

安娜口语素材
第一套 Part2
(高分版串联)

9-12月考试的话该怎么复习？

已更新完毕，后续还有更新的话请留意群公告消息。

特殊说明

高分版串联素材的词汇和句型比较难，为了避免大家无法使用，所以我们同时会提供这套素材的简单版本，烤鸭可以在网盘里面找到，但这套素材的简单版就没有录音了。

串联版 Part2 目录以及使用说明

串联版 Part2 指的是一篇范文回答多个话题。具体分类看看以下目录就知道了。但是有些话题问的方向不一样，如果用同一篇范文来回答的话会有跑题嫌疑。所以有些串联的话题我们还是写了 2-3 篇范文，根据问题的问法稍作了一些修改。但是大体上的内容和思路都是一致的~ 中文思路里，画着下划线的，就是串联话题中不一样的地方哦！

关于素材更新以及微信答疑

店主开通的福利微信公众号：安娜雅思

公众号会在每场考试后发布考试答案回忆，还有最新考试资讯，雅思技巧等等福利哦！

店主个人微信提供素材售后服务，有疑问都可以在微信上询问哦！

其他考试相关服务

我们背后有强大的前雅思考官团队，提供前考官口语模考，资深考官写作批改，前考官口语小班课程，还有 21 天打卡团（提供重点词汇及真题，每日复习计划，监督打卡，还有口语点评）详情请关注我们的“安娜雅思”微信公众号，或者在淘宝联系客服，微信联系店主均可。

Part2 素材使用方法!!!

划重点！店主不太建议直接背诵 Part2 哦。建议大家熟悉素材的答题思路，然后把素材中的关键点（When, Where, Who, Why, your feeling）和关键语句记清楚，然后考试的时候在这个框架内自由发挥，说流利即可。

以下内容皆是我跟高级雅思考官（负责培训新考官和做口语写作复试的资深考官）交流所得，很可能会颠覆其他机构老师的说法，但请相信我哦。如果不信的话，也可以参加我们的前考官口语模考，您亲自询问考官的。

(1) 如果考生回答不够 2 分钟，那考官会再追问 1-2 个问题。比如：Do you still meet this person recently? Do you go to this place recently? 但这些问题都是不计入考试成绩的，不用在意。话说回来，如果说不够 1 分 50 秒，考官很有可能会给你扣一点分数！所以，最好是 keep talking，就算讲的内容跟主题无关，你也得讲到考官打断你为止。

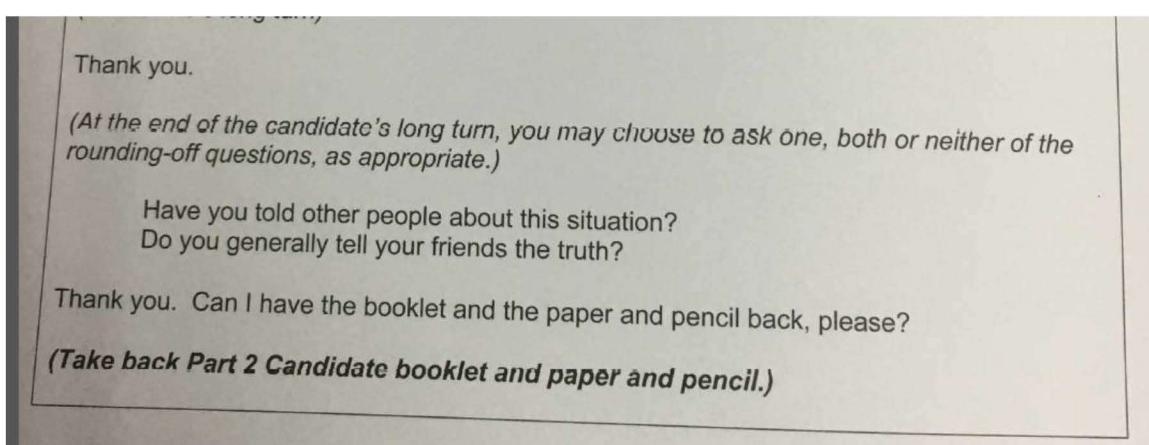
(2) Part2 无需完全按照题目下面列出的 4 个小问题回答，可以自由发挥。但这些小问题一般都是时间地点人物原因，就按照这些点准备即可。而且就算 Part2 跑题了也没关系！真的没关系！考官在意的是回答的 quality！考官不会仔细听你是否回答了这些小问题，而是通过通篇的观感和表达来评分。所以遇到你不太熟悉的话题，你千万不要说 I am not familiar with this topic and can I change another one? 一旦这么说你就死翘翘了。

如果你实在没话说，你就擦边地回答，比如题目问《你小时候喜欢玩的智力游戏》，你想不到怎么回答，那你说你喜欢的体育运动，或者小时候玩的电脑游戏。而且不要害羞，要 keep talking，尽可能说够两分钟，让考官打断你为止。

(3) 如果你在 Part2 回答不够两分钟，那么考官将会给你追加提问 1-2 个问题，但注意，这 1-2 个问题是不计入成绩的，只是为了凑时间。因为雅思口语规定是 15 分钟，每个 Part 都有固定的时间。

重点来了，在这些追加的问题当中，有一个常见的问题会把大家心态搞崩。那就是问你：Have you ever shared this story to others? 也就是问你是否分享过故事。这时候不要慌！这就是纯属追加提问的。至于你背没背，考官心里有数，也不会这么直接的跟你说！有好一些烤鸭跟我反馈说他们没有背素材，但也被提问了。所以大家只需要冷静地回答 No. 就可以了。

这一点是我反复跟高级考官确认过的，毋庸置疑。



看看考官题本，这是写在题本上面的问题！官方给的套路！

(4) 无论你是背诵还是自由发挥，安娜建议你都跟考官有眼神交流，或者加上一些肢体动作。切忌一直低头说说说。同时注意句子间的停顿，以及单词的重读变化。

更多的考试注意事项请看文件夹里面的使用说明。

关于口语考试流程

安娜曾通过自己的渠道拿到考官的绝密提问小本本，也就是口语考试中，考官手上拿的小本本。里面有详细的口语考试流程，考官需要说的话，以及每个部分的具体提问内容。

需要 2020 年 1-4 月完整版题本的童鞋，请转发我们公众号的推送至朋友圈（全部可见，1 小时以上）或者转发至 100 人以上的雅思学习群（保留 3 分钟以上）

在我们的公众号：安娜雅思。对话框回复：考官小本本。即可收到相关的推送。

操作好了之后把对应截图在微信发给店主，店主会给您发小本本。

也不要问我有没有最新的，因为如果我每季度都公开 BC 的题本，我会把 BC 惹毛的。最坏的结果就是改版雅思口语考试形式，最后吃亏的还是广大考生们。

如果我觉得素材有错怎么办？

我们的素材都是经过店主 Anna 和外教一起编写和检查过的哦！ 您可以放心！

其实外国人在生活中有一些常用的口头上的表达，看起来很奇怪但实际并没有错的，国内老师也不会懂这些。所以呀！如果你觉得素材有错，我们是非常欢迎您来询问我们滴！千万不要觉得不好意思哦！下面举两个例子：

“Anna is two years my elder.” 安娜比我大两岁。“She is four months my younger” 她比我小四个月。

这是一种比较现代的说法，当然我们平时都会讲 “Anna is two years older than me” 和 “She is four months younger than me.” 但其实外国人都会用前者多一些的。

“the majority of the girls were content discussing about how handsome or how affluent their boyfriends were.” 女孩子们都在热烈地讨论他们的男朋友有多帅。

这是现代英语的另一个特征，就是外国人在口头上都常常会省略掉介词。这里就把 **were content with** **discussing** 的 **with** 去掉了。这在口语上是完全没问题的，但大家在写作中就尽量要避免哦。

目录

(一) 蹦极.....	7
1 & 2: 困难的决定 (9-12 月新题) & 困难的事 (9-12 月新题)	7
(二) 马云.....	8
3 & 4 & 5 & 6 & 7: 机智地解决问题的人 (9-12 月新题) & 敬佩的商人 (9-12 月新题) & 感兴趣的名人 (9-12 月新题) & 有创造力的人 (9-12 月新题) & 尊敬的老人家.....	8
(三) 过年回老家.....	10
8 & 9: 浪费时间的场合 (9-12 月新题) & 善待不喜欢的人 (9-12 月新题)	10
(四) 星巴克.....	12
10 & 11 & 12: 优质服务 (9-12 月新题) & 咖啡馆 (9-12 月新题) & 安静的地方.....	12
(五) 画画.....	14
13 & 14 & 15 & 16: 难学的技能 (9-12 月新题) & 感兴趣且想学的技能/事 (9-12 月新题) & 想提升的天赋 & 做手工.....	14
(六) 早起跟团游.....	17
17 & 18: 早起 (9-12 月新题) & 假期旅行 (9-12 月新题)	17
(七) 小学外教.....	18
19 & 20: 有趣外国人 (9-12 月新题) & 小学印象最深的人 (9-12 月新题)	18
(八) 魔戒.....	19
21 & 22: 兴奋的书 (9-12 月新题) & 喜欢的电影	19
(九) 咖啡机.....	21
23 & 24: 花费超过预期的物品 (9-12 月新题) & 家庭设备	21
(十) 戒奶茶.....	23
25 & 26: 希望养成的习惯 (9-12 月新题) & 不太成功的事	23
(十一) 戴口罩.....	25
27 & 28: 给他人建议 (9-12 月新题) & 朋友间的争论	25
(十二) 打羽毛球.....	27
29 & 30 & 31: 帮助朋友 & 生活计划 & 健康文章	27
(十三) 六旬老太半夜王者五杀.....	30
32 & 33: 社交媒体趣事 & 当地新闻	30
(十四) 路边摊买宵夜.....	31
34 & 35: 街市 & 下课下班后的活动	31
(十五) 家庭聚餐.....	32
36 & 37: 禁用手机的场合 & 微笑的场合	32
(十六) 单独话题.....	34

38: 搬到新家/新学校（9-12 月新题）	34
39: 等待重要事情（9-12 月新题）	35
40: 有名的运动员（9-12 月新题）	36
41: 自行车/摩托车/汽车旅行（9-12 月新题）	37
42: 为家人骄傲（9-12 月新题）	38
43: 高楼.....	39
44: 想生活的城市.....	40
45: 环保法律.....	41
46: 海边活动.....	42
47: 分享.....	43
48: 雇佣很多人的公司.....	44
49: 喜欢的歌手.....	45
50: 智力游戏.....	46

(一) 蹦极

1 & 2: 困难的决定 (9-12月新题) & 困难的事 (9-12月新题)

Describe a difficult decision that you once made You should say: What the decision was When you made your decision How long it took to make the decision And explain why it was difficult to make	Describe a difficult thing you have done and succeed in the end You should say: What it was How you did/completed it Why it was difficult And how you felt about doing it
--	--

Last year, I made a difficult decision however from another perspective it was the greatest venture that I have ever attempted.

I frequently witness bungee jumping on TV and reality shows. There is no doubt that it is a rather dangerous but incredibly fascinating extreme sport. The celebrities frequently grappled with their fears which they had to overcome and informed the audience how astonishing it feels to exceed their expectations of themselves. Each occasion I watch this sport, I feel electrified and overcome with the desire to attempt it myself.

It was only as recently as last year's summer holiday that I traveled to Macau with my friends and I finally came to the conclusion to attempt this extreme sport for myself. We ventured to Macau Tower, which is a renowned bungee jumping location. Although I'm not petrified by heights, I still felt frightened when I gazed down from the precipice more than 200 meters in the air. It was blustery and turbulent at the pinnacle of the tower and my mind went blank (大脑一片空白). It was most assuredly a challenging decision for me. I stayed unaccompanied for a while, going upstairs and downstairs again and again, very perplexed. I finally summoned up my courage (鼓起勇气) and was prepared to jump. Well, since I had arrived here, I thought I should depart with no regret. I spent a lot of time hesitating at the pinnacle of the tower, but it only took me a second to resolve to jump.

It was truly terrifying before I leapt off from the platform. However, when I did leap, I felt nothing but the sense of weightlessness (失重感). Naturally, I kept screaming throughout the whole ordeal, but I have to admit it was very, very thrilling and awesome! In fact, fear always originates from our imagination. Bungee jumping is a harmless sport, seldom accidents occur every year. So, there is nothing we have to dread, just seize the opportunity!

去年，我做了一个困难的决定（事），但换个角度，我认为那是一项有积极意义的冒险。（回答《困难的事》的时候就把“决定”二字替换一下）

我经常在电视里和综艺节目中看到蹦极，我感觉这是一项很酷的活动。明星们总是艰难的克服了自己的恐惧，然后告诉观众超越自我的感觉真棒。每次看电视我都感到很兴奋，一直很想要尝试一下。

直到去年的假期，我和我的朋友去澳门旅游，我决定去尝试这项冒险。我们去了澳门塔，这是一个著名的蹦极圣地。虽然我并不恐高，但当我站在 200 多米的高空中向下看，还是觉得腿软。楼顶风很大，此时我的大脑一片空白，这对我来说绝对是一件困难的决定。我一个人待了一会，反反复复上楼下楼，心里很纠结。最终我还是说服自己站上了跳台。好吧，既然来了，总不能留下遗憾。我在塔顶纠结了很久，然而决定跳下去只用了一秒钟。

从平台上跳下来之前真的很吓人。然而, 当我真的往下跳了, 我头脑一片空白, 只感受到了失重。当然, 在整个过程中我一直在尖叫, 但不得不说, 这棒极了, 非常非常惊心动魄! 事实上, 恐惧总是来自于我们的想象。蹦极是一种安全的运动, 每年很少发生事故。所以, 不用怕, 只管跳吧!

(二) 马云

3 & 4 & 5 & 6 & 7: 机智地解决问题的人 (9-12 月新题) & 敬佩的商人 (9-12 月新题) & 感兴趣的名人 (9-12 月新题) & 有创造力的人 (9-12 月新题) & 尊敬的老人家

Describe a businessman you admire Some instructions that you can follow: Who this person is How you knew this person What kinds of business this person does And explain why you admire this person	Describe a creative person whose work you admire Some instructions that you can follow: Who he/she is How you knew him/her What creative things he/she has done And explain why you think he/she is creative
Describe a famous person you are interested in Some instructions that you can follow: Who this person is How you knew about this person What this person was like before this person became famous And explain why you are interested in this person	Describe someone who is older than you that you admire Some instructions that you can follow: Who this person is How you knew this person What kinds of things you like to do together? And explain how you feel about this person
Describe a person who solved a problem in a smart way Some instructions that you can follow: Who this person is What the problem was How he/she solved it And explain why you think he/she did it in a smart way	

I think Jack Ma is a very intelligent businessman and I admire him profusely. I imagine everyone in China is aware of who he is, and I frequently notice news regarding him on the Internet. The online shopping platform Taobao and the online payment system Alipay he founded and developed have vastly influenced people's shopping habits in today's society.

Several years ago, online shopping was not a hit in China. People were still accustomed to purchasing items they required in the mall. On the one hand, people could see the actual goods when they shop instore, and on the other hand, people may be concerned that online shopping could not guarantee the quality of goods. However, Jack Ma devised an ingenious way to solve this, that is, to build a third-party platform, Alipay. He sacrificed his job as an English teacher with a stable income and founded his own company. When people shop online, Alipay, as a trusted third party, will temporarily keep the money as escrow and informs the seller that the buyer has made the payment. At the time the money is neither directly controlled by the buyer nor the seller, which perfectly solves the problem of mistrust between the two parties. Buyers do not need to be concerned about deceptive practices, and sellers can also increase sales rapidly.

At the current moment, more than a decade later, Taobao has become China's largest online trading platform. Online shopping has become an indispensable aspect of our daily lives, and Jack Ma has therefore become the wealthiest man in China. I think Jack Ma is an utterly ingenious entrepreneur. In recent years, the parcel-tracking platform Cainiao and the high-tech grocery-store network Hema Fresh he founded have received unanimous praise from consumers. I am intrigued about what innovations he will devise in the future. He has been altering the world with his creativity. It is for these reasons I admire him most.

中文思路：

我认为马云是一个非常聪明的商人，我很钦佩他。我认为全中国没有人不认识他，我经常在网上看到有关他的新闻。他创建的支付宝和网络购物方式影响了当今社会人们的购物习惯。

许多年以前，网上购物没在国内兴起。人们还是习惯于在商场购买自己需要的商品。一方面是因为现场购买商品可以看到商品实物，另一方面是担心网上购物容易发生货不对板的问题。但马云想到一个非常聪明的方法，那就是构建一个第三方平台，也就是支付宝。他放弃了收入稳定的英语教师的工作，创建了自己的公司。人们在网上购物的时候，支付宝作为一个受信任的第三方，会将货款暂时保存，这样就完美地解决了双方的不信任问题。买家既不需要担心上当受骗，卖家也可以快速地提高销量。

十几年后的今天，淘宝成为了中国最大的网络交易平台。网购成为了我们日常生活中必不可缺的一份子，马云也因此成为中国首富。我认为马云是一个非常有创造力的企业家，近几年，他创立的菜鸟驿站，盒马生鲜超市等等，受到了消费者的一致好评。我很好奇未来他还会做出什么新产品，他用自己的创造力一直在改变着这个世界。这也是我最敬佩他的原因。

(三) 过年回老家

8 & 9: 浪费时间的场合 (9-12 月新题) & 善待不喜欢的人 (9-12 月新题)

Describe an activity you usually do that wastes your time	Describe a time you were friendly to someone you didn't like
Some instructions that you can follow:	Some instructions that you can follow:
What it is	When and where it happened
How long you have been doing it	Who he/she was
When do you usually do it?	Why you didn't like this person
And explain why you are still doing it knowing it is a waste of time	And explain why you were friendly to him/her on that occasion

《浪费时间的场合》

Spring Festival is the most important festival for Chinese people. There is an important tradition during the festival, we call it "visiting relatives" (走亲戚). During the Spring Festival, we will go to our relatives' and friends' home with gifts and fruits. And then we greet each other Happy Spring Festival and chat for a while. My parents and other relatives seem to enjoy it, but I don't really like it because I think it's a waste of time.

We usually have eight days off during the Spring Festival, which is the longest holiday in the year. But my parents often take me to visit relatives for two or three days. Actually, I am not so familiar with my relatives, and every time I visit them, they ask me the same questions: Do I have a boyfriend? Have I found a job yet? Sometimes they even consider I am too fat and suggest to me that I should lose weight. How boring and silly (愚蠢的) these questions are! I don't think our generation enjoys such visits and conversations.

Although traditional culture needs to be inherited (继承) and maintained (维护), there are some customs that we do not like because of the different values between the young and the old. During the Spring Festival holiday, I prefer to stay at home watching TV or playing games than visiting my relatives. I think my parents could visit relatives and friends by themselves, and not take me with them.

中文思路：

春节是中国人最重要的节日，过节的时候有一项重要的传统习俗，我们叫它『走亲戚』。春节假期的时候，大家都会提着各种礼品和水果，去亲戚朋友家做客，聊聊天。有时候也会聚在一起吃饭。成年人对此似乎乐在其中，但是我确实不喜欢这项习俗，因为我认为这非常浪费时间。

春节假期一般只有八天，这是全年里最长的假期了。但往往我父母会花两到三天的时间带我去拜访亲戚。其实我本身就不太熟，而且每次拜访亲戚的时候，他们都问我相同的问题，我有没有男朋友呀？找到工作了吗？有时候他们还会说我太胖了，要减肥呐！这些问题真的是太无聊太傻了！我不认为年轻人会享受这些对话和活动。

虽然传统文化需要继承和发扬，但是由于年轻人和老年人不同的价值观，有些习俗我们并不喜欢。春节假期我更想待在家里看电视或者玩游戏，又或者和自己的老同学见面聊天。我的父母完全可以自己去亲戚朋友家做客，但不用带上我。

《善待不喜欢的人》

Spring Festival is the most significant festival for Chinese people. There is an important tradition upheld throughout the festival, we term it "visiting relatives" (走亲戚). Consequently, every Spring Festival, my aunt will call on my home. To be quite frank, I find her rather distasteful, even despite the fact she is one of my important relatives.

My aunt is a flamboyant individual, and every occasion she calls on my family, she will enquire of me the same repetitive questions: Do I possess a boyfriend? Have I acquired a job yet? Without waiting for me to respond, she begins to discuss the accomplishments of her son, my cousin, and how delightful my cousin is and what prizes he has attained or what achievements he has accomplished. Sometimes, she even has the impertinence to comment on my weight and suggest that I lose a few pounds! How menial and trivial (愚蠢的) these questions are! It is my opinion that our generation does not enjoy such obligatory visits and ridiculing conversations. I am certain that my aunt doesn't genuinely care about me and she just wants to flaunt her son.

Since my aunt is my father's sister and my elder also, even if I find her utterly disagreeable, I must respond to her relentless questioning with a polite smile. Otherwise, my parents will criticize me severely. Although traditional culture needs to be inherited (继承) and maintained (维护), there are some customs that we now find irritating and unpleasant because of the different values between the young and the elderly.

中文思路：

春节是中国人最重要的节日，过节的时候有一项重要的传统习俗，我们叫它『走亲戚』。因此每年春节的时候，我姑姑都会来我家做客。即使她是我很重要的亲戚，但事实上我并不喜欢她。

我姑姑是个性格张扬的人，每次来我家，她都问我相同的问题，我有没有男朋友呀？找到工作了吗？问完之后没等我回答，就开始说自己的儿子，不停的说我的表弟有多么优秀。又在学校里获得了奖学金等等。有时候她还会说我太胖了，该减肥了！这些问题真的是太无聊太傻了！我不认为年轻人会享受这些对话和活动。而我姑姑并不是真的关心我，她只是想炫耀自己的儿子。

因为我姑姑是我爸爸的妹妹，也是我的长辈。即使我不喜欢她，也必须客客气气的笑着回答她的问题。否则我的父母就会严厉的批评我。虽然传统文化需要继承和发扬，但是由于年轻人和老年人不同的价值观，有些习俗我们并不喜欢。

(四) 星巴克

10 & 11 & 12: 优质服务 (9-12月新题) & 咖啡馆 (9-12月新题) & 安静的地方

Describe a good service you received Some instructions that you can follow: What the service was When you received it Who you were with And how you felt about it	Describe a café you like to visit Some instructions that you can follow: Where it is What kinds of food and drinks it serves What you do there And explain why you like to go there	Describe a quiet place you like to spend your time in Some instructions that you can follow: Where it is How you knew it How often you go there What do you there And explain why you like the place
--	--	--

《优质服务》

During my commute home one day, I discovered a brand-new Starbucks in the mall adjacent to my house, and I was ecstatic about this discovery. I must admit I receive excellent service there. Obviously, it is common knowledge what Starbucks can offer to its guests: tables and chairs, free Wi-Fi, and ubiquitous electrical outlets. It also offers a plethora of coffees and frappuccinos, in addition to special drinks for different holidays.

The majority of Starbucks are raucous and noisy locations, but this one has just launched, so there were few customers occupying its tables. It is for this reason that I receive impeccable service there. Every weekday afternoon, there are only a handful of guests in it. I can appreciate its soft and delightful music without having to resort to using my headphones. Furthermore, I can bring my laptop and complete some documentary work or watch a movie without any disruptions there. In other words, I entirely immerse myself in a comfortable and tranquil place as if it was my home. Sometimes excellent service isn't the only important factor to a coffee shop.

I go to this Starbucks on an almost weekly basis. When I'm pressed for time, I like to purchase a drink and take it to my classroom. When I am unoccupied on the weekend, I will purchase a cake and sit down by the window appreciating the food and the scenery outside. Occasionally, I like to play games on my phone for a while in it, or just lose myself in the moment. In contrast to the raucous Starbucks downtown, this store leaves me feeling relaxed and content, where time seems to slow down.

某天回家的时候，我发现我们家附近的商场里，新开了一家星巴克咖啡馆，对于这项发现我非常高兴。我在那里得到了很好的服务。我想每个人都知道星巴克能为客人提供什么，桌椅，免费 Wi-Fi 和无处不在的电源插座。它还出售各种咖啡和星冰乐，以及不同节日的特殊饮料。

星巴克的大部分都很吵，但是这家刚刚开张，所以人不多。这就是为什么我在那里能得到很好的服务。每个工作日的下午，只有很少的客人。我不用耳机也能欣赏到它柔和宜人的音乐。此外，我可以带着我的笔记本电脑，在那里做一些纪录片或看电影而不受任何干扰。我的意思是，我完全沉浸在一个舒适而安静的地方，就像我的家一样。

我几乎每周都会光顾星巴克，忙的时候我喜欢买一杯饮料带着去上课。周末有空的时候，我会找个窗边

位置坐下来，买上一块蛋糕，一边吃一边看着窗外的风景。我喜欢在咖啡店打一会儿手机游戏，或者发发呆。比起市区嘈杂的星巴克，这家店让我觉得很放松，在那里时间仿佛都变慢了。

《咖啡馆》&《安静的地方》

During my commute home one day, I discovered a brand-new Starbucks in the mall adjacent to my house, and I was ecstatic about this discovery. The majority of Starbucks are raucous and noisy locations, but this one has just launched, so there were few customers occupying its tables. Every time I passed by, there were plenty of empty seats, the entire cafe was tranquil and comfortable.

Starbucks offers a plethora of coffees and frappuccinos, in addition to special drinks for different holidays. To be honest, I am more a fan of their cake than their coffee, particularly the scrumptious cake roll. Paninis and sandwiches are also obtainable there, so even those without a sweet tooth will find something to their taste there. I relish my visits to this Starbucks not only for its comfortable environment, but also the food. I am a keen fan of Starbucks' coffee and hold the opinion that many other coffee establishments, such as Luckin or Pacific coffee, are far more unpalatable than Starbucks.

I go to this Starbucks on an almost weekly basis. When I'm pressed for time, I like to purchase a drink and take it to my classroom. When I am unoccupied on the weekend, I will purchase a cake and sit down by the window appreciating the food and the scenery outside. Occasionally, I like to play games on my phone for a while in it, or just lose myself in the moment. In contrast to the raucous Starbucks downtown, this store leaves me feeling relaxed and content, where time seems to slow down.

中文思路：

某天回家的时候，我发现我们家附近的商场里，新开了一家星巴克咖啡馆，对于这项发现我非常高兴。大多数的星巴克都非常噪杂，但这家是刚刚开业的，所以人很少，每次路过都会有很多的空座位，咖啡馆里是安静且惬意的。

星巴克售卖各种咖啡和星冰乐，还会根据不同的节日推出限定饮品。他家的蛋糕是我的最爱，尤其是蛋糕卷。当然这里也出售帕尼尼和三明治，即使不喜欢甜食的人也完全不必担心。我喜欢星巴克不仅因为舒适的环境，那里的食物也非常和我口味。我一直觉得星巴克的咖啡口味最好，很多的新的咖啡品牌，比如瑞幸，太平洋咖啡，都没有星巴克好喝。

我几乎每周都会光顾星巴克，忙的时候我喜欢买一杯饮料带着去上课。周末有空的时候，我会找个窗边位置坐下来，买上一块蛋糕，一边吃一边看着窗外的风景。我喜欢在咖啡店打一会儿手机游戏，或者发发呆。比起市区嘈杂的星巴克，这家店让我觉得很放松，在那里时间仿佛都变慢了。

(五) 画画

13 & 14 & 15 & 16: 难学的技能 (9-12 月新题) & 感兴趣且想学的技能/事 (9-12 月新题) & 想提升的天赋 & 做手工

Describe a skill that was difficult to learn Some instructions that you can follow: What it was When you learned it Why you learned it And explain how you felt when you learned it	Describe something that you are interested to learn or improve Some instructions that you can follow: What it is How you will learn or improve it Why you are interested in it And explain how you feel about learning it	Describe a natural talent you want to improve (like sport, music) Some instructions that you can follow: What it is When you discovered it How you want to improve it
--	--	---

《难学的技能》

I have enjoyed **doodling** (乱涂乱画) ever since I was a young child. My mother noticed my **penchant** (天赋) for drawing and thought that I appeared to have a **natural aptitude** (天赋) for it, so she **enrolled** (登记入册) me in a drawing course over the period of a few years. But I still consider drawing is a difficult skill to learn.

When I was young, my topic of choice was landscapes. But, as I **became more mature** (当我长大了), I developed a fascination for **manga** (漫画) drawing. However, the manga figures I drew were not of the highest quality, probably because I lacked any professional training. Due to this, I am interested in signing up for a drawing class during my winter and summer breaks. Life shouldn't be only about education and one's profession; having hobbies is also essential.

Drawing requires patience. It conventionally takes time to draw an excellent picture, and this is due to the fact that the colors need to be **coordinated** (调整) perfectly, and any errors in the process require a long time to correct. Yet, despite the patience required, I find that drawing is **therapeutic** (有益于治愈的), which really helps to calm me down. So often, when I become overwhelmed by the stress of my studies, I like to use my spare time to draw and paint.

Drawing is not only an activity I do for relaxation, but also a means to earn some pocket money by drawing for others. Thus far, I have made an **excess** (超过) of 1,000 Yuan by drawing manga profile pictures for others online. Although painting is difficult to learn and I have suffered a lot in the process of learning, I think it's all worth it.

从我小时候开始，我就喜欢乱涂乱画。我妈妈觉得我喜欢画画，并看起来有点天赋。所以她就让我学了几年的画画。但我仍觉得画画是一项很难的技能

小时候我喜欢画风景，长大后慢慢地就迷上了画漫画。但是可能是因为长大后没接触过专业培训，我画出来的动漫人物不尽如人意。所以我想在寒暑假的时候报个班再学习画画。生活不仅仅只有学习和工作，爱好也是很重要的。

画画需要耐心，而且一般需要画一些时间才能画出一幅好画。各种颜色之间需要完美地混合，任何错误

都需要很长时间才能纠正。但与此同时，我发现它有治愈作用，它真的帮助我平静下来。通常在学习紧张的时候，我喜欢用空余时间去画画。

画画不单单能放松身心，而且我还能帮别人画画，挣一点零花钱！到目前为止我已经在网上帮别人画漫画头像挣了超过一千块钱了。虽然画画很难学，学习的途中我也吃过很多苦。但我认为这都是值得的。

《感兴趣且想学的技能/事》 & 《想提升的天赋》

A: I have always wanted to learn and improve my drawing skills (感兴趣且想学的技能)

B: A natural talent I am eager to enhance is drawing. (想提升的天赋)

I have enjoyed doodling (乱涂乱画) ever since I was a young child. My mother noticed my penchant (天赋) for drawing and thought that I appeared to have a natural aptitude (天赋) for it, so she enrolled (登记入册) me in a drawing course over the period of a few months.

When I was young, my topic of choice was landscapes. But, as I became more mature (当我长大了), I developed a fascination for manga (漫画) drawing. However, the manga figures I drew were not of the highest quality, probably because I lacked any professional training. Due to this, I am interested in signing up for a drawing class during my winter and summer breaks. Life shouldn't be only about education and one's profession; having hobbies is also essential.

Drawing requires patience. It conventionally takes time to draw an excellent picture, and this is due to the fact that the colors need to be coordinated (调整) perfectly, and any errors in the process require a long time to correct. Yet, despite the patience required, I find that drawing is therapeutic (有益于治愈的), which really helps to calm me down. So often, when I become overwhelmed by the stress of my studies, I like to use my spare time to draw and paint.

Drawing is not only an activity I do for relaxation, but also a means to earn some pocket money by drawing for others. Thus far, I have made an excess (超过) of 1,000 Yuan by drawing manga profile pictures for others online. If I can enhance my drawing skills, I estimate I could earn even greater amounts in the future. I could also begin a profession based upon my artistic talents.

我的一个想提升的天赋就是画画能力。从我小时候开始，我就喜欢乱涂乱画。我妈妈觉得我喜欢画画，并看起来有点天赋。所以她就让我学了几个月的画画。

小时候我喜欢画风景，长大后慢慢地就迷上了画漫画。但是可能是因为长大后没接触过专业培训，我画出来的动漫人物不尽如人意。所以我想在寒暑假的时候报个班再学习画画。生活不仅仅只有学习和工作，爱好也是很重要的。

画画需要耐心，而且一般需要画一些时间才能画出一幅好画。各种颜色之间需要完美地混合，任何错误都需要很长时间才能纠正。但与此同时，我发现它有治愈作用，它真的帮助我平静下来。通常在学习紧张的时候，我喜欢用空余时间去画画。

画画不单单能放松身心，而且我还能帮别人画画，挣一点零花钱！到目前为止我已经在网上帮别人画漫画头像挣了超过一千块钱了。如果我提升了我画画的能力，我估计以后能挣的更多！说不定我还能从事相关的工作。

《做手工》

Describe an art or craft activity (e.g. painting, woodwork, etc) that you had at school

Some instructions that you can follow:

What you made

How you made it

What it looked like

And how you felt about the activity

I remember this one occasion when I **created** an oil painting for my father in honour of his 50th birthday. The painting was a present that I was to give to him to celebrate his birthday in June, however I in fact started painting it in December.

The painting was formed with oil paints, a technique I had learned at art school when I was a young child. Painting with oils requires patience, but I find the process **therapeutic** (有治愈性的), it really helps to calm me down. Every colour within a painting needs to be mixed perfectly by accurately combining with other colours, and any mistakes can take an **eternity** (一长段时间) to fix. Even though it took me a long time to prepare, it helped me get through a stressful school term, and I was sure my dad would love it.

It was a painting of a photograph my mother had discovered in storage. In the photograph, I was just a baby, and my father was holding my hand in the living room of our house. It was only us two in the photo, and each of us looked so joyful. My father announced that he would display it on the wall of our house, so I thought it would be a brilliant idea to create a painting of it and make it extra-special.

When I ultimately gave it to him, he was **overwhelmed** (非常开心). I could see he adored it and I was incredibly proud of it. Though we have moved many times, my dad still kept it. Now it was hung on the wall in my dad's room.

中文思路：

我记得有那么一段时间，我画了一幅油画送给我爸爸作为他的 50 岁生日礼物。这幅画是我 6 月份送给他的生日礼物，但实际上我是从 12 月开始画的。

这幅画是用油画颜料画的。这是我小时候在上艺术课时学到的技巧。用油画作画需要耐心，但我发现它有治愈作用。它真的帮助我平静下来。各种颜色之间需要完美地混合，任何错误都需要很长时间才能纠正。虽然我花了很长时间来准备，但它帮助我度过了一个充满压力的学期，我知道我爸爸会喜欢的。

这是我妈妈在储藏室里找到的一张照片。在照片中，那时候我只是一个婴儿，我的父亲在我们家的客厅里握着我的手。照片里只有我们两个人，我们看起来都很开心。他对我说他要把它挂在我家的墙上，所以我想把它用油画重新画一下，让它变得特别一些，这是个好主意。

当我最终把画递给爸爸时，他不知所措。我看得出他很喜欢这幅画，我非常开心和自豪。虽然我们后来多次搬家，但我爸爸一直保存着这幅画。现在这幅画就挂在了我爸爸的房间里。

(六) 早起跟团游

17 & 18: 早起 (9-12月新题) & 假期旅行 (9-12月新题)

Describe a time when you got up early	Describe a place you visited on vacation
Some instructions that you can follow:	Some instructions that you can follow:
When it was	Where it is
What you did	When you went there
Why you got up early	What you did there
And explain how you felt about it	And explain why you went there

During the Spring Festival holiday last year, my entire family went on a journey to Lijiang. Lijiang is an internet-famous city with an exquisite ancient city and fascinating snow-capped mountains. I had been eagerly anticipating this journey for a long time.

The initial day I arrived in Lijiang, I retired to bed very early, because the following day we were to experience the highlight of the trip, we had to arise early to travel to and explore Yulong Snow Mountain. During the Spring Festival holiday, there was a sea of people visiting the area therefore it was imperative that we caught the cable car as soon as the scenic spot opened, otherwise we would have to queue for hours. We arose at six o'clock in the morning, ate a hasty breakfast, and immediately ventured out to the scenic spot via bus. I must admit, I felt utterly exhausted throughout the journey. However, since we arrived very early, we successfully entered the cable car without excessive waiting.

As the cable car passed through the thick cloud, I began to spot snow on some trees. As I got higher and higher, the entire scene around me transformed to white. Arriving at the viewing platform, I was overwhelmed by the sheer beauty of the surrounding scenery. I had never seen the beauty of the snow mountains before, I was overjoyed by the sight. The snow was as tall as a man, and I felt like I had been transported to a frozen world.

The elation in my mind had completely driven away the drowsiness. I have absolutely no regrets about getting up early for such an awe-inspiring view.

中文思路：

今年春节假期，我们全家一起去丽江旅行。丽江是一座网红城市，有漂亮的古城和美丽的雪山。我对这趟旅行充满了期待。

到达丽江的第一天，我很早就睡了，因为第二天有这次旅行的重头戏，我们要早起去玉龙雪山。春节期间人非常多，我必须在景区开门的第一时间赶去坐缆车，否则就得排上几个小时的队。我早上六点就起床了，匆忙的吃了早饭，立刻出门乘车前往景区。一路上我都感到非常困。因为我们到的比较早，大约半小时就坐上了缆车。

当缆车穿过厚厚的云层，我开始看到一些树上的积雪。随着海拔逐渐升高，周围的一切都开始变成白色。到了观景平台，我被身边的美景震撼了。这是我第一次看到雪山，我兴奋的难以形容！周围的积雪足足有一人高，我仿佛置身在冰雪奇缘的世界里。

此时脑海里的兴奋已经完全赶走困倦。我认为为了这样的美景早起是非常值得的。（说假期旅行的时候可以把最后一句的早起删掉）

(七) 小学外教

19 & 20: 有趣外国人 (9-12 月新题) & 小学印象最深的人 (9-12 月新题)

Describe a foreign person who you have heard of known that you think is interesting	Describe a person who impressed you most when you were in primary school
You should say:	You should say:
Who the person is	Who he/she is
How you knew him/her	How you knew
What kind of person he/she is	Why he/she impressed you most
And explain why you think he/she is interesting	And how you feel about him/her

Considering the topic of interesting foreigners, I would like to discuss my foreign English teacher in primary school. He is an utterly fascinating foreigner, who has left a deep and lasting impression upon me.

Back when we had graduated into the fourth grade, we were introduced to a new English teacher, Mike, who originates from Britain. Mike's hair is brunette and curly, he is a lanky man, very tall and slim, and overall he is rather handsome. Since we were introduced to Mike, we have had a weekly lesson taught by him.

Encountering Mike was actually the first initial time I met a foreigner. His method of teaching was completely dissimilar from our former English teacher. He enjoyed conversing with us in English, and frequently made utterly exaggerated facial expressions and gestures. Mike was the type of man who wore his heart on his sleeve. His face beamed when he was joyful. When he was puzzled, his eyes and eyebrows would scrunch together until they were almost closed! He is an incredibly enthusiastic person who often broke out into laughter. No matter what we said in class, he would always praise us unreservedly. Beyond this, he also spoke a small amount of Chinese. However, due to his strange accent, he repeatedly caused the class to burst into laughter. Every aspect of his character has made a long-lasting impression on me.

Mike is an English teacher I esteem and a very intriguing person. He brought me to the realization that English is not simply written in books. It is essential to converse with others in order to learn English properly. I just admire him so much.

中文思路：

说到这个话题，我想谈谈我小学时候的英语外教，他是个非常有趣的外国人，给我留下了深刻的印象。

小学四年级的时候，我们的英语课上多了一位新老师。他叫迈克，是一个英国人。他留着棕色的卷发，高高瘦瘦的，非常帅气！从那以后，我们每周都有一节课由迈克老师来上。

那是我第一次见外国人，他的教学方式和原本的英语老师完全不同。他喜欢用英语和我们聊天，还经常做出一些非常夸张的表情和动作。我觉得他心情都写在了脸上，他高兴的时候回咧开嘴大笑，在感到困惑的时候，眼睛眉毛几乎都皱在一起了，非常与众不同。他是个非常乐观和爱笑的人，课堂上不管学生说了什么，他都会非常大声的表扬他。不仅如此，他还会说一点点中文，由于口音奇怪，常常会惹得同学们哈哈大笑。这一切都给我留下了深刻的印象。

迈克是我非常喜欢的英语老师，也是个非常有趣的人。他让我明白了英语不是写在书本上的文字，必须要开口和人交流，才能学好英语。我非常喜欢迈克老师。

(八) 魔戒

21 & 22: 兴奋的书 (9-12月新题) & 喜欢的电影

Describe an exciting book that you enjoy reading Some instructions that you can follow: When you read it What kind of book it is What it is about And explain why you think it is exciting	Describe a movie that you like Some instructions that you can follow: When you watched it Where you watched it What it was about And explain why you like it
---	---

《兴奋的书》

A book that had a huge impression on me from a very young age is *Lord of the Rings*. *Lord of the Rings* is a trilogy (三部曲), but the book that I find the most exciting is the first book, *The Fellowship of the Ring*.

The *Fellowship of the Ring* is a very famous fantasy novel. Its plot follows a mismatched (不相配) group of people who are thrust into (投身于) an adventure to save the world. The two main characters, Sam and Frodo, must destroy an evil ring to defeat the enemy. My dad bought me this book when I was a young child. He was a big fan of fantasy literature and read the Tolkien novels when he was a teenager. Thus, he was very excited to share this experience with me.

I think the book is highly exciting as the plot follows the intense struggle (激烈斗争) of the main characters to overcome a monumental feat (一个不朽的壮举). Every time I read, I was immersed in the story, as if I had an adventure with the protagonist. It is a novel that inspires courage, strength, and dedication. It also taught me the importance of true friendship, as well as to have love and respect for those for whom you care deeply.

Not only were the plots exciting, but it was also a subtle legacy between my dad and me. It is a memory I cherish deeply. Furthermore, I can tell it brought such elation (开心) to my father to see his child loving something he also loves dearly.

有一本书从很小的时候就给我留下了深刻的印象，那就是《指环王》。《指环王》是一个三部曲，但对我影响最大的是第一部《魔戒再现》。

《魔戒再现》是一部非常出名的奇幻小说，讲述了一群不般配的人为了拯救世界而冒险的故事。两个主要角色，山姆和佛罗多，必须摧毁一个邪恶的戒指来打败邪恶。当我还是个小孩子的时候，我父亲给我买了这本书。我父亲非常喜欢奇幻文学，十几岁的时候就读托尔金的小说。所以，他很高兴能和我分享这段经历。

我认为这本书非常让人兴奋，它的情节是围绕着主要角色为克服一项壮举而进行的激烈斗争展开的。每次阅读我都沉浸在剧情中，仿佛和主人公一起冒险。这是一部激发勇气、力量和奉献精神的小说。它也教会了我真正的友谊的重要性，以及爱和尊重那些你深深关心的人。

这本书不仅剧情令我兴奋，也是我和爸爸之间微妙的传承，这是我非常珍惜的一段记忆，此外，我发现，当他看到自己的孩子喜欢上自己也很喜欢的东西时，他感到非常高兴。

《喜欢的电影》

A film that had a huge impression on me from a very young age is *Lord of the Rings*. *Lord of the Rings* is a trilogy (三部曲) but the film that had the greatest impact on me is the first film *The Fellowship of the Ring*.

The *Fellowship of the Ring* is a fantasy film based on the novels of J. R R. Tolkien, the plot follows a mismatched (不相配) group of people who are thrust into (投身于) an adventure to save the world. The two main characters, Sam and Frodo, must destroy an evil ring to defeat the enemy. I watched this when I was a young child in the cinema with my father. My father was a big fan of fantasy literature and read the Tolkien novels when he was a teenager. Thus, he was very excited to share this experience with me.

I think that the film is highly educational as the plot follows the intense struggle (激烈斗争) of the main characters to overcome a monumental feat (一个不朽的壮举). It is a novel that inspires courage, strength, and dedication. It also taught me the importance of true friendship as well as to have love and respect for those for whom you care deeply.

I have very fond memories of watching this film with my father. It is a memory I cherish deeply, as watching this film filled me with such joy. Furthermore, I can tell it brought such elation (开心) to my father to see his child loving something he also loves dearly.

中文思路：

有一部电影从很小的时候就给我留下了深刻的印象，那就是《指环王》。《指环王》是一个三部曲，但对我影响最大的电影是第一部《魔戒再现》。

《魔戒再现》是根据托尔金的小说改编的奇幻电影，剧情讲述了一群不般配的人为了拯救世界而冒险的故事。两个主要角色，山姆和佛罗多，必须摧毁一个邪恶的戒指来打败邪恶。当我还是个小孩子的时候，我和父亲在电影院看了这部电影。我父亲非常喜欢奇幻文学，十几岁的时候就读托尔金的小说。所以，他很高兴能和我分享这段经历。

我认为这部电影具有很强的教育意义，因为它的情节是围绕着主要角色为克服一项壮举而进行的激烈斗争展开的。这是一部激发勇气、力量和奉献精神的小说。它也教会了我真正的友谊的重要性，以及爱和尊重那些你深深关心的人。

我和爸爸一起看这部电影，有非常美好的回忆。这是我非常珍惜的一段记忆，因为看这部电影让我充满了快乐。此外，我可以告诉我的父亲，当他看到自己的孩子喜欢上自己也很喜欢的东西时，他感到非常高兴。

(九) 咖啡机

23 & 24: 花费超过预期的物品 (9-12 月新题) & 家庭设备

Describe an item on which you spent more than expected	Describe a piece of equipment that is important in your home
Some instructions that you can follow:	Some instructions that you can follow:
What it is	What it is
How much you spent on it	How often you use it
Why you bought it	With whom you use it
And explain why you think you spent more than expected	And explain why it is important

《花费超过预期的物品》

There is a certain appliance in my house that I find indispensable (不可或缺) to my daily routine, my coffee maker. I had an old coffee maker, but just a few weeks ago the coffee machine broke down and it cost a lot of money to repair, so I decided to buy a new one. I originally planned to buy one which cost few hundred Yuan, but after comparing it with other products, I finally bought a coffee machine beyond my budget. It cost nearly five thousand Yuan. Few people my age have one, but I think this machine is worth every penny.

I use the machine every day, making my coffee is the beginning of my entire morning routine. If I fail to have my coffee in the morning, I am sluggish and despondent (思虑缓慢且沮丧) throughout the day. It is so important to me because I adore a fine cup of coffee. However, I also believe that your average coffee shop overcharges for a cup of coffee. I think it is silly to pay 30 or even 40 Yuan for a cup of coffee in town when one can make a beautiful cup of coffee at home nearly for free.

Although this item was far beyond my budget, I have no regrets at the thought of using it for many years to come. It is a fantastic machine that has lots of functions. I have to say, this machine is indispensable to me because without it I work poorly, have little motivation, and become a generally unproductive member of society.

中文思路：

在我的家里有一台日常生活不可或缺的电器，我的咖啡机。它已经使用超过五年了，就在不久前咖啡机突然坏掉了，维修需要一大笔费用，因此我决定买一台新的。原本我打算买一台几百元的，在一番挑选之后，我买了一台超出我预算的咖啡机。花了近五千元。我这个年龄的人很少有咖啡机，但我认为这台机器物超所值。

我每天都用这台机器，煮咖啡是我整个早晨日常生活的开始。如果没有在早上喝咖啡，我一整天都会无精打采，这对我很重要，因为我喜欢一杯好咖啡。然而，我也知道一般的咖啡店对一杯咖啡要价过高。我觉得在城里花 30 甚至 40 元买一杯咖啡是愚蠢的，因为在家里几乎不花钱就能煮出一杯漂亮的咖啡。

虽然这件物品超出了我的预算，但一想到未来的很多年我都可以继续使用它，我就丝毫不觉得后悔。它的功能实在是太棒了。这台机器对我来说是不可或缺的，因为没有它，我就会工作得很差，没有动力，成为社会中毫无生产力的一员。

《家庭设备》

There is a certain appliance in my house that I find indispensable (不可或缺) to my daily routine, my coffee maker. In my kitchen I possess an Italian coffee machine, specifically a De'Longhi espresso machine. Coffee machines are very expensive and so it is quite rare for a person my age to own one, but I think the machine is worth every penny (超值).

I use the machine every day, making my coffee is the beginning of my entire morning routine. If I fail to have my coffee in the morning, I am sluggish and despondent (思虑缓慢且沮丧) throughout the day. In fact, my entire flat has become dependent on this equipment and my flatmates also use the coffee machine every day. It is so important to me because I adore a fine cup of coffee. However, I also believe that your average coffee shop overcharges for a cup of coffee. I think it is silly to pay 30 or even 40 Yuan for a cup of coffee in town when one can make a beautiful cup of coffee at home nearly for free. I believe coffee is one of the most indulgent (放纵的) and delectable (美味的) drinks a person can have, so I am remarkably pleased that I possess a coffee machine with which I can make my daily cup of coffee.

This machine is indispensable to me, because without it I work poorly, have little motivation, and become a generally unproductive member of society.

中文思路：

在我的家里有一台日常生活不可或缺的电器，我的咖啡机。在我的厨房里，我有一台意大利咖啡机，特别是一台德隆吉浓缩咖啡机。咖啡机很贵，所以我这个年龄的人很少有咖啡机，但我认为这台机器物超所值。

我每天都用这台机器，煮咖啡是我整个早晨日常生活的开始。如果我没有在早上喝咖啡，我一整天都会无精打采。事实上，我的整个公寓都依赖这个设备，我的室友每天也使用咖啡机。这对我很重要，因为我喜欢一杯好咖啡。然而，我也知道一般的咖啡店对一杯咖啡要价过高。我觉得在城里花 30 甚至 40 元买一杯咖啡是愚蠢的，因为在家里几乎不花钱就能煮出一杯漂亮的咖啡。我相信咖啡是一个人可以拥有的最完美和最美味的饮料之一，所以我很高兴我有一台咖啡机，我可以每天煮一杯咖啡。

这台机器对我来说是不可或缺的，因为没有它，我就会工作得很差，没有动力，成为社会中毫无生产力的一员。

(十) 戒奶茶

25 & 26: 希望养成的习惯 (9-12月新题) & 不太成功的事

Describe a habit your friend has and you want to develop	Describe a time when you tried to do something but were not very successful
Some instructions that you can follow:	Some instructions that you can follow:
Who your friend is	When it was
What habit he/she has	What you tried
When you noticed this habit	Why it was not very successful
And explain why you want to develop this habit	And how you felt about it

《希望养成的习惯》

My roommate Anna has a keen sense of the joy of life. Despite the fact she is very young, she values her wellbeing exceedingly. One of her habits that I really esteem is that she never consumes milk tea, juice or sugary sodas. Even at festivities, she will purchase sugar-free drinks such as soda water or diet Coke.

I have discerned this habit of hers ever since we first became acquainted. Every time we go out together, especially in the sweltering summer, I adore purchasing a bottle of milk tea, but she never purchases one. She would rather visit the convenience store and purchase a bottle of mineral water instead. I consider myself quite the connoisseur of drinks, especially the various types of milk tea. I would estimate that I purchase one to three bottles of drink on a daily basis. Whenever my preferred milk tea shop releases a new product, no matter how pressed for time I am, I will purchase one to test it for myself. I seldom drink water because I find it tasteless. Besides, some soda drinks with zero calorie sugar are also unappetizing for me, like Coke Zero.

Recently I have discovered such habits to be detrimental to my health because I have put on far more weight than I had previously and have also become acne-prone. Furthermore, it appears I have developed a calcium deficiency because I frequently get cramp in my calves while sleeping. In the future I shall try to abstain from consuming too much milk tea and other unhealthy drinks, but to drink water instead. I think it may have a vastly positive effect upon my health and wellbeing.

中文思路：

我的舍友 Anna 是一个热爱生活的人。虽然她很年轻，但是她非常热爱健康。他有一个我很欣赏的习惯，那就是她从来不喝奶茶，果汁和高糖分的汽水。就算是聚会等场合，他也会选择无糖的饮料，比如苏打水或者无糖可乐。

从我刚认识她起，我就注意到了她的这个习惯。每次我们两个一起出门，特别是在炎热的夏天，我都会随手买一杯奶茶，但是她从来都不买。他更愿意去便利店买一瓶矿泉水。我是一个非常喜欢喝饮料的人，尤其是各种奶茶，几乎每天都要来上一杯。每当我喜欢的奶茶品牌出了新品，不管多忙我都要去买上一杯试试。平常我也很少喝水，因为我觉得没有味道的东西很难喝。一些添加代糖的汽水，对我来说仿佛失去了灵魂，比如零度可乐。

这样的习惯让我开始变胖，皮肤也很容易长痘痘。最近我渐渐意识到这很不健康。我似乎还有些缺钙，因为我晚上睡觉的时候经常小腿抽筋。我想今后我会努力少喝奶茶，多喝一些健康的饮品，这样对我的容貌和健康都是有好处的。

《不太成功的事》

I consider myself quite the connoisseur of drinks, especially the various types of milk tea. I would estimate that I purchase one to three bottles of drink on a daily basis. Whenever my preferred milk tea shop releases a new product, no matter how pressed for time I am, I will purchase one to test it for myself. I seldom drink water because I find it tasteless. Besides, some soda drinks with zero calorie sugar are also unappetizing for me, like Coke Zero. Recently I have discovered such habits to be detrimental to my health, so I endeavor not to drink vast quantities of milk tea and other unhealthy drinks.

However, it appears that this has been an unsuccessful venture because I failed to overcome the temptation of consuming an assortment of unhealthy drinks. My resistance only held out for approximately five days, or perhaps even only one weekend. I vividly recall a moment of weakness when I passed by my favourite milk tea shop and involuntarily entered to purchase the latest milk tea. My downfall was the new product advertised at the door, it was too tempting for me!

I consider that once a habit is formed, it is a herculean task to liberate oneself of it. Even though I was aware it was detrimental to my wellbeing, I just couldn't control myself at certain moments. Breaking bad habits takes a lot of willpower. In the future, I still want to abstain from drinking excessive amounts of milk tea and other unhealthy drinks, and drink water instead. I think it may have a vastly positive effect upon my health and wellbeing.

中文思路：

我是一个非常喜欢喝饮料的人，尤其是各种奶茶，几乎每天都要来上一杯。每当我喜欢的奶茶品牌出了新品，不管多忙我都要去买上一杯试试。平常我也很少喝水，因为我觉得没有味道的东西很难喝。这样的习惯让我开始变胖，皮肤也很容易长痘痘。最近我渐渐意识到这很不健康。因此我决定戒掉奶茶和高糖分的饮料。

但这似乎是一次不太成功的尝试，奶茶对我的吸引力实在是太大了。我大概只坚持了五天，在某个周末，当我路过我最喜欢的奶茶店，我的意志被打败了。因为门口的新品宣传广告实在是太诱人了。

我认为习惯一旦养成，想要改掉其实是非常困难的。即使我知道这对我的健康有害，但在某一刹那，我就是无法控制自己。改掉坏习惯需要非常强大的意志力。我想今后我会努力少喝奶茶，多喝一些健康的饮品，比如苏打水或者无糖可乐。这样对我的容貌和健康都是有好处的。

(十一) 戴口罩

27 & 28: 给他人建议 (9-12月新题) & 朋友间的争论

Describe a time when you gave advice to others Some instructions that you can follow: When it was To whom you gave the advice What the advice was And explain why you gave the advice	Describe an argument that two of your friends have Some instructions that you can follow: When it happened What it was about How it was solved And how you felt about that
--	---

《给他人建议》

Covid-19 has become an unarguably (毋庸置疑的) severe international crisis (跨国危机), causing a countless number of deaths. Regardless of this fact, my close companion Anna frequently roved around (转悠) town without a mask. To make matters worse, she seemed to have caught a cold recently, often coughing and sneezing. I decided to have a talk with Anna and advised her to wear a mask in public place.

So last weekend, when Anna and I were having dinner, I seriously suggested to her to wear a mask while she was in public areas, so that she could protect herself and other citizens. However, Anna believed I was making a mountain out of a molehill (小题大做). She had just simply developed a harmless cough. Besides, wearing a mask constantly not only affects her respiration (呼吸), but the elastic band (橡皮筋) on it can also irritate the ear.

Anna is sharp and manipulative (操控欲强的) with a powerful personality. So, ultimately, we resolved the argument on bad terms. However, I am of the opinion that although the most critical period of the outbreak has elapsed (过去了) in China, it is nevertheless still a critical issue abroad. Furthermore, there are reports of novel infection cases arising in many cities in our country. It is imperative we pay consistent attention to it.

中文思路:

最近新冠肺炎在全球非常流行，造成了很多人死亡。即使这样，我的好朋友 Anna 还是经常不带口罩出门。更可怕的是，他最近似乎感冒了，经常会咳嗽和打喷嚏。我决定和 Anna 好好谈谈，我认为我有必要建议她公共场所必须带好口罩。

于是上周末，我约了 Anna 一起吃饭。我很认真的建议她带好口罩，这样不仅仅可以保护自己，也可以避免伤害陌生人。但 Anna 认为我有些小题大做。她只是单纯的咳嗽了，而且一直带着口罩不仅影响呼吸，上面的松紧带还会勒的耳朵痛。

Anna 是个很要强的人，我们两人谁也说不过谁，最后只能不欢而散。但在我看来，虽然中国的疫情已经过了最危险的时候，但是国外还很严重。最近很多地方都出现了新增病例，所以疫情没有结束，还远远没到可以放松的时候。

《朋友间的争论》

Covid-19 has become an unarguably(毋庸置疑的) severe transnational crisis(跨国危机), causing a countless number of deaths. Regardless of this fact, my close companion Anna frequently roved around (转悠) town without a mask. Just this previous weekend, another friend of mine, Lucy, got into an awful row (争吵) with Anna. The topic of their argument was about whether it would be proper for Anna to put on a mask or not, since Anna had developed a cough recently.

Lucy staunchly (坚决地) believed that Anna should always wear a face mask in public places, a belief made only stronger (这想法变得更坚定了) due to the fact she had developed a cough now. However, Anna believed she was making a mountain out of a molehill (小题大做). She had just simply developed a harmless cough. Besides, wearing a mask constantly not only affects her respiration (呼吸), but the elastic band (橡皮筋) on it can also irritate the ear.

Both of them are sharp and manipulative (操控欲强的) with a powerful personality. So, ultimately, they resolved the argument on bad terms. However, I am of the opinion that although the most critical period of the outbreak has elapsed (过去了) in China, it is nevertheless still a critical issue abroad. Furthermore, there are reports of novel infection cases arising in many cities in our country. It is imperative we pay consistent attention to it.

中文思路：

最近新冠肺炎在全球非常流行，造成了很多人死亡。即使这样，我的好朋友 anna 还是经常不带口罩出门。就在上周，我的另一个朋友 Lucy 和 Anna 争论起来了。她们争论的就是 Anna 既然得了咳嗽，出门是否要带口罩的问题。

Lucy 认为 Anna 需要在公众场合戴口罩，更不用说 Anna 已经开始咳嗽了。但 Anna 认为 Lucy 有些小题大做。她只是单纯的咳嗽了，而且一直带着口罩不仅影响呼吸，上面的松紧带还会勒的耳朵痛。

她们两都是很要强的人，两人谁也说不过谁，最后只能不欢而散。但在我看来，虽然中国的疫情已经过了最危险的时候，但是国外还很严重。最近很多地方都出现了新增病例，所以疫情没有结束，还远远没到可以放松的时候。

(十二) 打羽毛球

29 & 30 & 31: 帮助朋友 & 生活计划 & 健康文章

Describe a time when you helped a friend	Describe a plan in your life (that is not related to work or study)
Some instructions that you can follow:	Some instructions that you can follow:
When it was	What it is about
How you helped him/her	Why you make it
Why you helped him/her	What you need to do first
And how you felt about it	And explain how you would feel if it is successful

《帮助朋友》

Recently my best friend Lucy **confided** (向我倾诉) in me that she had discovered herself to be 5 kilograms heavier than before! She was aware that I had successfully lost weight last year, she inquired as to whether I could **give her a hand**. To which I responded of course I could! So, we discussed the situation and then established an objective to lose 5 kilograms in three months. In order to attain this accomplishment, I encouraged her to take part in some exercise every day, such as playing badminton, and, moreover, she should simultaneously adjust her diet.

Compared to many sports, playing badminton is a very healthy and undemanding kind of sport. Due to the fact that badminton is an **immensely** (非常) popular sport in China, it is very easy to find locations to play badminton and people to compete against. Furthermore, badminton is also not a very physically demanding sport. Thus, it is an uncomplicated way for her to exercise without risk of **overexerting** (用力过猛) or injuring herself.

Lucy came to the decision to play badminton three times a week, preferably after school during the week. Proper exercise at the conclusion of a **hectic** (忙碌) day of study can be very relaxing and enjoyable. At the same time, I also advised her to make proper **dietary** (饮食) adjustments to aid her in her weight loss, such as eating fewer late-night snacks and junk food. Otherwise, all her exercise will be **in vain** (徒劳)! Lucy is now on a **strict regime** (一个严格的制度) of working out and dieting, the result of which is she has lost some weight so far. Therefore, she is truly grateful that I can assist her.

中文思路:

前不久我的好朋友 Lucy 告诉我她发现自己长胖了将近 5kg，这真是一个让人沮丧的消息。因为我在去年曾经成功减肥，所以他希望我能帮助她。对此我非常乐意！所以，我们讨论了一下，给她设定了一个目标，希望她能在 3 个月内减重 5kg。为了实现这个目标，我建议她每天都做一些运动，比如打羽毛球，同时她要调整饮食。

在众多的运动项目中，打羽毛球则是一项非常好的运动。为它在中国很受欢迎，因此很容易跟朋友找到地方一起打羽毛球。此外，羽毛球也不是一项对身体要求很高的运动。这意味着，这是一个人们更容易进行锻炼的方式，而没有过度劳累或伤害自己的风险。

Lucy 决定以后一周去打三次羽毛球，最好是在周内放学后。在结束了一天忙碌的学习后进行适当的运动将会是非常令人放松且愉快的。于此同时，我也建议她进行适当的饮食调整来帮忙减肥，例如少吃宵夜和零食。不然她的运动都白费了！Lucy 目前正在坚持运动和节食，目前已经减了一些体重了。因此她非常感激我能帮助她。

《生活计划》

Recently I discovered myself to be 5 kilograms heavier than before! I realized I was in a **trying** (令人厌烦的) situation. I was overweight, which was not only **unsightly** (难看), but also a serious risk to my wellbeing. So, I want to make a daily plan to do some exercise.

Compared to many sports, playing badminton is a very healthy and **undemanding** (要求不高) kind of sport. Due to the fact that badminton is an **immensely** (非常) popular sport in China, it is very easy to find locations to play badminton and people to compete against. Furthermore, badminton is also not a very physically demanding sport. Thus, it is an uncomplicated way for me to exercise without risk of overexerting or injuring myself.

I am aware my friend Anna frequently goes to the university indoor stadium to participate in badminton matches, so I would like to accompany her. I intend to play badminton three times a week, preferably after school during the week. Proper exercise at the conclusion of a hectic day of study can be very relaxing and enjoyable. At the same time, I also **heeded advice** (吸取建议) to make proper dietary adjustments to aid me in my weight loss, such as eating fewer late-night snacks and junk food. Otherwise, all my exercise will be **in vain** (徒劳)!

If I can persist with my goals, I think I will undoubtedly lose weight and become healthier. **I will be over the moon** (开心得不得了)!

中文思路：

最近，我发现自己的体重增加了将近 5kg。这真是一个让人沮丧的消息。我感觉自己遇到了一项巨大的困难，我超重了，这样不仅难看，对健康也有很大的风险。所以，我想制定一个运动计划。

在众多的运动项目中，打羽毛球则是一项健康又快乐的运动。因为它在中国很受欢迎，因此很容易跟朋友找到地方一起打羽毛球。此外，羽毛球也不是一项对身体要求很高的运动。这意味着，这是一个人们更容易进行锻炼的方式，而没有过度劳累或伤害自己的风险。

我知道我的同学莎拉经常去学校的室内羽毛球场打羽毛球，我准备跟她一起打羽毛球。我计划一周去打三次，最好是在周内放学后。在结束了一天忙碌的学习后进行适当的运动将会是非常令人放松且愉快的。于此同时，我也需要进行适当的饮食调整来帮忙减肥，例如少吃宵夜和零食。不然我的运动都白费了！

如果我能一直坚持下来的，我认为我一定能瘦下来，而且身体会变得更健康。我肯定会开心炸了！

《健康文章》

Describe an interesting article on health you read on magazine or the Internet

Some instructions that you can follow:

What it was

Where you read it

Why you read it

And how felt about it

I want to talk about an article about healthy lifestyle that I read last year. One day when I was browsing on the internet, I saw this article. The name of this article was very eye-catching (吸引人的), “Look Younger, Live Longer”.

I spent several minutes reading it and got very useful information from it. It listed some evidence which prove that it is impossible for people to lose weight by skipping meals (节食减肥). To lose weight requires proper exercise and good eating habits. It also explained the health benefits of exercise, such as that playing badminton can improve cardiopulmonary ability (心肺功能) and limb coordination (协调能力).

Not like other articles about health, this article was very interesting and convincing because it showed lots of scientific evidence, which made it very convincing. Nowadays, sedentary (久坐不动) jobs prevent people from undertaking physical activities. But if we don't exercise, we will easily get fat or suffer from sickness. Although I am still a student, I seldom do exercises in my spare time.

I think I should change my lifestyle and to do so I think playing badminton would be a good choice. As it is a very popular sport in China and therefore it is very easy to find places to play badminton and people to play with. Furthermore, badminton is also not a very physically demanding sport. This means it is an easier way for me to exercise without risk of over exerting or injuring (受伤) myself. I know my classmate Sarah often goes to play badminton. I'm going to join them.

中文思路：

我想谈下我读过的一篇关于健康的文章。去年的一天，我在网上看到的这篇文章。这篇文章的标题非常吸引人，叫做《看起来年轻的人活得更久》我花了几分钟时间阅读，得到了很多关于健康的知识。

它讲了很多关于健康的理念。我印象深刻的有两点，第一点是人们以不吃饭的方式来减肥是非常错误的，减重需要适当的运动和合理的饮食习惯。第二就是它阐述了运动对健康的好处，比如打羽毛球会提高心肺能力和四肢协调性。

我觉得这篇文章写的很好，因为它用很多科学依据来证明它的理论，跟其他关于健康的文章不一样。现代人们从事的固定工作让人们很少出去运动。但是我们越是不运动的话，就越是容易肥胖或者患上各种疾病。虽然我还没开始工作，但是我现在也很少运动。

这篇文章让我萌发了坚持运动的念头，而打羽毛球则是一项我应该会喜欢的运动因为它在中国很受欢迎，因此很容易跟朋友找到地方一起打羽毛球。此外，羽毛球也不是一项对身体要求很高的运动。这意味着，这是一个人们更容易进行锻炼的方式，而没有过度劳累或伤害自己的风险。我知道我的同学莎拉经常去打羽毛球，我准备加入她们。

(十三) 六旬老太半夜王者五杀

32 & 33: 社交媒体趣事 & 当地新闻

Describe a time you saw something interesting on social media	Describe a piece of local news that people are interested in
Some instructions that you can follow:	Some instructions that you can follow:
When it was	What it was about
Where you saw it	Where you saw/heard it
What you saw	Who was involved
And explain why you think it was interesting	And explain why people were interested in it

Not long ago, I read a fascinating piece of news on Weibo. The news informed me that a 60-year-old woman achieved a Penta Kill in the King of Glory at 3.am. The news was a rapturous talking point in our classmate social sphere, and everyone was discussing it frantically.

King of Glory is an immensely popular mobile game which most of my peers around me are playing, despite whether they are male or female, everyone plays it. However, it is unbelievable and incredulous to believe that a woman over the age of 60 managed to accomplish a Penta kill in this game, furthermore that the event occurred at 3am. It is my theory that this achievement was performed by her son or possibly even her grandson because I refuse to believe that a 60-year-old woman can play with such skill. It is possible that the account was registered with the woman's ID card, but the player is in fact her grandson.

At that time, our country had just introduced a policy to prevent juveniles from indulging in mobile games. Users are required to go through facial recognition to gain access, and those who are beneath the age of 18 can only log in between the hours of 9 and 10 PM on Saturday and Sunday. I believe that this is the cause of why such a strange occurrence would happen. People in the community are very concerned regarding this policy because nowadays there are far too many children addicted to playing games and watching TikTok. Obviously, this is detrimental to their growth and development. However, when parents themselves feel the need to covertly aid their children to play games, the law becomes a bit ridiculous.

中文思路：

不久前，我在微博看到了一则有趣的消息。那就是有一个六旬老奶奶在凌晨三点玩王者荣耀游戏，取得了五杀的成就。这则消息我们同学圈子里都炸开了，大家都在疯狂地议论这件事情。

王者荣耀是一款非常热门的手机游戏，我身边的很多人都在玩，无论男生还是女生。但是一个六十多岁的老奶奶竟然能在这个游戏中达成五杀的成就，这听起来非常之不可思议，而且还是在凌晨 3 点发生的。我猜测这个成就是这位老奶奶的儿子或者孙子取得的，因为我不认为一个六旬老奶奶能玩得这么好。很可能这个账号是用老奶奶的身份证注册的而已，实际玩家是他的孙子。

因为那个时候，我们国家刚刚出台了防止未成年人沉迷游戏的一些政策。玩家登陆游戏端需要做人脸识别，而未达 18 岁的青少年只能在周六日的 9-10 点登陆游戏。所以奶奶的孙子或者孩子才会用奶奶的身份证注册账户玩王者荣耀。我们周边的人们都很关注这个政策，因为现在太多的小孩子沉迷打游戏看抖音。很明显这是不利于他们的健康成长的。但当家长自己都偷偷帮助孩子玩游戏，这项法规就显得有些滑稽了。