

25 年 5-8 月口语题库

Part 2 新题 (持续更新)

闲鱼&小红书

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Part2 新题+保留题

故事一:我的邻居李奶奶和她的园艺兴趣

李奶奶是一位退休的园艺老师，住在我的小区。她热情开朗，一直鼓励我尝试新事物。在她的影响下，我开始学习园艺，并参加了社区的花卉比赛。这次经历让我发现了自己的潜力，也丰富了我的生活。

1. 激励你做有趣事情的人

Describe a person who inspired you to do something interesting

You should say:

Who he/she is

How you knew him/her

What interesting thing you did

And explain how he/she inspired you to do it

My neighbor, Mrs. Li, is the person who truly inspired me to delve into something interesting – gardening. I've known her for about five years now, ever since I moved into this neighborhood. She's a retired horticulture teacher, and she always has a truly breathtaking garden, bursting with colors and life. I used to walk past her house and admire it from afar, thinking, Wow, that looks beautiful, but it seems like so much work! I had never considered gardening before, honestly, thinking it was a bit boring and too time-consuming. But Mrs. Li is just a naturally enthusiastic person, and she noticed my curiosity. She started

inviting me over to her garden, explaining the different plants and showing me how she cares for them. She didn't just tell me *what* to do, she explained *why* things worked the way they did. She encouraged me to start small, even just with a single pot plant on my balcony. She inspired me by showing me how fulfilling it could be to nurture something and watch it grow, to connect with nature, and to create something beautiful with your own hands. Eventually, spurred on by her encouragement, I decided to enter a local flower show, which was something I never, ever thought I'd do! It was a bit daunting, but it was a fantastic experience.

(中文翻译：) 我的邻居李奶奶是真正激励我尝试一件有趣的事情——园艺的人。自从我搬到这个社区后，认识她大约五年了。她是一位退休的园艺老师，总是有着令人惊叹的花园，充满了色彩和生机。我以前经常路过她家，远远地欣赏它，心想，哇，看起来真漂亮，但似乎太辛苦了！说实话，我以前从未考虑过园艺，觉得它有点无聊，而且耗费时间。但李奶奶天生就是一个热情洋溢的人，她注意到了我的好奇心。她开始邀请我到她的花园里，向我解释不同的植物，并向我展示她如何照料它们。她不仅仅告诉我*做什么*，还解释了*为什么*事情要那样做。她鼓励我从小处开始，即使只是在我的阳台上种一盆植物。她通过向我展示培育生命并看着它成长是多么令人满足，与自然建立联系，并用自己的双手创造美丽的事物，从而激励了我。最终，在她的鼓励下，我决定参加当地的花卉展览，这是我以前从未想过的。这有点让人胆战心惊，但这是一

次很棒的经历。

2. 劝你的人

Describe a person who persuaded you to do something

You should say:

When it happened

What he/she persuaded you to do

Why he/she persuaded you to do it

And explain whether you did it at last

Last summer, Mrs. Li really persuaded me to enter the community flower show. I was incredibly hesitant, absolutely riddled with self-doubt. I was worried that my plants wouldn't be good enough, that they would be overshadowed by the more experienced gardeners, and I definitely didn't want to embarrass myself in front of the whole community. She patiently explained that the show wasn't about winning, it was about sharing your passion, celebrating the beauty of nature, and learning from others. She emphasized that the judges weren't looking for perfection, but for creativity and effort. She said it would be a great opportunity to improve my skills, meet other gardening enthusiasts, and get valuable feedback on my work. She really believed in me, pointing out the unique beauty in my plants, the vibrant colors, and the healthy

growth. She kept encouraging me, gently nudging me, and finally, after a lot of back and forth, I gave in. It was a little nerve-wracking on the day, setting up my display, but I'm incredibly glad I listened to her. It boosted my confidence so much and I even won a small prize!

(中文翻译：) 去年夏天，李奶奶劝说我参加社区花卉展览。我当时非常犹豫，充满了自我怀疑。我担心我的植物不够好，会被更有经验的园丁所掩盖，而且我绝对不想在整个社区面前出丑。她耐心地解释说，展览的目的不是为了赢，而是为了分享你的热情，庆祝大自然的美丽，并向他人学习。她强调说，评委不是在寻找完美，而是在寻找创造力和努力。她说这将是一个提高我的技能、结识其他园艺爱好者并获得关于我的作品的宝贵反馈的绝佳机会。她相信我，指出了我的植物的独特美丽、鲜艳的色彩和健康的生长。她不断鼓励我，最后，在一番反复之后，我妥协了。那天布置我的展位有点让人紧张，但我非常高兴我听了她的建议。这极大地增强了我的自信，我还获得了一个小奖品！

3. 收钱作礼物

Describe a time when you received money as a gift

You should say:

When it happened

Who gave you money

Why he/she gave you money

And explain how you used the money

I received a really thoughtful gift of money from my aunt for my birthday last year. She's always been very supportive of my hobbies, and she knows I've been getting completely obsessed with gardening. She gave me 200 yuan, which, while not a huge amount, felt incredibly generous. She said she wanted me to be able to buy some new tools and plants, specifically, she knew I was eyeing up a rare variety of Japanese maple. It was a really thoughtful gift because it showed she was paying attention to my new hobby and actively supporting my interests. It wasn't just the money itself, but the thought behind it that meant so much to me. I used the money to buy a set of high-quality pruning shears and some of those rare flower seeds I'd been wanting, and of course, put it towards the Japanese maple sapling. I've been nurturing it ever since and it's doing really well!

(中文翻译：) 去年生日，我阿姨送了我一份非常有意义的礼物，给了我一些钱。她一直非常支持我的爱好，并且知道我最近完全迷上了园艺。她给了我 200 元，虽然不是很多，但感觉非常慷慨。她说她希望我能用这笔钱购买一些新的工具和植物，特别是，她知道我正虎视眈眈一种罕见的日本枫。这是一份非常有意义的礼物，因为它表明她注意到了我的新爱好，并积极支持我的兴趣。不仅仅是钱本身，更是这份礼物背后的用心让我感动不已。我用这笔钱购买了一套高质量的修枝剪和一些我一直想要的稀有花种子，当然，也用于购买日本枫树苗。从那时起，我就一直在培育它，它现在长势良好！

4. 聪明的人

Describe an intelligent person you know

You should say:

Who this person is

How you knew this person

What this person does

And explain why you think this person is intelligent

I consider Mrs. Li to be a truly intelligent person. I've known her for five years now, and I've been consistently impressed by her wisdom and knowledge. She's a retired horticulture teacher, and she has an incredible understanding of plants, soil, the environment, and the intricate relationships between them. But it's not just her factual knowledge that impresses me; it's her ability to apply that knowledge in practical ways and to solve problems creatively. She can diagnose a plant's illness just by looking at it and know exactly what it needs – not just a quick fix, but a long-term solution. She's also a very good problem-solver, a quick learner, and incredibly observant. She's always willing to share her knowledge with others, and she does so with patience and clarity. Beyond gardening, she's a well-read and thoughtful person, with opinions on a wide range of subjects, and she always makes me think differently.

(中文翻译：) 我认为李奶奶是一位真正聪明的人。我认识她五年了，并

且一直对她的智慧和知识印象深刻。她是一位退休的园艺老师，对植物、土壤、环境以及它们之间错综复杂的关系有着深刻的理解。但让我印象深刻的不仅仅是她的知识，而是她将知识应用于实践并以创造性的方式解决问题的能力。她仅仅通过观察就能诊断出植物的疾病，并知道它需要什么——不仅仅是快速修复，而是长期解决方案。她也是一位很好的问题解决者、快速学习者和非常善于观察的人。她总是乐于与他人分享她的知识，并且以耐心和清晰的方式进行分享。除了园艺，她还是一位博学和有思想的人，对各种各样的问题都有自己的看法，并且总是让我从不同的角度思考问题。

5. 侍花弄果之人

Describe a person you know who loves to grow plants (e.g vegetables/fruits/flowers etc.)

You should say:

Who this person is

What he/she grows

Where he/she grows them

And explain why he/she enjoys growing plants

Without a doubt, Mrs. Li! She grows everything imaginable in her garden, from the most delicate roses and lilies to a wide variety of vegetables and herbs, and even some fruit trees. She has a large,

beautifully landscaped garden in the back of her house, and it's always overflowing with vibrant colors and fresh produce. She also has a small greenhouse where she starts her seedlings in the spring, giving them a head start. She spends hours each day tending to her plants, carefully watering, pruning, fertilizing, and even talking to them! She treats them like her children. She says that being in the garden is her therapy, a way to relax and reconnect with nature, and it really shows in the vibrant and healthy plants she cultivates. She's not just growing plants; she's creating a little piece of paradise.

(中文翻译：) 毫无疑问，是李奶奶！她花园里种植着各种各样的植物，从最娇嫩的玫瑰和百合到各种各样的蔬菜、香草，甚至还有一些果树。她在房子后院有一个大而美观的花园，总是盛开着鲜艳的花朵和新鲜的农产品。她还在家里有一个小温室，在春天播种育苗，让它们有一个好的开端。她每天花几个小时照料她的植物，小心地浇水、修剪、施肥，甚至和它们说话！她把它们当作她的孩子一样对待。她说在花园里是她的疗法，一种放松和重新与自然联系的方式，这在她培育的生机勃勃、健康茁壮的植物中得到了体现。她不仅仅是在种植植物，而是在创造一片小小的天堂。

6. 会打扮的朋友

Describe a friend of yours who is well dressed and is good at dressing up

You should say:

Who he/she is

How you knew him/her

What his/her dressing style is

And explain why he/she dresses this way

I don't have a friend who is particularly obsessed with fashion, but Mrs. Li always looks impeccably put-together. She's a retired teacher, so she's not necessarily following the latest trends, but she has a classic and elegant style that suits her age and personality perfectly. She often wears floral dresses and cozy cardigans, usually in muted tones, which suit her gardening hobby and her warm personality. She pays a lot of attention to detail – she always matches her accessories, wears comfortable but stylish shoes, and has a beautiful silk scarf draped around her neck. She doesn't overdo it or try too hard, but she always looks chic, refined, and effortlessly stylish. It's not about brand names for her; it's about looking graceful and feeling comfortable.

(中文翻译：) 我没有一位特别喜欢时尚的朋友，但李奶奶总是看起来非常得体。她是一位退休的老师，所以她不一定追逐最新的潮流，但她有一种经典而优雅的风格，完美地适合她的年龄和个性。她经常穿着花裙和舒适的开衫，通常是柔和的色调，这与她的园艺爱好和她温暖的个性相得益彰。她非常注重细节——她总是搭配她的配饰，穿着舒适但时尚的鞋子，并且围着一一条漂亮的丝巾。她不会过度打扮或刻意炫耀，但她

总是看起来时尚、精致和毫不费力。对她来说，品牌名并不重要，重要的是看起来优雅并感到舒适。

7. 不同文化的朋友

Describe a person from a different cultural background with whom you enjoy spending time

You should say: Who he/she is

Where he/she is from

Where/how you knew him/her

And explain how you feel about him/her

I enjoy spending time with Mr. Sharma, another neighbor. He originally came to China from India about ten years ago with his family. We bonded over our shared interest in gardening, but our friendship has grown to encompass much more. He introduced me to the rich and diverse world of Indian cuisine, teaching me how to cook some of his family's favorite dishes. He's also shared a lot about Indian culture, traditions, and festivals, which I find incredibly fascinating. He's a very warm and friendly person, always eager to share his experiences and perspectives. He's also taught me patience and the importance of family. I really appreciate our friendship, as it's allowed me to broaden my horizons and learn from someone with a very different background.

than my own.

(中文翻译:) 我喜欢和 Sharma 先生一起度过时间, 他是另一位邻居。大约十年前, 他和家人从印度来到中国。我们因为共同的园艺爱好而走到一起, 但我们的友谊已经扩展到更多方面。他向我介绍了丰富多样的印度美食世界, 并教我如何烹饪他家人最喜欢的菜肴。他还分享了很多关于印度文化、传统和节日的知识, 我发现这些知识非常有趣。他是一位非常热情友善的人, 总是乐于分享他的经历和观点。他还教会我耐心和重视家庭的重要性。我真的很珍惜我们的友谊, 因为它让我拓宽了视野, 并向一位有着与我完全不同背景的人学习。

8. 印象深刻的谈话

Describe an impressive conversation you had that you remember well

You should say: Who you talked to

When and where you had it

What you talked about

And explain why you think it was impressive

I had a really impressive conversation with Mrs. Li last spring, just as I was starting to feel completely overwhelmed with the pressure of final exams at university. I was feeling really stressed and anxious, and I confided in her about my fears of failing. She didn't offer me quick fixes

or try to minimize my concerns; instead, she shared her own experiences of facing challenges and setbacks in life. She talked about how important it is to find something you enjoy, something that brings you joy and allows you to express yourself creatively. She reminded me that even small acts of creation, like tending to a garden, can bring a lot of peace and a sense of purpose. She also emphasized the importance of self-care and taking time to recharge. It was a very comforting, insightful, and validating conversation that helped me to refocus, prioritize my well-being, and approach my exams with a more positive attitude. I still think about our conversation whenever I'm feeling stressed.

(中文翻译：) 我去年春天和李奶奶进行了一次非常令人印象深刻的对话，就在我开始感到大学期末考试的压力压得喘不过气的时候。我感到非常紧张和焦虑，我向她倾诉了对失败的恐惧。她没有给我提供快速解决方案，也没有试图淡化我的担忧；相反，她分享了她自己人生中面临挑战和挫折的经历。她谈到了找到自己喜欢的东西的重要性，找到能给你带来快乐和让你创造性表达的东西。她提醒我，即使是园艺这样的小小创造行为也能带来很多平静和目标感。她还强调了自我保健和抽出时间充电的重要性。这是一次非常安慰、富有洞察力和肯定的对话，帮助我重新集中精力，优先考虑我的幸福，并以更积极的态度面对考试。每当我感到压力时，我仍然会想起我们的对话。

9. 想要一起学习/工作的人

Describe a person you have met who you want to work/study with

You should say: Who this person is

How you met this person

How long you have known him/her

And explain why you want to work/study with him/her

I would absolutely love to work with Mrs. Li if I ever had the opportunity. She's incredibly knowledgeable about horticulture, sustainable gardening practices, and environmental conservation, and she's a fantastic teacher. I've learned so much from her in the past few years, not just about plants, but also about patience, observation, and the importance of nurturing. I admire her dedication to her craft and her passion for sharing her knowledge with others. I think we would make a great team, combining my enthusiasm for learning and her years of experience and expertise. Perhaps we could work together on a community gardening project, design and maintain a public garden, or even start a small business selling organic produce and plants. I think we could really make a positive impact on our community.

(中文翻译：) 如果我将来有机会，我绝对想和李奶奶一起工作。她对园艺、可持续园艺实践和环境保护有着丰富的知识，并且是一位出色的老师。过去几年里，我从她那里学到了很多，不仅是关于植物的知识，

还有关于耐心、观察和培养的重要性。我钦佩她对事业的热情和与他人分享知识的热情。我认为我们将是一个很棒的团队，结合我对学习的热情和她多年的经验和专业知识。也许我们可以一起做一个社区花园项目，设计和维护公共花园，甚至可以创办一家小型企业，销售有机农产品和植物。我认为我们可以真正对我们的社区产生积极影响。

10. 奇装异服的人

Describe a person who you think wears unusual clothes

You should say: Who this person is

How you knew this person

What his/her clothes are like

And explain why you think his/her clothes are unusual

I wouldn't say Mrs. Li wears unusual clothes, but Mr. Sharma, my neighbor from India, often wears traditional Indian clothing like kurtas and dhotis, especially for festive occasions or when he's attending cultural events. It's not something you see every day in my neighborhood, so it definitely stands out. The kurtas are often brightly colored and embroidered, and the dhotis are long, unstitched pieces of cloth wrapped around the waist. While it's very different from the typical Western clothing people wear here, I think it's beautiful and culturally significant. It's vibrant and colorful, and it reflects his heritage. I think it's

wonderful that he proudly embraces his culture through his clothing, and I always enjoy seeing his outfits.

(中文翻译：) 我不会说李奶奶穿着不寻常的衣服，但我的邻居，来自印度的 Sharma 先生，经常穿着传统的印度服装，比如库尔塔和 Dhoti，特别是在节日或参加文化活动时。在我的社区并不常见，所以它肯定很引人注目。库尔塔通常色彩鲜艳且带有刺绣，而 Dhoti 是缠绕在腰间的一长条未缝制的布料。虽然它与西方人在这穿着的典型服装非常不同，但我认为它既美丽又有文化意义。它色彩鲜艳，反映了他的文化传统。我认为他通过自己的服装自豪地拥抱自己的文化，我总是喜欢看到他的穿着。

11. 有趣的谈话

Describe an interesting discussion you had with your friend

You should say: What the discussion was about

What opinions you and your friend had

Why you think the discussion was interesting

And how you felt about it

I had an interesting discussion with Mrs. Li last week about the ethics of genetically modified organisms (GMOs) in food. I was telling her about a documentary I'd watched, which presented a very critical view of GMOs, raising concerns about their potential impact on the

environment and human health. She, on the other hand, offered a more nuanced perspective, explaining that GMOs aren't inherently good or bad, and that they can actually offer benefits like increased crop yields and pest resistance. We discussed the arguments on both sides, the potential risks and rewards, and the importance of responsible regulation. We didn't necessarily agree on everything, but we both listened respectfully to each other's viewpoints and challenged our own assumptions. It was a stimulating conversation that made me think more critically about the complex issues surrounding food production and sustainability. I really enjoyed hearing her perspective, and it broadened my understanding of the topic.

(中文翻译：) 我上周和李奶奶进行了一次有趣的讨论，关于食物中转基因生物 (GMO) 的伦理问题。我告诉她我观看了一部纪录片，这部纪录片对转基因生物提出了非常批判性的观点，并对它们对环境和人类健康的潜在影响提出了担忧。她另一方面，提出了一个更细致的观点，解释说转基因生物本身既不好也不坏，实际上它们可以提供像提高作物产量和抗虫性这样的好处。我们讨论了双方的论点、潜在的风险和回报，以及负责任的监管的重要性。我们不一定在所有事情上达成一致，但我们都尊重地倾听了对方的观点，并挑战了我们自己的假设。这是一场引人入胜的对话，让我对食物生产和可持续性相关的复杂问题有了更深入思考。我真的很喜欢听到她的观点，它拓宽了我对这个话题的理解。

12. 生活精彩有趣的老人

Describe an old person you know who has had an interesting life

You should say: Who this person is

Where he/she lives

What he/she has done in his/her life

And explain how you feel about him/her

Definitely Mrs. Li. She lives in our neighborhood and is in her 70s, but she has more energy and enthusiasm than most people I know. She spent most of her life as a horticulture teacher, inspiring generations of students to appreciate the beauty of nature. She's not just a teacher; she's a lifelong learner and a true advocate for environmental stewardship. After retiring, she continued to garden, volunteer at local schools, and travel extensively, visiting gardens all over the world, from the meticulously manicured gardens of Europe to the lush rainforests of South America. She's also a talented painter and a skilled storyteller. She's a very positive and resilient person, having overcome some personal challenges in her life with grace and strength. She's always willing to share her experiences and offer advice, and she's a real inspiration to me and to everyone in our community. I really admire her passion for life, her dedication to her craft, and her willingness to embrace new experiences.

(中文翻译：) 绝对是李奶奶。她住在我们的社区，70 多岁了，但她比我认识的大多数人更有精力和热情。她一生的大部分时间都作为园艺老师，激励着一代又一代的学生去欣赏大自然的美丽。她不仅仅是一位老师，更是一位终身学习者和真正的环境管理倡导者。退休后，她继续园艺，在当地学校做志愿者，并周游世界，参观了世界各地的花园，从欧洲精心修剪的花园到南美洲茂密的热带雨林。她还是一位才华横溢的画家和熟练的讲故事者。她是一位非常积极和坚强的人，以优雅和力量克服了她人生的一些个人挑战。她总是乐于分享她的经历和提供建议，她是我的榜样，也是我们社区所有人的榜样。我真的很钦佩她对生活的热情、对事业的奉献以及拥抱新体验的意愿。

独立题

13. 想再看的电影

Describe a movie you watched recently and would like to watch again

You should say:

What type of movie it was

What it was about

Where you watched it

And explain why you would like to watch it again

I recently watched *Hidden Figures*, which is a biographical drama, and I'm already planning to watch it again. It's a really powerful and inspiring film about a team of brilliant African-American women mathematicians who played a vital role at NASA during the space race in the 1960s. I watched it at home on my laptop, snuggled up on the sofa with a blanket. The story is incredibly compelling, highlighting the challenges and discrimination these women faced, while also celebrating their incredible achievements. It's not just a historical drama; it's a story about perseverance, intelligence, and breaking down barriers. I would definitely like to watch it again because it's a really uplifting and thought-provoking film. The acting was phenomenal, especially Henson's portrayal of Johnson. It's a film that stays with you long after the credits roll, and I think it's important to be reminded of these incredible women's contributions to history.

(中文翻译：) 我最近看了一部名为《隐藏人物》的传记剧情片，并且我已经计划再次观看它。这是一部非常有力且鼓舞人心的电影，讲述的是在 20 世纪 60 年代太空竞赛期间，一支由非裔美国女性数学家组成的团队在 NASA 发挥了重要作用的故事。我舒适地裹着毯子，在家里用笔记本电脑观看了这部电影。这个故事非常引人入胜，突出了这些女性面临的挑战和歧视，同时也庆祝了她们令人难以置信的成就。它不仅仅是一部历史剧，更是一个关于毅力、智慧和打破障碍的故事。我绝对想再次观看它，因为它是一部真正令人振奋和发人深省的电影。演员的表演非

常出色，尤其是 Henson 对 Johnson 的刻画。这是一部让你在片尾字幕滚动后很久仍然记忆犹新的电影，我认为提醒我们这些令人难以置信的女性对历史的贡献非常重要。

14. 有趣小说/故事

Describe a story or novel you have read that you found interesting

You should say:

When you read it

What the story or novel was about

Who wrote it

And explain why it was interesting

I read *The Little Prince* by Antoine de Saint-Exupéry a few years ago, probably when I was in university, and I still think about it often. It's a deceptively simple children's book, beautifully illustrated, but it has a lot of philosophical depth and complex themes. It's about a pilot stranded in the Sahara Desert who meets a young prince who has fallen to Earth from a tiny asteroid. The story explores themes of love, friendship, loss, the importance of imagination, and the meaning of life. What I found particularly interesting was how it challenges our adult perspectives and encourages you to see the world with the innocence and wonder of a child. It reminded me to appreciate the simple things in life and to look beyond surface appearances. I've reread sections of it several times,

and each time I discover something new. It's a truly timeless classic.

(中文翻译：) 我几年前读过安托万·德·圣·埃克苏佩里写的《小王子》，大概是在大学的时候，直到现在我仍然经常想起它。这是一本表面上简单的儿童读物，插图精美，但它有着深刻的哲学内涵和复杂的主题。故事讲述的是一位在撒哈拉沙漠中遇险的飞行员，他遇到了一位从一个小行星上坠落到地球的年轻王子。这个故事探讨了爱、友谊、失去、想象力的重要性和人生的意义等主题。我发现它特别有趣之处在于，它挑战了我们成人的视角，并鼓励你以孩子的纯真和惊奇的眼光看待世界。它提醒我欣赏生活中的简单事物，并透过现象看本质。我多次重读其中的章节，每次都能发现新的内容。这是一部真正超越时代的经典之作。

故事二： 社区创意工坊 - 李明是一名大学生，暑假回到家乡，发现社区日渐老旧，居民生活缺乏活力。他偶然得知社区计划改造，萌生了利用自己的创意和技能，在社区内建立一个社区创意工坊的想法，为社区注入新的活力。

1. 发小

Describe a friend from your childhood

You should say:

Who he/she is

Where and how you met each other

What you often did together

And explain what made you like him/her

Well, I'd like to talk about a childhood friend named Zhao Wei. We grew up in the same neighborhood, and our families were quite close. I remember meeting him when we were both around five years old. Our mothers often took us to the park together, and that's where we first bonded over a shared love for building sandcastles.

We spent countless hours together as kids. We'd play hide-and-seek in the alleyways, build forts in the woods behind our houses, and trade Pokémon cards. We were inseparable! What I really liked about Zhao Wei was his unwavering loyalty. He always had my back, and he was incredibly supportive, even when I messed up. He encouraged me to try new things and never judged me. That kind of genuine acceptance was really important to me as a kid, and it laid the foundation for a strong friendship that still exists today. He's actually the one who encouraged me to take on the community workshop project this summer.

(中文翻译)

我想说的是我的一个从小一起长大的朋友，赵伟。我们住在一个街区，家人们关系很亲近。我记得大概五岁的时候认识他。我们的妈妈经常带

我们一起去公园玩，在那里我们因为都喜欢堆沙堡而结缘。

我们小时候一起度过了无数时光。我们会玩捉迷藏，在房子后面的树林里搭堡垒，交换精灵宝可梦卡牌。我们形影不离！我最喜欢赵伟的一点是他坚定不移的忠诚。他总是支持我，即使我犯了错误，他也从不评判我。他鼓励我尝试新事物。这种真诚的接受对我小时候来说非常重要，它为我们牢固的友谊奠定了基础，直到今天仍然存在。事实上，是他鼓励我今年夏天开始这个社区工坊项目。

2. 由不喜欢到喜欢的朋友

Describe a person you disliked at first but ended up being friends with

You should say:

Who he/she is

How you knew him/her

Why you disliked him/her at first but changed your mind

And explain how you feel about the experience

This is a really interesting one. There was an elderly woman in my community named Mrs. Wang. When I first met her during the initial planning stages for the community workshop, I honestly found her quite

difficult to deal with. She was very critical of my ideas, constantly pointing out potential flaws and questioning my methods. I thought she was being deliberately obstructive and frankly, a bit stubborn.

However, I soon realized that her criticism wasn't meant to be malicious. She had lived in the community her whole life and had a deep understanding of the residents' needs and concerns. She wasn't trying to tear down my ideas; she was trying to make them better. I started to listen more carefully to her suggestions, and I incorporated many of them into the workshop design. It turned out she was a retired carpenter and had a wealth of practical knowledge. Working alongside her, I began to appreciate her experience and wisdom. Now, she's one of my most trusted advisors on the project, and I'm incredibly grateful for her guidance. It taught me a valuable lesson about not judging people based on first impressions and the importance of considering different perspectives.

(中文翻译)

这真是一个有趣的问题。社区里有一位王奶奶，在社区工坊初步规划阶段我第一次见到她的时候，说实话，我发现她很难相处。她对我提出的想法非常挑剔，总是指出潜在的缺陷并质疑我的方法。我以为她是故意

设置障碍，坦白说，有点固执。

然而，我很快意识到她的批评并非出于恶意。她一生都生活在这个社区，对居民的需求和顾虑有深刻的了解。她不是想破坏我的想法，而是想让它们更好。我开始更仔细地听取她的建议，并将其中许多纳入了工坊的设计中。原来她是一位退休木匠，拥有丰富的实践知识。和她一起工作时，我开始欣赏她的经验和智慧。现在，她是项目上我最信任的顾问之一，我对她的指导非常感激。它教会了我一个宝贵的教训，不要根据第一印象来评判人，以及考虑不同观点的重要性。

3. 印象深刻的英语课

Describe an impressive English lesson you had and enjoyed

You should say:

What it was about

When you had it

What the teacher did

And why you enjoyed the lesson

I remember one English lesson in particular that really stuck with me. It was during my sophomore year of high school. The topic was 'Social Entrepreneurship' – basically, using business to solve social problems. Our teacher, Ms. Li, didn't just lecture us about it. Instead, she set up a

simulated 'pitch competition' where we had to develop a business plan for a social enterprise.

She divided us into groups and gave us limited resources and a tight deadline. We had to research a community problem, develop a solution, create a budget, and then present our idea to the class like we were pitching to investors. It was incredibly challenging but also incredibly engaging. Ms. Li acted as the 'investors,' asking tough questions and providing constructive criticism. The lesson wasn't just about learning English; it was about learning how to think critically, collaborate with others, and communicate effectively. It was the first time I realized that English wasn't just about grammar and vocabulary; it was a powerful tool for solving real-world problems. That lesson directly inspired me to think about how my community workshop could address issues within my own neighborhood.

(中文翻译)

我记得有一节英语课特别让我印象深刻。那是高中二年级的时候。主题是社会企业，基本上就是利用商业来解决社会问题。我们的老师李老师并没有直接给我们讲课。相反，她设置了一个模拟的路演比赛，我们必须为一家社会企业制定商业计划。

她把我们分成小组，给了我们有限的资源和紧迫的期限。我们必须研究一个社区问题，制定解决方案，制定预算，然后像向投资者推销一样向全班展示我们的想法。这非常具有挑战性，但也非常吸引人。李老师充当投资者，提出尖锐的问题并提供建设性的批评。这节课不仅仅是学习英语，而是学习如何批判性思考、与他人合作和有效沟通。这是我第一次意识到英语不仅仅是关于语法和词汇，它是一种解决现实世界问题的强大工具。那节课直接激励我思考我的社区工坊如何解决我所在社区的问题。

4. 商店

Describe a shop/store you enjoy visiting

You should say:

What the shop's name is

Where it is

How often you visit it

And explain why you like to visit it

I'd like to talk about a small hardware store called 'Old Man Chen's' in my community. It's not a fancy place at all, it's actually quite old and a little cluttered, but it's my go-to shop whenever I'm working on a project for the community workshop. It's located just around the corner from

the workshop, which makes it incredibly convenient.

I probably visit it at least two or three times a week, especially when we're building or repairing something. Old Man Chen, the owner, is a real character. He's been running the store for over 40 years, and he seems to know everything about tools and materials. He's always willing to offer advice, even if you don't end up buying anything. He doesn't just sell things; he shares his knowledge and experience.

What I really like about the shop is the atmosphere. It's a bit like stepping back in time. The shelves are packed with all sorts of interesting things, and there's a constant buzz of conversation. It's a real community hub. During the workshop, we relied heavily on Old Man Chen's for materials. He even gave us a discount, knowing we were working for a good cause. He's a genuinely kind and supportive person, and the store feels like a safe and welcoming space. It's more than just a shop; it's a part of the community fabric, and I really value it.

(中文翻译)

我想说的是我社区里一家名为陈老伯的五金店。它一点也不花哨，实际上相当老旧和杂乱，但只要我为社区工坊做项目，它就是我的首选。它

位于工坊附近，这非常方便。

我可能每周去两到三次，尤其是在我们建造或修理东西的时候。陈老伯，店主，真是一个有趣的人物。他经营这家店已经 40 多年了，似乎对工具 and 材料了如指掌。他总是乐于提供建议，即使你最终没有购买任何东西。他不仅仅是卖东西，他分享他的知识和经验。

我真正喜欢这家店的是它的氛围。这有点像时光倒流。货架上堆满了各种有趣的东西，而且总是有持续不断的谈话声。它是一个真正的社区中心。在工坊期间，我们非常依赖陈老伯提供材料。他甚至知道我们是为了一项慈善事业而工作，给了我们折扣。他是一个真正善良和支持他人的人，这家店感觉安全而温馨。它不仅仅是一家商店，它是社区结构的一部分，我非常珍惜它。

5. 克服困难终成功

Describe a difficult thing you did and succeeded

You should say:

What it was

How you overcame the difficulties

Whether you got help

And explain how you felt after you succeeded

Definitely setting up the community workshop itself was a huge challenge. It wasn't just about finding a space; it was about securing funding, getting the necessary permits, and convincing the local council that the project was worthwhile. We initially applied for a grant from the city council, but our application was rejected. They said they didn't have enough funds available.

That was a really discouraging moment. We had put so much work into the proposal, and it felt like everything was falling apart. But we didn't give up. We decided to try a different approach. We organized a fundraising event in the community, a bake sale and a small art auction, showcasing some of the local artists. We also reached out to local businesses, asking for sponsorships. It took a lot of effort, a lot of knocking on doors and making phone calls.

Thankfully, the community really rallied behind us. People donated generously, and several local businesses offered their support. After weeks of hard work, we managed to raise enough money to secure a temporary space and purchase the basic tools and equipment. It was an incredibly rewarding feeling when we finally opened the doors to the workshop. Seeing the community members come together, learning new skills and sharing their creativity, made all the effort worthwhile. It

taught me the importance of perseverance and the power of community support.

(中文翻译)

毫无疑问，建立社区工坊本身就是一个巨大的挑战。这不仅仅是找到一个空间，而是要获得资金，获得必要的许可证，并说服地方议会这个项目是值得的。我们最初向市议会申请了补助金，但我们的申请被拒绝了。他们说他们没有足够的资金。

那真是一个令人沮丧的时刻。我们为提案付出了很多努力，感觉一切都瓦解了。但我们没有放弃。我们决定尝试不同的方法。我们在社区组织了一场筹款活动，一场烘焙义卖和小型艺术拍卖会，展示了一些当地艺术家的作品。我们也联系了当地企业，要求赞助。这需要付出很多努力，敲很多门，打很多电话。

幸运的是，社区真的团结在了一起。人们慷慨捐款，几家当地企业也表示支持。经过几周的努力，我们终于筹集到足够的资金来确保一个临时空间并购买基本的工具和设备。当我们最终打开工坊的大门时，这是一种难以置信的成就感。看到社区成员聚集在一起，学习新技能并分享他们的创造力，让所有的努力都值得。它教会了我坚持的重要性以及社区支持的力量。

6. 争论

Describe a disagreement you had with someone

You should say:

Who you had the disagreement with

What the disagreement was

What happened

And explain how you felt about it

I remember having a fairly intense disagreement with Mr. Li, the head of the local neighborhood committee. He was a well-meaning man, but quite conservative in his views. The workshop had started to attract quite a diverse group of people – young artists, retired craftsmen, even some teenagers who were a bit rough around the edges. Mr. Li was concerned that the workshop might attract ‘undesirable elements’ and disrupt the peace of the community.

He came to me one evening and expressed his concerns, suggesting we limit who could participate, perhaps focusing only on ‘respectable’ members of the community. I strongly disagreed. I believed that the workshop should be open to everyone, regardless of their background or social status. I explained that the purpose of the workshop was to

foster creativity and community spirit, and that excluding people would defeat that purpose.

The conversation became quite heated. He insisted that I was being naive and that I didn't understand the realities of the community. I countered that he was being prejudiced and that he was denying people the opportunity to learn and grow. It was a really uncomfortable situation. Eventually, I suggested a compromise: we would implement a basic code of conduct for the workshop, ensuring everyone behaved respectfully, but we wouldn't exclude anyone based on their background. He reluctantly agreed. It was a tough conversation, but it ultimately led to a better understanding between us, and the workshop continued to thrive, welcoming people from all walks of life.

(中文翻译)

我记得我和当地社区委员会主席李先生发生过一次相当激烈的争论。他是一个心地善良的人，但观点相当保守。工坊开始吸引了各种各样的人——年轻艺术家、退休工匠，甚至一些有点粗鲁的青少年。李先生担心工坊可能会吸引‘不良分子’并扰乱社区的和平。

一天晚上，他来找我，表达了他的担忧，建议我们限制参与者，也许只

关注社区的‘受人尊敬’成员。我强烈反对。我认为工坊应该对所有人开放，无论他们的背景或社会地位如何。我解释说，工坊的目的是培养创造力和社区精神，排除任何人都将违背这一目的。

这场谈话变得非常激烈。他坚持认为我太天真了，我不了解社区的现实。我反驳说他有偏见，并且剥夺了人们学习和成长的机会。这真是一种令人不舒服的局面。最终，我提出一个妥协方案：我们将为工坊实施基本行为准则，确保每个人都表现出尊重，但我们不会根据他们的背景排除任何人。他勉强同意了。这是一场艰难的谈话，但最终让我们彼此更好地理解，工坊继续蓬勃发展，欢迎来自各行各业的人们。

7. 朋友的争执

Describe an argument two of your friends had

You should say:

When it happened

What it was about

How it was solved

And how you felt about it

During the workshop, two of the regular participants, a painter named Lin Mei and a woodworker named Zhang Wei, had a really heated argument. It happened during a group project where they were

collaborating on a mosaic table. They had completely different ideas about the design. Lin Mei wanted a very abstract, colorful pattern, while Zhang Wei preferred a more traditional, geometric design.

They started debating their ideas, but it quickly escalated into a personal attack. Lin Mei accused Zhang Wei of being inflexible and stuck in his ways, while Zhang Wei accused Lin Mei of being frivolous and lacking artistic discipline. Their voices got louder and louder, and the other workshop participants started to feel uncomfortable.

I tried to mediate, suggesting they find a middle ground, perhaps incorporating elements of both designs. It didn't work at first. They were both very stubborn and unwilling to compromise. Eventually, I suggested they each work on separate sections of the table, allowing them to express their individual styles. That seemed to defuse the situation. They grudgingly agreed, and although they didn't talk much to each other for a few days, they eventually completed the table, and it turned out beautifully, a testament to their individual skills and the power of compromise. It made me realize that even creative collaboration can be challenging, and it requires patience, understanding, and a willingness to see things from another person's perspective.

(中文翻译)

在工坊期间，两位常客，一位名叫林梅的画家和一位名叫张伟的木匠，发生了一场激烈的争吵。这发生在他们合作制作一个马赛克桌子的集体项目中。他们对设计有截然不同的想法。林梅想要一个非常抽象、色彩鲜艳的图案，而张伟更喜欢更传统、几何的设计。

他们开始辩论各自的想法，但很快升级为个人攻击。林梅指责张伟死板守旧，而张伟指责林梅轻浮缺乏艺术纪律。他们的声音越来越大，其他工坊参与者开始感到不舒服。

我试图调解，建议他们找到一个折衷方案，也许将两种设计元素结合起来。起初没有用。他们都非常固执，不愿意妥协。最终，我建议他们各自负责桌子的不同部分，让他们表达自己的个人风格。这似乎平息了局势。他们勉强同意了，虽然他们几天都没有怎么说话，但他们最终完成了桌子，它非常漂亮，证明了他们各自的技能和妥协的力量。这让我意识到，即使是创造性协作也可能充满挑战，需要耐心、理解和愿意从另一个人的角度看待问题。

8. 教别人的技能

Describe a skill that you think you can teach other people

You should say:

What it is

When you learned it

How you can teach others

And how you feel about this skill

I'd say I'm fairly proficient in basic woodworking, and I really enjoy teaching it to others. I first learned the basics from my grandfather when I was a kid. He was a carpenter by trade, and he used to let me hang out in his workshop, helping him with small tasks. It started with just sanding wood and sorting nails, but eventually, he taught me how to use a saw, a hammer, and other tools. It was a really special bonding experience for us.

When we established the community workshop, I volunteered to lead a series of woodworking classes. I love seeing the transformation in people when they learn a new skill. It's incredibly rewarding to watch someone go from being intimidated by a piece of wood to confidently building something with their own hands.

I try to break down the process into simple steps, focusing on safety and technique. I emphasize that woodworking isn't just about building things; it's about problem-solving, creativity, and patience. I also encourage people to experiment and put their own personal touch on

their projects. Seeing the pride and satisfaction on their faces when they complete something, like a small shelf or a birdhouse, is what makes teaching this skill so fulfilling for me. It's a way to share something I love with others and help them unlock their own creative potential.

(中文翻译)

我想说我相当擅长基本的木工，而且我真的很喜欢教别人。我第一次学习基本知识是在我小时候，从我的祖父那里学到的。他是一位木匠，他经常让我在他工作室里闲逛，帮助他完成一些小任务。它从仅仅打磨木材和整理钉子开始，但最终，他教会了我如何使用锯子、锤子和其他工具。这对我们来说是一次非常特别的联结经历。

当我们建立社区工坊时，我自愿带领一系列木工课程。我喜欢看到人们学习新技能时的转变。看着一个人从对一块木头感到害怕到自信地用自己的双手建造东西，这是一种非常令人欣慰的经历。

我试图将过程分解为简单的步骤，重点是安全和技术。我强调木工不仅仅是建造东西，而是关于解决问题、创造力和耐心。我还鼓励人们进行实验，并将自己的个人风格融入到他们的项目中。看到他们完成一些东西，比如一个小架子或一个鸟屋时脸上洋溢的自豪和满足感，这就是我教授这项技能如此充实的原因。这是一种与他人分享我所热爱的事物，并帮助他们释放自身创造力的途径。

9. 分享

Describe something you had to share with others

You should say:

What it was

Who you shared it with

Why you had to share it with others

And explain how you felt about it

During the initial stages of the workshop, we were really struggling to find affordable art supplies. Things like paint, brushes, and canvases were quite expensive, and we wanted to make sure everyone had access to them. I had been saving up for a new camera for months, but I realized that the workshop needed those supplies more than I needed a new camera.

It was a difficult decision. I had been dreaming about getting that camera for a long time, and I had worked hard to save up the money. But I knew that by sharing my savings, I could help more people participate in the workshop and express their creativity.

So, I donated the money to the workshop fund, and we were able to purchase a good supply of art materials. Seeing the participants using those materials, creating beautiful artwork, and sharing their creations with the community, made me feel incredibly happy. It was a much more rewarding experience than buying a new camera. It taught me

that sometimes, the greatest satisfaction comes from giving back and supporting others. It wasn't just about the materials themselves; it was about fostering a sense of community and making art accessible to everyone.

(中文翻译)

在工坊的初期阶段，我们真的很难找到负担得起的艺术用品。像油漆、刷子和画布等东西都相当昂贵，我们想确保每个人都能获得它们。我攒了几个月钱，想买一台新相机，但我意识到工坊比我需要一台新相机更需要这些用品。

这是一个艰难的决定。我一直梦想着买那台相机很长时间了，而且我努力工作以存钱。但我知道，通过分享我的积蓄，我可以帮助更多的人参与工坊并表达他们的创造力。

所以，我把钱捐给了工坊基金，我们能够购买到充足的艺术材料。看到参与者使用这些材料，创作美丽的艺术品，并将他们的作品与社区分享，让我感到非常高兴。这比买一台新相机更令人满足。它教会了我，有时，最大的满足感来自于回馈社会和支持他人。这不仅仅是材料本身，而是关于培养社区意识，让每个人都能接触到艺术。

10. 熊孩子

Describe a time when you saw children behave badly in public

You should say:

Where it was

What the children were doing

How others reacted to it

And explain how you felt about it

I remember one afternoon while setting up for an outdoor art exhibition connected to the workshop, I witnessed a really frustrating situation in the local park. There were a group of children, maybe around eight or nine years old, running around and causing a lot of disruption. They were knocking over displays, ripping posters off boards, and generally being quite destructive.

At first, their behaviour was just annoying, but it quickly escalated. They started throwing pebbles at the artwork and shouting insults at the artists who were trying to set up. Several parents were nearby, but they didn't seem to be paying much attention. One artist, a lovely older woman named Mrs. Chen, was particularly upset. She had spent weeks creating a beautiful sculpture, and one of the boys deliberately kicked it over.

I felt a mixture of anger and frustration. I wanted to intervene, but I didn't want to escalate the situation. Eventually, another parent, a young mother, stepped in and started scolding her son. She apologized to Mrs. Chen and tried to get the other children under control. It was a relief,

but it highlighted the importance of parental supervision and teaching children respect for public property and the work of others. It was disheartening to see such disregard for effort and creativity, and it made me even more determined to create a positive and respectful environment within the workshop.

(中文翻译)

我记得有一天下午，当我们为与工坊相关联的户外艺术展览做准备时，我在当地公园里目睹了一场令人沮丧的局面。有一群孩子，大约八九岁左右，四处奔跑，造成了很大的干扰。他们撞倒了展品，撕下了海报，总的来说表现得相当具有破坏性。

起初，他们的行为只是让人恼火，但很快就升级了。他们开始向艺术品扔石子，并向正在努力布置的艺术家们大喊大叫。附近有几位父母，但他们似乎并没有太在意。一位可爱的老妇人陈女士，是一位艺术家，特别难过。她花了几个星期创作了一个美丽的雕塑，其中一个男孩故意把它踢倒了。

我感到愤怒和沮丧。我想干预，但我不希望加剧局势。最终，另一位家长，一位年轻的母亲，站了出来，开始斥责她的儿子。她向陈女士道歉，并试图控制住其他孩子。这让人松了一口气，但它强调了家长监督的重要性，以及教育孩子们尊重公共财产和他人工作的必要性。看到他们对努力和创造力如此漠视，令人沮丧，这让我更加决心在工坊内创造一个积极和尊重的环境。

11. 努力实现的目标

Describe a goal you set that you tried your best to achieve

You should say:

What it was

When you set it

What you did to achieve it

And how you felt about it

One of the biggest goals I set for myself this summer was to make the community workshop a truly sustainable project. It wasn't enough for me to just run a few classes and workshops; I wanted to create something that would continue to benefit the community long after I returned to university.

I spent a lot of time researching funding opportunities, building partnerships with local businesses, and developing a long-term business plan. I knew that to be sustainable, the workshop needed to generate its own income. So, I organized a series of paid workshops, commissioned local artists to create artwork for sale, and even started a small online store.

It was a lot of hard work, and there were definitely moments when I felt overwhelmed. But I was determined to make it happen. I worked late nights, sacrificed my free time, and sought advice from mentors and experts. Eventually, we were able to secure enough funding and generate enough revenue to cover the workshop's expenses.

When I left for university at the end of the summer, I was incredibly proud to know that the workshop would continue to thrive, thanks to the community's support and the sustainable model we had created. It was a challenging goal, but achieving it taught me the importance of perseverance, planning, and building strong relationships.

(中文翻译)

我这个夏天给自己设定的最大目标是让社区工坊成为一个真正可持续的项目。对我来说，仅仅举办一些课程和工作坊是不够的，我想创造一些在大学开学后很久仍然能够继续造福社区的东西。

我花了很多时间研究资金机会，与当地企业建立伙伴关系，并制定长期商业计划。我知道，要实现可持续发展，工坊需要产生自己的收入。所以我组织了一系列收费的工作坊，委托当地艺术家创作用于出售的艺术品，甚至开设了一个小型在线商店。

这需要付出很多努力，而且肯定有一些时刻我感到不知所措。但我决心让它实现。我熬夜工作，牺牲了自己的空闲时间，并向导师和专家寻求建议。最终，我们能够获得足够的资金并产生足够的收入来支付工坊的费用。

在夏天结束，我返校时，我非常自豪地知道，由于社区的支持和我们创建的可持续模式，工坊将继续蓬勃发展。这是一个具有挑战性的目标，但实现它教会了我坚持、计划和建立牢固关系的重要性。

12. 决意等待

Describe a time you made a decision to wait for something

You should say:

When it happened

What you waited for

Why you made the decision

And explain how you felt while waiting

We had applied for a significant grant from a regional arts foundation to upgrade the equipment in the workshop – things like a new pottery wheel, a digital kiln, and better tools for woodworking. The deadline for the announcement of the grant recipients was at the end of July, and

we were eagerly awaiting the news.

Throughout July, rumors started circulating about budget cuts within the foundation. Some people told us that the grant program might be cancelled altogether. It was incredibly stressful. Many of the workshop participants were relying on the new equipment to develop their skills, and we had already promised them certain classes and projects.

I could have started looking for alternative funding sources immediately, but I made a conscious decision to wait for the official announcement. I reasoned that if the grant was awarded, it would provide a much more substantial and stable source of funding than anything I could secure on my own in a short period.

It was a difficult month. There were moments when I felt incredibly anxious and frustrated. But I trusted that waiting for the official announcement would be the best course of action. Finally, at the end of July, we received the news – we had been awarded the grant! It was a huge relief and a testament to the strength of our proposal and the value of our community work. Waiting had been agonizing, but ultimately, it paid off. It taught me the importance of patience and strategic decision-making.

(中文翻译)

我们向一个区域艺术基金会申请了一笔重要的资金，用于升级工坊的设备——例如新的制陶轮、数码窑和更好的木工工具。宣布资助对象的时

间是七月底，我们焦急地等待着消息。

在整个七月，关于基金会预算削减的传言开始流传。有人告诉我们，资助计划可能会完全取消。这令人压力很大。许多工坊的参与者都依赖新的设备来提高他们的技能，而且我们已经承诺他们某些课程和项目。

我本可以直接开始寻找替代资金来源，但我有意识地决定等待官方公告。我认为，如果获得资助，它将提供比我能在短时间内独自筹集到的更多更稳定的资金来源。

那是一个艰难的月份。我感到非常焦虑和沮丧。但我相信等待官方公告是最好的做法。最终，在七月底，我们收到了消息——我们获得了资助！这真是巨大的解脱，证明了我们提案的强大和我们社区工作的价值。等待是痛苦的，但最终，它得到了回报。它教会了我耐心和战略决策的重要性。

13. 计划多人活动

Describe a time when you made a plan to do an activity with a lot of people

You should say:

What it was

When and where you made it

What the activity was

And explain how you felt about the plan

One of the most ambitious things we did with the workshop was organizing a community art festival. We wanted to showcase the work of the participants, bring the community together, and raise awareness about the importance of art and creativity. It was a massive undertaking. The planning process started months in advance. I formed a planning committee with several of the workshop participants, and we divided the tasks among ourselves. We needed to secure a venue, book performers, arrange for food and drink, and manage logistics like setting up booths and providing security.

It was challenging coordinating so many people and ensuring that everyone was on the same page. We held regular meetings, used online collaboration tools, and constantly communicated with each other. There were a lot of details to manage, from obtaining permits to arranging transportation for the performers.

The day of the festival was incredible. The park was buzzing with activity. People were admiring the artwork, listening to live music, and enjoying the food. It was a huge success, and it brought a lot of joy to the community. Seeing everyone come together to celebrate creativity and art made all the hard work worthwhile. It taught me the importance of teamwork, organization, and perseverance when tackling a large-scale project.

(中文翻译)

我们在工坊做过的最雄心勃勃的事情之一是组织一个社区艺术节。我们想展示参与者的作品，将社区团结在一起，并提高人们对艺术和创造力重要性的认识。这是一项巨大的事业。

策划过程始于几个月前。我与几位工坊参与者组成了一个策划委员会，并将任务分给他们。我们需要找到一个场地，预订表演者，安排食物和饮料，并管理诸如设置展位和提供安全保障之类的后勤工作。

协调这么多人并确保每个人都步调一致是一项挑战。我们定期举行会议，使用在线协作工具，并不断相互沟通。有很多细节需要管理，从获得许可证到安排表演者的交通。

艺术节当天真是太棒了。公园里熙熙攘攘。人们欣赏着艺术品，聆听着现场音乐，并享受着食物。这非常成功，并给社区带来了许多欢乐。看到每个人聚集在一起庆祝创造力和艺术，让所有的努力都值得。它教会了我团队合作、组织和坚持在处理大规模项目中的重要性。

14. 嘈杂地

Describe a noisy place you have been to

You should say:

Where it is

When you went there

What you did there

And explain why you feel it's a noisy place

The noisiest place I've been to recently was definitely the opening night of the community art festival we organized. The festival was held in the town square, which is normally a fairly quiet space, but on that night, it was absolutely buzzing with activity and sound.

There was live music playing – a local band performing a lively mix of folk and rock. Then there were the sounds of people chattering, laughing, and enjoying themselves. Street food vendors were calling out their specials, and the aroma of grilled meats and spices filled the air. Children were running around, squealing with delight, and artists were explaining their work to curious onlookers.

The sound system for the band wasn't particularly good, so there was a lot of distortion and feedback, adding to the cacophony. It was almost overwhelming at times, but it wasn't an unpleasant noise. It was the sound of a community coming together, celebrating creativity and enjoying each other's company.

I remember standing there, watching the crowd, and feeling a sense of immense satisfaction. All the hard work and planning had paid off, and

the town square was alive with energy and excitement. The noise wasn't just noise; it was the sound of success, the sound of connection, and the sound of a community thriving. It was chaotic, but it was wonderful.

(中文翻译)

最近我到过的最吵闹的地方肯定是我们社区组织的艺术节开幕之夜。艺术节在镇广场举行，那里通常是一个相当安静的地方，但那天晚上，它绝对热闹非凡。

现场有现场音乐表演——一个当地乐队演奏着充满活力的民谣和摇滚乐的混合曲目。然后是人们聊天、欢笑和享受乐趣的声音。街头小贩正在吆喝他们的特价商品，烤肉和香料的香气弥漫在空气中。孩子们四处奔跑，高兴地尖叫，艺术家们向好奇的观众解释他们的作品。

乐队的音响系统不太好，所以有很多失真和反馈，这增加了喧嚣。有时几乎令人难以承受，但那不是令人不愉快的噪音。那是社区团结起来，庆祝创造力并享受彼此陪伴的声音。

我记得我站在那里，看着人群，感到一种巨大的满足感。所有的辛勤工作和计划都得到了回报，镇广场充满了活力和兴奋。噪音不仅仅是噪音，而是成功的声音，连接的声音，以及社区蓬勃发展的声音。它很混乱，

但也很美妙。

15. 让你自豪的照片

Describe a photo you took that you are proud of

You should say:

When you took it

Where you took it

What is in this photo

And explain why you are proud of it

I took a photo during the art festival that I'm particularly proud of. It wasn't a technically perfect photograph, but it captured something special about the event and the community.

The photo shows an elderly woman, Mrs. Li, sitting in front of her painting at the festival. She had never painted before she joined the workshop, and she was quite shy and hesitant at first. But with encouragement, she started to express herself through art, and she discovered a hidden talent.

In the photo, she's beaming with pride, and there's a group of children gathered around her, admiring her painting. You can see the joy on her

face and the wonder in the children's eyes. It's a really heartwarming image.

I'm proud of that photo because it encapsulates the spirit of the community workshop – empowering people to discover their potential and share their creativity. It's a reminder of why I started the project in the first place, and it motivates me to continue working to create positive change in my community. It's not just a picture of a painting; it's a picture of transformation, connection, and hope.

(中文翻译)

我在艺术节上拍了一张照片，我特别为此感到自豪。这张照片在技术上并不完美，但它捕捉到了活动和社区的特别之处。

照片显示一位老妇人李奶奶，她坐在艺术节的画作前。她以前从未画过画，起初相当害羞和犹豫。但在鼓励下，她开始通过艺术表达自己，并发现了一项隐藏的天赋。

在照片中，她脸上洋溢着自豪，有一群孩子聚集在她周围，欣赏她的画作。你可以在她的脸上看到喜悦，在孩子们的眼中看到惊奇。这是一张真正令人心旷神怡的图像。

我为这张照片感到自豪，因为它概括了社区工坊的精神——赋能人们发现自己的潜力并分享他们的创造力。它提醒我我最初开始这个项目的目的，并激励我继续努力为我的社区创造积极的变化。它不仅仅是一张画的图片，它是一张关于转变、联系和希望的图片。

16. 与朋友做的有趣决定

Describe an interesting decision that you and your friend made together

You should say:

When and why you made the decision

What the decision was about

Why you made the decision together

And explain why you think it was interesting

I'd like to talk about a rather spontaneous and, in retrospect, quite interesting decision my friend, Lin Mei, and I made a few months ago, right in the middle of working on the community workshop project. It was late spring, and we were both feeling incredibly stressed about securing funding for a new kiln – a crucial piece of equipment for the pottery classes we were planning. We'd just received another rejection letter from a potential sponsor, and we were starting to feel quite

disheartened.

The decision was about organizing an impromptu, pop-up art sale in the town square. It wasn't a pre-planned event, and it was a bit of a risky idea, but we felt we needed to do something to raise money quickly. We'd been discussing the need for more funding and lamenting our lack of resources, and then Lin Mei just turned to me and said, Let's just do it. Let's set up some tables in the square tomorrow and sell everything we've made!

We made the decision together because we both knew we needed a morale boost, and we also realized that we had a lot of artwork and crafts accumulating from the workshop participants. It seemed like a good way to showcase their talent, raise some money, and generate some buzz about the workshop. Plus, we both thrive on a bit of creative chaos, so the idea of pulling something off quickly and spontaneously appealed to us.

What I think made it particularly interesting was the sheer impulsiveness of it all. We had no permits, no marketing plan, and barely any time to prepare. We spent the evening frantically gathering artwork, setting up tables, and making a makeshift sign. The next day, the town square was surprisingly busy, and people were really enthusiastic about the art on display. We sold almost everything! It wasn't just about the money we raised; it was the sense of community,

the energy, and the feeling of accomplishment. It showed us that sometimes the best ideas are the ones you don't overthink, and that taking a leap of faith can pay off in unexpected ways. It was a refreshing reminder that we didn't always need a formal plan to make something happen.

(中文翻译)

我想说的是几个月前我和我的朋友林梅一起做的一个相当自发的，回想起来，非常有趣的决定，就在我们致力于社区工坊项目期间。那是晚春时节，我们两人都感到非常紧张，因为我们无法为新窑炉筹集资金——这对于我们计划的陶艺课程至关重要的设备。我们刚刚收到来自潜在赞助人的另一封拒绝信，我们开始感到非常沮丧。

这个决定是组织一个临时的、快闪艺术品销售会，在镇广场上举行。这并非一个预先计划好的活动，而且有点冒险，但我们觉得我们需要做一些事情来快速筹集资金。我们一直在讨论对更多资金的需求以及缺乏资源，然后林梅只是转过头来对我说：我们干脆做吧。我们明天在广场上摆一些桌子，卖掉我们制作的所有东西！

我们一起做出了这个决定，因为我们都知道我们需要鼓起士气，而且我们也意识到工坊参与者们积累了大量的艺术品和手工艺品。这似乎是一种展示他们才华、筹集资金并引起人们对工坊兴趣的好方法。此外，我们都喜欢有点创造性的混乱，所以迅速而自发地完成一些事情的想法吸引了我们。

我认为这特别有趣的原因在于这一切的冲动性。我们没有许可证，没有

营销计划，几乎没有准备时间。我们整个晚上都在疯狂地收集艺术品，设置桌子，并制作一个临时标牌。第二天，镇广场上出人意料地很热闹，人们对展出的艺术品非常热情。我们几乎把所有东西都卖光了！这不仅仅是关于我们筹集到的钱，而是关于社区意识、能量以及成就感。它向我们表明，有时最好的想法是那些你没有过度思考的想法，并且冒险可能会以意想不到的方式获得回报。这是一个令人耳目一新的提醒，我们并不总是需要一个正式的计划才能让事情发生。

故事三：社区志愿者活动与自我成长 - 我最近参与了一个社区的“焕新角落”志愿者活动，旨在帮助社区居民改造旧物，或者学习新的技能，改善生活环境。在活动中，我遇到了形形色色的人，学习到了很多东西，也经历了一些有趣的事情。这个活动让我看到了自己未曾发掘的潜力，也让我更加关注社区建设和可持续生活方式。

1. 信息搜索

Describe a time when you needed to search for information

You should say:

What information you needed to search for

When you searched for it Where you searched for it

And explain why you needed to search for it

Okay, so I'm involved in a community volunteer project called 'Revamp Corners', where we help residents upgrade their living spaces and learn new skills. Initially, the project leader, Auntie Chen, mentioned we'd be building raised garden beds for elderly residents who have trouble bending down. I'd never built anything like that before! I really needed to find out the best materials to use, considering the local climate and the type of vegetables they wanted to grow.

I started by searching online, specifically on DIY gardening websites and forums. I used platforms like Pinterest for inspiration and watched a lot of YouTube tutorials. Then, I discovered a local gardening expert, Mr. Li, through a community Facebook group. He runs a small organic farm just outside the city, and I messaged him asking for advice. He was incredibly helpful, sharing his experience with different wood types and drainage systems.

The reason I needed to do this research was twofold. Firstly, I wanted to build something durable and functional that would genuinely benefit the elderly residents. And secondly, I knew if I could successfully contribute to this part of the project, it would build my confidence and encourage me to take on more challenging tasks in the future. It was

amazing to see the garden beds bloom with tomatoes and peppers – a real reward for the effort.

(中文翻译)

好的，我参与了一个名为焕新角落的社区志愿者项目，我们帮助居民升级他们的生活空间并学习新技能。最初，项目负责人陈阿姨提到我们要为行动不便的老年居民建造高架花坛。我以前从未建造过类似的东西！我真的需要了解使用最好的材料，考虑到当地的气候和他们想要种植的蔬菜类型。

我首先在网上搜索，特别是在 DIY 园艺网站和论坛上。我使用 Pinterest 来获取灵感，并观看了很多 YouTube 教程。然后，我在社区 Facebook 群组中发现了一位当地的园艺专家李先生。他就在城市郊区经营一家小型有机农场，我给他发消息寻求建议。他非常乐于助人，分享了他对不同木材类型和排水系统的经验。

我需要做这项研究的原因有两个。首先，我想建造一些耐用且实用的东西，真正让老年居民受益。其次，我知道如果我能成功地为项目的这一部分做出贡献，它将建立我的信心并鼓励我承担未来更多具有挑战性的任务。看到花坛开满西红柿和辣椒，真是辛勤工作的回报。

2. 想做的户外运动

Describe an outdoor sport you would like to do

You should say:

What it is

When/where you would like to do it

With whom you would like to do it

And explain why you would like to do it

As part of 'Revamp Corners,' we've been trying to promote healthier lifestyles in the community. That got me thinking about outdoor activities, and I've become really interested in rock climbing. I've always admired people who can scale these massive rock faces with such grace and strength. It looks incredibly challenging, both physically and mentally.

I'd love to try it out during the spring or autumn, when the weather isn't too hot or too cold. There's a fantastic climbing center with both indoor and outdoor walls about an hour's drive from the city. I'd want to go with a group of friends, especially my friend Xiaoming, who is a really experienced hiker and loves adventure sports. It would be great to have someone knowledgeable to guide me and ensure my safety.

What appeals to me about rock climbing is the problem-solving aspect.

It's not just about strength; it's about planning your route, figuring out the best holds, and trusting your body to execute the climb. I think it would be an incredible way to push my limits, build confidence, and connect with nature at the same time.

(中文翻译)

作为焕新角落项目的一部分，我们一直在尝试在社区中推广更健康的生活方式。这让我开始思考户外活动，并且我对攀岩产生了浓厚的兴趣。我一直钦佩那些能够优雅而有力地攀爬巨大岩壁的人。它看起来极具挑战性，对身体和精神都是如此。

我希望在春天或秋天尝试它，那时天气不太热也不太冷。距离城市大约一个小时车程的地方有一个很棒的攀岩中心，有室内和室外的墙壁。我想和一群朋友一起去，尤其是我的朋友小明，他是一位经验丰富的徒步旅行者，喜欢冒险运动。有一个知识渊博的人来指导我并确保我的安全会很好。

攀岩吸引我的是解决问题的方面。它不仅仅是关于力量；而是关于规划你的路线，弄清楚最好的抓地力，并信任你的身体来执行攀爬。我认为这将是一种令人难以置信的方式来突破我的极限，建立信心，并同时与自然联系。

3. 二手物品网站

Describe a website that sells second-hand items

You should say:

What it is

How you found out about it

What you have bought from it

And explain whether you like it

Auntie Chen, the project leader, is a big advocate for sustainable living. She pointed me towards a website called ‘闲鱼’ (Xiányú – literally Idle Fish). It's a huge online marketplace in China for buying and selling second-hand goods. It's incredibly popular!

I first heard about it from her when we were brainstorming ideas for upcycling old furniture for the ‘Revamp Corners’ project. She showed me how to find affordable vintage items that could be restored and reused. I've actually bought a few things from it myself – a beautiful old wooden chest that I've been refinishing for my bedroom, and some gardening tools for the community garden.

I really like ‘闲鱼’ because it's so convenient and affordable. It's also

great for finding unique and one-of-a-kind items. Plus, it promotes a circular economy and reduces waste. It's a win-win situation! I think it's a brilliant platform that encourages people to give things a second life rather than simply throwing them away.

(中文翻译)

项目负责人陈阿姨是一位可持续生活方式的坚定倡导者。她向我介绍了一个名为闲鱼的网站。它是中国一个巨大的在线市场，用于买卖二手商品。它非常受欢迎！

当我第一次从她那里听说这个网站是在我们为焕新角落项目集思广益，为旧家具进行升级改造的想法时。她向我展示了如何找到负担得起的复古物品，这些物品可以修复和重新使用。我自己也从中购买了一些东西——一个漂亮的旧木箱，我正在为我的卧室进行翻新，以及一些用于社区花园的园艺工具。

我真的很喜欢闲鱼，因为它非常方便和经济实惠。它也很适合寻找独特且独一无二的物品。此外，它还促进了循环经济并减少了浪费。这是一场双赢的局面！我认为这是一个出色的平台，它鼓励人们赋予物品第二次生命，而不是简单地扔掉它们。

4. 糟糕购物

Describe a problem you had while shopping online or in a store

You should say:

When it happened

What you bought

What problem you had

And explain how you felt about the experience

Recently, while sourcing materials for 'Revamp Corners,' I decided to buy some paint online. It was a specific shade of teal that one of the residents had requested for their living room. I found a good deal on a website I hadn't used before, and I was excited to save some money.

However, when the paint arrived, the packaging was badly damaged, and the can was leaking. The color was completely different from what I had ordered – it was a muddy brown instead of teal! I immediately contacted the seller, but they were very unresponsive and didn't offer a refund or a replacement. It was incredibly frustrating.

I ended up having to rush to a local hardware store to buy the correct color, which ended up costing me more than the original purchase. It was a really stressful situation, especially because we were on a tight

deadline to finish the room before the resident returned from a trip. I learned a valuable lesson that day: it's often better to pay a little extra and buy from a reputable retailer, even if it means sacrificing a small discount.

(中文翻译)

最近，在为焕新角落项目采购材料时，我决定在网上购买一些油漆。这是居民要求为他们的客厅使用的特定色调的青色。我在以前从未用过的一个网站上找到了一笔优惠，我很兴奋可以省钱。

然而，当油漆到达时，包装严重损坏，罐子正在泄漏。颜色与我订购的完全不同——它是一种泥土棕色，而不是青色！我立即联系了卖家，但他们反应迟钝，没有提供退款或更换。这真是令人沮丧。

我最终不得不急忙去当地的五金店购买正确的颜色，这最终比我最初的购买花费更多。这对我来说真的是一个压力很大的情况，特别是因为我们有一个紧迫的截止日期，需要在居民旅行回来之前完成房间。我在那一天学到了宝贵的教训：通常最好多付一点钱并从信誉良好的零售商处购买，即使这意味着要牺牲一点折扣。

5. 健康文章

Describe an article on health you read in a magazine or on the Internet

You should say:

What it was

Where you read it

Why you read it

And how you felt about it

During the 'Revamp Corners' project, we've been focusing a lot on creating healthier living environments, and that made me think about overall wellbeing. I stumbled upon an article on a health website called '丁香医生' (Dīngxiāng Yīshēng - Doctor Dingxiang), a very popular and trustworthy source of medical information in China.

The article was about the benefits of 'forest bathing' – or Shinrin-yoku as it's known in Japan. It explained how spending time in nature, particularly in forests, can lower stress levels, boost the immune system, and even improve mood. It talked about the phytoncides, airborne chemicals released by trees, and how these can have a positive impact on our health.

I found it incredibly interesting because it validated something I've

always instinctively felt – that being in nature is good for you. It also inspired me to encourage the elderly residents we were helping to spend more time outdoors, even if it was just sitting in their newly renovated gardens. It felt good knowing I was sharing information that could genuinely improve their quality of life.

(中文翻译)

在焕新角落项目中，我们一直在专注于创造更健康的生活环境，这让我开始思考整体健康。我在一个名为丁香医生的健康网站上找到了一篇文章，这是一个在中国非常受欢迎且值得信赖的医学信息来源。

这篇文章是关于森林浴的好处——或者说日本所知的 *Shinrin-yoku*。它解释了花时间待在自然中，尤其是在森林中，如何降低压力水平、增强免疫系统，甚至改善情绪。它谈到了树木释放的空气传播化学物质——植物杀菌素，以及这些物质如何对我们的健康产生积极影响。

我发现它非常有趣，因为它证实了我一直本能地感受到的事情——待在自然中对你有好处。它也激励我鼓励我们帮助的老年居民多花时间在户外，即使只是坐在他们新改造的花园里。知道我分享的信息能够真正改善他们的生活质量，感觉很好。

6.校外学到的重要事情

Describe an important thing you learned (not at school or college)

You should say:

What it was

When you learned it

How you learned it

And explain why it was important

Helping with 'Revamp Corners' has taught me something incredibly important - the power of active listening. Before this, I always thought I was a good communicator, but I'd often jump in with solutions before fully understanding someone's needs or concerns.

I quickly realized that with the residents, it wasn't about telling them what to do, but about listening to their stories, understanding their preferences, and working with them to create a space that felt comfortable and meaningful to them. For example, old Mr. Wang initially resisted the idea of a raised garden bed, because it reminded him of his old illness. I had to really listen to his explanation and understand his emotional connection to gardening before suggesting a different design that worked for him.

Learning to truly listen, to empathize, and to prioritize someone else's perspective has been invaluable. It's not just helped me with the volunteer project, but it's improved my relationships with my family and friends, and even my ability to work in a team. It's a skill I'll carry with me for life.

(中文翻译)

帮助焕新角落项目让我学到了一件非常重要的事情——积极倾听的力量。在此之前，我一直认为自己是一个很好的沟通者，但通常我会先提出解决方案，而没有完全理解某人的需求或担忧。

我很快意识到，对于居民来说，不是告诉他们该做什么，而是倾听他们的故事，理解他们的偏好，并与他们合作，创造一个让他们感到舒适和有意义的空间。例如，王老伯最初抵制高架花坛的想法，因为它让他想起了他的旧病。我必须真正倾听他的解释，理解他对园艺的情感联系，然后才提出一个对他有用的不同设计。

真正学会倾听、同情和优先考虑他人的观点非常有价值。它不仅帮助我完成了志愿者项目，还改善了我与家人和朋友的关系，甚至提高了我的团队合作能力。这是一项我将终身携带的技能。

7. 漂亮物品

Describe an object that you think is beautiful

You should say:

What it is

Where you saw it

What it looks like

And explain why you think it is beautiful

During one of our 'Revamp Corners' visits, we were helping an elderly woman named Grandma Zhou clean out her attic. Amongst all the old boxes and forgotten treasures, I found a small, hand-painted porcelain teacup.

It was a delicate, pale blue color, adorned with intricate floral patterns in shades of pink and gold. The painting was a bit faded in places, showing its age, but that only added to its charm. It was clearly very old, maybe even antique.

What I found beautiful about it wasn't just its aesthetic appeal, but the sense of history and stories it held. Grandma Zhou explained that it had been a wedding gift from her late husband, and she had used it every day for many years. To me, it was a symbol of love, resilience, and the

simple joys of life. It was a beautiful object not just because of how it looked, but because of the memories and emotions it evoked.

(中文翻译)

在一次焕新角落访问期间，我们帮助一位名叫周奶奶的老妇人清理她的阁楼。在所有的旧盒子和被遗忘的宝藏中，我发现了一个小巧的、手绘的瓷茶杯。

它是一种精致的淡蓝色，饰有粉色和金色的复杂花卉图案。绘画在某些地方有点褪色，显示了它的年代，但那只会增加它的魅力。它显然非常古老，甚至可能是古董。

我觉得它漂亮之处不仅在于它的审美吸引力，还在于它所蕴含的历史和故事。周奶奶解释说，这是她已故丈夫送给她的结婚礼物，她多年来每天都使用它。对我来说，它象征着爱、韧性和生活中简单的快乐。它是一个美丽的物体，不仅仅是因为它的外观，还因为它唤起了记忆和情感。

8. 想看的体育赛事

Describe a sports event you would like to watch

You should say:

What it is

Who you want to watch with

Why you want to watch it

And explain how you feel about it

I've been really inspired by the sense of community and teamwork I've seen while volunteering with 'Revamp Corners'. It made me think about other events that showcase those qualities, and I've always wanted to attend the Olympic Games.

Specifically, I'd love to see a gymnastics competition. I'm mesmerized by the incredible athleticism, grace, and precision of the gymnasts. Watching them perform those complex routines seems almost superhuman. I'd want to go with my younger sister, who is a keen dancer herself and would really appreciate the artistry involved.

I think it would be an incredibly uplifting and inspiring experience. Seeing athletes from all over the world come together to compete peacefully, pushing their limits and achieving their dreams, would be truly special. It would be a reminder of the power of human potential and the importance of striving for excellence.

(中文翻译)

在与焕新角落志愿者合作期间，我一直受到社区意识和团队合作的启发。这让我开始思考其他展示这些品质的活动，我一直想参加奥运会。

具体来说，我想观看体操比赛。我对体操运动员令人难以置信的运动能力、优雅和精确度感到着迷。观看他们表演这些复杂的动作似乎几乎是超人的。我想和我的妹妹一起去，她自己也是一个热衷的舞者，她会真正欣赏所涉及的艺术。

我认为这将是一次令人振奋和鼓舞人心的经历。看到来自世界各地的运动员齐聚一堂和平竞争，突破极限并实现他们的梦想，将是真正特别的。它将提醒我们人类潜力的力量以及追求卓越的重要性。

独立题

9. 运动场所

Describe a popular place for sports (e.g. a stadium) that you've been

You should say:

Where it is

When you went there

What you did there

And explain how you felt about this place

Last year, I had the chance to visit the Beijing National Stadium, also known as the 'Bird's Nest.' It's a truly iconic sporting venue, and it was incredible to finally see it in person.

I went with my college friends to watch a concert, but even without a sporting event taking place, the sheer scale and architectural brilliance of the stadium was breathtaking. It's a massive structure, and the design, inspired by bird's nests, is just stunning. We spent a long time walking around, taking photos, and imagining what it must have been like to witness the Olympic Games there in 2008.

The atmosphere was electric, even for a concert. You could feel the energy of past competitions and the pride of the city. It really made me appreciate the importance of sports in bringing people together and fostering a sense of national unity.

(中文翻译)

去年，我有机会参观了北京国家体育场，也被称为鸟巢。它是一个真正标志性的体育场馆，终于亲眼见到它真是太不可思议了。

我和大学朋友一起去观看音乐会，但即使没有体育赛事举行，体育场庞大的规模和建筑辉煌也令人叹为观止。这是一个巨大的结构，其设计灵感来自鸟巢，简直令人惊叹。我们花了很多时间四处走动，拍照，并想象着在 2008 年奥运会上在那里观看比赛是什么样的。

即使是音乐会的气氛也充满了活力。你可以感受到过去比赛的能量和城市的自豪感。它真的让我欣赏了体育运动在团结人民和培养民族团结方面的重要性。

独立题

10. 看过的体育比赛

Describe a sports competition you watched

You should say:

What it was

When/where you watched it

Who you watched it with

And explain whether you enjoyed it

I'm not a huge sports fan generally, but I did enjoy watching the Women's Volleyball World Championship final between China and Brazil a few years ago. I watched it with my parents in our living room. The atmosphere was tense and exciting throughout the entire match.

The Chinese team played exceptionally well, fighting back from a difficult second set to eventually win in five sets. My parents and I were on the edge of our seats the whole time, cheering loudly with every point. What I particularly enjoyed wasn't just the competition itself, but the spirit of sportsmanship and the incredible teamwork displayed by both teams. It was a great example of how dedication, perseverance, and collaboration can lead to success. It also brought my family closer together, sharing that moment of national pride.

(中文翻译)

我通常不是一个很大的体育迷，但几年前我确实喜欢观看中国和巴西之间的女排世界杯决赛。我和父母在客厅里观看的。

整场比赛的气氛紧张而激动。中国队表现出色，从艰难的第二局中反弹回来，最终在五局比赛中获胜。我和父母整场比赛都坐在座位上，为每一分欢呼。

我特别享受的不仅仅是比赛本身，还有双方队伍展现的体育精神和令人难以置信的团队合作。这是一个很好的例子，说明奉献、毅力和协作如何能够带来成功。它也让我的家人更亲密，分享了那一刻的民族自豪感。

独立题

11. 喜欢的节目

Describe a program you like to watch

You should say:

What it is

What it is about

Who you watch it with

And explain why you like to watch it

I recently started watching a documentary series on CCTV called ‘舌尖上的中国’ (Shé Jiān Shàng de Zhōngguó - A Bite of China). It's a food documentary that explores the diversity of Chinese cuisine and the stories behind the dishes.

Each episode focuses on a different ingredient or regional cuisine, showcasing the traditional methods of food production and the people who dedicate their lives to preserving these culinary traditions. The cinematography is absolutely beautiful, and the narration is poetic and evocative.

I really like it because it's not just about food; it's about culture, history, and the connection between people and their land. It's a fascinating and inspiring program that reminds me of the richness and diversity of Chinese culture, and it aligns perfectly with the 'Revamp Corners'

project's focus on local traditions and community heritage.

(中文翻译)

我最近开始观看 CCTV 的一个纪录片系列片《舌尖上的中国》。这是一部关于食物的纪录片，探索了中国菜的多样性以及菜肴背后的故事。

每一集都侧重于不同的食材或地方菜系，展示传统的食物生产方法以及致力于保护这些烹饪传统的人们。摄影绝对令人惊叹，解说富有诗意且引人入胜。

我真的很喜欢它，因为它不仅仅是关于食物；它还关乎文化、历史以及人与土地之间的联系。这是一个迷人而鼓舞人心的节目，它提醒我中华文化的丰富性和多样性，并且与焕新角落项目关注当地传统和社区遗产的目标完美契合。