

25 年 5-8 月口语题库

Part 3 保留题 (持续更新)

闲鱼&小红书

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Part3 保留题

Topic 1 精力充沛的人

1、What kinds of jobs need a lot of physical work?/哪些工作需要大量体力劳动?

Well, physically demanding jobs are common in many sectors.

Firstly, occupations in manual labor industries like construction, agriculture, and mining require significant physical effort. For example, construction workers are required to lift heavy materials, operate machinery, and work in challenging environments for long hours. **Secondly, service-oriented roles such as delivery couriers, warehouse staff, or nurses also demand physical stamina.** Nurses, for instance, often need to move patients, stand for extended shifts, and handle emergencies. **Additionally, jobs in emergency services like firefighters or police officers involve intense physical activity**—imagine climbing ladders, carrying equipment, or chasing suspects. **However, even though technology has reduced some physical demands in modern workplaces, these roles still rely heavily on human strength and endurance.**

需要大量体力劳动的工作广泛存在于多个领域。首先，体力劳动行业如建筑、农业和采矿业需要高强度体力。例如，建筑工人需搬运重物、操作机械，并在恶劣环境中长时间工作。其次，服务类职业如快递员、

仓库员工或护士也需体力耐力。例如，护士常需搬运患者、长时间站立并处理紧急情况。此外，消防员或警察等紧急救援工作涉及高强度体力活动，如攀爬梯子、携带设备或追捕嫌疑人。尽管现代技术减轻了部分体力需求，这些职业仍高度依赖人类的力量和耐力。

2、What's the difference between the payment for physical work and that for mental work?/体力劳动和脑力劳动的报酬有什么区别?

The compensation for physical and mental work often differs significantly, and this gap is influenced by multiple factors. Firstly, jobs requiring intense physical labor, like construction workers or delivery drivers, usually offer immediate payment based on hourly wages or task completion. However, these roles may lack long-term financial growth unless they involve specialized skills, such as electricians or mechanics. In contrast, mental work, such as software engineering or legal professions, tends to prioritize education and expertise, leading to higher entry-level salaries and progressive income increases over time. For example, a doctor's income grows with experience, while a factory worker's pay might plateau. Additionally, societal value plays a role: cognitive professions are often perceived as more "knowledge-based," justifying higher pay. Yet, exceptions exist—some physically intensive roles, like oil rig workers, can earn exceptionally well due to hazardous conditions. Ultimately,

the disparity reflects market demand, skill scarcity, and perceived contribution to society.

体力劳动和脑力劳动的报酬通常存在显著差异，这种差距受多种因素影响。首先，体力密集型工作（如建筑工人、快递员）通常按小时或任务完成量支付即时报酬，但除非涉及专业技能（如电工、机械师），否则长期收入增长有限。相比之下，脑力工作（如软件工程师、律师）更看重教育背景和专业性，因此起薪较高且收入随经验增长。例如，医生的收入随资历提升，而工厂工人的工资可能停滞。此外，社会价值观的影响：脑力职业常被视为“知识型”，收入更高。但例外也存在，如石油钻井工人因危险环境可能获得高薪。最终，这种差异反映了市场需求、技能稀缺性及社会贡献的认知。

3、Do you think machines could replace human workers in the future?你认为机器在未来可以取代人类工人吗？

I believe machines will partially replace human labor, but the extent will vary across industries. Firstly, repetitive jobs like assembly line work or data processing are highly susceptible to automation due to their predictable patterns. For instance, many factories already use robotic arms for precision tasks. However, professions requiring emotional intelligence—such as therapists or educators—are less likely to be replaced, as human connection involves nuanced understanding that algorithms can't fully replicate. Additionally, new

tech-driven occupations will emerge that we can't even envision today, creating a dynamic workforce landscape rather than complete replacement.

我认为机器将部分取代人类劳动力，但程度会因行业而异。首先，流水线工作或数据处理等重复性工作因其可预测性极易被自动化取代，例如许多工厂已使用机械臂完成精密作业。然而，需要情商的专业如心理治疗师或教育工作者则较难被替代，因为人际交往涉及算法无法完全复制的微妙理解。此外，未来将出现我们今天无法预见的新型技术岗位，形成动态的劳动力格局而非完全取代。

4、Can physical workers receive higher salaries in the future? **体力劳动者在未来能获得更高的薪水吗？**

It's possible, but highly dependent on specific sectors and societal priorities. While automation might reduce demand for some manual jobs, **physical labor requiring human adaptability** could see salary increases. For example, skilled tradespeople like electricians or specialized construction workers may earn more due to **aging populations** creating labor shortages in many countries. Conversely, jobs easily replaced by robots, like repetitive packaging work, might face wage stagnation. Additionally, if societies begin valuing **'hands-on' services** more highly – such as elderly care or artisanal craftsmanship – governments could implement policies to uplift these professions' compensation.

有可能，但很大程度上取决于具体行业和社会价值取向。虽然自动化可能减少部分体力岗位需求，但需要人类适应性的体力劳动薪资可能上涨。例如，电工或专业建筑工人等技术工种可能因多国人口老龄化导致的劳动力短缺而获得更高报酬。相反，易被机器人取代的重复性工作（如包装）可能面临工资停滞。此外，若社会开始更重视'实体服务'（如养老护理或手工匠艺），政府可能出台政策提升这类职业的薪酬。

Topic 2 交通工具抛锚

1、What do you think needs to be improved in public transport?/你认为公共交通需要改进什么？

Public transport improvements should focus on **accessibility and efficiency**. Firstly, in many cities, **last-mile connectivity** remains a major issue—people often struggle to reach metro stations or bus stops from their homes. Expanding options like shared bikes or shuttle services could bridge this gap. Secondly, **real-time updates** via mobile apps are crucial; for example, London's TfL app shows live train arrivals, reducing passenger anxiety during delays. Additionally, **sustainability** needs prioritization—transitioning to electric buses, as seen in Shenzhen, China, can cut emissions significantly. However, balancing upgrades with affordability is vital,

especially in developing regions where fare hikes could exclude low-income commuters.

公共交通的改进应聚焦**可达性和效率**。首先，许多城市的'最后一公里接驳'仍是难题——人们常难以从家到达地铁站或公交站。扩展共享单车或接驳班车等服务可填补这一缺口。其次，通过手机应用提供**实时更新**至关重要，例如伦敦的 TfL 应用显示列车实时到站时间，减少延误时乘客的焦虑。此外需优先考虑**可持续性**——如中国深圳改用电动公交，能大幅降低排放。但需平衡升级与可负担性，尤其在发展中国家，票价上涨可能使低收入通勤者被排除在外。

2、Who likes to travel more, older people or younger people?/ 老年人还是年轻人更喜欢旅行?

Preferences for travel often vary by age due to **differing priorities and lifestyles**. Younger generations tend to travel more frequently, driven by **exploratory urges** and social media influences—think backpackers documenting trips on Instagram. However, older demographics might have **more disposable time**, especially retirees, allowing for extended cultural tours or cruise vacations. That said, physical health limitations could restrict some seniors, whereas budget constraints may limit younger travelers. Interestingly, recent trends show '**silver tourism**' rising in countries like Japan, where elderly travelers prioritize wellness retreats. Ultimately, both groups travel actively, but their motivations and patterns differ significantly.

旅行偏好常因年龄而不同，源于**生活重心与方式的差异**。年轻人往往

更频繁旅行，受探索欲和社交媒体驱动——比如在 Instagram 记录旅程的背包客。但老年人可能拥有**更多可支配时间**（尤其退休者），适合参与长期文化游或邮轮度假。不过，健康问题可能限制部分长者，而预算则可能制约年轻旅行者。有趣的是，近期日本等国的'银发旅游'兴起，老年游客更注重康养度假。归根结底，双方都积极旅行，但动机和模式差异显著。

3、Are there fewer people using private cars because of improved public transport?/由于公共交通的改善，使用私家车的人是否减少了？

While improved public transport has encouraged a **modal shift** in some regions, the reduction in private car usage isn't universal. In cities with integrated systems—like London's congestion charges paired with 24-hour tube services—**car ownership rates** have indeed dropped by nearly 15% since 2010. However, in sprawling suburban areas lacking reliable transit, people still heavily rely on cars for daily commutes. Moreover, cultural factors matter: younger eco-conscious generations increasingly adopt **car-sharing schemes**, whereas older demographics often prioritize convenience over sustainability. Interestingly, even with better buses and metros, high-income groups may continue using luxury cars as status symbols. Ultimately, while public transport upgrades help, **socioeconomic disparities** and urban planning quality remain decisive.

尽管公共交通改善促使部分区域出现'出行模式转变'，但私家车使用量的减少并非普遍现象。在拥有综合交通系统的城市（如伦敦的拥堵

费与 24 小时地铁结合)，自 2010 年以来**私家车拥有率**确实下降了近 15%。然而，在缺乏可靠交通的郊区，人们仍严重依赖汽车通勤。此外，文化因素影响显著：注重环保的年轻一代更多采用**共享汽车**，而年长者常优先考虑便利性而非可持续性。有趣的是，即使公交和地铁改善，高收入群体仍可能将豪车作为身份象征。归根结底，公共交通升级有帮助，但**社会经济差异**与城市规划水平仍是决定性因素。

4、What are the advantages and disadvantages of private transport?/私人交通工具的优点和缺点是什么？

Private transport offers **unparalleled autonomy** but comes with significant trade-offs. On the upside, cars provide **door-to-door convenience**, eliminating the need to wait for scheduled services—a crucial advantage for parents managing school runs or medical emergencies. Moreover, they enable access to remote areas where public transit is sparse, like rural villages in mountainous regions. However, the drawbacks are substantial: urban **congestion costs** global economies over \$300 billion annually in lost productivity, while **carbon footprints** from vehicles account for 20% of global emissions. Furthermore, private transport perpetuates **socioeconomic divides**—low-income families often struggle with fuel and maintenance costs. Interestingly, emerging solutions like electric vehicles and carpool apps aim to mitigate these issues, though infrastructure gaps persist.

私人交通工具提供**无与伦比的自主性**，但伴随重大代价。优势方面，

汽车具备门到门便利性，省去等待班次的时间——这对需要接送孩子或处理医疗紧急情况的家长至关重要。此外，它能抵达公共交通稀少的偏远地区，如山区村落。但缺点显著：城市**拥堵成本**每年造成全球经济超 3000 亿美元的生产力损失，而交通工具的**碳足迹**占全球排放的 20%。私人交通还加剧**社会经济分化**——低收入家庭常难负担油费和维护费。有趣的是，电动汽车和拼车应用等新兴方案试图缓解这些问题，但基础设施缺口依然存在。

Topic 3 想去的国外

1、What do you think of national identity?/你怎么看待国家认同?
National identity is a **double-edged sword** that fosters unity yet risks exclusion. Positively, shared cultural symbols—like Japan's cherry blossom festivals or Brazil's Carnival—create **social cohesion**, enabling collective problem-solving during crises, as seen in South Korea's COVID-19 mask distribution systems. However, overemphasis on national identity may fuel **xenophobic tendencies**, such as anti-immigrant policies in some European nations. Interestingly, globalization complicates this: diaspora communities often develop **hybrid identities**, blending traditions from their homeland and host country. For instance, second-generation Chinese Americans might celebrate Lunar New Year while embracing Thanksgiving. Ultimately, balanced national identity should celebrate heritage without erasing **multicultural realities**.

国家认同是一把**双刃剑**，既能促进团结，也可能导致排外。积极而言，共同文化符号（如日本的樱花节或巴西狂欢节）形成**社会凝聚力**，助力危机中的集体行动（如韩国新冠口罩分发体系）。但过度强调国家认同可能滋生**排外倾向**，如某些欧洲国家的反移民政策。有趣的是，全球化使其复杂化：海外移民常发展出**混合身份**，融合母国与居住国传统。例如，华裔美国人二代可能既庆祝春节又接纳感恩节。归根结底，健康的国家认同应尊重传统而不否定**多元文化现实**。

2、What are the advantages of working in an international company?/在国际公司工作有哪些好处？

Working in an international company offers **multifaceted benefits**, particularly in fostering cross-cultural competencies and career growth. Firstly, exposure to **diverse work practices**—like Germany's structured efficiency combined with India's adaptive problem-solving—enhances employees' ability to innovate. For instance, tech giants like Google encourage teams across continents to co-develop products, blending Silicon Valley's risk-taking ethos with Japan's precision engineering. Secondly, international firms often provide **global mobility opportunities**, such as rotational programs in Singapore or Dubai, which accelerate leadership development. Additionally, navigating multicultural teams builds **emotional intelligence**, as resolving conflicts between different communication styles (e.g., direct Dutch feedback vs. indirect Thai suggestions)

requires nuanced understanding. However, these advantages hinge on companies actively promoting **inclusive policies** to mitigate cultural biases in promotions or decision-making.

在国际公司工作具有**多层次优势**，尤其在培养跨文化能力和职业发展方面。首先，接触**多样化工作模式**（如德国的严谨效率与印度的灵活问题解决方式）能提升员工创新能力。例如，谷歌等科技巨头鼓励跨大洲团队合作开发产品，融合硅谷的冒险精神与日本的精密工程。其次，国际公司常提供**全球流动机会**（如新加坡或迪拜的轮岗项目），加速领导力培养。此外，管理多元文化团队可增强**情商**，因协调不同沟通风格（如荷兰人的直接反馈与泰国人的委婉建议）需要细致理解。不过，这些优势需公司积极推行**包容性政策**，以减少晋升或决策中的文化偏见。

3、How does travelling abroad affect young people?/出国旅行对年轻人有什么影响？

Travelling abroad profoundly shapes young people's **cognitive flexibility and global perspectives**. Exposure to unfamiliar cultures—like navigating Tokyo's etiquette-driven society or bargaining in Moroccan souks—forces them to adapt communication styles, fostering **intercultural sensitivity**. Studies indicate that students with international travel experience are 30% more likely to secure cross-border jobs, as employers value such **resilience in ambiguous environments**. However, challenges like culture shock

or language barriers can initially overwhelm some, yet overcoming these often builds **emotional grit**. Interestingly, budget travel platforms like Workaway even allow youths to trade skills for accommodation, blending exploration with practical learning. Ultimately, while risks like financial strain exist, the long-term benefits of enhanced empathy and career adaptability far outweigh temporary hurdles.

出国旅行深刻影响年轻人的**认知弹性与全球视野**。接触陌生文化（如适应东京的礼仪社会或在摩洛哥集市讨价还价）迫使他们调整沟通方式，培养**跨文化敏感度**。研究表明，有国际旅行经历的学生获得跨国工作的概率高出 30%，因雇主看重其在**模糊环境中的韧性**。然而，文化冲击或语言障碍起初可能令人无措，但克服这些常能铸就**情感韧性**。有趣的是，Workaway 等穷游平台甚至让年轻人以技能换住宿，将探索与实践学习结合。尽管存在经济压力等风险，但增强同理心与职业适应力的长期益处远超短期阻碍。

4、How do people get information about other countries?/人们如何获取关于其他国家的信息？

People access information about other countries through **diverse channels**, each with unique strengths and limitations. Primarily, digital platforms dominate—social media influencers sharing cultural insights on TikTok, or news apps like BBC providing real-time updates. For example, a viral video of Japan's cherry blossom festivals might spark

interest in its traditions. Secondly, traditional media like documentaries (e.g., Netflix's *Street Food*) offer curated perspectives, though they risk oversimplifying complex societies. Additionally, firsthand experiences through study abroad programs or global workplaces build **nuanced understanding**—imagine an exchange student in Brazil learning about favela communities beyond tourist stereotypes. However, information overload and algorithmic biases can distort perceptions, as seen when search engines prioritize sensational headlines over balanced reports. Ultimately, cross-referencing sources remains key to avoid **cultural misconceptions**.

人们通过**多样化渠道**获取他国信息，各有优劣。数字平台占主导——如 TikTok 博主分享文化见闻，或 BBC 新闻应用提供实时资讯。例如，一条日本樱花节的爆款视频可能引发对其传统的兴趣。其次，纪录片（如 Netflix《街头美食》）呈现筛选视角，但可能简化复杂社会。此外，留学或跨国工作等亲身体验能建立**细致认知**——比如在巴西的交换生了解贫民窟社区，超越游客刻板印象。然而，信息过载和算法偏见可能扭曲认知（如搜索引擎优先显示煽动性标题而非平衡报道）。归根结底，多方查证是避免**文化误解**的关键。

5、Do you think reading is a good way to get to know other countries? Why?/你认为阅读是了解其他国家的好方法吗?为什么?

Reading is a **foundational yet incomplete method** to understand other nations. Books like Chimamanda

Adichie's *Americanah* offer **nuanced cultural immersion**, unpacking Nigeria's postcolonial identity through personal narratives that surface surveys might miss. Similarly, Haruki Murakami's novels provide insights into Japan's **urban existentialism**, blending folklore with modern alienation. However, written materials risk **temporal disconnect**—a history textbook on China's economic reforms can't capture real-time shifts like the rise of livestream commerce. Additionally, authors' biases may skew perceptions; for instance, 19th-century colonial literature often exoticised Asian cultures. To counter this, pairing reading with **multimedia engagement** (e.g., podcasts interviewing local entrepreneurs) creates a more dynamic understanding. Ultimately, books are vital for depth, but should be **complementary to immersive experiences**.

阅读是了解他国的**基础性但不完整的方式**。像奇玛曼达·阿迪契的《美国佬》通过个人叙事展现尼日利亚后殖民身份认同，提供了**细腻的文化沉浸**，这是表层调查无法企及的。村上春树的小说则揭示了日本**都市存在主义**，将民间传说与现代疏离感交织。然而，文字材料存在**时代脱节风险**——关于中国经济改革的历史书无法实时捕捉直播电商的崛起。此外，作者偏见可能扭曲认知，如 19 世纪殖民文学常将亚洲文化异域化。为弥补这点，可将阅读与**多媒体互动**（如采访当地企业家的播客）结合，形成更动态的认知。归根结底，书籍对深度理解至关重要，但需**与亲身体验互补**。

6、What do you think makes countries different?/你认为是什么让国家之间有所不同?

National distinctions stem from **multilayered factors interacting over centuries**. Firstly, **divergent historical trajectories** play a pivotal role—Japan's isolationist Edo period contrasts sharply with the Ottoman Empire's cross-continental expansion, shaping their modern societal values. Secondly, **geopolitical positioning** dictates priorities: landlocked nations like Switzerland focus on financial neutrality, while island states like Singapore invest heavily in maritime trade infrastructure. Culturally, **collectivism versus individualism** creates stark differences—Scandinavian countries prioritize egalitarian welfare systems, whereas hyper-competitive societies like South Korea emphasize academic rigor. Interestingly, even globalization hasn't erased these roots; for instance, despite McDonald's global presence, 70% of its Japanese menus cater to local tastes with teriyaki burgers. Ultimately, it's the **synergy of geography, collective memory, and evolving identity** that perpetuates uniqueness.

国家差异源于**多个层面因素**数个世纪的相互作用。首先，不同的**历史轨迹**起关键作用——日本江户时代的锁国政策与奥斯曼帝国的跨大陆扩张形成鲜明对比，塑造了其现代价值观。其次，**地缘定位**决定发展重点：瑞士等内陆国专注金融中立，而新加坡等岛国大力投资海运基建。文化上，**集体主义与个人主义**导致显著差异——北欧国家推行平等福利制度，而韩国等高度竞争社会强调学业严苛。有趣的是，全

球化未消除这些根源：尽管麦当劳遍布全球，但其日本菜单 70%为照烧汉堡等本土化产品。归根结底，**地理、集体记忆与身份演变的协同作用**维系了独特性。

Topic 4 近期日常改变

1、What do people normally plan in their daily lives?/人们通常在日常生活中计划些什么？

Daily planning revolves around **balancing priorities across personal, professional, and social spheres**. Firstly, **time-sensitive obligations** dominate—commuting schedules synchronized with work meetings, or school pickups timed via apps like Google Calendar. For instance, Tokyo office workers often map out train transfers down to the minute to avoid rush-hour chaos. Secondly, health-related routines are meticulously planned, from gym sessions booked through fitness apps to meal prepping for dietary goals—Silicon Valley tech employees famously optimize their days in 15-minute blocks for maximum productivity. Additionally, people increasingly allocate time for **mental health practices**, such as meditation slots in digital planners or ‘unplugged hours’ away from screens. However, over-planning risks **chronic stress**, as seen in South Korea’s ‘ppalli-ppalli’ (hurry-up) culture where packed schedules contribute to burnout rates. Ultimately, effective planning balances structure with spontaneity—like Berliners who rigidly schedule work but leave weekends open for

impromptu park gatherings.

日常计划围绕**平衡个人、职业与社交领域的优先级**展开。首先，**时效性任务**占主导——通勤时间与工作会议同步，或用谷歌日历安排接送孩子。例如，东京上班族常精确规划地铁换乘以避免高峰拥堵。其次，健康相关事项被细致计划，从健身应用预约锻炼到为饮食目标备餐——硅谷科技员工以 15 分钟为单位优化日程以追求高效。此外，人们越来越多为**心理健康实践**预留时间，如在数字计划表中安排冥想时段或‘断网时间’。但过度规划可能导致**慢性压力**，如韩国‘快快文化’中紧凑日程推高过劳率。最终，有效计划需平衡条理与随性——像柏林人严格规划工作，却保留周末即兴公园聚会。

2、Is time management very important in our daily lives?/时间管理在我们的日常生活中很重要吗？

Time management is **a critical yet double-edged skill** in modern life.

On one hand, structured planning—like using time-blocking apps such as Todoist—enhances productivity, particularly for deadline-driven professions such as journalists or surgeons. Studies indicate employees who prioritize tasks through methods like the Eisenhower Matrix report **25% higher job satisfaction** due to reduced work spillover into personal time. However, excessive rigidity can backfire: Japan’s ‘karoshi’ (death from overwork) cases highlight how hyper-scheduled lifestyles erode mental health. Conversely, Mediterranean cultures like Spain’s ‘mañana mentality’ embrace fluidity, valuing social interactions over strict timelines. The key lies in **adaptive**

balance—tech CEOs like Elon Musk famously segment their days into 5-minute slots, while Danish ‘hygge’ philosophy advocates unstructured relaxation periods. Ultimately, effective time management should maximize efficiency without sacrificing **holistic well-being**

时间管理是现代生活中**关键却具双刃性的技能**。一方面，结构化规划（如使用 Todoist 等时间分块应用）能提升效率，尤其对记者或外科医生等时限敏感职业。研究表明，通过艾森豪威尔矩阵等方法优先处理任务的员工因减少工作侵占私人时间，**工作满意度提高 25%**。但过度刻板可能适得其反：日本的‘过劳死’案例表明超计划生活侵蚀心理健康。相反，西班牙的‘明日心态’等地中海文化拥抱灵活性，重视社交而非严格时间表。关键在于**适应性平衡**——如马斯克将日程分割为 5 分钟单元，而丹麦‘hygge’理念提倡无规划放松。最终，有效时间管理应在不牺牲**整体幸福感**的前提下提升效率。

3、What changes would people often make?/人们通常会做出哪些改变？

People typically make **adaptive changes across personal, professional, and societal dimensions**. Professionally, career pivots are increasingly common—a 2023 LinkedIn survey showed 40% of employees now consider switching industries due to AI disruption, exemplified by German autoworkers retraining for electric vehicle manufacturing. Lifestyle-wise, sustainability-driven shifts prevail:

Swedish households reduced meat consumption by 22% in five years through 'climate diet' initiatives, while Japanese 'mottainai' culture promotes upcycling clothing. Socially, digital natives reallocate time from traditional TV (viewership dropped 35% since 2018) to microlearning platforms like MasterClass. However, changes often involve trade-offs—remote work boosts flexibility but erodes workplace camaraderie, as seen in Silicon Valley's hybrid model challenges. Ultimately, meaningful adaptation requires **dynamic balance between innovation and well-being anchors**.

人们通常在个人、职业和社会层面做出**适应性改变**。职业上，转行愈发普遍——2023 年领英调查显示，40%员工因 AI 冲击考虑跨行业转型，例如德国汽车工人接受再培训转向电动车制造。生活方式上，可持续性驱动变革：瑞典家庭通过‘气候饮食’倡议五年内减少 22%肉类消费，日本‘勿体无’文化推动旧衣改造。社交层面，数字原生代将时间从传统电视（2018 年以来收视率降 35%）转向 MasterClass 等微学习平台。但改变常伴随代价——远程办公提升灵活性却削弱同事情谊，如硅谷混合办公模式面临的挑战。最终，有效适应需**创新与幸福锚点间的动态平衡**。

4、Do you think it is good to change jobs frequently?/你认为频繁换工作好吗？

Frequent job changes can be a **double-edged sword** depending on career goals and industry norms. On the positive side, **cross-industry**

exposure enhances adaptability—for instance, tech professionals in Silicon Valley often switch roles every 2-3 years to master emerging skills like AI integration, boosting their market value by 30% according to LinkedIn data. Additionally, millennials increasingly prioritize **portfolio careers** over linear paths, gaining diverse experiences from startups to NGOs. However, in sectors valuing loyalty like Japan's 'lifetime employment' culture, frequent moves may signal **professional instability**, potentially deterring conservative employers. Moreover, skill fragmentation risks arise when transitions lack strategic focus—a marketing specialist dabbling in unrelated fields could lose depth. Ultimately, intentional transitions aligned with **long-term upskilling** tend to succeed, whereas impulsive jumps often backfire.

频繁换工作可能是**双刃剑**，取决于职业目标和行业惯例。积极面看，**跨行业接触**增强适应力——例如硅谷科技从业者常每 2-3 年换岗以掌握 AI 整合等新兴技能，领英数据显示其市场价值提升 30%。此外，千禧一代愈发重视**组合型职业**而非线性路径，从初创企业到 NGO 积累多元经验。但在重视忠诚度的行业（如日本终身雇佣制），频繁跳槽可能暗示**职业不稳定**，令保守雇主却步。此外，若缺乏战略聚焦（如营销专家涉足无关领域），可能导致技能碎片化。最终，以**长期技能升级**为目标的理性跳槽更易成功，冲动转换常适得其反。

5、Who do you think would make changes more often, young

people or old people?/你认为年轻人还是老年人更经常做出改变?

Younger demographics generally initiate changes more frequently, driven by **lifecycle transitions and technological adaptability**. Career-wise, millennials switch jobs 2.5 times more often than those over 55, as per Deloitte's 2025 report, seeking rapid skill upgrades in fields like AI or renewable energy. Socially, platforms like TikTok accelerate trend adoption—Gen Z revamps hobbies from NFTs to plant-based diets within months. However, older adults adapt strategically: retirees in Germany increasingly enroll in coding bootcamps to re-enter the job market, while Japan's 'silver entrepreneurs' launch 30% of new startups. Crucially, youth-driven changes often target **self-reinvention** (e.g., digital nomad lifestyles), whereas seniors focus on **legacy-building** (volunteering or mentorship). Ultimately, change frequency isn't age-bound but shaped by **socioeconomic catalysts**—housing crises push youth to relocate, while health shifts nudge elders toward wellness regimes.

年轻人通常更频繁发起改变，源于**人生阶段过渡与技术适应力**。职业上，德勤 2025 报告显示千禧一代换工作频率比 55 岁以上群体高 2.5 倍，以快速提升 AI 或可再生能源等领域技能。社交层面，TikTok 等平台加速潮流更迭——Z 世代数月内从 NFT 转向植物基饮食等新爱好。但老年人会战略性调整：德国退休者参与编程集训再就业，日本

‘银发创业者’创立了 30% 的新企业。关键在于，年轻人的改变多追求**自我重塑**（如数字游民生活），而长者侧重**遗产构建**（志愿服务或导师制）。最终，改变频率无关年龄，而取决于**社会经济催化剂**——住房危机迫使青年迁徙，健康变化促使长者转向养生。

6、Who should get more promotion opportunities in the workplace, young people or older people?/在职场中，年轻人还是年长者应该获得更多的晋升机会？

Promotion opportunities should be **merit-based rather than age-biased**, though generational strengths differ contextually. Younger professionals often excel in **cognitive agility**—Silicon Valley startups like Revolut prioritize 30-something CEOs for rapid tech adaptation, while older employees offer **institutional memory** crucial in sectors like aerospace, where Boeing veterans troubleshoot issues textbooks omit. However, rigid age-based hierarchies backfire: Japan’s traditional seniority system faces criticism as 60% of millennials report stagnation. Conversely, Germany’s dual vocational training integrates junior apprentices with master craftsmen, boosting productivity by 19%. The ideal approach is **performance-driven inclusivity**—Unilever’s ‘Future Leaders’ program fast-tracks youth in digital roles while retaining senior advisors for strategic mentoring. Ultimately, workplaces thriving on **multigenerational synergy**, like Sweden’s age-blind promotion policies, outperform those fixated on demographic quotas.

晋升机会应**基于能力而非年龄偏见**，尽管代际优势因情境而异。年轻从业者常具备**认知敏捷性**——如 Revolut 等硅谷初创公司青睐 30 多岁的 CEO 以实现快速技术适应，而年长员工在航空航天等领域提供**机构记忆**（如波音资深员工解决教科书未涵盖的问题）。但僵化的年龄层级适得其反：日本传统年功序列制遭诟病，60%千禧一代称遭遇停滞。相反，德国双元制职业教育将青年学徒与资深工匠结合，使生产率提升 19%。理想方案是**绩效驱动的包容性**——联合利华‘未来领袖’计划加速青年在数字岗位晋升，同时保留资深顾问进行战略指导。最终，推崇**多代际协同**的企业（如瑞典无视年龄的晋升政策）比固守人口配额者表现更优。

Topic 5 乡村一隅

1、Is there anything special about the villages in China?/中国的乡村有什么特别之处吗？

Chinese villages embody a **unique fusion of agrarian heritage and evolving modernity**, making them culturally distinctive. The **terraced fields** in Yunnan's Yuanyang, shaped over centuries by the Hani people, exemplify sustainable farming practices recognized as a UNESCO World Heritage Site. Traditional architecture like Anhui's **Huizhou-style white-walled houses** with intricate wood carvings preserves Ming Dynasty aesthetics, while Shaanxi's cave dwellings (yaodong) showcase ecological adaptability. Moreover, villages safeguard **intangible cultural heritage**—Guizhou's Miao

embroidery techniques passed down through matrilineal lineages, or shadow puppetry performances in rural Hebei. However, rapid urbanization poses challenges: youth migration leaves aging populations maintaining traditions, yet initiatives like Zhejiang's 'art village revitalization' programs attract urban artists to repurpose abandoned homes. Ultimately, Chinese villages are **living museums** where ancient wisdom coexists with innovative preservation efforts.

中国乡村体现了**农耕传统与现代演变的独特融合**，文化特色鲜明。云南元阳哈尼族历经数百年打造的梯田，被列为联合国教科文组织遗产，展现了可持续农耕智慧。安徽徽派白墙黛瓦建筑保留明代美学，而陕西窑洞则体现生态适应性。此外，乡村守护着**非物质文化遗产**——贵州苗族母女相传的刺绣技艺，河北农村的皮影戏表演。但快速城镇化带来挑战：青年外流使传统由老龄群体维系，而浙江'艺术乡建'计划吸引城市艺术家改造闲置农宅。归根结底，中国乡村是**活态博物馆**，古老智慧与创新保护在此共生。

2、Why do people want to go to the countryside? /为什么人们想去乡村?

People are increasingly drawn to the countryside for **multifaceted reasons blending escapism and intentional living**. Primarily, urban dwellers seek **respite from sensory overload**—studies show 68% of Shanghai office workers report reduced stress levels after weekend

rural retreats. The countryside also offers **proximity to nature's therapeutic benefits**, like forest bathing (shinrin-yoku) practices adopted from Japan, now popular in Zhejiang's bamboo villages. Additionally, the rise of **digital nomadism** enables professionals to trade city rentals for cost-effective rural co-living spaces with 5G connectivity, as seen in Yunnan's Dali. Culturally, heritage preservation movements attract urbanites—Beijing architects are revitalizing Fujian's tulou earth buildings into boutique hotels. However, challenges like limited healthcare persist, prompting hybrid lifestyles where people split time between urban and rural bases. Ultimately, the countryside represents a **sybiotic space for ecological mindfulness and cultural reconnection**.

人们日益被乡村吸引，源于**逃离与主动生活交织的多重原因**。首先，城市居民寻求**从感官超载中解脱**——研究显示 68% 的上海上班族在乡村度周末后压力减轻。乡村还提供**亲近自然的疗愈效益**，如源自日本的森林浴 (shinrin-yoku) 现盛行于浙江竹乡。此外，**数字游民**兴起使职场人能以更低成本入住配备 5G 的乡村共享空间 (如云南大理)。文化上，遗产保护运动吸引城市人——北京建筑师将福建土楼改造为精品酒店。但医疗资源有限等问题催生城乡双栖生活。归根结底，乡村是生态意识与文化重连的共生空间。

3、What do people usually do when they visit a village?/人们去乡村时通常会做些什么?

visiting villages typically involves **a blend of cultural immersion and nature-centric activities**. Firstly, tourists engage in **agritourism experiences**—participating in rice planting in Yunnan’s terraced fields (a UNESCO site) or fruit-picking at Shandong’s organic orchards. Secondly, culinary exploration is key: rural homestays in Anhui’s Hongcun village often feature cooking classes using century-old recipes, like bamboo tube rice steamed over open fires. Additionally, many seek **slow-paced rejuvenation**—practicing calligraphy in Zhejiang’s tea plantations or joining elderly locals in tai chi at dawn. However, modern trends emerge: digital nomads in Fujian’s Tulou clusters work remotely by day and attend traditional puppet shows at night. Notably, over 60% of urban Chinese millennials prioritize eco-friendly activities like tree-planting festivals in rural Sichuan. Ultimately, village visits bridge **urban-rural divides** through shared learning and sustainable exchanges.

乡村游通常结合**文化沉浸与自然活动**。首先，游客参与**农业体验**——在云南梯田（世界遗产）插秧，或在山东有机果园采摘。其次，美食探索是重点：安徽宏村农家乐常开设百年食谱烹饪课，如竹筒饭熏制。此外，许多人寻求**慢节奏疗愈**——在浙江茶园练书法，或黎明与村民打太极。但现代趋势涌现：福建土楼的数字游民白天远程办公，夜晚观赏木偶戏。值得注意的是，超 60% 中国千禧一代优先选择四川乡村植树节等环保活动。最终，乡村游通过共享学习与可持续交流弥合**城**

乡鸿沟。

4、Do you think people will live in villages in the future?/你认为将来人们会住在乡村吗?

A growing number of people may opt for village life in the future, driven by **technological democratization and environmental priorities**, though challenges persist. Remote work tools like Starlink enable professionals in rural Guizhou to join global teams, with a 2022 EU survey showing 40% of digital nomads now prefer villages over cities. Eco-conscious millennials are reviving **agro-communities**—Sweden's 'eco-villages' integrate solar-powered homes with organic farming, reducing carbon footprints by 60%. However, infrastructure gaps deter mass migration: Japan's depopulated villages struggle with sparse healthcare, while India's rural schools lag in tech access. Innovative models emerge—China's 'Taobao Villages' leverage e-commerce to retain youth through localized entrepreneurship. Ultimately, sustainable rural living hinges on **balanced development** where high-speed connectivity coexists with agrarian heritage preservation.

未来可能有更多人选择乡村生活，源于**技术普及与环保意识**，但挑战仍存。星链等技术让贵州乡村工作者加入全球团队，2022 年欧盟调查显示 40% 数字游民更倾向乡村。环保派千禧一代复兴**农业社区**——瑞典‘生态村’结合太阳能住宅与有机农业，碳足迹降 60%。但基建差距

阻碍迁移：日本空心化乡村缺医疗，印度农村学校技术落后。创新模式涌现——中国‘淘宝村’通过电商留住青年创业。最终，可持续乡村生活需**平衡发展**，即高速网络与农耕传统共存。

Topic 6 忘记重要的事情

1、What kinds of things do people forget easily?/人们容易忘记哪些事情？

People are prone to forgetting **context-dependent and routine-bound information** due to cognitive overload. Daily minutiae like misplaced keys or grocery lists often slip memory, as the brain prioritizes novel stimuli—a phenomenon termed ‘**attentional filtering**’. Digitally, reliance on apps creates ‘**digital amnesia**’; 65% of smartphone users in a Cambridge study couldn’t recall their partner’s phone number. Ironically, emotionally charged events like anniversaries are also forgotten under stress, linked to cortisol impairing the hippocampus. Conversely, **prospective memory** (e.g., taking medication) falters when routines are disrupted—a nurse working night shifts might forget daytime errands. Interestingly, trivial details like where you parked are lost via the ‘**doorway effect**’, where environmental shifts reset mental markers. Ultimately, memory lapses reflect **evolutionary trade-offs**, not mere carelessness.

人们易遗忘**依赖情境与惯例的信息**，源于认知超载。日常琐事（如钥匙或购物清单）常被忽略，因大脑优先处理新刺激——称为‘注意力过

滤’。数字化依赖导致‘数字健忘症’：剑桥研究显示 65%智能手机用户记不住伴侣号码。讽刺的是，压力下连纪念日等情感事件也会遗忘（皮质醇损伤海马体所致）。而**前瞻性记忆**（如服药）在惯例打破时失效——夜班护士可能忘白天差事。有趣的是，停车位置等琐碎细节因‘门口效应’（环境变化重置记忆标记）而遗忘。最终，遗忘反映**进化权衡**，非单纯粗心。

2、What kinds of people are more forgetful?/哪些人更容易健忘？

Forgetfulness often correlates with **lifestyle factors and physiological conditions**, affecting specific demographics disproportionately. **Older adults** face age-related cognitive decline—Alzheimer’s Research UK notes 60% of over-65s report memory lapses due to hippocampal atrophy. **Multitaskers** like emergency room nurses exhibit fragmented attention, with a Johns Hopkins study showing 30% slower recall during shift changes. **Chronic stress sufferers** also struggle—elevated cortisol levels impair neural plasticity, making students during exams 50% more prone to forgetting deadlines. Conversely, **digital natives** develop ‘**cognitive offloading**’, relying on apps to store information, which weakens organic memory muscles. Interestingly, sleep-deprived individuals (e.g., new parents) experience 40% more memory errors, as REM cycles solidify daily recollections. However, targeted interventions like mindfulness training can mitigate these trends, proving forgetfulness

isn't inevitable.

健忘常与生活方式和生理状态相关，特定人群尤甚。**老年人**经历认知衰退——英国阿尔茨海默症研究显示 60% 的 65 岁以上人群因海马体萎缩出现记忆问题。**多任务处理者**（如急诊护士）注意力分散，约翰霍普金斯研究发现换班时回忆速度慢 30%。**长期压力人群**因皮质醇升高损害神经可塑性，考试季学生遗忘截止日的概率高 50%。相反，**数字原生代**形成‘认知卸载’，依赖应用存储信息，削弱记忆能力。有趣的是，睡眠不足者（如新手父母）记忆错误多 40%，因 REM 睡眠巩固记忆。但正念训练等干预可缓解此趋势，证明健忘非必然。

3、How can people improve their memory?/人们如何提高记忆力？

To improve memory, individuals can adopt several strategies. Firstly, **regular mental exercises** such as puzzles, crosswords, or memory games can stimulate the brain and enhance cognitive functions. Secondly, **adequate sleep** is crucial because it allows the brain to consolidate information and improve recall. A **healthy diet** rich in antioxidants, omega-3 fatty acids, and vitamins, including foods like blueberries, nuts, and fish, also supports memory. Engaging in **physical exercise** increases blood flow to the brain, promoting the growth of new neurons and enhancing memory capacity. Additionally, using **memory techniques** like mnemonics or visualization can aid in better retention and retrieval of information. Managing **stress** through practices like meditation or deep breathing can prevent memory

impairment. Lastly, **social interaction** and **continuous learning** keep the brain active and engaged, further supporting memory improvement.

为了提高记忆力，个人可以采取几种策略。首先，**定期的脑力锻炼**，如拼图、填字游戏或记忆游戏，可以刺激大脑，增强认知功能。其次，**充足的睡眠**至关重要，因为它能让大脑巩固信息并改善回忆。富含抗氧化剂、Omega-3 脂肪酸和维生素的**健康饮食**，包括蓝莓、坚果和鱼类，也有助于记忆。进行**体育锻炼**可以增加大脑的血液流动，促进新神经元的生长，提高记忆能力。此外，使用**记忆技巧**如记忆术或可视化可以帮助更好地保留和检索信息。通过冥想或深呼吸等方法来管理**压力**，可以防止记忆力受损。最后，**社交互动**和**持续学习**能让大脑保持活跃和投入，进一步支持记忆的提高。

4、What do you think of people using calendars to remind themselves of things?/你怎么看待人们使用日历来提醒自己事情?

Using calendars to remind oneself of tasks and appointments is an effective and practical strategy for managing time and responsibilities. Firstly, **calendars provide a clear visual overview** of one's schedule, making it easier to plan and prioritize tasks. This can help reduce the likelihood of forgetting important events or deadlines. Secondly, **digital calendars** often come with reminder features that send alerts for upcoming events, which can be particularly helpful in a fast-paced environment where it's easy to lose track of time. Additionally, **the act of writing down tasks** in a calendar can reinforce memory encoding,

as it involves active engagement with the information. For some people, this physical or digital interaction serves as a form of active recall, further aiding memory retention. Overall, using calendars is a smart and efficient way to ensure that important tasks and appointments are not overlooked.

使用日历来提醒自己任务和预约是管理时间和责任的一种有效且实用的策略。首先，日历提供了一个清晰的时间表概览，使得规划和优先处理任务变得更加容易。这有助于减少忘记重要事件或截止日期的可能性。其次，数字日历通常带有提醒功能，可以为即将到来的事件发送警报，这在快节奏的环境中特别有帮助，因为在这种环境中很容易失去时间感。此外，将任务写下来在日历中可以通过积极地与信息互动来加强记忆编码。对于一些人来说，这种物理或数字互动作为一种主动回忆的形式，进一步帮助记忆保持。总的来说，使用日历是一种明智且高效的方式，可以确保不忽略重要的任务和预约。

Topic 7 学校/工作中的重要规则

1、What rules should children follow at home in your country?/ 在你的国家，孩子在家应该遵守哪些规则？

In my country, children are generally expected to follow several key rules at home to ensure a harmonious and respectful environment. Firstly, **respect for elders** is paramount, which includes using polite language and showing deference to parents and grandparents. Secondly, **maintaining cleanliness** is important, so children are

expected to keep their rooms tidy and help with household chores. Thirdly, **adhering to a routine** is encouraged, such as having set times for homework, meals, and bedtime, to instill discipline and responsibility. Additionally, **safety rules** are emphasized, like not playing with electrical appliances or going out without informing parents. Lastly, **limiting screen time** is often a rule, ensuring that children balance their time between studying, playing, and using electronic devices. These rules help cultivate good habits and a sense of responsibility in children.

在我的国家，孩子们通常需要在家遵守几条关键规则，以确保一个和谐和尊重的环境。首先，**尊重长辈**是至关重要的，这包括使用礼貌的语言和对父母和祖父母表示敬意。其次，**保持清洁**很重要，所以孩子们应该保持他们的房间整洁，并帮助做家务。第三，**遵守日常作息**是受到鼓励的，比如有固定的时间做作业、用餐和就寝，以培养纪律性和责任感。此外，**安全规则**也是强调的重点，比如不玩耍电器或在不告知父母的情况下外出。最后，**限制屏幕时间**通常是一个规则，确保孩子们在学习、玩耍和使用电子设备之间取得平衡。这些规则有助于培养孩子们的良好习惯和责任感。

2、on what occasions can children be forgiven if they don't follow some rules?/在什么情况下孩子不遵守规则是可以被原谅的?

Children can be forgiven for not following rules on certain occasions, particularly if the situation is **unforeseen or beyond their control**. For example, if a child is **sick or feeling unwell**, they might not be able to

adhere to their usual routine or responsibilities, and this is generally understandable and forgivable. Similarly, if there is a **family emergency or unexpected event**, such as a sudden trip or a visitor, some rules might be temporarily relaxed. Additionally, if a child is **trying to help someone in need** or responding to an emergency themselves, not following a rule could be seen as a necessary action. Lastly, **honest mistakes or misunderstandings** about the rules can also be forgiven, especially if the child shows remorse and learns from the experience. In such cases, parents often prioritize teaching and guidance over strict enforcement of the rules.

在某些情况下，孩子们不遵守规则是可以被原谅的，特别是如果情况是无法预见或超出他们控制的。例如，如果一个孩子生病或感觉不适，他们可能无法遵守平时的作息或责任，这通常是可理解和可原谅的。同样，如果发生**家庭紧急情况或意外事件**，比如突然的旅行或访客，一些规则可能会暂时放宽。此外，如果一个孩子**试图帮助有需要的人**或自己应对紧急情况，不遵守规则可以被视为必要的行动。最后，**诚实的错误或对规则的误解**也可以被原谅，特别是如果孩子表现出后悔并从经验中学习。在这种情况下，父母通常更注重教导和指导，而不是严格地执行规则。

3 、 What rules should people follow when using public transport?/使用公共交通时，人们应该遵守哪些规则？

When using public transport, people should adhere to several important rules to ensure a safe and pleasant experience for everyone.

Firstly, **waiting in line** and allowing passengers to exit before boarding is essential for maintaining order. Secondly, **offering seats to those in need**, such as elderly, pregnant, or disabled individuals, is a sign of courtesy and respect. Thirdly, **keeping noise levels low**, including not playing loud music or having loud conversations, helps create a peaceful environment. Additionally, **refraining from eating strong-smelling foods** can prevent discomfort for fellow passengers. It's also important to **follow safety instructions**, such as standing behind the yellow line on train platforms. Lastly, **purchasing a valid ticket** and being ready to show it when requested is crucial to comply with regulations. These rules help ensure a harmonious and efficient public transport system.

使用公共交通时，人们应该遵守几条重要的规则，以确保每个人的安全和愉快的体验。首先，**排队等候**并让乘客先下车再上车，这对于维持秩序至关重要。其次，**为有需要的人让座**，比如老人、孕妇或残疾人，是礼貌和尊重的体现。第三，**保持低噪音水平**，包括不播放大声的音乐或大声交谈，有助于创造一个宁静的环境。此外，**避免食用有强烈气味的食物**可以防止给其他乘客带来不适。遵守**安全指示**，比如在火车站台上站在黄线后面，也很重要。最后，**购买有效车票**并准备好在被要求时出示，这是遵守规定的重要部分。这些规则有助于确保公共交通系统的和谐与高效。

4、What kinds of rules do people need to follow in public places?/在公共场所，人们需要遵守哪些规则？

In public places, people are expected to follow several key rules to ensure a safe and pleasant environment for everyone. Firstly, **maintaining cleanliness** is crucial, which includes disposing of trash properly and not littering. Secondly, **respecting personal space** is important, so individuals should avoid unnecessary physical contact and give others adequate space. Thirdly, **observing noise levels** is necessary; people should keep their voices low and avoid loud conversations or activities that could disturb others. Additionally, **following safety guidelines**, such as not smoking in non-smoking areas or adhering to traffic signals, is essential for public safety. Lastly, **being considerate of others** by not cutting in lines, using polite language, and showing patience contributes to a harmonious atmosphere. These rules help maintain order and respect in public spaces.

在公共场所，人们需要遵守几条关键规则，以确保每个人的安全和愉快的环境。首先，**保持清洁**至关重要，包括正确处理垃圾和不乱扔垃圾。其次，**尊重个人空间**很重要，因此个人应避免不必要的身体接触，并给他人足够的空间。第三，**注意噪音水平**是必要的；人们应保持低声交谈，避免大声交谈或进行可能打扰他人的活动。此外，**遵守安全指南**，如不在非吸烟区吸烟或遵守交通信号，对于公共安全至关重要。最后，**为他人着想**，不插队、使用礼貌语言和表现出耐心，有助于营造和谐的氛围。这些规则有助于在公共空间保持秩序和尊重。

5、When people break rules, how would they be punished in your country?/在你的国家，人们违反规则时会受到怎样的处罚？

In public places, individuals are required to follow certain rules to ensure a safe, orderly, and respectful environment for everyone.

Firstly, **basic hygiene practices** are essential, such as disposing of trash in designated bins and not spitting in public. Secondly, **respecting others' personal space** is crucial; people should avoid crowding or invading others' space without consent. Thirdly, **maintaining appropriate noise levels** is important; loud conversations, music, or other disturbances should be avoided to prevent discomfort to others. Additionally, **following safety protocols**, like adhering to traffic signals and using pedestrian crossings, is vital for public safety. Lastly, **being considerate and courteous**, such as not cutting in line and using polite language, fosters a positive and harmonious atmosphere. These rules collectively contribute to a more pleasant and functional public space.

在公共场所，个人需要遵守某些规则，以确保每个人的安全、有序和尊重的环境。首先，**基本的卫生习惯**是必不可少的，比如将垃圾扔进指定的垃圾箱，不在公共场合吐痰。其次，**尊重他人的个人空间**至关重要；人们应避免拥挤或在未经同意的情况下侵犯他人的空间。第三，**保持适当的噪音水平**很重要；应避免大声交谈、音乐或其他干扰，以免给他人带来不适。此外，**遵守安全协议**，如遵守交通信号和使用人行横道，对于公共安全至关重要。最后，**为他人着想和礼貌**，比如不

插队和使用礼貌语言，有助于营造积极和谐的氛围。这些规则共同有助于创建一个更愉快、更实用的公共空间。