

25 年 5-8 月口语题库

Part 1 新题 (持续更新)

闲鱼&小红书

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Part1 新题

● Text Messages 1

1、How often do you send messges?你多久发一次短信?

Answer 1 (较自然，偏生活化):

I'd say I'm a pretty **frequent texter**, actually. It's definitely my preferred way to communicate with friends and family, especially since we're all so busy. I probably send at least 10-15 messages a day – **it really depends**. Work related messages are also a big part of my **daily communication**. It's just **quick and convenient**.

中文翻译：我觉得我是一个挺频繁发短信的人。特别是考虑到我们都很忙，这绝对是我与朋友和家人沟通的首选方式。我每天大概发**10到15**条短信，这确实取决于具体情况。工作相关的短信也占据了我日常沟通的很大一部分。因为它快速又方便。

Answer 2 (更正式，稍带思考):

I send text messages quite regularly, although I'm trying to be more **mindful of screen time**. I think it's become almost second nature to quickly send a message rather than making a phone call. I'd **estimate** I send around 5-10 messages daily, **mostly for coordinating** plans or sharing quick updates with colleagues and loved ones.

中文翻译：我经常发短信，尽管我正在努力减少使用屏幕的时间。我认为比起打电话，快速发短信已经变成了一种习惯。我估计我每天发送大约**5到10**条短信，主要用于协调计划或与同事和亲人分享快速更新。

2、Is sending messages popular in your country?在你的国家发短信流行吗?

Answer 1 (更侧重普及程度):

Absolutely, texting is incredibly popular in China. It's almost **ubiquitous**. With the widespread use of smartphones and messaging apps like WeChat, people of all ages **communicate** primarily through text. It's much more common to send a text than to make a phone call, even for important things.

中文翻译: 当然, 在中国, 发短信非常流行。它几乎无处不在。随着智能手机和微信等即时通讯软件的广泛使用, 各个年龄段的人们主要通过短信进行交流。即使是重要的事情, 人们也更倾向于发短信, 而不是打电话。

Answer 2 (更侧重文化角度):

Definitely. In China, messaging has become deeply ingrained in our daily **lives and social culture**. It's not just about convenience; it's often seen as a more polite way to initiate communication, especially **in professional settings**. People appreciate having a written record of conversations, and it allows for more thoughtful responses.

中文翻译: 当然。在中国, 信息传递已经深深融入我们的日常生活和社会文化中。这不仅仅是出于方便; 在专业场合, 它通常被认为是一种更礼貌的沟通方式。人们喜欢有书面记录的对话, 并且这让他们有更多时间思考回复。

3、Did you send more messages when you were younger?你小时候发短信的频率高吗?

Answer 1 (强调技术发展):

That's an interesting question! I definitely sent fewer messages when I was younger. When I was a child, mobile phones weren't as **affordable or widespread**. We mostly communicated face-to-face or through landline phones. Now, with smartphones being **so accessible**, messaging has become almost constant.

中文翻译: 这是一个有趣的问题! 我小时候肯定发短信的频率更低。小时候, 手机不是很便宜或者普及。我们主要通过面对面或座机电话进行交流。现在, 由于智能手机变得非常普及, 短信交流几乎是持续不断的。

Answer 2 (更侧重个人经历):

I think I did, actually. When I was a teenager, texting was a key part of socializing with friends. It was how we made plans, shared gossip, and just stayed connected. Back then, it felt like a really exciting new way to communicate, and we were all quite addicted to it! Now I use it more for practical purposes.

中文翻译: 我想是的。当我十几岁的时候, 短信是和朋友社交的关键方式。我们通过短信安排计划、分享八卦, 并保持联系。那时, 这感觉是一种令人兴奋的新沟通方式, 而且我们都沉迷于它! 现在我更多地将其用于实际目的。

4、Do you reply to messages as soon as you receive them?你收到短信后会立刻回复吗?

Answer 1 (强调工作影响):

It really depends on the situation. If it's a message from work, I try to respond as quickly as possible, because it often requires a prompt reaction. However, if it's a personal message from a friend,

I'm a little more relaxed about it. I don't feel the need to reply instantly; I'll get back to them when I have a moment.

中文翻译：这真的取决于具体情况。如果收到工作信息，我会尽量尽快回复，因为它通常需要及时回应。但是，如果收到朋友的私人信息，我会比较放松。我不觉得有必要立即回复，我会在有空的时候回复他们。

Answer 2 (更强调个人习惯):

I generally try to, yes. I find it a bit rude to leave people hanging, so I like to acknowledge messages quickly, even if it's just a brief 'Got it!' or 'I'll get back to you later'. However, if I'm in the middle of something important, I might delay my full response until I can give it proper attention.

中文翻译：我通常会尽量这样做。我觉得让别人等待回复有点不礼貌，所以我喜欢快速确认消息，即使只是简单地回复“收到了！”或“稍后回复你”。但是，如果我正在做重要的事情，我可能会延迟完整的回复，直到我可以认真对待它为止。

● Flowers 2

1、Do you love flowers?你喜欢花吗?

Answer 1 (较为个人化，强调感受):

I absolutely do! I find flowers incredibly beautiful and uplifting. They just brighten up any space and bring a sense of tranquility. I especially love the scent of lilies and roses – they're just so fragrant and calming. I think flowers are a little piece of nature's artistry.

中文翻译: 我非常喜欢! 我觉得花非常美丽, 而且能让入心情愉悦。它们可以点亮任何空间, 并带来一种宁静感。我特别喜欢百合和玫瑰的香味——它们闻起来非常香, 而且令人平静。我认为花是大自然艺术品中的一小部分。

Answer 2 (较为正式, 侧重文化意义):

Yes, I appreciate flowers very much. I think they hold a lot of symbolic meaning in many cultures, and they're often associated with positive emotions like love, gratitude, and joy. Beyond that, their vibrant colours and delicate forms are simply aesthetically pleasing.

中文翻译: 是的, 我非常欣赏花。我认为它们在许多文化中都具有丰富的象征意义, 并且经常与爱、感激和喜悦等积极的情感联系在一起。除此之外, 它们鲜艳的色彩和精致的形态也令人赏心悦目。

2、Do you know anyone who loves flowers? 你认识喜欢花的人吗?

Answer 1 (突出亲属关系):

Definitely. My grandmother is a huge flower enthusiast. She has a beautiful garden filled with all sorts of blooms, and she spends hours tending to them. She can tell you the name of every flower and its specific needs. She's actually inspired me to appreciate flowers more.

中文翻译: 当然。我的奶奶非常喜欢花。她有一个美丽的花园, 里面种满了各种鲜花, 并且花几个小时照料它们。她能告诉你每种花的名字和具体需求。她实际上启发了我, 让我更欣赏花。

Answer 2 (描述朋友的爱好):

Yes, one of my close friends is really into flower arranging. She takes classes and creates the most stunning bouquets. She often

makes them for special occasions, like birthdays or weddings. It's amazing to see her creativity at work.

中文翻译: 是的, 我的一个好朋友非常喜欢插花。她参加课程, 并制作出最令人惊艳的花束。她经常在特殊场合制作花束, 比如生日或婚礼。看到她的创造力在发挥作用真是太了不起了。

3、Are there a lot of flowers where you live? 你居住的地方有很多花吗?

Answer 1 (描述城市景观):

Actually, there are quite a few. My city makes a real effort to maintain beautiful parks and gardens, so you can find flowers blooming throughout the year. Especially in spring and summer, the streets are lined with colourful flowerbeds. It really adds to the city's vibrancy.

中文翻译: 实际上, 有很多花。我的城市非常注重维护美丽的公园和花园, 所以一年四季都能看到盛开的花朵。尤其是在春天和夏天, 街道两旁都种满了色彩鲜艳的花坛。这确实为城市增添了活力。

Answer 2 (侧重自然环境):

Yes, thankfully. I live relatively close to the countryside, so there are wildflowers growing everywhere, especially in the fields and along the roadsides. It's lovely to go for walks and see the natural beauty all around. The landscape is really colourful.

中文翻译: 是的, 感谢有这样的环境。我离郊区相对较近, 所以到处都能看到野花, 尤其是在田野和路边。去散步, 看到周围的自然美景真是太好了。风景非常色彩鲜艳。

4、Do you take photos of flowers in your daily life? 你会在

日常生活中拍花照吗？

Answer 1 (坦诚的回答，带解释):

I do, occasionally. I'm not a professional photographer by any means, but if I come across a particularly beautiful flower, I'll definitely try to capture it on my phone. I love being able to look back at those photos and remember the moment.

中文翻译：我偶尔会拍。我绝不是一名专业摄影师，但如果我遇到特别美丽的花，我一定会尝试用手机拍下来。我喜欢能够回头看这些照片，并回忆起那一刻。

Answer 2 (描述拍照的习惯):

I try to, yes. I'm really interested in photography as a hobby, and flowers make such perfect subjects – their colours and textures are just captivating. I often share them on social media, just to brighten up people's feeds.

中文翻译：我尽量拍。我把摄影当作爱好，而花是如此完美的拍摄对象——它们的颜色和纹理都非常迷人。我经常在社交媒体上分享它们，只是为了让人们的心情更愉快。

5、Do people in your country often send flowers to others?在你们国家，人们经常送花给别人吗？

Answer 1 (侧重特殊场合):

Yes, definitely. Sending flowers is a very common practice in China, especially for special occasions like birthdays, Mother's Day, or to express condolences. Roses are particularly popular, but it really depends on the occasion and the recipient.

中文翻译: 是的, 当然。在中国, 送花是一种非常常见的做法, 尤其是在生日、母亲节或表达慰问等特殊场合。玫瑰特别受欢迎, 但具体取决于场合和收花人。

Answer 2 (强调送花背后的文化意义):

Absolutely. In Chinese culture, flowers often symbolize good wishes and respect. They're a way of conveying feelings when words aren't enough. You'll often see people sending flowers to congratulate someone on a new job or to wish someone a speedy recovery.

中文翻译: 当然。在中国文化中, 花通常象征着美好的祝愿和尊重。它们是一种在言语不足时表达感情的方式。人们经常送花祝贺别人找到新工作, 或者祝愿别人早日康复。

● plan 3

1、Do you like making plans? 你喜欢制定计划吗?

Answer 1 (强调计划带来的安全感):

I definitely do. I find that having a plan, even a rough one, helps me feel more organized and in control. Life can be unpredictable, but knowing what I'm aiming for reduces my stress levels. I wouldn't say I'm overly strict with my plans, but I definitely prefer to have some structure.

中文翻译: 我非常喜欢。我发现即使有一个粗略的计划也能帮助我感觉更有条理和掌控感。生活总是充满变数, 但知道自己要追求什么可以减轻我的压力。我不会说我对计划非常严格, 但我绝对更喜欢有些结构。

Answer 2 (强调计划带来的效率):

Yes, I'm quite a planner, actually. I believe that careful planning is essential for maximizing productivity. If I don't have a clear idea of what I want to achieve, I tend to get easily distracted. Planning helps me prioritize tasks and make the most of my time.

中文翻译: 是的, 我实际上是个很会计划的人。我认为仔细的计划对于最大限度地提高效率至关重要。如果我没有明确的目标, 我很容易分心。计划有助于我优先处理任务并充分利用时间。

2、Do you use paper or your cellphone to make plans? 你用纸张还是手机来制定计划?

Answer 1 (突出手机的便捷性):

I almost exclusively use my cellphone now. It's just so convenient! I use a calendar app and a to-do list app, which sync across all my devices. I can access my plans anywhere, anytime. I used to use a paper planner, but it was easy to lose and wasn't nearly as efficient.

中文翻译: 我现在几乎完全使用我的手机。它太方便了! 我使用日历应用程序和一个待办事项列表应用程序, 这些应用程序可以在所有设备上同步。我可以随时随地访问我的计划。我过去用纸质计划本, 但很容易丢失, 而且效率也不高。

Answer 2 (强调纸张带来的专注力):

I actually still prefer to jot down my initial plans on paper. There's something about physically writing things down that helps me process information and think more clearly. However, I then transfer those plans to my phone for easy access and reminders.

中文翻译: 我实际上仍然更喜欢用纸笔记录我最初的计划。亲自写下东西有助于我处理信息和更清晰地思考。但是, 然后我将这些计划转移到手机上, 以便于访问和提醒。

3、What are the benefits of making plans? 制定计划有哪些好处?

Answer 1 (强调减少焦虑):

I think one of the biggest benefits is that it reduces anxiety. When you have a plan, you feel more prepared for what's coming, which can be really reassuring. It also helps you stay motivated and focused on your goals. And it's easier to identify potential obstacles and come up with solutions in advance.

中文翻译: 我认为最大的好处之一是它可以减轻焦虑。当你有一个计划时,你会感觉更有准备,这会给你带来很大的安慰。它还有助于你保持动力,专注于你的目标。而且,更容易提前识别潜在的障碍并找到解决方案。

Answer 2 (强调提高效率):

There are numerous benefits, really. Firstly, it increases efficiency. You're less likely to waste time on unproductive activities if you have a clear plan of action. Secondly, it helps with time management, allowing you to prioritize tasks effectively. And finally, it provides a sense of accomplishment when you tick things off your list.

中文翻译: 确实有很多好处。首先,它提高了效率。如果你有一个明确的行动计划,就不太可能把时间浪费在无生产力的活动上。其次,它有助于时间管理,让你能够有效地优先处理任务。最后,当你完成清单上的任务时,会给你带来成就感。

● Geography 4

1. How do you like geography? 你喜欢地理吗?

Answer 1 (强调地理带来的视觉享受):

I actually find geography really fascinating. I've always been captivated by maps and learning about different landscapes and cultures around the world. Seeing pictures and documentaries of places like the Amazon rainforest or the Himalayas is just breathtaking. It really expands your perspective.

中文翻译: 我实际上觉得地理非常有趣。我一直被地图以及世界各地不同的景观和文化所吸引。观看亚马逊雨林或喜马拉雅山的照片和纪录片真是令人叹为观止。它确实拓展了你的视野。

Answer 2 (强调地理的综合性):

Yes, I quite enjoy geography. I think it's a really important subject because it connects so many different disciplines – history, culture, climate, even politics. It helps you understand the world in a more holistic way, not just as a collection of countries, but as interconnected systems.

中文翻译: 是的, 我非常喜欢地理。我认为它是一个非常重要的学科, 因为它将许多不同的学科联系起来——历史、文化、气候, 甚至政治。它帮助你以更全面的方式理解世界, 而不仅仅是把它看作是一个国家集合, 而是相互关联的系统。

2. Do you think geography is useful? 你认为地理有用吗?

Answer 1 (强调实用价值):

Absolutely. I think geography is incredibly useful in everyday life. Understanding things like climate patterns can help you pack for a trip, knowing about different cultures can make you a more informed traveler, and even just reading a map helps with spatial awareness. It's surprisingly practical.

中文翻译: 当然。我认为地理在日常生活中非常有用。了解诸如气候模式之类的知识可以帮助你为旅行打包行李,了解不同的文化可以让你成为一个更知情的旅行者,甚至只是阅读地图可以提高空间意识。它出奇地实用。

Answer 2 (强调宏观层面的重要性):

Definitely. In today ' s interconnected world, understanding geography is more important than ever. It ' s crucial for understanding global issues like climate change, migration, and resource management. It provides a framework for analyzing complex problems.

中文翻译: 当然。在当今互联互通的世界中,理解地理比以往任何时候都更重要。它对于理解气候变化、移民和资源管理等全球性问题至关重要。它为分析复杂问题提供了一个框架。

3. Have you ever learned geography? 你学习过地理吗?

Answer 1 (回忆校园时光):

Yes, I studied geography throughout my school years. It was a compulsory subject, and I remember learning about different continents, countries, and their physical and human characteristics. I enjoyed the map reading and the hands-on activities we did in class.

中文翻译: 是的,我在上学期间学习过地理。这是一门必修课,我记得学习过不同的洲、国家及其物理和人文特征。我喜欢地图阅读以及我们在课堂上做的实践活动。

Answer 2 (强调自学):

I did, although not in a formal classroom setting. I've always been a keen reader, and I've often picked up books and documentaries

about different parts of the world. I'm really self-taught when it comes to geography, driven by my own curiosity.

中文翻译: 我学过, 但不是在正式的课堂环境中。我一直是一个热衷于阅读的人, 并且经常阅读关于世界不同地区的书籍和纪录片。在地理方面, 我基本上是自学的, 这源于我对知识的渴望。

4. Will you learn more about the geography of other countries? 你会学习更多关于其他国家地理的知识吗?

Answer 1 (强调旅行计划):

Definitely! I'm planning a trip to South America next year, so I'm already starting to research the geography of the countries I'll be visiting. I want to understand the landscapes, climates, and cultures before I go. It'll make the experience much richer.

中文翻译: 当然! 我明年计划去南美旅行, 所以我已经开始研究我将要访问的国家的地理情况了。我想在去之前了解这些地区的景观、气候和文化。这将使我的体验更加丰富。

Answer 2 (强调在线学习):

Yes, I think so. There are so many amazing online resources now – documentaries, virtual tours, interactive maps – that it's easy to learn about different countries without even leaving your home. I'm always looking for opportunities to expand my knowledge.

中文翻译: 是的, 我想是的。现在有很多令人惊叹的在线资源——纪录片、虚拟游览、交互式地图——可以让你足不出户就学习关于不同国家/地区的信息。我总是寻找扩展知识的机会。

5. Do you want to be a geography teacher? 你想成为一名地理老师吗?

Answer 1 (坦诚的回答):

Actually, no, I don't think so. While I enjoy learning about geography, I don't necessarily have the patience or the temperament to be a teacher. It requires a very specific skill set, and I think I'm better suited to other professions.

中文翻译: 实际上, 不, 我不这么认为。虽然我喜欢学习地理, 但我可能没有成为一名老师的耐心或性格。这需要一套非常具体的技能, 我认为我更适合其他职业。

Answer 2 (强调其他教育方式):

Not as a traditional teacher, perhaps. But I do enjoy sharing what I learn with others, so I might consider creating educational content online, like videos or blog posts. I think there are many ways to educate people about the world around them.

中文翻译: 也许不是作为一名传统的老师。但我喜欢与他人分享我所学到的知识, 所以我会考虑在线创建教育内容, 比如视频或博客文章。我认为有很多方法可以教育人们了解周围的世界。

● Jewelry 5

1. Do you often wear jewelry? 你经常戴首饰吗?

Answer 1 (强调日常佩戴的简单款式):

I do, but I prefer to keep it simple. I usually wear a small pair of earrings and a delicate necklace every day. I don't really go for anything too flashy or elaborate – I prefer subtle accessories that complement my outfit.

中文翻译: 我经常戴, 但我更喜欢简洁的款式。我通常每天戴一小对耳环和一条精致的项链。我不太喜欢太闪耀或复杂的款式, 我更喜欢能够搭配我的服装的微妙配饰。

Answer 2 (强调场合佩戴):

Not every day, actually. I tend to wear jewelry for special occasions, like parties or weddings. I have a few favorite pieces that I bring out for those events, but I don't really wear much when I'm at home or at work.

中文翻译: 实际上, 不是每天都戴。我倾向于在特殊场合戴首饰, 比如派对或婚礼。我有一些最喜欢的首饰, 会在那些场合拿出来, 但在家或工作时我通常不太戴。

2. What type of jewelry do you like? 你喜欢什么类型的首饰?

Answer 1 (强调材质和风格):

I really like silver jewelry, especially minimalist designs. I appreciate the clean lines and understated elegance. I also like gemstones, particularly turquoise and amethyst. I think they add a touch of color and personality.

中文翻译: 我真的很喜欢银饰, 特别是简约的设计。我欣赏简洁的线条和低调的优雅。我也喜欢宝石, 特别是绿松石和紫水晶。我认为它们增添了一点色彩和个性。

Answer 2 (强调传承和意义):

I'm drawn to vintage jewelry, particularly pieces that have a history or a story behind them. I love the idea of wearing something that belonged to a family member or that has been passed down

through generations. It feels more meaningful than something brand new.

中文翻译: 我喜欢复古首饰, 特别是那些有历史或故事的饰品。我喜欢佩戴曾经属于家庭成员或世代相传的东西。这比佩戴全新的东西更有意义。

3. Do you usually buy jewelry? 你通常购买首饰吗?

Answer 1 (强调偶尔购买):

Not very often, to be honest. I don't really see jewelry as an investment, so I don't go out of my way to buy it frequently. But if I see something I really like, especially if it's handmade or unique, I might treat myself.

中文翻译: 说实话, 不太经常。我不认为珠宝是一种投资, 所以我不经常特意去购买。但如果我看到我真的喜欢的东西, 特别是如果它是手工制作的或独一无二的, 我可能会犒劳自己。

Answer 2 (强调礼物):

I rarely buy jewelry for myself, but I often receive it as gifts from family and friends. It's a common gift for birthdays and holidays, so I have accumulated a small collection over the years.

中文翻译: 我很少给自己买首饰, 但经常收到家人和朋友送的礼物。这是生日和节日的常见礼物, 所以多年来我积累了一小部分收藏。

4. Why do you think some people wear a piece of jewelry for a long time? 你认为为什么有些人会长时间戴同一件首饰?

Answer 1 (强调情感价值):

I think it's often because the jewelry holds sentimental value. It might have been a gift from a loved one, or it might commemorate a special occasion. It's a tangible reminder of a happy memory or a meaningful relationship.

中文翻译: 我认为通常是因为这件珠宝具有情感价值。它可能是亲人赠送的礼物, 或者可能是为了纪念一个特殊的场合。它是快乐记忆或有意义关系的有形提醒。

Answer 2 (强调个人风格和习惯):

I think it could be a few things. Sometimes it's just a matter of personal style – they find a piece that really suits them and they wear it with everything. Other times, it's just habit – they've worn it for so long that it feels like a part of them.

中文翻译: 我认为可能有几个原因。有时这仅仅是个人风格的问题——他们找到一件非常适合自己的饰品, 并且把它搭配在所有服装上。另一些时候, 这仅仅是习惯——他们戴了这么长时间, 以至于感觉它是他们的一部分。

● **Names 6**

1. Does your name have any special meaning? 你的名字有特殊含义吗?

Answer 1 (强调名字的文化渊源):

Yes, actually. My name, [Your Name], is quite common in my region and it's traditionally given to wish the child a bright and prosperous future. It's rooted in a historical figure known for their wisdom and strength, so it carries a bit of that legacy.

中文翻译: 是的, 实际上是这样的。我的名字, [你的名字], 在我的地区很常见, 传统上是为了祝愿孩子拥有光明的未来。

Answer 2 (强调父母的期望):

My parents told me that they chose my name, [Your Name], because it sounded pleasant and they thought it would suit me as I grew up. They said it also represented their hopes for me to be kind and compassionate.

中文翻译: 我的父母告诉我, 他们选择我的名字, [你的名字], 是因为它听起来悦耳, 而且他们认为它会随着我的成长而适合我。他们说它也代表了他们希望我善良和富有同情心。

2. How would you choose names for your next generation? 你会怎样为下一代选择名字?

Answer 1 (强调传统和现代的结合):

I think I'd want to find a balance between tradition and modernity. I'd definitely consider the meaning of the name and its cultural significance, but I'd also want something that sounds nice and is relatively unique. I wouldn't want something too common.

中文翻译: 我想找到传统和现代之间的平衡。我会考虑名字的含义和文化意义, 但我也希望它听起来不错并且相对独特。我不想选择太常见的名字。

Answer 2 (强调个性化和家庭传承):

I'd definitely want to involve my partner in the process, and we'd probably discuss it for a long time! I'd like to choose a name that

reflects our personalities and values, and perhaps even incorporate a family name to honor our ancestors.

中文翻译: 我肯定想让我的伴侣参与其中, 而且我们可能要讨论很长时间! 我想选择一个反映我们个性和价值观的名字, 甚至可能加入一个家族的名字来纪念我们的祖先。

3. Does anyone in your family have the same name as you? 你家里有人和你同名吗?

Answer 1 (强调家族历史):

Yes, my grandfather had the same name as me. It's a bit of a family tradition to name the first-born son after his grandfather. It's a way of honoring our ancestors and maintaining a connection to our family history.

中文翻译: 是的, 我的祖父和我同名。这是我们家族的一个传统, 给第一个出生的儿子取爷爷的名字。这是为了纪念我们的祖先并保持与家族历史的联系。

Answer 2 (简单直接的回答):

No, I don't think so. I'm the only one in my immediate family with this name, and as far as I know, no one in previous generations had it either. It's quite a unique name, actually.

中文翻译: 不, 我不认为有。我是我家庭中唯一一个拥有这个名字的人, 据我所知, 以前的世代也没有人拥有它。这实际上是一个相当独特的名字。

4. Are there any differences between how Chinese name their children now and in the past? 中国人如今和过去给孩子取名字有什么不同?

Answer 1 (强调传统和现代的融合):

Definitely. In the past, Chinese names often reflected family lineage, social status, or aspirations for the child's future. They were often chosen based on characters with auspicious meanings. Now, while many still consider these factors, there's a lot more freedom and creativity. People are more willing to choose names that simply sound beautiful or reflect their personal tastes.

中文翻译: 当然。过去, 中国人的名字通常反映了家族血统、社会地位或对孩子未来的期望。它们通常是根据具有吉祥意义的字符选择的。现在, 虽然许多人仍然考虑这些因素, 但自由度和创造性要高得多。人们更愿意选择听起来美丽或反映个人品味的名字。

Answer 2 (强调单一汉字名字的流行):

Yes, a big difference is that traditionally, Chinese names were composed of three characters. Now, it's increasingly common to see children with just one or two-character names. It's a trend towards simplicity and modern aesthetics.

中文翻译: 是的, 一个很大的区别是, 传统上, 中国人的名字由三个汉字组成。现在, 越来越多的孩子拥有只有一个或两个汉字的名字。这是一种趋于简单和现代美学的趋势。

5. Are there any names that are more popular than others in China? 在中国有哪些名字比其他名字更受欢迎?

Answer 1 (举例说明):

Yes, there are definitely trends. Names like Zihao (子豪) and Yihan (亦涵) have been very popular for boys in recent years, while names like Xinyi (心怡) and Zihan (子涵) are common for girls.

These names often convey positive meanings like intelligence, kindness, and beauty.

中文翻译: 是的, 肯定有趋势。近年来, Zihao (子豪) 和 Yihan (亦涵) 在男孩中非常受欢迎, 而 Xinyi (心怡) 和 Zihan (子涵) 在女孩中很常见。这些名字通常传达着积极的含义, 如智慧、善良和美丽。

Answer 2 (强调流行文化的推波助澜):

Absolutely. Popular culture, like celebrities and TV dramas, often influences name trends. If a famous actor has a child with a particular name, it can quickly become popular among the general public.

中文翻译: 当然。流行文化, 如名人电视连续剧, 常常会影响名字的趋势。如果一位著名演员的孩子拥有某个特定的名字, 它可能会迅速在公众中流行起来。

● **Public transportation 7**

1. What kind of public transportation do you usually take? 你通常乘坐什么样的公共交通工具?

Answer 1 (强调日常通勤):

I primarily rely on the bus and the subway for my daily commute. They're the most convenient and affordable options for getting around the city, especially during peak hours when traffic can be quite heavy.

中文翻译: 我主要依靠公交车和地铁进行日常通勤。它们是在城市里出行最方便和实惠的选择, 尤其是在高峰时段, 交通非常拥堵。

Answer 2 (强调偶尔使用):

I don't use public transport very often, to be honest. I mostly cycle or drive, but when I do, I usually take the train if I'm going a longer distance. It's more comfortable than the bus for longer journeys.

中文翻译: 说实话, 我不太常使用公共交通。我主要骑自行车或开车, 但如果要去较远的地方, 我通常会选择火车。它比公交车更舒适, 适合长途旅行。

2. When do you usually take public transportation – in your everyday life or when you are traveling? 你通常是在日常生活中还是旅行时乘坐公共交通?

Answer 1 (强调旅行的实用性):

I actually prefer to take public transportation when I'm traveling. It allows me to avoid the stress of driving and parking in unfamiliar cities, and it's a great way to see the sights and experience the local culture.

中文翻译: 我实际上更喜欢在旅行时乘坐公共交通。它让我避免了在陌生城市驾驶和停车的压力, 而且是一种很好的方式来欣赏风景和体验当地文化。

Answer 2 (强调日常通勤):

Definitely in my everyday life. I don't own a car, so I rely on the bus and subway to get to work and run errands. It's just the most practical option for me.

中文翻译: 绝对是在我的日常生活中。我没有车, 所以依靠公交车和地铁去上班和办事。这对我来说是最实际的选择。

3. Do most people prefer public transportation in your country?
在你的国家，大多数人更喜欢乘坐公共交通吗？

Answer 1 (强调城市与乡村的差异):

It varies quite a bit depending on where you are in the country. In major cities like [Your Country's City], public transportation is very popular because it's efficient and well-connected. But in more rural areas, people tend to rely more on private vehicles.

中文翻译: 这因国家的不同地区而异。在像[你的国家城市]这样的主要城市，公共交通非常受欢迎，因为它高效且交通便利。但在农村地区，人们倾向于更多地依赖私家车。

Answer 2 (强调发展趋势):

I think so, and it's becoming even more popular. The government has been investing heavily in improving public transportation infrastructure, and more and more people are realizing the benefits of reducing their carbon footprint.

中文翻译: 我认为是的，而且它变得越来越受欢迎。政府一直在大力投资于改善公共交通基础设施，越来越多的意识到减少碳足迹的好处。

4. Did you take public transportation when you were a kid? 小时候你会乘坐公共交通吗？

Answer 1 (强调独立出行):

Yes, I did, especially when I started high school. I used to take the bus to school and back every day, and it gave me a lot of independence. It was a good way to learn how to navigate the city.

中文翻译: 是的, 我会, 特别是当我开始上高中时。我每天乘坐公交车上学和放学, 这给了我很多独立性。这是学习如何在城市中穿梭的好方法。

Answer 2 (强调家人的陪伴):

Sometimes, yes. My parents would often take me on the subway when we went to the city center to do shopping or visit museums. It was a fun experience, and I remember being fascinated by the crowds and the tunnels.

中文翻译: 有时候是的。当我父母带我去市中心购物或参观博物馆时, 他们经常会带我乘坐地铁。那是一次有趣的经历, 我记得我对人群和隧道感到着迷。

5. Will there be more people taking public transportation in the future? 将来会有更多人选择乘坐公共交通吗?

Answer 1 (强调环境因素):

I think so, definitely. With growing concerns about climate change and air pollution, people are becoming more aware of the environmental impact of driving. Public transportation offers a more sustainable alternative.

中文翻译: 我认为是的, 当然。随着对气候变化和空气污染的日益关注, 人们越来越意识到驾驶对环境的影响。公共交通提供了一种更可持续的选择。

Answer 2 (强调技术进步):

I believe so. As public transportation systems become more efficient, convenient, and technologically advanced – think electric

buses, real-time tracking apps, and integrated ticketing systems – they'll become more attractive to a wider range of people.

中文翻译: 我相信是的。随着公共交通系统变得更高效、更方便、技术更先进——例如电动公交车、实时跟踪应用程序和综合票务系统——它们将对更广泛的人群更具吸引力。

● Staying up 8

1. Do you often stay up late? 你经常熬夜吗?

Answer 1 (强调工作原因):

I do, unfortunately, quite often. My work involves meeting deadlines, and sometimes I have to stay up late to finish projects or prepare presentations. It's not ideal, but it happens.

中文翻译: 不幸的是, 我经常熬夜。我的工作涉及完成截止日期, 有时我必须熬夜完成项目或准备演示文稿。这并不理想, 但会发生。

Answer 2 (强调个人习惯):

Not really as a habit, but occasionally. I'm more of a morning person, so I prefer to get a good night's sleep. But if I'm really engrossed in a book or watching a movie, I might lose track of time and stay up later than planned.

中文翻译: 真的不是一个习惯, 但偶尔会。我更喜欢早起, 所以更喜欢睡个好觉。但如果我真的沉迷于一本书或一部电影, 我可能会忘记时间, 并比计划晚睡。

2. Did you stay up late when you were a kid? 小时候你会熬夜吗?

Answer 1 (强调偷偷熬夜):

Oh, absolutely! I used to sneak around and read books under the covers with a flashlight. My parents didn't approve, but it was a guilty pleasure. I always felt a bit mischievous.

中文翻译: 绝对会! 我过去常常偷偷地用手电筒在被子里读书。我的父母不赞成, 但这是一种罪恶的快乐。我总是感觉有点调皮。

Answer 2 (强调特殊场合):

Sometimes, especially during school holidays or special occasions like New Year's Eve. We'd stay up late playing games or watching fireworks with my family.

中文翻译: 有时候, 尤其是在学校假期或特殊场合, 比如新年除夕。我们会和家人一起玩游戏或看烟花直到深夜。

3. What do you do when you stay up late? 熬夜时你会做些什么?

Answer 1 (强调放松活动):

Usually, I try to do something relaxing to wind down. I might watch a movie, listen to music, or read a book. I avoid anything too stimulating, like work or intense video games, as that would just make it harder to fall asleep later.

中文翻译: 通常, 我会尝试做一些放松的事情来放松身心。我可能会看电影、听音乐或读书。我避免做任何太刺激的事情, 比如工作或紧张的视频游戏, 因为那样只会让我以后更难入睡。

Answer 2 (强调无所事事):

Honestly, not much. I often find myself scrolling through social media or browsing the internet. It's a bit of a mindless activity, but it helps pass the time.

中文翻译: 坦白说, 没什么。我经常发现自己刷社交媒体或浏览互联网。这有点漫无目的的活动, 但它可以帮助消磨时间。

4. What does it feel like the next morning if you stay up late? 第二天早上如果你熬夜了会是什么感觉?

Answer 1 (强调身体反应):

Terrible! I feel completely exhausted and sluggish. It's hard to concentrate, and I'm very irritable. I definitely need a strong cup of coffee to get me through the day.

中文翻译: 太可怕了! 我感觉完全筋疲力尽, 行动迟缓。很难集中注意力, 而且我很烦躁。我绝对需要一杯浓咖啡来度过这一天。

Answer 2 (强调影响工作效率):

I'm definitely not at my best. My productivity suffers, and I find it difficult to focus. I often make more mistakes than usual, and I just feel generally out of sorts.

中文翻译: 我绝对不是最好的状态。我的工作效率下降了, 很难集中注意力。我通常会犯比平时更多的错误, 而且感觉整体上不太好。

● Praising 9

1. Have you had any achievements recently? 最近你有什么成就吗?

Answer 1

Actually, yes! I've been learning calligraphy for a few months now, and I recently finished a piece that I'm really proud of. It wasn't about technical perfection, but more about capturing a certain feeling, and I think I managed to do that. It felt incredibly satisfying to see the finished work and realize I was improving. It's a small thing, but it's boosted my confidence a lot.

中文翻译: “是的, 最近确实有! 我学书法已经几个月了, 最近完成了一件让我非常自豪的作品。这不关乎技术上的完美, 更多的是关于捕捉某种感觉, 我认为我做到了。看到完成的作品, 意识到自己正在进步, 感觉非常满足。虽然只是一个小小的成就, 但它极大地提升了我的自信心。”

Answer 2

That's a good question. I wouldn't necessarily call it a huge achievement, but I recently managed to convince my grandmother to start using video calls. She was really hesitant at first, being unfamiliar with the technology. But I patiently walked her through it, and now she loves being able to 'see' her grandchildren who live far away. Seeing her enjoy it was a real win for me.

中文翻译: “这是一个好问题。我不会把它说成一个巨大的成就, 但最近我成功说服我的奶奶开始使用视频通话。一开始她非常犹豫, 因为不熟悉这项技术。但我耐心地一步步教她, 现在她很喜欢能够‘看到’住在远方的孙子们。看到她享受它, 我真的觉得太棒了。”

2. How do you feel when you are praised? 当别人表扬你时, 你是什么感觉?

Answer 1

To be honest, it makes me feel a little awkward at first! I'm not someone who's particularly comfortable with direct praise. However, it's incredibly motivating and genuinely warms my heart. It validates the effort I put into something, and it makes me want to continue improving. I think it's important to acknowledge praise gracefully, even if you feel a bit shy.

中文翻译: “说实话, 一开始我有点不自在! 我不太习惯直接的赞扬。但是, 这真的很有激励作用, 让我感到非常温暖。这认可了我为某件事付出的努力, 并让我想要继续进步。我认为优雅地接受赞扬很重要, 即使你感到有点害羞。

Answer 2

I feel incredibly grateful when someone praises me. It's not necessarily about the praise itself, but more about knowing that my work or my efforts have made a positive impact on someone else. It's a really good feeling and gives me a sense of accomplishment. I always try to reciprocate by offering sincere compliments to others as well.

中文翻译: “当别人表扬我时, 我感到非常感激。这不一定是关于表扬本身, 而是关于知道我的工作或努力对别人产生了积极的影响。这是一种非常好的感觉, 让我有一种成就感。我也总是尝试以真诚的赞美来回报他人。”

3. When was the last time you praised someone? 你上一次表扬别人是什么时候?

Answer 1

Just yesterday, actually. My younger cousin was trying to learn a complicated guitar chord, and he was getting really frustrated. He finally managed to get it right, and I immediately told him how impressed I was with his perseverance. It was wonderful to see his face light up, and I think it encouraged him to keep practicing.

中文翻译: “就在昨天。我的表弟正在学习一个复杂的吉他和弦, 他非常沮丧。他终于成功弹对了, 我立刻告诉他我对他的毅力印象深刻。看到他脸上露出开心的表情真好, 我认为这鼓励他继续练习。”

Answer 2

Let me think... I praised a colleague last week. She delivered a really compelling presentation to a difficult client, and she handled all the tough questions with grace and professionalism. I made sure to tell her how effectively she navigated the situation and how much she contributed to securing the deal. Recognizing good work is really important in our team.

中文翻译: “让我想想……我上周表扬了一位同事。她向一位难缠的客户做了一个非常精彩的报告,并且以优雅和专业的姿态回答了所有棘手的问题。我确保告诉她她是如何有效地处理这种情况的,以及她为促成交易做出了多大贡献。在我们的团队中,认可优秀的工作非常重要。”

4. Do you think parents should often praise their children? 你认为父母应该经常表扬他们的孩子吗?

Answer 1

Absolutely! I think praise is crucial for a child's development. It's not about showering them with empty compliments, but genuinely acknowledging their efforts and achievements, no matter how small. It builds their self-esteem and encourages them to take risks and try new things. However, it's important to praise effort rather than innate ability to foster a growth mindset.

中文翻译: “当然!我认为赞扬对孩子的发展至关重要。这不仅仅是给予他们空洞的赞美,而是要真诚地认可他们的努力和成就,无论多么微小。这可以建立他们的自尊心,并鼓励他们冒险尝试新事物。然而,重要的是赞扬他们的努力,而不是天生的能力,以培养成长型思维。”

Answer 2

I definitely believe so. I think it's a really important part of building a strong parent-child relationship. Praise helps children feel valued and appreciated, and it reinforces positive behaviour. Of course, it needs to be sincere and specific. Saying 'Well done!' is okay, but saying 'I really appreciate how you helped your sister with her homework' is much more impactful. It shows you're paying attention and genuinely value their actions.

中文翻译: “我绝对相信是的。我认为这是建立牢固亲子关系的重要组成部分。赞扬能帮助孩子感到被重视和感激,并强化积极的行为。当然,赞扬需要真诚和具体。说“做得好!”是可以的,但说“我真的很欣赏你帮助你妹妹做作业”更有影响力。这表明你正在关注并真正重视他们的行为。”

● Being busy 10

1. Are you busier now than when you were a child? 你现在比小时候更忙吗?

Answer 1

That's a really interesting question. I think I definitely am. As a child, my schedule was pretty much dictated by school and playtime, which was wonderfully carefree. Now, as a working adult, I have a lot more responsibilities - work deadlines, personal commitments, and trying to maintain a healthy lifestyle. It's not necessarily stressful, but it requires a lot more planning and prioritization, which I didn't have to worry about as a kid.

中文翻译: “这是一个很有意思的问题。我认为我肯定更忙了。小时候, 我的日程安排几乎由学校和玩耍决定, 那真是无忧无虑的。现在, 作为一个工作的成年人, 我有很多责任——工作截止日期、个人承诺, 以及努力保持健康的生活方式。这不一定是压力很大, 但需要更多的计划和优先级排序, 这是我小时候不用担心的。”

Answer 2

Absolutely, I'd say so. When I was a child, 'busy' meant rushing to finish a Lego castle before dinner. Now, it's a constant juggling act between work, keeping up with friends and family, and trying to squeeze in some time for hobbies. It's a different kind of busy, though. It's less about spontaneous fun and more about managing obligations. I sometimes yearn for those simpler days!

中文翻译: “当然, 我认为是的。小时候, “忙”意味着在晚饭前赶完一个乐高城堡。现在, 则是不断地在工作、与朋友和家人保持联系、以及努力挤出一些时间做爱好之间周旋。虽然这是一种不同类型的忙碌, 但它少了许多自发的乐趣, 多了许多管理义务。我有时渴望那些更简单的日子!”

2. When was the last time you were busy? 你上次很忙是什么时候?

Answer 1

Just last weekend, actually. I volunteered to help organize a local charity event, and it was a whirlwind of activity. There were so many details to coordinate – booking the venue, arranging volunteers, making sure everything ran smoothly. I was running around all day, but it was really rewarding to see the event come together and raise money for a good cause. I was exhausted, but in a good way.

中文翻译: “就在上周末。我自愿帮助组织一个当地慈善活动，整个过程非常繁忙。有很多细节需要协调——预订场地、安排志愿者、确保一切顺利进行。我整天都在跑来跑去，但看到活动成功举行并为慈善事业筹集资金，真的很值得。我很累，但那种累是令人愉悦的。”

Answer 2

Hmm, let me think ... It was just a few days ago, actually. My company was launching a new product, and I was heavily involved in the marketing campaign. There were late nights and a lot of pressure to meet the deadline, but we pulled it off. It was incredibly hectic, but it felt amazing to be part of a successful launch. We celebrated with takeout, which was a nice treat after all the hard work!

中文翻译: “嗯, 让我想想……其实就在几天前。我的公司发布了一款新产品, 我积极参与了营销活动。晚上熬夜加班, 并且承受着很大的压力以满足截止日期, 但我们成功了。那段时间非常紧张, 但能参与到一次成功的发布会中感觉太棒了。我们用外卖庆祝, 这是在辛苦工作之后的一个不错的奖励! ”

● Internet 11

1、When did you start using the internet? 你什么时候开始使用互联网?

Answer 1 (较简洁):

I think it was around the late 90s, probably when I was about ten years old. I vividly remember my family getting our first dial-up connection. It was incredibly slow, and we had to be careful not to pick up the phone while someone was online! It was a pretty exciting time though, opening up a whole new world of information.

中文翻译: 我想大概是90年代末, 那时候我大概十岁左右。我清楚地记得我家安装了第一条拨号上网连接。网速非常慢, 而且我们必须小心, 不能在有人上网的时候接电话! 但那是一个相当令人兴奋的时代, 开启了一个全新的信息世界。

Answer 2 (更扩展):

My initial exposure to the internet was probably in the early 2000s, when I started secondary school. We had computer labs in school, and the teachers would occasionally let us use the internet for research. It wasn't like today, with ubiquitous Wi-Fi and

smartphones. It felt quite novel and a bit overwhelming at first, but I quickly became fascinated by the sheer amount of information available. It really sparked my curiosity and a lifelong love of learning.

中文翻译: 我最初接触互联网大概是在2000年初, 当时我开始上中学。学校有计算机实验室, 老师偶尔会让我们用互联网做研究。不像现在, 到处都是无线网络和智能手机。起初感觉很新奇, 也有些不知所措, 但我很快就被互联网上大量的可用信息所吸引。它真的激发了我的好奇心和终身学习的热爱。

2、How often do you go online? 你多久上一次网?

Answer 1 (较为日常):

Honestly, I'm online pretty much constantly throughout the day. It's become such an integral part of my life, both for work and leisure. I check emails first thing in the morning, browse news during my commute, and often unwind with social media in the evening. It's hard to imagine a day without being connected.

中文翻译: 诚实地说, 我几乎每天都在上网。它已经成为我生活中不可或缺的一部分, 无论是工作还是休闲。我早上第一件事就是查看电子邮件, 在通勤途中浏览新闻, 晚上经常用社交媒体放松身心。很难想象没有网络的一天。

Answer 2 (强调目的性):

I'd say I go online several times a day, but it's usually for specific purposes. I'm a keen follower of current affairs, so I regularly check news websites and blogs. I also use the internet extensively for my work, researching information and collaborating with colleagues.

While I enjoy staying connected with friends on social media, I try to be mindful of not getting sucked in for hours on end.

中文翻译: 我想我每天会上网几次, 但通常是为了特定的目的。我非常关注时事, 所以经常查看新闻网站和博客。我也广泛地使用互联网来工作, 研究信息并与同事合作。虽然我喜欢通过社交媒体与朋友保持联系, 但我尽量注意不要沉迷于其中几个小时。

3、How does the internet influence people? 互联网如何影响人们?

Answer 1 (侧重积极影响):

I think the internet has profoundly impacted people in a myriad of ways. On the positive side, it's democratized access to information, allowing people to learn about anything they're interested in. It's also facilitated global communication, connecting people from all corners of the world. And of course, it's a fantastic source of entertainment.

中文翻译: 我认为互联网对人们产生了深远的影响, 以各种各样的方式。从积极的一面来说, 它使人们能够平等地获取信息, 让人们可以学习任何感兴趣的东西。它还促进了全球沟通, 将来自世界各地的人们联系在一起。当然, 它也是一个极好的娱乐来源。

Answer 2 (更全面, 包含负面影响):

The internet's influence on people is truly multifaceted. It's undoubtedly made our lives more convenient and connected, but it also presents some challenges. While it empowers us with information, it can also expose us to misinformation and echo chambers. Social media, in particular, can contribute to social

comparison and feelings of inadequacy. It's a powerful tool, and like any tool, it can be used for good or ill.

中文翻译: 互联网对人们的影响是真正多方面的。它无疑让我们的生活更便捷、更紧密地联系在一起,但也带来了一些挑战。虽然它让我们拥有信息,但也可能让我们接触到错误信息和回音壁。特别是社交媒体,可能导致社会比较和不足感。它是一种强大的工具,就像任何工具一样,可以用于善或恶。

4、Do you think you spend too much time online? 你认为自己在网上花费的时间太多吗?

Answer 1 (承认并试图平衡):

To be honest, I probably do. It's so easy to get lost in the endless scroll of social media or fall down a rabbit hole of interesting articles. I'm trying to be more conscious of my usage, though. I've started setting time limits on certain apps and making a concerted effort to disconnect and engage in more offline activities.

中文翻译: 坦白说,我可能花的时间太多了。很容易迷失在社交媒体的无尽滚动中,或者陷入有趣的阅读文章的兔子洞里。不过,我正在努力更有意识地使用它。我开始为某些应用程序设置时间限制,并努力断开连接,参与更多的离线活动。

Answer 2 (辩解,并说明原因):

I wouldn't necessarily say too much, but I do spend a significant amount of time online. However, it's largely integrated into my work and hobbies. As an IELTS trainer, I need to stay updated with current language trends and teaching methodologies, which requires a lot of online research. Plus, I enjoy connecting with other educators online and sharing best practices. So, I see it as a necessary part of my professional life.

中文翻译: 我不一定说太多, 但我确实花大量时间上网。然而, 它很大程度上与我的工作和爱好相结合。作为一名雅思培训师, 我需要及时了解当前的语言趋势和教学方法, 这需要大量的在线研究。此外, 我喜欢与其他教育工作者在线联系并分享最佳实践。所以, 我认为这是我职业生涯中必要的一部分。

5、What would you do without the internet? 如果没有互联网, 你会怎么做?

Answer 1 (强调替代方案):

That's a fascinating question! I think I'd rediscover a lot of things I've let fall by the wayside. I'd probably spend more time reading physical books, taking up a new hobby like painting or gardening, and connecting with people face-to-face. I imagine I'd also be much more reliant on traditional media like newspapers and television. It would definitely be a slower pace of life, but not necessarily a bad one.

中文翻译: 这是一个有趣的问题! 我想我会重新发现很多我一直搁置的事情。我可能会花更多时间阅读实体书, 培养一项新的爱好, 如绘画或园艺, 并与人面对面地交流。我想我也会更多地依赖传统媒体, 如报纸和电视。这绝对会是一种慢节奏的生活, 但不一定是一件坏事。

Answer 2 (更侧重工作的影响):

Without the internet, my job would be considerably more challenging. I'd have to rely on textbooks and printed materials, which are often outdated. Communicating with colleagues and students would also be much slower and less efficient. I'd probably spend more time in libraries conducting research and a lot more time writing letters and making phone calls! It would be a return to a more analog world, for sure.

中文翻译: 如果没有互联网, 我的工作会变得更加困难。我必须依赖教科书和印刷材料, 这些材料往往过时。与同事和学生沟通也会更加缓慢和效率低下。我可能会花更多时间在图书馆进行研究, 以及花更多时间写信和打电话! 这肯定会回归到一个更模拟的世界。

● List 12

1、Do you make a list when you shop? 你购物时会列清单吗?

Answer 1 (更详细, 带延伸)

Absolutely, I'm a big believer in pre-planning when it comes to grocery shopping. I find that without a list, I tend to impulse buy a lot of things I don't actually need, which is a bit of a waste, both financially and in terms of food waste. I usually create a digital list on my phone, categorized by sections of the supermarket – produce, dairy, etc. It just makes the whole process so much more efficient, and I'm less likely to forget essential items.

中文翻译: “当然, 我认为在购买杂货时提前计划非常重要。如果没有清单, 我倾向于冲动购买很多我实际上不需要的东西, 这在经济上和食物浪费方面都是一种浪费。我通常在手机上创建一个数字清单, 并按超市的区域进行分类——农产品、乳制品等等。这让整个过程变得更加高效, 而且我不太可能忘记必需品。”

Answer 2 (更简洁, 但仍有细节)

Yes, I almost always do. I'm quite forgetful, so a shopping list is a lifesaver for me. It's not just about remembering what to buy, but also about staying within a budget. I'll quickly jot down what I need before I head to the store, and it prevents me from getting sidetracked by tempting offers.

中文翻译: “是的, 我几乎总是这样做的。我有点健忘, 所以购物清单对我来说是救命稻草。这不仅仅是记住要买什么, 还在于控制预算。我会出门前快速记下我需要的东西, 这可以防止我被诱人的优惠分散注意力。”

2、Do you make a list for your work? Does it work? 你会为工作列清单吗?有效果吗?

Answer 1 (强调清单的类型和效果)

Definitely. I rely heavily on to-do lists for managing my workload. I don't just make a single, overwhelming list; I break tasks down into smaller, manageable steps and prioritize them based on deadlines and importance. It's incredibly effective. Seeing everything laid out visually helps me stay focused, and ticking things off provides a satisfying sense of accomplishment, boosting my productivity.

中文翻译: “当然。我非常依赖待办事项列表来管理我的工作量。我不仅仅创建一个单一的、让人望而却步的列表; 我会将任务分解成更小、更易于管理的步骤, 并根据截止日期和重要性进行优先级排序。这非常有效。以可视化的方式呈现所有内容有助于我保持专注, 并且完成一项任务会带来令人满意的成就感, 从而提高我的工作效率。”

Answer 2 (更口语化, 带一点个人经历)

I do, though I admit I'm not always perfect at sticking to it! I find that writing things down at the start of the day helps me feel more organized and less overwhelmed. Sometimes I use a digital app, other times a simple notepad. It's usually pretty effective, although occasionally something unexpected pops up and throws everything off course, which is just part of the job, I guess.

中文翻译: “是的, 我确实这样。我承认我并不总是完美地遵守它! 我发现, 在一天开始时把事情写下来有助于我感到更有条理, 不那么不知所措。有时我使用数字应用程序, 有时使用简单的笔记本。这通常非常有效, 尽管偶尔会有一些意想不到的事情发生, 打乱了我的计划, 我想这只是工作的一部分。”

3、Why don't some people like making lists? 为什么有些人不喜欢列清单?

Answer 1 (深入探讨心理原因)

I think there are a few reasons. Some people are naturally more spontaneous and prefer to go with the flow, feeling that lists stifle their creativity or make them feel too restricted. Others might feel overwhelmed by the task of creating the list itself, especially if they have a lot on their plate. It can feel like adding another chore to an already busy life. Perhaps they believe they can keep everything in their head, which works for some, but not for everyone.

中文翻译: “我认为有几个原因。有些人天生就更喜欢自发, 喜欢顺其自然, 他们觉得清单会扼杀他们的创造力或让他们感到过于受限。另一些人可能会感到被创建清单的任务所困扰, 尤其是当他们有很多事情要做的时候。这感觉像在已经繁忙的生活中增加了一项杂务。也许他们认为自己可以把所有事情记在脑子里, 这对有些人有效, 但对所有人来说都不一定。”

Answer 2 (更简洁, 关注实用性)

I guess it depends on their personality. Some people are just naturally more disorganized, and a list might seem like too much effort. Others might think they can manage their tasks without one, and it works for them. They might be very good at prioritizing naturally, or simply have fewer commitments.

中文翻译: “我想这取决于他们的性格。有些人天生就比较杂乱无章, 清单可能对他们来说太费劲了。另一些人可能认为他们可以在没有清单的情况下管理自己的任务, 并且可以成功地做到。他们可能天生就很擅长优先排序, 或者只是有更少的承诺。”

4、Do you prefer to make a list on paper or your phone? 你更喜欢在纸上还是手机上列清单?

Answer 1 (强调效率和功能)

Definitely on my phone. It's just so much more practical and convenient. I can access my list anywhere, anytime, and I can easily edit and update it as things change. Plus, I often use a task management app that allows me to set reminders and share lists with others, which is incredibly helpful. Paper lists can get easily lost or damaged, so digital is the way to go for me.

中文翻译: “绝对是在我的手机上。这更实用、更方便。我可以在任何地方、任何时间访问我的列表, 并且可以轻松地编辑和更新它, 以适应变化。此外, 我经常使用任务管理应用程序, 该应用程序允许我设置提醒并与其他人共享列表, 这非常有帮助。纸质列表很容易丢失或损坏, 所以对我来说, 数字方式是最好的。”

Answer 2 (带一点个人偏好和感受)

I'm leaning more towards my phone these days. While I appreciate the tactile feel of writing on paper, it's just not as efficient. I often create lists on the go, while I'm commuting or waiting in line, and my phone is always with me. There's something satisfying about being able to tick things off on a screen, too – it feels a little more modern.

中文翻译: “我最近越来越倾向于用手机。虽然我欣赏在纸上书写的感觉, 但效率不高。我经常在旅途中创建列表, 比如在通勤或排队时, 而我的手机总是随身携带。在屏幕上勾掉完成的事情也令人满意, 感觉更现代化。”

● Memory 13

1、Are you good at memorising things? 你擅长记忆事物吗?

Answer 1 (自我评价, 带举例)

I wouldn't say I have a photographic memory, but I'm generally pretty good at remembering faces and names. I think it's because I make a conscious effort to really focus when I first meet someone, and I try to associate their name with something memorable about them. However, I'm terrible at memorizing dates and figures – I always need to write those down.

中文翻译: “我不能说我拥有超强的记忆力,但我通常很擅长记住面孔和名字。我认为这是因为我刻意在第一次见面时集中注意力,并尝试将他们的名字与他们身上令人难忘的事情联系起来。然而,我记不住日期和数字 – 我总是需要把它们写下来。”

Answer 2 (诚实回答, 带说明)

To be honest, it's a bit of a mixed bag. I'm quite good at remembering things that I find interesting or that are relevant to my hobbies, like details about historical events or the lyrics to songs. But everyday things, like where I put my keys, are a constant struggle!

中文翻译: “说实话,这有好有坏。我非常擅长记住我感兴趣或与我的爱好相关的事情,比如历史事件的细节或歌曲的歌词。但日常的事情,比如我把钥匙放在哪里,一直让我很头疼!”

2、Have you ever forgotten something important? 你曾经忘记过重要的事情吗?

Answer 1 (分享经历, 带反思)

Oh, definitely! A few years ago, I completely forgot my best friend's birthday. I felt terrible! I was so caught up with work at the time that it completely slipped my mind. It taught me a valuable lesson about prioritizing personal relationships and making sure to mark important dates in my calendar.

中文翻译: “哦, 当然! 几年前, 我完全忘记了我最好的朋友的生日。我感觉很糟糕! 当时我太专注于工作了, 这件事完全被我忽略了。这让我明白了一个宝贵的教训, 要优先考虑人际关系, 并确保在日历上标记重要的日期。”

Answer 2 (简单直接, 强调后果)

Yes, once I forgot to renew my passport just before a planned trip abroad. It was a huge hassle! I had to cancel the trip and spend a lot of time and money getting a new passport issued quickly. It was a really stressful situation.

中文翻译: “是的, 我曾经在计划出国旅行前忘记续签护照。这真是个大麻烦! 我不得不取消行程, 并花了很多时间和金钱快速办理新护照。那真是个非常紧张的情况。”

3、What do you need to remember in your daily life? 你日常生活中需要记住什么?

Answer 1 (细致列举, 展现生活细节)

Quite a lot, actually. Besides the usual things like appointments and deadlines, I need to remember to take my daily vitamins, walk my dog, and pick up groceries. I also have a lot of passwords to keep track of, which is a real challenge! I'm trying to use a password manager to make things easier.

中文翻译: “实际上, 有很多。除了通常需要记住的约会和截止日期外, 我还需要记住每天服用维生素、遛狗和购买杂货。我还有很多密码要记住, 这真是一个挑战! 我正在尝试使用密码管理器来简化流程。”

Answer 2 (概括性回答, 突出重点)

Mostly work-related things, like meetings and tasks. I also need to remember family commitments and social events. I'm trying to strike a balance between keeping track of everything and not letting it overwhelm me.

中文翻译: “主要是与工作相关的事情, 比如会议和任务。我还必须记住家庭承诺和社会活动。我正在努力在跟踪所有事情和避免被它压垮之间取得平衡。”

4、How do you remember important things? 你是如何记住重要事情的?

Answer 1 (详细描述方法, 突出技巧)

I use a combination of techniques. I write things down in a physical planner, which helps me visualize my schedule. I also set reminders on my phone for crucial appointments and deadlines. And if it's something really important, I tell someone else about it – that way, they can remind me if I forget! It's a sort of accountability trick.

中文翻译: “我结合使用多种技巧。我会把事情写在实体规划本上, 这有助于我可视化我的日程安排。我还会为关键的约会和截止日期在手机上设置提醒。如果事情真的非常重要, 我会告诉别人 – 这样, 如果我忘记了, 他们可以提醒我! 这是一种责任技巧。”

Answer 2 (简洁明了, 强调习惯)

I rely heavily on my calendar and to-do list apps. I make it a habit to review them every morning and evening, just to make sure nothing slips through the cracks. Repetition is key for me – the more I see something, the more likely I am to remember it.

中文翻译: “我非常依赖我的日历和待办事项列表应用程序。我养成习惯每天早上和晚上查看它们, 只是为了确保没有遗漏任何事情。对我来说, 重复是关键 – 我看到的東西越多, 我就越有可能记住它。”

● Puzzles14

1、Did you do puzzles in your childhood? 你小时候做过拼图吗?

Answer 1 (回忆童年，带细节描述)

Absolutely! I have very fond memories of doing jigsaw puzzles with my grandmother. We used to spend hours working on them together, especially during the long winter evenings. I remember we had this massive puzzle of a European landscape, and it took us weeks to complete. It was such a satisfying feeling when we finally placed the last piece.

中文翻译: “当然! 我对和祖母一起做拼图有非常美好的回忆。我们经常在漫长的冬夜一起花几个小时研究它们。我记得我们有一个巨大的欧洲风景拼图，我们花了几个星期才完成。当我们最终放上最后一块时，那种感觉非常令人满意。”

Answer 2 (简单回答，突出感受)

Yes, I did, quite a lot actually. My parents thought they were a good way to keep me occupied and develop my problem-solving skills. I particularly enjoyed those with colorful pictures – they were just so engaging and fun.

中文翻译: “是的，我做过很多。我的父母认为它们是一种让我忙碌并培养我解决问题能力的好方法。我特别喜欢那些色彩鲜艳的图片 – 它们非常吸引人而且有趣。”

2、When do you do puzzles, during your trip or when you feel bored? 你什么时候做拼图，是在旅途中还是在无聊时?**Answer 1 (解释选择，带说明理由)**

I'm more likely to do puzzles when I'm feeling bored, to be honest. Long journeys can be quite stressful, and I prefer to listen to music or read a book to relax. But if I'm stuck inside on a rainy day with nothing to do, a puzzle is the perfect way to pass the time and keep my mind active.

中文翻译: “说实话, 我更有可能在感到无聊的时候做拼图。长途旅行可能会让人感到压力很大, 我更喜欢听音乐或读书来放松。但如果我在雨天被困在室内, 无事可做, 拼图是消磨时间和保持大脑活跃的完美方式。”

Answer 2 (对比两种情况, 表达偏好)

I suppose it depends on the type of puzzle. Smaller, simpler puzzles are great for killing time on a train or plane. But for a really challenging jigsaw puzzle, I prefer to do it at home when I have more time and space to spread everything out.

中文翻译: “我想这取决于拼图的类型。较小、较简单的拼图非常适合在火车或飞机上消磨时间。但是对于一个真正具有挑战性的拼图, 我更喜欢在家里做, 这样我才能有更多的时间和空间来摆放所有东西。”

3、Do you like doing word puzzles or number puzzles? Which is more difficult for you? 你喜欢做文字谜题还是数字谜题? 哪一种对你来说更难?

Answer 1 (清晰表达偏好, 说明原因)

I definitely prefer word puzzles, like crosswords or anagrams. I've always been quite good with language, so I enjoy the challenge of finding the right words. Number puzzles, on the other hand, require a different kind of logic and mathematical skill, which isn't really my strong suit.

中文翻译: “我绝对更喜欢文字谜题, 比如填字游戏或字母异位词。我一直擅长语言, 所以我喜欢寻找正确词语的挑战。另一方面, 数字谜题需要不同类型的逻辑和数学技能, 这并不是我的强项。”

Answer 2 (坦诚回答, 突出个人能力)

I'm not a huge fan of either, to be honest, but if I had to choose, I'd say number puzzles are more difficult for me. I struggle with mental

math, whereas I can usually figure out a word puzzle with a bit of thought and deduction.

中文翻译: “说实话,我不太喜欢两者中的任何一个,但如果我必须选择,我会说数字谜题对我来说更难。我不太擅长心算,但通常可以通过思考和演绎来解决文字谜题。”

4、Do you think it is good for old people to do puzzles? 你认为老年人做拼图有好处吗?

Answer 1 (强调益处, 并举例说明)

Absolutely! I think puzzles are fantastic for older people. They're a great way to keep the mind active and engaged, which can help maintain cognitive function and potentially delay the onset of dementia. They can also be a really social activity – many retirement communities have puzzle clubs, which are wonderful for fostering a sense of community.

中文翻译: “当然! 我认为拼图对老年人来说非常棒。它们是保持大脑活跃和参与的好方法,这有助于维持认知功能并可能延缓痴呆症的发生。它们也可以成为一项非常社交的活动 – 许多退休社区都有拼图俱乐部,这对于培养社区意识非常有用。”

Answer 2 (简洁明了, 强调积极影响)

Yes, I do. I think it's a great way for them to exercise their brains and keep mentally sharp. It can also provide a sense of accomplishment and a welcome distraction from everyday worries.

中文翻译: “是的,我认为是的。我认为这是一种让他们锻炼大脑并保持思维敏捷的好方法。它还可以提供成就感和摆脱日常烦恼的欢迎转移。”

● **Saying 'thank you'**15

1、Have you ever sent a thank you card to others? 你有给别人寄过感谢卡吗?

Answer 1 (分享经历, 注重细节)

Yes, I have. I remember a few years ago, a friend helped me move apartments, and it was a really big job. I wanted to express my gratitude properly, so I took the time to write a handwritten thank you card, detailing how much their help meant to me. It felt much more personal than just sending a quick text message.

中文翻译: “是的, 我有的。我记得几年前, 一位朋友帮我搬公寓, 这是一项非常艰巨的任务。我想恰当地表达我的感激之情, 所以我花时间写了一张手写的感谢卡, 详细说明了他们的帮助对我来说有多么重要。这比仅仅发送一条快速短信感觉更个人化。”

Answer 2 (简单回答, 带解释)

I do, although not as often as I probably should. I think it's a lovely gesture, especially for more significant acts of kindness. I usually send them for birthdays or when someone has gone out of their way to help me with something.

中文翻译: “是的, 我会寄, 尽管可能没有那么多。我认为这是一个可爱的姿态, 尤其是对于更重要的善举。我通常在生日或当有人为了帮助我而付出额外努力时寄送它们。”

2、Do people in your country often say 'thank you'? 你们国家的人经常说“谢谢”吗?

Answer 1 (描述文化习惯, 带比较)

Yes, absolutely. Saying 'thank you' is deeply ingrained in our culture. We're generally quite polite and considerate, so we express gratitude for even the smallest gestures. I think compared to some other cultures, we might be a little overly polite, but it's always appreciated.

中文翻译: “是的, 当然。说“谢谢”深深地融入了我们的文化中。我们通常非常礼貌和周到, 所以我们对即使是最小的姿态也表示感谢。我认为与一些其他文化相比, 我们可能有点过分礼貌, 但总是令人感激的。”

Answer 2 (简洁回答, 突出普遍性)

Yes, definitely. Politeness is highly valued in my country, and saying 'thank you' is considered a basic social grace. You'll hear it all the time, in shops, on the bus, everywhere.

中文翻译: “是的, 当然。在我的国家, 礼貌受到高度重视, 说“谢谢”被认为是基本的社交礼仪。你会在任何地方都能听到它, 在商店、在公交车上, 无处不在。”

3、On what occasions do you say 'thank you'? 你在什么场合会说“谢谢”?

Answer 1 (详细列举, 展现日常习惯)

Oh, pretty much any time someone does something nice for me, no matter how small. It could be someone holding the door open, a friend offering me a cup of tea, or a colleague helping me with a project. I also make a point of thanking people for their time and effort, especially in professional settings.

中文翻译: “哦, 几乎任何时候有人对我做任何好事, 无论多么小。可能是有人为我打开门, 朋友给我一杯茶, 或者同事帮助我完成一个项目。我还特意感谢人们的时间和精力, 尤其是在专业场合。”

Answer 2 (概括性回答, 强调真诚)

I try to say 'thank you' whenever I receive any kind of help or kindness. I think it's important to acknowledge people's efforts and show them that you appreciate what they've done. It doesn't have to be a grand gesture, just a sincere expression of gratitude.

中文翻译: “我尽量在收到任何形式的帮助或善意时说‘谢谢’。我认为承认人们的努力并向他们表明你感谢他们所做的事情很重要。这不必要是一个盛大的姿态, 只需真诚地表达感谢。”

4、Why do people need to say 'thank you'? 为什么人们需要说谢谢?

Answer 1 (深入探讨, 从心理层面分析)

I think saying 'thank you' is important for a few reasons. It acknowledges the kindness of another person and makes them feel appreciated. It also strengthens social bonds and fosters positive relationships. From a psychological perspective, expressing gratitude can actually boost your own happiness and well-being.

中文翻译: “我认为说‘谢谢’很重要, 原因有几个。它承认了另一个人的善意, 让他们感到被重视。它还有助于加强社会联系并培养积极的关系。从心理学角度来看, 表达感激之情实际上可以提升你自己的幸福感和福祉。”

Answer 2 (简洁明了, 强调社会功能)

I think it's a fundamental part of good manners and social etiquette. It shows respect for others and acknowledges their generosity. It's just a way of creating a more positive and harmonious environment for everyone.

中文翻译: “我认为它是良好礼仪和社会规范的基本组成部分。它表明了对别人的尊重并承认他们的慷慨。这只是创造一个更积极和和谐环境的一种方式。”

● Singing16

1、Do you like singing? Why? 你喜欢唱歌吗? 为什么?

Answer 1 (表达喜爱, 并阐述理由)

Yes, I absolutely love singing! It's a fantastic way to express myself and relieve stress. Even if I'm not particularly good at it, it just makes me feel good. I find it incredibly liberating to just let loose and sing along to my favorite songs. It's a great mood booster, honestly.

中文翻译: “是的, 我绝对喜欢唱歌! 这是一种表达自己和缓解压力的绝佳方式。即使我唱得不太好, 它仍然让我感觉很好。我发现只是放开嗓子唱我最喜欢的歌就非常解脱。说实话, 它能很好地改善情绪。”

Answer 2 (诚实回答, 带说明)

I wouldn't say I'm a confident singer, but I do enjoy it. I mostly sing when I'm alone, in the shower or while driving. It's just a fun way to pass the time and connect with the music. I'm definitely not a performer, though!

中文翻译: “我不能说我是一个自信的歌手, 但我确实喜欢唱歌。我大部分时间都是独自一人唱歌, 在洗澡的时候或者开车的时候。这只是消磨时间和与音乐联系的一种有趣方式。不过, 我绝对不是一个表演者!”

2、Have you ever learnt how to sing? 你学过唱歌吗?

Answer 1 (分享学习经历, 带细节)

Yes, I took singing lessons for about a year when I was in high school. It was really helpful in learning proper breathing techniques and vocal control. I didn't become a professional singer, but it definitely improved my technique and gave me more confidence.

中文翻译: “是的, 我在高中时上过大约一年的歌唱课。这对于学习正确的呼吸技巧和声音控制非常有帮助。我没有成为一名专业歌手, 但它确实提高了我的技巧并增强了我的自信心。”

Answer 2 (坦诚回答, 说明现状)

No, I haven't. I've always thought about it, but I never really got around to it. I'm more of a self-taught singer – I just listen to a lot of music and try to imitate the artists I like.

中文翻译: “没有, 我没有。我一直想过, 但从未真正付诸行动。我更像是一个自学成才的歌手 – 我只是听很多音乐并尝试模仿我喜欢的艺术家。”

3、Who do you want to sing for? 你想为谁唱歌?

Answer 1 (表达情感, 展现人际关系)

Definitely for my family and friends. I love the feeling of sharing music with the people I care about. I often sing at family gatherings or when we're having a fun night in. Seeing their smiles and knowing I've brought them joy is the best feeling.

中文翻译: “肯定是为我的家人和朋友。我喜欢与我关心的人分享音乐的感觉。我经常在家庭聚会或我们度过一个愉快的夜晚时唱歌。看到他们的微笑, 并且知道我给他们带来了快乐, 这是最好的感觉。”

Answer 2 (简单回答, 突出个人感受)

Honestly, I'm mostly singing for myself. It's a personal thing, and I don't really care about performing for an audience. It's just a way for me to relax and express my emotions.

中文翻译: “说实话, 我主要为自己唱歌。这是一种个人行为, 我并不在意为观众表演。这只是我放松和表达情感的一种方式。”

4、Do you think singing can bring happiness to people? 你认为唱歌可以给人带来快乐吗?

Answer 1 (深入探讨, 从科学角度分析)

Absolutely! I think singing is incredibly therapeutic. It releases endorphins, which are natural mood boosters. It can also help

reduce stress and anxiety. And beyond the physiological benefits, singing can create a sense of connection and community, which is vital for happiness.

中文翻译: “绝对是的! 我认为唱歌非常有治疗作用。它会释放内啡肽, 这是一种天然的情绪助推剂。它还可以帮助减轻压力和焦虑。除了生理益处之外, 唱歌还可以创造一种联系和社区意识, 这对于幸福至关重要。”

Answer 2 (简洁明了, 强调普遍性)

Yes, I definitely do. I think music, in general, has a powerful effect on our emotions. Singing is a particularly active way to engage with music and express joy. It's hard to be sad when you're belting out your favorite tune!

中文翻译: “是的, 我绝对这么认为。我认为音乐总的来说对我们的情绪有强大的影响。唱歌是一种积极参与音乐和表达快乐的特别方式。当你尽情唱出你最喜欢的歌时, 很难感到悲伤!”

● Snacks17

1、When do you usually eat snacks now? 你现在通常什么时候吃零食?

Answer 1 (描述日常习惯, 带时间细节)

I usually have a small snack in the mid-afternoon, around 3 or 4 pm. I tend to get a little hungry between lunch and dinner, so it helps to keep my energy levels up. Sometimes I'll also have a small snack before I go to the gym, just to fuel my workout.

中文翻译: “我通常在下午三四点左右吃一点零食。我倾向于在午餐和晚餐之间感到有点饿, 所以它有助于维持我的能量水平。有时候我也会在去健身房之前吃一点零食, 只是为了给我的锻炼提供燃料。”

Answer 2 (简洁回答，突出特定场景)

Mostly when I'm working. I work from home, so I'm always near the kitchen, and I sometimes find myself snacking while I'm focused on my tasks. It's probably not the healthiest habit, but it happens!

中文翻译: “主要是在我工作的时候。我在家工作，所以总是离厨房很近，有时我发现自己在专注于任务时吃零食。这可能不是最健康的做法，但它确实发生了！”

2、Do you think it is healthy for you to eat snacks? 你认为吃零食对你健康吗？

Answer 1 (平衡观点，强调适度)

It depends on the snacks, really. If you choose healthy snacks like fruits, nuts, or yogurt, it can actually be quite beneficial. But if you're constantly reaching for processed snacks like chips or candy, it's definitely not good for your health. Moderation is key, I think.

中文翻译: “这实际上取决于零食。如果你选择健康的零食，比如水果、坚果或酸奶，它实际上可能非常有益。但是，如果你总是选择薯片或糖果等加工食品，那肯定对你的健康不利。我认为适度是关键。”

Answer 2 (坦诚回答，说明个人情况)

Not necessarily. I try to make healthy choices, but I definitely have a sweet tooth! I think as long as I balance my snacking with a healthy diet and regular exercise, it's okay to indulge occasionally.

中文翻译: “不一定。我尽量做出健康的选择，但我绝对是爱吃甜食的人！我认为只要我将我的零食与健康的饮食和规律的锻炼结合起来，偶尔放纵一下是可以的。”

3、Did you often eat snacks when you were young? 小时候你经常吃零食吗？

Answer 1 (回忆童年，带细节描述)

Oh, definitely! My parents weren't very strict about snacks when I was a kid. I remember always having a stash of cookies and candies hidden in my bedroom. We weren't encouraged to eat healthy snacks like fruit very often, unfortunately.

中文翻译: “哦，当然！我的父母小时候对零食不是很严格。我记得总是把饼干和糖果藏在我的卧室里。不幸的是，我们并没有经常被鼓励吃健康的零食，比如水果。”

Answer 2 (简洁回答，强调对比)

Yes, I did. I think most children do! We didn't have as much access to healthy snacks back then as kids do now. It was mostly sugary treats and processed foods.

中文翻译: “是的，我经常吃。我认为大多数孩子都是这样的！那时我们不像现在的孩子们那样容易获得健康的零食。主要是含糖零食和加工食品。”

4、What snacks do you like to eat? 你喜欢吃什么零食？

Answer 1 (详细描述，带口味偏好)

I'm a big fan of dark chocolate – I think it's a relatively healthy indulgence. I also love fruit, especially berries and apples. And occasionally, I'll treat myself to a handful of almonds or cashews. I try to avoid anything too sugary or processed.

中文翻译: “我非常喜欢黑巧克力 – 我认为这是一种相对健康的放纵。我也喜欢水果，尤其是浆果和苹果。而且偶尔，我会给自己买一小把杏仁或腰果。我尽量避免吃太甜或加工过的东西。”

Answer 2 (简洁回答，突出个人选择)

I usually go for something simple, like yogurt or a piece of fruit. If I'm craving something a little more indulgent, I might have a small bag of popcorn. It's a pretty good compromise, I think.

中文翻译: “我通常会选择一些简单的东西, 比如酸奶或一片水果。如果我想吃一些更放纵的东西, 我可能会吃一小袋爆米花。我认为这是一种相当好的妥协。”

● Birthday 18

1、What do you usually do on your birthday?你生日的时候通常会做什么?

Answer 1: Honestly, I'm not a huge fan of big, elaborate celebrations. I've become quite content with keeping things relatively low-key. Usually, I'll go out for a nice meal with my closest friends and family – perhaps a restaurant with a cuisine we all enjoy. I really value those intimate moments, just catching up and sharing stories. Sometimes, we'll order a cake, but it's more about the company than the extravagance.

中文翻译: “说实话, 我不太喜欢大型、复杂的庆祝活动。我越来越满足于保持低调。通常, 我会和最亲密的朋友和家人出去吃一顿不错的饭——也许是一家我们都喜欢的菜系的餐厅。我非常珍惜这些亲密的时刻, 只是互相聊天, 分享故事。有时候, 我们会点一个蛋糕, 但更重要的是一起相处, 而不是奢侈。”

Answer 2: My birthday has evolved over the years. When I was younger, it was all about parties and presents. Now, I'm more likely

to treat myself to something I've been wanting to do. Last year, I took a pottery class, which was really therapeutic and fun! I also love to use the day as an excuse to travel somewhere nearby, even if it's just a day trip to the countryside. It's a good chance to disconnect from work and recharge.

中文翻译：“我的生日随着岁月的流逝而改变。小时候，一切都关于派对和礼物。现在，我更倾向于给自己买一直想做的事情。去年，我参加了一个陶艺课程，这真的很有疗愈作用而且有趣！我也喜欢用这一天给自己找借口去附近旅行，即使只是去乡下的一日游。这是一个摆脱工作，放松身心的好机会。”

2、What did you do on your birthday when you were young?

小时候生日的时候你会做些什么？

Answer 1: When I was a child, my birthdays were incredibly special. My parents always went all out, throwing massive parties in our garden, complete with a bouncy castle and a magician! I distinctly remember the thrill of inviting all my classmates, and the sheer joy of unwrapping all the presents. It felt like the most important day of the year, and I was definitely spoiled rotten, in the best possible way.

中文翻译：“小时候，我的生日非常特别。我的父母总是竭尽全力，在我们的花园里举办大型派对，配有蹦床和一个魔术师！我清楚地记得邀请所有同学的刺激，以及拆开所有礼物的纯粹喜悦。感觉那一年

中最重要的一天，而且我绝对是被宠坏了，但以最好的方式。”

Answer 2: I was a pretty shy kid, so large parties weren't really my thing. My mom would usually bake me a cake – she made the best chocolate cake, I remember – and we'd have a small family gathering. I always received a new LEGO set, which was fantastic. I'd spend hours building and creating. It wasn't about the extravagance, it was about spending time with my family and doing something I loved.

中文翻译：“我小时候是个比较害羞的孩子，所以不喜欢大型派对。我的妈妈通常会给我烤一个蛋糕——我记得她做的巧克力蛋糕是最好吃的——我们会举行一个小型的家庭聚会。我总是会收到一套新的乐高积木，这太棒了。我会花几个小时建造和创造。这不仅仅关于奢华，而是关于与我的家人在一起，做我喜欢的事情。”

3 、 Do you think it is important for you to celebrate your birthday?你认为庆祝自己的生日重要吗？

Answer 1: I think it is, actually, although the reasons have changed for me over the years. It's not so much about the attention or gifts anymore. For me, it's a chance to reflect on the past year, acknowledge my personal growth, and set intentions for the year ahead. It's a kind of personal milestone, a reminder of where I've been and where I'm going. Plus, it's a lovely excuse to connect with

loved ones.

中文翻译：“我认为是重要的，尽管原因随着岁月的流逝而发生了变化。这不再仅仅关于关注或礼物。对我来说，这是一个反思过去一年，承认个人成长，并为即将到来的一年设定目标的绝佳机会。这是一种个人的里程碑，提醒我过去和未来。另外，这是与亲人联系的一个很好的借口。”

Answer 2: I believe it's a valuable tradition. In a world that's often focused on productivity and achievements, taking a day to simply acknowledge your existence, to celebrate being you, is really important. It's a chance to prioritize joy and appreciation. It's also a really nice way to show people you care about them by celebrating their existence. It's a small way to foster connection.

中文翻译：“我认为这是一种有价值的传统。在一个经常关注效率和成就的世界里，花一天时间仅仅承认你的存在，庆祝你自己，这确实很重要。这是一个优先考虑快乐和感激的机会。同时，这也是一个很好的方式，通过庆祝他们的存在，来表示你对他们的关心。这是一种促进联系的微小方式。”

4 、 Whose birthday do you think is the most important to celebrate in China? 你认为在中国庆祝谁的生日最重要?

Answer 1: That's a really interesting question. I'd say it's the birthdays of parents, especially as people get older. Filial piety is

deeply ingrained in Chinese culture, so honoring your parents on their birthdays is considered incredibly important. It's seen as a way to show respect, gratitude, and ensure their wellbeing. It's often a larger celebration than one's own birthday, with a focus on family unity.

中文翻译：“这是一个非常有趣的问题。我认为是父母的生日，尤其是当人们长大后。孝道深深植根于中国文化中，因此在父母生日时表达敬意被认为非常重要。这被视为表达尊重、感恩和确保他们幸福的方式。通常，这比庆祝自己生日规模更大，更注重家庭团结。”

Answer 2: I think there's a growing trend, especially among younger generations, to put more emphasis on celebrating the birthday of grandparents. There's a sense that grandparents have a unique wisdom and have lived through significant history, and their blessings are particularly valuable. It's a way to pass on traditions, strengthen family bonds, and show that older generations are still cherished and respected. Plus, many families will make a lot of effort to have all the family together.

中文翻译：“我认为有一个越来越明显的趋势，尤其是年轻一代，他们更强调庆祝祖父母的生日。人们认为祖父母拥有独特的智慧和丰富的历史阅历，他们的祝福尤其宝贵。这是一种传承传统、加强家庭纽带和表明老一辈人仍然受到珍惜和尊重的途径。此外，许多家庭会尽很大的努力让全家在一起。”

