**写作段子整理**

1. **分心/压力/心理健康/繁忙【3】 【工作效率+身体健康】**

**It is impossible for students to fully/totally/completely/entirely concentrate on their homework while doing something else at the same time/ simultaneously/ meanwhile**. This is because doing homework usually requires/demands/**warrants** a relatively/comparatively quiet place and full concentration/dedicated attentiveness from/on the part of the student. **Conversely,** if a student is doing homework and listening to music or surfing online as well, his or her attention will be torn apart/ diverted/ distracted/ dispersed/scattered, and the efficiency of finishing homework will be inevitably/unavoidably affected/impacted/impaired/compromised. A good case in point is my own experience. When I am working on a mission/task/assignment such as preparing a presentation, I have to devote/dedicate all my attention to it and cannot afford/ bear / withstand any slight disturbance. If I randomly/periodically refresh/check on my Weibo or Wechat on cell phone, my job would be bound to last for a longer time.

**【on the part of sb/on sb's part** made or done by sb 由某人做出: *It was an error on my part.* 那是我的过失. \* *The agreement has been kept on my part but not on his*, ie by me but not by him. 我一直遵守协议, 但他并不遵守. 】

【scatter-brained精力涣散的，精力不集中的】

* **记忆要点[结构思路]：**

**学生们在做其他事的同时专注于作业是不可能的。**

1. **解释: 做作业需要安静的环境和全神贯注。**
2. **反向解释: 相反，如果一个学生在做作业的同时听音乐或上网，注意力会被分散，效率不免受影响。**

**Conversely, if/Provided a student is doing homework and listening to music or surfing online as well, his or her attention will be torn apart/ diverted/ distracted/ dispersed/scattered, 【and the efficiency of finishing homework will be inevitably/unavoidably affected/impacted/impaired/compromised. 】=【leading to/resulting in a lower efficiency.】**

* **例子：当我准备课堂演讲时，我不得不投入全部注意力，不能承受任何轻微打扰。如果我在手机上随意刷微博或微信，我的工作一定会持续更长时间。**

**词汇积累：**

**要求：**

**注意力被分散：**

**负担不起：**

**注定要做...**

**Distraction or multitasking is likely to/ tend to harm/impair/damage people’ health.** Imagine a student, who is in the middle of doing homework, plays his favorite music and has a glimpse of/glance at the latest news online from time to time. In that case, the student is dealing with several jobs simultaneously, a process called “multitasking”, just like a computer. **However,** according to a recent research, multitasking somewhat increases/piles up our mental burden/load and makes/renders【, rendering】 the process a tiring and exhausting/tiresome and burdensome/onerous one. My neighbor, a woman who not only has to take care of her newborn baby but also has to work to support the family/ serves as the supportive bread-winner of the family, suffers from insomnia because of overstrain [~~which is~~] caused by multitasking.

**【Sb. is disposed to/sb. be inclined to do/ sb. Intend to do倾向于干..】**

* **记忆要点【结构思路】：**

**分心或多任务处理可能会损害人们健康。**

1. **定义，想想一个学生一边做作业一边听歌及浏览新闻——这是多任务处理。**

* **转折，根据研究， 多任务处理或多或少会增加我们的心理负担并使得工作过程很累。**
* **例子：妈妈又要照顾新生儿又要工作以支撑家庭，压力巨大，饱受失眠困扰。**

**词汇积累**

**（某事）倾向于：**

**时不时地瞅一眼**

**同时：**

**增加压力：**

**使...又累又苦：**

**充当...角色/做:**

**赚钱养家：**

**失眠：**

**压力过大：**

1. **体育/压力/健康/年轻人/政府建设【6/2】[客观锻炼-设施+主观意识-宣传]**

**It is high time that government should build/develop/ encourage/ foster/ heighten/ increase/raise/ arouse people’s awareness of the importance of physical soundness**. Along with the acceleration of social development, people, especially young people, are confronted with unprecedentedly fierce competition. 【社会高速发展导致激烈竞争】They need to work very hard/ pay immense/considerable/remarkable/tremendous/strenuous/herculean/enormous/ substantial efforts to guarantee/secure a decent life, which causes them way heavy/considerable pressure and suffer a lot/unimaginably/tremendously from the irregular lifestyle. Under such circumstances, most of them are prone to be/are subject to be/ are susceptible to be caught in a sub-health state.【竞争导致压力、不规律生活方式和亚健康】Given that it is within the government’s responsibilities to improve citizens’ health condition —the government should increase the public’s access to public exercise facilities in the neighborhood and raise people’s awareness of the importance of doing exercises regularly through mass media. 【政府万能表述：花钱建设，媒体宣传提高市民意识】

* **记忆要点【结构思路】：**

**主题句：现在是政府应该提高人们对于身体健康重要性的意识的时候了。【段内顺承】**

1. **随着社会的加速发展，人们，特别是年轻人，面临着前所未有的激烈竞争。**
2. **他们需要非常努力地工作来确保过上好的生活，这使得他们面对重大压力，且因为不规律的生活方式而饱受折磨。**
3. **在这种情况下，他们中的大部分人的身体非常容易处于亚健康的状态。**
4. **政府有责任改善公民的健康状况，因此应该在社区修建更多的体育设施，同时通过大众传媒来提高人们的对于定期运动的重要性的意识。**

**巨大的（a lot）：**

**Work very hard=**

**提高意识：**

**面对：**

**非常大：**

**倾向于被...负面影响：**

**增加公民可接触面:**

1. **体育/政府建设/国家荣誉【6/3】**

**A country’s competitiveness in sports represents/ signifies/ symbolizes/ demonstrates/ manifests its overall national power/national competence, which is indispensable/vital/essential/paramount to build up people’s cohesion and patriotism.** When people watch sports competitions on TV, **they will be very excited and proud/pride-filled to witness their countrymen standing on the podium with their national anthem being played and national flag ascending(改with为逗号，变非谓语为独立主格).** **There is no denying that** it is an excellent opportunity for all people to nourish a sense of commitment to their country. Therefore, the government should create more opportunities like this through more investment in sports. For example, with enormous financial support, Chinese swimming team has recently made tremendous achievements in various international competitions, which greatly boost the morale of Chinese people.

* **记忆要点：**

**因为一个国家在体育项目的上的竞争力是综合国力的体现，这对于提高人民的凝聚力与培养爱国主义又是必不可少的。**

1. **当人们通过电视观看体育比赛时，如果有他们的同胞站在领奖台上，随着国歌的奏响，国旗冉冉升起，看到这种场景人们就会兴奋和自豪。**
2. **毫无疑问这是一次绝佳的机会来培养人们对于国家的责任感。**
3. **因此政府应该通过加大对体育运动的投资来创造更多类似的机会。**

* **例如：**

**在有了充裕的财政支持之后，近年来中国国家游泳队在各大国际赛事上都取得了骄人的战绩，而这又极大地鼓舞了中华儿女的士气。**

**代表/象征：**

**国家综合实力/竞争力**

**讲台，指挥台**

**国歌 国旗**

**毫无疑问（句型）：There is no denying that/ It is undeniable that/It is beyond any doubt that.../**

1. **医疗健康/科技进步/今昔对比/经济发展/政府建设【7/2】**

**Advancement in medical technology makes it possible that most common diseases can be controlled or cured more efficiently and effectively.** Along with the ever-accelerating developments of science of technology come major breakthroughs in various disciplines related to medical science like chemistry, biology and anatomy, the combination of which has been pushing medical science to a higher level. Scientists have found solutions to many diseases that used to be considered as fatal, therefore people’s health condition can be improved and average life expectancy be prolonged. For example, smallpox, eradicated nowadays, was once the deadliest disease in human history killing millions of people’s lives. But with the invention of a certain targeted vaccine, people finally put an end to this terrible epidemic/pandemic. endemic地方性流行疾病

* **记忆要点：**

**医疗技术的进步使大部分常见疾病更好地控制或治愈。**

1. **科技发展——化学、生物学和解剖学重大突破——把医学推向更高高度。**
2. **科学家发现了很多被认为是致命疾病的治疗方法，人们的健康状况改善，平均寿命延长。**

* **例子：天花以前是致命疾病，发明疫苗之后，人们终于消灭了这个流行病。**

1. **健康/城市/今昔对比/经济发展/政府建设【7/3】**

**Modern people can get access to sports facilities more conveniently than in the past.** With government’s increasing financial support to improve its citizens’ physical well-being, people, especially those living in the city, could find sports facilities such as basketball courts, swimming pools, and fitness equipment almost everywhere in their neighborhoods. Apart from the efforts made by the government, people’s growing awareness of keeping fit makes health and fitness a big business. For example, working out at the gym has become a hit all over the world especially among the overworked and overpressured white collars. Undoubtedly, those easily accessible sports facilities scattering throughout the city give all citizens a chance to become healthier.

* **记忆要点：**

**人们比过去更方便地接触到体育设施。**

1. **随着政府加大财政支持——人们能在小区里随处见到各种体育设施。**
2. **人们也日益认识到保持身体健康的重要性，使得健身成为巨大产业。**

* **例子：在健身馆健身在世界掀起热潮，尤其在过度加班和承受压力的白领中间。**

1. **毫无疑问，这些容易触及的体育设施给所有城市居民带来机会使他们能够更健康**
2. **学生评价/老师/课堂学校【14/2】**

**The evaluation given by students effectively prevents teachers from neglecting student's individual needs.** Since the result of the evaluation will be closely bound up with a teacher's bonus or promotion opportunity, teachers will be made to pay full attention to every student's special requirements and try their best to leave a good impression on students. If this proposal were adopted, the traditional classroom would take on a new look. For example, a teacher will probably change his/her serious-looking face into a smiling and relaxing one. Or a teacher will do whatever he/she can to make the class impressive by lecturing in a humorous tone or applying multimedia technology.

* **记忆要点：**

**学生给出的评价能够有效的防止老师忽略学生个体的需求。**

1. **评估结果会与老师的工资以及晋升机会紧密相连——老师会全力关注每个学生的特殊需求，并给学生留下好印象。**
2. **如建议被采用，传统的教室会呈现出一个新面貌。**

**例如，老师会把严肃的面孔变成微笑放松的面孔。**

**老师会通过幽默的语言，多媒体教学技术，尽力使得课堂生动**。

1. **学生评价/老师/课堂学校【14/3】**

**It is students who can precisely point out the real problems concealed in the process of teaching**. Just as a person cannot tell what is wrong with his appearance without a mirror, a teacher cannot realize his/her weakness in tutoring without students. As full-time participants in class teaching, students are in a most advantageous position to observe and hence notice nearly every detail of their teachers: the style of dressing, the pace of walking, the way of explaining, and their habitual gestures as well. Therefore, if the evaluation were given by students, the teacher would receive an unexpectedly precise and detailed feedback, which in turn could undoubtedly improve his or her teaching capability.

* **记忆要点：**

**学生才能够准确地指出隐藏在教学过程中的问题。**

1. **就像一个人如果没有镜子就不能看到自己外表上的问题，老师如果没有学生的评估就不能发现自己在教学上的弱点。**
2. **作为课堂上的全程参与者，学生在观察和关注老师的着装，走路的步伐，解释的方式，习惯性动作，这每一个细节上都具有最大的优势**
3. **因此，如果老师的业绩让学生来评估，老师会得到一个超过预期的精确的细化的反馈，这个反馈反过来毫无疑问会提高老师的教学能力。**
4. **电影/艺术/减压放松/喜剧【10/2】**

**Comedies are worth watching, for they provide a good way to relax by making people laugh, and laughing is in fact proven by science to be one of the best medicines to alleviate pressure, pain or depression**. I can still remember the most enjoyable thing was to watch a Jim Carrey movie after a whole day's hard work when I was preparing for the college entrance examination--a make-or-break exam that even determines one's future. Through the dramatic performances of Jim Carrey and those hilarious plots, my intense minds got relaxed.

* **记忆要点：**

**喜剧值得观看，因为通过让人们大笑而提供了一种很好的放松方式。大笑事实上被科学证明是减少压力、疼痛和抑郁的最好良药之一。**

* **例子：**

**我仍记得当我准备高考（一场至关重要甚至决定一个人未来的考试）时，最为享受的是在忙碌的一天后看一部金凯利的电影。**

**通过金凯利夸张的演出和那些搞笑的情节，我紧张的大脑得到了放松。**

1. **电影/艺术/减压放松/恐怖【10/3】**

Another type of movies, **scary movie, is also worth watching because it allows people to experience the excitement of horror under a safe circumstance**. In most cases, people tend to seek entertainment without taking actual risks. The experience of fear in real life is absolutely undesirable, but the innate curiosity of human beings renders such experience in movies desirable. Though such mindset may be paradoxical, it does exist sometimes. For example, almost every scary-movie lover enjoys the moment when he or she breathes a sigh of relief at the end of the movie. Vicariously sharing the experience of others can be a kind of happiness.

* **记忆要点：**

**恐怖片也值得观看，因为它可以让人们在一个安全的环境下体验恐怖的刺激。**

1. **大多数情况下，人们倾向于追求不用承担实际危险的娱乐。人们肯定是不想在实际生活中体验这种恐惧感的，但是人类好奇的天性使得人们用电影来表达这种体验。**
2. **虽然这种心态有些矛盾，但它有时确实存在。**

* **例如：**

**几乎所有恐怖片爱好者都享受电影最后当他们如释重负的呼出一口气的感觉。易地而处的体会别人的经历也可以是一种快乐。**

1. **环保/环境污染导致疾病/经济发展弊端【11/2】**

**Environmental protection is closely bound up with the health of every single person in this world.** If the environment is polluted, the basic elements people need to survive, such as water and air, may be affected, and thus disastrous results may occur. Recently I have read an appalling story from newspapers that there is a village in the center of China where the majority of its residents, including kids and seniors, suffer from cancers such as lung cancer and stomach cancer. The investigators found that the villagers' drinking water was from a river severely contaminated by the industrial discharges of enterprises located at the upstream.

* **记忆要点：**

**环境保护和世界上每个人的健康紧密相关。**

1. **如果环境遭到污染，人们赖以生存的基本元素（如空气和水）都可能被影响——灾难性的后果就可能会产生。**

* **例子：**

**最近我在报纸上读到一则令人震惊的报道，中国的中部有一个村庄的大多数居民，包括小孩和老人，都身患像肺癌、胃癌这样的癌症。调查发现该村村民的饮用水来自于一条被上游工厂废弃物严重污染的河流。**

1. **环境保护/经济发展【11/3】**

**Environmental protection is conducive to the sustainability of economic development**. There are some idioms in China, “killing the hens for the egg”, “draining the pond for the fish”, and “burning the woods for the prey”. These ancient wisdom warns modern people not to gain profits without thinking of the future. In other words, we cannot be in excessive pursuit of economic development by consuming all the natural resources, hunting for precious animals and cutting down forests, regardless of the interest of our next generation.

* **记忆要点：**

**环境保护有利于经济发展的可持续性。**

1. **在中国有一些谚语，“杀鸡取卵”“竭泽而渔”“焚林而畋”。**

**这些古老的智慧告诫人们不要只为了获取眼前利益而不考虑将来。**

1. **换句话说，我们不能不管后代的利益，而通过消耗所有的自然资源、猎取珍惜动物、并且砍伐森林来过度追求经济的发展**
2. **环境保护/经济发展/旅游观光【11/4】**

**Environmental protection can boost the development of economy at the same time.** For instance, a country that emphasizes on its environment is usually famous for its sightseeing industry. I have been to Singapore which amazed me not only with its prosperous economy but also with its garden-like environment. The lawns, the trees, and the rivers are beautifully designed to fit into the city. This case well illustrates that conflict does not necessarily exist between economic development and environmental protection.

* **记忆要点：**

**环境保护同时可以促进经济发展。**

* **例子：**

**一个重视环境的国家通常会以观光业著名。**

**我曾去过新加坡，它让我觉得惊艳的不仅是繁荣的经济还有花园一样的环境。草坪、树木和河流都被设计的很漂亮来融入城市。**

**该例子充分说明了经济发展和环境保护有时并不会彼此矛盾。**

1. **政府/安保/城市建设**

**During a financial crisis, the police are particularly necessary for keeping the city safe and stable.** We can learn from history that a financial crisis always comes along with riots and turmoil. Confronted with unemployment, bankruptcy and decline in living standards, people are likely to swarm into the street to challenge the government. If there were a severe shortage of police officers due to the lack of funds, the city might slide into a dangerous situation, in which the basic social order would be undermined. For example, some criminals would probably take advantage of this chance to loot the shops or rob civilians of money.

* **记忆要点：**

**在经济危机期间，警察对于保证城市安全和稳定来说是很有必要的。**

1. **历史证明，经济危机总是伴随着动荡和骚动。**
2. **面临着失业，破产和生活水平的下降，人们很有可能会冲向大街向政府挑战。**
3. **如果由于资金不够而导致警察减少，城市很有可能陷入危险的境地，破坏正常的社会秩序。**

* **例如，一些罪犯很有可能会利用这个机会来抢劫商店或市民。**

1. **政府/公共交通/城市建设**

**The public transportation should be even strengthened / reinforced/ bolstered/ enhanced when the recession/ depression occurs, because most economic activities are closely bound up with/ closely related with/ closely connected with transportation.** In other words, the public transportation acts as/ serves as/ plays the role of arteries/ main streams in the economic and social development, especially in the period of a financial crisis. For example, if the government could take specific measures to reduce the cost of the public transportation - a major factor influencing the price of commodities, the consumers would be stimulated to buy more things, thus accelerating the comeback of the economy.

* **记忆要点：**

**当经济萧条时，甚至应该加强公共交通，因为大多数经济活动都离不开交通。**

1. **公共交通是经济和社会发展的动脉，尤其是在经济危机期间。**
2. **例如，如果政府可以采取具体措施来减少公共交通成本—影响产品价格的一个因素，就会刺激消费者买更多的东西，从而加速经济的复苏。**
3. **广告/欺骗消费者/经济发展弊端/年轻人/不诚实 【29】**

Another case in point falls into the field of education and training industry. In lack of strict supervision from the government, some training schools in China have always been misleading their customers. For the expansion of enrollment, they tend to claim that after taking a certain number of courses, any student will achieve high scores required to enter universities. In fact, such statement is ridiculous for it fails to consider each individual's situation. In other words, nobody can be guaranteed that he or she is sure to succeed in an exam.

* **记忆要点：**

**另一个例子是教育培训行业。**

1. **因为缺乏政府的严厉监管，中国很多培训学校总是误导消费者。**
2. **他们为了扩招，会声称只要在培训学校上足一定的课程，任何学生都会拿到被大学录取的高分。**
3. **事实上，这种说法有些荒唐，因为没有考虑到每个学生的个体差异。换句话说，没有办法保证每一个学生一定能够考试成功。**
4. **媒体/现代社会弊端/大众喜好/名人八卦 【35/2】**

It is detrimental for the society if the mass media pay too much focus on the famous few so as to ignore the rest of the individuals. After all, **the mission of the mass media is not merely catering to the needs of audience, but providing contents with a much wider scope**, such as to tell the truth, to define what is good and what is bad, to promote cultural values,etc.. **Actually, apart from reporting gossips of famous people, the mass media have also** presented a lot of popular science programs on televisions, publicized many reports on poor rural lives, published a number of books concerning respectable people, such as nurses who are fighting SARS fearlessly, teachers who are performing their duties regardless of poverty of remote villages, and journalists who publicize their pieces under political menace. The list could be endless

* **记忆要点：**

1. **如果大众媒体太过关注名人以至于忽略其他的个体，这会对社会产生危害。**
2. **毕竟，大众媒体的使命并不只迎合观众需要，而是提供更广泛的内容，比如揭露真相，界定好坏，推广文化价值等等。**
3. **事实上，除了报道名人八卦外，大众媒体还制作了许多流行科学节目；公开了许多关于农村贫苦生活的报道，并且出版了许多关于值得尊敬的人们的故事，比如：**

* **无畏与非典抗争的护士们**
* **不惧偏远山村的贫苦坚持履行职责的老师们**
* **政治威胁下仍然公开报道的记者们的故事**

**这些的例子不胜枚举。**

On the other hand, it is not reasonable to criticize the mass media, including television, newspapers, magazines and so forth, for its excessive exposure on the personal lives of famous people. In fact, it is the public, to a large extent, rather than the mass media, that is paying too much attention on celebrities' personal lives. Many people including me will spare time to gossip about famous people such as actors, athletes and rock stars. Meanwhile, since most organizations of mass media industry are audience-oriented and mostly driven by business motivation, television program producers and writers are always aware of what the public want to see, and thus tend to expose famous people's gossip in order to cater to tastes of the public.

* **记忆要点：**

1. **因为过分关注名人的个人生活而去责怪电视、报纸、杂志等等在内的大众媒体是不合理的。事实上，很大程度上并不是大众媒体，而是公众对名人的个人生活过分关注。**
2. **包括我在内的很多人都会花时间八卦名人们，比如演员、运动员和摇滚明星们的事情。**
3. **因为大部分的公众媒体组织是观众导向的，并且由商业利益所驱动，电视节目制作者和作家非常清楚观众想看什么，也因此会多曝光名人八卦来迎合公众口味。**
4. **大城市或富裕地区的好处/年轻人及小孩/生活方式/分类讨论 【30/2】**

**Living in a big city has several benefits, especially for those who want to strive for a better career development.** First, there are more job opportunities readily available in a big city than in a small town. Moreover, not merely are there more job positions and the quality of the positions is much higher as well in a big city. In addition, the pay is more decent. Second, children growing in urban areas are more likely to receive an education of higher quality compared with their counterparts living in a small town. Finally, a big city usually offers a superior living standard to that of a small town. In big cities, there are more commodities and services on the market, more available public facilities, and even many more ways of entertainment in big cities.

* **记忆要点：**

**在大城市生活有一些优势，特别是适合追求事业发展的人：**

1. **更多、更高质量的工作机会，收入更体面。**
2. **孩子更有可能接受更高质量的教育。**
3. **大城市的生活标准更高：更多商品及服务，更方便获得公共设施，更多娱乐方式。**
4. **小城镇或落后地区的好处/老年人/生活方式/分类讨论 【30/2】**

**Living in a small town often means a much more leisurely lifestyle, which is the very thing aging people pursue.** Most of them are reluctant to afford high living expenses or to suffer fast-paced lifestyle. Although the average income is much less than that of big cities, the price of daily necessities, such as vegetables of meat, is usually lower. People in a small town do not have to get up so early in the morning because of their proximity to workplace and less traffic jam. Instead of suffering loneliness which is a prevalent problem in big cities, aging people are more delighted to live in a small town because they can enjoy the harmonious relationship with their neighbors. They might have fewer television channels to watch, but they have more friends readily available to chat or have fun with.

* **记忆要点：**

**在小城镇生活意味着更轻松的生活方式，这是老年人追求的东西。**

1. **不愿意负担高额的生活成本或经受快节奏的生活方式。**
2. **虽然收入较低，但日常必需品（如蔬菜和肉）的价格也很低。**
3. **由于工作地点近，很少堵车，人们没必要早起上班。**
4. **大城市孤独问题常见，老年人在小城市生活得很开心，因为邻里和谐。**
5. **博物馆/政府/旅游/个人进步学习/文化【58】**

**There is no denying that paying a visit into a museum teaches people a great deal about a nation’s past**.

For instance, the world-renowned Forbidden City served as the home of 24 Chinese emperors and their households as well as the ceremonial and political center of Chinese government for more than 500 years. Over a million artifacts are on displayed in this museum. It was put on the list of the World Cultural Heritage Sites. The Forbidden City could be a very good place for people to learn and understand China’s past. In fact, museums of this kind, like the British Museum, the Canadian War Museum and so forth, can be found in many cities around the globe. Each of them presents a unique history of its nation.

* **记忆要点**：

**参观博物馆无疑会让人们对一个国家的过去有更多的了解。**

1. **例如，紫禁城作为皇帝及其家属的居所，及中国政府的典礼和政治中心超过500年——有许多文物——被列入世界文化遗产目录。**
2. **紫禁城是人们学习和理解中国历史的绝佳地点。**
3. **其他国家也有很多这样的博物馆，展示了这个国家的独特历史。**

**Visiting museums can also provide people with ample knowledge about the present magnificence of a country.** Ranging from art and science to agriculture, museums truly cover a vast area. For instance, in science museums, demonstrations, interactive programs are adopted to introduce important scientific achievements. Visitors are given the opportunity to probe deeper into the world of science and experience its marvels. Evidently, this educational and meaningful tour will be a cherished memory for a long time. Museums of modern art are also worth a visit. With a large collection of paintings, folk art, sculptures and metalwork, art galleries present colorful aspects of the country’s cultures. Just like an open gate, museums invite people into a paradise of knowledge.

* **记忆要点：**

**参观博物馆让人们充分了解一个国家辉煌的现在。**

1. **从艺术、科学到农业，博物馆涵盖的领域很广。**

* **例子：**

**科技馆通过展示、互动节目来介绍重要的科技成就。**

**参观者有机会深入探索科学的世界并体验它的神奇。**

**教育意义的旅程是长期珍贵记忆。**

* **例子：**

**艺术馆值得一游，很多藏品（画作、民间艺术、雕塑等）展示这个国家丰富多彩的文化。**

1. **博物馆让人们走进了知识的天堂。**
2. **旅游/独来独往/经济发展的弊端【63】**

**The lack of freedom and tight schedules mostly lead to a boring experience of traveling.** What is supposed to be the original intention for all tourists? The answer definitely is relaxation. However, in most cases, the tour guide pushes a group of obedient tourists around in a hurry. They don’t have enough time to enjoy the beautiful scenery during the journey or to feel totally relaxed. Normally, there are so many destinations included on the timetable that the tour guide seems to deal with their tasks mechanically. This group is hustled from one crowded spot to another. It is hard to imagine what could be gained from such a busy and tiring travelling experience.

* **记忆要点：**

**由于缺乏自由以及日程安排紧凑，旅游过程通常会很无味。**

1. **究竟什么才是所有游客的初衷呢？答案当然是：放松。**
2. **然而，在大多数情况下，导游总是将一队听话的游客急匆匆地向前赶着。游客当然没有充足的时间去欣赏旅途中的美景，或感受到完全的放松。**
3. **正常情况下，日程表上总是挤满了很多目的地的名称，而导游似乎在机械地应付差事。这个队伍被一个景点催赶到另一个，很难想象从如此忙碌和疲惫的旅行中能得到些什么。**

**Tourists face the possibility of making unwanted purchase during a trip** because it is one of the hidden rules in the tourism industry that tour guide charges commission from certain tourist sites, restaurants and shops. thus, driven by personal profits, some tour guides may lead the group to these places and try their best to encourage spending. Souvenirs are always higher in price and meals are overly expensive. Consequently, travelers often suffer additional financial losses. Here is a vivid example: I once joined a guided tour to Hainan, a most popular scenic spot that boasts appealing seashores and delicious seafood. During the tour, our guide took us to a shop selling marine products and succeed in persuading several tourists to buy goods there. Later I found out that similar items in other shops were much cheaper.

* **记忆要点：**

**游客在旅途中还面对挨宰的可能，因为旅游业内有一个潜规则，那就是，导游会从景点、餐馆和商店收取回扣。**

1. **受个人利益的驱使，导游会将游客带到某些商家，并竭尽所能地鼓励游客消费。**
2. **纪念品的价格通常较高，餐饮也会过于昂贵。因此，游客常会遭受多余的经济损失。**

* **例子：**

**我曾经参加了一个赴海南的旅行团。海南是旅游热点，拥有迷人的海滩和美味的海鲜。在行程中，导游带领我们光顾了一家出售海产品的店铺，并成功说服几位游客购买了那里的商品。之后我却发现，同样的商品在其他商店要便宜得多。**

1. **幽默感/朋友【8/2-3】**

**Firstly, humorous people are usually open and easy-going, which makes it easier to get along with them*.*** As is known to all, by telling jokes and sharing experiences in a funny way, a humorous person unconsciously creates a relaxing and joyful atmosphere in which everyone involved is enjoying the moment and expecting to be with him again. For example, Joe Wong is a famous talk show comedian in America, and his hilarious acting and funny words always make his audience burst into laughter. I have watched a TV program that shows Joe Wong, in life, is particularly popular among his colleagues and neighbors because of his humorous personality.

* **记忆要点**：

**有幽默感的人通常都很开放且容易相处，意味着我们能够更好地相处。**

1. **开玩笑或者有趣地分享自己的经历，创造出一种放松快乐的氛围，使每人乐在其中。**
2. **举例子：脱口秀演员Joe Wong，台上观众捧腹大笑，在生活中也因为幽默感备受欢迎。**

**Besides, being with those who have a good sense of humor is conducive to soothing our minds whenever we feel stressed.** It is because a humorous person generally owns a positive personality that naturally makes him or her skillful in tackling stressful situations. With the company of that kind of people, we will find it easy to get rid of negative feelings. I remember one of my fellow college students is this kind of friend who likes portraying teachers as cartoon characters. Under his pen, benevolent teachers became righteous ones such as Superman or Captain America, while those serious-looking teachers became Lord Voldemort or Red Queen. His drawings brought us endless joy even in the most demanding and stressful class.

* **记忆要点：**

**当我们感到有压力时，和有幽默感的人在一起有助于舒缓情绪。**

1. **因为幽默感的人心态积极，使得他能够解决压力。有这样的朋友陪伴，我们很容易释放消极情绪。**
2. **同学例子，喜欢以卡通人物形象画老师。尤其在高要求及压力大的课堂上，他的画给了我们无尽快乐。**