1. Chinese chess

I ‘d like to describe an old Chinese chess set that my grandfather Liu gave to me as a birthday gift when I was 5 years old. Grandfather Liu was the husband of my grandmother’s sister. He was a famous high school physics teacher in my hometown because, for several times, he successfully predicted some questions with high mark before the physics test of the college entrance examination. Chinese chess is played on a grid board with nigh vertical lines and ten horizontal lines. And the chessboard of this set was just a piece of thin plastic sheet, and it worn out few years later. I used to play chess a lot when I was younger. But I’ve recently taken it up again because now I begin to teach my five-years old boy to play. And we play a cup of times a week now. The reason that it’s special is because of the sentimental value this chess set has, as I said. It’s probably the only really old possession I’ve got that reminds me of my grandfather Liu. It brings back happy memories. For example I remember when my grandfather Liu was helping me to learn the different types of pieces with each having its own type of motion. For example, rooks can move along the horizontal or vertical lines, but cannot leap over other pieces. I still remember how he set up a trap and testing me with different situation to see if I understood. Now I am trying to teach my boy to try and second-guess the opponent’s reply and make plans in preparation like how he taught me. The pieces of the chess set are made of pear wood, which is very resilient and durable. I also like the chess’s stylish, elegant design. It’s very simple and just classical. The original plastic board worn out two decades ago, however my father in law, who was very good at Chinese calligraphy, drawn a new paperboard several years year. The calligraphy on the board makes make the chess set more beautiful and attaches more sentimental value to my family and me. I already gave it to my child as a gif. I hope he will save it well and play it well.

English premiere league soccer game

It is better to **wear out** than rust out

While playing chess you have to think constantly. You solve hard mental tasks over and over again. A time limitation forces your brain to work even harder!

**This training improves your mental skills, your thinking process.**

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1. She spent hours listing the pluses and minuses of each of the apartments she had looked at, trying to narrow down her choices.
2. Major

I’d like to study law in the future. Nowadays, our country pays its attention to establish a legal system. And laws become more and more important to our country and our people. Different from before, people now often turn to laws when they have trouble in China. So if I can learn law well, it will be helpful to me. I plan to study law in my leisure time by myself. But maybe sometimes I would attend some classes in universities. I think I can study at well. Maybe next time you see me. I’ve already become a lawyer. If I study law well and become a lawyer. I can help many people resolve their problems, make the law more practical, and make some contribution to our society.

Why would more and more people want to go aboard?

Because they want to learn more advance knowledge aboard. And also it’s a good chance to improve their oral English.

What major is popular in China?

Many people choose computer science, technology, marketing, business administration etcetera.

What the difference between the majors popular in the past and now?

Now majors about high technology become more and more popular. While in the past, majors that could give people a steady career were more popular, like teacher training and accounting.

How can people learn a major well?

One must have strong interest in it and spend as much time as possible to it, and dedicates him to law.

How can a person choose his major wisely?

Before he chooses his major, he must know very clearly about his own interest and dislikes.

 Leisure time: that is free from duties or responsibilities

Last 11-13 minutes overall

Don’t fill the silence with more answer.

Answer with full sentence.

Stop with confidence.

Don’t keep talking.

What’s your favorite color?

My favorite color, because it’s the color of the sky on a nice day.

Do you like games?

Yes, I like games. Because playing games is a good way to relieve stress.

Do you like walking?

Yes, I like walking. Because I very much enjoy listening to the music with earphone when I am walking.

Do you like garden?

Yes, I like gardens, because they are nice places to relax. I like nature. I like being surrounded by plants and flowers.

Do you like flowers?

Yes, I like flowers, because they are really beautiful. And I very much enjoy smelling the scent of fragrant plant, such as orange tree, osmanthus and Jasmine. Besides, we could use the pedals of flowers of rose to bake flower cakes.

Ornamental plant

Do you like dancing?

No, I don’t like dancing. Dancing is a great way to keep your body and mind healthy, but the competition is not fierce enough. I prefer strenuous exercises

relieve my work stress.

Dancing is as helpful for losing weight and increasing aerobic power as cycling and jogging.

I consider it important to **instill** a pride in the players.

我认为使运动员逐步感到自豪是很重要的.

They tried to **instill** such new ideas into students' minds.

他们努力将这些新观念灌输到学生的头脑中去.

The family atmosphere Jeff Powers has *instilled*for the last nine years while guiding the Huskies' basketball program may have contributed.

**Sewage** nutrients do increase algal growth in the harbour.

污水中的营养物确实会加快港口的海藻生长。

2.

It was many years before the city began to treat its **sewage**.

很多年以后这个城市才开始处理污水。

3.

Cities upstream use the river to get rid of **sewage**

Because there is no sewage system, discharge domestic waster into the streams directly. Domestic garbage was dump outside the yard directly.

Live on the outskirt of the city.

1.

It took me about two hours to **pluck** up courage to call.

我用了大约2个小时才鼓起勇气打电话。

2.

He is full of **pluck**.

他很有勇气.

3.

Little companies are known for their **pluck** and perseverance, even in the face of a recession.

小公司的勇气和坚毅是出了名的，即使面对经济衰退也是如此。

 gets toes tapping

These days, people love to watch other people dance. Competitive dance shows like *So You Think You Can Dance* and *Dancing With the Stars* are dominating the world of reality television. What you may not realize, however, is that if you get off the couch and dance yourself, it’s a great way to keep your body and mind healthy. Studies show that dancing can help you lose [**weight**](https://www.everydayhealth.com/weight/weight-articles.aspx), stay flexible, reduce stress, make friends, and more.

Dance not only instills grace, but it also helps you age gracefully. According to a study in *The New England Journal of Medicine*, dancing may boost your [**memory**](https://www.everydayhealth.com/fitness-pictures/health-benefits-of-dance.aspx) and prevent you from developing dementia as you get older. Science reveals that aerobic exercise can reverse volume loss in the hippocampus, the part of the brain that controls memory. The hippocampus naturally shrinks during late adulthood, which often leads to impaired memory and sometimes dementia.

Those plies and arabesques that ballet dancers practice aren’t just for aesthetics — they also increase flexibility and reduce stiffness. You can skip the ballet slippers and still reap the benefits of ballet by practicing some simple stretches at home. Increasing your [**flexibility**](https://www.everydayhealth.com/fitness/workouts/flex-time.aspx) will help ease joint pain and post-exercise soreness

If you’re feeling tense or stressed out, you might want to grab a partner, turn up the music, and tango! In a controlled study in the *Journal of Applied Gerontology*, researchers found that partner dance and musical accompaniment can help bring about [**stress relief**](https://www.everydayhealth.com/longevity/journal-for-stress-relief.aspx).

Dancing really does lift your spirits, according to a study in that tested the effects of dancing on people with [depression](https://www.everydayhealth.com/depression/guide/). Patients who participated in an upbeat group dance showed the fewest depression symptoms and the most vitality. Got the blues? Grab a friend and go out dancing tonight.

Dance is a great activity for those at risk for [**cardiovascular disease**](https://www.everydayhealth.com/heart-health/). People with heart failure who took up waltzing improved their heart health, breathing, and quality of life significantly compared to those who biked or walked on a treadmill for exercise, noted an Italian study.

Bored with your bicycle? A study in the *Journal of Physiological Anthropology* found that an exercise program of aerobic [**dance training**](https://www.everydayhealth.com/columns/american-council-on-exercise/dancing-to-lose-weight/) is just as helpful for losing weight and increasing aerobic power as cycling and jogging.

Can’t seem to find your get-up-and-go? Taking a dance class might help. Research published in *The Scholarly Publishing and Academic Resources Coalition* found that a weekly dance program could improve physical performance and [**increase energy levels**](https://www.everydayhealth.com/fitness/workouts/boost-your-energy-level-with-exercise.aspx) among adults.

A dance class is the perfect setting to make new friends and branch out socially. Maintaining positive relationships may just rank up there with healthy eating and [**exercise**](https://www.everydayhealth.com/fitness-pictures/exercises-you-can-do-anywhere-anytime.aspx). Being socially engaged leads to increased happiness, reduced stress, and a stronger immune system.

Some bloom in the summer, while others bloom very early in the spring, even before the leaves begin to uncurl. Some flowering trees even bloom in late winter, depending on the climate. Early spring flowering trees are some of the most beautiful and popular trees in America.

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**1.**In addition; also: *I could smell the ocean, some pine trees, and something else besides.*

**2.**Moreover; furthermore: *I'm too tired to go for a walk. Besides, it's raining.*

I like to **listen to the music** and to play piano and occasionally to go swimming.

我喜欢听音乐、弹钢琴,有时候去游泳.

I want you to **get into** a whole new state of mind.

我想让你有一个全新的心态。

2.

Whenever I **get into** a relationship, I always fall madly in love.

我每次谈恋爱都深陷其中，无法自拔。

3.

Try to **get into** the habit of saving your work regularly.

要努力养成经常将工作内容存盘的习惯。

Do you work or are you a student?

I am a project manager of a invest firm, but at the moment I am studying English.

Do you enjoy your job or studies?

I enjoy studying English but I am not enjoy my current job so much.

Would you like to get a different job in the future?

Yes. I am not really happy with the current job I chose. So now I am studying the new technics needed for the new job and preparing for the interview.

Do you like sport?

Yes, I like sport. I like watching soccer match every Saturday and playing soccer twice a week.

Do you think it’s better to watch the sport or play them yourself?

I think it’s better to play the sport. Because

Why do you think some sports are so more popular?

Do you think children all have to do sport in the school?

What’s your favorite color and why?

Do different colors have different meanings in your country?

Do you think the color will affect the way that people feel?

Do you wear different colored cloth now compare to when you were child?

The **Jin River** ([Chinese](https://en.wikipedia.org/wiki/Chinese_language): [锦](https://en.wiktionary.org/wiki/%E9%94%A6)[江](https://en.wiktionary.org/wiki/%E6%B1%9F); [pinyin](https://en.wikipedia.org/wiki/Pinyin): *Jǐn Jiāng*) is a [river](https://en.wikipedia.org/wiki/River) of [Sichuan](https://en.wikipedia.org/wiki/Sichuan), [China](https://en.wikipedia.org/wiki/China). It flows through the provincial capital of [Chengdu](https://en.wikipedia.org/wiki/Chengdu) and joins the [Min Jiang](https://en.wikipedia.org/wiki/Min_River_(Sichuan)) at [Pengshan](https://en.wikipedia.org/wiki/Pengshan).

The river has a history of serious pollution which in the past has led to the river choking and [flooding](https://en.wikipedia.org/wiki/Flooding). The [Anshun Bridge](https://en.wikipedia.org/wiki/Anshun_Bridge) in Chengdu was once destroyed in the 1980s during a period of flooding and was only rebuilt in 2003, after the Chengdu Municipal People's Government undertook an extensive river-cleaning project in 1997. The Municipal People's Government was awarded a prize for improving the environment of the river, from the [United Nations](https://en.wikipedia.org/wiki/United_Nations).[[1]](https://en.wikipedia.org/wiki/Jin_River_(Sichuan)#cite_note-1)

With urbanisation the antagonism between rich and poor sharpened.

伴随着**城市化**的推进，贫富间的对立情绪也加剧了。

2.

Zambia is black Africa's most urbanised country.

赞比亚是撒哈拉沙漠以南的非洲地区**城市化**程度最高的国家。

lumberjack sweats as he cuts down a tree

Currents near waterfalls can be extremely swift, even in areas farther *upstream*.

No matter where you go in life or how old you get, there's always something new to learn about. After all, life is **full of** surprises.

不管你生活在哪里，你有多少岁，总有新东西要学习，毕竟，生活总是充满惊喜。

2.

When life gets hard and you want to give up, remember that life is **full of** ups and downs, and without the downs, the ups would mean nothing.

当生活很艰难，你想要放弃的时候，请记住，生活充满了起起落落，如果没有低谷，那站在高处也失去了意义。

 seeks to ride on changing trends in e-commerce, entertainment, *urbanization*, music, and more.

Describe a river or sea you like?

I am going to describe the best-known river in my hometown Chengdu - Jin river. It originates in the Longmen mountains northwest of Chengdu. It’s famous because it flows through the center of Chengdu. Finally, it joins Min River which is the chief tributary of the Yangtze River. I lived nearby it when I was a child, lumberjack in the upstream cut off trees and push them into to the river to use the water to transport them to my city. Sometimes in the summer the river is full of rolling logs on which we ran, jumped, and chased each other crazily. It was very fun and exciting. I had a lot of good times there. Most of the time Jin river is slow moving and peaceful, we went to the bank after school to catch crab and fish. At the weekend, we used to barbeque Chinese sausage at the riverside. There were good old days. However, with the urbanization, Jin river experienced a serious pollution. But nowadays, with the efforts of people and government, water in Jin river become clear again. It goes winding through many iconic tourist attractions, landmarks of the city. For example, it goes pass the Chengdu television tower, it goes pass the Sichuan University. It goes under Jiuyan bridge, probably the most famous bridge in Chengdu. The land around this river or on either side of the river is the hectic thriving city. It’s a cosmopolitan mix of culture, business and tourism. And it’s got a lot of the history and heritage of Chengdu base around that area in close approximaty to the river itself. The reason I like it is that it is so import to me and Chengdu. I had a good childhood there, the water we drink everyday is also from it. It is central to those aspect of my life.

sharp turn

Prices change according to **supply** and demand.