*p2框架*

*框架是在p2中经常使用，一个内容可以回答很多题目的东西，先把红色框架熟练，后面练习p2就会事半功倍。*

*方法：*

*框架熟练以后，练习15个p2以后就能够加深对框架的理解和运用。*

*6分的要求：1分钟*

*6.5+的要求是不低于1分半*

*P2字数一般在180-250之间，每个人语速不同， p2多出的内容可以选择删除。*

*对于p2而言，最重要的就是和大题目最相关的句型。 比如Describe a famous person you are interested in。那么和famous及interested in相关的句型就是最关键的；再比如Describe the politest person you know，那么和politest相关的句型就是最关键的。其次，p2里面大量运用了框架。*

*如果时间不够，每个p2就只练和大题目最相关的句型。*

*（ ）是连读的地方*

*时间框架：*

*I do remember the （time of） day quite clearly though（仍然记得那一天）. It was late morning, sometime around 11-ish.（大约）*

*地点框架：*

*When I had just finished middle school and （went on） holiday（度假） with a few friends to Thailand.*

*It is somewhere in the outskirts（郊区） of the city, just a few minutes’ walk from my apartment.*

*It’s shaped like a triangular box. The architectural style is absolutely distinctive. When night falls，it emits green and brown and all kinds of colors，just resembles a rainbow.*

*城市：It was just, （kind of） like, not so crowded, and you know, the locals were super friendly, um the food was great there, so it just seemed like such a nice, relaxing city. I mean, everyone in the streets looked cheerful, for example, you know it wasn’t like one of these huge cities with a fast-paced life and everyone rushing to get where they need to go. It wasn’t like that at all. Everyone was just （chilled out）, and the whole city had a really （kind of） laid- back (悠闲的) atmosphere to it.*

*人物框架：*

*The person I want to talk about （is an） American internet celebrity. He is one of the most emotional celebrities I've ever seen. I have known him for a long time. He looks much younger than he really is, and he looks like he has just （walked off） the （cover of） a magazine.（看上去比实际年轻，就像是漫画里走出来的一样）*

*It is he who encourages me to keep going when I don’t feel like doing anything（我不想做的时候鼓励我）, and he can always give me a listening ear, a warm shoulder and a helping hand whenever I truly need help,（给予倾听，帮助）*

*事件框架：*

*I had been trying to get rid of my love handles(减掉脂肪) for a long time，but a lot of my friends kept saying that I couldn't do it，but I said I would never give up，my father said，“if you could lift dumbbells，you would lose 20 pounds”.so he taught me how to use this stuff to build up my body. At first it was a big concept to swallow, but I got the （hang of it） fairly quickly.(一开始不知道,后来就掌握了技巧）.*

*The whole table was covered with food. I mean, there was（肉是单数所以用was） crab, chicken, duck, what else，oh yeah！ shrimps, and a whole （load of） different vegetables. So by the （end of it）, I was absolutely stuffed (撑了)*

*感受框架：*

*Enduring the noise of strangers(忍受) was a nightmare，because I had no choice but to listen to their private conversation over and over again. So it really drove me crazy, especially trying to ignore his nonsense(废话), which I found really confusing.*

*物品框架：*

*It’s （made out） of lightweight, waterproof （防水）material, which （makes it） easy to carry.*

*内容框架：*

*Weight training(举铁) helps you burn more calories every day, building more muscle mass（练肌肉） is one thing that can increase a person’s metabolism(新城代谢)，so I can’t emphasize enough the importance of doing strength training（力量训练）.*

*理由框架：*

*I am particularly crazy about sharing ,but I have no choice but to go to the school library coz I am busy with my courses right now(忙着学习)，that‘s ok，but if I had the chance to communicate with this guy, I think it would be able to get myself motivated（激励我）, and of course the icing on the cake(锦上添花的是) is that I would be able to pick his brains（请教），so just thinking about it，makes me wanna see him.*

*细节感受框架：*

*He seemed to have this strong awareness of the fact that I was there, you know, he could, like, sense my presence and um, it sort of felt like he was communicating with me in some kind of way and he was trying to bite me when I made eye contact with him.*

*人物细节框架*

*I think he is the person who is full of energy, coz he has been studying English for more than 10 years, which has laid a solid foundation for him，he devotes plenty of time and energy to learning English.*

*人物动作框架*

*He went on the Internet to put out content(重音在con这里!上传内容) in terms of helping people feel good or better about themselves.*

*Describe a businessman that you admire*

*You should say:*

*Who this person is*

*The person I want to talk about is an American businessman, he must be one of the most successful and energetic people I've ever seen. He looks much younger than he really is and he looks like he has just walked off the cover of a magazine.*

*How you got to know this person*

*I suppose it must have been through either watching the news on TV or the internet.*

*What the business includes*

*It is one of the most successful businesses I've ever seen, and it mainly focuses on giving business advice called XX- where more than 2000 workers are working. The employees are those who want to give people a listening ear, a warm shoulder and a helping hand whenever small companies truly need help.*

*And explain what you know about the business*

*The company has managed to grow(达到增长）from 2 staff（员工）to over 2,000 over the course of just 3 years, which I think is unbelievable. And another thing to mention would be that, most of his business comes from return customers(回头客），which I think the company has been able to maintain good product quality and keep their customers happy.*

*or：*

*（or的意思是不回答这个小问，直接结合大题目回答。p2可以少回答一个小问，结合大题目来说，这样就可以尽可能使用框架，但是也要注意扣题。扣题的意思是每说2到3句话就要尽可能和大题目发生关系）*

*I am particularly crazy about starting a new business ,but I have no choice but to go to the school library coz I am busy with my courses right now(忙着学习)，that‘s ok，but if I had the chance to communicate with this guy, I think it would be able to get myself motivated（激励我）, coz his company has managed to grow(达到增长）from 2 staff（员工）to over 2,000 over the course of just 3 years and of course the icing on the cake(锦上添花的是) is that I would be able to pick his brains（请教），I mean，most of his business comes from return customers(回头客），which I think he has been able to maintain good product quality and keep their customers happy.so I really admire his work.*

*Describe a creative person whose work you admire*

*You should say:*

*Who this person is*

*The person I want to talk about is an American internet celebrity , he must be one of the most creative people I've ever seen.*

*How you knew he/she*

*I suppose it must have been through either watching the news on TV or the internet.*

*What creative things he/she has done*

*He goes on the Internet to put out unique content(重音在con这里!上传内容) in terms of helping people feel good or better about themselves like reading imaginative books，sharing inventive quotes(好的名言) and telling original stories. In order to catch the eyeballs, he often wears long, baggy shorts ,but some bloggers have given up producing videos because of lack of time and energy . So I think he is the kind of person who is willing to welcome challenges and is not easily put off by 'seemingly' difficult tasks.*

*或者用：*

*He had been trying to get rid of his love handles(减掉脂肪) for a long time in a normal way, but it didn’t work out(没用).， he said，“if I could use creative ways to lose weight,I would lose 20 pounds". So he placed a mirror on the wall facing the dining table instead of running on a treadmill or lifting dumbbells. He said “hanging a mirror opposite from where I sit will make me eat less junk."At first it was a big concept to swallow, but he got the （hang of it） fairly quickly.(一开始不知道,后来就掌握了技巧）. Finally, He lost 20 pounds.*

*And explain why you think he/she is creative*

*I think he is the person who can think outside of the box, coz he has been reading all kinds of books for more than 10 years, which has laid a solid foundation for him.He devotes plenty of time and energy to thinking about something in a way that is new or different . He always says, "imagination is more important than knowledge. Knowledge is limited. Imagination encircles the world."*

*Describe a person who offer a clever solution to a problem*

*You should say:*

*Who this person is*

*The person I want to talk about is my fitness trainer, he must be one of the most intelligent and smartest people I've ever seen.*

*What the problem was*

*I had been trying to get rid of my love handles for a long time，but I just ran on the treadmill but it didn’t work out(没用).So I had no choice but to pick his brains, he said, " you need to go to the gym to lift dumbbells pretty much every day, at first it was a big concept to swallow, but I got the hang of it fairly quickly. Finally， I lost 20 pounds in 2 weeks！*

*How he/she solved it*

*he said, "weight training(举铁) helps you burn more calories every day, building more muscle mass（练肌肉） is one thing that can increase a person’s metabolism(新城代谢)，so I can’t emphasize enough the importance of doing strength training."*

*And explain why you think he/she did it in a smart way*

*I think he is the person who can kill two birds with one stone, coz he has been teaching fitness courses for more than 10 years, which has laid a solid foundation for him. He devotes plenty of time and energy to thinking about something in a way that is new or efficient. In other words, I can trust him.*

*Describe a good service you received*

*You should say:*

*What the service was*

*We went a restaurant on a Friday evening. The staff were very well trained, professional and very attentive. They seemed to have this strong awareness of the fact that I was there, you know, they could, like, sense what was upsetting me, coz my phone was out of battery. you know what? They immediately gave me a power back. and um, it sort of felt like they were communicating with me in some kind of way and when I made eye contact with them.*

*When you received it*

*I can't remember when it was exactly, cos I'm pretty forgetful (健忘）, but I guess it was probably around um… two or three months ago, something like that.*

*Who you were with*

*I went there with a bunch of friends.*

*And how you felt about it*

*The staff there is super friendly, um the service is great there, so it just seems like such a nice, relaxing cafe. I mean, everyone looks cheerful, for example, you know it isn’t like one of these noisy restaurants with a fast-paced life and everyone rushing to get where they need to go. It isn’t like that at all. Everyone is just （chilled out）, and the whole restaurant has a really （kind of） laid- back (悠闲的) atmosphere to it.*

*Describe a cafe you like to visit*

*You should say:*

*Where it is*

*It is somewhere in the downtown areas of the city, just a few minutes’ walk from my apartment. There is a famous street called xx.*

*What kinds of food and drinks it serves*

*You will be provided breakfast, lunch and dinner, as well as soft drink, fruit juice, tea and coffee.*

*What you do there*

*I do some reading ,which is what I often do.*

*And explain why you like to go there*

*The staff were very well trained, professional and very attentive. They seemed to have this strong awareness of the fact that I was there, you know, they could, like, sense what was upsetting me, coz my phone was out of battery. you know what? They immediately gave me a power back（充电宝）. and um, it sort of felt like they were communicating with me in some kind of way and when I made eye contact with them. So it just seems like such a nice, relaxing cafe. I mean, everyone looks cheerful, for example, you know it isn’t like one of these noisy coffee shops with a fast-paced life and everyone rushing to get where they need to go. It isn’t like that at all. Everyone is just （chilled out）, and the whole restaurant has a really （kind of） laid- back (悠闲的) atmosphere to it.*

*Describe an activity you usually do that wastes your time*

*You should say:*

*What it is*

*Scrolling through funny videos while lying on the couch would be great for helping me relax.Apps that I like to use are those which can create funny videos, like Tiktok for example. Not only can they go viral, but they can make me laugh. So I spend a lot of time watching Tiktok.*

*When and where you usually do it*

*I am the kind of person who likes to share good short videos with my friends. I go on the Internet anytime anywhere.*

*Why you do it*

*If I can use it to take a break, I think it can get myself motivated（激励我）, and of course the icing on the cake(锦上添花的是) is that I've used it to gain a great deal of knowledge. You know,*

*If I find it super dull and boring, I won't waste time doing it.*

*And explain why you think it wastes your time*

*This app seemed to have this strong awareness of the fact that I was there, you know, he could, like, sense my presence and um, it sort of felt like he was communicating with me in some kind of way and he was trying to catch my eyeballs when I wanted to block it on my phone. I think what basically sets it apart from most other apps is that when opening the app, the time and battery status bar disappears, so I can easily lose track of how long I spend on the app.*

*Describe an activity you often enjoy doing when your work or school day ends （同上）*

*You should say:*

*What it is*

*When do you usually do it*

*How you feel about it*

*And explain why do you do it*

*Describe a time when you moved to a new home/school*

*You should say:*

*When you moved*

*I can't remember when it was exactly, cos it was quite a while ago, but I guess it was probably around um… three or four years ago, something like that.*

*Where you moved*

*I moved to the outskirts of the city..*

*Why you moved*

*Enduring the noise upstairs(忍受) was a nightmare，because I had no choice but to listen to their private conversation over and over again. So it really drove me crazy, especially trying to ignore footsteps, which I found really confusing. So I realized that the only thing that I could do is move out to a quieter place.*

*And how you felt about it*

*I was sick and tired of moving. It's too much effort, so I can never usually be bothered. I mean, I had to sort out what to keep and what to get rid of/donate over and over again. So I was pissed off because I was like, oh my god, if I had already found a nice place to live at first, that wouldn't have happened. But the living room is about three or four times the size of this room. And, um...what else...oh yeah, and another thing to mention is the view, because I live quite high up, on the twentieth floor, so I've got a really nice view. I think it is 100% worth it. What happened downstairs has nothing to do with me（楼下发生的事和自己没什么关系）, including noise, which I find really great .*

*Describe a tall building in your city you like or dislike.*

*You should say:  
Where it is*

*It is somewhere in the downtown areas of the city, just a few minutes’ walk from my apartment. I can see it from my home.*

*What it is used for*

*It’s not just a mall but also an attraction as well. Every part of it is unique compared to different malls I have visited. And what's great about it is that on the top floor there is a bar where the young generations hang out with friends and spend quality time with their loved ones, but there are not that many people.*

*What it looks like*

*I think what basically sets it apart from most other buildings is that It’s shaped like a triangular box. The architectural style is absolutely distinctive. When night falls，it emits green and brown and all kinds of colors，just resembles a rainbow.*

*And explain why you like or dislike it*

*It is just, （kind of） like, not so crowded, and you know, the staff there is super friendly, um the service is great there, so it just seems like such a nice, relaxing building. I mean, everyone looks cheerful, for example, you know it isn’t like one of these big skyscrapers with a fast-paced life and everyone rushing to get where they need to go. It isn’t like that at all. Everyone was just （chilled out）, and the whole building has a really （kind of） laid- back (悠闲的) atmosphere to it.*

*Describe a street market you have been to.*

*You should say:  
Where it is*

*There's a street market within a stone's throw of my apartment. It is somewhere in the outskirts（郊区） of the city, just a few minutes’ walk from my apartment. And I often go there to grab a bite. I guess I’m a super big fan of different kinds of foods.*

*When you went there*

*I can't remember when it was exactly, cos I'm pretty forgetful (健忘）, but I guess it was probably around um… two or three months ago, something like that.*

*Why you went there*

*It was just, （kind of） like, not so crowded, and you know, the vendors were super friendly, um the food was great there, so it just seemed like such a nice, relaxing street. I mean, everyone in the streets looked cheerful, for example, you know it wasn’t like one of these noisy streets with a fast-paced life and everyone rushing to get where they need to go. It wasn’t like that at all. Everyone was just （chilled out）, and the whole street had a really （kind of） laid- back (悠闲的) atmosphere to it.*

*And I still remember the whole street was covered with food. I mean, there was（肉是单数所以用was） crab, chicken, duck, what else，oh yeah！ shrimps, and a whole （load of） different vegetables. So by the （end of it）, I was absolutely stuffed (撑了)*

*And explain how you felt about this experience.*

*It was this street that reminded me of the happy time I spent those days. I used to invite my friends to try mouth-watering lamb skewers. There’s nothing quite like hanging out with friends, talking about our day and chilling out in the sun with a cool drink.*

*Describe a band or singer who you like.*

*You should say:  
What style of songs they sing / music they play*

*The songs they play are just, （kind of） like, not so raucous, and you know, the music is super melodious, um the rhythm is great there, so their songs just seem like such a nice, relaxing massage. I mean, each piece of music sounds peaceful, for example, you know the songs are not like one of these rock and roll bands with a fast-paced rhythm and everyone rushing to shout in order to be heard. They are not like that at all. Everyone was just （chilled out）, and the whole band has a really （kind of） laid- back (悠闲的) atmosphere.*

*When you listen to them*

*If my memory serves me correctly (如果没记错的话), I suppose it must have been when I was about 15 or 16.*

*Where you listen to them*

*When I had just finished middle school and went on holiday with my family to a music museum. It was somewhere in the outskirts of the city, far away from my apartment.*

*And explain why you like this band or singer.*

*Whenever I see them on TV，they always seem to be happy .I mean，I have never seen them argue or shout at each other，and they have also never said anything bad about each other. And as well as this， I think the lead singer is the person who is full of energy, coz he has been doing this for more than 10 years, which has laid a solid foundation for him，he devotes plenty of time and energy to writing songs. It is he who encourages me to keep going when I don’t feel like doing anything（我不想做的时候鼓励我）.*

*Describe an old person you know and respect.*

*You should say:  
Who this person is*

*The person I want to talk about is a neighbor of mine. He is 70 years old and still learning English as if he were 35.I think he is the person who is full of energy, coz he has been studying English for more than 10 years, which has laid a solid foundation for him，he devotes plenty of time and energy to learning English. In his spare time, he goes to the library to study English grammar and analyze grammatical structure of English sentences, which enables him to have a deeper understanding of this language than other people do.*

*How you know this person*

*Because he lives just next door to me，we often bump into each other（不期而遇），and we have now become pretty good friends.*

*What he or she is like*

*He often wears long, baggy shorts. He looks much younger than he really is, and he looks like he has just （walked off） the （cover of） a magazine.  
And explain why you respect this person*

*I am the kind of person who is willing to practice spoken English pretty much every day, but I am so lazy that I don't even do things that would take little effort. It is he who encourages me to keep going when I don’t feel like doing anything（我不想做的时候鼓励我）, and he can always give me a listening ear and a helping hand whenever I truly need help,（给予倾听，帮助）he once said" no matter how difficult it gets, you have to keep doing ".*

*Describe a puzzle (jigsaw) you enjoy doing.*

*You should say:  
What it is like*

*The puzzle I want to talk about is Sudoku, it is literally the most difficult thing I've ever played. I have been playing Sudoku since I was 6 years old. I think what basically sets it apart from most other games is that I need to solve this puzzle in which there are 9×9 grids and each column must contain 1 to 9 digits without being repeated.*

*How easy or difficult it is*

*Sudoku puzzles can be very challenging，coz you have no choice but to think outside of the box. So it can really drive me crazy, especially trying to break these challenging puzzles down into simple pieces, which I find really confusing. But my dad always gives me a helping hand, and it is he who encourages me to keep going when I feel like giving up.*

*How long it takes you to solve*

*It takes between 10 to 30 minutes to complete depending on my skill and expertise and the difficulty of the puzzle.*

*And explain how you feel about it*

*Playing Sudoku would be great for helping me relax. Coz by doing this, not only can I reduce anxiety and stress, but I can reason quickly and think abstractly. To be a bit more specific, solving puzzles helps keep my brain sharp and gives me a great sense of satisfaction.*

*Describe a law or regulation about environmental protection.*

*You should say:  
What it is*

*The law is about forcing people to recycle, and there are punishments for people who fail to adhere to this law, ranging from a small fine to community service or even perhaps prison sentences for repeat offenders. These measures would act as a deterrent and encourage people to obey the recycling law.*

*How you first learned about it*

*I can't remember when it was exactly, cos I'm pretty forgetful (健忘）, but I guess it was probably around um… two or three years ago, something like that.*

*Who benefits from it*

*It contributes to a functioning society. Not only can we protect the ecosystem，but we can become more energy efficient.*

*And explain how you feel about this law or regulation*

*Looking at the pros, I would say that a new recycling law would be great for us to tackle the waste problem, which is good because cities now are badly affected. And as well as this, I guess another plus point is that the improved behaviour of homeowners could lead to a waste-free environment. However, I believe that we should do more than simply introduce a recycling law. It might be more effective if we put education rather than punishment. For example, children could be taught about recycling in schools, and homeowners could be informed about the environmental impact of household waste.*

*Describe an occasion when many people were smiling.*

*You should say:  
When it happened*

*If my memory serves me correctly (如果没记错的话), I suppose it must have been when I was about 15 or 16.*

*Who you were with*

*I went there with my family.*

*What happened*

*It was a really wonderful wedding, and there were some parts of it that moved me quite a lot, such as when the bride broke*

*down into tears when she was on stage thanking her parents for all the support they had given her. Suddenly, a piece of music went on(出现）,it really melt our hearts.*

*And explain why many people were smiling*

*We got such a strong feeling of satisfaction, when we saw the look of joy on their faces. We just loved the atmosphere of this wedding. It was just, （kind of） like, not so crowded, and you know, the guests were super friendly, um the food was great there, so it just seemed like such a nice, relaxing wedding. I mean, everyone s looked cheerful, for example, you know it wasn’t like one of these noisy weddings with a fast-paced life and everyone rushing to propose a toast(敬酒）. It wasn’t like that at all. Everyone was just （chilled out）, and the whole wedding had a really （kind of） laid- back (悠闲的) atmosphere to it.*

*Describe an occasion when you were proud of your parents.*

*You should say:*

*What the occasion was*

*I'm gonna talk about their second wedding. They got married without a wedding for the first time, and they didn't want to regret it, so they planned a sequel wedding.*

*When and where it happened*

*If my memory serves me correctly (如果没记错的话), I suppose it must have been when I was about 15 or 16. It was somewhere in the outskirts of the city, far away from my apartment.*

*What your parents did*

*It was a really wonderful wedding, and there were some parts of it that moved me quite a lot, such as when my mom broke*

*down into tears when she was on stage thanking my dad for all the support he had given her. Suddenly, a piece of music went on(出现）,it really melt our hearts.*

*And explain why you were proud of them*

*You know, maintaining a happy marriage was a nightmare，because they had no choice but to learn to negotiate conflict over and over again. So it really drove most people crazy, especially trying to show respect for each other at all times, which I found \really challenging, but they did a great job, so I was so proud of my parents. Whenever I see them, they always seem to be happy. I mean, I have never seen them argue or shout at each other, and they have also never said anything bad about each other.*

*Describe an occasion when you were not allowed to use your mobile phone.*

*You should say:  
When it was*

*I can't remember when it was exactly, cos I'm pretty forgetful (健忘）, but I guess it was probably around um… two or three months ago, something like that.*

*Where it was*

*It was somewhere in the outskirts of the city, far away from my apartment.*

*Why you were not allowed to use your mobile phone*

*I had been trying to use my phone to look up some words and phrases in the library for a long time，but one day the library director kept saying that I couldn't do it，but I said "I am quiet, I don't make any noise." A friend of mine said，“if you could obey the rule(遵守规则)，you would still gain a great deal of knowledge without your phone. At first it really drove me crazy, but I had no choice but to behave well.*

*And explain how you felt about it*

*He seemed to have this strong awareness of the fact that I was there, you know, he could, like, sense my presence and um, it sort of felt like he was communicating with me in some kind of way when I was trying to use my phone. But the library director humorously said,"Hey, I am just switching off my phone, so no one can bother you."I was laughing and I was just thinking at that time: if we could have a friendly chat with the person you'd like to persuade, we would be able to achieve a win-win situation.*

*Describe a quiet place where you like to spend your time.*

*You should say:  
Where it is*

*It is somewhere in the outskirts of the city, far away from my apartment.*

*How often you go there*

*Not that often, probably only something like two or three times a year. I have a lot on my plate, which gives me less time to go there.*

*What you do there*

*A variety of things are available in that museum. What I like the most is that there is a video room，in this room，I can watch any colorful pictures in history by clicking the mouse on the screen .When I feel tired，I watch green paintings. And if I feel anxious，I would listen to the soft music that they play to calm down.*

*And explain how you feel about this place*

*It is just, （kind of） like, not so crowded, and you know, the staff there is super friendly, um the service is great there, so it just seems like such a nice, relaxing building. I mean, everyone looks cheerful, for example, you know it isn’t like one of these noisy places with a fast-paced life and everyone rushing to get where they need to go. It isn’t like that at all. Everyone was just （chilled out）, and the whole museum has a really （kind of） laid- back (悠闲的) atmosphere to it.*

*Describe a company that employs a lot of staff in your city.*

*You should say:  
What it does/ How many people it employs*

*It is one of the most successful businesses I've ever seen, and it mainly focuses on giving business advice called XX- where more than 2000 workers are working.*

*What kind of people work there*

*The employees there look much younger than they really are and they look like they have just walked off the cover of a magazine. I guess the company try to use good-looking people to catch the eyeballs on the internet. They are those who want to give people a listening ear, a warm shoulder and a helping hand whenever small companies truly need help.*

*And explain how you feel about it*

*The company has managed to grow(达到增长）from 2 staff（员工）to over 2,000 over the course of just 3 years, which I think is unbelievable. And another thing to mention would be that, most of his business comes from return customers(回头客），which I think the company has been able to maintain good product quality and keep their customers happy.*

*Running a big company is a nightmare，because there are a lot of things to do. You know, labor costs can account for up to 70% of total business costs, so it really drives most companies crazy, especially trying to become a better leader, build your team, and spread your message, which I find really challenging, but this company does a great job.*

*Describe a leisure activity on/near the sea.*

*You should say:*

*What it is*

*One thing that comes to mind is swimming. I think what basically sets it apart from most other activities is that it is more comfortable than working out on land because you are less likely to overheat and there is no sweat involved.*

*When you did this activity*

*when I had just finished middle school and went on holiday with a few friends to Thailand. I do remember the time of day quite clearly though. It was late morning, sometime around 11-ish. We were playing on the beach.*

*How you did it*

*I did what I often do ,which was to warm up and stretch my muscles and joints and jump right in.*

*And explain how you feel about it*

*I seem to have this strong awareness of the fact that my soul is healed after jumping right in, you know, I could, like, sense my nerves and um, it sort of feels like they are communicating with me in some kind of way and they are trying to give me five （击掌）when I talk to them. I feel my thoughts darting around (快速移动) my body. It sort of felt like they are trying to get myself motivated. And as well as this, the feeling of water moving over my body creates a massage-like sensation. I find it fun being able to swim in the cool water.*

*Describe an famous athlete that you know*

*You should say:*

*Who he/she is*

*The person I want to talk about is XXX, he must be one of the most energetic players I've ever seen, I have known him since primary school, he looks much younger than he really is and he looks like he has just walked off the cover of a magazine.*

*How you knew him/her*

*I suppose it must have been through either watching the news on TV or the internet.*

*What he/she has achieved*

*He had been trying to get an Olympic gold medal in swimming for a long time，but a lot of people kept saying that he couldn't do it，but he said he would never give up，he said，“if I could bend over backwards to train harder ，I would get an gold medal”.So he did what he can to train like an Olympic champ every single day. At first it was a big concept to swallow, but he got the （hang of it） fairly quickly.(一开始不知道,后来就掌握了技巧）.Finally，he became the first Chinese man to win an Olympic gold medal in swimming.*

*And explain why he/she is famous*

*He devotes plenty of time and energy to doing charity work. In his spare time, he often goes to the school to give*[*money*](https://dictionary.cambridge.org/us/dictionary/english/money)*,*[*food*](https://dictionary.cambridge.org/us/dictionary/english/food)*, or*[*help*](https://dictionary.cambridge.org/us/dictionary/english/help)*to those who need it, which leaves a good impression on his fans. I am the kind of person who is willing to keep moving forward pretty much every day, but I am so lazy that I don't even do things that would take little effort. It is he who encourages me to keep going when I don’t feel like doing anything（我不想做的时候鼓励我）,he once said" no matter how difficult it gets, you have to keep doing ".*

*Describe a creative person whose work you admire*

*You should say:*

*Who this person is*

*The person I want to talk about is an American internet celebrity , he must be one of the most creative people I've ever seen.*

*How you knew he/she*

*I suppose it must have been through either watching the news on TV or the internet.*

*What creative things he/she has done*

*He went on the Internet to put out unique content(重音在con这里!上传内容) in terms of helping people feel good or better about themselves pretty much every day and did things like reading imaginative books，sharing inventive*

*quotes(好的名言) and telling original stories. At first it was a big concept to swallow, but he got the （hang of it） fairly quickly.(一开始不知道,后来就掌握了技巧）*

*And explain why you think he/she is creative*

*I think he is the person who can think outside of the box, coz he has been reading all kinds of books for more than 10 years, which has laid a solid foundation for him，he devotes plenty of time and energy to thinking about something in a way that is new or different . He always says, "imagination is more important than knowledge. Knowledge is limited. Imagination encircles the world."*

*Describe an activity that you attend occasionally but a little expensive*

*You should say*

*What it is*

*One thing that comes to mind is scuba diving. It is a mode of underwater diving where the diver uses a breathing apparatus (成套装备)to breathe underwater.*

*Where you do it*

*Places that I like to go to are those which have some kind of unique attractions, like Thailand for example.*

*Why you do it*

*I am particularly crazy about scuba diving, but I have no choice but to go to the school library .Coz I am busy with my courses right now(忙着学习) , that's ok, but if I have the chance to dive into the sea, I will be able to admire the beauty of sea creatures. And of course the icing on the cake is that（锦上贴花） I will be able to close my eyes and listen to the sound of the waves crashing against the shore. So just thinking about it，makes me wanna have a go.*

*And explain why it is expensive*

*On average, it costs anywhere from $60 to $100 per dive. Scuba diving is a bit pricy（小贵）. There are a lot of things to do, so sometimes it can really drive me crazy, especially trying to get certified(考试通过），take dive training and buy my personal equipment，which I think is a little outside my budget.（超出预算）*

*Describe an item on which you spent more than expected（同上）*

*You should say:*

*What it is*

*One thing that comes to mind is scuba diving apparatus. It is a mode of underwater diving where I can use a breathing apparatus (成套装备)to breathe underwater.*

*When and where you bought it*

*when I had just finished middle school and went on holiday with a few friends to Thailand. I do remember the time of day quite clearly though. It was late morning, sometime around 11-ish. We were playing on the beach.*

*Why you bought it*

*I had been trying to dive into the sea for a long time， my* trainer *said，“if you could buy a complete set of new gear（设备）like dive knives, underwater lights，you would be safer and better prepared both mentally and physically*

*”.so he taught me how to use this stuff to dive into the sea. At first it was a big concept to swallow, but I got the （hang of it） fairly quickly.(一开始不知道,后来就掌握了技巧）.*

*And explain why you think you spent more than expected.*

*On average, it costs anywhere from $60 to $100 per dive. Scuba diving is a bit pricy（小贵）. There are a lot of things to do, so sometimes it can really drive me crazy, especially trying to get certified(考试通过），take dive training and buy my personal equipment，which I think is a little outside my budget.（超出预算）*

*Describe something important that your family has kept for a long time.*

*You should say:  
What it is*

*The stuff I want to talk about is an adjustable wood dumbbell, it must be one of the most practical and useful equipment I've ever seen. I have been using it since high school. It’s （made out） of lightweight, waterproof （防水）material, which （makes it） easy to carry.*

*What it is used for*

*It is used for strength training .You know，weight training(举铁) helps you burn more calories every day, building more muscle mass（练肌肉） is one thing that can increase a person’s metabolism(新城代谢)，so I can’t emphasize enough the importance of doing strength training（力量训练）.*

*How your family got it*

*My dad bought me a dumbbell for my birthday.*

*And explain why it is important to your family*

*I had been trying to get rid of(减掉脂肪) my love handles for a long time， my father said，“if you could lift dumbbells，you would lose 20 pounds”.so he taught me how to use this stuff to build up my body. At first it was a big concept to swallow, but I got the （hang of it） fairly quickly.(一开始不知道,后来就掌握了技巧）.*

*It was this dumbbell that reminded me of the happy time we spent that day. Then, I just had had （俄的还）a one-sided love affair with（喜欢） sports and then I became a person who likes to build up my body pretty much every day.*

*Describe an art or craft activity you have done.*

*You should say:  
When this happened*

*I took a photography course，when I had just finished middle school and went on holiday with a few friends to Thailand. I do remember the time of day quite clearly though. It was early morning, sometime around 4-ish. We were taking pictures on the beach.*

*What you did in the activity*

*The sunrise was spectacular and glorious, and I decided to take a picture of it so that I could remember this moment many years later. The sky was really clear, so I didn't use the flash light（闪光灯）.my friends didn’t know I was taking pictures, and they just kept running and jumping on the beach.*

*Who you did it with*

*I took pictures with the help of my photography teacher named XX.*

*And explain how you felt about this activity*

*I was pretty bad at taking pictures， after a lot of discussion I was asked to take photography courses, at first, making adjustments to the lens to find the maximum resolution(对焦） was a big concept to swallow, but I got the hang of it fairly quickly. Another thing to mention would be that it was the first photo that I spent a lot of time，and it was this photo that reminded me of the happy time we spent that summer. Then, I just had had （俄的还）a one-sided love affair with taking pictures and then I became a person who likes to capture special moments in life.*

*The book you read you found useful*

*You should say:*

*What the news was about*

*I read(过去式读red) a book about how to lose weight naturally, a study by the university of Pennsylvania has found that weight training(举铁) helps people burn more calories every day, building more muscle mass is one thing that can increase a person’s metabolism(新城代谢)*

*When you got this news*

*I can't remember when it was exactly, cos I'm pretty forgetful (健忘）, but I guess it was probably around um… two or three months ago, something like that.*

*Where you got this news from*

*I suppose it must have been through either watching the news on TV or the internet.*

*And why you think it was good news*

*I still remember being ecstatic when I read this book. I had been trying to get rid of my love handles for a long time，but I just ran on the treadmill but it didn’t work out(没用).So I had no choice but to follow the advice of this book to go to the gym to lift dumbbells pretty much every day, at first it was a big concept to swallow, but I got the hang of it fairly quickly. Finally， I lost 20 pounds in 2 weeks！*

*Describe an article you read from the internet about health lifestyle （同上）*

*You should say:*

*When and where was it posted*

*What the article was about*

*How useful the information was*

*And explain how you feel about the article*

*Describe an exciting book that you enjoy reading*

*You should say:*

*When you read it*

*I can't remember when it was exactly, cos I'm pretty forgetful (健忘）, but I guess it was probably around um… two or three months ago, something like that.*

*What kind of book it is*

*I think what basically sets it apart from most other books is that the book has stories and pictures, I mean,it has way too many funny plot twists, which makes it easy to have a deeper understanding of this field.*

*What it is about*

*I read(过去式读red) a book about how to lose weight naturally, a study by the university of Pennsylvania has found that weight training(举铁) helps people burn more calories every day, building more muscle mass is one thing that can increase a person’s metabolism(新城代谢)*

*And explain why you think it is exciting*

*I still remember being ecstatic when I read this book. I had been trying to get rid of my love handles for a long time，but I just ran on the treadmill but it didn’t work out(没用).So I had no choice but to follow the advice of this book to go to the gym to lift dumbbells pretty much every day, at first it was a big concept to swallow, but I got the hang of it fairly quickly. Finally， I lost 20 pounds in 2 weeks！*

*Describe a piece of international news you have just recently heard.*

*You should say:*

*What the news was about*

*I got a push alert on my phone(手机推送消息) that a “possible UFO” had been seen in Long Beach, California.*

*When and where you heard it*

*Actually it was pretty recently, probably only about 3 or 4 days ago or something.*

*What you were doing when you heard the news*

*I was scrolling through social media while lying on the couch.*

*And explain how you felt about this piece of news*

*This UFO seemed to have this strong awareness of the fact that people were there, you know, it could, like, sense our presence and um, it sort of felt like it was communicating with human beings in some kind of way and it was trying to say something when people made eye contact with it. And what happened then was absolutely incredible. The witness(目击者) saw it darting around (快速移动) the clouds, you know, and climbing up the clouds. It sort of felt like it was trying to attract his attention. The witness was terrified and didn't know what to do.*

*I hoped that scientists would give me some better ideas of what it could be and it’s been fascinating to see all the various guesses and responses. I always love when I capture something I can’t explain.*

*Describe a time when you saw something interesting on social media.*

*You should say:  
When it was  
Where you saw it  
What you saw  
And explain why you think it was interesting*

*同上*

*Describe a time when you waited for something special that would happen*

*You should say:*

*What you waited for*

*I’m gonna talk about limited edition sneakers（限量版运动鞋）. They are （made out） of lightweight, waterproof （防水）material, which （makes it） easy to wear.*

*Where you waited*

*Why it was special*

*I had been trying to* *buy XX limited edition shoes for a long time,so I went to the downtown area and spent the night in deck chairs to get the rare shoes. There was a huge queue of people stretching down the road from the store. I was just thinking,” if I could jump the queue(插队)， I would get them.” But I decided to be well-behaved, I had no choice but to queue up（排队）.. At first it was a hard pill to swallow, but I got used to it.(一开始很痛苦,后来就习惯了）.*

*And explain how you felt while you were waiting*

*You know, waiting in line（排队） is nightmare，because I had no choice but to wait for a long time. So it really drove me crazy, especially trying to get used to cold temperatures, which I found really challenging ,but I thought that we should become well-mannered. I can't emphasize enough the importance of being well-mannered . If we didn't queue up, just imagine the chaos that everything would be in. For example, we wouldn't be able to leave a good impression and get along with people（好好相处） .*

*Describe a time when you got up early*

*You should say:*

*When it was*

*I do remember the time of day quite clearly though. It was early morning, sometime around 4-ish.*

*What you did*

*At that time I was a morning person who likes to get out of my bed 5 clock in the morning, take a cold shower and build up my body in terms of making me feel good or better about myself.*

*Why you got up early*

*I had been trying to get rid of my love handles(减掉脂肪) for a long time，but a lot of his friends kept saying that I couldn't do it，but I said I would never give up，I said，“if I could wake up early in the morning and do some jogging pretty much every day ，I would lose 20 pounds”.so I did what I can to train myself to get up early.. At first it was a big concept to swallow, but I got the （hang of it） fairly quickly.(一开始不知道,后来就掌握了技巧）.*

*And how you felt about it*

*Going from night owl to an early bird was a nightmare，because I had no choice but to hit the sack early. So it really drove me crazy, especially trying to hit the snooze button, which I found really challenging. But I got used to it, I mean, the feeling of sunlight moving over my body creates a massage-like sensation.*

*Describe a habit your friends has and you want to develop(同上）*

*You should say*

*Who your friend is*

*What habit he/she has*

*When you noticed this habit*

*And explain why you want to develop this habit*

*Describe a difficult decision that you once made(同上）*

*You should say;*

*What the decision was*

*When you made your decision*

*What the results of the decision were*

*And explain why it was difficult to make*

*Describe something you plan to do in your life*

*You should say:*

*What it is about*

*One thing that comes to mind is that I need to get out of my bed 5 clock in the morning.*

*Why you make it*

*I am just thinking: If I had the chance to get up early and do some jogging, I think it would be able to shed pounds quickly, and of course the icing on the cake is that I would be able to get out of my comfort zone ,get in shape and live a healthier life，so just thinking about it, makes me wanna do this.*

*What you need to do first*

*Going from night owl to early bird is a nightmare，The first thing I'm going to do is hit the sack early and take a cold shower in the morning. So it really drives me crazy, especially trying to hit the snooze button, which I find really challenging.*

*And explain how you would feel if it is successful*

*I would feel a sense of achievement and pride. Coz I want to become a morning and sporty person ,but I have no choice but to go to the school library coz I am busy with my courses right now(忙着学习).If I did, I would be able to turn my life around for the better and get such a strong feeling of satisfaction.*

*Describe a time when you forgot something important.*

*You should say:*

*What you forgot*

*I had been trying to get rid of my love handles(赘肉） for a long time，but a lot of my friends kept saying that I forgot to do something and I should do strength training ， I thought I was right，and I said，“I am not the kind of person who is pretty forgetful, if I could run on a treadmill，I would lose 20 pounds” so I stuck（stick过去式） to my original plan(坚持原计划） and went to the gym to build up my body.*

*How important it was*

*You know，weight training(举铁) helps you burn more calories every day, building more muscle mass is one thing that can increase a person’s metabolism(新城代谢)，so I can’t emphasize enough the importance of doing strength training.*

*Why you forgot it*

*Coz I was particularly crazy about jogging. I mean, I spent a lot of time running on the treadmill, which gave me less time to think other things.*

*And explain what you did when you remembered it.*

*I just ran on the treadmill but it didn’t work out(没用) so I had no choice but to go to the gym to lift dumbbells pretty much every day, at first it was a big concept to swallow, but I got the hang of it fairly quickly.(一开始不知道,后来就掌握了技巧)*

*Describe a time when you tried something but was not successful. （同上）*

*You should say:  
When it was  
What you tried  
Why it was not successful  
And explain how you felt about it*

*Describe a time when you helped a friend. （同上 ）*

*You should say:  
When it happened  
How you helped him/her  
Why you helped him/her  
And explain how you felt about it*

*Describe a time when you shared something with others.*

*You should say:  
What you shared+ Who you shared it with*

*Recently I shared a pair of dumbbells with one of my friends for his online fitness classes. It’s （made out） of lightweight, waterproof （防水）material, which （makes it） easy to carry.*

*Why you shared it*

*I was just thinking at that time. If he had the chance to use this stuff, I think it would be able to shed pounds quickly, and of course the icing on the cake is that he would be able to do strength training ,get in shape and live a healthier life，so just thinking about it, makes me wanna share with him.*

*也可以说：*

*He had been trying to get rid of his love handles for a long time，but a lot of his friends kept saying that he couldn't do it，but he said he would never give up，I said，“if you could lift dumbbells，you would lose 20 pounds”.so I taught him how to use this stuff to build up his body. At first it was a big concept to swallow, but he got the （hang of it） fairly quickly.*

*~~And explain how you felt about sharing it~~*

*You know, it's better to give than to receive. I like to be the kind of person who can encourage my friends to keep going when they don’t feel like doing anything and always give them a listening ear, a warm shoulder and a helping hand whenever they truly need help.*

*Describe a time you were friendly to someone you didn’t like.*

*You should say:*

*When and where it happened*

*I do remember the time of day quite clearly though. It was late morning, sometime around 11-ish. It happened at the gym.*

*Who he/she was*

*He lives just next door to me, and we often bump into each other, so we went to the same gym.*

*Why you didn’t like this person*

*Whenever I see him, he always seems to wear a poker face.*

*One day,I just ran on the treadmill but it didn’t work out(没用) so I had no choice but to go to the gym to lift dumbbells pretty much every day. When I was asked to lift heavy weight in front of my trainer, my neighbor said I couldn't do it, I was furious I was kind of pissed off ,so I practiced and practiced, you know what? He was right. But I didn't lose my temper, argue or shout at him. I just sort of said with a smile,"yeah,I still need to work on a few things."*

*And explain why you were friendly to him/her on that occasion*

*I can't emphasize enough the importance of being well-mannered . If we didn't speak politely, just imagine the chaos that everything would be in. For example, we wouldn't be able to leave a good impression and get along with people（好好相处） in any situation.  An easy way to be more polite is to be courteous to everyone around you." So I bend over backwards to be gracious（亲切）, kind, and courteous pretty much every moment.*

*Describe an occasion when two of your friends disagreed about something(同上）*

*You should say:*

*When it happened*

*What it was about*

*How it was solved*

*And how you felt about it*

*可以加上 Weight training(举铁) helps you burn more calories every day, building more muscle mass（练肌肉） is one thing that can increase a person’s metabolism(新城代谢)，so I can’t emphasize enough the importance of doing strength training（力量训练）.*

*Describe a time when you had an argument with a friend. (同上）*

*You should say:  
When it happened  
Why you argued  
How you resolved this argument  
And explain how you felt about this experience*

*Describe an ambition that you have had for a long time.*

*You should say:  
What it is*

*I had been trying to get rid of my love handles for a long time，but a lot of my friends kept saying that I couldn't do it，but I said I would never give up，I said，“I have to keep doing it, no matter how difficult it gets,100pushups! 100situps ! and 100 squats(下蹲）!and 10 km run, do it every single day! ”so I made up my mind（下定决心） to go to the gym to build up my body.*

*What you can for it*

*There's a park within a stone's throw of my apartment. I have no choice but to go there to get in shape（塑形）. losing weight is a hard pill to swallow(痛苦), coz there are a lot of things to do, so it can really drive me crazy, especially trying to avoid food temptation(食物诱惑),keep doing weight training, and run on the treadmill for a long time, which I find really challenging.*

*When you can achieve it*

*if I work hard enough, I will see results in 3 or 6 months.*

*And explain why you have this as an ambition*

*If I had the chance to build my body, I think it would be able to get myself motivated（激励我）, and of course the icing on the cake(锦上添花的是) is that I would be able to get confidence ,live a healthier life and release stress and anxiety ，so just thinking about it，makes me wanna have a go(尝试）.*

*Describe a bicycle/motorcycle/car trip you would like to go*

*You should say:*

*Who you would like to go with*

*I would like to go with my friend named XX, and he/she can always give me a listening ear, a warm shoulder and a helping hand whenever I truly need help.*

*Where you would like to go*

*Places that I would like to go to are those which have some kind of unique attractions, like the Westlake for example. it should be a place where I could totally forget about all the pressure, wind down, and sleep tight.*

*When you would like to go*

*I plan to ride bikes with my friends to spend the weekend.*

*And explain why you would like to go by bicycle/motorcycle/car*

*Getting around by bike would be great for helping me relax.*

*, to be a bit specific, the feeling of wind moving over my body could create a massage-like sensation. I am particularly crazy about cycling ,but I have no choice but to go to the school library coz I am busy with my courses right now(忙着学习)，that‘s ok ,but if I had the chance to ride bikes, I think it would be able to make things more exciting, like building up my body, enjoying the scenery along the way. And of course the icing on the cake is that I would be able to listen to the sound of the wind crashing against my bike，so just thinking about it，makes me wanna have a go.*

*Describe a country in which you would like to work for a short time*

*You should say:*

*Where you would like to work*

*I would like to work in Thailand, coz it should be a place where I could totally forget about all the pressure, wind down, and sleep tight.*

*What kind of job would it be*

*I would choose to work as a scuba diving trainer, because by doing this, I would be able to breathe the fresh air, dive deep into the sea and admire the beauty of sea creatures.*

*When would you like to go*

*I plan to go with my friends to spend the weekend.*

*Why you want to work there*

*I am particularly crazy about scuba diving ,but I have no choice but to go to the school library coz I am busy with my courses right now(忙着学习)，that‘s ok ,but if I had the chance to go there, I think it would be able to make things more exciting, like trying the seafood, drinking beer near the beach and making new friends. And of course the icing on the cake is that I would be able to close my eyes and listen to the sound of the waves crashing against the shore，so just thinking about it，makes me wanna have a go.*

*Describe a movie that made you laugh.*

*You should say: ·*

*What movie it was ·*

*The movie tells a story about a man named David who had been trying to participate in a singing competition for a long time, but a lot of his friends kept saying that he couldn't do it. When he was asked to sing a song in front of his teacher, a little voice in his head said you couldn't do it, so he practiced and practiced, you know what? That little voice was right. Another thing to mention would be that he used to wear long, baggy shorts to attract attention on the street pretty much every day, which made me laugh so hard that my stomach hurt. His shirt’s shaped like a triangular box. The funny style is absolutely distinctive. When night falls，it emits green and brown and all kinds of colors，just resembles a rainbow. I laughed. It was crazy. I was like, " If I were him, I'd be awkward all the time.*

*Who did you watch the movie with*

*I watched this movie with a bunch of friends.*

*How do you feel*

*I am particularly crazy about this movie, it is this movie that cheers me up and always has me in stitches(笑)when I am feeling a bit down.*

*Describe a foreign person who you have heard or known that you think is interesting*

*You should say:*

*Who the person is*

*The person I want to talk about is a neighbor of mine, he was born and raised in America and moved to China a couple years ago. He must be one of the most interesting people I've ever seen.*

*How you knew this person*

*Because he lives just next door to me，we often bump into each other（不期而遇）*

*What kind of person he/she is*

*He has a sense of humor, is easy-going(随和）and always has me in stitches(笑). Whenever I see him，he always seems to be happy. I mean，I have never seen him wear a poker face（无表情）.*

*And explain why you think this person is interesting*

*My friend David who had been trying to participate in a singing competition for a long time, but a lot of his friends kept saying that he couldn't do it. he said to me, “I never give up.” When he was asked to sing a song in front of his teacher, a little voice in his head said you couldn't do it, so he practiced and practiced, he said to me “you know what? That little voice was right.”  And I was just laughing at him.*

*Describe a person who impressed you most when you were in primary school*

*You should say:*

*Who he/she is*

*The person I want to talk about is a classmate of mine called XX, he must be one of the most interesting and funniest people I've ever seen.*

*How you knew him/her*

*Because he lives just next door to me，we often bump into each other.*

*Why he/she impressed you most*

*My friend David who had been trying to participate in a singing competition for a long time, but a lot of his friends kept saying that he couldn't do it. he said to me, “I never give up.” When he was asked to sing a song in front of his teacher, a little voice in his head said you couldn't do it, so he practiced and practiced, he said to me “you know what? That little voice was right.”  And I was just laughing at him.*

*And how you feel about him/her*

*He has a sense of humor, is easy-going(随和）and always has me in stitches(笑). Whenever I see him，he always seems to be happy. I mean，I have never seen him wear a poker face（无表情）. It is he who encourages me to keep moving forward when I am feeling a bit down.*

*Describe a skill that you think you can teach other people.*

*You should say:  
What it is*

*The skill I want to describe is cooking. It must be one of the most practical and useful skills I've ever seen. I can’t emphasize enough the importance of cooking, if you have a deeper understanding of this field, you are much more likely to live independently, without it, you won’t be able to handle the tasks of living alone, especially when you study abroad, so it’s incredibly important to hone this skill(训练)*

*Who you can teach*

*I can teach my friends how to cook just like me.*

*How you can teach others*

*What I want to do is pay a visit to my friends and show them how to control the heat and chop vegetables. I can teach my friends how to organize the kitchen ,like I’ve always liked having things organized and in their place. I will ask them to go on the internet to learn essential skills and recipes*

*, which will enable them to have a deeper understanding of kitchen techniques than other people do.*

*And explain how you feel about teaching others*

*You know, teaching someone to cook is a nightmare，because I have no choice but to listen to their questions over and over again. So it can really drive me crazy, especially trying to apply the basic technique, which I find really challenging.*

*Describe a skill that is difficult for you （同上）*

*You should say:*

*What it is*

*When you learned it*

*Who taught you*

*And explain why you think it is difficult*

*Describe a natural talent you want to improve.*

*You should say:  
What it is*

*The skill I want to describe is cooking. It must be one of the most practical and useful skills I've had . I can’t emphasize enough the importance of cooking, if you have a deeper understanding of this field, you are much more likely to live independently, without it, you won’t be able to handle the tasks of living alone, especially when you study abroad, so it’s incredibly important to hone this skill(训练)*

*When you discovered it*

*When I had just finished middle school and （went on） holiday（度假） with a few friends to Thailand. I cooked food for my friends. I still remember the whole table was covered with food. I mean, there was（肉是单数所以用was） crab, chicken, duck, what else，oh yeah！ shrimps, and a whole （load of） different vegetables. So by the （end of it）, they were absolutely stuffed (撑了)*

*How you want to improve it*

*What I want to do is pay a visit to my mom and ask her to show me how to control the heat and chop vegetables. She can teach me how to organize the kitchen ,like she has always liked having things organized and in their place. I will go on the internet to learn essential skills and recipes , which will enable me to have a deeper understanding of kitchen techniques than other people do.*

*And explain how you feel about it*

*You know, getting out of my comfort zone is no picnic，coz I have no choice but to practice over and over again. So it can really drive me crazy, especially trying to push the limits(挑战极限）, which I find really challenging. But I think no matter how difficult it gets, I have to keep doing .*

*Describe a place you visited on vacation*

*You should say:*

*Where it is+ When you went there*

*When I had just finished middle school and went on holiday with a few friends to Thailand. I do remember the time of day quite clearly though. It was late morning, sometime around 11-ish. We were playing on the beach.*

*What you did there*

*I cooked food for my friends. I still remember the whole table was covered with food. I mean, there was（肉是单数所以用was） crab, chicken, duck, what else，oh yeah！ shrimps, and a whole （load of） different vegetables. So by the （end of it）, they were absolutely stuffed (撑了)*

*And explain why you went there*

*城市：It was just, （kind of） like, not so crowded, and you know, the locals were super friendly, um the food was great there, so it just seemed like such a nice, relaxing city. I mean, everyone in the streets looked cheerful, for example, you know it wasn’t like one of these huge cities with a fast-paced life and everyone rushing to get where they need to go. It wasn’t like that at all. Everyone was just （chilled out）, and the whole city had a really （kind of） laid- back (悠闲的) atmosphere to it.*