

# 英语写作真题1

1904&1810

# Why We Love Holiday Rituals and Traditions

The mere thought of holiday traditions brings smiles to most people's faces and elicits feelings of sweet anticipation and nostalgia. Holiday rituals are bursting with sensory pageantry. The fireworks or flowers signal to all of our senses that this is no common occasion. Such a sensory feast helps create lasting recollections of those occasions and marks them in our memory as special events worth cherishing. Indeed, there are plenty of reasons to value family rituals. They can help us take a respite from the daily grind, enjoy festive meals and connect with our loved ones.

Everyday life is stressful and full of uncertainty. Having a special time of the year when we know exactly what to do and how to do it provides a comfortable sense of structure, control and stability. Holiday traditions comprise rituals. The structured and repetitive actions in such rituals can act as a buffer against anxiety by making our world more predictable. For this reason, more people travel during the year-end holidays. Gathering together from remote locations helps people leave their worries behind, and at the same time lets them reconnect with time-honored family traditions.

The most important function of holiday rituals is their role in maintaining and strengthening family ties. In fact, for relatives who live far apart, holiday rituals may be the glue that holds the family together. Rituals are a powerful marker of identity and group membership. Taking part in collective rituals creates feelings of belonging and increased generosity toward other members of the group. It's no surprise, then, that spending the holidays with the in-laws for the first time is often regarded as a rite of passage—a sign of true family membership.

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Holiday rituals strengthen family harmony. Sure, we might need to take three flights to get there. And our uncle might get drunk and start an argument with his son-in-law again. But when we evaluate past experiences, we tend to remember the best moments and the last moments. In other words, our memory of the family holiday will mostly consist of all the joyful rituals, the good food, and the warm goodbye hugs (after our uncle made up with his son-in-law). After getting back home, we'll have something to look forward to for next year.

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仅仅想到节日传统就给大多数人的脸上带来微笑,并产生甜蜜的期待和怀旧的感觉。节日仪式充满了感官盛宴。烟火或鲜花向我们所有的感官发出信号,表明这不是一个常见的场合。这种感官盛宴有助于创造对这些场合的持久回忆,并标志着我们的记忆中的特殊事件值得珍惜。事实上,有很多理由去重视家庭仪式。他们可以帮助我们 from 日常工作中缓解,享受节日的饭菜,并与我们的亲人联系。

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- V. Conclusion

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No holiday tradition would be complete without a festive meal. Since the first humans gathered around the fire to roast their hunt, cooking has been one of the defining characteristics of our species. Sharing a ceremonial meal symbolizes community, brings the entire family together and facilitates conversation and connection. In fact, performing a ritual before a meal improves the overall eating experience and makes the food seem tastier. The longer we spend preparing a meal, the more we come to appreciate it. In this way, the labor and bustle associated with holiday meals virtually guarantees an enhanced experience.

没有节日大餐，任何节日传统都是不完整的。自从第一批人类聚集在火边烧烤他们的猎物以来，烹饪一直是我们这个物种的定义特征之一。分享一顿礼仪餐象征着团聚，将整个家庭聚集在一起，并促进沟通和联系。事实上，饭前举行仪式可以改善整体饮食体验，让食物看起来更美味。我们准备一顿饭花的时间越长，我们就越喜欢它。这样，假日餐饮带来的劳动和忙碌实际上保证了更好的体验。

# The Benefits of Solo Journeys

John Steinbeck once said, "People don't take trips--trips take people. A solo trip,in particular, can have lasting benefits. Generations of adventurers have set off on journeys of self-discovery--traveling alone to many breathtaking destinations. Some of the best travel memoirs tell stories of solo travelers finding themselves on their own. Apart from easing tension to boost happiness, the solitude during the trip also helps to build new relationships, allow for flexible schedules and arouse worthy reflections.

Solo journeys can alleviate mild depression, thereby bringing joy. Recent research has found that the expectation of an upcoming vacation boosts feelings of happiness for up to eight weeks before the trip. Another study on adolescents suggests that time spent in solitude can help to shake off depression in young people. Free from the distractions of daily life,the traveler can focus his full attention on absorbing the present moment with all the senses.

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The solo traveler can be his own master of the day, because he does not have to adhere to anyone else's schedule. He can relax as much as he wants; he can rest and loosen up as long as he likes. He might indulge in full days reading on the beach, take a leisurely hike, or sit on a bench admiring a work of art-all on his own. "The experiences are mine and mine alone, said a solo traveler. "I've really learned to enjoy spending time with myself."

Traveling solo also offers a great chance for reflection. As one travel memoir writer stated, "There is a soul-searching power in each adventure on your own. "Getting to really know oneself is a wonderful by-product of a solo journey. Traveling alone allows one to witness how he reacts to different situations. Those reflections can help him to gain a deeper understanding of who he is and what matters to him. He will have a stronger sense of self and feel more self-assured.

Solo travel can afford the traveler the necessary time and solitude for experiencing unexpected pleasures, building new relationships, enjoying the slow pace and the reflections of life. Aside from all the excitement and adventure it ultimately leads to self-discovery.The traveler, once hitting the road solo, will fall in love with it and the journey never ends.

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约翰·斯坦贝克曾经说过,"人们不旅行,旅行带人去。"特别是单独旅行,可以带来持久的好处。一代又一代的冒险家开始自我发现的旅程——独自前往许多令人惊叹的目的地。一些最好的旅游回忆录讲述了独自旅行的人自己发现自己的故事。除了缓解紧张情绪,提高幸福感外,旅途中的孤独也有助于建立新的关系,允许灵活的日程安排,并引起有价值的思考。

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独自旅行可以缓解轻度抑郁,从而带来欢乐。最近的研究发现,对即将到来的假期的期望会增强旅行前八周的快乐感。另一项针对青少年的研究表明,在孤独中度过的时间有助于摆脱年轻人的抑郁。从日常生活的干扰中解脱出来,旅行者可以全神贯注地用一切感官去吸收当下的时刻。

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独奏旅行者可以是自己当天的主人,因为他不必遵守其他人的时间表。他可以随心所欲地放松;只要他喜欢,他就能休息和放松。他可能沉迷于在沙滩上阅读,悠闲地徒步旅行,或者坐在长椅上独自欣赏一件艺术品。”这些经历是属于我的,只有我一个人,"一位独自旅行的人说,"我只有我。我真的学会了享受与自己共度时光。

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独自旅行也提供了一个伟大的反思机会。正如一位旅游回忆录作者所说,"每次冒险都有一种反省的力量。"真正了解自己是一次个人旅行的精彩副产品。独自旅行可以亲眼目睹他对不同情况的反应。这些思考可以帮助他更深入地了解他是谁,什么对他很重要。他会有更强烈的自我意识,感觉更自信。

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独自旅行可以为旅行者提供必要的时间和孤独,体验意想不到的快乐,建立新的关系,享受缓慢的步伐和生活的反思。除了所有的兴奋和冒险,它最终导致自我发现。旅行者,一旦独自上路,就会爱上它,旅程永远不会结束。

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When traveling solo, you can choose when you want to have alone time and when you'd rather be with others. This allows you to maximize the stress-relieving benefits of both solitude and friendship. Although it can be often be more enjoyable to make memories with friends and family, taking off alone is a great way to foster new connections with people you otherwise may not have met. As most solo travelers know, voyaging as a party of one certainly doesn't mean being alone. It can actually be easier to meet locals and connect with other travelers when your attention isn't focused on the person you came with. Research has found that social interaction can improve cognitive function, and physical interaction can decrease stress hormones, according to WebMD -- so get out there and make some new friends on your travels!