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Part 3 新题 (持续更新)

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Part3 新题

1. Do you think people are healthier now than in the past? 现在的人们比过去更健康吗?

That's a complex question. While we've made undeniable advancements in medical technology and have a better understanding of preventative healthcare, I wouldn't necessarily say people are *inherently* healthier. Historically, people faced more immediate threats like infectious diseases and high infant mortality rates, but today, we grapple with a different set of health challenges – largely stemming from lifestyle choices. We see a rise in chronic illnesses like obesity, heart disease, and diabetes, which are often linked to sedentary lifestyles and processed food diets. So, while we live longer on average, the quality of life in those extended years isn't always improved. It's a shift in the nature of health concerns, rather than a simple improvement in overall health. Furthermore, the increased awareness of mental health issues, though positive, also indicates a greater prevalence of these conditions which weren't always openly addressed in the past.

中文翻译:

“这是一个复杂的问题。虽然我们在医疗技术方面取得了不可否认的进步，并且对预防性保健有了更好的理解，但我并不能肯定地说人们比过去更健康。历史上，人们面临着更多直接的威胁，如传染病和高婴儿死亡率，但如今，我们面临着不同的一系列健康挑战——很大程度上源于生活方式的选择。我们看到与肥胖、心脏病和糖尿病等慢性病的发病率上升，这些疾病通常与久坐不动的生活方式和加工食品饮食有关。因此，虽然我们的平均寿命更长了，但这些延长寿命的年限的生活质量并不总是得到改善。这是一种健康问题的性质转变，而不是整体健康的简单提升。此外，对心理健康问题的认识提高，虽然是积极的，但也表明这些情况的患病率更高，而过去这些问题并不总是被公开讨论。”

2. What activities can schools organize for children to keep fit?学校可以组织哪些活动让孩子保持健康?

I think schools have a crucial role to play in fostering healthy habits from a young age. Beyond traditional PE lessons, which are obviously important, schools could integrate more active breaks into the school day – short bursts of physical activity every hour or so. This doesn't necessarily require specialized equipment; simple exercises or even just encouraging children to walk around the classroom can make a difference. What's also valuable is promoting a variety of sports and activities to cater to different interests. For example, introducing children to less conventional sports like ultimate frisbee or rock climbing can encourage participation from students who might not typically enjoy team sports. Schools could also partner with local sports clubs to offer after-school programs or organize competitions. Ultimately, the goal is to make physical activity enjoyable and accessible to all students, instilling a lifelong appreciation for fitness.

中文翻译:

“我认为学校在从小培养健康习惯方面发挥着至关重要的作用。除了显而易见的体育课之外，学校还可以将更多活跃的休息时间融入到学校日常中——每隔一个小时进行短暂的体育活动。这不一定需要专门的设备；简单的锻炼，甚至只是鼓励孩子们在教室里走动，都可以产生影响。同样重要的是推广各种运动和活动，以迎合不同的兴趣。例如，向孩子们介绍不太传统的运动，如极限飞盘或攀岩，可以鼓励那些通常不喜欢团队运动的学生参与。学校还可以与当地体育俱乐部合作，提供课后项目或组织比赛。最终目标是让所有学生都能享受和参与体育活动，从而培养他们对健身的终身热爱。”

3. What can governments do to improve people's health? 政府可以采取什么措施来改善人们的健康?

Governments have a significant responsibility to create an environment that supports public health. One key area is preventative healthcare, and this could involve investing more heavily in public health campaigns – educating people about the importance of diet, exercise, and regular check-ups. However, education alone isn't enough. Governments could also implement policies that make healthy choices easier and more affordable. For instance, subsidizing fruits and vegetables while taxing sugary drinks could influence consumer behaviour. Improving access to green spaces and safe cycling infrastructure is also crucial, encouraging people to be more active. Moreover, addressing socioeconomic factors that contribute to health disparities, like poverty and lack of access to healthcare in certain communities, is paramount. It's not just about treating illness; it's about tackling the root causes and creating a society where everyone has the opportunity to live a healthy life. There's also a growing argument for regulating advertising aimed at children for unhealthy foods.

中文翻译:

“政府有重大责任创造一个支持公共健康的环境。一个关键领域是预防性保健，这可能涉及对公共卫生运动进行更多投资——教育人们关于饮食、锻炼和定期检查的重要性。然而，仅仅依靠教育是不够的。政府还可以实施政策，使健康的选择更容易和更实惠。例如，补贴水果和蔬菜，同时对含糖饮料征税，可以影响消费者的行为。改善对绿地和安全自行车基础设施也很重要，可以鼓励人们更加活跃。此外，解决导致健康差距的社会经济因素，如贫困和某些社区缺乏医疗保健，至关重要。这不仅仅是治疗疾病；而是解决根本原因，并创造一个让每个人都有机会过上健康生活的地方。还有一种越来越强的观点认为，应该对针对儿童的不健康食品广告进行监管。”

Topic 2 侍花弄果之人

1. Are there many people growing their own vegetables now? 现在有很多人种自己的蔬菜吗？

I think there's been a definite resurgence in home gardening, particularly in the last few years. While it's difficult to get precise figures, you see evidence of it everywhere – from increased demand for seeds and gardening supplies to the popularity of online communities dedicated to growing your own food. I think a few factors are driving this trend. Firstly, there's a growing awareness of the importance of sustainable living and knowing where your food comes from. Secondly, people are increasingly concerned about the quality and safety of commercially grown produce, with worries about pesticides and long supply chains. And finally, the pandemic lockdowns likely encouraged more people to take up gardening as a productive and rewarding hobby. It's become something of a lifestyle choice for many, going beyond just saving money.

中文翻译:

“我认为家庭园艺确实在复苏，尤其是在过去几年。虽然很难获得精确的数据，但你可以从各方面看到证据——从种子和园艺用品需求的增加，到献给自给自足的在线社区的热门程度。我认为有几个因素在推动这一趋势。首先，人们越来越意识到可持续生活和了解食物来源的重要性。其次，人们越来越担心商业种植农产品的质量和安全，担心农药和漫长的供应链。最后，疫情封锁很可能鼓励更多人将园艺作为一种富有成效和回报的爱好。对于许多人来说，它已经成为一种生活方式选择，而不仅仅是为了省钱。”

2. Do you think it's good to let kids learn how to plant? 让孩子学习种植是好事吗?

Absolutely, I think it's incredibly beneficial. Beyond the practical skills of gardening, learning to plant fosters a deeper connection to nature and an understanding of where food originates. It teaches children about responsibility, as they have to nurture and care for something living. Furthermore, it instills patience – it takes time and effort to see a seed grow into a plant. It's also a fantastic way to promote healthy eating habits, as children are more likely to try vegetables they've grown themselves. In a world increasingly dominated by technology, it provides a grounding experience and a sense of accomplishment. It also helps them understand the importance of biodiversity and sustainable practices from a young age.

中文翻译:

“绝对是的，我认为这非常有益。除了园艺的实用技能外，学习种植还能培养孩子与自然更深层次的联系，并了解食物的来源。它教会孩子们责任感，因为他们必须养护和照顾生命。此外，它还能培养耐心——让种子长成植物需要时间和精力。这也是促进健康饮食习惯的绝佳方式，因为孩子们更有可能尝试自己种植的蔬菜。在一个日益被技术主导的世界里，它提供了一种接地气的体验和成就感。它还可以帮助他们从小了解生物多样性和可持续实践的重要性。”

3. What do you think of the job of a farmer? 您如何看待农民的工作?

I have immense respect for farmers. It's an incredibly demanding job, often involving long hours, physical labor, and a significant degree of risk – everything from unpredictable weather patterns to fluctuating market prices. It's far more complex than many people realize; modern farming requires a deep understanding of science, technology, and business management. They are, fundamentally, responsible for providing us with the food we need to survive, and that's a vital role in society. There's also a growing recognition of the importance of sustainable farming practices for protecting the environment. It's a job that requires dedication, resilience, and a real connection to the land.

中文翻译:

“我对农民们充满敬佩。这是一项非常艰巨的工作，通常需要长时间的劳作、体力劳动以及大量的风险——从不可预测的天气模式到波动的市场价格。它比许多人想象的要复杂得多；现代农业需要对科学、技术和商业管理有深入的了解。从根本上说，他们负责为我们提供生存所需的食物，这在社会中扮演着至关重要的角色。人们越来越认识到可持续农业实践对于保护环境的重要性。这是一项需要奉献、韧性和与土地真正联系的工作。”

4. What are the differences between traditional and modern agriculture?传统农业和现代农业有哪些不同?

The differences are quite significant. Traditional agriculture was typically small-scale, relying heavily on manual labor, natural fertilizers like manure, and crop rotation. It focused on producing enough for the local community. Modern agriculture, on the other hand, is characterized by large-scale operations, mechanization, the use of synthetic fertilizers and pesticides, and a focus on maximizing yield. We've seen a move towards monoculture, where a single crop is grown over vast areas. While modern agriculture has dramatically increased food production, it has also raised concerns about environmental sustainability, biodiversity loss, and the impact on soil health. There's a growing movement now towards regenerative agriculture, trying to blend the best aspects of both traditional and modern practices.

中文翻译:

“差异相当大。传统农业通常是小规模，严重依赖人工劳动、天然肥料（如粪肥）和轮作。它侧重于为当地社区生产足够的食物。另一方面，现代农业的特点是大规模经营、机械化、使用合成肥料和杀虫剂以及专注于最大限度地提高产量。我们看到了一种向单一种植的转变，即在广阔的区域种植单一作物。虽然现代农业大大提高了粮食产量，但也引发了人们对环境可持续性、生物多样性丧失以及对土壤健康的影响的担忧。现在，有一种越来越强的趋势是转向再生农业，试图融合传统和现代实践的最佳方面。”

5. What happened to the farmers' income during the pandemic? 疫情期间农民的收入发生了什么变化?

The impact on farmers' income during the pandemic was quite varied, and it depended heavily on the type of farm and their market access. Initially, many farmers faced significant disruptions to their supply chains, particularly those supplying restaurants and the hospitality industry. They struggled to find buyers for their produce, leading to waste and financial losses. However, farmers selling directly to consumers, through farmers' markets or community-supported agriculture schemes, often experienced increased demand. There was also a surge in interest in local food systems. But overall, the pandemic exacerbated existing inequalities within the agricultural sector, with smaller farms often being disproportionately affected.

中文翻译:

“疫情期间农民收入的影响各不相同，并且在很大程度上取决于农场类型及其市场准入。最初，许多农民面临着严重的供应链中断，特别是那些向餐馆和酒店业供货的农场。他们难以找到购买他们农产品的买家，导致浪费和经济损失。然而，通过农贸市场或社区支持农业计划直接向消费者销售的农场通常经历了需求的增加。人们对本地食品系统的兴趣也激增。但总体而言，疫情加剧了农业部门现有的不平等现象，小型农场往往受到不成比例的影响。”

6. How do people grow plants in cities? 人们在城市里是如何种植植物的?

Urban agriculture is becoming increasingly popular, and people are employing a lot of innovative techniques. Vertical farming, where plants are grown in vertically stacked layers indoors, is one example, often utilizing hydroponics or aeroponics. Rooftop gardens are also common, transforming unused spaces into productive green areas. Community gardens provide a space for residents to grow their own food collectively. Beyond that, you're seeing a rise in balcony gardens and even indoor herb gardens, allowing people to grow food in even the smallest of spaces. There's also the use of repurposed materials, like pallets and containers, to create raised beds or planters. It's all about maximizing space and finding creative solutions to bring nature into the urban environment.

中文翻译:

“城市农业正变得越来越受欢迎，人们正在采用许多创新技术。垂直农业就是一个例子，植物在室内垂直堆叠的层面上生长，通常利用水培或气培。屋顶花园也很常见，将未使用的空间变成富有成效的绿地。社区花园为居民提供了一个集体种植食物的空间。除此之外，你还可以看到阳台花园甚至室内香草花园的兴起，让人们能够在最小的空间里种植食物。人们还使用改造过的材料，如托盘和容器，来创建高架花坛或种植箱。这一切都是关于最大限度地利用空间，并找到创造性的解决方案将自然融入到城市环境中。”

Topic 3 嘈杂地

1. Do you think it is good for children to make noise? 孩子吵闹是好事吗?

That's an interesting question. While excessive noise can be disruptive, I think a certain amount of noise is actually crucial for a child's development. It's through making sounds – shouting, singing, babbling – that they explore their vocal range and develop their communication skills. Noise is often an expression of creativity and playfulness. Trying to completely suppress that could stifle their natural instincts. Of course, there needs to be a balance, and parents should teach children appropriate levels of volume and when it's necessary to be quieter. But to completely discourage noise-making would be, I think, detrimental to their overall development.

中文翻译:

“这是一个有趣的问题。虽然过度的噪音会造成干扰，但我认为一定程度的噪音实际上对孩子的发展至关重要。正是通过发出声音——喊叫、唱歌、咿呀学语——他们探索自己的音域并培养沟通能力。噪音通常是创造力和玩耍的表达。试图完全压制它可能会扼杀他们的自然本能。当然，需要取得平衡，父母应该教孩子适当的音量，以及何时需要保持安静。但完全阻止孩子制造噪音，我认为对他们的整体发展有害。”

2. Should children not be allowed to make noise under any circumstances? 在任何情况下都不应允许孩子制造噪音吗?

Absolutely not. I think that's an unrealistic and potentially harmful expectation. Children need to express themselves freely, and noise is often a natural part of that process. To demand complete silence from a child is to ignore their developmental needs. However, that doesn't mean they should be allowed to be disruptive or disrespectful. It's about teaching them when and where noise is appropriate. For example, encouraging them to play louder outdoors or in a designated playroom, while explaining that quiet voices are needed in libraries or during mealtimes. It's about guidance and education, not outright prohibition.

中文翻译:

“绝对不是。我认为这是一个不切实际且可能有害的期望。孩子们需要自由地表达自己，噪音通常是这个过程的自然组成部分。要求孩子保持完全安静，是忽略他们的发展需求。然而，这并不意味着他们应该被允许扰乱他人或不尊重他人。关键在于教他们噪音在何时和何地是合适的。例如，鼓励他们在户外或指定的 playroom 大声玩耍，同时解释在图书馆或用餐时需要使用安静的声音。这关乎指导和教育，而不是完全禁止。”

3. What kinds of noises are there in our life? 生活中都有哪些噪音?

The range of noises we encounter is incredibly diverse. There's the ambient noise of everyday life – traffic, construction, people talking. Then you have more intrusive noises like sirens, alarms, and loud music. Increasingly, we're exposed to digital noise – the constant pings and notifications from our phones and computers. And it's not just about loudness; sometimes it's the type of noise that's disturbing, like a repetitive dripping sound or a high-pitched whine. It's interesting to consider how our brains filter out certain noises while being bothered by others – it's a complex neurological process.

中文翻译:

“我们遇到的噪音范围非常多样化。有日常生活的环境噪音——交通、施工、人们的谈话。然后还有更具侵入性的噪音，如警笛、警报和响亮的音乐。越来越多地，我们接触到数字噪音——来自手机和电脑的持续提示音和通知。而且不仅仅是音量大小；有时是噪音的类型令人烦恼，比如重复的滴水声或高音调的嗡嗡声。有趣的是，考虑一下我们的大脑如何过滤掉某些噪音，同时又对其他噪音感到困扰——这是一个复杂的神经过程。”

4. Which area is exposed to noise more, the city or the countryside? 城市和乡村，哪个地方更容易受到噪音干扰？

Generally speaking, cities are far more exposed to noise pollution than the countryside. Cities are densely populated, with constant traffic, construction, and a higher concentration of industrial activity. While the countryside has its own noises – farm machinery, animal sounds – these tend to be more natural and less persistent. However, it's not always a clear-cut distinction. Areas near airports or major highways can experience significant noise levels even in rural settings. The increasing popularity of outdoor recreational activities in the countryside can also contribute to noise pollution, particularly during peak seasons.

中文翻译:

“一般来说，城市比乡村更容易受到噪音污染。城市人口稠密，交通、建筑和工业活动浓度更高。虽然乡村也有自己的噪音——农用机械、动物声音——但这些通常更自然、持续性更低。然而，这并非总是泾渭分明。靠近机场或主要高速公路的地区，即使在农村地区也可能经历显著的噪音水平。乡村户外休闲活动的日益普及也会加剧噪音污染，尤其是在旅游旺季。”

5. How would people usually respond to noises in your country? 在你的国家，人们通常如何应对噪音？

I think in my country (China), the response to noise is quite complex. Traditionally, there's been a tendency to be more tolerant of noise, particularly in densely populated areas. People often accept it as an inevitable part of city life. However, awareness of noise pollution and its impact on health is growing, especially among younger generations. You're seeing more complaints about excessive noise and increasing calls for stricter regulations. There's also a cultural element – people might be hesitant to directly confront someone making noise, preferring to complain through official channels. So, it's a mix of acceptance, growing concern, and a somewhat indirect approach to addressing the issue.

中文翻译:

“我认为在我的国家（中国），人们对噪音的反应非常复杂。传统上，人们对噪音的容忍度较高，尤其是在人口稠密的地区。人们通常认为这是城市生活不可避免的一部分。然而，人们对噪音污染及其对健康的影响的认识正在增加，尤其是在年轻一代中。你看到越来越多的人对过度噪音提出投诉，并呼吁制定更严格的法规。此外，还有一个文化因素——人们可能不愿直接与制造噪音的人对抗，而是更喜欢通过官方渠道进行投诉。所以，这是一种接受、日益增长的担忧和一种间接处理问题的方式的结合。”

6. How can people consider others' feelings when chatting in public? 人们在公共场合聊天时如何考虑他人的感受？

I think it's largely about being mindful and empathetic. Lowering your voice is the most obvious thing – it shows respect for those around you. Being aware of your surroundings is also important; avoiding loud conversations in quiet zones like libraries or hospitals. Keeping the conversation brief and relevant, rather than dominating the space with a lengthy discussion, is also considerate. And perhaps most importantly, being willing to pause or redirect the conversation if you notice you're disturbing others. It's about striking a balance between expressing yourself and respecting the shared environment.

中文翻译:

“我认为这在很大程度上关乎细心和同理心。降低音量是最显而易见的事情——这表明你尊重周围的人。了解周围环境也很重要；避免在图书馆或医院等安静区域进行大声交谈。保持对话简短而切题，而不是用冗长的讨论占据空间，也是一种体贴的行为。也许最重要的是，愿意暂停或转移对话，如果你注意到你打扰了别人。这关乎在表达自己和尊重共享环境之间取得平衡。”

Topic 4 聪明的人

1. Why are some children more intelligent than others? 为什么有些孩子比其他孩子更聪明?

That's a question that's been debated for a long time, and the answer is undoubtedly complex. It's rarely down to just one factor. There's a significant genetic component – intelligence is certainly heritable to a degree. However, environment plays an equally crucial role. Access to quality education, nutritious food, stimulating experiences, and a supportive home environment all contribute to cognitive development. It's likely a combination of both nature and nurture, interacting in intricate ways. Moreover, different cultures may value and foster different types of intelligence, meaning that what we define as 'intelligence' can also vary.

中文翻译:

“这是一个长期以来一直争论的问题，答案无疑是复杂的。这很少归结为单一因素。存在着重要的遗传成分——智力在一定程度上是可遗传的。然而，环境也发挥着同样关键的作用。获得优质教育、营养食物、刺激性体验和支持性的家庭环境都有助于认知发展。这很可能是先天和后天因素的结合，以复杂的方式相互作用。此外，不同的文化可能重视和培养不同类型的智力，这意味着我们所定义的‘智力’也会有所不同。”

2. Who do you think plays a more important role in a child's development, teachers or parents? 在孩子的成长过程中，老师和父母谁起着更重要的作用？

I think it's less about which role is more important and more about how those roles complement each other. In the early years, parents are undeniably the primary influence – they lay the foundation for a child's social, emotional, and cognitive development. However, as children grow and enter formal education, teachers become increasingly important in expanding their knowledge base and fostering critical thinking skills. Ideally, there's a strong partnership between parents and teachers, with open communication and a shared commitment to the child's well-being. You could argue that parents provide the roots, while teachers help the child blossom.

中文翻译:

“我认为不如说哪个角色更重要，而是这两个角色如何相互补充。在早期，父母无疑是主要的影响因素——他们为孩子的社会、情感和认知发展奠定基础。然而，随着孩子长大并进入正规教育，老师在扩展他们的知识基础和培养批判性思维技能方面变得越来越重要。理想情况下，父母和老师之间应该建立牢固的合作关系，保持开放的沟通，并共同致力于孩子的福祉。你可以说，父母提供根基，而老师帮助孩子绽放。”

3. Do you think smart people tend to be selfish? 聪明的人倾向于自私吗?

That's a common stereotype, but I think it's a generalization that doesn't hold true in most cases. Intelligence doesn't inherently equate to selfishness. Certainly, some highly intelligent people may prioritize their own goals and ambitions, but that's a personality trait, not a direct consequence of their intelligence. In fact, many smart people are driven by a desire to solve complex problems and contribute to society. They may be more analytical and focused, which could be misinterpreted as selfishness, but it's often simply a matter of prioritizing tasks and managing their energy.

中文翻译:

“这是一个常见的刻板印象，但我认为这是一种不适用于大多数情况的概括。智力本身并不等同于自私。当然，有些智力很高的人可能会优先考虑自己的目标和抱负，但这是一种性格特征，而不是智力的直接结果。事实上，许多聪明人致力于解决复杂的问题并为社会做出贡献。他们可能更善于分析和专注，这可能被误解为自私，但通常只是优先处理任务和管理精力的表现。”

4. Are smart people happier than others? 聪明的人比其他人更幸福吗?

That's a fascinating question with no easy answer. Studies have shown a correlation between intelligence and life satisfaction up to a certain point, likely because intelligent people are better equipped to navigate challenges and achieve their goals. However, intelligence can also lead to overthinking, analysis paralysis, and a heightened awareness of the world's problems, which can contribute to anxiety and dissatisfaction. Ultimately, happiness is subjective and dependent on a multitude of factors – relationships, purpose, health – and intelligence is just one piece of the puzzle. It's not a guarantee of happiness, but it can certainly be a contributing factor.

中文翻译:

“这是一个有趣的问题，没有简单的答案。研究表明，智力与生活满意度之间存在相关性，直到某个点，这可能是因为聪明人更善于应对挑战并实现目标。然而，智力也可能导致过度思考、分析瘫痪以及对世界问题的更敏锐认识，这可能会导致焦虑和不满。最终，幸福是主观的，取决于多种因素——人际关系、目标、健康——而智力只是其中的一部分。它并不能保证幸福，但当然可以成为一个促成因素。”

Topic 5 让你自豪的照片

1. Why do some people like to record important things with photos? 为什么有些人喜欢用照片记录重要事情?

I think it's fundamentally about preserving memories and sharing them with others. Photos offer a visual record of moments in time, capturing details that words often can't convey. They allow us to relive experiences and share them with future generations. Beyond just personal memories, photos can also serve as a form of storytelling, documenting significant events or milestones. In the age of social media, sharing photos has become an integral part of how we connect and communicate with each other. It's a way of saying, 'This is who I am, and this is what's important to me.'

中文翻译:

“我认为这根本上是关于保存记忆并与他人分享。照片提供了时间瞬间的视觉记录，捕捉了文字往往无法传达的细节。它们让我们能够重温经历并与后代分享。除了个人记忆之外，照片还可以作为一种讲故事的形式，记录重要的事件或里程碑。在社交媒体时代，分享照片已成为我们联系和交流方式不可或缺的一部分。这是一种说‘这就是我，这就是对我来说重要的事情’的方式。”

2. What can people learn from historical photographs? 人们可以从历史照片中学到什么?

Historical photographs are invaluable sources of information. They offer a unique window into the past, allowing us to see what life was like for people in different eras. They can reveal details about fashion, architecture, social customs, and even political events that might not be documented in written records. More than just factual information, historical photos can also evoke emotions and help us connect with the past on a more personal level. They can provide a powerful reminder of both the progress we've made and the challenges we still face.

中文翻译:

“历史照片是无价的信息来源。它们为我们提供了窥探过去的独特窗口，让我们得以了解不同时代人们的生活是什么样子的。它们可以揭示时尚、建筑、社会习俗，甚至是政治事件的细节，这些细节可能没有记录在书面资料中。除了事实信息外，历史照片还可以唤起情感，帮助我们以更个人的方式与过去联系起来。它们可以有力地提醒我们所取得的进步以及我们仍然面临的挑战。”

3. Is taking photos the best way to remember something? 拍照是最好的记忆方式吗?

That's debatable. While photos are certainly a powerful memory aid, I wouldn't say it's necessarily the best way. There's evidence to suggest that actively recalling memories – for example, through storytelling or writing – can actually strengthen those memories more effectively than simply looking at a photograph. Photos capture a moment, but they don't necessarily capture the full sensory experience or the emotions associated with it. Engaging multiple senses and actively reconstructing the memory can lead to a more vivid and lasting recollection.

中文翻译:

“这有待商榷。虽然照片肯定是一种强大的记忆辅助工具，但我不会说它一定是最好的方式。有证据表明，主动回忆记忆——例如通过讲故事或写作——实际上比仅仅看照片更能有效地加强这些记忆。照片捕捉的是一个瞬间，但它并不一定能捕捉到完整的感官体验或与之相关的情绪。调动多种感官并主动重构记忆可以带来更生动和持久的回忆。”

4. Which is better, taking photos or keeping a diary? 拍照和写日记，哪个更好？

Again, it depends on what you' re trying to achieve. Photos are fantastic for capturing visual details and specific moments, but a diary allows for a more in-depth exploration of thoughts, feelings, and experiences. Writing forces you to process and reflect on events, which can be incredibly therapeutic and insightful. While photos can trigger memories, a diary provides context and narrative. I think the best approach is to do both – use photos to capture the ‘what’ and a diary to capture the ‘why’ and ‘how’ .

中文翻译:

“再次，这取决于你想实现什么。照片非常适合捕捉视觉细节和特定瞬间，但日记可以更深入地探索思想、感受和经历。写作迫使你处理和反思事件，这可能非常有治疗和启发意义。虽然照片可以触发记忆，但日记提供背景和叙述。我认为最好的方法是两者兼而有之——使用照片捕捉‘是什么’，使用日记捕捉‘为什么’和‘如何’。”

5. When do people take photos? 人们什么时候会拍照?

People take photos in a huge variety of situations. Obviously, special occasions like birthdays, weddings, and vacations are prime photo opportunities. But increasingly, people are documenting everyday moments – meals, pets, scenery, even just a pretty sunset. With the advent of smartphones, we've become almost compulsive photographers, capturing snippets of our lives throughout the day. There's also a trend of staging photos for social media, carefully curating an image of our lives. And increasingly, people are taking photos of things they find aesthetically pleasing – art, architecture, food – sharing their personal taste and style.

中文翻译:

“人们在各种各样的场合拍照。显然，生日、婚礼和假期等特殊场合是主要的拍照机会。但越来越多的人记录着日常时刻——餐食、宠物、风景，甚至只是一场美丽的日落。随着智能手机的普及，我们几乎变成了强迫性摄影师，捕捉着一整天的生活片段。还有一个为社交媒体摆拍照片的趋势，精心策划着我们生活的形象。而且，越来越多的人拍摄他们认为美观的东西——艺术品、建筑、食物——分享他们的个人品味和风格。”

6. Why do some people like to keep old photos? 为什么有些人喜欢保留老照片?

I think it's a powerful connection to the past. Old photos can evoke strong memories and emotions, allowing us to revisit significant moments in our lives and remember loved ones who may no longer be with us. They're a tangible link to our personal history and family heritage. Looking at old photos can also be a source of comfort and nostalgia, reminding us of simpler times and happy memories. They serve as a reminder of who we were and how we've changed over the years.

中文翻译:

“我认为这是与过去建立一种强大的联系。老照片可以唤起强烈的记忆和情感，让我们重温生命中重要的时刻，并记住那些可能已经离开我们的亲人。它们是我们个人历史和家族传承的实体连接。看着老照片也可以带来安慰和怀旧感，提醒我们更简单的时光和快乐的回忆。它们提醒着我们过去的样子以及多年来的变化。”

Topic 6 收钱作礼物

1. Why do people rarely use cash now? 人们为什么现在很少使用现金?

Well, I think there's a confluence of factors at play. Primarily, the convenience of digital payment methods like mobile banking and credit cards is undeniable. It's simply much faster and more practical for most transactions, especially with the rise of online shopping.

Beyond that, there's a security aspect – carrying large amounts of cash can make you a target for theft. Also, governments and businesses are actively promoting cashless transactions for traceability and efficiency, and this is subtly pushing consumers towards digital alternatives. Finally, the pandemic really accelerated this shift, as people were wary of handling physical currency due to hygiene concerns."

中文翻译:

“嗯，我认为这其中有多种因素在起作用。首先，数字支付方式，比如手机银行和信用卡，带来的便利性是毋庸置疑的。对于大多数交易来说，这比现金更快、更实用，尤其是在网上购物日益普及的情况下。除此之外，安全性也是一个考量——携带大量现金可能会让你成为盗窃的目标。此外，政府和企业都在积极推广无现金交易，以提高可追溯性和效率，这也在潜移默化地推动消费者转向数字替代方案。最后，疫情真的加速了这一转变，因为人们担心因卫生问题而接触纸币。”

2. When do children begin to comprehend the value of money?

孩子们什么时候开始理解金钱的价值？

That's a really interesting question. I don't think there's a single age. It's more of a gradual process that's heavily influenced by how

parents introduce the concept. I believe it starts with simple exchanges, perhaps around the age of 5 or 6, when they begin to understand that money is used to get things they want. However, truly grasping the value of money – the idea that it's a limited resource that needs to be earned and managed – takes longer, probably closer to ages 8-10, and requires consistent reinforcement through allowances or small chores.

中文翻译:

“这是一个非常有趣的问题。我认为没有一个固定的年龄。这更像是一个循序渐进的过程，深受父母如何介绍这个概念的影响。我认为这从简单的交换开始，大概在 5 或 6 岁的时候，他们开始理解金钱可以用来获得他们想要的东西。然而，真正理解金钱的价值——它是一种有限的资源，需要通过努力工作和管理——需要更长时间，可能要到 8-10 岁左右，并且需要通过零花钱或简单的家务劳动来持续强化。”

3. Should parents reward children with money? 父母是否应该用金钱奖励孩子?

It's a bit of a double-edged sword, I think. While occasional monetary rewards for achieving specific goals – like good grades or

completing a challenging task - can be motivating, I believe overreliance on them can be detrimental. It could unintentionally teach children that effort is only worthwhile if it results in financial gain, potentially undermining intrinsic motivation. I think non-monetary rewards, like quality time or experiences, are often more effective in fostering a healthy attitude towards achievement. A balance is key - using money sparingly as a tool alongside other forms of positive reinforcement.

中文翻译:

“我认为这把双刃剑。虽然偶尔为了实现特定目标而给予金钱奖励——比如取得好成绩或完成一项具有挑战性的任务——可以起到激励作用，但我认为过度依赖它们可能有害。这可能会无意中教导孩子们，努力只有在带来经济利益时才有价值，从而削弱内在动力。我认为非金钱奖励，比如高质量的陪伴或体验，通常更有效地培养健康的成就态度。关键在于平衡 - 适度地将金钱作为工具与其他形式的积极强化相结合。”

4. Is it good and necessary to teach children to save money?

教育孩子储蓄钱财是好事且必要的吗？

Absolutely. I think it's fundamentally important. It's not just about the practical skill of saving; it's about instilling a sense of financial responsibility and delayed gratification. In today's consumerist society, where instant gratification is so readily available, teaching children to save helps them develop crucial life skills like planning, budgeting, and prioritizing needs over wants. It also introduces the concept of compound interest, which can be incredibly powerful in the long run. It's a lesson that can benefit them throughout their lives, far beyond childhood.

中文翻译:

“绝对是的。我认为这至关重要。这不仅仅是关于储蓄的实用技能；而是为了培养一种财务责任感和延迟满足感。在当今的消费社会中，即时满足唾手可得，教导孩子们储蓄可以帮助他们培养重要的生活技能，如规划、预算和区分需求与欲望。它还介绍了复利的概念，从长远来看，这可能非常强大。这是一项可以使他们受益于一生的教训，远远超出了童年时代。”

5. What are the advantages and disadvantages of using credit cards? 使用信用卡的优缺点是什么？

Well, the advantages are pretty clear. Credit cards offer convenience, security – particularly with fraud protection – and can help build a good credit history, which is essential for things like loans and mortgages. Many cards also offer rewards programs like cashback or travel points. However, the disadvantages are significant. The biggest is the temptation to overspend and accrue debt, especially with high interest rates. There are also potential fees like annual fees and late payment charges, and it's easy to fall into a debt cycle if not managed responsibly. It's a powerful financial tool, but it requires discipline.

中文翻译:

“嗯，优点很明显。信用卡提供便利性、安全性——特别是欺诈保护——并且可以帮助建立良好的信用记录，这对于贷款和抵押贷款等至关重要。许多信用卡还提供奖励计划，如现金返还或旅行积分。然而，缺点也很重要。最大的缺点是过度消费和产生债务的诱惑，尤其是在高利率的情况下。还有潜在的费用，如年费和滞纳金，如果不负责任地管理，很容易陷入债务循环。这是一个强大的金融工具，但需要自律。”

6. Do you think it's a good thing that more people are using

digital payment? 更多人使用数字支付是一件好事吗?

Overall, I believe it is, with caveats. The increased efficiency and convenience are undeniable – it streamlines transactions and reduces the need for physical infrastructure. From a broader economic perspective, digital payments can improve financial inclusion by bringing more people into the formal banking system. However, there are valid concerns about data privacy and security. Also, it could exacerbate the digital divide, leaving those without access to technology at a disadvantage. So, while the trend is largely positive, it's crucial to address these challenges and ensure equitable access to digital financial services.

中文翻译:

“总的来说，我认为这是好事，但需要注意。效率和便利性的提高是毋庸置疑的——它简化了交易并减少了对实体基础设施的需求。从更广泛的经济角度来看，数字支付可以通过让更多人进入正规银行系统来改善金融普惠性。然而，对数据隐私和安全的担忧是合理的。此外，这可能会加剧数字鸿沟，使那些无法使用技术的人处于不利地位。因此，虽然这一趋势总体上是积极的，但解决这些挑战并确保公平地获得数字金融服务至关重要。”

Topic 7 会打扮的朋友

1. Do most people in your country prefer to buy clothes online or at the street market? Why? 在你的国家，大多数人更喜欢在网上购买衣服还是在街市购买？为什么？

I'd say, increasingly, it's shifting towards online shopping. While street markets still hold a certain charm and offer unique bargains, the convenience of online platforms is a major draw. People lead busy lives and appreciate being able to browse a vast selection of clothing from the comfort of their homes, often with free delivery and easy returns. Also, the rise of e-commerce giants and social media marketing has significantly influenced consumer behavior. However, for certain demographics, like older generations, street markets still remain popular for the social experience and the opportunity to haggle for a better price.

中文翻译:

“我想说，现在越来越多的人倾向于在网上购物。虽然街市仍然具有一定的魅力，并提供独特的优惠，但在线平台的便利性是一个主要吸引力。人们生活节奏快，喜欢在舒适的家中浏览各种各样的服装，通常还提供免费送货和轻松退货服务。此外，电子商务巨头和社交媒体营销也极大地影响了消费者的行为。然而，对于某些人口群体，例如老一辈人来说，街市仍然因其社交体验和讨价还价的机会而受欢迎。”

2. Do you think people would use clothing to show their identity? 人们会用服装来展示他们的身份吗？

Definitely. I think clothing is a powerful form of non-verbal communication. It's a way for people to express their personality, values, and affiliations. Think about subcultures like punk or goth – their clothing styles are instantly recognizable and convey a clear message about their beliefs and interests. Even in everyday life, people choose clothing that reflects their profession, lifestyle, or social group. It's a form of self-expression and a way to signal who we are to the world.

中文翻译:

“当然。我认为服装是一种强大的非语言交流方式。它是一种表达人们的个性和价值观的方式。想想朋克或哥特这样的亚文化——他们的服装风格很容易被识别，并且传达了关于他们的信仰和兴趣的明确信息。即使在日常生活中，人们也会选择反映他们的职业、生活方式或社会群体的服装。这是一种自我表达的形式，也是向世界展示我们是谁的方式。”

3. Why do many people prefer to buy rather expensive clothes? 为什么很多人喜欢购买相对昂贵的衣服？

There are several reasons, I think. Often, it's about perceived quality and durability. People believe that more expensive clothes are made with better materials and craftsmanship, so they'll last longer. Status and brand recognition also play a big role. Some people see expensive clothing as a symbol of success and social status. Also, the fit and comfort can be superior in higher-end garments. Finally,

the perceived value – the feeling of confidence and well-being that comes with wearing something well-made and stylish – is a powerful motivator.

中文翻译:

“我认为有几个原因。通常，这与人们认为的质量和耐用性有关。人们认为更昂贵的衣服是用更好的材料和工艺制成的，因此会更耐用。地位和品牌认知度也发挥着重要作用。有些人将昂贵的衣服视为成功的象征和社会地位的体现。此外，高端服装的合身度和舒适度也可能更胜一筹。最后，人们认为的价值——穿着制作精良、时尚的衣服带来的自信和幸福感——是一种强大的动力。”

4. What are the differences between cheap and expensive clothes? 便宜和昂贵的衣服有什么区别?

The differences go beyond just the price tag. Cheap clothes often use lower-quality materials, resulting in a less comfortable fit and a shorter lifespan. The stitching and construction tend to be less precise, leading to quicker wear and tear. Expensive clothes, on the other hand, typically prioritize quality and craftsmanship. They often use natural fibers, have more intricate designs, and undergo rigorous quality control. While not always the case, expensive clothes generally offer a better fit, greater durability, and a more refined aesthetic.

中文翻译:

“区别不仅仅在于价格标签。便宜的衣服通常使用劣质材料，导致穿着不舒适且寿命较短。缝纫和构造往往不太精确，容易磨损。另一方面，昂贵的衣服通常优先考虑质量和工艺。它们通常使用天然纤维，具有更复杂的设计，并经过严格的质量控制。虽然并非总是如此，但昂贵的衣服通常提供更好的合身度、更高的耐用性和更精致的美感。”

5. Why do some people care so much about their clothing? 为什么有些人对自己的服装如此在意？

I think it's tied to several psychological factors. For some, it's about self-esteem and making a good impression. Clothing can be a way to boost confidence and project a desired image. For others, it's a creative outlet – a way to express their individuality and personal style. Also, societal pressures and media influence can play a role, creating a culture where appearance is highly valued. Finally, some people simply enjoy the process of shopping and putting together outfits.

中文翻译:

“我认为这与几个心理因素有关。对于一些人来说，这与自尊和给人留下好印象有关。服装可以是一种提升自信并投射出期望形象的方式。对于其他人来说，这是一种创造性表达——表达他们的个性和个人风格的方式。此外，社会压力和媒体影响也可能发挥作用，营造一种重视外表的文化。最后，有些人只是喜欢购物和搭配服装的过程。”

6. Do you think young people know more about fashion and are better at dressing up than elderly people? 你认为年轻人对时尚了解更多，擅长打扮胜过老年人吗？

That's a generalization, but generally, yes, I would say that. Young people are constantly exposed to new trends through social media, influencers, and online platforms. They tend to be more experimental with their style and willing to take risks. However, that's not to say that elderly people don't have a good sense of style. Many older generations have a classic, timeless aesthetic and a refined sense of what suits them. They often prioritize comfort and practicality over fleeting trends. It's more a difference in priorities and exposure than innate talent.

中文翻译:

“这是一种概括，但总的来说，是的，我会这么说。年轻人通过社交媒体、网红和在线平台不断接触到新的潮流趋势。他们倾向于在风格上进行更多尝试，并愿意冒险。然而，这并不是说老年人没有良好的品味。许多老一辈人拥有经典、永恒的美学以及对适合自己的服装的精致理解。他们通常优先考虑舒适性和实用性，而不是短暂的潮流。这更多是优先事项和接触方式上的差异，而不是天生才华。”

1. Where do people normally watch movies? 人们通常在哪里观看电影?

These days, it's a really diverse range. Traditionally, cinemas were the primary venue, but now people watch movies pretty much everywhere. At home, of course, is incredibly popular, with the rise of streaming services like Netflix and Disney+. Many also watch on their laptops or tablets during commutes or while traveling. Some

people even enjoy outdoor movie screenings during the warmer months. So, the options are far more varied than they used to be.

中文翻译:

“现在，人们观看电影的场所非常多样化。传统上，电影院是主要的场所，但现在人们几乎在任何地方都可以观看电影。当然，在家是最受欢迎的选择，随着Netflix和迪士尼+等流媒体服务的兴起。许多人还在上下班途中或旅行时在笔记本电脑或平板电脑上观看。有些人甚至喜欢在温暖的月份参加户外电影放映。因此，选择比过去更多。”

2. What are the differences between watching movies at home and in a cinema? 在家和在电影院观看电影有什么区别?

The biggest difference is the immersive experience. Cinema offers a large screen, surround sound, and a darkened room, which creates a more captivating and distraction-free environment. At home, while convenient, you often have interruptions and a smaller screen. Socially, going to the cinema is often a shared experience, whereas watching at home can be more solitary. However, at home, you have more control over the viewing experience - you can pause, rewind, and choose what to watch without being restricted by cinema schedules.

中文翻译:

“最大的区别在于沉浸式体验。电影院提供大屏幕、环绕音响和黑暗的房间，营造出更引人入胜、无干扰的环境。虽然在家很方便，但你经常会受到干扰，而且屏幕也更小。从社交角度来看，去电影院通常是一种共同的体验，而在家观看则可能更加孤独。然而，在家你可以更

好地控制观看体验——你可以暂停、倒带，并自由选择想看的内容，而不会受到电影院时间表的限制。”

3. Are actors or actresses important to movies? Why? 演员对电影有多重要?为什么?

Absolutely crucial. While a strong script and direction are essential, actors are the ones who bring the story to life. They embody the characters, convey emotions, and connect with the audience on a human level. A charismatic and talented actor can elevate a good movie to a great one. They also play a significant role in marketing – a well-known actor can attract a larger audience and generate buzz around a film. However, a truly great performance relies on collaboration with the director and the entire production team.

中文翻译:

“绝对至关重要。虽然强大的剧本和导演必不可少，但演员才是让故事栩栩如生的关键。他们扮演角色，传达情感，并在人际层面上与观众建立联系。一个有魅力且才华横溢的演员可以将一部好的电影提升到伟大的水平。他们还在营销中发挥着重要作用——一位著名的演员可以吸引更多的观众并为电影制造轰动。然而，真正伟大的表演依赖于与导演和整个制作团队的协作。”

4. Why are there fewer people going to the cinema to watch movies nowadays? 为什么现在去电影院观看电影的人越来越少?

A lot of factors are contributing to that. The convenience of streaming services is a major one - people can access a vast library of content from the comfort of their homes. The cost of cinema tickets,

concessions, and transportation can also be prohibitive for some. Piracy, while illegal, also plays a role. Furthermore, some argue that the quality of films released in cinemas has declined, with many blockbusters prioritizing spectacle over substance. Finally, the pandemic significantly altered viewing habits, and some people are still hesitant to return to crowded public spaces.

中文翻译:

“很多因素促成了这种情况。流媒体服务的便利性是一个主要因素——人们可以从舒适的家中访问庞大的内容库。电影票、零食和交通费用对一些人来说也可能很高。盗版虽然非法，但也起到了一定的作用。此外，一些人认为，在电影院上映的电影质量有所下降，许多大片优先考虑视觉效果而不是实质内容。最后，疫情极大地改变了观看习惯，有些人仍然不愿返回拥挤的公共场所。”

5. What makes a movie a blockbuster? 什么因素会使一部电影成为票房大片?

It's a combination of things. A compelling story is fundamental, but it needs to be packaged in a visually stunning and exciting way. Strong marketing and publicity are crucial for generating awareness and hype. Having well-known actors can certainly help. Timing is also important - releasing a film during a holiday season or when there's less competition can boost its chances of success. Often, blockbusters tap into current cultural trends or address universal

themes that resonate with a broad audience. And, let's be honest, a bit of luck never hurts!

中文翻译:

“这取决于多种因素。引人入胜的故事是根本，但它需要以视觉上令人惊叹和激动人心的方式呈现。强大的营销和宣传对于产生知名度和炒作至关重要。拥有著名的演员肯定会有所帮助。时机也很重要——在节假日或竞争较少的时候上映电影可以增加其成功的机会。通常，大片会抓住当前的文化趋势或处理与广泛观众产生共鸣的普遍主题。而且，说实话，一点运气也永远不会错！”

6. Why do people of different ages like different types of movies?
为什么不同年龄段的人喜欢不同类型的电影？

I think it's largely due to their different life experiences and priorities.

Younger audiences tend to gravitate towards action, fantasy, and comedies that reflect their energy and aspirations. Middle-aged viewers often prefer dramas and thrillers that explore more complex themes and relatable life situations. Older audiences might appreciate historical dramas, biographical films, or lighthearted comedies that offer a sense of nostalgia or escape. Also, the cultural context in which they grew up significantly shapes their taste in movies.

中文翻译:

“我认为这主要与他们不同的生活经历和优先事项有关。年轻观众倾向于喜欢反映他们活力和抱负的动作片、奇幻片和喜剧片。中年观众

通常更喜欢探索更复杂的主题和相关生活情况的剧情片和惊悚片。老年观众可能会欣赏历史剧、传记片或提供怀旧感或逃避现实的轻松喜剧片。此外，他们在什么样的文化背景下长大，也极大地影响了他们对电影的品味。”

Topic 9 分享

1. Do you think kids like to share? Why? 孩子喜欢分享吗?为什么?

It's a really interesting question, and the answer isn't always straightforward. Initially, particularly with very young children, sharing can be quite a challenge. They're in a stage of development where they are establishing a sense of self and ownership, and the idea of letting someone else use their possessions can feel threatening. They haven't fully developed empathy or an understanding of the benefits of cooperation. However, as children grow and interact more with their peers, they gradually begin to understand the joy of sharing. Parents and caregivers play a crucial role in modeling sharing behavior and explaining its positive consequences. Seeing the happiness they bring to others through sharing, and experiencing reciprocal sharing in return, motivates them to share more willingly. It's not necessarily about liking to share at first, but rather learning to understand its importance and experiencing the positive social rewards.

中文翻译: “这是一个非常有趣的问题, 答案并不总是直接的。最初, 特别是对于非常小的孩子来说, 分享可能是一个很大的挑战。他们正

处于发展自我意识和所有权意识的阶段，让别人使用他们的东西会让他们感到威胁。他们还没有完全培养出同情心或对合作的好理解。然而，随着孩子们的成长和与同伴的互动增多，他们逐渐开始理解分享的乐趣。父母和看护者在示范分享行为和解释其积极后果方面发挥着关键作用。看到他们通过分享给他人带来的快乐，并体验到相应的分享回报，会激励他们更乐意地分享。一开始不一定是喜欢分享，而是学习理解它的重要性并体验积极的社会回报。”

2. How can parents teach their children to share? 父母如何教育他们的孩子分享？

There are several effective methods. Firstly, modeling is key. Children learn by observing their parents' behavior. Parents should demonstrate sharing in their own lives, whether it's sharing food, toys, or even their time. Secondly, creating opportunities for sharing is important. Playdates, group activities, and even simply playing with siblings can provide these opportunities. When conflicts arise over sharing, parents should act as mediators, helping children to express their feelings and find compromises. Instead of simply telling a child to share, explain why it's important – 'If you share your blocks with your friend, you can build an even bigger castle together!' Praising and reinforcing sharing behavior is also crucial. A simple 'That was very kind of you to share' can go a long way. Finally, it's important to be patient and understand that learning to share takes time and practice.

中文翻译：“有几种有效的方法。首先，榜样作用至关重要。孩子们通过观察父母的行为来学习。父母应该在自己的生活中展现分享，无论是在分享食物、玩具，还是时间。其次，创造分享的机会很重要。玩伴、集体活动，甚至只是与兄弟姐妹一起玩，都可以提供这些机会。当分享发生冲突时，父母应该充当调解员，帮助孩子表达他们的感受并找到妥协方案。不要只是告诉孩子分享，要解释为什么分享很重要——‘如果你和你的朋友分享你的积木，你们可以一起建造一个更大的城堡！’赞扬和强化分享行为也至关重要。一句简单的‘你分享得很好’就能起到很大的作用。最后，重要的是要有耐心，并理解学习分享需要时间和练习。”

3. What do you think is the benefit of sharing for children? 分享对孩子有什么好处？

The benefits are numerous and far-reaching. Sharing helps children develop crucial social skills like empathy, cooperation, and negotiation. It teaches them to consider the feelings of others and to understand that compromising is often necessary for positive interactions. Sharing also fosters a sense of generosity and altruism, which are important character traits. Beyond social benefits, sharing encourages emotional development. It helps children learn to manage their possessions, delay gratification, and build self-esteem – knowing they can make others happy contributes to their own sense of well-being. Finally, learning to share prepares them for future collaborative environments, like school and the workplace, where teamwork is essential.

中文翻译：“好处是众多且深远的。分享有助于孩子们培养重要的社交技能，如同情心、合作和谈判能力。它教导他们考虑他人的感受，并理解妥协通常是积极互动所必需的。分享也培养了一种慷慨和利他的

品质，这些都是重要的性格特征。除了社交益处外，分享还能促进情感发展。它帮助孩子们学会管理自己的物品，延迟满足感，并建立自信——知道他们能让别人快乐，有助于他们自己的幸福感。最后，学习分享为他们未来的协作环境做准备，例如学校和工作场所，在这些环境中团队合作至关重要。”

4. Is there anything that parents should persuade children to share with others? 父母应该说服孩子与他人分享什么？

I think it's less about persuading and more about guiding. Parents shouldn't force a child to share something they're truly attached to, as that can be counterproductive. However, parents can gently encourage sharing of things like toys that are frequently used, extra art supplies, or even snacks. It's also important to teach children the concept of taking turns. Rather than demanding they give up a toy entirely, suggest, 'Let's play with this together, and then it's your friend's turn.' Sharing time and attention are also incredibly valuable lessons - encouraging a child to share a story or a game with someone else fosters connection and builds social skills. The key is to model respectful sharing and focus on the positive outcomes.

中文翻译：“我认为不如说引导，而不是说服。父母不应该强迫孩子分享他们真正珍惜的东西，因为这可能会适得其反。但是，父母可以温和地鼓励分享像经常使用的玩具、额外的文具，甚至零食这样的东西。重要的是要教孩子们轮流的概念。与其要求他们完全放弃一个玩具，不如建议说‘让我们一起玩这个，然后轮到你的朋友了。’分享时间和关注也是非常宝贵的教训——鼓励孩子与他人分享一个故事或一个游戏，可以促进联系并培养社交技能。关键是树立尊重的分享榜样，并关注积极的结果。”

5. How can governments encourage shared transport? 政府如何鼓励共享交通工具?

Governments can utilize a variety of strategies. Firstly, investing in infrastructure that supports shared transport is crucial – dedicated bike lanes, bus rapid transit systems, and well-maintained public transportation networks. Secondly, financial incentives can play a big role. This could include subsidies for ride-sharing services, tax breaks for carpoolers, or reduced fares for public transport. Regulations also matter – streamlining the permitting process for shared mobility companies, and implementing congestion pricing can encourage people to choose alternatives to private vehicles. Raising public awareness through campaigns highlighting the environmental and economic benefits of shared transport is important. Finally, integrating different modes of transport, like bike-sharing with public transport, through unified ticketing systems, can create a more seamless and attractive experience.

中文翻译：“政府可以利用多种策略。首先，投资于支持共享交通的基础设施至关重要——专用自行车道、快速公交系统以及维护良好的公共交通网络。其次，经济激励措施可以发挥重要作用。这可以包括对拼车服务的补贴、对拼车者的税收减免，或降低公共交通的票价。法规也很重要——简化共享出行公司的许可流程，并实施拥堵收费可以鼓励人们选择替代私家车的方式。提高公众意识，通过宣传共享交通对环境和经济的好处也很重要。最后，通过统一的票务系统，将不同的交通方式（例如自行车共享与公共交通）整合起来，可以创造更无缝、更具吸引力的体验。”

6. Why is it important to share food with others during a celebration? 为什么在庆祝活动中与他人分享食物很重要?

Sharing food during celebrations is deeply rooted in cultural traditions worldwide. It's a powerful symbol of community, connection, and generosity. Food often represents abundance and prosperity, so sharing it is seen as a way to spread good fortune and strengthen bonds with loved ones. The act of preparing and sharing food is also a labor of love, demonstrating care and affection. Furthermore, sharing a meal encourages conversation, laughter, and a sense of togetherness. It's a way to create lasting memories and celebrate the joys of life with those we care about. It's more than just sustenance; it's a social ritual that fosters happiness and strengthens relationships.

中文翻译：“在庆祝活动中分享食物深深植根于世界各地的文化传统中。它是社区、联系和慷慨的有力象征。食物通常代表着丰富和繁荣，因此分享食物被视为传播好运和加强与亲人之间联系的一种方式。准备和分享食物的行为也是一种爱的付出，表达了关心和爱意。此外，共享一餐可以促进对话、欢笑和团结感。这是创造持久回忆和与我们关心的人一起庆祝生活乐趣的一种方式。它不仅仅是食物；它是一种促进幸福和加强关系的社会仪式。”

Topic 10 激励你做有趣事情的人

1. What qualities make someone a role model? 什么品质使一个人成为楷模?

A good role model typically possesses qualities like integrity, resilience, and a strong work ethic. They demonstrate kindness, empathy, and a commitment to their values. Crucially, they also practice what they preach, consistently exhibiting the behaviors they advocate for. Furthermore, they often have a positive attitude and the ability to inspire others to reach their full potential.

中文翻译：“一个好的楷模通常具备正直、坚韧和强烈的工作道德等品质。他们表现出善良、同情心以及对自身价值观的承诺。至关重要的是，他们还言行一致，始终表现出他们所倡导的行为。此外，他们通常拥有积极的态度，并能够激励他人充分发挥潜力。”

2. Why should children learn from role models? 为什么孩子们应该向楷模学习？

Learning from role models is incredibly beneficial for children's development. Role models provide a tangible example of positive behavior, helping children understand how to navigate challenges and make ethical decisions. They inspire children to set goals and strive for excellence. Seeing someone they admire succeed can boost a child's confidence and self-belief. Furthermore, role models can expose children to new perspectives and possibilities, broadening their horizons and fostering a sense of purpose.

中文翻译：“向楷模学习对孩子的发展非常有益。楷模提供了积极行为的具体例子，帮助孩子们理解如何应对挑战并做出合乎道德的决定。他们激励孩子们设定目标并努力追求卓越。看到他们钦佩的人成功可

以增强孩子的自信心和自我信念。此外，楷模可以向孩子们展示新的视角和可能性，拓宽他们的视野并培养目标感。”

3. Who can influence children more, teachers or parents? 谁能更多地影响孩子，老师还是父母？

It's a complex relationship, and it's rarely an either/or situation.

Generally, parents have the most significant and lasting influence, particularly in a child's early years, as they shape their core values and beliefs. However, teachers play a vital role in a child's intellectual and social development. They expose children to different ideas and perspectives, and can be particularly influential during school years. Ideally, parents and teachers should work collaboratively to provide a consistent and supportive environment for the child.

中文翻译：“这是一个复杂的关系，通常不是非此即彼的情况。一般来说，父母的影响最大且最持久，尤其是在孩子早期，因为他们塑造了孩子核心价值观和信仰。然而，老师在孩子智力和社会发展中发挥着重要作用。他们让孩子们接触不同的思想和观点，并且在学年期间可能具有特别的影响力。理想情况下，父母和老师应该共同努力，为孩子提供一致和支持的环境。”

4. What kind of international news inspires people? 什么类型的国际新闻能激励人们？

Stories of resilience, innovation, and humanitarian efforts often inspire people the most. News about individuals or communities overcoming significant challenges, like natural disasters or political unrest, can be incredibly motivating. Reports of scientific

breakthroughs, technological advancements, or artistic achievements also tend to inspire. Furthermore, news that highlights acts of kindness, compassion, and global cooperation, showcasing the best of humanity, can foster hope and encourage positive action.

中文翻译: “关于坚韧、创新和人道主义努力的故事通常最能激励人们。关于个人或社区克服重大挑战（如自然灾害或政治动荡）的新闻可以极具启发性。关于科学突破、技术进步或艺术成就的报道也往往会激励人心。此外，突出善良、同情和全球合作行为的新闻，展示人类的最好一面，可以培养希望并鼓励积极行动。”

5. Besides parents and teachers, who else can motivate children? 除了父母和老师，还有谁能激励孩子？

A wide range of people can serve as positive influences. Grandparents, siblings, coaches, mentors, and even admired public figures can motivate children. Friends who demonstrate positive qualities, like kindness and perseverance, can also be inspiring. It's important to remember that children often look up to people who share their interests, so individuals involved in hobbies or activities they enjoy can have a significant impact. The key is that these individuals embody characteristics children admire and aspire to.

中文翻译: “许多人都可以成为积极的影响力。祖父母、兄弟姐妹、教练、导师，甚至受人尊敬的公众人物都可以激励孩子。表现出善良和毅力等积极品质的朋友也可以鼓舞人心。重要的是要记住，孩子们通常会仰望那些与他们有共同兴趣的人，因此参与他们喜欢的爱好或活动的人可能产生重大影响。关键是这些人体现了孩子们钦佩和渴望拥有的品质。”

6. Can online teaching motivate students to learn? How? 在线教学能激励学生学习吗?如何做到的?

Yes, absolutely, although it requires a thoughtful approach. Online teaching can be highly motivating by offering personalized learning experiences tailored to individual student needs. Interactive elements, like virtual simulations, gamification, and multimedia resources, can make learning more engaging and fun. The flexibility of online learning allows students to learn at their own pace and on their own schedule, which can reduce stress and increase motivation. However, effective online teaching also requires strong teacher-student interaction, clear communication, and a supportive online community.

中文翻译: “是的, 当然, 尽管这需要一种深思熟虑的方法。在线教学可以通过提供根据学生个人需求量身定制的个性化学习体验来高度激励学生。虚拟模拟、游戏化和多媒体资源等互动元素可以使学习更具吸引力和趣味性。在线学习的灵活性允许学生按照自己的节奏和时间表学习, 这可以减轻压力并提高动力。然而, 有效的在线教学还需要强大的师生互动、清晰的沟通和支持性的在线社区。”

Topic 11 克服苦难终成功

1. Should people set goals for themselves? 人们应该为自己设定目标吗?

Absolutely. I think setting goals isn't just a positive life strategy, it's almost intrinsic to the human experience. We're driven by a desire

for progress and self-improvement. It's not necessarily about achieving some monumental outcome, but the process of defining what genuinely matters to you, breaking that down into manageable steps, and then actively working towards it. This process cultivates a crucial sense of agency and self-efficacy – the belief in your own capability. Even if you don't fully reach the goal, the lessons learned along the way – the resilience built, the problem-solving skills honed – are invaluable. It's less about the destination and far more about the journey of personal growth and self-discovery. In a world that often feels chaotic and unpredictable, having defined goals provides a sense of control and direction.

中文翻译：当然。我认为设定目标不仅仅是一种积极的生活策略，它几乎是人类体验的内在组成部分。我们被进步和自我完善的渴望所驱动。这不一定是为了实现某个宏伟的目标，而是定义对你真正重要的事情、将其分解为可管理的步骤，然后积极为之努力的过程。这个过程培养了一种关键的能动性和自我效能感——对自身能力的信念。即使你没有完全实现目标，沿途所获得的经验——建立的韧性、磨练的解决问题的能力——也是无价的。重要的是个人成长和自我发现的旅程，而不仅仅是结果。在一个常常感觉混乱和不可预测的世界里，明确的目标能提供一种掌控感和方向感。

2. How would you define success? 您如何定义成功？

Success is a deeply subjective concept, and I believe the traditional definitions – focusing solely on wealth, social status, or career advancement – are increasingly inadequate and frankly, limiting.

For me, genuine success is about living a life that authentically aligns with your core values. It's about finding fulfillment and purpose in what you do, cultivating meaningful and supportive relationships, and contributing to something larger than yourself – even if it's just making a positive impact on your local community. It's about internal contentment and a sense of peace, rather than external validation or material possessions. A truly successful person is someone who lives intentionally, embraces challenges, and continually strives to become a better version of themselves.

中文翻译：成功是一个非常主观的概念，我认为传统的定义——仅仅关注财富、社会地位或职业发展——越来越不充分，而且坦率地说，也具有局限性。对我来说，真正的成功是过一种真正符合你核心价值观的生活。它在于在所做的事情中找到满足感和目标，培养有意义和支持性的关系，并为比自己更大的事业做出贡献——即使只是对当地社区产生积极影响。它在于内心的满足感和一种平和感，而不是外部的认可或物质财富。一个真正成功的人是那些有意识地生活、拥抱挑战并不断努力成为更好的自己的人。

3. How can we judge whether young people are successful nowadays? 如何判断当代年轻人是否成功?

That's a really complex question. I think relying solely on traditional metrics like academic achievements or financial stability is terribly short-sighted. The world is changing so rapidly. We need to broaden our perspective and consider qualities like adaptability, resilience in the face of adversity, and emotional intelligence – the ability to

understand and manage their own emotions and empathize with others. Are they developing skills that will be relevant in the future job market, which is constantly evolving? Are they building strong social connections and a supportive network? And crucially, are they prioritizing their mental and physical well-being? These are often overlooked indicators of success that paint a much more holistic picture of a young person's potential.

中文翻译: 这是一个非常复杂的问题。我认为仅仅依靠传统的衡量标准, 如学业成就或经济稳定, 是非常目光短浅的。世界变化如此之快。我们需要拓宽视野, 考虑适应能力、面对逆境时的韧性和情商——理解和管理自己情绪以及同情他人能力等品质。他们正在培养在不断发展的未来就业市场中相关的技能吗? 他们正在建立牢固的社会联系和支持网络吗? 最重要的是, 他们是否优先考虑他们的心理和身体健康? 这些往往被忽视的指标能更全面地展现一个年轻人的潜力。

4. Are successful people often lonely?成功人士是否经常感到孤独?

I think it's a paradoxical situation. On the one hand, successful people often operate under intense pressure, with incredibly demanding schedules that leave little time for genuine personal connection. They might be surrounded by people, but true intimacy can be difficult to find. On the other hand, they may struggle to form truly authentic relationships, as people may be drawn to their success rather than to them as individuals. Building genuine connections requires vulnerability and authenticity, and that can be

difficult for those who are accustomed to maintaining a polished public image. It's a delicate balance between achieving your goals and nurturing meaningful relationships.

中文翻译: 我认为这是一种悖论。一方面, 成功人士常常面临巨大的压力, 并且日程安排非常紧张, 以至于很少有时间进行真正的个人联系。他们可能被很多人包围, 但真正的亲密关系很难找到。另一方面, 他们可能难以建立真正真诚的关系, 因为人们可能会被他们的成功所吸引, 而不是被他们作为个体所吸引。建立真诚的联系需要脆弱和真实, 对于那些习惯于维护完美公众形象的人来说, 这可能很困难。在实现目标和培养有意义的关系之间取得平衡是一件微妙的事情。

5. What kinds of success can students achieve at school? 学生 **在学校能取得什么样的成功?**

School success is far more multifaceted than simply achieving good grades, though that's undoubtedly a component. It's about developing critical thinking skills, learning how to collaborate effectively with others, and discovering your passions and intellectual curiosities. A student might be considered "successful" if they overcome a significant learning challenge, actively participate in extracurricular activities and leadership roles, mentor a younger student, or even simply demonstrate a consistent improvement in effort and engagement. It's about holistic development – fostering not just academic proficiency but also character, resilience, and a lifelong love of learning.

中文翻译: 学校的成功远不止于取得好成绩, 尽管这无疑是一个组成

部分。它在于培养批判性思维能力、学习如何与他人有效协作以及发现你的激情和智力好奇心。如果一个学生克服了重大的学习挑战、积极参与课外活动和领导角色、辅导年幼的学生，或者仅仅表现出持续的努力和投入，那么就可以认为他/她是“成功”的。这是一种全面的发展——培养学术能力以及品格、韧性和终身学习的热爱。

6. Should students be proud of their success? 学生是否应该为自己的成功感到自豪？

Absolutely, they should. Pride, when earned through hard work, dedication, and perseverance, is a healthy and vital emotion. It's important for students to acknowledge and celebrate their accomplishments, both big and small, as this boosts their self-esteem and motivates them to continue striving for excellence. However, it's equally crucial to emphasize humility and avoid arrogance. Success shouldn't come at the expense of empathy and respect for others. Learning to celebrate your achievements gracefully, while remaining grounded and compassionate, is an important life skill.

中文翻译：当然，他们应该为自己的成功感到自豪。通过努力、奉献和毅力获得的骄傲是一种健康而重要的情感。学生应该承认并庆祝他们的成就，无论大小，因为这可以提高他们的自尊并激励他们继续努力追求卓越。然而，同样重要的是强调谦逊和避免傲慢。成功不应以牺牲对他人的同情和尊重为代价。优雅地庆祝你的成就，同时保持谦逊和同情心，是一项重要的生活技能。

Topic 12 奇装异服的人

1. What are the differences between clothes worn by old people and those by young people? 老年人和年轻人穿的衣服有什么不同？

The differences between the clothing choices of older and younger generations are quite striking, and it's rooted in shifting cultural values and priorities. Generally speaking, older individuals tend to favor classic styles, prioritizing comfort and practicality. You'll often see them opting for more conservative silhouettes, muted colors, and fabrics that are easy to care for, like cotton or wool. They often grew up in an era where clothes were seen as investments – things to be worn for a long time. Younger generations, on the other hand, are much more influenced by fast fashion and social media trends. They're more willing to experiment with bold colors, different textures, and unconventional designs. Self-expression is a huge driver for younger people, and clothing is often used as a way to signal their identity, affiliations, and subcultures. There's also a greater emphasis on brand names and showcasing a curated aesthetic, often documented on platforms like Instagram. The lines are blurring a bit now, with older generations sometimes adopting more trendy pieces, but the fundamental difference remains – comfort and longevity versus experimentation and self-expression.

中文翻译: 老年人和年轻人服装的选择差异非常明显, 这源于不断变化的文化价值观和优先事项。一般来说, 老年人倾向于选择经典款式, 优先考虑舒适性和实用性。你经常会看到他们选择更保守的廓形、柔和的颜色以及易于打理的面料, 如棉或羊毛。他们往往在一个将衣服视为投资的时代长大——可以穿很久东西。另一方面, 年轻一代

受到快时尚和社会媒体趋势的影响更大。他们更愿意尝试大胆的颜色、不同的纹理和非常规的设计。自我表达是年轻人的巨大动力，服装通常被用作一种表达他们的身份、归属和亚文化的方式。品牌名称和展示精心打造的美学也越来越重要，这通常在 Instagram 等平台上记录下来。虽然现在的界限有些模糊，老年人有时也会采用更潮流的单品，但根本区别仍然存在——舒适性和耐用性与实验性和自我表达。

2. What kind of clothes do people wear in the workplace? 人们在工作场所穿什么样的衣服？

Workplace attire has undergone a significant transformation in recent years, and it varies considerably depending on the industry. The traditional business suit, once the standard in most offices, is becoming less common. Many companies, especially in the tech and creative sectors, have adopted a more casual dress code, allowing employees to wear smart casual attire – think tailored trousers or skirts, button-down shirts, and blazers. However, even in these relaxed environments, a level of professionalism is still expected. More formal professions like law, finance, and consulting still generally require a more traditional business suit, particularly when meeting with clients. The trend is definitely towards greater comfort and individuality, but it's important to strike a balance between looking professional and feeling comfortable. Some companies are even experimenting with completely flexible dress codes, allowing employees to wear whatever they feel comfortable in, as long as it's appropriate for the workplace environment.

中文翻译: 近年来, 工作场所的着装发生了重大转变, 并且因行业而异。曾经在大多数办公室中成为标准的传统商务套装正变得越来越少见。许多公司, 特别是科技和创意行业, 已经采用了更休闲的着装规范, 允许员工穿着智能休闲服装——例如, 量身定制的裤子或裙子、纽扣衬衫和西装外套。然而, 即使在这些轻松的环境中, 仍然期望达到一定的专业水平。法律、金融和咨询等更正式的行业通常仍然要求穿着更传统的商务套装, 尤其是在与客户会面时。趋势肯定是朝着更大的舒适性和个性化发展, 但重要的是要在看起来专业和感觉舒适之间取得平衡。有些公司甚至在尝试完全灵活的着装规范, 只要适合工作环境, 员工就可以穿他们觉得舒适的衣服。

3. Do you think it is a good idea to buy clothes online?你认为网上购买衣服是个好主意吗?

I think buying clothes online offers a lot of benefits, but it's not without its drawbacks. The convenience is undeniable – you can shop from the comfort of your own home at any time of day. The selection is also far more extensive online than in any brick-and-mortar store, giving you access to a wider range of brands and styles. However, one of the biggest challenges is accurately gauging the fit and quality of clothes before you buy them. Photos can be misleading, and it's difficult to feel the fabric or try things on. Returns can also be a hassle, and shipping costs can add up. I think a smart approach is to stick to retailers with generous return policies, read customer reviews carefully, and, if possible, purchase from brands you're already familiar with in terms of sizing. Ultimately, it's a trade-off between convenience and the ability to physically assess the garment.

中文翻译: 我认为网上购买衣服有很多好处, 但也存在一些缺点。便利性是毋庸置疑的——您可以随时随地舒适地在家购物。在线选择范围也比任何实体店都广泛得多, 让您可以接触到更广泛的品牌和款式。然而, 最大的挑战之一是在购买前准确评估衣服的合身度和质量。照片可能会具有误导性, 很难触摸面料或试穿。退货也可能很麻烦, 运费可能会增加。我认为明智的做法是选择具有慷慨退货政策的零售商, 仔细阅读客户评论, 并且, 如果可能的话, 从您已经熟悉其尺寸的品牌处购买。最终, 这是便利性和身体评估服装能力之间的权衡。

4. Do you think young people wear unusual clothes more than other age groups? 年轻人穿奇怪衣服的比例比其他年龄段高吗?

I think there's definitely a tendency for younger people to experiment with more unusual clothing styles. It's a period of life where they're actively exploring their identity and trying to define themselves, and fashion is a powerful tool for self-expression. They're less constrained by traditional norms and expectations, and more willing to push boundaries and embrace new trends. This isn't to say that older generations don't ever wear unconventional clothes, but it's generally less common. Younger people also have a stronger influence from social media and celebrity culture, which encourages them to embrace more daring and innovative looks. Additionally, they're often less concerned about what others think, which allows them to express themselves more freely through their clothing choices. It's about challenging conventions and making a statement.

中文翻译: 我认为年轻人倾向于尝试更多不寻常的服装风格。这是他们积极探索身份并试图定义自己的生活阶段,而时尚是自我表达的强大工具。他们受到传统规范和期望的约束较少,更愿意突破界限并拥抱新趋势。这并不是说老年人从不穿非常规的衣服,但通常不太常见。年轻人还受到社交媒体和名人文化的影响,这鼓励他们拥抱更大胆和创新的造型。此外,他们通常不太在意别人的看法,这让他们可以通过服装选择更自由地表达自己。这是关于挑战传统和发出声明。

5. Do you think that the style of the clothing is more important than its comfort?衣服的风格比舒适度更重要吗?

That's a really interesting question, and I think it's a matter of personal priorities. Historically, there's been a tension between style and comfort. People often sacrificed comfort for the sake of fashion, particularly in the pursuit of looking sophisticated or trendy. However, I think that's changing. There's a growing awareness of the importance of well-being, and people are increasingly prioritizing comfort in their everyday lives. That said, style still plays a significant role in how we present ourselves to the world. It's about conveying a certain image or message. I think the ideal scenario is to find clothes that are both stylish *and* comfortable, and thankfully, there are more options available now than ever before. It's about finding that balance – looking good and feeling good.

中文翻译: 这是一个非常有趣的问题,我认为这取决于个人的优先事项。从历史上看,风格和舒适度之间一直存在紧张关系。人们常常为了时尚牺牲舒适度,尤其是在追求精致或时尚的外观时。然而,我认为情况正在发生变化。人们越来越意识到健康的重要性,并且越来越重视日常生活的舒适度。话虽如此,风格仍然在我们向世界展示自己的方式中发挥着重要作用。这是关于传达某种形象或信息。我认为理想的情况是找到既时尚又舒适的衣服,值得庆幸的是,现在比以往任

何时候都提供更多的选择。关键是找到平衡点——看起来不错，感觉也很好。

6.What factors affect people's decisions when buying clothes? 人们购买衣服时受到哪些因素的影响？

Several factors come into play when people are deciding what to buy. Cost is obviously a major consideration, especially in the current economic climate. Quality and durability are also important, as people want clothes that will last. Brand reputation and social status often play a role, particularly for those who are influenced by marketing and advertising. Personal style and body type are crucial, as people want clothes that flatter their figure and reflect their personality. Trends and fashion cycles also have a significant impact, but increasingly, people are focusing on sustainability and ethical production practices. Comfort is becoming more important, as is versatility – the ability to mix and match items to create different outfits. And of course, the occasion for which the clothes are being purchased also influences the decision. It's a complex interplay of practical needs, personal preferences, and social influences.

中文翻译：当人们决定购买什么时，有几个因素会影响他们的决定。成本显然是一个主要考虑因素，尤其是在当前经济形势下。质量和耐用性也很重要，因为人们想要耐穿的衣服。品牌声誉和社会地位通常发挥作用，尤其是那些受营销和广告影响的人。个人风格和体型至关重要，因为人们想要能衬托他们的身材并反映他们个性的衣服。潮流和时尚周期也有重大影响，但越来越多的人关注可持续性和道德生产实践。舒适度越来越重要，通用性也很重要——能够混合搭配单品来

打造不同的服装。当然，购买衣服的场所也会影响决定。这是一系列实用需求、个人偏好和社会影响的复杂相互作用。

Topic 13 不同文化的朋友

1. Is it easy to meet people from different cultural backgrounds in your country?

I'd say it's become significantly easier in recent decades, particularly in urban areas. My country has experienced a considerable increase in immigration, leading to a truly diverse population. Major cities are bustling hubs of different cultures, with vibrant ethnic enclaves and numerous cultural festivals and events that bring people together. Beyond that, international student programs and the rise of globalized workplaces also contribute to increased intercultural interaction. However, it's not uniformly easy across the country. In more rural or isolated areas, opportunities to meet people from different backgrounds might be more limited. Still, generally speaking, I think my country is actively becoming more open and connected, making it easier than ever to forge relationships with people from all over the world.

中文翻译: 我认为在近几十年里, 这种情况变得越来越容易, 尤其是在城市地区。我的国家经历了大量移民, 导致人口真正多样化。主要城市是不同文化的繁华中心, 拥有充满活力的民族聚居地以及将人们聚集在一起的众多文化节日和活动。除此之外, 国际学生项目和全球化工作场所的兴起也促进了跨文化交流。然而, 在全国范围内, 这并不容易实现。在农村或偏远地区, 遇到来自不同背景的人的机会可能更有限。尽管如此, 总的来说, 我认为我的国家正在积极变得更加开

放和互联，这使得与来自世界各地的人建立关系比以往任何时候都更容易。

2.What do people from different cultural backgrounds usually talk about with each other?

It really varies depending on the individuals involved and how well they know each other, but I've observed some common themes. Initially, conversations often revolve around comparing cultural norms and experiences – things like food, music, traditions, and celebrations. People are naturally curious about how life is different in other parts of the world. As relationships develop, the topics expand to include more personal matters like family, hobbies, and aspirations. It's also common to discuss current events, but often with a sensitivity to differing perspectives. A good conversation usually involves a genuine exchange of ideas and a willingness to learn from each other. And importantly, shared humor often transcends cultural boundaries and helps to build rapport.

中文翻译: 这确实取决于所涉及的个人以及他们彼此的了解程度，但我观察到一些常见的主题。最初，对话通常围绕比较文化规范和经验展开——例如食物、音乐、传统和庆祝活动。人们自然对世界其他地方的生活方式感到好奇。随着关系的发展，话题会扩展到包括家庭、爱好和愿望等更私人的事情。讨论时事也很常见，但通常要对不同的观点保持敏感。一次良好的对话通常涉及真诚的思想交流和彼此学习的意愿。而且，重要的是，共同的幽默常常超越文化障碍，有助于建立融洽的关系。

3.Is it good to live in a multicultural society?

Absolutely. I firmly believe that multicultural societies are far more vibrant and resilient than homogenous ones. Diversity fosters innovation and creativity by bringing together different perspectives and ideas. It expands our understanding of the world, challenges our assumptions, and promotes tolerance and empathy. Of course, there can be challenges with integration, such as language barriers or cultural misunderstandings, but the benefits far outweigh the drawbacks. A multicultural society is a richer, more dynamic, and ultimately more fulfilling place to live. It prepares us to navigate an increasingly globalized world and allows us to learn from the wisdom of different cultures.

中文翻译: 当然。我坚信多元文化社会比同质社会更充满活力和韧性。多样性通过汇集不同的观点和想法来促进创新和创造力。它扩展了我们对世界的理解, 挑战了我们的假设, 并促进了宽容和同情心。当然, 融合可能会面临挑战, 例如语言障碍或文化误解, 但收益远远大于弊端。多元文化社会是一个更丰富、更动态、最终更令人满足的生活场所。它使我们能够应对日益全球化的世界, 并让我们从不同文化的智慧中学习。

4. What are the advantages of being friends with people from different cultural backgrounds?

The advantages are immense. Firstly, it broadens your worldview and challenges your own cultural biases. You learn to see things from different perspectives and appreciate the diversity of human experience. Secondly, it enhances your communication skills – you

become more adept at navigating cultural differences and adapting your communication style. Thirdly, it introduces you to new traditions, foods, music, and ways of life, enriching your own life in countless ways. And finally, it fosters empathy and understanding, helping you to become a more open-minded and compassionate individual. These friendships often lead to lifelong learning and personal growth.

中文翻译: 好处是巨大的。首先,它拓宽了你的世界观,并挑战了你自己的文化偏见。你学会从不同的角度看待事物,并欣赏人类经验的多样性。其次,它提高了你的沟通能力——你变得更善于应对文化差异并调整你的沟通方式。第三,它让你接触到新的传统、食物、音乐和生活方式,以无数种方式丰富你自己的生活。最后,它培养了同理心和理解力,帮助你成为一个更有开放思想和同情心的人。这些友谊通常会带来终身学习和个人成长。

5. Why do people choose to travel or live abroad?

There's a multitude of reasons. For some, it's a desire for personal growth and self-discovery. They want to step outside their comfort zone, challenge themselves, and gain a new perspective on life. Others are driven by career opportunities – seeking better jobs or pursuing international collaborations. Still others are motivated by a curiosity about different cultures and a desire to experience new ways of life. And increasingly, people are drawn to the idea of a more flexible and adventurous lifestyle. Traveling or living abroad can also provide a valuable education, allowing you to learn a new language,

develop intercultural skills, and broaden your understanding of the world.

中文翻译: 有很多原因。有些人渴望个人成长和自我发现。他们想走出舒适区, 挑战自己, 并获得对生活的新视角。其他人则受到职业机会的驱动——寻求更好的工作或开展国际合作。还有一些人出于对不同文化的渴望以及体验新生活方式的愿望。越来越多的人被一种更灵活和冒险的生活方式所吸引。旅行或居住在国外还可以提供宝贵的教育, 让你学习一门新语言, 培养跨文化技能, 并拓宽你对世界的理解。

6. What are the benefits of living in another country?

Living in another country is a truly transformative experience. It forces you to adapt to new situations, learn new skills, and develop a greater sense of independence and resilience. It provides a unique opportunity to immerse yourself in a different culture, learn a new language, and broaden your perspective on the world. It also fosters empathy and understanding, as you're constantly interacting with people who have different values, beliefs, and ways of life. Beyond the personal benefits, it can also enhance your career prospects, making you a more attractive candidate in the global job market. And ultimately, it's a chance to create lasting memories and forge deep connections with people from all walks of life.

中文翻译: 居住在另一个国家是一种真正变革性的经历。它迫使你适应新的情况, 学习新的技能, 并培养更大的独立性和韧性。它为你提供了一个独特的机会, 让你沉浸在不同的文化中, 学习一门新语言, 并拓宽你对世界的看法。它还培养了同理心和理解力, 因为你不断与价值观、信仰和生活方式不同的人互动。除了个人利益之外, 它还可

以提高你的职业前景，让你成为全球就业市场中更有吸引力的候选人。最终，这是一个创造持久回忆并与来自各行各业的人建立深厚联系的机会。

Topic 14 决意等待

1.What do people in your country often do while waiting?

I think the way people occupy their time while waiting in my country has been dramatically shaped by the widespread adoption of smartphones. You'll see a lot of people glued to their devices – scrolling through social media feeds, watching videos on platforms like YouTube or TikTok, or playing mobile games. This is particularly true in queues or during commutes. However, it's not *everyone*. You still see some people reading books or newspapers, listening to music or podcasts through headphones, or engaging in conversations with those around them. In public spaces like parks or train stations, people might also use the time to people-watch or simply daydream. There's also been a rise in the use of productivity apps – people responding to emails or getting a bit of work done while they wait. So it's a mix, but technology is definitely the dominant form of entertainment while waiting.

中文翻译: 我认为在我的国家，人们利用等待时间的方式受到了智能手机普及的巨大影响。你会看到很多人盯着他们的设备——滚动社交媒体，观看 YouTube 或 TikTok 上的视频，或玩手机游戏。这在排队或通勤时尤其如此。然而，并非所有人如此。你仍然会看到一些人阅读书籍或报纸，戴着耳机听音乐或播客，或者与周围的人交谈。在公园或火车站等公共场所，人们也可能会利用时间观察人群或只是做白日梦。此外，生产力应用程序的使用也有所增加——人们在等待时回复电子邮件或完成一些工作。所以情况各不相同，但技术无疑是等待时主要的娱乐方式。

2.Why do some people like a slow-paced life?

I think the appeal of a slow-paced life is rooted in a desire for greater well-being and a rejection of the pressures of modern society. Many people feel overwhelmed by the constant demands of work, technology, and social expectations. A slower pace allows them to prioritize experiences over material possessions, focus on

meaningful relationships, and cultivate a sense of inner peace. It's also about reconnecting with nature, savoring simple pleasures, and appreciating the present moment. For some, it's a deliberate choice to step back from the "rat race" and create a more sustainable and fulfilling lifestyle. They might choose to live in a rural area, pursue hobbies that bring them joy, or simply prioritize quality time with loved ones. Ultimately, it's about finding a balance between productivity and contentment, and living life on your own terms.

中文翻译: 我认为慢节奏生活的吸引力源于对更大幸福感的渴望以及对现代社会压力的拒绝。许多人感到工作、技术和社会期望的持续要求让他们不堪重负。较慢的节奏让他们能够优先考虑体验而非物质财富, 专注于有意义的关系, 并培养内心的平静。它还关乎与大自然重新建立联系, 享受简单的快乐, 并珍惜当下。对于一些人来说, 这是一个有意识的选择, 可以退出“生存竞争”, 并创造一种更可持续和充实的生活方式。他们可能会选择住在农村地区, 追求能给他们带来快乐的爱好, 或者只是优先考虑与亲人共度美好时光。归根结底, 这是关于在生产力和满足感之间找到平衡, 并按照自己的意愿生活。

3.Is being patient good for people? Why?

Absolutely. Patience is a hugely valuable trait, with benefits extending to almost every aspect of life. From a psychological perspective, patience is closely linked to emotional regulation and stress management. Being able to remain calm and composed in frustrating situations reduces anxiety and promotes a sense of well-being. It also fosters better relationships, as it allows you to respond to others with empathy and understanding rather than anger or frustration. In practical terms, patience can lead to better decision-making, as it prevents you from rushing into things without carefully considering your options. It's a sign of maturity and self-control, and

it's often seen as a virtue in many cultures. Ultimately, patience isn't about passively accepting things, but about approaching challenges with a calm and resilient mindset.

中文翻译: 当然。耐心是一种非常有价值的品质, 其益处扩展到生活的几乎各个方面。从心理学的角度来看, 耐心与情绪调节和压力管理密切相关。在令人沮丧的情况下保持冷静和镇定可以减轻焦虑并促进幸福感。它还可以培养更好的关系, 因为它让你能够以同理心和理解心而不是愤怒或沮丧来回应他人。在实际方面, 耐心可以做出更好的决策, 因为它防止你仓促行事而未仔细考虑你的选择。这是成熟和自控的表现, 并且在许多文化中通常被视为一种美德。归根结底, 耐心不是被动地接受事物, 而是以冷静和坚韧的心态迎接挑战。

4.Are people less patient now than people in the past? Why?

I think there's a strong argument to be made that people are generally less patient now than they were in previous generations, and I believe technology plays a significant role. We live in a culture of instant gratification, where we expect immediate results and instant access to information. The prevalence of fast food, on-demand entertainment, and instant communication has conditioned us to expect everything quickly. Social media also contributes to this, as it exposes us to a constant stream of stimuli and encourages us to seek novelty and excitement. Furthermore, the fast pace of modern life and the increasing demands on our time can leave us feeling stressed and overwhelmed, making it more difficult to

practice patience. While patience has always been a virtue, it seems increasingly challenging to cultivate in the modern world.

中文翻译: 我认为有充分的理由认为现在的人普遍比以前几代人更缺乏耐心, 我相信技术发挥了重要作用。我们生活在一个即时满足的文化中, 我们期望立即获得结果并即时访问信息。快餐、点播娱乐和即时通讯的普及让我们习惯于快速获得一切。社交媒体也对此有贡献, 因为它让我们接触到持续的刺激, 并鼓励我们寻求新奇和刺激。此外, 现代生活节奏加快, 我们时间的需求增加, 这让我们感到压力和不堪重负, 从而更难培养耐心。耐心一直是一种美德, 但似乎在现代世界中越来越难以培养。

5. Why do children lack patience?

Children's lack of patience is largely a result of their developing brains and limited life experience. They're still learning about concepts like time and delayed gratification. Their prefrontal cortex, the part of the brain responsible for impulse control and planning, is not fully developed until early adulthood. This means they struggle to anticipate future consequences and regulate their emotions effectively. Everything is new and exciting to children, and they naturally want to explore and experience things *now*. They haven't yet learned the coping mechanisms for dealing with frustration or boredom. Also, children are naturally more present-focused than adults, making it harder for them to understand why they might have to wait for something they want. It's a normal part of development, and patience is a skill that children gradually learn over time with

guidance and support from their parents and caregivers.

中文翻译: 孩子们缺乏耐心很大程度上是由于他们正在发育的大脑和有限的生活经验造成的。他们仍在学习时间以及延迟满足等概念。负责冲动控制和计划的大脑前额叶皮层直到成年早期才完全发育。这意味着他们难以预见未来的后果并有效地调节自己的情绪。一切对孩子们来说都是新的和令人兴奋的, 他们自然希望现在就去探索和体验事物。他们还没有学会应对沮丧或无聊的机制。此外, 孩子们比成年人更注重当下, 这使得他们很难理解为什么他们可能必须等待他们想要的东西。这是发育的正常过程, 耐心是一种技能, 孩子们会随着时间的推移, 在父母和照顾者的指导和支持下逐渐学会。

6. How can people become more patient?

Developing patience is definitely a skill that can be cultivated with practice. One effective technique is mindfulness meditation, which involves focusing on the present moment without judgment. This can help you to become more aware of your thoughts and emotions, and to respond to challenging situations with greater calm. Another strategy is to reframe your thinking – instead of viewing waiting as a negative experience, try to see it as an opportunity for relaxation or reflection. Practicing gratitude can also help to shift your focus away from what you're lacking and towards what you already have. It's

also important to manage your expectations and accept that not everything will go according to plan. Finally, being patient with *yourself* is crucial – don't get discouraged if you slip up, just keep practicing and remind yourself that patience is a journey, not a destination.

中文翻译: 培养耐心是一项可以通过练习培养的技能。一种有效的技巧是正念冥想, 它包括专注于当下而不加评判。这可以帮助你更了解自己的想法和情绪, 并以更大的冷静来应对具有挑战性的情况。另一种策略是重塑你的思维——不要将等待视为一种消极的体验, 而是尝试将其视为放松或反思的机会。练习感恩也可以帮助你将注意力从你缺乏的东西转移到你已经拥有的东西上。重要的是要管理你的期望并接受并非一切都会按计划进行。最后, 对自己有耐心至关重要——如果你犯了错误, 不要气馁, 继续练习并提醒自己, 耐心是一种旅程, 而不是目的地。

Topic 15 有趣小说/故事

1. Do you prefer to read e-books or printed books?

I definitely lean towards printed books, although I recognize the convenience of e-books. For me, the physical experience of holding a book, turning the pages, and even the smell of the paper is a big part of the enjoyment. I find it easier to focus and absorb information

when reading a printed book – there are fewer distractions. E-books are fantastic for travel, as you can carry so many titles on a single device, and the adjustable font sizes and built-in dictionaries are very useful. However, I often find myself skimming through e-books rather than truly immersing myself in the story. There's something about the tangible nature of a physical book that encourages a slower, more deliberate reading experience, and that's what I prefer.

中文翻译: 我绝对倾向于纸质书, 尽管我承认电子书的便利性。对我来说, 拿着书、翻页, 甚至纸张的气味都是享受的一部分。我发现阅读纸质书更容易集中注意力并吸收信息——干扰较少。电子书非常适合旅行, 因为你可以单个设备上携带如此多的标题, 可调节的字体大小和内置字典非常有用。然而, 我经常发现自己只是浏览电子书, 而不是真正沉浸在故事中。纸质书的物质性鼓励更慢、更认真的阅读体验, 这就是我喜欢的。

2. What kinds of novels are suitable for a film adaptation?

I think novels with strong visual elements and a compelling narrative structure translate best to film. Stories that are heavily character-driven, with clear conflicts and motivations, tend to work well. Epic fantasy or science fiction novels, like *Lord of the Rings* or *Dune*, often make successful adaptations because they lend themselves to

spectacular visuals and immersive world-building. However, complex internal monologues or overly descriptive prose can be difficult to convey on screen. Also, novels with a relatively straightforward plot are generally easier to adapt than those with intricate twists and turns. It's a delicate balance between staying true to the source material and making necessary changes to fit the demands of the cinematic medium.

中文翻译: 我认为具有强烈视觉元素和引人入胜的叙事结构的小说最适合改编成电影。以角色为导向、具有明确冲突和动机的故事往往效果很好。像《指环王》或《沙丘》这样的史诗奇幻或科幻小说通常会成功改编, 因为它们适合壮观的视觉效果和沉浸式的世界构建。然而, 复杂的内心独白或过分描述的散文很难在屏幕上表现出来。此外, 情节相对简单的书籍通常比情节错综复杂的小说更容易改编。在忠于原始材料和做出必要的改变以适应电影媒介的需求之间, 需要取得微妙的平衡。

3. How does technology help people tell stories?

Technology has revolutionized storytelling in countless ways. Digital tools allow writers to create and edit stories more efficiently, and self-publishing platforms have democratized the publishing process, giving aspiring authors greater control over their work. But beyond

that, technology has created entirely new mediums for storytelling. Think about video games, interactive fiction, and virtual reality experiences – these allow audiences to become active participants in the narrative. Social media platforms have also become powerful tools for sharing stories in short-form formats, like microfiction or serialized narratives. And of course, film and animation technologies have evolved dramatically, enabling filmmakers to create increasingly immersive and visually stunning stories. Technology isn't just changing *how* we tell stories, but also *what* kinds of stories we can tell.

中文翻译: 技术以无数种方式彻底改变了讲故事的方式。数字工具让作家能够更有效地创作和编辑故事, 自助出版平台实现了出版过程的民主化, 让有抱负的作家能够更好地控制自己的作品。除此之外, 技术创造了全新的故事媒介。想想电子游戏、互动小说和虚拟现实体验——这些让观众能够成为叙事的积极参与者。社交媒体平台也已成为以短篇形式(如微型小说或连续叙事)分享故事的强大工具。当然, 电影和动画技术也得到了显著发展, 使电影制作人能够创造出越来越身临其境和视觉震撼的故事。技术不仅改变了我们讲故事的方式, 也改变了我们可以讲的故事的种类。

4. Why are mystery novels so popular nowadays?

I think the enduring popularity of mystery novels stems from several factors. Firstly, they offer a compelling intellectual challenge – readers enjoy trying to solve the puzzle alongside the detective. The element of suspense and the gradual unfolding of clues creates a sense of anticipation and keeps them hooked. Secondly, mystery novels often explore complex moral dilemmas and societal issues, providing a window into the darker aspects of human nature. They can also offer a sense of escapism, allowing readers to immerse themselves in a world of intrigue and danger. In a world that often feels chaotic and unpredictable, the satisfying resolution of a well-crafted mystery can be particularly appealing.

中文翻译: 我认为侦探小说经久不衰的受欢迎程度源于几个因素。首先, 它们提供了一个引人入胜的智力挑战——读者喜欢与侦探一起解开谜团。悬念和线索的逐步揭示营造了一种期待感, 并让他们着迷。其次, 侦探小说经常探讨复杂的道德困境和社会问题, 为人们了解人性的黑暗面提供了一个窗口。它们还可以提供一种逃避现实的方式, 让读者沉浸在阴谋和危险的世界中。在一个常常感觉混乱和不可预测的世界里, 精心设计的神秘故事的令人满意的结局尤其具有吸引力。

5. Is there any difference between the popular novels now and those in the past?

Yes, definitely. While the core appeal of a good story remains the same, there are noticeable differences. Historically, popular novels often focused on social commentary, romantic relationships, or historical events. Now, we're seeing a rise in popularity of genres like

young adult fiction, dystopian novels, and thrillers with fast-paced plots and morally grey characters. There's also a greater emphasis on diversity and representation – readers are demanding stories that reflect a wider range of experiences and perspectives. Furthermore, the influence of film and television is apparent – many popular novels now read more like screenplays, with a focus on visual imagery and action. I think readers are also increasingly drawn to stories that explore complex psychological themes and challenge conventional narratives.

中文翻译: 是的, 当然。虽然一个好故事的核心吸引力保持不变, 但存在一些明显的差异。在历史上, 流行的书籍通常关注社会评论、浪漫关系或历史事件。现在, 我们看到青少年小说、反乌托邦小说和情节快节奏、道德模棱两可的惊悚小说等类型的受欢迎程度有所提高。人们还更加强调多样性和代表性——读者要求讲述反映更广泛的经历和观点的故事。此外, 电影和电视的影响显而易见——现在许多流行的书籍读起来更像是剧本, 重点在于视觉意象和动作。我认为读者也越来越喜欢探索复杂心理主题和挑战传统叙述的故事。

6. Why do some people prefer reading novels to playing computer games in this digital world?

I think it comes down to the kind of engagement each activity offers. Computer games are often about active participation and achieving

specific goals within a defined system. Novels, on the other hand, offer a different kind of engagement – they stimulate the imagination and allow readers to create their own mental images and interpretations. Reading requires a more sustained focus and a degree of intellectual effort, which some people find deeply rewarding. It allows for a deeper exploration of characters, themes, and ideas. Also, novels can provide a sense of escape and emotional resonance that is different from the adrenaline-fueled excitement of gaming. Ultimately, it's a matter of personal preference – some people thrive on the challenge and interactivity of games, while others prefer the immersive and contemplative experience of reading.

中文翻译: 我认为这归结于每项活动提供的参与方式。电脑游戏通常涉及主动参与和在定义的系统内实现特定目标。另一方面, 小说提供了一种不同的参与方式——它们刺激了想象力, 让读者创造自己的心理图像和解释。阅读需要更持久的专注和一定程度的智力投入, 这让一些人感到非常有益。它允许更深入地探索角色、主题和思想。此外, 小说可以提供一种逃避现实和情感共鸣, 这与游戏带来的肾上腺素刺激的兴奋感不同。归根结底, 这是一种个人偏好——有些人喜欢游戏的挑战性和互动性, 而另一些人则更喜欢阅读的沉浸式和深思体验

