那里的天气非常好，尤其是日落，非常美丽。

我之所以能看到如此特别的天空，是因为我的一个好朋友很小的时候就从北京搬到了三亚。他的名字叫陈，自从他搬走后，我们就一直通信。他总是在信中描述的一件事是走到海边看日落。他使它听起来如此美丽和美妙。每次陈写信给我，我总是告诉我的家人他在信中所写的一切。因此，我们全家都梦想着三亚的日落。于是在去年寒假，我们全家一起去了三亚。

陈带我看到了三亚最美的天空，和平时看到的完全不同。太阳圆圆的红红的倒影在海面上，跟个鸭蛋黄一样，天空也从天蓝色变成红色，最后变成深深地紫色。

我想我如此难忘原因是我住在北京，这里的日落很少像陈描述的那样美丽。不幸的是，在北京，很多天空被高楼大厦挡住了，由于空气污染，天空变得更加模糊。因此，三亚的日落将是一个真正特殊的体验。

8：水上运动

Describe a water sports you would like to try in the future

You should say:

What it is

Where you would like to try it

How difficult it is

And explain why you would like to try it

A water sport I am very keen to try in the future is scuba diving (带氧气瓶的深潜). Scuba diving is where you swim while wearing a wet suit connected to an oxygen tank which allows you to breathe underwater. Therefore, you can swim underwater for long durations (持续的时间) of time in order to explore the ocean floor. I would like to try this in Sanya. It is a wonderful place for diving as the tropical waters are warm and the entire island is surrounded by coral reefs; therefore, there are loads of beautiful fish to watch and swim with. However, I am worried because scuba diving is a difficult activity so I will have a lot to learn. Luckily, there are highly trained scuba instructors (教练) in Sanya so there will be someone there to teach me.

The reason why I have always wanted to try scuba diving is I find ocean life extremely interesting. I think there is such a vast and beautiful array of (大量) life that can be found in the oceans. I am really excited to see bright and colourful fish as well as magnificent (华丽的) coral reefs. Currently, due to the effects of climate change, a lot of coral life is at risk, so I think it is important to see it while I still can. Furthermore, I have always had a passion for swimming, and scuba diving will allow me to explore swimming in a way I have never done before. Overall, scuba diving is a very unique and thrilling (令人兴奋的) water sport, one which I am excited to try in the future.

中文思路：

我很想尝试的水上运动是深潜。水肺潜水是你穿着潜水衣游泳，上面连着氧气罐，它可以让你在水下呼吸。这样你就可以在水下呆很长的时间去探索海底。我想在三亚试试这项活动。这是一个潜水的好地方，因为热带水域是温暖的，整个岛屿被珊瑚礁包围，因此有很多漂亮的鱼和你一起游泳。然而我很担心，因为水肺潜水是一项困难的活动，我有很多东西需要学习。幸运的是，三亚有训练有素的潜水教练教可以教我。

我一直想尝试水肺潜水的原因是因为我发现海洋非常有趣。海洋中可以找到广阔而美丽的生命。我很高兴可以看到五彩缤纷的鱼和华丽的珊瑚礁。目前，由于气候变化的影响，很多珊瑚处于危险之中，所以我认为趁我还能看到的时候去看看很重要。此外，我一直对游泳充满热情，水肺潜水可以让我以一种从未有过的方式探索游泳。总的来说，水肺潜水是一项非常独特和令人兴奋的水上运动，我很希望在未来可以尝试。

9：交通工具出故障

Describe an experience that the vehicle you took broke down in your travel

You should say:

Where it happened

When it happened

Who you were with at that time

And what impacts this breakdown had

Recently I was on holiday with my family in Sanya and a vehicle we took broke down during our travel. We had visited Sanya as it is a wonderful place for diving, but we also decided to plan a self-driving tour around Sanya. It is a very beautiful island with so much to see, so my family and I thought the best way to see it all was with a self-driving tour. This gave us more freedom and control than a guided tour, but it also allowed us to discover parts of Sanya we may not have found on our own. It seemed like a brilliant idea, but whilst driving down a busy road the car suddenly broke down.

Initially (最初、首先) the breakdown was very unpleasant. We were on a busy road and the motor (发动机) burnt out so the car stopped running completely. My father and I had to get out and push the car while my mother steered (操控着) it to the side of the road. At first, this was very embarrassing (尴尬的) as we were causing a traffic jam, but then some local people came over and helped us move our car. They were very friendly and we all had a big laugh about the situation. After that, the break down did not seem so upsetting. We called the car rental company and they arranged for a replacement car to be driven to us immediately. I feel like this could have had a huge impact on the trip, but sometimes the support and friendship of local people can turn any bad incident into a funny story. Therefore, we did not find the break down that upsetting.

中文思路：

最近我和我的家人在三亚度假，我们乘坐的一辆车在旅途中抛锚了。三亚是一个潜水的好地方，我们决定计划一个三亚的自驾游。三亚是一个非常美丽的岛屿，有很多可以看的东西，所以我和我的家人认为最好的旅游方式就是自驾游。这给了我们比跟团更大的自由和控制力，但也让我们发现了三亚一些我们自己可能没有发现的地方。这似乎是个好主意，但在一条繁忙的路上行驶时，汽车突然抛锚了。

最初故障让我们很不愉快。汽车发动机在一条繁忙的公路上烧坏了，车完全停止运行。我和父亲必须下车把我母亲操控着的车推到路边。起初这很尴尬，因为我们造成了一些交通拥堵，但后来一些当地人过来帮助我们移动我们的车。他们非常友好，我们都为这种情况哈哈大笑。在那之后，抛锚似乎不再那么令人沮丧了。我们给汽车租赁公司打了电话，他们马上安排给我们换一辆车。我觉得这对这次旅行产生巨大的影响，但是有时候当地人的支持和友谊可以把任何不好的事情变成一个有趣的故事。因此，抛锚这件事并没有那么沮丧。

10：通过网络解决问题

Describe an experience where/when you solved a problem through the internet

You should say:

What the problem was

How you solved this problem

How long it took you to solve this problem

And how you felt about it

A while ago I went on holiday with my family to Sanya. We had heard that Sanya is a very interesting place and also a diving resort, but we knew little more than that. Therefore, before we decided to go there, we had a problem as we wanted to know what fun things there were to do in Sanya. None of our local friends had been to Sanya before so there was no one we knew in our community that we could go to for answers. Yet, I suggested that we solved this problem by looking on the internet for the answers. There are many online travel review (评论) sites that are quick and easy to access, so we went to a website called Hornet's Nest (马蜂窝) to see what fun things there are to do in Sanya.

It was a very helpful experience and made us feel confident that Sanya was full of fun activities for us to do. On the websites there were many valuable travel notes and reviews on all the places and activities that Sanya has to offer. We found suggestions for self-driving tours, beautiful dive site and fantastic places to eat. This made us feel very comfortable with the idea of travelling to Sanya. It also filled us with lots of brilliant ideas of how to fill our time while we are there. I am very happy that we looked online to solve our problem. The internet offers a wealth of information on so many topics which are quick and easy to access; this makes the internet a very good tool for solving one's problems.

中文思路：

不久前，我和我的家人去三亚度假。我们听说三亚是一个非常有趣的地方，也是一个潜水胜地，但我们知道的不是很多。因此，在我们决定去那里旅游之前，我们有很多想知道的问题，比如我们想知道在三亚有什么有趣的事情可以做。我们身边的朋友以前都没有去过三亚，所以在我们的社区里，没有认识的人可以给我们解答。然而，我建议上网来解决这个问题。网上有许多方便和指导性的旅游网站，我们登陆了马蜂窝这个网址，看看三亚有哪些有趣的景点。

这是一次非常有益的经历，让我们觉得三亚有很多有趣的活动。在网站上有很多关于三亚所有景点和活动的有参考意义的旅行帖子和评论。我们找到了关于自驾游、潜水地点和美食的建议。这让我们很憧憬去三亚旅行。我还提出了许多绝妙的主意，关于我们如何在那里打发时间。我很高兴我们在网上解决了问题。互联网提供了很多快速和容易访问的信息，这使得互联网成为一个解决问题的好工具。

11：给他人建议的经历

Describe a time that you gave advice to others

You should say:

Who you gave advice to

What the advice was

Why you gave advice

And how you felt about the advice

I recently gave some very good advice to my friend, Lucy. Last spring festival, Lucy told me that she wanted to travel to somewhere but was not sure where to go; she asked me if I could recommend a good place to visit. Without any hesitation (犹豫), I recommended that she visit Sanya as it is a wonderful place to go to. I had recently travelled to Sanya on a holiday of my own and had a fantastic time while I was there. The reason I suggested Sanya was because Lucy told me she wanted to go somewhere warm and fun. I thought Sanya would be the perfect place because while our hometown is very cold during the winter, the winter in Sanya is as warm as our spring. Therefore, it would be lovely and warm during the Spring Festival. Furthermore, Sanya is one of the best places in China for water sports, particularly diving, so there are lots of fun things for her to do.

I felt like this was very good advice because it was exactly the sort of (那种) place she was looking for. She wanted to visit somewhere warm and fun. Sanya was exactly the perfect place. I was very happy I could offer my friend good advice. It feels very rewarding to help your friends when they need advice. It is good to share our knowledge and experience with the people we have around us. Often it is hard to make good decisions on your own, so asking for advice from the people around you is a very good idea.

中文思路：

最近我给了我的朋友露西一些很好的建议。去年春节，露西告诉我她想去旅游，但不知道去哪里；她问我是否可以推荐一个好地方。我毫不犹豫的推荐了三亚，那是一个美妙的地方。我最近独自去三亚度假，在那里度过了一段美好的时光。我建议去三亚是因为露西告诉我她想去一个温暖有趣的地方。我认为三亚会是一个完美的地方，因为虽然我们的家乡冬天很冷，但三亚的冬天像我们的春天一样温暖。因此，她会度过一个温暖美好的春节。此外，三亚是中国最好的水上运动的地方之一，尤其是潜水，所以她有很多有趣的事情可以做。

我觉得这是非常好的建议，因为三亚正是她在寻找的地方。她想去一个温暖有趣的地方。三亚是最好的选择。我很高兴能给朋友提供好的建议。当你的朋友需要建议时，帮助他们是非常有益的。和我们身边的人分享我们的知识和经验是一件很棒的事。通常情况下，一个人很难做出正确的决定，所以向周围的人征求意见是个好主意。

12: 旅游经历

Describe an unusual experience of travelling

You should say

Where you went

When you went there

Who you were with

What you did there

And explain why it is unusual

Last Spring Festival, my friend Lucy and I went for a trip to Sanya which was very unusual for us as it is a tropical island. It was unusual as during winter it is very cold in my hometown but in Sanya it was sunny and beautiful. While we were there, we did lots of activities which are unusual to do in winter. We went for walks along the beach, ate at lovely restaurants and we even went diving since Sanya is famous for its diving. Lucy and I loved it very much. We were able to observe (观察) lots of beautiful fish and coral reefs up close, which was very impressive (印象深刻的). It was so beautiful, and the weather was so lovely that I took loads of photos during our trip. I took a wonderful photo of a blue sky and delicate (柔和的) white clouds, which I shared with my friends and they all thought it was very beautiful. But everyone thought it was such an unusual photo to see in the winter.

The reason why it was so unusual is that my hometown is very cold and dark in the winters. It is often rainy and cold so we spend most of our time indoors. Therefore, to be swimming in the sea and taking photos of a blue sky was an extremely unusual experience for Lucy and myself. Even though it was unusual we were very happy about it. It was wonderful to be able to escape the cold and dreary (沉闷的) weather of our hometown. I think maybe in the future we will spend the Spring Festival in Sanya again and go swimming in the sea during winter.

中文思路：

去年春节，我和我的朋友露西去三亚旅游，因为三亚是一个热带岛屿，这对我们来说是与众不同的。我家乡的冬天很冷，但三亚阳光明媚又美丽。在那里，我们做了很多在冬天里与众不同的活动。我们沿着海滩散步，在优美的餐厅吃饭，我们甚至去潜水，因为三亚以潜水而闻名。露西和我都非常喜欢它。我们能够近距离观察到许多美丽的鱼和珊瑚礁，这是非常令人印象深刻的。三亚那么漂亮，天气也是异常美丽，旅行中我拍了很多找票。我拍了一张蓝天白云的照片和我的朋友们分享，他们都认为非常漂亮。所有人都觉得在冬天看到这张照片非常与众不同。

它如此不同寻常是因为我家乡的冬天非常寒冷和黑暗。经常下雨而且很冷，所以我们大部分时间都呆在室内。因此，对露西和我来说，在海里游泳和拍摄蓝天是一种极不寻常的经历。虽然这是不寻常的，我们还是很高兴。能够逃离家乡寒冷沉闷的天气真是太好了。我想也许将来我们还会在三亚过春节，冬天去海里游泳。

13: 实用技能

Describe a practical skill you learned

You should say

What it was

When you learned it

Why you learned it

And how you felt about it

Recently, I have really improved my skills in cooking. It all happened during the last Spring Festival, when my friend Lucy and I decided to take a trip to Sanya and spend some time there. When we arrived, we discovered that the food at our serviced apartment was not very good. Luckily the apartment also **happened to** (碰巧) have a kitchen so we decided we would cook for ourselves for the **duration** (期间) of the trip. Lucy and I had never cooked before so this was very exciting and new for us. We went to the market to buy some fresh seafood and vegetables, when we got home we looked up some **recipes** (食谱) on the internet. After an afternoon of hard work, we had made a very delicious meal of seafood fried rice and we ate it in the evening. Although the meal we cooked ourselves was not as delicious as one we would buy in a restaurant, it tasted absolutely delicious. Every day we were there we would cook for ourselves. We made many lovely meals and learnt a lot together.

I felt so proud, I decided that when I got home I would cook for my mother as I believed she would be very touched by that. It was a lot of fun to be challenged every day and to develop our practical skills in cooking. It is really rewarding to learn new skills and better yourself as a person. After this experience I have decided to try and do more things to develop my practical skills in life.

中文思路:

最近，我真的提高了我的烹饪技能。这一切都发生在去年春节期间，当我的朋友露西和我决定去三亚旅游。当我们到达的时候，我们发现服务式公寓的食物不是很好。幸运的是，公寓正好有一个厨房，我们决定在旅行期间自己煮饭。露西和我以前从来没有做过饭，所以这对我们来说是非常兴奋和新鲜的。我们去市场买些新鲜的海鲜和蔬菜，回到家我们在网上查找一些食谱。经过一个下午的努力，做了一顿非常美味的海鲜炒饭作为晚餐。虽然我们自己做的饭不像我们在餐馆买的那么好吃，但尝起来绝对美味。我们每天都为自己做饭。我们做了很多美味的饭菜，一起学到了很多东西。

我感到很自豪，我决定回到家要为我的母亲做顿饭，因为我相信她会很感动。每天接受挑战并培养自己的烹饪技能是非常有趣的。学习新的技能和改善自己的状况是非常有益的。这次经历之后，我决定尝试更多的事情来发展我生活中的实用技能。

14: 错误信息

Describe a time when you got the incorrect information

You should say:

When it happened

What the information was

How you found it incorrect

And explain how you felt about it

Recently my friend and I got some incorrect information that almost ruined our day. During the most recent Spring Festival, my friend Lucy and I decided to go to take a trip to Sanya and spend a few days there. The reason we decided to go to Sanya was because it is a tropical island so during the winter it is a lot warmer than much of the rest of China. We were very excited to do many of the coastal activities such as diving and water sports. One activity we were excited to do in particular was to take a boat trip and visit Wuzhizhou island. We checked the weather forecast the day before and it said it would be sunny so we signed up (报名) for the cruise to the island.

Unfortunately, when we woke up very early to catch the boat, we discovered the weather was gloomy (黑暗的) and there was no sunshine. When we got on the boat, the weather was very bad, there were many dark clouds and the sky was overcast (阴暗的). In the evening there was heavy rain and strong winds. The sea was wild (疯狂的, 野蛮的) and the waves were very strong, so we felt very uncomfortable due to our seasickness (晕船). All of this really ruined our day and we were both very upset. It is very sad when incorrect information spoils (糟蹋) your plans. We did not have the day that we expected to have at all.

What I learned from this experience is that it is very important to make sure whether the information is correct. To do this, we can search from different resources or query others about that.

中文翻译：

最近我和我的朋友得到了一些错误的信息，差点毁了我们的一天。去年春节，我和我的朋友露西决定去三亚旅游。我们决定去三亚是因为它是一个热带岛屿，冬天它比中国其他地方暖和得多。我们对于沿海运动感到很兴奋，比如潜水和水上活动。最让我们兴奋的就是坐船去蜈支洲岛。我们提前一天看了天气预报是晴天，所以报名了乘船游览蜈支洲的活动。

不幸的是，当我们一早起来坐上船，发现天气很阴暗，没有阳光。当我们上了船，天气非常糟糕，天空阴暗还有很多乌云。到了晚上更是下着大雨，刮着飓风。大海非常野蛮伴随着强烈的海浪，这一切让我们非常不适导致了晕船。这一切真的毁了我们的一天，我们都很难过。当不正确的信息糟蹋了你的计划的确令人伤心。我们根本没有得到原本期待的一天。

我从中学习到的一点是，保证信息的准确性是非常重要的。我们可以通过从不同渠道查询或者询问其他人来做到这一点

15: 乐于助人的人

Describe a person who often helps others

You should say:

Who this person is

How often he helps others

How he helps others

Why he helps others

And how you feel about this person

I think most people like to help others and support the people they love and care about. However, there are some people who go out of their way to be kind and helpful to others, even to complete strangers. One person I have met like this was a taxi driver who drove my family and I to our hotel when we visited Sanya during the last Spring Festival. After he drove us to the hotel, I realized that I had lost my wallet. I was **panicking** (惊恐) when I received a call from the driver of our taxi. He explained that he had found my wallet and was driving back to the hotel to return it to me. I was very grateful as I had many important things in my wallet such as my ID and a lot of money. When he arrived, I expressed my **gratitude** (感谢) but he was so kind and **humble** (谦逊的) about the matter. He explained that people often leave important belongings in his taxi and he always returns them straight away. He told us that he thinks this is the right thing to do, and that he believes it is **honourable** (光荣的) to help others.

I felt like this driver was an **incredibly** (非常地) kind man. He helps other people for no other reason than because he believes it is the right thing to do. I tried to offer him some money to **compensate** (赔偿) the time he lost returning my wallet but he refused. He did not help me for **monetary gain** (货币收益) but simply because he wanted to help a stranger. It is rare to find people who show such kindness to people they barely know. I think that this taxi driver was one of the loveliest people I met during the entire trip to Sanya.

中文翻译：

我认为大多数人喜欢帮助别人，支持他们爱和关心的人。然而，也有一些人会不遗余力地帮助别人，甚至是陌生人。我遇到过一个这样的人，去年春节期间我们去三亚旅游的时候，他是一个出租车司机，他带着我和我的家人去了我们的酒店。他开车送我们到旅馆后，我才意识到我的钱包丢了。当我接到出租车司机的电话时我很恐慌。他解释说他找到了我的钱包，正开车回旅馆把它还给我。我很感激，因为我的钱包里有很多重要的东西，比如我的身份证件和很多钱。当他到达时，我表达了我的感激之情，但他对这件事是如此的善良和谦逊。他解释说，人们经常把重要的东西留在他的出租车上，他总是马上把它们还给他们。他告诉我们，他认为这是正确的事情，他认为帮助别人是光荣的。

我觉得这个司机是个非常善良的人。他帮助别人没有其他原因，只是因为他认为这是正确的事情。我想给他一些钱作为他送还钱包损失时间的补偿，但他拒绝了。他帮助我不是为了钱，只是因为他想帮助一个陌生人。很少有人对他们几乎不认识的人表现出这样的善意。我认为这个出租车司机是我在整个三亚之旅中遇到的最可爱的人之一。

16: 纪念品 & 17: 喜欢穿的衣服

Describe something special you took home from a tourist attraction

You should say
What it is
When you bought it
Where you bought it
What it was like
And explain why you think it was special

Describe a piece of clothing you enjoy wearing

You should say
Where you bought it
How often you wear it
What it is like
And explain why you enjoy wearing it

During the last Spring Festival, my friend Lucy and I thought it would be a nice idea to take a trip to Sanya and spend some time there. Sanya is a very popular tourist attraction for many people in China as it is the only tropical island in the whole of China. Therefore, it has beautiful weather and some of the best diving in the country. So many tourists visit Sanya every year. Lucy and I had a wonderful time while we were there. Just before we left, we decided to buy some things from the duty-free shop to commemorate (用作纪念) the journey. In the duty-free I found a very beautiful long dress, it was bright red with delicate black vertical strips (竖纹). It was a brand that I liked very much but it is very expensive in hometown's shop. However, I surprisingly found that it is much cheaper in this duty-free shop, so it was very lucky to find it in Sanya.

One of the reasons I love this dress is because every time I wear it, I am reminded of the holiday Lucy and I spent in Sanya. There are so many lovely memories from the holiday and I was really happy while in Sanya. The dress always brings these feelings back to me. I have taken many lovely photos of myself in this dress and I won the praise of many of my friends when I shared them in Wechat. This makes the dress feel really special to me.

中文翻译：

去年春节期间，我和我的朋友露西想去三亚旅游，在那里呆上一段时间会是个好主意。三亚是中国最受欢迎的旅游景点，因为它是唯一的一个热带岛屿。因此，它有美丽的天气和中国最棒的潜水。每年都有很多游客来三亚旅游。露西和我在那里玩得很开心。就在我们离开之前，我们决定从免税商店买一些东西用作纪念。免税店里我发现了一个非常漂亮的长裙子，它有着鲜艳的红色和精致的黑色竖条纹。这是一个我很喜欢的品牌，但在我们那里非常贵。然而我惊讶地发现，在这家免税店便宜得多，能在三亚发现它是非常幸运的。

我喜欢这件衣服的原因之一是，每次穿上它我都会想起我们在三亚度过的假期。我在三亚非常开心，这次假期给了我很多美好的回忆。这件衣服总是让我想起这些感受。我穿这件衣服拍了很多好看的照片，当我把它们发到朋友圈很多朋友都给我点赞。这一切让我觉得这件衣服对我很特别。

18: 公园

Describe a park/garden you like visiting

You should say

Where the park is

When you visit it

What the park is like

And explain why you like visiting it

During the last Spring Festival, my friend Lucy and I thought it would be a nice idea to travel to Sanya and stay there for a little while. The main reason we decided to go to Sanya was because Sanya is a tropical island, so it is much warmer there in the winter than our hometown. We also knew there are loads of fun things to do in Sanya such as water sports and diving so we were very excited to visit. When we arrived, we found that the climate of Sanya is wonderful. It is very beautiful and the environment is full of lush (郁郁葱葱) plants, green trees and blue sky. While we were there, we visited the Yalong Bay forest park and would walk through the park. It is a very famous park as it is the location of the famous movie 'If You Are The One' (非诚勿扰) therefore it attracts large amounts of tourists and is always buzzing (嗡嗡地嘈杂) with people.

The reason I enjoyed visiting it so much is because the park is such a special and unique place. There is a large hill in the centre of the park which is full of so much lush (丰富的) and vibrant (生机勃勃的) life. When we were hiking in the mountains, there were even monkeys crawling around. Furthermore, from the top of this hill there is a beautiful view of the entire island. It is so tall and magnificent that you can even see the sea. It is unlike any park that I have in my hometown, so I think it is a very special place to me.

中文翻译：

在去年春节期间，我和我的朋友露西认为去三亚旅游并在那里呆一段时间是一个好主意。我们决定去三亚的主要原因是因为三亚是一个热带岛屿，所以那里的冬天比我们的家乡暖和得多。我们也知道在三亚有很多有趣的事情可以做，比如水上运动和潜水，我们都很期待。到那的时候，我们发现三亚的气候很好。非常漂亮满是郁郁葱葱的植物,绿色的树木和蓝色的天空。当我们在那里的时候，我们参观了亚龙湾森林公园，并步行穿过公园。这是一个非常著名的公园,因为是著名的电影“非诚勿扰”的取景地。因此吸引了大量的游客，总是充满人们的吵杂声。

我喜欢这里是因为它是一个如此特别和独特的地方。在公园的中心有一座很高的山，充满了丰富且生机勃勃的生物。当你在山间游览时，周围甚至有猴子在爬来爬去。此外，从山顶上可以看到全岛的美丽景色。它是如此的高和宏伟，你甚至可以看到大海。它不像我家乡的任何公园，所以我认为它对我来说是一个非常特别的地方。

19: 广告

Describe an advertisement that you remember well

You should say:

Where you saw it

What was it about

What it was like

Why you remember it well

An advertisement that I will remember for a very long time was the one which aired on television for the ISY Music Festival. This was a large electronic music festival in the Hainan beach resort of Sanya. It came on the television immediately after I had been watching the news.

I was about to turn the television off but this advert drew my attention. I had never seen an advertisement like it, the music was so energetic and upbeat, and the advertisement was full of beautiful images. It showed the sunny beaches of Hainan Island full of crowds of young people dancing to music and having fun. For the next few weeks, the advert played frequently on the television. Whenever it would come on, I would instantly recognise it by the music and it always put me in a very good mood.

Most advertisements are boring and just attempt to sell you a product. The advertisement for the ISY Music Festival was different, this advertisement showed you what it would be like to be there. It played the upbeat music and showed the crowds of happy people. The advertisement made me really want to be there and it was very effective. I often think of the advertisement when I am listening to music, I believe that the advertisement will stay in my mind for a long time to come.

中文思路：

我记得很长一段时间的广告是电视上播放的伊丝音乐节。它是在海南三亚海滨度假区举办的大型电子音乐节。我刚看完新闻，这条广告就在电视上出现了。

我正准备关掉电视，但这条广告吸引了我的注意力。我从来没有见过这样的广告，配乐非常积极乐观，广告充满了美丽的画面。它展示了海南岛阳光明媚的海滩上挤满了年轻人，随着音乐跳舞，玩得很开心。在接下来的几周里，这则广告频繁地在电视上播放。每当音乐响起，我就会立刻从音乐中认出它，它总是让我心情很好。

大多数广告都很无聊，只是想向你推销一种产品。伊丝音乐节的广告是不同的，这个广告向你展示了在那里的感觉。它播放着欢快的音乐，向人们展示了快乐的人群。这则广告效果非常好，让我非常想去那里。我经常在听音乐的时候想起这条广告，我相信它会在我心中停留很长一段时间。

(二) 亚历克斯与咖啡店：

20：初见时刻（9-12月新题）

Describe a time when you first met someone

You should say:

Where you met him or her

When you met him or her

What you talked about

And how you felt about

I would like to describe to you the day I met my good friend and co-worker Alex for the first time. I met Alex the day I began my new part time job at a coffee shop. When I arrived to the coffee shop, the manager introduced me to Alex and said he would be training and supervising me during my first few weeks. Alex introduced himself politely and then showed me around the shop and taught me how to do my job.

At first, I was quite nervous as this was my first part time job and I was surrounded by strangers. However, Alex was very kind and made conversation with me to make me feel relaxed. He asked me about my interests and hobbies. I told Alex that I was a student and he asked me about my studies. When I told him I was very interested in English Language, his eyes lit up (亮了起来) and he began to speak in fluent English. I was so impressed by this and complimented him on his lingual (发音) skills. He offered to speak with me in English every day so that I could practice my language skills. I thought this was very generous and kind of him. For the rest of the day we talked about our favourite TV shows, our favourite music and the different hobbies that we are interested in. We discovered that we had a lot in common. It was a lovely first meeting with someone, and since then Alex and I have become very close friends.

中文思路：

我想向你描述一下我第一次见到我的好朋友兼同事亚历克斯的那一天。我在咖啡店开始新工作的那天遇见了亚历克斯。当我到达咖啡店时，经理把我介绍给亚历克斯，并说他将在我刚来的几周内对我进行培训和监督。亚历克斯礼貌地做了自我介绍，然后带我参观了商店，教我如何做我的工作。

起初，我很紧张，因为这是我的第一份工作，我周围都是陌生人。然而，亚历克斯非常友好，和我聊天，让我感到放松。他问我的兴趣爱好。我告诉亚历克斯我是一名学生，他问我的学习情况。当我告诉他我对英语很感兴趣时，他的眼睛亮了起来，开始说一口流利的英语。我对此印象深刻，并称赞他的语言能力。他主动提出每天和我用英语交谈，这样我就可以练习我的语言技能。我认为他非常慷慨和善良。剩下的时间我们谈论我们最喜欢的电视节目，我们最喜欢的音乐和我们感兴趣的爱好。我们发现我们有很多共同点。和他的第一次见面很愉快，从那以后，亚历克斯和我成了非常亲密的朋友。

21：擅长工作的人（9-12月新题）

Describe a person who is good at his or her job

You should say:

Who this person is

What his or her job is

How he or she likes the job

And explain why this person is good at the job

During the summer months I work in a café in my home town to earn a little extra money. One of the employees I work with is a man named Alex who is fantastic at his job. When I first started working at the café, Alex was the man who trained me and taught me all I know about the job. This is because he is the assistant manager, this means that he both works in customer service but also in management of the work team. Therefore, he knows all there is to know about working in the café.

He is always incredibly polite and friendly with every customer that comes into the café. He believes there is always something more he can do to improve anyone's day. I think that is a really good attitude to have and it makes him an exceptional (异常优秀的) employee. Furthermore, Alex is fluent in speaking English which makes him particularly useful when tourists come into the café. He can communicate effectively with travellers and always gives them useful recommendation of things to do around the city. I think Alex is so good at his job because of the attitude he has. Alex takes his work very seriously and it is meaningful to him. Therefore, he always wants to do his best and ensure that all the customers and his fellow employees are having a wonderful time. He is compassionate and empathetic (善解人意) and these are traits (性格) which make for a good work ethic (规范).

中文思路：

在夏天的几个月里，我在家乡的一家咖啡馆打工，挣点外快。我的一个同事叫亚历克斯，他工作非常出色。当我刚开始在咖啡馆工作的时候，亚历克斯是那个训练我的人，他教会了我所有关于这份工作的知识。这是因为他是助理经理，这意味着他既在客户服务部门工作，也在管理工作团队。因此，他知道在咖啡馆工作的一切。他对每一位进咖啡馆的顾客都非常有礼貌和友好。他相信自己总能做更多的事情来使别人的一天变得更好。我认为这是非常好的态度，这使他成为一个出色的员工。此外，亚历克斯英语流利，每当游客来到咖啡馆他就特别有用。他能有效地与游客交流，总是给他们推荐在城里可以做的事情。因为他的态度，我认为亚历克斯非常擅长他的工作。亚历克斯非常认真地对待他的工作，这对他来说很有意义。因此，他总是希望尽自己最大的努力，确保所有的客户和同事都有一个美好的时光。他富有同情心和同理心，这些品质造就了良好的职业道德。

22：说外语的人

Describe a person who speak foreign language well

You should say:

Who the person is

What kind of foreign language he/she speaks

Why he/she learns this foreign language

And explain why you think he speaks this foreign language well

During the summers I work at a Starbucks in my local town as a barista (咖啡吧员). There is a man I work with named Alex and I really admire him for his linguistic skills (语言技能). Alex was born and raised in Beijing but he has always been very fond of British culture. Alex also wanted to study in the UK, so he studied the English language very hard. I was always very impressed with Alex when foreign people would come into the café and he would speak English with them. He would always speak with such confidence and his English was almost fluent. Sometimes he even had such good conversations (人际交往) with customers that they became friends outside of work. Alex's hard work paid off in the end as next year he is moving to Britain to study in the city of London.

I think he speaks English so well because of the dedication (奉献) and effort he puts into learning the language. Alex tells me that he practices English every evening, doing speaking tests and writing out sentences in English. Sometimes Alex can spend up to three hours a night studying the English language. On top of this he tries to surround himself with English culture. Alex is always listening to English music and watches a lot of films in English. Because of this he is always encountering (遇到, 遭遇) the English language, this is the reason I think he speaks this foreign language so well. Learning a new language takes a lot of time and dedication so it is important to keep learning.

中文翻译：

暑假的时候，我在家乡的一家星巴克打工做咖啡吧员。我有个同事叫亚历克斯，我很钦佩他的语言能力。亚历克斯在北京出生和长大，但他一直非常喜欢英国文化。亚历克斯想去英国留学，所以他非常努力地学习英语。当外国人来到咖啡馆，亚历克斯总是流畅的和他们交谈，这让我印象深刻。他说话总是那么自信，而且英语很流利。有时，他与客户交谈的非常愉快，以至于他们在工作之外成为了朋友。亚历克斯的努力工作得到了回报，明年他将去英国伦敦学习。

他英语说得这么好是因为他在学习这门语言上的投入和努力。亚历克斯告诉我，他每天晚上都练习英语，做口语测试，用英语写句子。有时候亚历克斯一晚上可以花三个小时学习英语。除此之外，他还试图让自己置身于英国文化之中。亚历克斯总是听英语音乐，看很多英语电影。正因为如此，他总是处于英语的环境里，这就是为什么我认为他把这门外语说得这么好。学习一门新的语言需要花费大量的时间和精力，所以坚持学习是很重要的。

23: 想法有趣的人

Describe a person who has interesting ideas or opinions

You should say:

Who the person is

What this person does

How you know the person

And explain why you think his/her the ideas are interesting

During the last summer, I worked at a Starbucks as a barista. There was a man I worked with named Alex and I thought he had some very interesting ideas. Alex was a student in Beijing where he studied photography and **contemporary art (当代艺术)**. When we were at work together, we often discussed his ideas about art and photography because I found his opinions to be very interesting and uncommon.

Alex spends most of his free time exploring the city we live in and taking photographs of things that he thinks are worth picturing. He loves big urban cities and spends a lot of his time taking photographs of things that other people find ugly. He takes photographs of big skyscrapers, traffic jams and grey streets. It is very unusual because most photographers take pictures of grand natural landscapes or beautiful animals and it is easy to explain why these things are beautiful. When we are at work, he explains to me his ideas and opinions. He says he wants to take some pictures of the real world, because he thinks that people who live in cities are unhappy. Crowded subways, dirty streets and high-rise buildings can reflect people's depressed and unhappy state of mind. This is what I find so interesting about him, because what he considers worth picturing is very different from most people. So, life is far more interesting when you know people who have unusual opinions and strange ideas.

中文翻译：

去年夏天，我在星巴克兼职做咖啡师。我和一个叫亚历克斯的人一起工作，我认为他有一些非常有趣的想法。亚历克斯是一名学生，他在北京学习摄影和当代艺术。当我们一起工作的时候，他经常和我讨论关于艺术和摄影的想法，因为我发现他的观点非常有趣和不寻常。

亚历克斯的大部分空闲时间都用来探寻我们居住的城市，并拍摄他认为值得拍摄的照片。他喜欢大城市，花很多时间给别人觉得丑的东西拍照。他摩天大楼、交通堵塞和灰色街道的照片。这是非常少见的，因为大多数摄影师都会拍摄宏伟的自然景观或美丽的动物，而且图片的美丽是显而易见的。当我们上班的时候，他向我解释他的想法和观点。他说他想拍一些世界的真实样子，因为他认为生活在城市的人都不快乐。拥挤的地铁，肮脏的街道和高层建筑可以反映出人们的沮丧和不快乐的心态。这就是我觉得他很有趣的地方，因为他认为值得画的东西和大多数人都不一样。所以，当你认识那些有着不同寻常的观点和奇怪想法的人的时候，生活会变得有趣得多。

(三) 热爱唱歌：

24：想得到的奖

Describe a prize you would like to win

You should say:

What it is

When you know the prize

What you need to do

And explain why you would like to win it

One prize that I am really eager to win is the prize awarded to the top ten best singers at my school. Each year my school holds a musical competition in the summer for all the students to compete in. There are many prizes such as best band and best musician but the most prestigious (富有声望的) prize is that awarded to the top ten singers. Because the prize is so admired, many people perform in the singing category (种类) and thus it is a very difficult prize to attain (达到, 实现). Therefore, I will need to practice every day to ensure my singing is the best in the school. I am very passionate about singing, and I am sure I will win the prize with enough practice and dedication.

The reason I would like to win this prize is because singing has always been very important to me. I have been singing ever since I was a young child and practice it almost every day. Many people in my school admire me for my singing and I hope one day to turn my singing talent into a career. I think that winning this prize would be the validation (验证、证明) I need to believe in myself and pursue (从事) a career in music. Also, my parents have always supported my singing practice ever since I was young, so winning this award would make them very proud of me. I really hope that I win this prize so that I can make my parents proud and also earn the recognition and appreciation of my fellow students.

中文翻译：

我非常渴望获得的一个奖项是我们学校的校园十佳歌手。我的学校每年夏天都会举办一场音乐比赛让所有学生参加。有许多奖项，如最佳乐队奖，最佳作曲，但最著名的还是十佳歌手。因为这个奖项很受欢迎，很多人都选择参加歌唱比赛，所以这个奖项很难获得。因此，我需要每天练习，以确保我是学校里唱的最好的。我对唱歌很有激情，我相信通过足够的练习和奉献，我一定能获得这个奖项。

我想获得这个奖是因为唱歌对我来说一直是非常重要的。我从很小的时候就开始唱歌，几乎每天都练习。我的学校里很多人都很喜欢我的歌，我希望有一天能把我的歌唱天赋变成一份事业。赢得这个奖会让我相信自己并追求音乐生涯。此外，从小时候起我的父母一直支持我练习唱歌，所以赢得这个奖项会让他们为我感到骄傲。我真的希望我能赢得这个奖项，这样我就可以让我的父母感到骄傲，也赢得我的同学的认可和赞赏。

25: 喜欢的歌手

Describe your favourite singer or band

You should say:

Who your favourite singer is

What his/her personality is

What kind of style his/her music belongs to

And explain why he/she is your favourite singer

My favourite singer at the moment is the female pop star Taylor Swift. She is an American singer and one of the most famous musicians in the world. Originally, she was a country singer but as her career progressed, she has become a mainstream (主流) pop artist. She is a very sensitive and emotional person, and these emotions can often be felt in her music. She has a very kind and warm personality. In contrast (比较起来) to this, her music is so powerful and full of passion. She makes very upbeat (乐观的) and emotive pop ballads (流行民谣). I first discovered Taylor Swift when I was very young and one of her songs played on the radio. The track was called ‘Our Song’ and it instantly became my favorite song.

The reason why she is my favourite singer is because I find her music very rhythmic (有节奏的) and full of passion. Therefore, I like to listen to her after I come home from a long day of working. I find her music always put me in a very good mood. Moreover, I think I particularly like Taylor Swift because she pays a lot of care and attention to the singing in her music. I have aspirations (愿望) of becoming a professional singer myself one day, and therefore I find Taylor Swift to be a very inspiring person. Therefore, I not only love her music but I also find her life to be a great inspiration to me. It is because of this that she is my favourite ever musician.

中文翻译：

目前我最喜欢的歌手是流行女歌手泰勒·斯威夫特。她是一位美国歌手，也是世界上最著名的音乐家之一。最初，她是一名乡村歌手，但随着她事业的发展，她已经成为一名流行歌手。她是一个非常敏感和情绪化的人，这些情感经常可以在她的音乐中感受到。她有着非常善良和温暖的性格。相比之下，她的音乐是如此的强大和充满激情。她创作的流行歌曲非常乐观，富有感情。我第一次发现泰勒·斯威夫特是在我很小的时候，她的一首歌在电台上播放。这首歌的名字叫《我们的歌》，很快就成了我最喜欢的歌。

她是我最喜欢的歌手的原因是因为我觉得她的音乐很有节奏且充满激情。因此，我喜欢在结束一天漫长的工作回家后听她的歌。我发现她的音乐总能让我心情变好。此外，我认为我特别喜欢泰勒斯威夫特，因为她非常注意她的音乐中的演唱。我希望成为一名歌手，因此我发现泰勒·斯威夫特是一个非常鼓舞人心的人。因此，我不仅爱她的音乐，我也发现她的生活对我是一个巨大的鼓舞。正因为如此，她是我最喜欢的音乐家。

(四) 图书馆：

26：读书写字的地方（9-12月新题）

Describe a place where you read and write (not your home)

You should say:

Where it is

How often you go there

What it is like

And explain how you feel about this place

Usually, I tend to go to library to do some reading and writing when I am alone. The library in my university lies beside a lake near our teaching buildings. It is a white building with 5 floors height. As a matter of fact, almost every Saturday afternoon, I love to go there and read for a while. I usually go there alone but sometimes I go there with my roommates when they are free. Moreover, while reading or writing in the library, my mindset is the most placid (平静的) and calm, as if I a rivulet (小溪), meandering smoothly through pastures (蜿蜒地流过牧场).

I love reading books of real worth, and my reading is of very wide range. So, I benefit a lot from it as reading improves my writing skills. Furthermore, I like reading with no distractions. Libraries are quiet, as well as **tranquil** (宁静的). It's quite different from noisy accommodations. There are a variety of books of every **genre** (类型) in the library, and I'm able to read whatever I would like to read. Moreover, reading in the library helps me focus my mind, especially if I am little bit tired. Generally, I would read for about an hour and keep working on my essays until I am hungry to go home for a dinner.

I really believe going to library is one of the happiest activities of my life. Therefore, I'd like to maintain this habit in the future.

中文思路：

通常，当我一个人的时候，我喜欢去图书馆做一些阅读和写作。我大学的图书馆位于我们教学楼附近的湖边。图书馆有五层楼高，外墙是白色的。事实上，几乎每个星期六下午，我都喜欢去那里看一会儿书。我通常一个人去，但有时我的室友有空我们也会一起去。而且，在图书馆看书写字的时候，我的心态是最平和的，最平静的，就像一条小溪，蜿蜒流过牧场。

我喜欢读真正有价值的书，而且我的阅读范围很广。所以，我从阅读中获益良多，因为阅读提高了我的写作技巧。此外，我喜欢没有干扰的阅读。图书馆很安静，它与嘈杂的宿舍环境大不相同。图书馆里有各种类型的书，我可以读任何我想读的书。此外，在图书馆读书可以帮助我集中精力，尤其是当我有点累的时候。一般来说，我会阅读大约一个小时，然后继续写我的文章，直到我饿了，然后回家吃晚饭。

我相信去图书馆是我一生中最快乐的活动之一。因此，我想在未来保持这个习惯。

27：陌生人的电话

Describe a time you heard a stranger talking on the phone in the public place

You should say:

Where you were

When it was

What the strange was talking about

And explain how you felt about it

There was an occasion recently when I heard a stranger talking loudly on the phone and I thought it was quite **impertinent** (不恰当的). This happened when I went to the library to do some quiet studying. Whilst reading my book I was suddenly distracted by a man talking very loudly. This was strange as it is common knowledge that one must try to be silent when in a library. I thought the stranger would realise the errors of his ways and stop, but he **persisted in** (坚持) talking loudly. I looked around to discover who was talking so loudly and was amazed to find a man having a conversation on his phone. I was so shocked and **outraged** (愤怒的) that I immediately went over to the man and quietly but **sternly** (严厉地) asked him to please take his conversation outside of the library. Surprisingly, the man seemed shocked at my anger and could not see the error of his ways. However, when he became aware of the **irritation** (愤怒) that many other members of the library clearly felt towards him, he quickly took his conversation outside.

The whole experience made me very angry. I found it hard to believe that a person could be so ignorant and impolite as to talk on the phone in the library. It is very impolite to talk loudly on the phone when in a library but it can be just as impolite in a variety of public places. I feel people should try to be **courteous** (有礼貌的) and **empathetic** (有同理心的) when speaking on the phone and thus do so quietly and **discretely** (谨慎).

中文翻译：

最近有一次我听到一个陌生人打电话时大声喧哗,我认为这是相当无礼。这是在我去图书馆学习的时候发生的。我看书的时候,突然被一个大声说话的男人分散了注意力。这是奇怪的行为,因为众所周知,人们在图书馆里必须保持沉默。我认为陌生人会意识到他的错误,然后停止喧嚣,但他一直大声地说着话。我环顾四周,想看看是谁在这么大声地说话,却惊奇地发现一个男人正在打电话。我感到震惊和愤怒,我立刻走到他面前,严厉而冷漠的请他出去打电话。令人惊讶的是,这个人似乎对我的愤怒感到震惊,并没有意识到他的错误。然而,当他意识到许多图书馆的其他成员明显感到对他感到愤怒,他很快就出去打电话了。

整个经历让我非常生气。我很难想象一个人会如此无知和不礼貌,竟然在图书馆里打电话。在图书馆大声讲电话是很不礼貌的,同时在各种公共场所也可能是不礼貌的。我觉得人们应该尽量做到有礼貌和有同理心的,在打电话的时候要小声和谨慎一些。

28：公共设施

Describe a new public facility that improves local life quality

You should say:

Where the facility is

When it is built

What people can do there

What influence the facility has

And explain how you feel about it

When it comes to a new facility that improves local life quality, I want to talk about the library in my town. It is in the centre of the town and was originally built over a hundred years ago. It is a very old building which needed renovation (修葺) . In fact, it has been renovated and extended to meet more modern demands last year. Therefore, it is now not only used as a place for borrowing books but also has a large computer facility that allows people to access online resources as well. I am very happy about the council's decision to renovate the public library as it is a benefit to the community to have such a developed resource.

Libraries are important because they give communities easy and affordable access to huge amounts of information. They are beneficial to all parts of society. Children can use libraries to access huge amounts of fiction and novels which encourage their imagination and promote healthy reading habits. Academics and scholars can access information or books which can help them with their work. There is also a large resource of instructive educational material to help people improve their personal skills. For example, my uncle has taken an interest in construction and DIY. He often borrows manuals (指南) from the library to help him with his hobby. I feel that this new public facility was a huge benefit to the community and I am very happy we have access to it.

中文思路：

最近我们镇上的公共图书馆进行了翻修和扩建。它位于市中心，一百多年前就已经建好了。这是一座非常古老的建筑，因此需要进行改造，同时也进行了扩建和改进，以满足更现代化的需求。因此，它现在不仅被用作借书的地方，而且有一个大型的计算机设施，允许人们访问在线资源。我很高兴镇上的委员会决定对公共图书馆进行翻修，因为拥有这样一个发达的设施对社区来说是有益的。

图书馆之所以重要，是因为它们为社区提供了方便和负担得起的获取大量信息的途径。它们有益于社会的各个方面。孩子们可以利用图书馆阅读大量的文学书籍和畅销书籍，这些文学书籍和畅销小说可以激发他们的想象力，促进健康的阅读习惯。大学教师和学者可以获取信息和书籍，这些信息和书籍可以帮助他们完成工作，而且还有大量的教育资源可以帮助人们提高个人技能。例如，我叔叔对建筑和 DIY 很感兴趣，经常从图书馆借来手册来帮助他培养自己的爱好。我觉得这个新的公共设施对社区是一个巨大的好处，我很高兴我们可以使用它。

(五) 加勒比海盗

29：想和朋友探讨的电影（9-12月新题）

Describe a film you would like to share with your friends

You should say:

Where you watched it

When you watched it

Whether you like it or not

And why you want to share it with friends

A film that I would like to share with my friends is a film from my childhood called ‘Pirates of the Caribbean’ . I first watched this film in the cinema back in 2003 when I was quite young. My parents took me to see it and I immediately fell in love with it. The film is an exciting and heart-warming tale (故事) about pirates and the British navy. There is a love story between an English lady and a young blacksmith (铁匠) who turns out to be the son of a pirate. In their fight for love they get caught up in danger and adventure with a charismatic pirate by the name of Captain Jack Sparrow. It is a truly great film and one I would love to share with my friends.

I would like to share this film with my friends because it is not only an exciting film but also a very funny one. It is full of cheer and funny moments, therefore, it makes a great film to watch with friends. It puts everyone in a good mood. Furthermore, this film is only the first in a series of Pirates of the Caribbean movies. Therefore, there is more fun to be had in the future. It is lovely to share experiences with your friends so I like to share movies with them which have many sequels (续集) . This way we can meet again and again.

中文思路：

我想和朋友们分享的一部电影是我童年时期的一部电影，叫做《加勒比海盗》。我第一次看这部电影是在 2003 年，当时我还很小。我的父母带我去的，我非常喜欢这部电影。这是一个关于海盗和英国海军的激动人心的感人故事。也是一个英国女人和一个年轻的铁匠之间的爱情故事，这个铁匠原来是一个海盗的儿子。在他们为爱而战的过程中，他们和一个名叫杰克·斯派洛的魅力十足的海盗一起陷入了危险和冒险。这是一部我想与朋友分享的真正伟大的电影。

我想和朋友们分享这部电影，因为它不仅令人兴奋，而且非常有趣。它充满了欢乐和有趣的时刻，因此，它是和朋友一起看的好选择。它让每个人都好心情。此外，这部电影只是《加勒比海盗》系列电影中的第一部。因此，未来有更多的乐趣。和你的朋友分享经历是很愉快的，所以我喜欢和他们分享有很多续集的电影。这样我们就可以一次又一次地见面。

30：想见的外国名人

Describe a foreign celebrity that you would like to meet in person

You should say:

Who the person is

How you know about this person

What this person does

And explain why you would like to meet this person

Ever since I was a young child, I have admired the Hollywood actor Johnny Depp very much. In recent years, I have often thought to myself that I would like to meet him in person.

I first discovered Johnny Depp in the film ‘Pirates of the Caribbean: The Curse of the Black Pearl’, in which he played the role of a charismatic and playful pirate named Captain Jack Sparrow. I fell in love with his character, who I thought was both charming and hilarious. Since then, there have been many more Pirates of the Caribbean movies and he became more and more popular in China.

As I was growing up, my parents would take me to see each of his new movie. Therefore, I have many happy childhood memories associated with Johnny Depp. As I got older, I discovered Johnny Depp is a very talented actor and has played many different and diverse roles. He has also acted in many serious films which I found both gripping and powerful.

Furthermore, Johnny Depp is always volunteering his time for good causes. He is not only a successful actor but also does huge amounts of work for charitable organisations. So, he is my favourite movie star and I admire his character very much. If I have a chance to meet him in person, I would like to take a photo with him.

中文思路：

我从小就很崇拜好莱坞演员约翰尼·德普。近年来，我经常对自己说，我想亲自见见他。

我第一次发现约翰尼·德普是在电影《加勒比海盗：黑珍珠的诅咒》中，他扮演了一个富有魅力和顽皮的海盗船长杰克·斯派洛。我爱上了他的角色，我认为他既迷人又滑稽。从那以后，《加勒比海盗》系列电影越来越多，他在中国也越来越受欢迎。

在我成长的过程中，我的父母会带我去看他的每一部新片。因此，我对约翰尼·德普有着许多美好的童年回忆。随着年龄的增长，我发现约翰尼·德普是一个非常有天赋的演员，扮演过许多不同的角色。他还在许多严肃的电影中扮演角色，我觉得这些电影既扣人心弦又很有力量。

此外，约翰尼·德普总是自愿把时间花在公益事业上。他不仅是一个成功的演员，而且为慈善机构做了大量的工作。所以，他是我最喜欢的电影明星，我很欣赏他的人品。如果我有机会见到他本人，我想和他合影。

(六) 烤鸭店聚餐

31：地区特产（9-12月新题）

Describe a popular product (e.g food, handicraft..) made in your region

You should say:

What it is

What it is like

How it is made

And explain why it is popular

One of the most popular food products in my area is roast duck. Roast duck is one of my most favourite foods and is very popular in my region and throughout China. There are some who would argue that it is almost a national dish.

The way the duck is roasted is very particular to China. It is also called Peking Duck and it is a dish that is said to originate from the Beijing region. When it is roasted it is done so until it is crispy on the outside. Furthermore, the seasoning of the duck gives it a very aromatic flavour that everybody loves. The meat is always sliced beautifully and very juicy. There are some people who take the preparation of the duck meat very seriously. In some places they will only use duck meat from ducks which are specifically bred for the dish. It is an extremely popular dish. I think this is because the roast duck is so flavourful and well-cooked.

However, I believe it is also popular because of the way it is served. It is traditionally served with fresh crunchy vegetables such as spring onions and cucumber. The contrasts of flavour and texture are just divine. Therefore, almost everybody loves this dish.

中文思路：

我们地区最受欢迎的食品之一是烤鸭。烤鸭是我最喜欢的食物之一，在我的家乡和整个中国都很受欢迎。有些人认为这几乎是一道国菜。

烤鸭的烤法是中国特有的。很多人也叫它北京烤鸭，据说起源于北京地区。当它被烤的时候，它是这样直到外面酥脆。此外，鸭子的调料给它一个每个人都喜欢的非常香的味道。肉总是切得漂亮多汁。有些人非常重视鸭肉的制作。在一些地方，他们只使用专门为这道菜而饲养的鸭子的鸭肉。这是一道非常受欢迎的菜。我想这是因为烤鸭美味并且做得很好。

不过，它受欢迎还因为它的服务方式。传统上，它与大葱和黄瓜一起食用。原材料和味道的混合对比真是太棒了。因此，几乎每个人都喜欢这道菜。

32: 和朋友出去 & 33: 邀请聚餐

Describe an experience when you went out with your friends and had a good time

You should say

Where you went

When you went out

What you did

And explain why you had a good time

Describe an occasion when you invited your family or friends to dinner

You should say

When you invited them

Where you had the dinner (At home or at a restaurant?)

Why you invited them

And explain how you felt about the dinner

Last summer, my school friends and I won the regional (当地的) basketball competition and as a celebration we organised a large congratulatory dinner (庆功宴) to share together. Shortly after the competition, my best friend Andrew and I invited all of our teammates to join us for dinner at Beijing Da Dong, which is one of the best dining restaurants in Beijing.

On the night of the dinner all of our closest friends showed up dressed in fine and elegant clothing. We sat down to a luxurious meal and we all celebrated our victory and discussed our plans for the future. It was a beautiful summer evening, the weather was cool, and we all had a brilliant night filled with joy and merriment (欢乐). After we finished our main courses, Andrew suggested we play a game, called wolf kill, which was the most popular game in campus. We then played this game whilst we were served dessert. The games were energetic and exciting.

We stayed long after our dishes were cleared away, playing games and chatting to each other. The staff at this restaurant were so hospitable, they did not pressure us to leave once we had finished our meal. In fact, they brought us some complimentary tea to drink while playing our games. We all had a truly wonderful night and left the restaurant with a lot of happiness in our hearts.

中文思路：

去年夏天，我和我的同学赢得了整个地区的篮球比赛，作为庆祝，我们一起组织了一个大型的庆祝晚宴。比赛结束后不久，我和我最好的朋友安德鲁邀请所有队友一起去北京大董烤鸭店吃饭，这是北京最好的餐厅之一。

吃饭的那天晚上，我们所有最亲密的朋友都穿着精致优雅的衣服出现了。我们坐下来吃了一顿丰盛的饭来庆祝胜利，并讨论未来的计划。那是一个美丽的夏夜，天气凉爽，大家都度过了一个充满喜悦和欢乐的灿烂夜晚。当完成了主要课程后，安德鲁建议我们玩“狼人杀”，这是校园里最受欢迎的游戏。我们在吃甜点的时候玩了这个充满活力和刺激的游戏。我们的盘子被清理干净后，还呆了很长的时间玩游戏和聊天。这家餐厅的工作人员非常热情好客，他们没有催促我们吃完饭就离开。事实上，他们在玩游戏的时候给我们提供了免费的茶。大家都度过了一个真正美好的夜晚，带着心中的快乐离开了。

(七) 蹦极

34: 庆祝成就 (9-12月新题)

Describe an occasion when you celebrated your achievement

You should say:

What you achieved

How you celebrated it

Who you celebrated it with

And how you felt about it

Not too long ago, I had done something meaningful. So I invited my friends to have a dinner to celebrate it.

Last vacation, I was in Macau with my friends, we were there on a vacation and while there we went to the Tower of Macau which is a famous spot for bungee jumping. My friends wanted to go bungee jumping but this was difficult for me because I have an extreme fear of heights. However, I decided that I was going to face my fear and told my friends I would join them on the bungee jump. My friends knew about my fear of heights so they were very shocked about this. With their help I did the bungee jump and they were all so proud of me they decided we had to go out to dinner to celebrate.

We went out to the finest(最好的) restaurant we could find in Macau. There we ate a luxurious meal and laughed and joked about our vacation. My friends teased(取笑我) me for my fears and praised(赞扬) me for my strength in overcoming them. After our meal was finished, we went for a walk along the veranda(阳台,走廊). I felt very happy to be with such kind and compassionate friends. Many people could have ridiculed(嘲笑,奚落) me for my fear of heights, but my friends turned it into an occasion to celebrate. I shall forever be grateful to them for their kindness.

中文思路：

不久前，我做了一件有意义的事。所以我想邀请朋友一起吃晚饭庆祝一下。

我和我的朋友在澳门度假，我们去了澳门塔，这是一个著名的蹦极圣地。我的朋友想去蹦极，因为我恐高，这对我来说很难。然而，我决定要面对我的恐惧，并告诉我的朋友，我将加入他们的蹦极。我的朋友们知道我恐高，所以他们非常震惊。在他们的帮助下，我做了蹦极，他们都为我感到骄傲，我们必须出去吃晚饭庆祝一下。

我们去了澳门最好的餐厅。在那里吃了一顿丰盛的晚餐，拿我们的假期说笑。我的朋友嘲笑我的恐惧，并称赞我克服恐惧的力量。吃完饭后，我们沿着走廊散步。和这样善良、富有同情心的朋友在一起，我感到非常高兴。很多人可能会嘲笑我恐高，但我的朋友们把它变成了一个庆祝的场合。我将永远感激他们的好意。

35：助你实现目标的人

Describe a person who encouraged and helped you to achieve a goal

You should say

Who this person is

What this person encouraged you to do

How this person helped you

Explain why this encouragement helped you to achieve the goal

And explain how you felt about it

My friend Andrew is a very good friend to me, and last summer he was there for me **in my time of need** (在我需要帮助的时候) . Andrew encouraged me and helped me achieve a goal when I thought I did not have the power to do it.

Last summer, my friends and I had all decided to visit Macau. Andrew is a big fan of **extreme sports** (极限运动) so he took me to the Tower of Macau which is a famous site for bungee jumping. He advised me to have a try. Then I thought for a while and consider that we got to do something crazy when we were young, so I made up my mind to go bungee jumping with him.

However, just right before I was about to jump I started to **panic** (害怕) . I wanted to cancel the entire thing but Andrew came to my aid and gave me encouragement. He explained that he was also terrified, but it was very safe to do this. He advised me to close my eyes before jumping and in the end everything was going to be alright. We were about to do something amazing which we would never forget. His words calmed me down and I was able to do the bungee jump.

I felt very grateful for Andrew's help. I was really scared of doing the bungee jump and I do not think I would have been able to do it without him. Often all one needs are words of encouragement from a close friend and then they can achieve anything.

中文思路：

安德鲁是我的好朋友，去年夏天当我需要帮助的时候，他就在我身边。当我认为自己没有能力做到的时候，他鼓励我实现了目标。

去年夏天，我和朋友们决定去澳门旅游。安德鲁非常喜欢极限运动所以他带我去了澳门塔，那是一个著名的蹦极场所。他劝我去试一试。然后我想了一会儿，考虑到我们年轻的时候应该做一些疯狂的事情，所以我决定和他一起去蹦极。

然而，就在我要跳下去之前，我开始恐慌。我想取消这个计划，但安德鲁给了我鼓励。他解释说他也很害怕，但是这样做很安全。他建议我跳之前可以闭上眼睛，最后一切都会没事的。我们要做一些我们永远不会忘记的事情。他的话使我平静下来，我能蹦极了。

我非常感谢安德鲁的帮助。我真的很害怕做蹦极，我想如果没有他，我不可能做到。通常，一个人所需要的只是来自亲密朋友的鼓励之词，然后他们就能成就任何事。

(八) 高考

36：不用工作学习的一天（9-12月新题）

Describe a time when you enjoyed a free day off work or school

You should say:

Where you were

What you did

Who you were with

And how you felt about it

Not too long ago, I enjoyed a wonderful free day off from school. It was the day after my finals exam which lasted for almost a month. It also meant that I was about to enjoy the lovely summer vacation. My classmates and I were busy preparing the finals for a month and even studied all night long (一整夜), so we decided to have a relax and to celebrate for the vacation.

I woke up in the morning and had a wonderful breakfast before heading out to meet some school friends who also had the day off. We had all taken final exams the day before so we planned to spend our free day together in Beijing. Most of our parents had given us a little extra money as a reward for our hard work. We all met up at Jingshan Park and spent a few hours there in the midday sun. We had a picnic and played some games together. Boys were playing football on the grass while girls were sitting under the trees reading books. We were all relaxed and happy, it felt as if a huge weight had been lifted from us. In the afternoon we left the park and decided to go to the cinema to watch a movie and afterwards (之后) went out for a meal together before going home. It was the perfect day, we had fun and thoroughly (彻底地、完全地) enjoyed ourselves. It was such a lovely way to spend a free day and we were all very grateful that we had been given one.

中文思路：

不久前，我享受了一个美好的自由的一天，因为我放假啦！考试持续了将近一个月，那是我期末考试结束的第二天。这也意味着我即将享受这个美好的暑假。我和同学们一个月以来忙着准备期末考试，甚至通宵学习，所以我们决定放松一下，为假期庆祝一下。

我早上醒来，吃了一顿美味的早餐，然后去见一些也放假的同学。我们都在前一天参加了期末考试，所以我们计划在北京一起度过放假的第一天。父母给了我们一些零花钱，作为对我们努力学习的奖励。我们都在景山公园碰面，在正午的阳光下在那里呆了几个小时。我们野餐了，一起玩了一些游戏。男孩们在草地上踢足球，而女孩们坐在树下读书。我们都很放松和快乐，感觉好像有一个肩上的重担突然间消失了。下午，我们离开公园，决定去电影院看电影，然后一起出去吃饭，然后回家。那是完美的一天，我们全程都玩得很开心。这是一个多么美好的方式来度过难得自由的一天。

37：快乐的一天（9-12月新题）

Describe a special day you that you remember well

You should say:

Where you were

Who you were with

What you did

And explain why you remember it well

I would like to talk about a day that I remember well. It was the day of my college entrance exam. Even though it has been a long time, I will never forget how happy I was on the day after the college entrance examination.

At first, I was very nervous about the college entrance exam. There was a lot at stake (这事至关重要) and there was the potential (可能性) for this day to be the worse day of my life. I had studied very hard for years on end and the process had been very painful. However, the entrance exams went really well and when I finished, I felt like a huge weight had been lifted off of my shoulders. When I left the exam, I found my friends felt ecstatic (狂喜) as well. There is no greater feeling than when large amounts of effort and hard work pay off. We were all so happy and overjoyed we could hardly contain ourselves.

We decided to go celebrate, so we all went to a nice restaurant not too far from our school. We ate a large and luxurious meal, filled with happiness and laughter. We were all so relieved (松了一口气) that we had completed our entrance exams that nothing could ruin our mood. What made it even better was that we have an almost four-month vacation after the exam. It really was the happiest day of my life and I remember it very well for now and the future.

中文思路：

我想说的一天，是我记得很清楚的一天。那天是我高考的日子。尽管已经过去了很长时间，我永远不会忘记高考后的那一天，我是多么的开心。

起初，高考使我很紧张、焦虑。因为高考事关重大，而且有可能成为我一生中最糟糕的一天。多年来，我一直努力学习，学习的日子非常辛苦。然而，我高考那天发挥得特别好，当我考完试的时候，我觉得我卸下了肩上的重担。当我离开考场，我发现我的朋友们也欣喜若狂。当不懈的努力和汗水得到回报的时候，我感觉非常棒！

我们决定去庆祝一下，所以我们都去了离学校不远的一家不错的餐馆。我们吃了一顿丰盛的大餐，过程中充满了快乐和笑声。我们都松了一口气，因为我们已经完成了高考，没有什么能破坏我们的心情。更棒的是，我们有一个近四个月的假期。那真的是我一生中最快乐的一天，我现在和将来都会永远铭记这一天。

38：得到的工作或学习建议（9-12月新题）

Describe an advice you received on choosing your major or work

You should say:

What it was

Who you received from

When you received it

And how you felt about it

I once received a piece of very important advice from my grandfather which shaped (打造、使…形成) the future of my life. When I was in high school, I was preparing for my college entrance exams and it was time for me to consider what I would choose to study as my major. I was young and inexperienced so I was finding this a difficult decision to make. But I knew it was one of great importance, so I went to my family for their advice. My grandfather gave me the best advice out of anyone I asked.

When I came to him to discuss what major I should study at university the first thing he asked me was what I wanted to study. I told him accounting, but that I was worried that perhaps accounting would be too difficult for me and instead I should pick something easier such as economics. He then asked me would I be interested in studying economics. To which my answer was no. Then he gave me the following advice: he said we should always choose to make the decisions which are the most important to us, and will bring us the most happiness, regardless of how difficult they may seem. He told me that choosing the difficult options gives me the opportunity to rise up to the challenge and prove my worth. These were very inspiring words and filled me with courage and pride. I took his advice, and I have never regretted my decision to study accounting as my major.

中文思路：

我曾经从祖父那里得到非常重要的建议，这些建议塑造了我未来的生活。当我在高中的时候，我在准备我的大学入学考试，是时候考虑选择什么专业了。我还年轻没什么经验，所以我觉得这是一个艰难的决定，但我知道这个决定很重要，所以我去征求家里人的意见。我的祖父给了所有人中最棒的意见。

当去找他讨论我在大学应该学什么专业时，他问我的第一件事就是我想学什么。我告诉他会计学，但我担心会计学可能对我来说太难了，我应该选择一些更简单的东西，比如经济学。然后他问我是否对经济学感兴趣。我的回答是否定的。然后他给了我以下的建议：不管它们看起来有多难，我们应该选择那些最重要的事，这样才会带来最大的幸福。他告诉我，选择困难的选项让我有机会迎接挑战，证明我的价值。这些话非常鼓舞人心，让我充满勇气和自豪。我接受了他的建议，我从来没有后悔自己选择会计学作为我的专业。

39：很累却要保持清醒（9-12月新题）

Describe a time that you were sleepy but had to stay awake

You should say:

When it happened

Why you were sleepy

Why you had to stay awake

And how you stayed awake?

I remember a time not too long ago when I was very sleepy but I had to stay awake. It was during my end of year exams at college which occurred last summer. It was a period when I had many exams and some of these exams began as early as 8:30am. Therefore, I was frequently very tired. Not only did I have to wake up early enough to have a good breakfast and get ready before my exam, but also, I expended (耗费) a lot of energy in my studies and preparations.

Exams can be very stressful and I would spend 10 hours every day on study. Therefore, I was very mentally fatigued (精神疲劳). However, it was important that I stayed awake. To be successful one must be completely focused and energised for the task at hand. If I become sleepy and tired then I do not perform my best work, these exams were extremely important so it was necessary that I stay awake. There were many steps I took to attempt to combat (对抗) the tiredness I was feeling. I made sure that I always went to bed early so that I had enough sleep even if I had to wake up in the morning.

Furthermore, I ensured that I was drinking enough water and well hydrated, as dehydration (脱水) is a leading cause of drowsiness (睡意). When all else failed, I would drink coffee to stay awake. The caffeine in the coffee keeps me alert no matter how tired I am feeling.

中文思路：

我记得不久前，我很困但必须保持清醒。那是去年夏天期末考试的时候。那时有很多考试，有些早在早上 8:30 就开始了。因此，我经常很累。我不仅要早起吃一顿好早餐，准备考试，而且，我在学习和准备上花费了很多精力。

考试压力很大，我每天都要学习十个小时以上。因此，我的精神非常疲惫。然而，保持清醒是很重要的。要想成功，你必须完全专注于手头的任务，并充满活力。这些考试是非常重要的，如果我变得困倦和疲劳，会使我没有表现出最好的水平，所以我有必要保持清醒。我采取了很多措施来消除我的疲劳。我确保自己很早上床睡觉，这样即使我必须在早上醒来，我也有足够的睡眠。

此外，我确保自己喝了足够的水和充足的水分，因为脱水是困倦的主要原因。当一切都失败时，我会喝咖啡来保持清醒。不管我有多累，咖啡里的咖啡因都能让我保持清醒。

40：早起

Describe an occasion when you got up early

You should say:

When you got up

What you did

Why you got up early

Explain how you felt about it

Last summer I had my end of year exams at college. Some of these exams began at 8:30am in the morning and therefore I had to wake up very early to be ready for them in time. I would have to wake up at 6am so that I had time to shower, get dressed and eat a proper breakfast before I went to my exam. It was important that I got up this early because if I did not give myself time to wake up properly then I would be tired in my exam and not perform well. It is important to have a good breakfast before an exam so I needed to give myself time to prepare a decent (满意的) meal.

At first I was not very happy about having to wake up this early. I like to sleep in normally, so waking up this early was a strange experience for me. I was very grumpy (脾气暴躁) when I first woke up and would be irritated (生气) for the first few hours of the morning until I felt less tired. However, I had to wake up this early every day for a couple weeks during my examination period, and each day it became easier for me to wake up early. By the end of the examination period, I would wake up at 6am and feel wide awake (感觉非常清醒) and well rested. I think it is good for people to wake up early, as waking up early allows you to be more productive and focused throughout the day.

中文思路：

去年夏天我参加了大学的结业考试。有些考试在早上 8:30 开始，所以我不得不很早起床为它们做准备。我必须在早上 6 点起床，这样我就有时间洗澡，穿好衣服，并且在考试前吃一顿像样的早餐。我起得这么早是很重要的，因为如果我没有给自己足够的时间醒来，那么我就会在考试中很累，表现不好。考试前吃一顿好早餐也是很重要的，所以我需要给自己时间准备一顿像样的饭。

一开始，我对这么早起床不太高兴。我平时喜欢睡懒觉，所以这么早起对我来说是一种奇怪的经历。当我第一次醒来的时侯，我脾气很暴躁，在早上的头几个小时里，我都会很生气，直到我感觉不那么累为止。然而，在考试期间的几周里，我每天都要这么早起床，每一天我都觉得更容易一些。在考试结束时，我会在早上 6 点醒来，感觉清醒并且休息的很好。我认为早起对人们有好处，因为早起能让你一整天都更有效率，更专注。

(九) 乐高：

41：童年的玩具（9-12月新题）

Describe a toy you liked in your childhood

You should say:

What it was

When you got it

How you played it

And explain how you felt about it

When I was a child the toy I liked the most was LEGO. LEGO are a brand of small plastic bricks or building blocks which come in all different colours, shapes and sizes. I first got a set of LEGO when I was very young, on my 5th birthday. It was a very simple set of LEGO that my father bought for me. With this set of LEGO I would build all sorts of things from houses, to cars to robots and spaceships.

That is one of the beautiful things about LEGO, there are no limitations to what you can create. It is a fantastic toy because you can let your imagination run wild (放飞想象力) and make whatever you want to make. Throughout my childhood my father got me more LEGO. He would get me different types of LEGO and more complicated sets of LEGO. For example, you can get Star Wars themed LEGO where you can build famous things from Star Wars such as the Death Star of X-Wings. I have very fond memories of building LEGO, as my father would often build the LEGO with me, because it is a toy that suitable for both old generations and young people.

I feel that LEGO is a very special toy. It is so wonderful to have a toy that is so versatile (万能的) and simple. There is so much opportunity for creativity and self-expression with it and I think these are good qualities to encourage in children.

中文思路：

当我还是个孩子的时候，我最喜欢的玩具是乐高。乐高是一种由各种颜色、形状和大小的小塑料砖或积木组成的品牌。我第一次得到乐高是在我很小的时候，在我5岁生日的时候。爸爸给我买了一套非常简单的乐高玩具。用这一套乐高积木，我可以建造各种各样的东西，从房子，到汽车，到机器人和宇宙飞船。

这就是乐高的美妙之处，你可以创造出无限的东西。它是一个奇妙的玩具，因为你可以让你的想象力驰骋，做任何你想做的。在我的整个童年，我父亲给我买了更多的乐高玩具。他会给我不同类型和更复杂的乐高。例如，你可以得到《星球大战》主题的乐高玩具，在那里你可以建造《星球大战》中著名的东西，比如《X翼杀手》中的死星。我对乐高的制作有着非常美好的回忆，因为我的父亲经常和我一起制作乐高，因为它是一个老少皆宜的玩具。我觉得乐高是一个非常特别的玩具。有一个如此多功能和简单的玩具真是太棒了。乐高给孩子们带来了很多创造和自我表达的机会，我认为这些都是值得鼓励的好品质。

42: 多彩的地方 (9-12 月新题)

Describe a place you remember well that is full of color

You should say:

Where it is

What it is like

What it is used for

And explain why you remember it well

I remember this one time I went to the LEGO flagship store in Shanghai, it was such a wonderful experience but the thing which impressed me the most was how full of colour the store was. My family and I went to Shanghai during the summer vacation one year when I was very young. We went to the LEGO store on the last day of our vacation because both my father and I love LEGO very much.

The store is found at the People's Square which is the symbolic heart of Shanghai as well as a popular tourist destination. Because it is a flagship store, it is not like an ordinary LEGO shop. Except for selling products, this store is full of special displays and very unique models which show off (展示) the brilliance of LEGO as well as honour the history of Shanghai. Obviously, these models and displays are all made out of LEGO, therefore, they are bursting with (被充满...) vibrant colours. As we walked in the store we were overwhelmed (被…所包围、震惊) by all of the vibrant yellows, blues and reds. It was utterly (彻底、完全的) beautiful and a truly magical experience.

They had very impressive models in the store. There was an intricate (复杂的) and beautiful model of The Oriental Pearl Tower which is the landmark of Shanghai, and many others like this. My favourite display was a LEGO model of Shanghai Street in the 1900s. It is a very colourful model and even has many LED lights attached (被安装在...) to it. Even though it was LEGO it was incredibly realistic and looked exactly like the old Shanghai Street on TV. It is truly a memory I will never forget.

中文思路：

我记得有一次我去了上海的乐高旗舰店，这是一个非常棒的经历，但最让我印象深刻的是这家店是多么的色彩缤纷。在我很小的时候，有一年暑假，我和我的家人去了上海。我们在假期的最后一天去了乐高商店，因为我和爸爸都非常喜欢乐高。

这家店位于人民广场，这是上海的标志性中心，也是一个受欢迎的旅游目的地。因为它是一家旗舰店，所以它不像普通的乐高商店。除了销售乐高积木，这家店充满了特别的展示和非常独特的模型，以展示乐高的辉煌，以及尊重上海的历史。显然，这些模型和显示器都是由乐高制成的，因此，他们充满了活力的颜色。当我们走进商店，我们被所有充满活力的黄色，蓝色和红色所淹没。那是非常美丽的，是一次真正神奇的经历。他们店里有非常令人印象深刻的模型。有一个复杂而美丽的模型东方明珠塔，这是上海的地标，和许多其他类似的。我最喜欢的展品是 20 世纪初上海街头的乐高模型。这是一个非常彩色的模型，甚至有许多 LED 灯连接到它。尽管这是乐高积木，但它非常逼真，看起来和电视上的上海老街一模一样。色彩是如此鲜艳和美丽，这是一个真正的记忆，我永远不会忘记。

(十) 任天堂：

43: 室内游戏 (9-12月新题)

Describe an experience that you played an indoor game with others

You should say:

What you played

Who you played it with

Why you played it

And how you felt about

Not too long ago, there was a time when my friends and I spent the day playing an indoor game together. At that time, I was really tired and wanted to have a relax since we just finished the final exams which had lasted for many days.

Lucy, a friend of mine, noticed I was having a bad day and she told me that I needed to take a break, she then asked me if I would like to play on her Nintendo Switch with her. I accepted her offer and went to her home to play it together. She had the games SuperMario Party on his Switch and he suggested we play this game. At first, I thought it would be a childish game because I had play Supermario when I was a child. But I found SuperMario Party was a very fun and relaxing game as it concludes many small games which take a concerted (一致的) effort by players. SuperMario Party is such a relaxing game as it is not too stressful and do not involve too much action.

After playing together for a little while, I started to feel much calmer and far more relaxed. In fact, at this point a few of our other friends realised we were playing Nintendo Switch and came over to join us. They had also been working very hard in preparations for the university entrance exams and were also in need of (需要) a break. We spent most of that day playing and relaxing indoors and it was a much needed break after so much hard work.

中文思路：

不久前，有一次我和我的朋友们一起玩了一天的室内游戏。那时，我们刚刚结束了紧张的期末考试，经过许多天的学习，我很累，非常想要放松一下。

我的朋友 lucy 注意到我今天过得很糟糕，他告诉我需要休息一下，然后问我是否愿意和他一起玩他的任天堂游戏机。我接受了他的提议，我们一起去他们家玩游戏。他把游戏《超级马里奥派对》放在他的 Switch 游戏机上，然后建议我们一起玩。起初，我觉得这是一个幼稚的游戏，因为我小时候玩过超级马里奥。但是我发现《超级马里奥派对》是一款非常有趣且轻松的游戏，因为它包含了许多需要玩家共同努力的小游戏。《超级马里奥派对》是一款轻松的游戏，不涉及太多的行动。

在一起玩了一段时间后，我开始感到更加平静和放松。事实上，就在这时，我们的一些朋友意识到我们在玩任天堂 Switch，于是过来和我们一起玩。那天我们大部分时间都在室内玩耍和放松，这是辛苦工作后非常需要的休息。

44: 家庭休闲活动（9-12月新题）

Describe a leisure activity you do with your family

You should say:

What it is

When you do it

How you do it

And how you feel about it

My family and I like to relax together in the evenings. One of the leisure activities we engage in (参与) to relax and unwind (放松) after a long week is playing the Nintendo Switch together. This is a game console (游戏主机) that has a range of games which can be played with multiple people. For example, one game we like to play together is Super Mario which can have up to four players. Therefore, the whole family can be involved.

We normally play Switch together during the weekends or occasionally in the evenings during the week. It is nice because it is not a physically demanding game so it is something which can be played after a long day of work. Often, I come home from studies and my parents come home from work and we are all very tired. So it is nice to play something that does not take too much energy to do. However, the games are still very competitive which is a lot of fun as we are a competitive family. Therefore, we are always in competition and it is really exciting to see who will do best and win when we play the Switch.

It makes me feel very happy when we play these games together as a family. Because they are very relaxing and fun which is a nice way to spend your time after a serious day. I think more families should play games like this together as it is a lovely way to spend time with each other.

中文思路：

我和我的家人喜欢在晚上一起放松。在漫长的一周后，我们喜欢一起玩任天堂 switch，这是我们用来放松的休闲活动之一。这是一个游戏主机，有一系列的游戏，可以多人玩。我们喜欢一起玩的游戏是超级马里奥，它最多可以有四个玩家。因此，整个家庭都可以参与其中。

我们通常在周末或者偶尔在晚上一起玩 Switch。我很喜欢它因为这不是一个体力要求很高的游戏，所以在一整天的工作后仍然可以玩。通常，我放学并且我的父母下班回家，我们都很累。所以玩一些不需要太多精力的游戏是很合适的。然而，这款游戏仍然是非常有竞争力的，这是很多乐趣，因为我们是一个有竞争力的家庭。因此，我们总是在竞争中，当我们换人的时候，会看谁做得最好，赢得游戏真的很令人兴奋。

当我们全家一起玩游戏时，我感到非常高兴。因为他们是非常放松和有趣的，在严肃的一天后，这是一个消磨时间的好方式。我认为更多的家庭应该一起玩这样的游戏，因为这是一种与他人共度时光的好方式。

(十一) 单独话题：

45：小时候的学校（9-12月新题）

Describe a school you went to in your childhood

You should say:

Where it was

What it was like

What you learned there

And how you felt about it

When I was growing up I went to a primary school not too far away from my house in Beijing. It consists of several white teaching buildings, some big playgrounds and green lawns (草坪). I have a lot of memories from my experience there. It was a rather large school as it was a school in central Beijing where there is a very large population of people. Therefore, there are loads of children who need to go to school in the area. So, I had many classmates and friends at my school. Because there were so many children, the classes were always busy and full of excitement. During recess (课间休息), we would all run around and play sports together. I remember this as a very happy and pleasant time in my life. While I was there I learnt all of the basic subjects. As this was a primary school the lessons were not so difficult or complicated, but they provided essential (必要的) knowledge for my future education. We learned mathematics, history, English and improved our Chinese language skills. There were also classes in the humanities so we studied literature and had art classes.

I remember my teachers all being very kind and compassionate people. They cared about us and wanted the best education for us. I feel very privileged (有特权的, 受到尊贵待遇的) I was able to study at such a lovely school. Although there were many students, and the classes were often loud and busy, I still felt as if I was cared about very much by my school. I look back on these days with happiness in my heart.

中文思路：

在我成长的过程中，我上了一所小学，小学离我在北京的家不远，我在那里的经历给我留下了很多回忆。小学由好几栋白色的教学楼组成，还有很大的操场和绿色的草坪。这是一所相当大的学校，因为它是在北京市中心的一所学校，因此，该地区有很多孩子需要上学。所以，我有很多同学和朋友在我的学校。因为有这么多的孩子，上课总是很忙，充满了兴奋。课间休息时，我们会一起到处跑，一起做运动。我记得这是我生命中非常快乐的时光。当我在那里的时候，我学了所有的基础课程。由于这是一所小学，课程并不难也不复杂，但它们为我未来的教育提供了必要的知识。我们学习了数学、历史、英语，提高了我们的语文水平。也有人文学科的课程，所以我们学习文学和艺术课。

我记得我的老师都是非常善良和富有同情心的人。他们关心他们的学生，希望我们得到最好的教育。能在这样一所可爱的学校学习，我感到非常荣幸。虽然有很多学生，而且课堂上经常又吵又忙，但我仍然觉得我的学校很关心我。我带着幸福的心情回顾这些日子。

46：花很长时间准备的礼物（9-12月新题）

Describe a gift that took you a lot of time to prepare

You should say:

What it was

Who you gave it to

How you prepared it

And explain why you spent a lot of time preparing it

A few months ago it was my little sister's birthday and I needed to get her a gift. This was a problem because my little sister is very particular about the type of gift she likes to receive. She is a minimalist (极简主义者) and, therefore, does not like receiving items and objects as gifts. I love my sister very much so I wanted to get her a gift which reflected how important she was to me. However, I could not give her jewellery or fine clothing as she did not want any material gifts.

Then, I decided I would prepare for her a handmade voucher (代金券) book of experiences she could claim (索要) from me. For example, I made her vouchers with which I promised to pay for a meal at any restaurant with her friends, I made others with which I promise to pay for cinema nights or going to the theatre and many more vouchers such as these. I thought she would love the idea, but I still wanted to make it more special for her. So I handcrafted the voucher booklet. This took me a lot of time to prepare as I painted beautiful images of her favourite birds and animals on each voucher. Furthermore, I inscribed the back of each voucher with a quotation from her favourite authors, actors and celebrities. This was all very time consuming work, after which I had to bind the voucher book together and wrap it as a gift. However, all of this time that was spent preparing the gift was worth it when I saw the happiness on her face as she opened it.

中文思路：

几个月前是我妹妹的生日，我需要给她买一件礼物。这是一个问题，因为我的小妹妹对她喜欢收到的礼物类型非常挑剔。她是一个极简主义者，因此不喜欢接受普通物品作为礼物。我非常爱我的妹妹，所以我想给她买一件礼物，这反映了她对我有多重要。然而，我不能给她珠宝或漂亮的衣服，因为她不想要任何物质上的礼物。然后，我决定为她准备一本手工代金券，里面有她可以向我索要的经历。例如，我给她做了一些优惠券，我答应和她的朋友去任何一家餐馆吃饭，我还做了一些优惠券，我答应支付看电影或去剧院的费用，还有很多类似的优惠券。我原以为她会喜欢这个主意，但我还是想让它对她更特别。所以我手工制作了代金券小册子。这花了我很多时间来准备，因为我在每张代金券上都画了她最喜欢的鸟和动物的美丽图片。此外，我在每张代金券的背面都写上了她最喜欢的作家、演员和名人的名言。这一切都是非常耗时的工作，之后我必须把代金券装订在一起，作为礼物包装起来。然而，当我看到她打开礼物时脸上的幸福时，我觉得花在准备礼物上的所有时间都是值得的。

47: 保健方式

Describe something you do to stay healthy

You should say:

What it is

When and where you usually do it

How you do it

And explain why it can keep you healthy

I believe a healthy lifestyle is one in which you have a good diet and find time to engage (从事) in a lot of exercises. A good example of this is that of my friend Sarah. Sarah was always into playing sports and activities when she was a child and has continued the practice into her adulthood. She has been encouraging me to do the same, so we play sports together now, particularly badminton. We meet up (在…见面) at the local sport centre each week and play a couple hours of badminton with our friends. On top of this (重要的是), Sarah encourages me to try as many new sports as possible and to always eat a sensible (明智的) and balanced diet.

I think this is very healthy because exercise is important. Badminton is a particularly good way to exercise. As it is a very popular sport in China and therefore it is very easy to find places to play badminton and people to play with. Furthermore, badminton is also not a very physically demanding sport. This means it is an easier way for people to exercise without risk of over exerting or injuring (受伤) themselves. Exercise is very good for keeping people in good shape (保持身形) and ensuring (保证) a healthy heart. It has also been proven to improve a person's mental health as well. Therefore, I think exercise is the most important aspect of living healthily.

中文思路：

我相信健康的生活方式包括了良好的饮食习惯和足够的锻炼时间。我的朋友萨拉就是很好的一个例子，她保持着很健康的生活方式。萨拉小时候总是喜欢运动，并一直坚持到成年。她一直鼓励我也这么做，所以现在我们一起运动，特别是羽毛球。每周我们都会在本地体育中心见面，和朋友们打几个小时的羽毛球。除此之外，莎拉鼓励我尝试尽可能多的新运动，并且保持一个合理和均衡的饮食习惯。

我认为这很健康，因为运动很重要。羽毛球是一种特别好的运动方式，因为它在中国很受欢迎，因此很容易跟朋友找到地方一起打羽毛球。此外，羽毛球也不是一项对身体要求很高的运动。这意味着，这是一个人们更容易进行锻炼的方式，而没有过度劳累或伤害自己的风险。运动对保持人们良好的体型和保持他们的心脏健康非常有帮助。它也被证明是可以改善人们心理健康的行为。因此，我认为运动是健康生活的最重要的一个方面。

48：历史建筑

Describe a historical building

You should say:

Where it is

What it looks like

What it is used for now

What you learned there

And explain how you feel about this historical building

Last summer holiday, my family and I went on vacation to Italy and visited many of the ancient sites there. One of the places we visited which impressed me the most was the leaning tower of Pisa. While I travelled there, I not only knew a lot of history of the tower of Pisa but also learned more about the Italian art.

The Tower of Pisa was originally the freestanding bell tower of Pisa Cathedral. However, the building came to international fame after the foundations it was built upon degraded and the tower began to lean to one side. Therefore, nowadays it is primarily a tourist attraction that people from all over the world come to visit. One can also climb the tower and see the beautiful view of the surrounding areas. However, the tower still retains its original function as the bell tower for the local Cathedral.

I think the Leaning Tower of Pisa is historic because it was the place where Galileo did his famous free fall experiment. This experiment greatly improved developments in physics area, so it became one of the most famous buildings in the world. Furthermore, the tower also brings joy to a lot of people. When people visit the tower, they like to take photos where they pretend they are holding the tower up. I think this is very funny and everyone was laughing a lot when they were taking the photos. So, I think the leaning tower of Pisa is a very special place.

中文思路：

去年暑假，我和我的家人去意大利度假，参观了那里的许多古迹。我们参观的其中一个地方给我印象最深的是比萨斜塔。在那里，我听说了很多关于这座塔的故事，对意大利的艺术也有了更深的了解。

比萨斜塔最初是比萨大教堂的独立钟楼。然而，这座建筑在地基退化、塔楼开始向一侧倾斜后享誉国际。因此，现在它是一个旅游景点，世界各地的人都来参观。人们也可以爬上塔，看周围的美景。然而，这座塔仍然保留了它作为当地大教堂钟楼的原始功能。

我认为比萨斜塔具有历史意义，因为伽利略就是在这里做了著名的自由落体实验。这引起了物理学界的一场革命，因此，它成为了世界上最著名的建筑之一。此外，这座塔也给很多人带来了快乐。当人们参观这座塔时，他们喜欢假装自己举着塔拍照。我认为这是非常有趣的，每个人拍照时都很开心。所以，我认为比萨斜塔是一个非常特别的地方。

49: 综艺

Describe a quiz program or game show on TV

You should say:

What it is

When you watch it

What it is about

And explain how you feel about the program

When I get home from work, I like to relax by watching television. My favourite things to watch are quiz programs and games shows. I like these because I think competitions and challenges are a very exciting thing to watch. One of my favourite game shows is ‘Running Man’. ‘Running Man’ is the most popular variety show in China, people love watching it because there are loads of fun and interesting tasks the contestants (选手) have to complete. Some of the tasks include a bike race in which the slowest rider is the winner, playing jump rope on a Shiatsu sheet (趾压板), attempting to tear nametags off other contestants and other absurd tasks. Therefore, Running Man is not like the conventional game show which tests strength or intelligence, the tasks are always unusual so often the outcome is unexpected. I think this is what makes it such an interesting and brilliant television program.

The program makes me feel very happy and excited. My favourite thing is the way the people interact with each other on the show. The silliness of the tasks makes all the contestants act in very ridiculous ways which always makes me laugh a lot. The show also makes me feel good because it has one of my favourite actors in it. Deng Chao is one of the team members in Running Man and he is the most versatile (多才多艺) players. He is not only good at the challenges but also very good at getting everyone excited. I feel that watching Running Man is a lovely way to relax after a hard day’s work.

中文翻译：

当我下班回家，我喜欢看电视放松。我最喜欢看的是智力竞赛节目和游戏节目。我喜欢这些是因为我认为比赛和挑战是一件非常令人兴奋的事情。我最喜欢的游戏节目之一是《跑男》。《奔跑吧兄弟》是中国最受欢迎的综艺节目，人们喜欢看它，因为参赛者要完成许多有趣的任务。其中一些任务包括自行车比赛，最慢的选手获胜，在指压板上玩跳绳，试图撕掉其他选手的名牌，以及其他一些荒谬的任务。因此，《跑男》不像传统的测试力量或智力的游戏节目，任务总是不寻常的，所以结果往往出人意料。我认为这就是为什么它是一个如此有趣和精彩的电视节目。

这个节目让我感到非常高兴和兴奋。我最喜欢的是人们在节目中相互交流的方式。任务的愚蠢让所有的参赛者都以非常可笑的方式表演，这总是让我哈哈大笑。节目让我感觉很好，因为它有我最喜欢的演员之一。邓超是跑男成员之一，是最才多艺的队员。他不仅善于挑战，而且善于让每个人都兴奋起来。我觉得看《跑男》是一天辛苦工作后放松的好方法。

50：逗你笑的小孩

Describe a time a child made you laugh

You should say:

When it was

Where you are

Who the child was

What that child did

And explain why you laughed

I was recently babysitting (临时当保姆) for my aunt while she and her husband went out for business. She has one child, my nephew, who is 7 years old and he is perhaps one of the funniest children I have ever met. While I was babysitting him in my aunt's living room, we decided to play some games to pass the time. Thomas is very fond of impersonations (模仿) so we impersonated some famous celebrities and animals to pass the time. Thomas impersonated a wide range of different animals and each was funnier than the last. He impersonated a monkey, then a dog and finally a pig which was the funniest impersonation of them all.

The reason why I laughed so much was Thomas committed to each impersonation with all his heart. He gave the impersonations so much energy that they were very convincing. Whilst being a pig, he would walk around slowly on all fours (四肢着地), snorting (哼着鼻子) loudly from time to time. I thought this was an absolutely brilliant impersonation and he had me rolling on the floor with laughter. I think often children can be the best comedians as they are not held back by inhibitions (被压抑) as many adults are. I could not imagine an adult acting the role of a pig with as much commitment as Thomas had shown. The absurdity (搞笑) of his actions was absolutely hilarious (滑稽) . We had a really lovely evening together.

中文翻译：

最近我被我大姨叫去当临时保姆，因为她和她的丈夫要出差。她有一个孩子，我的侄子，今年 7 岁，他可能是我见过的最有趣的孩子之一。当我在大姨的客厅里照看他的时候，我们决定玩些游戏来打发时间。托马斯很喜欢模仿，所以我们决定互相模仿一些名人和动物来打发时间。托马斯模仿了许多不同的动物，每一种都比前一种有趣。他先是模仿猴子，然后是狗，最后是猪，这是所有模仿中最滑稽的一次。

我之所以笑得这么开心，是因为托马斯全身心地投入到每一次模仿中。他用生命来模仿，所以他模仿得非常好。当他扮演猪的时候，他会四肢着地地慢慢走动，代理脂肪和懒惰，大声得哼着鼻子。我认为这是一个非常出色的模仿，他让我笑得在地上打滚。我经常认为孩子是最好的喜剧演员，他们不是被生活所压抑的成年人。我无法想象一个成年人能像托马斯那样全身心投入地扮演一头猪的角色。他的行为绝对是最搞笑的。我们在一起度过了一个非常愉快的夜晚。

51：善意的谎言

Describe an occasion the someone didn't tell you the complete truth

Who is it

When this happened

What the situation was

Who you were with

And explain why this person didn't tell you the whole truth

I remember that when I was very young, my mother once did not tell me the complete truth. When I was about 7 years old, our dog died. He was an old dog and I had known him ever since I was born. My mother knew how much I loved the dog and decided that it was best if she did not tell me the complete truth. She told me that the dog had gone away, to live on a farm in the countryside. Sadly, I would never see him again, but he was happy. I still found this news sad, but it did make it easier for me as a child to accept that my pet dog was gone forever.

I think that this was a good choice for my mother to make. It may be very upsetting and hard for me to understand that at such a juvenile (青少年) point in my life. As I got older, the truth became apparent, but I was not upset at my mother for misleading me. I think sometimes it is the right thing to do to not be completely honest with someone in life. This is only the case when the lying is done out of compassion (同情) and with empathy (同理心). There are also times where it seems hard and mean to tell the complete truth but it may be important to do so. Therefore, it must be taken seriously and thought about thoroughly (彻底) when deciding not to be completely truthful with someone.

中文思路：

我记得很小的时候，我母亲没有告诉我全部的真相。我大概 7 岁的时候，我家的狗狗去世了，他是一只年龄很大的狗，我从出生起就认识他。我妈妈知道我有多爱这只狗，所以她决定不告诉我全部的真相。她告诉我那只狗离开了，到乡下的一个农场去。我很遗憾再也见不到他，但他生活的很快乐。我仍然觉得很伤心，但作为一个孩子，我会更容易接受我的宠物狗永远消失了。

我认为这对我母亲来说是一个很好的选择。当时我还很小，在我生命中这样一个幼稚的阶段，被告知完全的真相可能会让我感到非常不安和难以理解。随着年龄的增长，真相变得越来越明显，但我并没有因为母亲误导我而生气。我认为在生活中，有时对别人不完全诚实是正确的。只有当说谎是出于同情和共鸣时，情况才会如此。也有一些时候，说出完全的真相似乎很困难，但这样做可能很重要。因此，当你决定不完全对某人诚实的时候，你必须认真对待和仔细思考。

52：找到别人丢的东西

Describe an experience that you found something that someone lost

Who it belonged to

When it was lost

How the person lost it

How you found it

And how you felt about it

During the summer, I work in a small coffee shop in the centre of the town. It is a very busy coffee shop and people often come and go through it in a very short amount of time. One day, in the late afternoon, I had just gone over to a table to clear up some of the dishes left on it. At this time, I found a small paper bag which contain a hand-crafted (手工的) ceramic mug with a small card inside. The card said, ‘To my little brother, with love, your big sister.’ This was clearly a very special gift which was left behind by accident. I could even remember the girl who had come in with it earlier. I picked up the gift and brought it back to the manager’s office and stored (存放) it there for safe keeping.

I found the experience very distressing (痛苦). This was clearly a very special gift which the sister had spent a lot of time making. I knew that she would be extremely upset when she discovered that she did not have it anymore. I spent the rest of the afternoon wondering (想知道) about how I may be able to contact her and return her the gift. But all my efforts (努力) seemed futile (徒劳的). Just before we were about to close, a girl came through the door looking very distressed and I instantly recognized her. She said she had left a bag and I quickly retrieved (重新取回) it for her. When I returned it to her, she was so grateful that she could hardly contain her joy.

中文思路：

暑假期间，我在我居住的城镇中心的一家小咖啡店工作。这是一家非常繁忙的咖啡店，人们经常在很短的时间内来来往往。一天下午晚些时候，我刚走到一张桌子前清理桌子上的一些盘子，我发现了一个小纸袋。纸袋里有一个手工制作的陶瓷杯，里面有一张小卡片。卡片上写着：“爱你，我的弟弟，你的姐姐。”这显然是一份非常特别的礼物，它应该是被不小心丢失的。“我甚至还记得早些时候带着它进来的那个女孩。我拿起礼物，把它带回经理办公室，存放在那里以备安全保管。

我觉得这次经历很痛苦。这显然是某个姐姐花了很多时间制作的一件非常特别的礼物。我知道当她发现她遗失了杯子，她会非常沮丧。我花了一个下午的时间在想我怎样才能联系到她并归还她的礼物。但我所有的努力似乎都是徒劳的。就在我们要关门的时候，一个女孩进来了，看起来很悲伤，我立刻认出了她。她说他落下一个包裹，我赶紧去帮她拿了回来。当我把东西还给她时，她非常感激，高兴得几乎无法抑制。