

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

Birthday 生日

What do you usually do on your birthday?

I usually have a small celebration with family or friends, like going out for dinner. Sometimes I just relax at home and enjoy some quiet time. Receiving birthday wishes from loved ones always makes the day special.

- celebration 庆祝
- quiet time 安静时光
- wishes 祝福

What did you do on your birthday when you were younger?

As a child, I had fun parties with cake, games, and gifts. My parents often invited my friends over for celebrations. I also loved blowing out candles and making a wish.

- parties 派对
- blowing out candles 吹蜡烛
- making a wish 许愿

Do you think it is important for you to celebrate your birthday?

Yes, because it's a chance to appreciate life and connect with loved ones. However, some people may prefer a simple day without big celebrations. Both ways are meaningful.

- appreciate life 感恩生活
- connect 联系
- meaningful 有意义的

Which birthday do you think is the most important to celebrate?

The 18th birthday is very important, as it marks becoming an adult. In some cultures, the 60th birthday is also special, representing a long life. Personal significance matters most.

- adult 成年人
- represents 象征
- significance 重要性

Staying up late 熬夜

Do you often stay up late?

Not really, unless I have something urgent to finish. I try to hit the sack before midnight 'cause I can't function well without enough sleep.

- stay up late 熬夜
- hit the sack 上床睡觉
- can't function well 无法正常运转

What do you do when you stay up late?

I usually scroll through my phone or binge-watch some shows. Sometimes I lose track of time without even noticing it.

- scroll through my phone 刷手机
- binge-watch shows 追剧
- lose track of time 忘记时间

What does it feel like the next morning if you stay up late?

Oh, I feel totally drained and kind of grumpy. It's hard to get through the day without yawning all the time.

- feel drained 感到精疲力尽
- Kind of grumpy 有点暴躁
- get through the day 熬过一天

Did you often stay up late when you were a kid?

No, not really. My parents made sure I went to bed early. I think the only time I stayed up late was during holidays or family events.

- go to bed early 早点睡觉
- stay up late 熬夜
- family events 家庭聚会

Names 姓名

Does your name have any special meaning?

Yes, it does. My name means "bright future" in Chinese. My parents picked it because they hoped I'd grow up happy and successful.

- have special meaning 有特殊含义
- pick a name 取名字
- grow up happy and successful 健康快乐地成长并取得成功

How would you choose names for your next generation?

I'd probably choose something meaningful and easy to pronounce. If I have a baby one day, I'll ask my parents for ideas too.

- next generation 下一代
- easy to pronounce 容易发音
- Ask for ideas 寻求建议

Are there any differences between how Chinese people name their children now and how they did in the past?

Yeah, for sure. In the past, names were more traditional, but now people like modern or foreign-sounding names to make kids stand out.

- traditional names 传统名字
- foreign-sounding names 听起来像外国名字的名字
- stand out 脱颖而出

Does anyone in your family have the same name as you?

Nope,I'm the only one with this name.My parents wanted something a bit unique,so nobody else in my family has it.

- the only one 唯一——个
- a bit unique 有点特别
- nobody else 没有其他人

Flowers 花

Do you love flowers?

Version A:

Yes,I really love flowers because they bring a touch of beauty and freshness to any space. For example,I often buy a small bunch for my room just to lift my mood.And if someone gives me flowers,it instantly brightens my day.

- a touch of beauty 一丝美感
- lift one's mood 提升心情
- brighten one's day 让人一天都开心

Version B:

No,not really.I think flowers are nice to look at,but they don't last long and I'm not a big fan of taking care of them.If someone gives me flowers,I appreciate the gesture,but I'd probably prefer something more practical.

- don't last long 不容易保存
- take care of 照料
- prefer something practical 更喜欢实用的东西

Do you take photos of flowers in your daily life?

Yes,especially when I come across beautiful flowers during a walk or while traveling.I have a photo album on my phone just for flowers I've snapped.It's a habit I picked up because I enjoy capturing nature's details.

- come across 偶然遇见
- snap(a photo) 拍照
- pick up a habit 养成一个习惯

Do you know anyone who loves flowers?

Definitely—my grandmother is a huge flower lover,and she even grows her own roses and orchids. She talks to them as if they were her pets.I think her passion for gardening is quite inspiring.

- a flower lover 爱花的人
- grow one's own(flowers)自己种花
- inspiring 激励人心的

Are there a lot of flowers where you live?

Well,not really.I live in a concrete jungle,so natural flowers are pretty rare.But during spring,local parks would plant seasonal flowers,which makes the city feel more alive.

- Concrete jungle 水泥森林(城市)
- seasonal flowers 时令花卉
- feel more alive 更有生气

Do people in your country often send flowers to others?

Not really in daily life, but flowers are often given on special occasions like weddings or hospital visits. While older generations may find this a bit unnecessary, many young people in big cities are starting to embrace the idea. A good example is how graduates often exchange bouquets at graduation ceremonies to celebrate and show appreciation.

- special occasions 特别的场合
- embrace the idea 接受这种想法
- exchange bouquets 互送花束

Plan/Schedule 计划/安排

Do you like making plans?

Version A:

Yes, I do. Making plans helps me feel more organized and reduces stress since I know what's coming. If I don't plan ahead, I tend to procrastinate and forget important things.

- plan ahead 提前计划
- reduce stress 减轻压力
- procrastinate 拖延

Version B:

No, not really—I usually go with the flow because I find strict plans a bit limiting. Sometimes, when I plan too much, things don't go as expected, and I get frustrated. I feel that being flexible helps me enjoy life more.

- go with the flow 顺其自然
- things don't go as expected 事情不如预期
- be flexible 灵活应变

Do you use paper or your cellphone to make plans?

I mainly use my phone because it's more convenient and I can set reminders easily. But if I have a busy week ahead, I still like to jot things down in a planner.

- set reminders 设置提醒
- jot things down 草草记下
- a planner 计划本

What is the latest plan you made?

Actually, I just planned a weekend getaway with my friends. We're going hiking in the mountains, and I even made a checklist so I won't forget anything. It's something I've been looking forward to for a while.

- a weekend getaway 周末短途旅行
- make a checklist 列清单
- look forward to 期待

What are the benefits of making plans?

Well, I guess the biggest advantage is that it helps you stay focused and manage your time more efficiently. It also gives you a sense of control, especially when life feels hectic. Without one, things can easily spiral out of control, leaving you overwhelmed and unproductive.

- stay focused 保持专注
- a sense of control 掌控感
- spiral out of control 失控

Spare time 空闲时间

Do you often have free time?

Yes, I have some free time during the week, especially in the evenings. After work, I usually have one or two hours to relax. But sometimes, when I'm busy, I don't get much time to rest.

- have free time 空闲时间
- after work 下班后
- get time to rest 有时间休息

What do you usually do in your spare time?

In my spare time, I enjoy watching TV shows or listening to music. Sometimes I go for a short walk in the park. These activities help me feel more relaxed after a long day.

- in my spare time 在空闲时间
- go for a walk 去散步
- feel relaxed 感到放松

Which day do you have more free time on, Saturday or Sunday?

I usually have more free time on Sunday. On Saturdays, I often do chores or meet friends. But Sundays are quieter, so I can stay at home and take a break.

- have more free time 有更多的空闲时间
- do chores 做家务
- take a break 休息一下

Would you like to have more free time in the future?

Yes, I would love to have more free time. I think it's important to relax and enjoy life. If I had more time, I would learn a new skill or travel more.

- have more free time 有更多空闲时间
- enjoy life 享受生活
- learn a new skill 学习新技能

Spending time by yourself 独享时间

Do you usually spend time by yourself?

Yes,I often spend time by myself,especially on weekdays.I think it's a good way to relax and think clearly.Sometimes I just need some peace and quiet.

- spend time by myself 独自消磨时间
- think clearly 思路清晰
- peace and quiet 安静祥和

What did you do last time you were by yourself?

Last time I was alone,I read a book and listened to some soft music.It was a peaceful evening, and I really enjoyed it.I didn't use my phone much because I wanted to rest my mind.

- read a book 读书
- listen to music 听音乐
- rest my mind 放松大脑

How do you usually spend your time by yourself?

I usually watch videos,write in my diary,or just lie on the sofa and do nothing.Sometimes I take a nap if I feel tired.I think doing simple things helps me recharge.

- lie on the sofa 躺在沙发上
- take a nap 小睡一下
- recharge myself 给自己充电

Do you like spending time by yourself?

Yes,I really like it.It gives me a break from talking and working all the time.I feel more calm and focused after spending time alone.

- spend time alone 独处
- take a break 休息一下
- feel calm 感到平静

Writing 写作

Do you write a lot?

Not really.I only write when it's absolutely necessary,like jotting down important notes or penning an occasional email. My job doesn't require me to put pen to paper frequently.

- jotting down: 匆匆记下; 快速记录
- penning an email: 写一封电子邮件
- put pen to paper: 动笔写作; 开始写

What do you like to write? Why?

I really enjoy writing travel diaries.It's a great way to capture the highlights of my trips,like amazing landscapes and unforgettable experiences.Putting my thoughts and feelings on paper helps me relive those precious moments and share them vividly with others.

- capture the highlights: 捕捉精彩瞬间; 记录要点
- putting my thoughts and feelings on paper: 把我的想法和感受写下来
- relive those precious moments: 重温那些珍贵的时刻

Do you think the things you write would change?

I definitely think they will. As I gain more life experiences and my perspectives evolve, my writing style will likely undergo a transformation. Also, with changing trends and new technologies emerging, the topics I choose to write about might shift gears too.

- gain more life experiences: 获得更多生活经历
- undergo a transformation: 经历转变
- shift gears: 改变方向; 换挡

Do you prefer typing or handwriting when you are writing?

I usually prefer typing. It's much quicker and more convenient, especially when I need to make edits or search for information on the fly. However, for taking notes during a lecture or jotting down ideas spontaneously, I find handwriting helps me focus better and leaves a stronger impression.

- On the fly: 匆忙地; 在进行中
- jotting down: 草草记下; 快速记录
- leave a stronger impression: 留下更深刻的印象

Weather 天气

What's the weather like where you live?

Where I live, the weather is quite changeable. We often experience four distinct seasons. In summer, it can get scorching hot, while winter brings biting cold and sometimes even snow. Spring and autumn are more moderate, with pleasant breezes and comfortable temperatures.

- quite changeable: 变化无常的
- scorching hot: 酷热的
- biting cold: 刺骨的寒冷

Do you prefer cold or hot weather?

I definitely prefer cold weather. When it's chilly outside, I can snuggle up in warm blankets and enjoy a hot cup of cocoa, which is incredibly cozy. Also, I find it easier to layer up with stylish clothes in cold weather rather than sweating buckets in the sweltering heat.

- snuggle up: 依偎; 蜷缩
- sweating buckets: 汗流浹背
- sweltering heat: 酷热

Do you prefer dry or wet weather?

I much prefer dry weather. Wet weather often means getting soaked when I'm out and about, which can be a real hassle. In dry weather, I can freely enjoy outdoor activities without having to worry about muddy shoes or damp clothes, and it just puts me in a brighter mood.

- getting soaked: 浑身湿透
- a real hassle: 一件非常麻烦的事

- puts me in a brighter mood: 让我心情更愉悦

Are you in the habit of checking the weather forecast? When and how often?

Yes, I'm definitely in the habit of checking the weather forecast. I do it every morning without fail, usually by using a weather app on my phone. This helps me plan my day properly, like deciding what to wear and whether I should bring an umbrella or not. It's a quick and easy way to stay one step ahead of the weather.

- without fail: 必定; 总是
- plan my day properly: 合理安排我的一天
- stay one step ahead of: 比.....领先一步

Snacks 零食

When do you usually eat snacks now?

I usually eat snacks in the afternoon when I feel a bit hungry. Sometimes I also eat something small at night while watching TV. It helps me relax after a busy day.

- eat snacks 吃零食
- feel a bit hungry 感到有点饿
- watching TV 看电视

Do you think it is healthy for you to eat snacks?

It depends on the kind of snack. If I eat fruits or nuts, I think it's healthy. But if I eat too many chips or sweets, it's not good for my body.

- it depends on 取决于
- too many chips 太多薯片
- good for my body 对身体有益

Did you often eat snacks when you were young?

Yes, I ate snacks almost every day after school. My parents gave me cookies or small cakes. I really enjoyed eating them with my brother.

- after school 放学后
- small cakes 小蛋糕
- enjoy doing something 喜欢做某事

What snacks do you like to eat?

I like to eat chocolate and popcorn. Sometimes I eat dried fruit or yogurt when I want something healthier. I also enjoy ice cream in summer.

- dried fruit 干果
- want something healthier 想要更健康的東西
- enjoy ice cream 享受冰淇淋

Patience 耐心

Are you a patient person?

I think I am a little patient. I can wait for things if I know they are important. But sometimes I get annoyed if things take too long.

- a patient person 有耐心的人
- wait for things 等待事情
- take too long 花太久时间

What makes you feel impatient?

I feel impatient when the bus is late or when I have to wait in a long line. I also don't like slow internet—it really makes me upset.

- feel impatient 感到不耐烦
- wait in a long line 排长队
- slow internet 网络慢

How do you feel when you have to do something for a long time?

I feel bored if the task is not interesting. Sometimes I also get tired. But if I enjoy the activity, I don't notice the time.

- Do something for a long time 做某事很久
- feel bored 感到无聊
- enjoy the activity 喜欢这个活动

Are you more patient now than when you were a child?

Yes, I think I have become more patient. When I was a child, I wanted everything quickly. Now I try to stay calm and wait.

- more patient than 更有耐心
- stay calm 保持冷静
- wanted everything quickly 想要什么都快点得到

Machine 机器

What is your favourite machine in your home?

I think my favorite machine is the air fryer. It's super easy to use and saves me a lot of cooking time. I can make fries, chicken, and even desserts without much oil. It's really convenient and healthier than using a deep fryer.

- favorite machine 最喜欢的机器
- easy to use 易于使用
- save cooking time 节省烹饪时间

Do you think washing machines and sweeping machines are important?

Yes, they're really important, especially for busy people. Washing clothes by hand takes a lot of time and energy. And sweeping robots help keep the floor clean without much effort. These machines make housework so much easier.

- save time and energy 节省时间和精力
- Keep the floor clean 保持地板干净
- make housework easier 让家务更轻松

Do you read the instructions before using a machine?

Sometimes I do, especially if the machine looks complicated. If it's something simple, I usually just try it myself first. But for things like coffee machines or kitchen tools, I prefer to check the manual. It helps me avoid breaking it.

- read the instructions 阅读说明书
- look complicated 看起来复杂
- check the manual 查阅说明手册

Do you think it is important to read the instructions?

Yes, it's quite important. Instructions show you how to use the machine safely and properly. Without them, you might damage the machine or hurt yourself. So I think it's always better to take a look before using anything new.

- use safely and properly 安全且正确地使用
- damage the machine 损坏机器
- hurt yourself 伤到自己

Memory 记忆力

Are you good at memorising things?

I think I'm okay at it. I can remember faces and daily tasks pretty well, but I sometimes forget names or numbers. It depends on how interested I am in the thing I'm trying to remember.

- be good at memorising 擅长记忆
- remember faces 记住脸
- daily tasks 日常任务

Have you ever forgotten something important?

Yes, once I forgot my friend's birthday and felt really bad about it. I was busy with school and totally lost track of the date. Since then, I always set reminders on my phone for important events.

- forget something important 忘记重要的事
- Feel bad about it 为此感到内疚
- lost track of the date 忘记日期

What do you need to remember in your daily life?

Mostly things like school deadlines, meeting times, and what I need to buy. I also try to remember people's birthdays and appointments. If I don't write them down, I'll probably forget.

- school deadlines 学校的截止日期
- meeting times 会议时间
- write things down 记下来

How do you remember important things?

I usually use my phone to set alarms or make notes. Sometimes I also write things down in a notebook if they're really important. Visual reminders help too, like sticky notes on my desk.

- set alarms 设置闹钟
- make notes 记笔记
- Write things down 记录事情

Saying "Thank you" 表示感谢

Have you ever sent a thank-you card to others?

Yes, I have. I once sent a thank-you card to my teacher after she helped me a great deal with my studies. It was a small gesture, but I hoped it would convey my heartfelt gratitude. I picked a card with a beautiful design and wrote a sincere message inside.

- a great deal: 大量; 许多
- convey my heartfelt gratitude: 表达我由衷的感激
- sincere message: 真挚的话语

On what occasions do you say "thank you"?

I say "thank you" on numerous occasions. When someone offers me a helping hand, like lending me a book or giving me directions, I immediately express my gratitude. Also, after receiving a gift or being treated to a meal, saying "thank you" is a must to show my appreciation for their thoughtfulness.

- offers me a helping hand: 向我伸出援手
- a must: 必要的事
- show my appreciation for: 对.....表示我的感谢

Do people in your country often say "thank you"?

In my country, saying "thank you" is deeply ingrained in our daily interactions. Whether it's a simple favor like holding the door or a more significant act of kindness, people are quick to express their appreciation. It's a common courtesy that helps keep social relationships harmonious.

- deeply ingrained: 深深扎根的, 根深蒂固的
- express their appreciation: 表达他们的感激之情
- common courtesy: 一般的礼貌, 常见的礼节

Why do people need to say 'thank you'?

People need to say "thank you" because it's a powerful way to strengthen relationships. Expressing gratitude makes others feel valued and recognized for their efforts. It also spreads positive vibes and creates a more harmonious and friendly social environment.

- strengthen relationships: 巩固关系
- feel valued and recognized: 感到被重视和认可
- spreads positive vibes: 传播积极的氛围

Public Transport 公共交通

What kind of public transport do you usually take?

I usually take the bus to get around the city because it's convenient and affordable. The buses run quite frequently, so I don't have to wait too long. Sometimes, when I'm in a hurry or traveling late at night, I take the subway since it's faster and more reliable.

- Get around the city 在城市中穿梭
- In a hurry 着急
- Make the most of it 最大化利用

Did you take public transport when you were a kid?

Yes, I often took the bus to school when I was a kid because it was the easiest way to get there. My parents were usually busy, so relying on public transport was the norm for me. Looking back, it helped me learn how to manage on my own from a young age.

- Took the bus to school: 乘公交车去学校
- Relying on public transport: 依赖公共交通
- Manage on my own: 独立自主

Do most people prefer public transport in your country?

Not really-most people in my country prefer driving their own cars because it gives them more freedom and comfort. However, in big cities where traffic is a nightmare, public transport is often the go-to option.

- Driving their own cars: 开自己的车
- Traffic is a nightmare: 交通状况糟糕
- Go-to option: 首选项, 可靠选择

Will there be more people taking public transport in the future?

I think more people will turn to public transportation in the future, especially as fuel prices keep going up and traffic gets worse. With cities investing in better and greener transport systems, taking the bus or train might become the smarter choice.

- Turn to public transportation: 开始使用公共交通
- Invest in: 投资于
- Fuel prices keep going up: 燃料价格持续上涨

Jewelry 珠宝

Do you often wear jewelry?

Not really. I usually keep things simple, so I don't wear jewelry every day. But if I'm going to a special event or dressing up, I might put on a necklace or a ring. It just depends on the occasion.

- special event 特别的场合
- dressing up 盛装打扮
- put on a necklace 戴上项链

What types of jewelry do you like?

I like simple and elegant pieces,like small gold earrings or a silver bracelet.Nothing too flashy.I prefer things that go well with everyday outfits. Comfort matters a lot to me too.

- simple and elegant 简单而优雅的
- gold earrings 金耳环
- silver bracelet 银手链

Do you usually buy jewelry?

Not often. I usually get jewelry as gifts on special occasions like birthdays or anniversaries. If I do buy something,it's usually because I really love the design or it has some meaning. I'm not someone who shops for jewelry just for fun.

- special occasions 特殊的场合
- buy jewelry 买首饰
- has some meaning 有特别的意义

Why do you think some people wear a piece of jewelry for a long time?

I think it's often because the jewelry has sentimental value.It might be a gift from someone special or something that reminds them of an important memory. Wearing it makes them feel connected to that person or moment.It's more than just an accessory for them.

- sentimental value 情感价值
- a gift from someone special 来自特别的人的礼物
- important memory 重要的回忆

Geography 地理

Do you like geography?

Yeah, I think geography is pretty interesting.I enjoy learning about different places and how people live around the world.It makes me see things from a broader perspective. It's not my favorite subject, but I do like it.

- learn about different places 了解不同的地方
- live around the world 生活在世界各地
- broader perspective 更广阔的视角

Have you ever learned geography?

Yes,I studied it in school. We learned about continents,weather patterns, and how natural disasters happen.It was actually more fun than I expected.I still remember some of the maps we used in class.

- weather patterns 天气模式
- natural disasters 自然灾害
- More fun than I expected 比我预想的有趣

Do you want to be a geography teacher?

Not really,teaching isn't something I see myself doing.I enjoy geography, but I think I'd rather explore new places than teach about them.Maybe something like travel blogging would suit me better.It just feels more exciting.

- see myself doing 想象自己从事
- explore new places 探索新地方
- teach about them 教授它们

Will you learn more about the geography of other countries?

Yeah, I'd love to! I think it's cool to understand how landscapes and cultures change from place to place. It also helps when traveling or watching the news. Knowing more about the world is always a good thing.

- From place to place 各地
- helps when traveling 对旅行有帮助
- knowing more about the world 了解世界

Do you think geography is useful?

Definitely. It helps us understand the world we live in, like where resources come from or why certain areas have different climates. It's also useful for travel and even for global issues like climate change. So yeah, I'd say it's really practical.

- understand the world 理解世界
- where resources come from 资源的来源
- different climates 不同的气候

Text Messages 信息

Is sending messages popular in your country?

Absolutely, texting is extremely popular, with most people using messaging apps like WeChat or QQ. Even formal communications, such as work updates, often happen through instant messages. Older generations have also adapted well to digital messaging in recent years.

- extremely popular 极其流行
- formal communications 正式沟通
- adapted well 适应得很好

Did you send more messages when you were younger?

Yes, as a teenager, I sent way more casual texts to friends, often just chatting about random things. Now, my messages tend to be more purposeful, like making plans or discussing important matters. Social media interactions have partly replaced constant texting.

- casual texts 闲聊短信
- purposeful 有明确目的的
- social media interactions 社交媒体互动

Do you reply to messages as soon as you receive them?

I try to reply promptly, especially if it's urgent or from family/work contacts. However, I don't feel pressured to respond immediately to non-urgent chats. Sometimes I intentionally delay replies if I need time to think or am busy.

- promptly 及时地
- non-urgent chats 非紧急闲聊
- intentionally delay 故意延迟

Housework 家务

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

Yes, I often help out in the kitchen, especially during weekends or holidays. I usually prepare simple dishes like stir-fried vegetables or dumplings, and my parents really appreciate the effort. Although I'm not a master chef, I enjoy the process and feel more connected to my family when we cook together.

- help out in the kitchen 在厨房帮忙
- stir-fried vegetables 炒青菜
- feel connected to 与.....有联系

Did you do some house cleaning when you were young?

Definitely. When I was in primary school, my parents asked me to do light chores like sweeping the floor or organizing my books. At the time, I didn't enjoy it much, but looking back, it really taught me discipline and responsibility.

- light chores 简单的家务
- organize my books 整理书本
- taught me discipline 教会我自律

Do you want to learn how to cook well?

Version A:

Yes, I do. I think cooking is a practical life skill, and if I live alone one day, I'll definitely need to cook for myself. Besides, being able to make a good meal for your loved ones is such a rewarding thing.

- practical life skill 实用生活技能
- live alone 独自生活
- make a good meal 做出一顿好饭

Version B:

To be honest, not really. I find cooking a bit stressful, especially when there's a mess to clean up afterward, so I usually prefer ordering takeout. Unless I have to live by myself one day, I don't think I'll actively try to improve my cooking skills.

- find something stressful 觉得某事让人有压力
- order takeout 点外卖
- live by myself 独自生活

What housework do you like or dislike doing?

Well, I actually enjoy doing laundry because it's kind of therapeutic and gives me a break from screens. But I really dislike washing the dishes, especially when there's a greasy mess. If I had to choose, I'd rather fold clothes than scrub plates.

- therapeutic 有治愈感的
- greasy mess 油腻的脏东西
- scrub plates 刷碗

Singing 唱歌

Do you like singing? Why?

Version A:

Yes, I do! Singing helps me unwind, especially when I'm stressed out from schoolwork. Even though I'm not a great singer, I sing along to my favorite songs when I'm alone at home or in the shower.

- help me unwind 帮助我放松
- stressed out from 被.....压得焦虑
- sing along 跟着唱

Version B:

Not really, to be honest. I've never felt comfortable singing in front of people, and even when I'm alone, I rarely sing because I'm quite self-conscious about my voice. Unless it's at karaoke with close friends, I usually avoid singing altogether.

- self-conscious about one's voice 对自己的嗓音不自信
- unless it's at karaoke 除非是在卡拉 OK
- avoid something altogether 完全避免某事

Have you ever learnt how to sing?

Not formally, but I used to be in the school choir back in middle school. Although we didn't get professional training, I learned how to sing in harmony and follow rhythm. It was a fun experience that gave me more confidence.

- school choir 学校合唱团
- sing in harmony 合唱
- follow rhythm 跟着节奏

Who do you want to sing for?

That's a lovely question. I'd want to sing for my mom, because no matter how off-key I was, she never laughed or judged me—instead, she always supported me wholeheartedly. If I ever got the chance to perform again, she'd be the first person I'd want in the front row.

- off-key 走调、不准音
- never judged me 从不评判我
- supported me wholeheartedly 全心全意支持我

Do you think singing can bring happiness to people?

Yes, for sure. Singing is a great emotional outlet—it lifts your mood and helps you feel more positive. Whether you're performing or just singing alone, it can really brighten your day.

- emotional outlet 情绪的出口

- Lift your mood 提升情绪
- brighten your day 让人心情变好

Outer Space and Stars 外太空和星星

Have you ever learnt about outer space and stars?

Yes, I studied basic astronomy in school, covering topics like the solar system and star constellations. I also enjoy watching documentaries about black holes and galaxy formations to satisfy my curiosity.

- astronomy 天文学
- constellations 星座
- black holes 黑洞

Do you like science fiction movies?

I love sci-fi movies, especially those set in space like Interstellar and Gravity. They blend imaginative storytelling with scientific concepts, making space exploration feel thrilling and thought-provoking.

- sci-fi movies 科幻电影
- thought-provoking 发人深省的
- space exploration 太空探索

Do you want to know more about outer space?

Definitely! I'm particularly curious about exoplanets and whether life exists beyond Earth. With new telescopes like James Webb, discoveries about the universe are accelerating, and I'd love to keep up with these advancements.

- exoplanets 系外行星
- James Webb telescope 詹姆斯·韦伯望远镜
- advancements 进展

Do you want to go into outer space in the future?

While the idea is exciting, I'd be nervous about the risks of space travel. However, if technology makes it safer and more affordable, I'd consider a short trip to experience zero gravity and see Earth from space!

- space travel 太空旅行
- zero gravity 失重状态
- affordable 经济实惠的

List 清单

Do you make a list when you shop?

Yes, I always make a shopping list to avoid impulse buys and ensure I don't forget essentials. It helps me stay organized and saves time in crowded stores.

- impulse buys 冲动消费
- essentials 必需品

- stay organized 保持条理

Do you make a list for your work?

Absolutely—I rely on to-do lists to prioritize daily tasks and deadlines. Crossing off completed items gives me a sense of progress and reduces stress.

- to-do lists 待办清单
- prioritize 优先处理
- sense of progress 成就感

Why don't some people like making lists?

Some find lists restrictive or time-consuming to maintain, preferring flexibility. Others may feel overwhelmed seeing all tasks written down at once.

- restrictive 限制性的
- time-consuming 耗时的
- overwhelmed 不堪重负

Do you prefer to make a list on paper or your phone?

I prefer digital lists (like Notes or reminders) for convenience and syncing across devices, but handwritten lists feel more satisfying for quick daily tasks.

- digital lists 电子清单
- syncing 同步
- handwritten 手写的

Internet 网络

When did you start using the Internet?

I started using the internet when I was around ten years old, mainly to watch cartoons and play games

- start using the internet 开始使用互联网
- at a young age 在很小的时候
- watch cartoons online 在网上看动画片

How often do you go online?

I go online several times a day, usually to check messages, watch videos, or look up information.

- go online 上网
- check messages 查看信息
- look up information 查找资料

How does the internet influence people?

The internet changes the way people work, learn, and communicate—it makes things faster and more convenient.

- influence people's lives 影响人们的生活
- communicate with others 与他人沟通

- make things easier 让事情更简单

Do you think you spend too much time online?

Yes, sometimes I feel I spend too much time online, especially when I scroll through social media without noticing the time.

- spend too much time online 上网花太多时间
- Scroll through social media 刷社交媒体
- Lose track of time 忘记时间

What would you do without the Internet?

Without the internet, I think I would read more books, go outside more often, and maybe spend more time with my family.

- Live without the internet 没有互联网的生活
- spend time with family 与家人共度时光
- go outside more often 更常外出

Praising 表扬

Have you had any achievements recently?

Yes, I recently finished an online course I had been working on for weeks, and I felt really proud of myself.

- have an achievement 取得成就
- finish a course 完成课程
- feel proud of oneself 为自己感到自豪

How do you feel when you are praised?

When someone praises me, I feel happy and more confident, especially if I 've worked hard on something.

- get praised 被表扬
- feel more confident 感到更有自信
- work hard on something 为某事努力

When was the last time you praised someone?

I praised my friend last week because she gave a great presentation in class, and I thought she really deserved it.

- praise someone 表扬某人
- give a presentation 做演讲
- deserve praise 值得表扬

Do you think parents should often praise their children?

Yes, I think regular praise helps children feel encouraged and motivates them to do better in the future.

- praise children 表扬孩子
- feel encouraged 感到受鼓励

- do better in the future 将来做得更好

Small Business 小生意

Have you had any achievements recently?

Recently, I nailed a challenging project at work, which demanded meticulous planning and seamless teamwork. The sense of accomplishment from seeing it through to success has truly made my efforts pay off.

- Nailed a challenging project: 成功完成一个具有挑战性的项目
- meticulous planning: 精心的规划
- made my efforts pay off: 让我的努力有了回报

Do you prefer buying things from big companies or small businesses?

I tend to lean toward small businesses, as they often exude a personal touch and offer one-of-a-kind products that big corporations can't replicate, plus supporting local entrepreneurs gives me a warm fuzzy feeling inside.

- lean toward: 倾向于
- exude a personal touch: 散发个人特色
- warm fuzzy feeling: 温暖舒适的感觉

Have you ever worked in small businesses?

Yes, I once worked at a charming boutique café, where I honed my multitasking skills while juggling customer orders and ensuring a cozy ambiance, which taught me the value of dedication in tight-knit teams.

- honed my multitasking skills: 磨练了我的多任务处理能力
- juggling customer orders: 同时处理客户订单(引申为“忙碌应对订单”)
- tight-knit teams: 紧密团结的团队

Have you ever thought about starting your own business?

Yes, the idea has crossed my mind a few times—imagining launching a niche bookstore that doubles as a cozy reading nook, where I could curate unique titles and foster a community of book lovers.

- the idea has crossed my mind: 这个想法曾在我脑海中闪过
- launching a niche bookstore: 创办一家特色书店
- foster a community: 培养一个社群

Chocolate 巧克力

Do you like eating chocolate?

Absolutely! I have a soft spot for high-quality dark chocolate with a rich, velvety texture, as it not only tantalizes my taste buds but also serves as a delightful pick-me-up during stressful days.

- have a soft spot for: 特别喜欢(某物)

- velvety texture: 丝滑的质地
- pick-me-up: 提神的东西

How often do you eat chocolate?

I indulge in a piece of chocolate moderately, usually once or twice a week, as I believe in savoring its decadence without overdoing it—quality over quantity, as they say.

- indulge in: 沉迷于; 享用
- savoring its decadence: 品味其奢华(此处指享受巧克力的浓郁美味)
- quality over quantity: 质量胜于数量

Did you often eat chocolate when you were a kid?

Yes, I was quite the chocolate enthusiast as a kid—often sneaking a bar from the pantry whenever my parents weren't looking, which made every snack time feel like a guilty pleasure.

- chocolate enthusiast: 巧克力爱好者
- sneaking a bar from the pantry: 从食品柜偷拿一块(巧克力)
- guilty pleasure: 罪恶的快感

Why do you think chocolate is popular around the world?

Chocolate's universal appeal stems from its ability to evoke feelings of comfort and indulgence, with its rich, versatile flavors catering to diverse palates and serving as a go-to treat for both everyday moments and special occasions.

- universal appeal: 普遍的吸引力
- evoke feelings of comfort: 唤起舒适的感觉
- cater to diverse palates: 迎合不同的口味

Being busy 忙碌

Are you busier now than when you were a child?

Yes, I'm definitely much busier now than when I was a child. Back then, most of my time was spent playing or studying a little, but now I have to handle both work and personal responsibilities. It sometimes feels like there's not enough time in the day to get everything done.

- handle responsibilities 处理责任
- spend time 花时间
- not enough time 时间不够

When was the last time you were busy?

The last time I was really busy was last month when I had to finish an important work project. I was working late almost every night and had to skip some of my usual activities. Luckily, after that period, things became much calmer.

- finish an important project 完成一个重要的项目
- work late 加班

- skip activities 跳过活动

Puzzles 益智游戏

Did you do puzzles in your childhood?

Yes, I did puzzles quite often when I was a child. My parents thought they were a good way to improve my problem-solving skills. I especially liked picture puzzles because they were both fun and challenging.

- do puzzles 玩益智游戏
- problem-solving skills 解决问题的能力
- fun and challenging 有趣而有挑战性

When do you do puzzles, during your trip or when you feel bored?

I usually do puzzles when I feel bored or want to relax. Sometimes, I also bring a small puzzle book with me when I travel. It helps me pass the time, especially on long flights or train rides.

- feel bored 感到无聊
- pass the time 打发时间
- long flights 长途飞行

Do you like doing word puzzles or number puzzles? Which is more difficult for you?

I enjoy doing word puzzles more because they help me learn new vocabulary. Number puzzles are more difficult for me since I'm not very good at maths. Still I try both types from time to time to keep my mind active.

- learn new vocabulary 学习新词汇
- not very good at 不太擅长
- keep my mind active 保持头脑活跃

Do you think it is good for old people to do puzzles?

Yes, I believe doing puzzles is very good for older people. It can help keep their memory sharp and improve their concentration. Plus, it's an enjoyable way for them to spend their free time.

- keep memory sharp 保持记忆敏锐
- improve concentration 提高注意力
- spend free time 消磨闲暇时间

Part 2&3

【人物题】

喜欢种植物的人

Describe a person you know who loves to grow plants.

You should say:

who this person is

what he/she grows

why he/she enjoys growing plants

and explain how you feel about this person.

The person I know who loves growing plants is my neighbor, Mrs. Chen, a retired teacher. She has turned her balcony and small garden into a lush green space filled with flowers, herbs, and even small fruit trees. She grows roses, mint, basil, and cherry tomatoes, which she often shares with neighbors. Mrs. Chen enjoys gardening because it helps her relax and stay connected with nature. She says watching plants grow gives her a sense of achievement and joy. Her passion is inspiring—she even teaches local children basic gardening skills on weekends. I admire Mrs. Chen because her dedication shows how small efforts can create beauty. Her garden is a peaceful retreat, and her kindness in sharing harvests makes our community warmer. She proves that growing plants isn't just a hobby but a way to spread happiness.

- lush 茂盛的
- herbs 香草
- sense of achievement 成就感
- retreat 静修处
- dedication 奉献精神

Part3

Are there many people growing their own vegetables now?

Yes, growing vegetables at home has become increasingly popular, especially among urban dwellers who want organic produce. Many people use balconies or small gardens to cultivate herbs, tomatoes, or leafy greens. This trend reflects a growing interest in sustainable living and food safety.

- urban dwellers 城市居民
- organic produce 有机农产品
- sustainable living 可持续生活方式

Do you think it's good to let kids learn how to plant?

Absolutely, teaching kids to plant helps them understand nature and develop responsibility. It's also a great way to encourage healthy eating habits if they grow

vegetables. Plus, gardening can be a fun, educational activity that improves their patience and observation skills.

- responsibility 责任感
- healthy eating habits 健康饮食习惯
- observation skills 观察力

What do you think of the job of a farmer?

Farming is a tough but essential profession that provides food for society. Despite the hard work, modern farmers use technology to improve efficiency and sustainability. Their contribution deserves more recognition and fair compensation for feeding the population.

- essential profession 关键职业
- efficiency 效率
- fair compensation 合理报酬

发小

Describe a friend from your childhood.

You should say:

who he/she is

how you knew each other

what you often did together

and explain why you liked her/him.

Follow-up question: Do you still keep in touch with your friends from childhood?

One of my best childhood friends was a boy named Leo. We met in primary school and became close because we were in the same class. We used to hang out every day after school—either playing video games or riding our bikes around the neighborhood. Sometimes, we even built little tree houses in the park. I liked him a lot because he was super funny and always had my back. Even when I got into trouble, he never left me alone. We stayed close for many years, even though we went to different high schools later on. I think those memories really mean a lot to me, and I still smile when I think about them.

- hang out 闲逛、玩耍
- had my back 支持我、挺我
- ride bikes 骑自行车
- get into trouble 惹麻烦
- mean a lot 意义重大

Part 3

How important is childhood friendship to children?

I think it's super important because childhood is when kids start learning how to get along with others. Childhood friends help them learn how to share, play fair, and care about others. These friendships also help kids feel supported at school. With good friends, school life feels more fun and less stressful, and they won't feel so alone when they face problems.

- play fair 公平玩耍
- care about others 关心他人
- less stressful 没那么有压力

Do you think online communication through social media will replace face-to-face communication?

I don't think so. Online chatting is fast and easy, but it often feels a bit cold. Face-to-face talks feel warmer and more real because we can see each other's emotions and body language. We still need that human touch, especially when talking about serious or personal things. So I think both are useful, but face-to-face is still more meaningful.

- online chatting 在线聊天
- face-to-face talks 面对面交流
- human touch 人情味

What's the difference between having younger friends and elder friends?

Younger friends bring energy and fun. They're often more active, and they help you stay positive. On the other hand, elder friends usually give better advice and share more life experience. They can guide you when you're confused or going through something hard. I think having both kinds of friends is really helpful in different parts of life.

- bring energy 带来活力
- Give advice 提建议
- life experience 人生经验

激励你的人

Describe a person who inspired you to do something interesting.

You should say:

who he/she is

how you know him/her

what interesting thing you did

and explain how she/he inspired you to do it

One of my high school teachers, Mr. Chen, inspired me to join the school's drama club. He was my English teacher and always encouraged students to try new activities and express themselves. During one of his classes, he mentioned that acting could improve our language skills and build our confidence. I had never thought about performing before, but his words motivated me to give it a try. I joined the drama club and ended up performing in a school play. It was challenging but also really exciting. Through this experience, I became more confident and made many new friends. Mr. Chen's encouragement helped me discover a new passion and taught me the importance of stepping out of my comfort zone.

- inspire someone to do something 激励某人做某事
- build confidence 建立自信
- Give it a try 尝试一下
- step out of one's comfort zone 走出舒适区

- discover a new passion 发现新的兴趣

Part 3

What qualities make someone a role model?

A role model should have positive qualities like honesty, responsibility, and kindness. They should also inspire others by setting a good example through their actions. These traits help others learn and grow as individuals.

- set a good example 树立良好榜样
- inspire others 激励他人
- Positive qualities 积极品质

Why should children learn from role models?

Children should learn from role models because it helps them understand the difference between right and wrong. Good role models can teach important life values, such as respect, hard work, and kindness. This guidance can shape their future behavior and choices.

- learn important values 学习重要价值观
- shape behavior 塑造行为
- understand right and wrong 理解对与错

Who can influence children more, teachers or parents?

Both teachers and parents play important roles, but parents usually have a stronger influence. They spend more time with their children and shape their early habits and attitudes. However, good teachers can also inspire children to develop new interests and skills.

- Play an important role 起重要作用
- shape early habits 塑造早期习惯
- develop new interests 发展新兴趣

What kind of international news inspires people?

News stories about people overcoming challenges or helping others often inspire people. For example, reports about scientists making medical breakthroughs or communities supporting each other after natural disasters can be very motivating. These stories remind us of human strength and kindness.

- overcome challenges 克服挑战
- make breakthroughs 取得突破
- support each other 互相支持

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 know him/her

why you disliked him/her at first but changed your mind
and explain how you feel about the experience

The person I disliked at first but eventually became friends with is my colleague, Sarah. We met when we started working together at the same office about three years ago. Initially, I found her to be overly competitive and somewhat dismissive of others' ideas during team meetings. Her assertive nature made me feel uncomfortable, as if she wasn't open to collaboration.

However, over time, I realized that my perception was based on a misunderstanding. One day, after a particularly challenging project, we happened to have lunch together. During our conversation, she shared her background and explained how her previous job had taught her to be results-driven and direct in communication. This opened my eyes to the fact that her behavior wasn't meant to belittle anyone; it stemmed from her professional training and passion for excellence.

As we worked more closely, I discovered that Sarah has an incredible sense of humor and genuinely cares about people. She often goes out of her way to help colleagues solve problems, even outside her own responsibilities. Over time, our relationship evolved into a strong friendship built on mutual respect and trust.

Looking back, this experience taught me an important lesson: first impressions can sometimes be misleading. By giving someone a chance and getting to know them better, you might uncover qualities that make them truly likable and valuable in your life. Now, Sarah is one of my closest friends, and I'm grateful for the opportunity to see beyond my initial judgment.

Part 3

What do you think of making friends online?

Making friends online can be a positive experience in many ways. First of all, the internet allows us to connect with people from all over the world, which broadens our horizons and exposes us to different cultures and perspectives. For instance, I've met people online who have shared their traditions and customs, helping me understand global diversity better.

Moreover, online friendships can provide support and companionship, especially for those who may feel isolated or live far away from others. Platforms like social media, forums, and gaming communities offer spaces where individuals with similar interests can come together and build meaningful relationships. Personally, I've found groups dedicated to hobbies like photography or reading that turned into long-lasting friendships.

Is it a good idea to make friends who are much older than you?

Making friends who are much older than you can be a very good idea, depending on the circumstances and your personal goals.

In conclusion, making friends who are much older than you can be highly beneficial as long as there's mutual interest, respect, and understanding. It's all about finding a balance and ensuring that the friendship enriches both lives rather than creating unnecessary tension.

Do you think friendship is important?

Yes, I definitely think friendship is important. Friendships play a crucial role in our lives as they provide emotional support, companionship, and help us grow as individuals. Friends are often the ones we turn to during both happy and challenging times. They offer understanding, encouragement, and sometimes even advice when we need it most. Moreover, having strong friendships can contribute to better mental health and overall well-being. It's through friendships that we learn valuable lessons about trust, loyalty, communication, and empathy. In today's fast-paced world, maintaining close relationships with friends helps create a sense of belonging and community, which is essential for leading a fulfilling life.

Why is it difficult for some people to make friends with others?

Would it be easier for people to make friends when they grow up and start working?

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 know him/her

what his /her dressing style is

and explain why he/she dresses this way

One of my friends who's really well dressed is my college classmate Lisa. We met during our freshman year, and she stood out right away because of her fashion sense. Her style is very chic and modern—she wears clean, simple pieces but always adds a touch of personality, like a bold necklace or stylish shoes. Lisa says dressing well makes her feel more confident and prepared for the day. She works part-time at a fashion boutique, so she's always surrounded by new trends. I think she just genuinely enjoys putting outfits together and expressing herself through clothes. Even when she's just wearing jeans and a t-shirt, she still manages to look put-together.

- well dressed 穿着得体
- fashion sense 时尚品味
- bold necklace 大胆的项链
- stylish shoes 时髦的鞋子
- express herself through clothes 通过穿衣表达自己

Part 3

Do you think young people know more about fashion and are better at dressing up than elderly people?

Yeah, I think young people are more into fashion trends because they're always online and see what's popular. They follow influencers and try new styles more often. Older people usually prefer comfort and stick to what they're used to, which is totally fine too.

- fashion trends 时尚潮流
- follow influencers 关注网红
- try new styles 尝试新风格

Do you think people would use clothing to show their identity?

Definitely. People often dress in a way that reflects their personality or lifestyle. For example, someone who's into street culture might wear sneakers and hoodies. Clothes can say a lot without words.

- reflect their personality 反映他们的个性
- street culture 街头文化
- Say a lot without words 不言而喻

Why do many people prefer to buy rather expensive clothes?

I think some people believe expensive clothes have better quality and last longer. Others might buy them to show status or feel more confident. It's also about brand image—some people just like how certain brands make them feel.

- better quality 更好的质量
- show status 展示地位
- brand image 品牌形象

聪明之人

Describe an intelligent person you know. .

You should say:

who this person is

how you know this person what this person does

and explain why you think this person is intelligent.

The intelligent person I'd like to describe is my university professor, Dr.Zhang, who teaches artificial intelligence.I first met him when I took his machine learning course last semester, and I was immediately impressed by his ability to explain complex concepts (复杂概念) in simple terms.

Dr.Zhang holds a PhD from Stanford University and currently leads research on neural networks (神经网络) at our university. What makes him truly remarkable is how he applies theoretical knowledge to solve real-world problems -he's already filed three patents for his innovations in medical AI diagnostics.

I consider Dr.Zhang intelligent not just because of his academic achievements,but because of his multidimensional thinking(多维思考). He can discuss philosophy,economics,and even art with equal depth,showing true interdisciplinary brilliance (跨学科才华). His students often say he has the rare ability to make connections between seemingly unrelated fields,which I believe is the hallmark(特征) of genuine intelligence.

- complex concepts 复杂概念
- neural networks 神经网络
- multidimensional thinking 多维思考
- interdisciplinary brilliance 跨学科才华
- hallmark 特征

Part 3

Why are some children more intelligent than others?

Intelligence differences in children stem from a combination of genetic factors (遗传因素) and environmental influences. Some kids may have a natural aptitude (天赋) for leaning, while others benefit from early stimulation, quality education, and supportive parenting. Additionally, nutrition, emotional security, and access to educational resources can significantly impact cognitive development (认知发展).

- genetic factors 遗传因素
- aptitude 天赋
- cognitive development 认知发展

Who do you think plays a more important role in a child's development, teachers or parents?

Both parents and teachers are crucial, but parents have a more foundational impact (基础性影响) since they shape a child's early values, emotional security (情感安全感), and learning habits. Teachers, however, play a key role in formal education and social development, especially as children grow older. Ideally, strong collaboration (协作) between parents and teachers leads to the best outcomes.

- foundational impact 基础性影响
- emotional security 情感安全感
- collaboration 协作

Do you think smart people tend to be selfish?

Not necessarily—intelligence and selfishness are not inherently linked (内在关联) . While some highly intelligent people may prioritize their goals (优先考虑自己的目标), many use their abilities to help others, such as scientists developing life-saving technologies. Personality traits like empathy (同理心) determine selfishness more than intelligence alone.

- inherently linked 内在关联
- prioritize their goals 优先考虑自己的目标
- empathy 同理心

想见的名人

Describe a famous person you would like to meet.

You should say:

who this person is

how you know this person

where you would like to meet him/her

and explain why you would like to meet him/her.

I'd like to meet Emma Watson, the actress who played Hermione in the Harry Potter movies. I've known her since I was a child, as I watched all the Harry Potter films and really liked her performance. She's not only a great actress, but also a strong supporter of women's rights.

If I had a chance, I'd love to meet her in a quiet café or at a book event. I would ask her about her work in acting and her efforts in helping people through her speeches and campaigns. I respect her because she's smart, kind, and uses her fame to make a difference in the world. Meeting her would be a dream come true for me.

- a famous person 名人
- support women's rights 支持女性权益
- make a difference 产生积极影响
- a dream come true 梦想成真
- have a chance 有机会

Part 3

What are the advantages and disadvantages of being a famous child?

Being a famous child can bring a lot of exciting opportunities, such as acting in films, attending big events, or earning money early. It can also help them build confidence and experience success at a young age. However, it also comes with serious pressure. Famous children are often watched closely by the public and media, which can affect their mental health. They may also lose a normal childhood, missing time to play, study, or make real friends.

- exciting opportunities 激动人心的机会
- public and media 公众和媒体
- Lose a normal childhood 失去正常的童年

What can today's children do to become famous?

Today's children can become famous by joining talent shows, posting videos on social media, or taking part in online competitions. Many young people have become well-known just by sharing their singing, dancing, or art online. Of course, it takes time and effort to

build an audience. Some children also join special training schools to improve their skills. But it's important that they enjoy what they're doing, not just try to get attention.

- become famous 成名
- build an audience 建立观众群
- special training schools 特殊培训学校

What can children do with their fame?

Children who become famous can use their fame to support good causes or raise awareness for important issues. Some choose to help charities or speak about things like education or health. Fame can also open doors for better education or career chances in the future. However, they need guidance to manage their fame wisely. Otherwise, it may lead to problems like stress or being taken advantage of.

- support good causes 支持公益事业
- raise awareness 提高意识
- manage their fame 管理他们的名气

Do people become famous because of their talent?

In many cases, people become famous because they have a special talent, such as singing, acting, or playing a sport. Their skills stand out, and that attracts attention. However, sometimes people become famous just by going viral online, even if they don't have strong abilities. So, talent is important, but luck and timing also play a big role. Long-term fame usually depends more on real talent and hard work.

- go viral 迅速走红
- attract attention 吸引注意
- long-term fame 长期的名气

情绪外露的人

Describe a person who shows his/her feelings very openly.

You should say:

who this person is

how you know this person

why you think he/she is such a person

and explain how you feel about him/her

I'd like to talk about my friend Lily. She's the kind of person who always shows her feelings, no matter where she is. I met her at university, and we've stayed close since then. When she's happy, she laughs loudly and tells everyone the good news. But when she's upset, she cries or talks about it right away.

She doesn't like hiding her emotions, and I think that's because she's very honest and open. She believes sharing feelings is better than keeping them inside. I'm quite different

from her, as I usually stay quiet when I feel down. But I admire her courage to express herself.

Being around Lily helps me feel safe to share more about myself. She makes people feel understood and supported.

- show her feelings 表达她的情感
- stay close 保持亲密关系
- hide her emotions 隐藏她的情绪
- express herself 表达自己
- feel understood 感到被理解

Part 3

Do you think it's good or bad for people to show feelings openly?

I think showing feelings openly can be both good and bad, depending on the situation. On the positive side, it helps people express themselves clearly and reduce stress. When someone is honest about their emotions, it can improve communication and build stronger relationships. However, if people express their feelings too often or in the wrong way, it might make others feel uncomfortable. So I believe it's important to find a balance between honesty and self-control.

- express themselves clearly 清晰地表达自己
- build stronger relationships 建立更牢固的关系
- find a balance 找到平衡

Who tend to show their feelings more openly, adults or children?

In general, children tend to show their feelings more openly than adults. They are more direct and don't usually hide how they feel, whether they are happy, angry, or sad. Adults, on the other hand, often learn to control their emotions because of social rules or professional situations. They may choose to stay calm even when they feel upset. So while children express emotions more naturally, adults often keep them inside.

- show their feelings 表达他们的情感
- control their emotions 控制他们的情绪
- express emotions naturally 自然地表达情绪

Regarding showing emotions, are there any differences between women and men?

Yes, there are often some noticeable differences between women and men when it comes to showing emotions. Women are generally more open and comfortable talking about their feelings. They tend to cry more easily or share emotional experiences with friends. Men, however, are sometimes taught to stay strong and hide their emotions, especially in public. Of course, this depends on the individual and also the culture they live in.

- Show emotions 表达情绪
- be comfortable talking about (feelings) 乐于谈论(情感)
- hide their emotions 隐藏情绪

外国友人

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

You should say:

who this person is

where he/she is from

where/how you know him/her

and explain how you feel about him/her

I'd like to talk about my friend, Maria, who's from Spain. We met at a language exchange event in our university. From the very first conversation, I was drawn to her vibrant personality and infectious enthusiasm. Spending time with Maria is always a treat. She loves sharing stories about Spanish traditions, like the lively flamenco festivals and the delicious tapas culture. I've learned so much from her, not just about her country but also about open-mindedness and embracing differences. Every moment with her is filled with laughter and new discoveries, and I truly cherish our friendship.

- drawn to: 被.....吸引
- vibrant personality: 充满活力的个性
- infectious enthusiasm: 富有感染力的热情
- a treat: 一件乐事
- cherish our friendship: 珍惜我们的友谊

Part 3

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

In my country, it's becoming increasingly easy to meet people from different cultural backgrounds. Big cities are melting pots, teeming with international students, expats, and tourists. Additionally, various cultural exchange events and online platforms have also broken down barriers, making cross-cultural interactions a common occurrence.

- melting pots: 熔炉(指融合多种文化、人群的地方)
- teeming with: 充满; 大量涌现
- broken down barriers: 打破障碍

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

People from different cultural backgrounds usually talk about a wide range of topics. They often delve into their unique traditions and festivals, like sharing the stories behind special celebrations, which helps them gain a deeper understanding of each other's cultures. Another common subject is food, as they exchange information about local delicacies and cooking methods, which can be a real ice-breaker. Additionally, they might discuss travel experiences, highlighting the must-visit places in their home countries to inspire one another.

- delve into: 深入探讨; 钻研
- ice-breaker: 打破僵局的事物

- must -visit places: 必去的地方

Is it good to live in a multicultural society?

Living in a multicultural society is extremely beneficial. It acts as a rich melting pot where people can soak up diverse perspectives, fostering creativity and innovation. For instance, the exchange of different cuisines, art forms, and traditions enriches everyone's cultural experiences, making life more colorful and exciting. Moreover, it helps break down stereotypes and prejudices, promoting mutual understanding and harmonious coexistence among various groups.

- Soak up: 吸收
- break down stereotypes: 打破刻板印象
- harmonious coexistence: 和谐共处

奇装异服

Describe a person who you think wears unusual clothes.

You should say:

who this person is

how you know him/her

what his/her clothes are like

and explain why you think his/her clothes are unusual.

Here is a guy in my neighborhood who always wears very unusual clothes. His name is Kevin, and I see him almost every day when I go to school. He is in his 30s, and he loves fashion, but in a very different way. Sometimes, he wears bright yellow pants with a purple jacket, or shoes with wings on them. One time, I saw him wearing a shirt with cartoon characters all over it. His clothes are always colorful and full of strange patterns. I don't know where he buys his clothes, but they are definitely different from what most people wear. Some people laugh at his style, but I think it's cool that he is confident and doesn't care what others think. I believe his clothes are unusual because they are not what you see every day on the street.

- in my neighborhood- 在我附近的社区
- bright yellow pants-鲜黄色的裤子
- full of strange patterns-布满奇怪图案的
- doesn't care what others think-不在乎别人怎么想
- not what you see every day-不是你每天都会看到的東西

Part 3

What are the differences between clothes worn by old people and those by young people?

Older people usually wear simple and comfortable clothes, like shirts, sweaters, and long pants. They often choose soft colors and loose styles. Young people prefer more

fashionable items like jeans, hoodies, and sneakers. They care more about trends and use clothes to show their personality.

- soft colors 柔和的颜色
- loose styles 宽松的款式
- follow fashion trends 追随时尚潮流

What kinds of clothes do people wear in the workplace?

It depends on the job. In offices, people often wear formal clothes like suits, shirts, or dresses. In some creative jobs, casual clothes are also acceptable. Workers in factories or hospitals may wear uniforms. Some companies have dress codes to show professionalism.

- formal clothes 正式服装
- dress code 着装规定
- show professionalism 展现专业性

Do you think it's a good idea to buy clothes online?

Yes, buying clothes online is convenient and offers more choices. You can compare prices and find many styles. But sometimes the size or material is not what you expected. So it's important to check reviews and size charts before ordering.

- buy clothes online 网上买衣服
- check reviews 查看评价
- size chart 尺码表

Do you think what people wear can influence their mood?

Yes, I think so. Wearing bright colors or clothes you like can make you feel happy and more confident. On the other hand, uncomfortable clothes or dull colors may affect your mood in a negative way. What we wear can reflect how we feel too.

- bright colors 鲜艳的颜色
- feel confident 感到自信
- affect one's mood 影响情绪

【地点题】

吵闹之地

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

One of the noisiest places I've ever been to is a night market in downtown Guangzhou, which is super popular with both locals and tourists. I went there last summer during a short trip with two of my close friends, and we were really excited to explore it. We spent hours wandering through stalls, tasting snacks like grilled squid and stinky tofu. There were also street performers dancing right in the middle of the walkway, which added to the lively vibe. What made the place incredibly noisy was the mix of sounds—people shouting prices, music blasting from speakers, and kids running around laughing. I even had to raise my voice just to talk to my friends. At one point, it felt like a complete sensory overload. Even though I usually prefer quiet places, I enjoyed the buzz of the market. It was chaotic but full of raw energy, and that made it unforgettable. I'd love to go back one day, though maybe with earplugs next time.

- wander through stalls 在摊位间闲逛
- blast music 播放很响的音乐
- Raise one's voice 提高嗓门说话
- sensory overload 感官过载
- The buzz of the market 市场的热闹氛围

Part 3

Which area is exposed to noise more, cities or the countryside?

Clearly, cities are much more exposed to noise because they're filled with traffic, crowds, and constant construction. In contrast, the countryside tends to be quieter, where the main sounds come from nature like birds chirping or wind blowing.

- be exposed to noise 暴露在噪音中
- Be filled with 充满.....
- birds chirping 鸟叫声

Should children not be allowed to make noise under any circumstances?

Personally, I think it's too extreme to say kids should never make noise, since making sounds is part of how they express themselves. That said, in places like libraries or hospitals, it makes sense to ask them to be quiet out of respect for others. So instead of banning noise completely, parents should guide them to behave appropriately in different settings.

- express themselves 表达自己
- Out of respect for 出于对..的尊重
- behave appropriately 表现得体

How do people usually respond to noise in your country?

In general, if the noise is occasional, like a holiday celebration, most people just let it slide. However, when it becomes frequent or disruptive—like loud neighbors late at night—they might file a complaint or talk to them directly. These days, some people also use earplugs or noise-canceling headphones to block it out.

- let it slide 睁一只眼闭一只眼
- file a complaint 提出投诉

- block it out 屏蔽(噪音)

非比寻常建筑

Describe an unusual but interesting building you would like to visit.

You should say:

where it is

what it looks like

why you think it is unusual and interesting

and explain why you would like to visit it

I 'd love to visit the Dancing House in Prague,Czech Republic.This remarkable building stands out along the Vltava River.It has a truly distinctive appearance,with curving,fluid lines that seem to mimic the graceful movements of dancers,hence its name.What makes the Dancing House unusual and interesting is its avant - garde design,which contrasts sharply with the surrounding historic architecture.It combines modern and post -modern elements in a way that's both daring and captivating.I'm eager to visit it because I'm fascinated by architecture,and I believe seeing this building in person would offer a unique visual treat and inspire my creativity.

- stands out: 突出；显眼
- curving,fluid lines: 弯曲流畅的线条
- avant - garde design: 前卫的设计
- contrasts sharply with: 与……形成鲜明对比
- visual treat: 视觉盛宴

Part 3

Why do some people choose to build houses by themselves?

Some people choose to build houses by themselves for several good reasons.Firstly,it allows them to have full control over the design and layout,enabling them to create a home that is a perfect fit for their unique needs and preferences.Secondly,self -building can often be more cost-effective in the long run,as they can avoid some of the markups that come with purchasing a ready-made house.It's a hands -on way to bring their dream home to life.

- have full control over: 完全掌控
- a perfect fit for: 非常适合
- bring...to life: 使……成为现实

What factors do you consider when choosing a house or an apartment?

When choosing a house or an apartment,several crucial factors come into play. Location is of utmost importance;I'd look for a place close to essential amenities like schools, supermarkets, and public transportation, as it ensures convenience in daily life.Another key consideration is the layout and size of the property.It should have enough space to

accommodate my needs comfortably and a floor plan that makes efficient use of the area. Finally, the overall condition and maintenance of the building are vital to avoid unexpected repair costs down the line.

- come into play: 起作用
- of utmost importance: 极其重要
- down the line: 在将来; 今后

Do you think a city's buildings affect its vibe or atmosphere?

Absolutely, a city's buildings have a profound impact on its vibe or atmosphere. Skyscrapers and modern glass-fronted structures can give a city a dynamic, cosmopolitan feel, attracting businesses and creating a bustling, energetic environment. On the other hand, historic buildings with traditional architecture evoke a sense of nostalgia and charm, making the city feel more timeless and culturally rich.

- Have a profound impact on: 对.....有深远影响
- cosmopolitan feel: 国际化的氛围
- evoke a sense of nostalgia: 唤起怀旧之情

一个商店

Describe a shop/store you often visit.

You should say: where it is
what's the name of this shop
how often do you visit it
and explain why you like it

There is a small supermarket near my home called Happy Mart. It is only five minutes away by walking, so I often go there after work or on the weekend. I visit it about three or four times a week. The shop is not very big, but it sells many daily things like fruits, snacks, drinks, and cleaning products.

One reason I like this shop is because it is very clean and the staff are always friendly. They smile and say hello when I come in, which makes me feel welcome. The prices are also low compared to bigger shops, and they often give discounts on popular items.

Another thing I enjoy is that the shop opens early in the morning and closes late at night. That means I can go there even when I finish work late. Overall, this store makes my life easier and more comfortable.

- by walking 步行
- daily things 日常用品
- compared to 与..相比
- give discounts 打折
- make my life easier 让生活更方便

Part 3

Do people in your country go to shopping malls frequently?

Yes, many people in my country like going to shopping malls, especially young people. They go not only to buy things, but also to watch movies, eat food, or meet friends. On weekends, shopping malls are often very crowded. It's a popular place to relax and spend time indoors. Some families also take their children there because malls are safe and have many things to do. For example, kids can play games while parents shop or have coffee.

- Go to shopping malls 去商场
- meet friends 见朋友
- spend time indoors 在室内消磨时间

How have people's shopping habits changed in recent decades?

In the past, people used to shop in markets and small stores. But now, online shopping has become very common. Many people use apps or websites to buy clothes, food, or other products. It's faster and easier than going to real shops. Also, people now care more about delivery time and product reviews. They often compare prices before buying, which was not common before. Shopping today is more about convenience and saving time.

- used to 过去常常
- online shopping 网上购物
- real shops 实体店

Do you think shops and shopping malls will disappear in the future?

I don't think they will disappear completely, but fewer people may visit them in the future. Online shopping is more popular now, but some people still enjoy going to shops to try things or meet friends. Also, shopping malls offer a social experience that online stores cannot. Some people like to touch the products or enjoy the shopping atmosphere. So I believe shops will still exist, but they may need to improve to attract customers.

- disappear completely 完全消失
- try things 试用产品
- be around 继续存在

What are the differences between shopping in street markets and in big shopping malls?

What are the differences between shopping habits of different age groups?

乡村一隅

Describe a place in a village that you visited.

You should say:

where it is

when you visited this place

what you did there

and how you feel about this place.

I'd like to describe a beautiful orchard located on the outskirts of a small village called Greenfield. I visited this place last autumn during the harvest season. As soon as I stepped into the orchard, I was greeted by the sweet aroma of ripe apples and pears hanging heavy on the branches. While there, I went apple - picking with the friendly orchard owner. He showed me how to carefully select the best fruits. After that, we sat under a big oak tree, enjoying freshly squeezed apple juice and homemade pies. It was such a peaceful and idyllic experience. I absolutely adore this place. It offers a perfect escape from the hustle and bustle of city life. The fresh country air, the scenic views, and the warm hospitality of the villagers made me feel completely at ease and rejuvenated.

- on the outskirts of: 在..... 的郊区
- greeted by: 受到..... 的迎接
- apple - picking: 摘苹果
- hustle and bustle: 喧嚣; 忙乱
- at ease: 自在; 舒适

Part 3

Is there anything special about the villages in China?

Yes, there are many special aspects of Chinese villages. Firstly, traditional Chinese villages often boast unique architectural styles, with ancient courtyard houses and tiled roofs that carry a strong sense of history and cultural heritage. Secondly, the close - knit community in villages is remarkable, where neighbors help each other out without hesitation, embodying the spirit of unity and warmth.

Additionally, villages in China are rich in agricultural traditions, with local farmers using time - honored methods to grow a variety of crops, which is a living testament to the country's long - standing farming culture.

- boast unique architectural styles: 拥有独特的建筑风格
- close - knit community: 紧密团结的社区
- time - honored methods: 历史悠久的方法

Why do people want to go to the countryside?

People often want to go to the countryside to get away from the rat race of urban life. The countryside offers a peaceful and laid - back atmosphere, allowing them to unwind and recharge their batteries. Moreover, the beautiful natural scenery, such as lush green fields and clear rivers, provides a refreshing break from the concrete jungles of the city.

- get away from the rat race: 摆脱激烈的竞争 (常指城市生活中的忙碌与压力)
- laid - back atmosphere: 悠闲的氛围
- recharge their batteries: 恢复体力; 养精蓄锐

What do people usually do when going to a village?

When going to a village, people usually engage in a variety of activities. Many like to immerse themselves in nature, taking long hikes through the countryside to enjoy the fresh air and scenic views. Others may participate in hands-on rural experiences, such as helping with farm work or learning traditional handicrafts from local artisans, which gives them a taste of the rustic lifestyle.

- immerse themselves in nature: 沉浸在大自然中
- hands-on rural experiences: 亲身体验乡村生活
- a taste of the rustic lifestyle: 体验乡村生活方式

运动场所

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

You should say:

where it is

when you went there

how popular the place was

and explain how you felt about this place.

The most impressive sports venue I've visited is the Beijing National Stadium, known as the "Bird's Nest." I went there last summer to watch an international athletics competition.

This iconic stadium was packed with enthusiastic spectators, showing its enduring popularity years after the 2008 Olympics. The energy was electric as crowds cheered for athletes from different countries.

What amazed me most was the stadium's innovative architecture - its steel lattice exterior looked even more magnificent in person. Sitting among thousands of cheering fans gave me goosebumps. The experience made me appreciate how sports can unite people across cultures.

- iconic stadium 标志性体育场
- electric atmosphere 热烈的气氛
- innovative architecture 创新建筑
- enduring popularity 持久的人气
- unite people 团结人们

Part 3

Do young people like to do sports?

Many young people enjoy sports, especially team activities like basketball or soccer that combine exercise with socializing. However, some prefer individual fitness activities like gym workouts or yoga. The popularity of sports varies depending on personal interests and access to facilities.

- team activities 团队运动

- socializing 社交
- fitness activities 健身活动

What are the benefits of sports for children?

Sports help children develop physical health, teamwork skills, and discipline. Regular exercise improves concentration and reduces stress, benefiting academic performance. Additionally, sports teach valuable life lessons like perseverance and sportsmanship.

- teamwork skills 团队合作能力
- perseverance 毅力
- sportsmanship 体育精神

Is it necessary to build public sports spaces?

Yes, public sports spaces promote community health and social interaction. They provide accessible options for exercise, especially for those who can't afford gym memberships. Well-designed facilities encourage people of all ages to stay active.

- community health 社区健康
- accessible options 可及的选择
- stay active 保持活跃

【物品类】

一部电影

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

You should say:

what it was

what type of movie it was

where you watched it

and explain why you would like to watch it again.

One movie I watched recently and would love to watch again is Paddington 2. It's a family comedy about a talking bear who lives with a kind British family. I watched it on my laptop at home one weekend when I just wanted to relax. The story was really heartwarming and funny at the same time. Paddington is so sweet and polite—it just makes you smile. The movie also has a strong message about kindness and helping others. I'd like to watch it again because it cheered me up, and I think it's one of those feel-good movies that never get old.

- would love to watch again 很想再看一次

- heartwarming and funny 温馨又有趣
- cheer someone up 让人高兴起来
- feel-good movie 让人感觉良好的电影
- never get old 永远不会腻

Part 3

Do you think actors or actresses are important to a movie?

Yes, definitely. A good actor brings the character to life and makes the story more believable. Even if the story is simple, great acting can make it powerful and emotional.

- bring the character to life 让角色栩栩如生
- make the story believable 让故事真实可信
- great acting 精湛的表演

Why are there fewer people going to the cinema to watch movies nowadays?

I think it's because watching movies at home is much more convenient. With streaming platforms, people can just stay in bed and watch anything they like without spending too much money.

- streaming platforms 流媒体平台
- stay in bed 待在床上
- spend too much money 花太多钱

What makes a movie blockbuster?

In my opinion, a blockbuster usually has a fun story, famous actors, and amazing special effects. It also needs good marketing so that people get excited and want to see it right away.

- fun story 有趣的故事
- special effects 特效
- get excited 兴奋起来

美丽天空

Describe a beautiful sky you enjoyed seeing.

You should say:

where you saw it

who you saw it with

what you saw

and explain how you felt about it

About a year ago, I visited a small village in the mountains with my close friends. At night, the sky was incredibly clear, and we could see thousands of stars shining brightly. There was no light pollution, so the stars looked even more amazing than usual. We also spotted the Milky Way stretching across the sky, which was a magical sight. My friends and I lay on the grass, chatting and enjoying the cool night air. I felt peaceful and a bit emotional.

because it reminded me of how big and beautiful the universe is. That moment also made me appreciate the simple joys in life and the value of spending time with loved ones.

- light pollution 光污染
- shining brightly 闪闪发光
- stretch across 延伸穿越
- feel peaceful 感到平静
- appreciate the simple joys 欣赏简单的快乐

Part 3

What kinds of people are interested in stars?

I think people who are curious about science or enjoy nature often take an interest in stars. Some may love learning about space and the universe, while others simply find star watching relaxing and beautiful. Amateur photographers are also interested because they enjoy capturing the night sky.

- curious about 对...感到好奇
- take an interest in 对...产生兴趣
- capture the night sky 拍摄夜空

Is high technology helpful for star watching?

Yes, high technology is very helpful for star watching. Telescopes with advanced features can help people see distant stars and planets more clearly. Also, there are many apps that can identify stars and constellations, making the experience easier and more fun.

- advanced features 高级功能
- see clearly 清晰地看到
- identify stars 识别星星

Should kids know more about stars and planets?

Yes, I believe it's important for kids to learn about stars and planets. It can help them develop curiosity about science and understand the world beyond our planet. Plus, learning about space can inspire them to dream big and think creatively.

- develop curiosity 培养好奇心
- understand the world 理解世界
- dream big 拥有远大梦想

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

One of the most important things I've learned outside school is how to cook. I picked it up during the first COVID lockdown, when restaurants were closed and my parents were too busy to help. I had no choice but to figure it out myself. At the beginning, I got stuck even making basic things like fried rice. But I watched tutorials on TikTok, followed a recipe or two, and slowly improved. I still remember the first time I cooked from scratch—a plate of dumplings that actually turned out pretty good! Cooking became more than just a survival skill. It gave me a way to switch off and recharge after long hours of online classes. I also realized that when I cook something comforting, it helps me deal with stress. Over time, I've become more confident in the kitchen, and honestly, I've grown more independent as a person too.

- get stuck 卡壳、陷入困境
- from scratch 从零开始
- follow a recipe 按照食谱操作
- switch off and recharge 断开思绪、重新充电
- cook something comforting 做些让人舒服的饭菜

Part 3

Do you think some children are well-behaved because they are influenced by their parents?

Yes, I do believe that, because when parents set clear boundaries and explain the reasons behind them, children are more likely to follow rules. If a child grows up in a home where respect and communication are encouraged, they naturally become more disciplined. In contrast, kids who see constant arguing may struggle with emotional control.

- set clear boundaries 设定明确界限
- follow rules 遵守规则
- emotional control 情绪控制

Is it necessary for adults to learn new things?

Absolutely, because in today's fast-changing world, learning new things helps adults stay relevant and adapt to change. Whether it's picking up a new skill for work or leaning for personal growth, it keeps their minds active. If adults stop learning, they may fall behind in both their career and social life.

- stay relevant 保持竞争力
- personal growth 个人成长
- fall behind 落后

Can people acquire more knowledge now than before?

Yes, definitely—people today can acquire more knowledge than ever thanks to digital tools and online learning platforms. Unlike the past, when information was limited to books or teachers, now we can learn almost anything with just a few clicks. As a result, lifelong learning has become more achievable for everyone.

- digital tools 数字工具

- online learning platforms 在线学习平台
- lifelong learning 终身学习

分享事物

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

When I was in middle school, I had to share my textbook with a classmate. It was during an English class. I forgot to bring my book that day, and my teacher asked me to sit next to someone else and share their book.

I sat next to a girl named Amy. She was very kind and didn't get angry. She moved a little to make space for me and we read the book together. At first, I felt a bit shy, because we were not very close. But later I felt happy because we started to talk more and became friends.

This experience taught me the value of sharing. It helped me feel less nervous in class and showed me that sometimes sharing is a good way to make new friends.

- in middle school 初中时
- forget to bring 忘记带
- make space for 腾出空间
- read together 一起读书
- make new friends 交新朋友

Part 3

Do you think kids like to share?

Some kids like to share, but others don't. It depends on their mood and how they were raised. If they are used to playing with others, they may share more. But some kids want to keep things for themselves, especially toys or food. Sharing may be easier for children who have siblings. Kids without brothers or sisters may need more time to learn how to share.

- depends on 取决于
- be used to 习惯于
- keep things for themselves 不愿分享

How can parents teach their children to share?

Parents can teach children to share by showing examples. If they share things at home, children may copy them. Parents can also use games or stories to teach the idea of

sharing. They can praise their kids when they share and explain why sharing is kind. Over time, children will understand that sharing helps build good relationships with others.

- show examples 做出榜样
- copy them 模仿他们
- the idea of sharing 分享的观念

What do you think is the benefit of sharing for children?

Sharing helps children learn how to be kind and friendly. It also helps them build strong relationships with classmates or friends. These social skills are important in life. When children learn to share, they can work better in a group. It also teaches them to respect others and think about other people's needs.

- be kind and friendly 友善
- build strong relationships 建立良好关系
- social skills 社交技能

一则广告

Describe an advertisement which introduced a product you have seen.

You should say:

when and where you saw the advertisement

what the product was

how you liked the advertisement

and explain how you felt about it

Last weekend, I saw an advertisement for a new type of face cream on TV. It came on during a drama show. The ad showed a young woman using the cream, and then her face looked smooth and bright. The voice in the ad said the cream was made from natural plants and had no harmful chemicals.

I liked the advertisement because it was short and easy to understand. The background music was soft, and the pictures were very clear. It made the product look safe and useful. The woman in the ad looked happy and confident after using the cream, which gave me a good feeling.

After seeing the ad, I searched for the product online. I didn't buy it yet, but I'm thinking about trying it. I think the advertisement worked well because it showed the result clearly and made people trust the product.

- face cream 面霜
- during a drama show 在电视剧期间
- natural plants 天然植物
- give a good feeling 给人好感
- trust the product 信任产品

Part 3

What are the benefits of advertising?

Advertising helps companies show their products to more people. It also helps customers know what is new and where to buy it. Good ads can help people make better choices. For example, they may compare two similar products and choose the better one. Advertising also helps small businesses grow by reaching more people in a short time.

- show products 展示产品
- know what is new 了解新品
- make better choices 做出更好选择

Are advertisements good or bad for children?

It depends on the type of ad. Some ads teach good things, like healthy eating. But some ads show too many toys or junk food, which may not be good. Parents should guide their children when they watch ads. Also, children may not understand that ads try to make them buy things. So adults need to explain how advertising works.

- healthy eating 健康饮食
- junk food 垃圾食品
- guide their children 引导孩子

How does advertising affect people?

Advertising can make people want to buy things they don't really need. It uses pictures, music, or stories to catch attention. Some people spend more money because of ads. Sometimes, people feel unhappy with their life after watching ads showing perfect things. So advertising can affect people's feelings, not just their buying habits.

- buy things they don't need 买不需要的东西
- catch attention 吸引注意
- spend more money 花更多钱

英语课程

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 explain why you enjoyed this lesson.

One of the most impressive English lessons I had was about storytelling. It happened last year when I was in high school. Our English teacher asked each of us to tell a short story in class, and then she helped us improve our expressions and pronunciation. She also played a short video and explained how to build a good story with a beginning, middle, and end.

I really enjoyed this lesson because it was fun and interactive. Everyone got to speak, laugh, and learn from each other. It wasn't just about grammar—it was about using English in a real way. After that class, I felt more confident speaking English, and I even started writing short stories at home.

- impressive English lesson 令人印象深刻的英语课
- tell a short story 讲一个小故事
- improve pronunciation 改善发音
- interactive activity 互动性强的活动
- feel more confident speaking 更有信心地说英语

Part 3

Why do people learn foreign languages?

Many people learn foreign languages to travel, study, or work abroad. It helps them communicate better and understand different cultures. Some people also enjoy learning languages as a hobby or to make international friends. It opens up more opportunities in life.

- learn foreign languages 学习外语
- understand different cultures 理解不同文化
- open up more opportunities 开辟更多机会

What makes a good foreign language teacher?

A good language teacher should be patient, encouraging, and clear when explaining things. They should also make the class fun and interactive so students stay interested. It's even better if they can give useful tips for daily practice.

- explain things clearly 清楚地解释内容
- fun and interactive 有趣又有互动性
- give useful tips 提供实用建议

Do you think grammar is important when learning foreign languages?

Yes, I think grammar is important because it helps you build correct sentences. Without grammar, people might understand you, but it's easy to make mistakes. Knowing the basic rules makes communication clearer and smoother.

- build correct sentences 造出正确句子
- make mistakes 犯错误
- basic rules 基本规则

深刻谈话

Describe an impressive talk/conversation you had that you remember well.

You should say:

who you talked to

when and where you had this talk
what you talked about
and explain why you think it was impressive.

One conversation I remember well was with my older cousin. It happened during the summer holiday last year when we were walking together in a nearby park. I was feeling really confused about choosing my university major, and I didn't know what direction I wanted for my future. He listened patiently and shared his own experience of making difficult choices.

What made the talk impressive was that he didn't just give me advice—he asked me the right questions that made me think deeply. After that talk, I felt much clearer and more confident. It really helped me make an important decision, and I'll always be grateful for it.

- remember a conversation well 清楚地记得一次对话
- choose a university major 选择大学专业
- make difficult choices 做艰难的决定
- ask the right questions 提出恰当的问题
- feel more confident 感觉更有信心

Part 3

What topics do young people like to talk about?

Young people often talk about things like music, movies, social media, or school life. They also enjoy sharing their thoughts on relationships, future plans, or funny things they saw online. The topics usually depend on their age and interests.

- talk about things 谈论事情
- future plans 未来计划
- social media 社交媒体

Is it important to have good communication skills?

Yes, it's very important. Good communication helps us express ideas clearly and understand others better. It's useful in school, at work, and even in daily life. Without it, people can easily have misunderstandings.

- good communication skills 良好的沟通能力
- express ideas 表达想法
- have misunderstandings 产生误解

What are the differences between talking with friends online and face-to-face?

Talking online is more convenient because you can message anytime, even if you're far apart. But face-to-face conversations feel more personal and natural. You can see body language and facial expressions, which helps you connect better.

- talk face-to-face 面对面交谈
- body language 肢体语言
- feel more personal 感觉更有亲密感

一张照片

Version A:

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

One photo I'm really proud of was taken about six months ago during a weekend trip to the countryside with some friends. We were walking near a lake just before sunset when I noticed the sky turning orange and reflecting beautifully on the water. I quickly snapped a picture with my phone, and it came out better than I expected. The photo shows calm water, colourful trees, and the sun setting in the background—it looks almost like a painting. I shared it on social media and got a lot of compliments, which made me feel quite proud. More importantly, it reminds me of a peaceful moment and quality time with friends. It's one of those memories I'll always hold onto.

- Weekend trip to the countryside: 乡村周末游
- Snapped a picture: 快速拍一张照片
- Came out better than I expected: 比想象中好
- Shared it on social media: 分享在社交媒体上
- Hold onto a memory: 保留珍贵的回忆

Part 3

Why do some people like to record important things with photos?

Some people like to record important moments with photos because it helps them capture memories they don't want to forget. A picture can bring back strong emotions and remind them of special times in their lives. It's also a great way to look back and see how things have changed over the years.

- Capture memories: 留住记忆
- Bring back strong emotions: 唤起强烈的情绪
- Look back: 回顾过往

Why do many people like to share photos on social media platforms?

Many people like to share photos on social media to stay connected with friends and show what's going on in their lives. It's a fun way to express themselves and get feedback or compliments from others. Plus, posting photos helps them keep a digital record of their favourite moments.

- Stay connected with friends: 保持联系
- Express themselves: 表达自我

- Digital record of their favourite moments: 数字化记录最喜欢的时光

On what occasions do most people like to take photos?

Most people like to take photos during special occasions like birthdays, weddings, or holidays because they want to capture the moment. These events are full of joy and meaningful memories, so taking pictures feels natural. People also snap photos when they travel to keep a record of the places they've been.

- Capture the moment: 保留美好瞬间
- Meaningful memories: 珍贵回忆
- Keep a record of: 记录

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.

One object I think is really beautiful is a handmade ceramic vase I saw at a local craft market. It was displayed on a small wooden table, and I couldn't stop looking at it. The vase had a smooth, curved shape with soft pastel colors blending together—light blue, pink, and cream. The glaze gave it a slightly glossy finish, and there were tiny hand-carved patterns around the neck. I found it beautiful because it looked so simple yet so artistic. You could tell the artist put a lot of care into every detail. It wasn't flashy, but it had this calm, natural charm that made it stand out from other items.

- handmade ceramic vase 手工陶瓷花瓶
- craft market 手工艺市场
- pastel colors 粉彩色调
- glossy finish 有光泽的表面
- natural charm 自然的魅力

Part 3

Do you think there are more beautiful things now than in the past?

In some ways, yes. Technology and creativity have made it easier to design amazing things, from digital art to fashion. But natural beauty, like forests or old buildings, was always there—maybe we just see it differently now.

- digital art 数字艺术
- natural beauty 自然之美
- see it differently 用不同的眼光看待

Why do you think people create beautiful things?

I think people create beautiful things to express themselves and bring joy to others. Beauty can inspire feelings, tell stories, or even help people relax. It's a way for people to connect, whether through art, design, or music.

- express themselves 表达自我
- Bring joy to others 给他人带来快乐
- connect through art 通过艺术建立联系

Where do you think people usually come into contact with beautiful things?

People see beautiful things everywhere—online, in nature, or even just walking down the street. Social media and design apps show tons of creative ideas, and cities often have cool architecture and street art. Beauty is all around us if we pay attention.

- come into contact with 接触到
- street art 街头艺术
- pay attention 留心观察

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 explain how you feel about this skill

One skill I think I can teach others is basic photo editing. I learned it a few years ago when I started posting photos online and wanted them to look nicer. I mainly use apps like Lightroom or Snapseed, and I know how to adjust brightness, contrast, and colors to make a picture pop. If I were to teach someone, I'd probably start with a few simple tips and walk them through editing step by step. I think it's a fun and useful skill, especially nowadays when so many people share photos on social media. It feels great to take an ordinary picture and turn it into something eye-catching with just a few edits.

- photo editing 图片编辑
- post photos online 上传照片到网上
- adjust brightness 调整亮度
- step by step 一步一步地
- eye-catching 引人注目的

Part 3

Should teachers be funny when they teach?

Yeah,I think a bit of humor can really help.It makes the class more relaxed and keeps students interested. As long as it doesn't distract from the lesson,being funny is a great way to connect with students.

- a bit of humor 一点幽默
- keep students interested 保持学生兴趣
- connect with students 与学生建立联系

Which do you think is more important, practical skills or academic skills?

It depends on the situation,but in daily life,practical skills are often more useful.Academic knowledge is important too,especially for certain careers,but being able to solve real-world problems really matters.

- practical skills 实用技能
- academic knowledge 学术知识
- real-world problems 现实问题

What are the differences between online and face-to-face teaching?

Online teaching is more flexible and convenient,but it can feel less personal.Face-to-face teaching allows more interaction and better communication.It's easier to ask questions and stay focused in a real classroom.

- more flexible 更灵活
- face-to-face teaching 面对面教学
- stay focused 保持专注

健康文章

Describe an article on health you (once) read in a magazine or on the Internet.

You should say:

what it was

where you read it

why you read it

and explain how you felt about it.

A fascinating health article I recently read was titled "The Gut-Brain Connection:How Your Diet Affects Mental Health",which I came across on a science and wellness website called Healthline.The article explored groundbreaking research showing how gut bacteria influence anxiety and depression through the gut-brain axis.

I read it because I've been interested in nutrition's role in mental well-being,especially after experiencing stress during exams.The article cited studies demonstrating that probiotic-rich foods like yogurt and fermented vegetables could potentially reduce symptoms of anxiety.It also warned about the negative effects of processed foods on gut health.

What impressed me most was how accessible the writing made complex medical research. I felt both enlightened and motivated to improve my eating habits. Since reading it, I've incorporated more fiber and probiotics into my diet and noticed better concentration and mood stability. The piece transformed my understanding of food from mere nutrition to medicine for the mind.

- gut-brain axis 肠脑轴
- probiotic-rich foods 富含益生菌的食物
- mood stability 情绪稳定
- fermented vegetables 发酵蔬菜
- concentration 专注力

Part 3

How do today's people keep healthy?

Nowadays, people maintain health through a mix of regular exercise (like gym workouts or yoga), balanced diets (such as plant-based or Mediterranean eating), and mental wellness practices (including meditation and digital detoxes). Many also use fitness trackers to monitor steps, sleep, and heart rate for better self-awareness. Preventive healthcare, like regular check-ups, has also become more common.

- regular exercise 规律运动
- balanced diets 均衡饮食
- fitness trackers 健康追踪器

Is it difficult to keep healthy?

Staying healthy can be challenging due to sedentary lifestyles (especially with desk jobs) and the temptation of fast food in busy schedules. Additionally, stress and poor sleep habits often disrupt well-being. However, with discipline and small habit changes, like taking short walks or meal prepping, it's manageable.

- sedentary lifestyles 久坐的生活方式
- temptation of fast food 快餐的诱惑
- meal prepping 提前备餐

Why can't many people keep healthy?

Many struggle because of time constraints (long work hours limit exercise and cooking), lack of knowledge (not understanding nutrition), and addiction to convenience (choosing processed foods over whole foods). Financial barriers (gym memberships, organic food costs) and low motivation also play a role in unhealthy habits.

- time constraints 时间限制
- addiction to convenience 便利成瘾
- financial barriers 经济障碍

有趣决定

Describe an interesting decision that you and your friends made together.

You should say:

when and where you made this decision

what the decision was about

why you made this decision together

and explain why you think it was interesting.

One interesting decision my friends and I made was going on a last-minute road trip right after the college entrance exam. We had been under huge pressure from nonstop study, so after finishing the last subject, we felt like we really needed to take a break. While hanging out in the school courtyard, someone casually brought up the idea of visiting Hangzhou, and to our surprise, everyone agreed on the spot.

We arranged everything on such short notice—we booked a high-speed train and a youth hostel that same evening. It felt a bit risky because we weren't sure what to expect, but we were excited and just went for it. What made this experience truly special was that it was so spontaneous and bold. We were all used to being careful and following schedules, so making this decision so quickly was completely out of character. Looking back, it was the perfect way to celebrate the end of such an intense chapter in our lives.

- last-minute road trip 临时决定的短途旅行
- nonstop study 连续不断地学习
- take a break 休息一下
- on such short notice 在很短时间内
- spontaneous and bold 自然冲动且大胆的

Part 3

Why is making decisions difficult for young people?

Well, I guess it's mainly because they often lack life experience and may feel overwhelmed by the potential consequences. Additionally, peer pressure and fear of making mistakes can lead to hesitation. Without a clear sense of direction, they might struggle to weigh options effectively.

- lack life experience 缺乏生活经验
- feel overwhelmed 感到不知所措
- peer pressure 同龄人压力

Is it a good thing for people to make decisions by hearing from others all the time?

Not really. While it's fine to ask for input, you can't always depend on other people to tell you what to do. If you never learn to make decisions on your own, you might miss out on building independence and confidence. At the end of the day, it's your life—so your voice should matter most.

- ask for input 征求意见
- depend on others 依赖别人
- make decisions on your own 独立做决定

Do you think advertisements have an influence on making decisions?

Absolutely. Ads are everywhere now and they're designed to trigger emotions or create a false sense of need. For example, seeing a flashy ad for a new phone might convince someone to upgrade—even if their old one works just fine. That's why it's important to stay aware of these tricks.

- trigger emotions 激起情绪
- false sense of need 虚假的需求感
- flashy ad 花哨的广告

个人目标

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 explain how you felt about it

The goal I set for myself was to build a healthy routine by going to bed early and waking up on time. I made this decision during my final year of senior high school, when I realized that staying up late—either doing homework or scrolling on my phone—left me exhausted the next morning and unable to focus in class. To change this, I set a fixed bedtime and created a bedtime routine that included reading and listening to soft music. I also placed my phone across the room so I'd have to physically get up to turn off the alarm, which really helped me fight the urge to stay up late. The first week was tough—I kept waking up tired and even dozed off in class—but I tried to be consistent with the routine.

After about a month, I started to feel more refreshed in the morning and more alert throughout the day. It wasn't easy, but the sense of control I gained over my time and energy was totally worth it. In the end, I proved to myself that self-discipline pays off.

- build a healthy routine 建立健康的作息
- bedtime routine 睡前习惯流程
- fight the urge to stay up 对抗熬夜冲动
- feel more refreshed in the morning 早上更有精神
- self-discipline pays off 自律是值得的

Part 3

Do people in your country set goals?

Yes, definitely. Whether it's students aiming for good grades or adults working toward promotions, goal-setting is super common here. It helps people stay on track and measure their progress.

- aim for good grades 争取好成绩
- work toward promotions 努力争取升职
- stay on track 保持在正轨上

Why is goal-setting important in the workplace?

Setting goals at work gives employees something to aim for and helps them prioritize tasks. It also makes it easier for managers to track progress and offer support. Without clear goals, it's easy to lose focus.

- prioritize tasks 任务优先排序
- track progress 跟踪进展
- lose focus 分心

What is the difference between goals set by old and young people?

Younger people often set goals related to learning new things or chasing passions, while older people might focus more on financial stability or family. It reflects the different stages of life they're in.

- chase passions 追寻热情
- financial stability 财务稳定
- different stages of life 人生的不同阶段

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 people can buy from it

and explain whether you like it.

One second-hand website I often use is called Xianyu, also known as "Idle Fish." It's a popular platform in China for buying and selling used items. I first heard about it from a friend who sold her old phone there. Out of curiosity, I downloaded the app and started browsing.

You can find almost anything on it—used books, clothes, electronics, even furniture. The prices are much cheaper than new products, and sometimes you can find things that are hard to get in stores. I've sold a few things there too, like my old camera.

I really like the site because it's easy to use and helps reduce waste. It also gives people a chance to make some extra money. I think it's a great way to recycle and share resources.

- second-hand items 二手物品
- buy and sell 买卖

- browse the app 浏览应用程序
- reduce waste 减少浪费
- make extra money 赚取额外收入

Part 3:

How do people usually handle the clothes they don't want?

Many people donate their old clothes to charities or give them to friends or family. Some sell them online through second-hand platforms, and others just throw them away. I think donating or reselling is a better choice because it helps reduce waste.

- donate old clothes 捐赠旧衣服
- second-hand platforms 二手平台
- reduce waste 减少浪费

Why do people buy second-hand clothes?

People buy second-hand clothes mainly to save money. Some also like vintage styles or want to support sustainable living. It's a great option for those who want something unique without spending too much.

- save money 省钱
- vintage styles 复古风格
- sustainable living 可持续生活方式

What problems will occur if people don't recycle?

If people don't recycle, we'll have more pollution and waste. Landfills will fill up quickly, and natural resources will be used up faster. Recycling helps protect the environment and saves energy.

- cause pollution 引起污染
- fill up landfills 填满垃圾场
- protect the environment 保护环境

【事件类】

争论

Describe an argument that you had with someone.

You should say:

who you had the argument with

what the argument was about

what happened

and explain how you felt about it.

I had an argument with my best friend last year. We were planning a trip, but we disagreed on where to go. I wanted to visit the beach, but she preferred the mountains. Things got a bit heated because we both thought we were being fair. After a while, we stopped talking for a few days. Later, I sent her a message to say sorry, and we talked it out. In the end, we chose a place that had both sea and hills, so it worked out fine. I felt bad at first, but I was glad we made up in the end.

- got a bit heated 有点激烈
- thought we were being fair 觉得我们各有道理
- stopped talking 不再说话
- talked it out 把话说开
- made up 和好

Part 3

What disagreements do parents and children usually have?

They often argue about school, bedtime, and phone use. Parents want kids to focus on studying, while kids want more freedom. Both sides think they're right.

- argue about 争论某事
- focus on studying 专注学习
- more freedom 更多自由

Why do some people avoid arguing with others?

Some people avoid arguments because they don't like drama or hurting others' feelings. They prefer to stay calm and let things go.

- avoid arguments 避免争论
- hurt others' feelings 伤害别人的感受
- let things go 随它去

How do we show respect to others when we disagree with them?

We can listen carefully, wait for them to finish, and use polite words. Even if we don't agree, we don't have to be rude.

- listen carefully 仔细听
- wait for them to finish 等别人说完
- be polite 有礼貌

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

One time I received money as a gift was on my 18th birthday, which is considered a big milestone in Chinese culture. It happened two years ago during a small family dinner, and my uncle, who has always supported me, gave me a red envelope with 1000 yuan inside. He told me that since I was about to step into adulthood, I should use the money in a way that would help me grow. At first, I was tempted to spend it on clothes or a meal out with friends, but after thinking it through, I chose to sign up for an online speaking course. It had live sessions with native speakers and really helped me become more confident. What made the gift truly meaningful wasn't the amount, but the fact that he trusted me to use it wisely. I felt a strong sense of responsibility and wanted to live up to the trust he placed in me. Looking back, I'm still grateful, because it pushed me to invest in something that had long-term value.

- a big milestone 重要的人生节点
- step into adulthood 步入成年
- be tempted to do something 忍不住想做某事
- sign up for a course 报名参加课程
- live up to someone's trust 不辜负某人的信任

Part 3

Why do people rarely use cash now?

When do children begin to comprehend the value of money?

Generally speaking, children start to understand the value of money around the age of six or seven, when they're first given pocket money. If parents explain that money is earned and not unlimited, kids gradually learn how to spend wisely and differentiate between needs and wants. It also helps if they're encouraged to make small choices with their own money.

- spend wisely 明智消费
- differentiate between needs and wants 区分需要和想要
- make small choices 做出小决策

Should parents reward children with money?

That depends on the situation, but in general, rewarding kids with money for good behavior or completed tasks can teach them about financial responsibility. However, if it's overused, children might start doing things only for the money and not because it's right. So, while it can be useful, it should be combined with other types of positive reinforcement.

- financial responsibility 金钱责任感
- overuse 滥用
- positive reinforcement 正向激励

Do you think it's a good thing that more people are using digital payment?

Yes, I think it's a great development because cashless payments make everyday life smoother and more efficient. They reduce the risk of theft, simplify transactions, and make it

easier to track spending. However, people should still be aware of online security risks and over-spending, especially when everything is just one tap away.

- track spending 追踪支出
- online security risks 网络安全风险
- one tap away 一点即付

活动计划

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

Last summer, I planned a beach barbecue party with about twenty of my friends and some family members. We decided to hold it at a local beach because it had great facilities and enough space for everyone. I started organizing everything a month before the event. I created a group chat to discuss the food, drinks, and games we could enjoy. Everyone was excited and helped by bringing different dishes or equipment. On the day of the barbecue, the weather was perfect, and we played beach volleyball, swam, and enjoyed delicious food together. I felt really happy because the plan worked out well, and it brought everyone closer. It also taught me the importance of teamwork and good communication when organizing group activities.

- organize an event 组织活动
- create a group chat 创建群聊
- bring everyone closer 让大家更亲近
- work out well 顺利进行
- good communication 良好的沟通

Part 3

What kinds of plans do young people often make?

Young people often make plans related to their education, career, and social activities. For example, they might plan to study abroad, find a good job, or attend concerts and trips with friends. These plans help them achieve personal goals and enjoy life.

- make plans 制定计划
- study abroad 出国留学
- achieve personal goals 实现个人目标

Why can't people always follow their plans?

People can't always follow their plans because unexpected things often happen. For instance, personal problems, health issues, or changes at work can affect their original schedule. Flexibility is important when things don't go as planned.

- unexpected things 意想不到的事情
- affect the schedule 影响时间安排
- go as planned 按计划进行

熊孩子行为

Describe a time when you saw a child behave badly in public.

You should say:

where it was

what the child was doing

how others reacted to it

and explain how you felt about the plan

I remember seeing a child behave badly in a shopping mall a few months ago. He was throwing a tantrum in the middle of a toy store because his parents refused to buy him a toy he wanted. He screamed at the top of his lungs, kicked the shelves, and even knocked some items onto the floor. Most of the shoppers looked quite uncomfortable, and a few walked away quickly to avoid the scene. The parents looked embarrassed but didn't really do much to calm him down. Honestly, I felt a bit annoyed but also sorry for the parents—it's not easy to deal with that in public. It made me think about how important it is to set clear boundaries for children.

- Throwing a tantrum: 小孩子发脾气
- At the top of his lungs: 大声吼叫
- Knocked some items onto the floor: 往地上摔东西
- Looked quite uncomfortable: 看上去很不舒服
- Set clear boundaries: 建立规矩

Part 3

What bad behaviour do children usually have?

Children sometimes misbehave by talking back to adults, refusing to follow rules, or throwing tantrums when they don't get their way. Some also act out in public places, like shouting or running around where they shouldn't. These behaviours are often a way for them to get attention or test limits.

- Talking back to adults: 对长辈不尊重
- Act out in public: 在公共场合举止不当
- Get attention: 寻求关注

How should parents stop their children from behaving badly in public?

Parents should stay calm and try to talk to their child in a firm but gentle way to help them settle down. It's important to set clear rules and follow through with consequences if the child keeps acting out. Sometimes, taking the child aside for a quiet talk can work wonders.

- Set clear rules: 设定明确的规则
- Follow through with consequences: 执行相应的后果
- Work wonders: 产生奇效

Are parents these days stricter than those in the past?

I think parents these days are generally less strict than in the past because many focus more on open communication and understanding. In the past, children were expected to follow rules without question, but now parents tend to give them more freedom. That said, some still lay down the law when it comes to discipline.

- Open communication: 开放的沟通
- Follow rules without question: 毫无疑问地遵守规则
- Lay down the law: 严格规定或制定规则

收到中意礼物

Describe a time when someone gave you something that you really wanted.

You should say:

what it was

when you received it

who gave it to you

and explain how you felt when the person gave it to you.

The unforgettable gift I received was a Jay Chou concert ticket from my best friend. I had been talking about the concert for weeks, but when the tickets were released, they were sold out in less than a minute. I was disappointed, but I didn't expect anything after that. A week later, my best friend handed me the gift during lunch—she had somehow managed to get a ticket and kept it a secret. I was so shocked and touched, not just because I got to see my favorite singer live, but because I felt seen and understood without even asking for it. That concert had been on my bucket list for years, and the fact that she made it happen meant the world to me. Moments like this really show that small gestures can mean a lot, especially when they come from someone who knows you well.

- sold out 售罄
- handed me the gift 把礼物递给我
- feel seen and understood 感到被看见、被理解
- my bucket list 我的人生清单
- small gestures can mean a lot 小小的举动意义重大

Part 3

How should children spend their allowance money?

Ideally, they should learn to split their money between spending, saving, and maybe even giving. This teaches them basic money management and helps them understand value over time.

- split money 分配金钱
- money management 金钱管理
- understand value 理解金钱价值

Why do people like shopping more now than in the past?

Mainly because it's easier and more fun now. With online shopping, you can browse thousands of items without leaving your home. Plus, shopping has become a way for many people to unwind after a stressful day.

- browse items 浏览商品
- without leaving your home 足不出户
- unwind 放松

Do you think shopping is good for a country's economy?

Definitely—it boosts demand, supports businesses, and creates jobs. But if people over consume, it can also lead to waste and environmental damage. So, it's about finding a balance.

- boost demand 刺激需求
- support businesses 支持企业
- over consume 过度消费

决心等待

Describe a time when you made a decision to wait for something.

You should say:

when it happened

what you waited for

why you made this decision

and explain how you felt while waiting.

A memorable time I chose to wait was during my university graduation job hunt last year. After receiving an okay job offer in March, I decided to hold out for better opportunities aligned with my career goals.

I waited specifically for a sustainability consultancy role I'd interviewed for, which had a longer hiring process but matched my passion for environmental work. Though anxious about finances, I declined the first offer because the company had poor growth prospects. The 2-month wait was nerve-racking, especially when friends secured jobs. To cope, I networked and upskilled in carbon accounting. When the dream offer finally came, the relief and pride validated my patience. This experience tells me that although strategic waiting can be stressful, it can lead to more satisfactory results.

- hold out 坚持等待
- cutting-edge projects 尖端项目
- stay sharp 保持竞争力
- delayed gratification 延迟满足感
- playing the long game 长远打算

Part 3

What do people in your country often do while waiting?

People commonly use their phones to browse social media or play games while waiting. Many read books or listen to music to pass the time. Some simply observe their surroundings or strike up conversations with others nearby.

- browse social media 浏览社交媒体
- pass the time 消磨时间
- strike up conversations 开始交谈

Why do some people like a slow-paced life?

Some prefer a slow-paced life because it reduces stress and allows for better work-life balance. It gives them more time to enjoy hobbies and personal relationships. This lifestyle often leads to greater mindfulness and appreciation of daily moments.

- work-life balance 工作生活平衡
- greater mindfulness 更强的正念
- appreciation of daily moments 珍惜日常时刻

Is being patient good for people?

Patience helps people make more thoughtful decisions and maintain better relationships. It enables individuals to persevere through challenges without frustration. Developing patience often leads to greater personal and professional success.

- thoughtful decisions 深思熟虑的决定
- persevere through challenges 坚持克服挑战
- professional success 职业成就

忘记约定

Describe a time when you forgot/missed an appointment.

You should say:

what the appointment was for

who you made it with

why you forgot/missed it

and explain how you felt about the experience.

Last month,I completely missed my dental check-up scheduled for 2pm on a Tuesday.It was an important six-month cleaning appointment that I'd made with Dr.Chen at Sunshine Dental Clinic three weeks earlier.

The reason I forgot was pure schedule overload-I had back-to-back work meetings that morning and failed to set a reminder.What made it worse was that I'd even written it in my planner,but got so absorbed in preparing a presentation that I didn't check my schedule after lunch.

When the clinic called to ask why I hadn't shown up,I was mortified.After apologizing profusely, I had to pay a no-show fee and wait another three weeks for a new appointment. This experience taught me to always set multiple reminders for important commitments.

- dental check-up 牙科检查
- schedule overload 行程过满
- back-to-back meetings 连续会议
- no-show fee 爽约费
- multiple reminders 多重提醒

Part 3

Is punctuality important to people?

Punctuality is generally valued as it shows respect for others' time and reflects professionalism. In work settings, being late can damage reputations,while in social situations it may strain relationships. However, cultural differences exist-some societies view time more flexibly than others.

- valued 被重视的
- damage reputations 损害声誉
- cultural differences 文化差异

What do you think is a good way to record things?

The most effective method combines digital tools like calendar apps with handwritten notes. Setting multiple reminders(phone alerts+physical planners)ensures important items aren't missed.Color- coding and prioritization systems help organize different types of appointments.

- digital tools 数字工具
- multiple reminders 多重提醒
- prioritization systems 优先级系统

Which is more important, a work-related appointment or an appointment with a friend?

Importance depends on context -critical work meetings may take precedence, but consistently prioritizing work over personal commitments can harm relationships.The ideal

approach is balancing both through proper scheduling and communication when conflicts arise.

- take precedence 优先考虑
- harm relationships 损害关系
- proper scheduling 合理安排

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 about the experience.

The most challenging achievement in my life was completing my first marathon last year. As someone without athletic background, the 42-kilometer distance appeared overwhelmingly impossible when I began training.

I conquered this challenge through progressive training, starting with 5-kilometer runs and methodically increasing the distance weekly. When I experienced extreme fatigue at the 30-kilometer mark during practice runs, fellow runners from my club provided valuable pacing guidance and dietary recommendations. The actual race was grueling—at the 35-kilometer point I nearly gave up, but summoning inner determination and recalling my months of rigorous preparation motivated me to continue.

Crossing the finish line generated indescribable elation. This transformative experience demonstrated how sustained effort yields results, and now I confront all life's obstacles with the same confident mindset.

- progressive training
- extreme fatigue
- pacing guidance
- summoning inner determination
- indescribable elation

Part 3

Should people set goals for themselves?

Yes, goal-setting provides direction and motivation. Clear objectives help measure progress and maintain focus. However, goals should be realistic to avoid frustration. People who set achievable targets tend to accomplish more while staying motivated.

- goal-setting 目标设定

- measure progress 衡量进展
- achievable targets 可实现目标

How would you define success?

Success means achieving personal fulfillment, not just material gains. It involves growth, balance, and positive impact. True success aligns with one's values and brings lasting satisfaction rather than temporary rewards.

- lasting satisfaction 持久满足
- positive impact 积极影响

How can we judge whether young people are successful nowadays?

Modern success includes adaptability, emotional intelligence, and purpose. Beyond income, growth mindset and community contributions matter. Young people thriving in these areas demonstrate true achievement.

- adaptability 适应能力
- growth mindset 成长型思维
- community contributions 社会贡献

购物问题

Describe a time when you had a problem 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.

Well, one shopping experience that didn't go smoothly happened about six months ago when I bought a pair of sneakers from an online store. It was a limited-edition release from a local brand that I had been following for months, and I was super excited when I finally managed to place an order.

However, the problem started right after I received the package. First of all, the size was completely wrong—I ordered a size 42, but they sent me a 40. On top of that, one of the shoes had a visible scratch on the side, which really disappointed me. Since I bought it during a big sale, the customer service was extremely slow to respond, and I had to email them several times before they agreed to process a return. To be honest, I felt really frustrated because I had been looking forward to wearing those shoes, especially since they were not cheap. But at the same time, the experience taught me to always double-check the details and read reviews before buying from a brand I haven't tried before. In the end, I did get a refund, but the whole thing left a bad impression.

- didn't go smoothly 进展不顺利

- limited-edition release 限量发售
- visible scratch 明显的划痕
- process a return 处理退货
- double-check the details 仔细核对细节

Part 3

What kinds of customer service do you think is good?

Well, in my opinion, good customer service should be efficient, polite, and solution-focused. For example, if there's a product issue, staff should respond quickly and offer a clear solution rather than making excuses. What really matters is whether customers feel respected and taken care of, even if the product itself has a problem.

- efficient, polite, and solution-focused 高效、有礼并以解决问题为导向
- make excuses 找借口
- feel respected and taken care of 感到被尊重和被照顾

What problems do customers often have while shopping?

I think the most common problems include wrong deliveries, damaged goods, or misleading product descriptions. These issues are especially common in online shopping. Sometimes, poor customer service also makes things worse when customers try to fix the issue.

- wrong deliveries 发错货
- damaged goods 物品损坏
- misleading product descriptions 产品描述不实

What do you think of people complaining when they buy poor quality goods at a low price?

To be honest, if something is dirt cheap, it's a bit unrealistic to expect top-notch quality. However, sellers still need to deliver what they promised, even if the price is low. I think it's totally fair to complain if the product is totally unusable or if the description was misleading. But complaining just for the sake of it doesn't really help anyone.

- dirt cheap 价格非常便宜
- top-notch quality 顶级质量；一流品质；极佳的水平
- complaining just for the sake of it 为了抱怨而抱怨(没有实际意义)

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