

IELTS

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超高频话题 3 个

Study or work – 学习工作

Study (for Students) – 学习【中学生】

Do you work, or are you a student?

I'm a student right now, so I don't work

Where do you study?

I study at a public high school in the city. It's a pretty big school, and I've been going there since I started secondary school.

What subjects are you studying?

I'm studying a range of subjects like math, English, and science. This year, I'm really focusing on improving my grades in history and chemistry because they're a bit harder for me.

What about the environment at school?

The environment at school is mostly good, but it can get a little noisy sometimes, especially during breaks. We have some great teachers, though, who make learning really interesting.

What is your favourite place to study?

My favorite place to study is definitely my room because it's quiet and I can concentrate. Sometimes I go to the school library if I need extra resources for my assignments.

Do you prefer to study at home or in a library?

I prefer studying at home because I can take breaks whenever I need to. But if I need to do group work or research, I'll go to the library for better resources.

What part of your school do you like the most?

I really like the school garden; it's a nice place to relax between classes. The science lab is also great because we get to do a lot of hands-on experiments

Do you like your school?

Yes, I do like my school. The teachers are helpful, and I've made some good friends here, so it's a nice place to be.

Do you think your school is suitable for study?

I think my school is pretty good for studying, though it would be better if there were more quiet study spaces. The teachers are very supportive, which makes a big difference.

Is there anything that can be improved?

One thing that could be improved is the amount of homework we get—it can be overwhelming sometimes. It would also help if the classrooms were a bit bigger, as it feels crowded at times.

What do you usually do when you are at school?

When I'm at school, I spend most of my time in classes, but I also enjoy hanging out with my friends during lunch. After school, I usually stay behind to study or join my club activities.

How do you usually travel to the city where you study?

I take the bus to school every day, which takes about 30 minutes. Sometimes, my parents drive me if I'm running late.

What skills do you think help you study?

Time management is really important because it helps me stay organized with homework and projects. Also, note-taking helps me remember important information from lessons.

Do you prefer to study alone or with others?

I usually prefer studying alone because I can focus better that way. However, when it comes to group projects, working with others can be really helpful.

Do you prefer to study in the morning or the afternoon?

I prefer studying in the afternoon because I feel more awake then. In the morning, it's hard for me to concentrate until I've had some time to wake up.

Who do you think helps you the most in your study?

My teachers help me a lot, especially when I don't understand something. My parents also encourage me to keep up with my studies, which motivates me.

Do you find it difficult to balance life and study?

It can be tough to balance schoolwork with other activities, especially during exam season. I try to manage my time well, but sometimes it feels like there aren't enough hours in the day.

Study (for Students) – 学习【大学生】

Do you work, or are you a student?

I'm a full-time university student, but I also have a part-time job to help cover my expenses.

What's your subject? / What do you study?

I'm majoring in business administration. I'm really interested in learning how companies operate and how to manage people effectively.

Why did you choose this subject?

I chose business administration because I've always been interested in how businesses run and the strategies behind successful companies. Plus, it offers a lot of career options after graduation.

Where do you study?

I study at a university in the city center. It's a big campus with a lot of facilities, so I enjoy spending time there.

What about the environment in the university?

The environment is quite vibrant and full of energy. There are always events and activities happening, which makes it a lively place to study.

Do you think your university is suitable for study?

Yes, it's a great place to study because the professors are knowledgeable, and there are plenty of resources. However, some lecture halls can get a bit crowded.

Is there anything that can be improved?

I think the university could improve by offering more quiet study areas, especially during exam season. Also, better support for students' mental health would be helpful.

How do you usually travel to the city where you study?

I usually take the subway, which is convenient and fast. If I'm in a rush, I sometimes use a ride-sharing app.

What skills do you think help you study?

Time management is key because university assignments can pile up quickly. I also find that good research skills help me with my coursework.

Do you prefer to study alone or with others?

I prefer to study alone for most subjects because I can concentrate better. But when it comes to preparing for group projects or presentations, studying with others is helpful.

Do you prefer to study in the morning or the afternoon?

I usually study in the afternoon because I'm not much of a morning person. In the afternoon, I feel more focused and productive.

Who do you think helps you the most in your study?

My professors and classmates help me a lot, especially when I need clarification on a topic. My family also supports me by encouraging me to stay motivated.

Do you find it difficult to balance life and study?

It can be difficult, especially with my part-time job and extracurricular activities. But I try to plan my time well, so I don't fall behind in my studies.

What would you like to do after graduation?

After graduation, I'd like to work in the business sector, maybe in marketing or management. I'm also considering doing a master's degree after gaining some work experience.

What's your future study plan?

I'm planning to focus on internships and practical experience before I graduate. After that, I might pursue further studies depending on my career goals.

What is your favourite place to study?

My favorite place to study is the campus library because it's quiet and has all the resources I need. Sometimes, I also study at a café for a change of scenery.

Do you prefer to study at home or in a library?

I prefer to study in the library because I find it easier to concentrate there. At

home, there are too many distractions.

What part of your school do you like the most?

I really like the student lounge because it's a great place to relax between classes. The business faculty building is also impressive, with modern classrooms and study spaces.

Work – 工作

Do you work, or are you a student?

I'm working full-time now, but I used to be a student not too long ago.

What (job) do you do?

I work as a marketing specialist for an online company. My job involves creating content and running campaigns to promote our products.

Why did you choose that work?

I've always been interested in marketing because it combines creativity with strategy. Plus, it's a field that's constantly evolving, which keeps things exciting.

What do you enjoy (the most) about your work?

The thing I enjoy most about my job is the flexibility to work on different projects. I also love collaborating with a creative team to develop new ideas.

What is the most challenging thing in your job?

The most challenging part is keeping up with the fast-paced changes in the industry. Deadlines can be tight, and there's always something new to learn.

Do you like your workplace?

Yes, I do like my workplace. It's a positive environment with supportive colleagues, and I appreciate the work-life balance that the company promotes.

Do you prefer working in the morning or the evening?

I prefer working in the morning because I feel more focused and productive. By the evening, I'm usually ready to wind down and relax.

What kind of technology do you use for your job?

I use various tools like marketing automation software, analytics platforms, and design programs like Photoshop. Technology is essential for streamlining our processes and measuring performance.

Who helps you the most at work?

My manager has been a huge help by guiding me through challenging projects. My teammates are also great at offering support when things get busy.

Would you like to work with a lot of people?

I enjoy working with others, but I prefer smaller teams where collaboration feels more personal. Large teams can sometimes make communication more difficult.

How do you manage your time at work?

I usually create a to-do list at the start of the day and prioritize tasks based on deadlines. Time management tools like calendars and task trackers really help me stay on top of things.

Do you see yourself continuing to do this job in the future?

For now, I do see myself staying in this field because there's a lot of room for

growth. However, I'm always open to exploring new opportunities that align with my skills.

Do you expect any changes in your job?

I expect the role to keep evolving, especially with the rise of new technologies. I think more automation and AI tools will become part of our daily workflow.

Do you prefer to work at home or in the workplace?

I enjoy the flexibility of working from home because it saves time on commuting. But I also appreciate the social aspect of going into the office, so a balance of both works best for me.

Do you prefer to work alone or in a group?

It depends on the task. For creative projects, I prefer working in a group because brainstorming with others leads to better ideas. But for focused tasks, I prefer working alone to avoid distractions.

Accommodation/the area you live in – 住所/小区

Where do you live? In the suburb or the central area?

I live in the suburbs, which is quieter and more spacious than the city center. It's nice to be away from the hustle and bustle, but commuting to work can take some time.

Do you often stay at home?

I do stay at home quite a lot, especially on weekends when I want to relax. However, I also enjoy going out to meet friends or explore the city when I can.

Do you prefer staying at home or going outside?

It depends on my mood. If I've had a busy week, I prefer staying at home to unwind. But when the weather is nice, I love going outside to enjoy some fresh air.

What do you like to do when you stay at home?

When I'm at home, I like to read, watch TV, or cook something new. I also enjoy spending time online or catching up on shows.

What's your favourite place at home?

My favorite place is the living room because it's where I can relax and watch TV. It's also the coziest spot in the house for spending time with family or friends.

Do you have a favourite room?

Yes, my bedroom is my favorite room. It's where I can relax, have some privacy, and feel most comfortable.

Which room do you like the most?

I like the kitchen the most because I enjoy cooking and trying out new recipes. It's also where we gather as a family to eat and chat.

Which is the most comfortable room?

The most comfortable room is definitely the living room. It's where we have the softest furniture and where everyone gathers to relax.

What did you enjoy doing at home when you were a child?

When I was a child, I loved playing with toys and reading books in my room. I also spent a lot of time drawing and doing crafts at the kitchen table.

Would you like to spend more time staying at home?

I wouldn't mind spending more time at home, especially when I feel like I need a break. But I also enjoy being active and going out, so a balance works best for me.

How long have you been living in this area?

I've been living in this area for about five years. It's a nice neighborhood, and I've gotten to know some of the people here.

Do different age groups live in this area?

Yes, there's a mix of different age groups in my neighborhood. You'll see families with young kids as well as older people who've lived here for a long time.

Are people friendly in the areas where you live?

People are generally quite friendly where I live. Neighbors often say hello and are willing to help out if you need something.

Is where you live quiet?

It's usually pretty quiet, especially at night. There's some noise during the day, but it's mostly peaceful compared to living in the city center.

What are the benefits of living there?

The biggest benefit is the peaceful environment. It's also safer, and there's more space for outdoor activities compared to the city.

Do you know any of your neighbours?

I know a few of my neighbors quite well. We sometimes chat when we see each other, and they've been really helpful when I've needed something.

Do you often meet your neighbours?

I don't meet my neighbors that often, but we do say hello when we bump into each other. We usually see each other during neighborhood events or while walking outside.

What do you think your living area would be improved?

I think it would be nice to have more public transportation options in the area. Also, more community events could help bring people together and make the neighborhood feel even more connected.

Hometown/ The area you live in – 家乡**What's your hometown?**

My hometown is Beijing, a vibrant city known for its rich history and modern developments. It's a great place to live with a mix of culture and innovation.

Where are you from?

I'm originally from a small town near Beijing, but I've been living in the city for many years now. It's been a big change, but I enjoy the fast-paced life here.

How long have you lived in your area?

I've lived in my area for over ten years now. It's grown a lot during that time, with new buildings and parks popping up.

Do you like living here? (Why)

Yes, I enjoy living here because it's convenient and has everything I need. The public transportation is great, and there are lots of places to explore in my free

time.

Do you live in a large or small city?

I live in a large city, and it can be a bit overwhelming at times, but there's always something to do. The variety of restaurants, shops, and activities makes it exciting.

Is your city a popular destination that also has quiet areas?

Yes, my city is quite popular with tourists, but there are quieter neighborhoods where you can escape the crowds. I live in one of those areas, and it's nice to have that balance.

Is this city a quiet or a noisy place?

The city is mostly noisy, especially in the central areas with traffic and crowds. However, if you go to the parks or outskirts, it can be much more peaceful.

Which part of your hometown do you like the most?

I love the historical parts of my hometown, especially the old temples and narrow streets. They remind me of the city's rich history and culture.

Where do you want to live in the future?

In the future, I'd like to live in a city that's a bit quieter but still offers good job opportunities. Somewhere with a slower pace but access to all the modern conveniences.

Do you think your hometown is a liveable city?

Yes, it's a very liveable city with plenty of job opportunities and a high standard of living. However, the cost of living can be a bit high for some people.

Do different age groups live in your hometown?

Yes, people of all ages live here, from young professionals to retirees. It's a diverse place where you can meet people from all walks of life.

Is there anything famous in your hometown?

My hometown is famous for its historical landmarks like the Forbidden City and the Great Wall. Tourists from all over the world come to visit these sites.

Do you know much about the history of your hometown?

I know quite a bit about my hometown's history, especially its role in China's imperial past. It's fascinating to learn how the city has changed over the centuries.

What do you think would improve where you live?

I think improving public services like healthcare and transportation would make the city even better. More green spaces would also make it a nicer place to live.

Part 1

Films and cinema 电影/电影院

How often do you watch movies?

I watch movies once or twice a week. Sometimes I watch more on weekends. It's my favorite way to relax after school or before bed.

●once or twice a week 每周一两次

- after school 放学后
- before bed 睡前

Do you like watching movies?

Yes, I love watching movies. They help me relax and learn new things. I enjoy stories, funny scenes, and cool music. Watching movies is always fun.

- learn new things 学到新东西
- funny scenes 搞笑场景
- watching movies 看电影

Do you prefer to watch movies in the cinema or at home?

I prefer watching movies at home. It's quiet and comfortable. I can pause the film, eat snacks, and sit on the sofa. It feels more relaxing.

- at home 在家
- pause the film 暂停电影
- eat snacks 吃零食

Did you often go to the cinema when you were a kid?

Not really. When I was a kid, I only went to the cinema a few times. My family watched movies at home more often to save money.

- when I was a kid 我小时候
- went to the cinema 去电影院
- save money 省钱

Quiet/noisy places 安静/吵闹的地方

Do you like quiet or noisy places?

I like quiet places because I can read, think, and relax there. Noisy places make me tired and nervous, especially when there are too many people talking loudly.

- quiet places 安静的地方
- think and relax 思考和放松
- talking loudly 大声说话

Would you like to go to quiet or noisy places on weekends when you are free?

On weekends, I prefer quiet places like parks or libraries. They help me rest after a busy week. I don't enjoy noise when I want to relax.

- prefer quiet places 更喜欢安静的地方

- after a busy week 忙碌一周之后
- want to relax 想放松

Housework/Cooking 家务

Do you do some cooking or help your family cook at home now?

Yes, I often help my mum cook dinner. I cut vegetables and wash dishes. It's fun and I can learn some useful cooking skills for the future.

- help my mum 帮我妈妈
- cut vegetables 切菜
- wash dishes 洗碗

Do you think your home is clean and tidy?

Yes, my home is always clean and tidy. My family and I clean the house every weekend. We make the beds and sweep the floor together.

- clean and tidy 干净整洁
- make the beds 整理床铺
- sweep the floor 扫地

Did you do some house cleaning when you were young?

Yes, when I was young, I helped my parents clean the house. I liked to water the plants and wipe the tables in the living room.

- when I was young 我小的时候
- water the plants 浇花
- wipe the tables 擦桌子

What housework do you like or dislike doing?

I like folding clothes because it's easy. But I don't like washing the bathroom. It's always wet and smells bad, so I try not to do it.

- folding clothes 叠衣服
- washing the bathroom 洗浴室
- smells bad 有异味

Apps 软件

What apps have you used recently?

Recently, I used a shopping app to buy clothes and a video app to watch shows. I also used a chat app to talk with my friends.

- shopping app 购物软件
- watch shows 看节目

- talk with friends 和朋友聊天

What apps are you usually interested in?

I like music and language apps. I listen to songs and learn English on them. They are helpful and fun, so I use them almost every day.

- music and language apps 音乐和语言软件
- listen to songs 听歌曲
- learn English 学英语

What apps would like to use in the future?

In the future, I want to try some travel apps. I can use them to book hotels, find places to eat, and plan my trips more easily.

- travel apps 旅游软件
- book hotels 订酒店
- plan my trips 安排旅行

How much time do you spend on these apps?

I use these apps for about two hours a day. Sometimes I use them more on weekends when I have free time and want to relax or shop.

- two hours a day 每天两小时
- on weekends 在周末
- free time 空闲时间

Party 派对

Do you like going to parties?

Yes, I like parties because I can meet friends and have fun. There' s music, food, and games. It's a good way to relax and enjoy life.

- meet friends 见朋友
- have fun 玩得开心
- enjoy life 享受生活

What do you usually do on parties?

I usually talk with friends, eat snacks, and play games. Sometimes we take photos together. If there' s music, we also dance and sing karaoke.

- eat snacks 吃零食
- play games 玩游戏
- take photos 拍照

Why some people don't enjoy parties?

Some people don't like loud music or big crowds. They feel shy or tired at parties. They prefer quiet places and spending time alone or with family.

- loud music 吵闹的音乐
- big crowds 人多
- feel shy 感到害羞

Gifts 礼物

Have you ever received any great gift?

Yes, I got a bike for my birthday. It was red and fast. I rode it every day after school. It was the best gift ever.

- for my birthday 作为生日礼物
- rode it 骑它
- best gift ever 有史以来最棒的礼物

Are you good at choosing a gift?

Not really, but I try to choose something useful or cute. I usually ask what the person likes and then pick a gift they will enjoy.

- choose something useful 选择有用的东西
- ask what the person likes 问别人喜欢什么
- pick a gift 选礼物

What kinds of gift would you give to your friends?

I would give books, toys, or snacks. It depends on what they like. I also like giving handmade cards because they are special and show my heart.

- depends on what they like 取决于他们喜欢什么
- handmade cards 手工卡片
- show my heart 表达我的心意

Colors - 颜色

What's your favorite color?

My favorite color is blue. It has a calming effect on me, and it reminds me of the clear, blue skies and the ocean. I often wear blue clothes and accessories because they make me feel at ease.

- favorite color 最喜欢的颜色
- calming effect 平静的效果
- clear, blue skies 晴朗的蓝天

What's the color you dislike?

The color I dislike the most is brown. It feels too dull and uninspired to me. I try to avoid wearing or using anything that's predominantly brown, as it doesn't suit my personal style.

- dislike the most 最不喜欢的
- too dull 太沉闷
- personal style 个人风格

What color you your friends like most?

My friends seem to like green the most. They often talk about how it's a refreshing and calming color, and they incorporate it into their wardrobes and home decor. I can see why they love it so much!

- like the most 最喜欢的
- refreshing and calming 清新和平静的
- wardrobes and home decor 衣柜和家居装饰

Have you ever bought something because of its color?

Yes, I have definitely bought something because of its color. I once purchased a bright yellow dress because it was so cheerful and stood out from the rest. The color was the main reason I chose it, and I love how it makes me feel.

- bought something 买了某物
- bright yellow 鲜艳的黄色
- cheerful and stood out 欢快的和引人注目的

Stories 故事

Do you love stories in your childhood?

Yes, I absolutely loved stories in my childhood. They were a source of endless imagination and wonder. I would often spend hours lost in the world of fairy tales and adventures.

- loved stories 喜欢故事
- endless imagination 无尽的想象
- fairy tales and adventures 童话故事和冒险故事

Do you prefer listening to stories or reading them?

I prefer reading stories to listening to them. I find that when I read, I can imagine the scenes and characters in my own way, making the story more personal and engaging. Listening to stories is also enjoyable, but reading gives me more control over the experience.

- prefer reading 更喜欢阅读
- imagine the scenes and characters 想象场景和角色
- more personal and engaging 更个人化和引人入胜

Did you ever write a story when you were a child?

Yes, I did write a story when I was a child. It was about a brave knight who went on a quest to save a princess from a dragon. I remember being very proud of my creation and showing it to my parents and friends.

- wrote a story 写了故事
- brave knight 勇敢的骑士
- very proud of 非常自豪

Do you enjoy telling stories to your friends and family?

Yes, I do enjoy telling stories to my friends and family. It's a great way to bond and share experiences. I often add my own twists and turns to make the stories more interesting and memorable.

- enjoy telling stories 喜欢讲故事
- bond and share experiences 建立联系和分享经历
- add twists and turns 添加曲折情节

Borrowing and lending - 借东西

Have you borrowed books from others?

Yes, I have borrowed books from friends and library. It's a great way to discover new authors and genres without spending money. I always make sure to return them in good condition.

- borrowed books 借书
- discover new authors 发现新作者
- in good condition 保持良好状态

Have you ever borrowed money from others?

Yes, I have borrowed money from family members during financial emergencies. It was a tough decision, but they were very supportive. I made sure to pay it back as soon as I could.

- financial emergencies 经济紧急情况
- very supportive 非常支持
- pay it back 偿还

Do you like to lend things to others?

Yes, I do like to lend things to friends and neighbors if they need them temporarily. I believe it's a kind gesture and helps build stronger community bonds. I always check if they really need it before lending.

- temporarily 暂时地
- kind gesture 善意的举动
- stronger community bonds 更紧密的社区联系

How do you feel when people don't return things they borrowed from you?

When people don't return things they borrowed, I feel disappointed and somewhat betrayed. It makes me question their honesty and reliability. It also makes me more cautious about lending things in the future.

- feel disappointed 感到失望
- somewhat betrayed 有点被背叛的感觉
- more cautious 更加谨慎

Hats/Caps - 帽子

Is wearing hats popular in your country?

Wearing hats is somewhat popular in my country, especially in summer when people use them for sun protection. Fashionable hats are also trendy among young people as accessories. However, not everyone wears hats daily; it depends on personal preferences.

- somewhat popular 有点流行
- sun protection 防晒
- personal preferences 个人喜好

Where do you like to buy hats?

I usually buy hats at shopping malls because there are many brands to choose from. Sometimes, I also shop for them online, as it's more convenient and there are often discounts. It depends on whether I want to try them on first or not.

- shopping malls 购物中心
- more convenient 更方便
- try them on 试戴它们

What kinds of hats do you have?

I have a few types of hats, like baseball caps, which I wear casually, and a couple of wide-brimmed hats for sunny days. I also own a wool hat that I use in winter to stay warm.

- baseball caps 棒球帽
- wide-brimmed hats 宽边帽
- stay warm 保暖

Do you like to wear hats?

Yes, I enjoy wearing hats because they ' re practical and can complete an outfit. In summer, I often wear hats to protect myself from the sun, and in winter, I use them to keep warm. It ' s also fun to match them with different clothes.

- complete an outfit 搭配衣服
- protect myself from the sun 保护自己免受阳光
- match them with different clothes 与不同的衣服搭配

Part 2&3

【人物题】

环保人士

Describe a person who loves to protect the environment.

You should say:

who this person is

how you know about him/her

what he/she does to protect the environment and explain how you feel about this person.

One person I know who really cares about protecting the environment is my aunt. She lives in the countryside and has always been passionate about nature. I ' ve known her since I was a child, and I ' ve always admired her eco-friendly lifestyle.

She does many things to protect the environment. For example, she rarely uses plastic products. She always brings her own shopping bag and encourages others to do the same. She also grows her own vegetables in her garden without using any chemicals, which is much better for the soil and for our health. In addition, she often takes part in local clean-up events where people collect rubbish from parks and riversides.

What really impresses me is that she doesn ' t just talk about protecting the environment

— she actually does something about it in her daily life. I think more people should follow her example. Seeing how serious she is about nature has made me more aware of my own actions. I try to use less plastic and recycle more now. Overall, I think she 's a great role model when it comes to living in an environmentally friendly way.

- protect the environment 环保
- eco-friendly lifestyle 环保的生活方式
- reduce plastic use 减少塑料使用
- take part in clean-up events 参加清洁活动
- set a good example 树立好榜样

Part3

What can people do to protect the environment?

There are many simple actions people can take to protect the environment. First, they can reduce the amount of plastic they use by bringing reusable bags or bottles. Second, people can recycle more at home and separate waste correctly. Another thing is saving energy — turning off lights when they don 't need them or using public transport instead of driving. These actions may seem small, but if everyone does them, they can make a big difference. Education is also important, so people understand why protecting the environment matters and how their habits affect the planet.

- reduce plastic waste 减少塑料垃圾
- save energy 节约能源
- make a difference 产生积极影响

Do you think it 's important to protect the environment?

Yes, I strongly believe it 's very important to protect the environment. The planet is facing many serious problems like air pollution, global warming, and loss of wildlife. If we don 't take action now, future generations will suffer. Nature gives us everything we need to live — clean air, water, and food. So we have a responsibility to take care of it. Even though one person can 't solve everything, every small step helps. I think governments, schools, and individuals all need to work together to make real change happen.

- take action 采取行动
- face serious problems 面临严重问题
- work together 齐心协力

和你分享东西的人

Describe a person who shares something with you.

You should say:

who this person is

how you know him/her

what kinds of things he/she shares with you

and explain how you feel about this person.

The person I'd like to talk about is my best friend Lily. We've been friends since high school, and even now we still keep in close touch. She's someone who always enjoys sharing things with others, whether it's her time, advice, or little surprises.

One of the things she often shares with me is food. Whenever she finds a nice snack or bakes something at home, she always saves a portion for me and brings it the next time we meet. Also, she likes to share advice. If I'm feeling stressed or unsure about something, she listens patiently and gives me thoughtful suggestions. Sometimes, she also shares books or online courses that she thinks might help me with personal growth or teaching ideas.

I really appreciate how generous and open she is. She never expects anything in return, and she always makes me feel supported. I think having a friend who shares not just things, but also emotions and experiences, is something really valuable. It has made our friendship stronger over time, and I truly feel lucky to have her in my life.

- keep in touch 保持联系
- share advice 分享建议
- bring something over 带东西来
- give thoughtful suggestions 提出有见地的建议
- feel supported 感到被支持

Part3

What kinds of things people usually share with others?

People share all kinds of things depending on their relationship. Friends often share food, stories, and personal experiences. In workplaces, people may share information or tips to help each other with tasks. Family members tend to share responsibilities, like housework or taking care of children. In today's digital world, people also share content online, like photos, videos, or useful links. Sharing can be practical or

emotional—it could be sharing daily chores, or simply sharing your feelings when you're having a hard time. Either way, it helps people feel closer to one another.

- personal experiences 个人经历
- daily chores 日常琐事
- feel closer to someone 感情更加亲近

Is it important to share things with others?

Yes, I believe sharing is very important. It helps build trust and stronger relationships between people. When someone shares something with you, it shows they care about you and are willing to give. Sharing also creates a sense of community and support, especially in families or among friends. Besides that, sharing knowledge or useful resources can help people grow and solve problems faster. If we all keep things to ourselves, life would feel more lonely and stressful. So I think being generous and open is really a key part of a happy life.

- build trust 建立信任
- create a sense of community 营造群体归属感
- be generous and open 乐于分享，心态开放

精力充沛的人

Describe an energetic person that you know.

You should say:

who this person is

how you know him or her why he or she is energetic

and explain how you feel about this person.

The energetic person that I know is my younger sister, Emma. I've known her all my life since we're siblings. Emma is incredibly energetic; she's always on the go, whether it's playing sports, participating in extracurricular activities, or simply dancing around the house. Her boundless energy is infectious, and it's always a joy to be around her. She's constantly coming up with new ideas and plans, and her enthusiasm for life is truly inspiring. I admire her energy and her ability to stay positive and motivated, even when things get tough. Emma is a true inspiration to me, and I'm grateful to have her in my life.

- incredibly energetic 非常有活力
- boundless energy 无穷的精力

- infectious 有感染力的
- enthusiasm for life 对生活的热情
- true inspiration 真正的灵感来源

Part 3

What kinds of jobs need a lot of physical work?

Jobs that require a lot of physical work often involve manual labor, such as construction workers who build structures and infrastructure, landscapers who maintain gardens and parks, and movers who transport heavy furniture and boxes. These jobs typically demand strength, stamina, and the ability to perform physically demanding tasks for extended periods.

- manual labor 体力劳动
- strength and stamina 体力和耐力
- physically demanding tasks 体力要求高的任务

What's the difference between the payment for physical work and that for mental work?

The payment for physical work and mental work can differ significantly. Physical work, such as construction or manufacturing, often involves hourly wages or daily rates, reflecting the direct correlation between effort and time spent. In contrast, mental work, such as consulting or software development, may be compensated based on project complexity, expertise, and results achieved, often leading to higher overall earnings potential.

- physical work 体力劳动
- hourly wages or daily rates 时薪或日薪
- higher overall earnings potential 更高的总体收入潜力

Do you think machines could replace human workers in the future?

I believe that machines could replace human workers in certain industries and roles in the future, particularly those that involve repetitive tasks or physical labor. However, I also think that human workers will continue to be essential in jobs that require creativity, critical thinking, and emotional intelligence. The key will be finding the right balance between human and machine collaboration to maximize productivity and efficiency.

- repetitive tasks 重复性工作

- emotional intelligence 情绪智力
- human and machine collaboration 人机协作

情感外露的人

Describe a person who shows her/his feelings openly.

You should say: who she/he is

how you know him/her

what he/she does to show his/her feelings

and explain how you feel about this person

One person who shows her feelings very openly is my university roommate, Anna. We lived together for two years during college, and I got to know her quite well during that time. She's the kind of person who doesn't hide how she feels, whether she's happy, sad, or even annoyed.

When Anna is excited about something, she'll smile, laugh out loud, and even jump up and down. If she's upset or stressed, she'll talk about it right away and won't pretend everything is fine. Sometimes she even tears up during emotional movies or when she talks about something touching. I think she believes that it's healthier to let emotions out instead of keeping them inside.

I used to be quite reserved, but living with her helped me become more comfortable expressing my feelings too. I admire her honesty and the way she connects with people through emotion. Even though we're very different in personality, I really respect how real she is. She makes it easy for people to understand her and support her when she needs it, which I think is a strength in any relationship.

- show her feelings openly 坦率表达情感
- talk about emotions 谈论情绪
- hide how she feels 隐藏情绪
- tear up 流泪
- connect with people 与人建立情感联系

运动员

Describe a sports person or team that you like.

You should say:

who this person is

what this person has achieved
how you know about this person
and explain why you like this person.

One of my favorite sports teams is the Chinese women's national volleyball team. They are not only highly skilled but also inspire millions with their teamwork and perseverance. I admire their "never give up" spirit, especially during tough matches. Their coach, Lang Ping, is a legendary figure who led them to victory in the 2016 Olympics. Watching their games always fills me with pride and motivation. Their success shows that hard work and unity can overcome any challenge.

- Highly skilled – 技术高超
- Never give up spirit – 永不放弃的精神
- Legendary figure – 传奇人物
- Fills me with pride – 让我感到自豪
- Overcome any challenge – 克服任何挑战

【地点题】

有趣的建筑

Describe an interesting building you have seen.

You should say: what it is
where it is
when you visited it
and explain how you feel about it.

One interesting building I saw was the Bird's Nest, which is the National Stadium in Beijing. I visited it a few years ago with my family during the summer holidays. It's located in the Olympic Park and was built for the 2008 Olympics. I had seen it on TV before, but seeing it in person was really impressive.

What makes the Bird's Nest so unique is its design. From a distance, it looks like a giant bird's nest made of steel beams. The structure is modern and creative, and it really stands out compared to the buildings around it. Inside, the space is huge and open, and I could imagine how exciting it must have been during the Olympic Games with thousands of people cheering.

When I visited, we joined a short guided tour to learn more about its design and construction. I felt amazed by how the architects combined art and function so well. It's not just a stadium — it's also a symbol of China's development and international image. That visit made me more interested in modern architecture and how buildings can reflect culture and creativity.

- National Stadium 国家体育场
- stand out 显得突出
- guided tour 导览参观
- modern architecture 现代建筑
- reflect culture 反映文化

Part 3

Why do people enjoy visiting old buildings?

Many people enjoy visiting old buildings because they tell stories about the past. These places often have historical or cultural value, and they help us understand how people lived many years ago. Old temples, castles, or traditional houses show us different styles of architecture and give us a sense of connection to history. Some visitors also enjoy the atmosphere, which feels calm or even mysterious. For tourists, it's also a way to learn about another country's traditions and heritage. That's why old buildings are often key parts of travel experiences.

- historical value 历史价值
- connect to history 与历史产生联系
- cultural heritage 文化遗产

Do you think it's important to preserve old buildings?

Yes, I do think it's important to preserve old buildings. They are not just old structures—they represent a part of our history and identity. If we lose them, we lose the stories and values connected to the past. Restoring and protecting these buildings helps future generations learn about where they come from. Besides, many old buildings are beautiful and attract tourists, which helps the local economy. Of course, it takes money and effort to maintain them, but I believe the cultural and educational benefits are worth it.

- preserve old buildings 保护古建筑
- represent history 代表历史

- attract tourists 吸引游客

中意国家

Describe a foreign country you would like to visit in the future.

You should say:

who this person is

how you know him or her

why he or she is energetic

and explain how you feel about this person.

The foreign country I would like to visit in the future is Japan. I have always been fascinated by its unique culture, traditional aesthetics, and technological advancements. I am particularly drawn to the serene beauty of its temples and gardens, as well as the vibrant energy of its bustling cities like Tokyo and Osaka. I envision myself wandering through the narrow streets of Kyoto, exploring its ancient shrines and enjoying the tranquility of its tea houses. Moreover, I am eager to indulge in the culinary delights of Japan, from sushi and ramen to wagyu beef and matcha. Visiting Japan would be a dream come true for me, as it combines everything I love about travel: history, culture, and food.

- unique culture 独特的文化
- traditional aesthetics 传统美学
- technological advancements 技术进步
- vibrant energy 蓬勃的活力
- culinary delights 美食佳肴

Part 3

What do you think of national identity?

National identity is a complex and multifaceted concept that encapsulates a person's sense of belonging to a particular nation. It often includes shared cultural, historical, and linguistic traits that distinguish one nation from another. National identity can play a crucial role in shaping a person's values, beliefs, and loyalty to their country.

- multifaceted concept 多维度的概念
- sense of belonging 归属感
- shared cultural traits 共同的文化特征

Why do people enjoy visiting foreign countries?

People enjoy visiting foreign countries because it ' s exciting to experience new cultures and see famous landmarks. They can also try local food and learn about different traditions. Traveling abroad helps people relax, explore the world, and create unforgettable memories.

- experience new cultures 感受新文化
- famous landmarks 著名地标
- unforgettable memories 难忘的回忆

What should people prepare when they visit a foreign country?

When visiting a foreign country, people should prepare their passport and visa to ensure smooth travel. It ' s also important to pack appropriate clothes for the weather and research local customs to avoid misunderstandings. Learning a few key phrases in the local language can make communication easier and the trip more enjoyable.

- smooth travel 顺利旅行
- local customs 当地习俗
- key phrases 重要短语

理想房子

Describe your ideal home.

You should say:

Where it would be

What it would be like

Why it would be your ideal home

And explain how you would feel about it.

My ideal home would be a spacious, modern house with large windows to let in natural light. It would have a cozy living room with a fireplace, a well-equipped kitchen, and a quiet study for work. I ' d love a big garden with flowers and a small patio for outdoor relaxation. The house should be in a peaceful neighborhood, close to nature but still near the city for convenience. Most importantly, it would be a warm and welcoming place where family and friends can gather happily.

- Spacious and modern – 宽敞且现代
- Natural light – 自然光
- Cozy living room – 舒适的客厅
- Peaceful neighborhood – 宁静的社区
- Warm and welcoming – 温馨而好客

宜居之地

Describe a place that you have visited and is suitable for people to live.

You should say: Where it is

When you visited it

What you did there

And explain why you feel this place is suitable for people to live.

One place I ' ve visited that I think is perfect for living is Hangzhou, a beautiful city in China. Known for its picturesque West Lake, Hangzhou combines natural beauty with modern convenience. The city has clean air, well-planned neighborhoods, and excellent public transport, making daily life comfortable. There are also many parks and green spaces, which create a peaceful environment. Additionally, Hangzhou has top-rated schools, hospitals, and shopping centers, ensuring a high quality of life. The local people are friendly, and the slower pace of life compared to big cities like Shanghai makes it very livable.

- Picturesque scenery – 风景如画
- Well-planned neighborhoods – 规划完善的社区
- Peaceful environment – 宁静的环境
- High quality of life – 高质量的生活
- Slower pace of life – 较慢的生活节奏

有很多树的地方

Describe a place with a lot of trees that you would like to visit (e.g. forest, oasis)

You should say:

where it is

how you know about it

what it is like

and explain why you would like to visit there.

A place I ' ve always wanted to visit is Jiuzhaigou Valley in Sichuan, China—a UNESCO

World Heritage Site famous for its colorful lakes and ancient forests. Imagine walking through valleys surrounded by towering trees, their leaves turning golden in autumn, with crystal-clear waterfalls echoing in the background. The air smells of pine and earth, and sunlight filters through the branches like nature's kaleidoscope. I'd love to hike its wooden trails, breathe the crisp mountain air, and photograph the surreal blue-green lakes reflecting the forest. It's not just a scenic spot; locals say the valley feels sacred, like a hidden paradise untouched by time.

- Towering trees – 参天大树
- Crisp mountain air – 清新的山间空气
- Nature's kaleidoscope – 大自然的万花筒
- Sacred place – 神圣之地
- Untouched by time – 未被时光侵蚀的

【物品题-实物】

家中的重要设备

Describe a piece of technology you have at home that is important.

You should say:

What it is

When you first got it

When you use it

And explain how you feel about it.

The most important tech device in my home is the refrigerator. We got it about five years ago when we moved into our current house. It's a large, stainless-steel one with a sleek design and ample storage space.

I use the refrigerator on a daily basis. In the morning, I grab some milk for my cereal from it. Throughout the day, whenever I need a snack, like yogurt or fruit, I turn to the fridge.

This appliance is a game-changer for my family. It keeps our food fresh for longer, reducing food waste significantly. Without it, especially during the hot summer months, perishable items would spoil quickly. It's truly an essential part of our daily lives, and I can't imagine living without it.

- sleek design 光滑的外观设计
- on a daily basis 每天
- turn to the fridge 走向冰箱
- reduce food waste 减少食物浪费

Part 3

What kinds of home appliances are common at home?

From a general perspective, some common home appliances include refrigerators, which are indispensable for preserving food; washing machines, a boon for keeping clothes clean with minimal effort; and air - conditioners, vital for maintaining a comfortable indoor climate, especially in extreme weather conditions.

- home appliances 家用电器
- preserve food 存储食物
- with minimal effort 轻而易举

Why do people buy different kinds of home appliances?

People buy different kinds of home appliances to enhance the comfort of their living environment. For example, air - conditioners and heaters are purchased to maintain an optimal indoor temperature. Additionally, modern home appliances such as smart vacuum cleaners and dishwashers are bought to save time and effort, allowing people to focus on more important aspects of their lives.

- living environment 居住环境
- maintain an optimal indoor temperature 保持适宜的室内温度
- save time and effort 节省时间精力

退回物品

Describe something you bought and returned in the end.

You should say:

what it is

when you bought it

why you returned it

and explain how you feel about it.

Last month, I bought a pair of wireless earbuds. They were sleek and boasted high - quality sound, so I was really excited when I purchased them from an electronics store.

However, after using them for a couple of days, I encountered several issues. The connection kept dropping, which was extremely frustrating, especially when I was in the middle of listening to an important podcast or music. Additionally, the battery life was abysmal, lasting only about two hours despite the claim of eight - hour endurance.

As a result, I decided to return them. I marched back to the store, armed with my receipt, and explained the problems. The staff was understanding and processed the return without a hitch.

In the end, I felt a mix of relief and disappointment. I was relieved that I could get my money back, but disappointed that the product didn't live up to its hype. It really goes to show that "all that glitters is not gold", and it's crucial to do thorough research before making a purchase.

- wireless earbuds 无线耳机
- high - quality sound 高音质
- battery life 电池续航
- without a hitch 毫无障碍

Part 3

Why do people enjoy shopping online?

People enjoy shopping online because of its convenience. It allows them to browse through a vast array of products from the comfort of their homes, at any time of the day, making it a real time - saver. Additionally, online shopping offers competitive prices and numerous discounts, enabling consumers to get more bang for their buck.

- a vast array of 多种多样的
- competitive prices 有竞争力的价格
- get more bang for their buck 钱花得合算

Do you think that advertisements should be strictly regulated?

Yes, I totally agree that advertisements should be strictly regulated. Firstly, some ads may contain false or exaggerated information, which can mislead consumers and cause them to make unwise purchasing decisions. Secondly, overly persuasive and manipulative advertising techniques, especially those targeted at vulnerable groups like children, can have a negative impact on people's values and behaviours.

- exaggerate information 言过其实的信息
- targeted at 以 ...为目标
- have a negative impact on 对 ...有负面影响

免费获得的某物

Describe something you got for free.

You should say:

what it is

when you got it

who gave it to you

and explain how you felt about it.

Last Christmas, I received a beautiful leather wallet for free. It was a promotional gift from a high - end department store where I had been a loyal customer for years.

I got it when I was doing some last - minute Christmas shopping. After I had made a significant purchase, a friendly salesperson approached me and presented this wallet as a token of appreciation.

Receiving this freebie made me feel over the moon. It was not only a useful item but also a pleasant surprise. It felt like a pat on the back for my long - standing patronage. It also made me realise that loyalty to a brand can sometimes pay off handsomely.

- last - minute Christmas shopping: 临近圣诞购物季结束
- a token of appreciation: 感激的象征
- feel over the moon: 欣喜若狂
- pay off handsomely: 获得丰厚回报

Part 3

Why do people like to get things for free?

People like to get things for free primarily because it gives them a sense of windfall. In a world where we're constantly shelling out money for various necessities, a free item feels like a bonus, a pleasant deviation from the norm. It's human nature to be drawn to something that doesn't cost a dime, as it provides a feeling of getting something for nothing, which can be quite appealing.

- a sense of windfall: 意外收获
- shell out money: 花费金钱
- doesn't cost a dime: 分文不花

Do people usually accept free things from others?

In general, people often accept free things from others. It's human nature to be lured by something gratis, as it's a no - brainer opportunity. After all,

who wouldn't want to get something for nothing? However, there are exceptions. Some individuals might be skeptical and refrain from accepting freebies due to concerns about hidden agendas. They fear there could be strings attached, which might lead to unwanted obligations.

- be lured by: 被 ...所吸引
- a no-brainer: 非常容易, 无需动脑
- strings attached: 附带条件

外国食物

Describe a kind of foreign food that you like and have tried.

You should say:

what it is

where you tried it

when it was

and explain why you like it.

One foreign dish I really enjoy is Japanese sushi, which I first tried at a restaurant in Shanghai. Sushi is a healthy and artful dish made of vinegared rice combined with fresh seafood, vegetables, or eggs. My favorite type is salmon nigiri — the soft, buttery texture of the fish paired with slightly sweet rice is delightful. I also love how sushi is presented beautifully, often with pickled ginger and wasabi on the side. Eating sushi feels like a cultural experience because it reflects Japanese traditions of simplicity and precision. Now, whenever I want a light yet satisfying meal, sushi is my top choice.

- Healthy and artful dish – 健康而精致的菜肴
- Buttery texture – 奶油般的口感
- Presented beautifully – 摆盘精美
- Cultural experience – 文化体验
- Light yet satisfying – 清淡却令人满足

Part 3

How do young and old people react differently to new things?

Who would prefer to try new things young people or old people?

【物品题-虚物】

想要部分更改的法律

Describe a newly enacted law that you like but you want to change part of it.

You should say:

What the law is

How you first learnt about this law

Who benefits from this law

And explain why you want to change part of it.

A newly enacted law that I have mixed feelings about is the one regarding plastic bag usage in my city. This law prohibits the free distribution of single - use plastic bags in most retail stores.

I first learned about this law through local news broadcasts and posters plastered all over the city. It was quite a hot - topic discussion at that time.

Undoubtedly, the environment benefits from this law. By reducing the use of single - use plastic bags, we are taking a significant step towards curbing plastic pollution. However, I want to change one part of it. The law doesn't provide enough alternatives for low - income consumers. Many people, especially those on a tight budget, struggle to afford the reusable bags sold in stores. I believe the law should include provisions to subsidise reusable bags for these individuals.

- mixed feelings: 复杂的感受
- hot - topic discussion: 热门话题
- on a tight budget: 预算紧张
- include provisions: 包含条款

现场表演

Describe a live performance you enjoyed watching.

You should say:

who performed in it

what kind of performance it was

when you watched it

and explain why you enjoyed watching it.

One of the live performances I really enjoyed was a concert by a popular local band called The Echoes. They are known for their energetic rock performances. I went to see them play at a live music venue last year, around summer.

The performance was exciting and vibrant. The band played a mix of their old hits and new tracks. What really stood out was how engaged the audience was – people were singing along and cheering the whole time. The atmosphere was incredible, and I felt connected to everyone in the crowd. They also had a fantastic light show that made the experience even more immersive.

I really enjoyed it because the band had so much energy, and their music was so lively. It was one of those nights where everything felt right, and I left feeling totally energized and happy.

- live performance 现场表演
- popular band 受欢迎的乐队
- energetic performance 充满活力的表演
- engaged the audience 吸引观众
- light show 灯光秀

Part3

What kind of party have you had so far?

So far, I ' ve hosted a few casual get-togethers, like birthday parties and barbecues with my friends. One of my favorites was a small house party last summer. We had some food, music, and a great time just chatting and playing games. It wasn ' t anything fancy, but everyone seemed to enjoy it. The relaxed atmosphere made it really fun, and I think that's the kind of party I enjoy the most – simple and easygoing.

- casual get-togethers 随意的聚会
- birthday party 生日聚会
- house party 家庭聚会

Do you think it is hard for people to perform in front of their friends?

I think it depends on the person. For some, performing in front of friends can be quite nerve- wracking, especially if they're shy or lack confidence. They might worry about being judged or making mistakes. However, for others, it might be more comfortable because they know their friends well and feel supported. It really comes down to

personality – if you're more outgoing, performing for friends might be fun and less stressful.

- depends on the person 取决于个人
- nerve-wracking 紧张的
- lack confidence 缺乏信心

Is it easy to invite your friends to attend your party or your performance?

Generally, it 's not too difficult to invite friends to my party or performance. Most of my friends are usually happy to join when I invite them. I think people appreciate being included in social events. However, it can sometimes be tricky if people are busy or have other plans. But overall, I try to make the invitation fun and appealing, so they' re more likely to say yes.

- happy to join 愿意参加
- being included 被包括在内
- make the invitation fun 让邀请有趣

诗歌

Describe a line(or a few words) that you remember from a poem or song.

You should say:

what it is

which song or poem it is from

how you knew it

and explain how you feel about it.

One line I really remember is "Don't stop be lievin', hold on to that feeling." This is from the song "Don't Stop Believin'" by Journey. I first heard this song when I was a teenager, and it quickly became one of my favorites. I remember listening to it with friends during a road trip, and the line stuck with me because it has such an uplifting message.

The song is about perseverance and holding on to hope, even when things get tough. Every time I hear it, it reminds me of the importance of staying positive and keeping faith in myself, no matter the challenges I face. It always makes me feel motivated and gives me a sense of strength, especially when I'm going through difficult times.

- remember a line 记得一行
- uplifting message 鼓舞人心的信息

- holding on to hope 抱有希望
- staying positive 保持积极
- going through difficult times 经历困难时期

Part3

Do you think it is a waste of time for kids to learn songs or poems?

No, I don't think it's a waste of time for kids to learn songs or poems. In fact, it can be really beneficial for their development. Learning songs or poems can help improve language skills, memory, and creativity. It also allows kids to connect with culture and tradition, and it ' s a fun way for them to express themselves. Additionally, memorizing and reciting poems can boost confidence and improve public speaking skills.

- waste of time 浪费时间
- language skills 语言技能
- memory and creativity 记忆力和创造力

Do you think it is important for kids to learn history at school?

Yes, I think it ' s very important for kids to learn history at school. History helps children understand how the world has evolved and the mistakes we ' ve made in the past. It also teaches important values like empathy, respect, and the importance of social responsibility. By learning history, kids can develop critical thinking skills and become more informed citizens, which is essential for their future.

- mistakes in the past 过去的错误
- teach important values 教授重要的价值观
- critical thinking skills 批判性思维技能

What can people learn from songs or poems?

People can learn a lot from songs or poems. They can improve language skills through creative use of words and rhymes. Songs and poems also teach life lessons, like love, perseverance, and friendship. Additionally, they help people express emotions and can provide insights into different cultures and historical events. Overall, they are a great way to connect with feelings and learn important values.

- express emotions 表达情感
- cultural insights 文化见解

- important values 重要价值

许下的承诺

Describe a time you made a promise to someone.

You should say:

what the promise was

to whom you made it

whether it was easy or difficult to keep

and explain why you made it.

One time I made a promise was when I told my best friend that I would help him prepare for his English exam. He was really stressed out and didn't feel confident, so I promised I'd study with him every weekend for a month.

At first, it was a bit difficult to keep the promise because I was also busy with my own studies. But I managed to make time, and we stuck to the plan. In the end, he passed the exam, and I felt really proud of both of us.

I made the promise because I knew how much it meant to him, and I wanted to support him. It also made our friendship stronger, and I realized that sometimes, keeping a promise is not just about words — it's about showing up and being there when someone needs you.

- make a promise 做出承诺
- help someone prepare 帮某人准备
- keep the promise 遵守承诺
- make time 抽出时间
- support him 支持他

Part 3

Do parents in China make promises to their children?

Yes, parents in China do make promises to their children, but it's often to motivate them or encourage good behavior. For example, they might promise a reward for good grades or for helping around the house. These promises are usually meant to inspire responsibility or to show love and support. It's a way to guide children while also making them feel valued.

- encourage good behavior 鼓励良好行为
- show love and support 表达爱和支持

- guide children 引导孩子

Do children keep their promises?

It really depends on the child and the situation. Younger children may have a hard time keeping promises because they don't fully understand responsibility yet. However, older children and teenagers are usually more reliable, especially if the promise is important to them. Of course, keeping promises also depends on whether the child is motivated and the promise is realistic.

- keep promises 遵守承诺
- hard time keeping 难以遵守
- understand responsibility 理解责任

Why do some people fail to keep their promises?

There are many reasons why people might fail to keep promises. Sometimes, they might overcommit themselves or underestimate the time and effort needed. Other times, they may simply forget or not prioritize the promise. It can also happen if unexpected situations come up, and they're unable to follow through. Essentially, lack of planning or poor time management often leads to broken promises.

- fail to keep 未能遵守
- overcommit themselves 过度承诺
- underestimate the time 低估时间

喜欢的运动

Describe a sport that you really like.

You should say:

what it is

how often you do it

how you learned to do it

and explain why you like it.

One sport that I really enjoy is swimming. I usually swim about two to three times a week, depending on my schedule. I learned how to swim when I was very young, thanks to my parents, who took me to swimming lessons. Over time, I became more comfortable in the water and improved my technique.

What I love about swimming is that it's both relaxing and a great workout. It's a

full-body exercise, and I feel like I'm engaging almost every muscle when I swim. It's also a wonderful way to relieve stress, as being in the water has a calming effect on me. Plus, swimming can be done alone or with friends, so it's versatile. I like that I can do it at my own pace and still get a great workout while having fun.

- swimming lessons 游泳课程
- great workout 很好的锻炼
- relieve stress 缓解压力
- full-body exercise 全身锻炼
- at my own pace 以我自己的节奏

Part3

Are sports important for children?

Yes, sports are very important for children. They help improve physical health, build teamwork skills, and develop discipline. Engaging in sports also boosts self-confidence and teaches children how to handle success and failure. Additionally, sports provide a healthy outlet for energy and stress, promoting overall well-being.

- build discipline 培养纪律性
- boost self-confidence 提升自信
- healthy outlet 健康的释放方式

How can we make children aware of the importance of sports?

To make children aware of the importance of sports, parents and teachers can encourage participation in various activities and highlight the benefits of staying active. Showing them how sports help with making friends and achieving personal goals can also motivate them. Positive reinforcement, such as praising effort and progress, can inspire children to stay engaged and enjoy physical activity.

- encourage participation 鼓励参与
- highlight benefits 强调好处
- stay active 保持活跃

喜欢的电视剧

Describe a TV series you like.

You should say:

what is the name of the TV series

when you watched it
what it is about
and explain why you like it.

One of my favorite TV series is called "Stranger Things". I started watching it a couple of years ago, and I've been hooked ever since. The show is set in the 1980s and revolves around a group of kids in a small town who discover strange occurrences, including supernatural events and mysterious disappearances. The show mixes elements of science fiction, horror, and coming-of-age drama, which makes it really interesting.

What I love about the series is how it combines suspense with strong emotional connections between the characters. The acting is fantastic, especially from the young cast, and the storyline keeps you on the edge of your seat. Plus, the 80s nostalgia adds a fun element. It's a perfect blend of adventure, mystery, and heart, which is why I keep coming back to it.

- favorite TV series 最喜欢的电视节目
- supernatural events 超自然事件
- coming-of-age drama 成长剧
- on the edge of your seat 紧张得坐立不安
- 80s nostalgia 80年代怀旧

Part3

Is it beneficial to insert advertisements within a TV series?

Inserting advertisements in a TV series has both pros and cons. On the one hand, it helps the TV networks or streaming platforms generate revenue, which supports the production of more content. However, it can also interrupt the flow of the show and be annoying to viewers, especially when they happen too frequently. So, while it's necessary for funding, it's important for ads to be well-paced and not overdone.

- insert advertisements 插入广告
- generate revenue 创造收入
- support production 支持制作

Do you think that parents should limit their children from watching television?

Yes, I think parents should monitor the amount of TV their children watch. While TV can

be educational, excessive screen time can be harmful. It may lead to a lack of physical activity, disrupt sleep patterns, and expose children to inappropriate content. Parents should encourage a balanced routine that includes outdoor play and creative activities, alongside limited TV time for educational shows or family entertainment.

- limit TV time 限制看电视的时间
- excessive screen time 过多的屏幕时间
- harmful effects 有害的影响

Would your family watch TV together?

Yes, my family occasionally watches TV together, especially on weekends or during holidays. We enjoy watching movies, news, or family-oriented shows. It's a good way to spend quality time together and discuss what we watch afterward. However, we also make sure not to watch too much TV, as we like to engage in other activities such as playing games or going outside as a family.

- watch TV together 一起看电视
- spend quality time 共度美好时光
- family-oriented shows 适合家庭的节目

智力游戏

Describe a puzzle that you have played.

You should say:

what it is

when you played it

who you played it with

and explain how you feel about it.

One memorable puzzle I played was a 1000-piece jigsaw puzzle depicting a scenic mountain landscape. It took me nearly a week to complete, working on it during my free time. At first, I sorted the pieces by color and edges, which helped me build the frame. The middle section was tricky because many pieces had similar shades. However, the satisfaction of fitting the final piece was incredible. This puzzle taught me patience and attention to detail, and I felt a great sense of accomplishment afterward.

- 1000-piece jigsaw puzzle 1000 片的拼图
- scenic mountain landscape 风景优美的山景

- sort the pieces by color and edges 按颜色和边缘分类拼图块
- a great sense of accomplishment 巨大的成就感
- taught me patience and attention to detail 教会我耐心和注重细节

Part 3

Why do people enjoy playing games?

People enjoy playing games because they provide entertainment, relieve stress, and offer a sense of achievement. Games also encourage social interaction, making them a fun way to bond with others.

- relieve stress 缓解压力
- sense of achievement 成就感
- encourage social interaction 促进社交互动

Is it good for kids to play games?

Yes, in moderation. Games can improve problem-solving skills and creativity, but excessive gaming may affect studies and health. Parents should encourage a balance.

- improve problem-solving skills 提高解决问题的能力
- excessive gaming 过度游戏
- encourage a balance 鼓励平衡

(外) 祖父母的工作/对社会有用的工作

Version1:

Describe your grandpa/grandma's job.

You should say:

what he/she does

what you know about his/her job

why they chose that job

and explain how you feel about his/her job.

Version2:

Describe a job that you think is useful to the society..

You should say:

what it is

how you know about this job

what is required to do this job

and explain how you feel about this job.

Describe your grandpa/grandma's job.

You should say:

what he/she does

what you know about his/her job

why they chose that job

and explain how you feel about his/her job

My grandpa was a farmer who grew rice and vegetables in a small village. He worked hard every day, waking up early to tend to the crops and take care of the farm animals. Despite the physical labor, he loved his job because it allowed him to be close to nature. He often told me stories about how farming techniques had changed over the years. His dedication taught me the value of hard work and perseverance.

- grew rice and vegetables 种植水稻和蔬菜
- tend to the crops 照料庄稼
- take care of farm animals 照顾农场动物
- close to nature 亲近自然
- the value of hard work and perseverance 努力和坚持的价值

Part 3

What kinds of jobs are popular in your country?

In my country, jobs in technology, healthcare, and education are popular due to high demand. Many young people also pursue careers in e-commerce and finance.

- high demand 高需求
- pursue careers 从事职业
- e-commerce and finance 电子商务和金融

感兴趣的科学

Describe a science subject that you are interested in.

You should say:

what it is

when you learnt about it

what you have known about it

and explain why you are interested in it.

One science subject I'm really interested in is biology. I first started learning about it in middle school, and I found it fascinating to understand how living things work. Biology covers a wide range of topics, such as human anatomy, plants, and ecosystems.

So far, I've learned about the human body, including how the heart and lungs function, as well as the life cycle of plants. I also enjoy studying how animals adapt to their environments, which I find amazing.

I'm interested in biology because it helps explain the natural world around us. It's exciting to learn how different organisms are connected and how they survive. I also think biology has practical benefits, like improving health and protecting the environment.

- human anatomy 人体解剖学
- life cycle 生命循环
- adapt to their environments 适应环境
- natural world 自然界
- practical benefits 实用好处

Part 3

Is it important to learn about science?

Yes, learning about science is important because it helps us understand how the world works. Science improves technology, healthcare, and the environment. It also teaches problem-solving skills and helps people make informed decisions in daily life, which benefits both individuals and society.

- understand how the world works 了解世界如何运作
- problem-solving skills 解决问题的能力
- make informed decisions 做出明智的决定

近期日常改变

Describe a positive change that you have made recently in your daily routine.

You should say:

what the change is

why you think it is a positive change

how you have changed your routine

and explain how you feel about the change.

Recently, I made a positive change by starting to exercise every morning. I used to skip workouts because I felt too busy, but I realized that staying active is important for my health. Now, I wake up 30 minutes earlier to do light exercises like stretching, jogging, and yoga.

This change is positive because it boosts my energy and improves my mood for the rest of the day. I also feel less stressed and more focused on my tasks. To fit this into my routine, I've adjusted my bedtime so I still get enough sleep.

I feel great about this change because it has made me healthier and more productive. It's also a good way to start the day on a positive note. I plan to continue this habit and even try new exercises in the future.

- light exercises 轻松的锻炼
- boosts my energy 提升我的能量
- improves my mood 改善我的心情
- less stressed 减少压力
- start the day on a positive note 以积极的方式开始一天

Part 3

What do people usually plan in their daily lives?

People usually plan their work schedules, meals, and free time. They set goals for the day, such as finishing tasks or exercising. Planning helps them stay organized and manage their time effectively.

- work schedules 工作安排
- free time 空闲时间
- stay organized 保持有条理

What changes would people often make?

People often change their routines, such as waking up earlier, starting a new hobby, or adjusting their diet. These changes can improve their health, productivity, or personal growth.

- waking up earlier 早起
- starting a new hobby 开始新爱好

- adjusting their diet 调整饮食

Is it good to change jobs frequently?

Changing jobs frequently can help people gain new skills and experiences, but it may also create instability. Employers might prefer someone with a stable work history. It's important to balance career growth and job security.

- gain new skills 获得新技能
- stable work history 稳定的工作经历
- job security 工作保障

听别人讲的一个故事

Describe a story that someone told you.

You should say:

when it was

who told you this story

what the story was

and explain how you felt about it.

One of the most fascinating stories I've heard came from my grandfather, who recounted his experience surviving a typhoon when he was a young fisherman.

He described how the sky turned an eerie green that afternoon in 1962, and how experienced sailors immediately started securing their boats. His own small fishing vessel was caught in the storm unexpectedly - waves "as tall as three men" crashed over the deck, and the wind sounded like "a thousand ghosts screaming." The most dramatic part was when he and two crewmates had to tie themselves to the mast for six hours as the boat was tossed violently.

What made it unforgettable was his lesson about respecting nature's power. He ended by showing me his weather-worn hands, saying: "The sea gives us life, but reminds us who's in charge." This story gave me chills but also deep respect for fishermen's bravery.

- Eerie green sky - 怪异的绿色天空
- Weather-worn hands - 饱经风霜的双手
- Tied to the mast - 绑在桅杆上
- Respecting nature's power - 敬畏自然的力量

- Gave me chills - 让我起鸡皮疙瘩

Part3

What kinds of stories do young kids like to read?

Young children typically enjoy fantasy stories with magical creatures and adventures, like fairy tales or talking animal fables. Interactive picture books with colorful illustrations also captivate them, as visuals help their imagination. Many kids love humorous tales about silly characters getting into trouble, as laughter makes reading fun. These genres not only entertain but also teach simple moral lessons in an engaging way.

- Fantasy stories – 奇幻故事
- Interactive picture books – 互动绘本
- Humorous tales – 幽默故事

【事件题】

朋友的有趣经历

Describe something fun your friend has done but you haven't and you want to try.

You should say:

What it was

When your friend did it

Where he/she did it

And explain why you would like to try it.

One exciting experience my friend had that I'm eager to try is paragliding in Nepal. Last year, she traveled to Pokhara and soared over the Himalayas with a colorful parachute, describing it as "like being a bird." She said the adrenaline rush when running off the cliff was terrifying at first, but the moment she caught the wind, it became pure freedom. The view of snow-capped peaks and Phewa Lake below looked surreal in her photos. What appeals to me most is combining adventure with breathtaking nature—something I've never dared to do but now dream of. I'd love to challenge my fear of heights and feel that incredible blend of fear and exhilaration.

- Soar over the Himalayas – 翱翔在喜马拉雅山脉之上
- Adrenaline rush – 肾上腺素飙升
- Pure freedom – 纯粹的自由

- Breathtaking nature – 令人窒息的自然美景
- Blend of fear and exhilaration – 恐惧与兴奋的交织

难忘的经历

Describe an unforgettable experience you had.

You should say:

What it was

Where you had it

What you did

And explain how you felt about it.

One of my most unforgettable experiences was getting lost in a traditional Moroccan souk (market) during a solo trip. As I wandered through narrow alleys packed with vibrant spices, handmade lanterns, and the scent of mint tea, I realized I had no idea how to return to my hostel. Instead of panicking, I embraced the chaos—a friendly local shopkeeper noticed my confusion and invited me for tea. Over sweet mint tea and dates, he drew a map on a paper bag using broken English and Arabic. What started as a stressful situation turned into a heartwarming cultural exchange. Eventually, his daughter walked me back to the main square at sunset, the call to prayer echoing around us. This adventure taught me the kindness of strangers and the beauty of unplanned moments.

- Vibrant spices – 鲜艳的香料
- Embraced the chaos – 拥抱混乱
- Heartwarming cultural exchange – 温暖人心的文化交流
- Call to prayer echoing – 回荡的祈祷声
- Beauty of unplanned moments – 意外之美的瞬间

陌生来电/听别人打电话

Version1

Describe a time you received a phone call from strangers.

You should say:

When it was

Who it was

What you said

And explain how you felt about it.

Version2

Describe a time when you heard a stranger speaking on the phone in public.

You should say:

when it happened

what you were doing at that time

what you heard

and explain how you felt about it.

Part 3

Why do some people not care that their behaviour disturbs people around them? Why do some people not care what they do in public places?

One memorable time I received a call from a stranger was when a delivery driver phoned me about a misdelivered package. Last winter, I was waiting for an important document, but the tracking showed it was delivered to the wrong address. Just as I started to panic, my phone rang—it was the courier himself. He apologized sincerely and explained he'd mixed up apartment numbers in my building. What surprised me was his extra effort: he drove back to retrieve the package and personally brought it to my door within 30 minutes. Though initially frustrated, I ended up thanking him for his honesty and urgency. This small incident restored my faith in people's responsibility, and I even left a positive review for his company.

- Misdeltivered package – 误送的包裹
- Tracking showed – 物流信息显示
- Extra effort – 额外的努力
- Restored my faith – 重建了我的信任
- Positive review – 好评

休息的一天

Describe a time you had a day off without working or studying .

You should say:

When it was

What you did

Where you went

And explain how you felt about it.

One of my most refreshing days off was when I spontaneously decided to have a "digital detox" day last autumn. I turned off all my devices and spent the entire day at a lakeside park near my home.

In the morning, I rented a bicycle and rode along the water, feeling the cool breeze and listening to birds instead of notifications. For lunch, I had a simple picnic with sandwiches and fruit, watching families fly kites. The highlight was when I joined some retirees practicing tai chi by the lake—they happily taught me the basic movements, laughing at my clumsy attempts.

As the sun set, I sat on a bench sketching the scenery (badly!) in a notebook I'd brought. Without screens distracting me, I noticed details I normally miss—the way willow branches dipped into the water, the patterns of ripples made by ducks.

This simple day reminded me how restorative unstructured time can be. I returned home feeling recharged, with my mind as calm as the evening lake.

- Digital detox - 数字排毒 (远离电子设备)
- Cool breeze - 凉爽的微风
- Clumsy attempts - 笨拙的尝试
- Unstructured time - 自由支配的时间
- Restorative - 恢复精力的

近期改变的计划

Describe a plan that you changed recently.

You should say:

what it was

when it happened

why you changed the plan

and explain how you felt about it.

Recently, I had planned a weekend trip to the beach with friends, but due to bad weather, we decided to postpone it. Instead, we organized a movie marathon at home, watching our favorite films and ordering takeout. Surprisingly, it turned out to be a relaxing and fun alternative. This experience taught me that flexibility can lead to unexpected enjoyment.

- weekend trip to the beach 周末海滩旅行
- postpone it 推迟计划
- movie marathon 电影马拉松
- ordering takeout 点外卖

- flexibility can lead to unexpected enjoyment 灵活性可能带来意外的乐趣

Part 3

In what situations do people usually change their plans?

People change plans due to bad weather, emergencies, or unexpected work commitments. Flexibility is important to adapt to sudden changes.

- bad weather 恶劣天气
- unexpected work commitments 突发工作安排
- adapt to sudden changes 适应突然的变化

What plans do people usually have in their daily life?

Daily plans often include work, exercise, social activities, and household chores. Many also schedule time for hobbies or relaxation.

- household chores 家务活
- schedule time 安排时间
- hobbies or relaxation 爱好或放松

抛锚经历

Describe a time when the vehicle you took broke down during the trip.

You should say:

when it was

where you were

what happened

and explain how you felt about it.

Last summer, my family and I were driving to a countryside resort when our car suddenly overheated. We had to pull over and wait for roadside assistance. While waiting, we played games and had snacks, turning an inconvenient situation into a fun memory. Eventually, a mechanic arrived and fixed the issue, allowing us to continue our journey.

- car suddenly overheated 汽车突然过热
- pull over 靠边停车
- roadside assistance 道路救援
- turned an inconvenient situation into a fun memory 把不便的情况变成有趣的回忆
- continue our journey 继续旅程

Part 3

What do you think needs to be improved in public transport?

Public transport should be more punctual, less crowded, and cleaner. Better infrastructure would make commuting more convenient.

- more punctual 更准时
- less crowded 不那么拥挤
- better infrastructure 更好的基础设施

What are the advantages and disadvantages of private transport?

Private transport offers convenience and comfort but is expensive and contributes to pollution. Traffic congestion is another downside.

- offers convenience 提供便利
- contributes to pollution 造成污染
- traffic congestion 交通拥堵

忘记要事

Describe a time when you forgot something important.

You should say:

when it was

what you forgot

why you forgot it

and explain how you felt about it.

One time I forgot something crucial was last year when I was supposed to attend a friend's wedding. It happened on a Saturday morning, and I completely forgot to bring the gift I had carefully chosen for the couple. The reason for this mishap was that I was running late and feeling flustered after oversleeping. As I rushed out the door, I left the gift sitting on my coffee table.

When I arrived at the venue and realized my mistake, I felt incredibly embarrassed and disappointed in myself. I immediately apologized to my friend and promised to deliver the gift later. Although they were understanding, I couldn't shake off the feeling of regret. It taught me to double-check everything before leaving home, especially for significant occasions.

- attend a wedding 参加婚礼

- feel flustered 感到慌张
- realize my mistake 意识到我的错误
- deliver the gift 送礼物
- significant occasions 重要场合

Part 3

What kinds of things do people forget easily?

People often forget small, everyday things, like their keys, wallets, or phones. Another common thing people forget is appointments or deadlines, especially when they are juggling multiple tasks. Birthdays and anniversaries can also slip their minds, particularly for people who are not naturally organized.

- forget small things 忘记小事情
- miss an appointment 错过预约
- juggle multiple tasks 处理多项任务

What kinds of people are more forgetful?

People who are under a lot of stress tend to be more forgetful because their minds are preoccupied. Older people are also more likely to forget things due to natural aging and memory decline. Additionally, those who lack proper sleep or live a chaotic lifestyle may struggle with retaining information.

- under a lot of stress 承受很大的压力
- natural aging process 自然衰老过程
- retain information 保留信息

How can people improve their memory?

To improve memory, people can establish good habits, like maintaining a consistent sleep schedule and eating a balanced diet. Regular exercise and activities that challenge the brain, like puzzles or learning a new skill, are also beneficial. Writing things down can also help organize their thoughts and remember tasks.

- establish good habits 养成良好习惯
- challenge the brain 挑战大脑
- write things down 写下事情

What do you think of people using calendars to remind themselves of things?

Using calendars is an effective way to stay organized and keep track of important dates. It

helps people avoid missing appointments and ensures they can plan ahead for deadlines. With digital calendars, people can also set reminders to notify them about tasks, making it even more convenient.

- stay organized 保持有条理
- miss an appointment 错过预约
- set reminders 设置提醒

告知真相

Describe a time when you had to tell a truth to your friend.

You should say:

when it was

who you told it to

what the truth was

and explain how you felt about it.

Once, I accidentally broke my friend's favorite mug while visiting her house. At first, I considered hiding it, but I knew honesty was important. I apologized sincerely and offered to buy her a new one. She appreciated my honesty and forgave me. This experience strengthened our friendship.

- accidentally broke 不小心打碎
- considered hiding it 想过隐瞒
- apologized sincerely 真诚道歉
- offered to buy a new one 主动提出买一个新的
- strengthened our friendship 增进了我们的友谊

Part 3

What kinds of lies do people usually tell to other people?

People often tell white lies to avoid hurting feelings, like saying "You look great" when unsure. Some lie to escape trouble or responsibility.

- white lies 善意的谎言
- avoid hurting feelings 避免伤害感情
- escape trouble 逃避麻烦

Why do parents lie to their kids?

Parents may lie to protect children from harsh truths or encourage good behavior, like saying

"Santa brings gifts" to create excitement.

- protect children 保护孩子
- harsh truths 残酷的真相
- encourage good behavior 鼓励良好行为

Is it good to tell white lies to other people?

White lies can maintain harmony in relationships, but overusing them may lead to distrust.

Honesty should be balanced with kindness.

- maintain harmony 维持和谐
- lead to distrust 导致不信任
- balanced with kindness 与善意平衡



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如何深入发掘自身亮点, 使文书加分?

什么专业前景更好?

如何根据学校和专业的录取喜好准备申请材料?

...



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