

一级重点

1. 征求意见 (1021)

题目: Describe a time when you asked for advice from someone.

You should say:

- Who you asked for advice
- What advice they gave you
- Whether you followed the advice or not
- And explain how you felt about it

答案:

I'd like to talk about a time when I asked my high school teacher for advice about choosing a university major.

At that time, I was torn between studying artificial intelligence and business. I enjoyed both subjects but wasn't sure which one suited me better. So, I decided to ask my math teacher, Mr. Wang, for guidance because he was knowledgeable and had given me great advice in the past.

He patiently listened to my concerns and asked me about my interests and long-term goals. Then, he suggested that AI might be a better fit since I loved problem-solving and technology. He also pointed out that AI has a promising future and could even be applied to business. His advice made a lot of sense, and after careful consideration, I chose AI as my major.

Looking back, I feel really grateful for his guidance. His advice helped me make a well-informed decision, and I haven't regretted it. It also taught me the importance of seeking help from experienced people when facing important choices.

2. 去过且推荐的宜居之地 (新加坡)

题目: Describe a place you have been to and would like to recommend as a good place to live.

You should say:

- Where it is
- What you did there
- Why you think it is a good place to live
- And explain whether you would like to live there in the future

答案:

I'd like to talk about Singapore, a city-state that I visited last year and would highly recommend as a great place to live.

Singapore is a modern and well-developed country known for its cleanliness, safety, and efficiency. During my trip, I visited Marina Bay Sands, Gardens by the Bay, and Sentosa Island. I was really impressed by how well-organized the city is. The public transport system is excellent, and the streets are spotlessly clean.

One of the biggest reasons why I think Singapore is a good place to live is its safety. The crime rate is extremely low, making it a peaceful place for families. Additionally, it is a multicultural society with diverse food options and exciting festivals. The weather is warm all year round, which I personally enjoy.

If I ever get the chance, I would love to live in Singapore. It offers a high quality of life, beautiful urban scenery, and plenty of career opportunities. I believe it would be an amazing experience to settle down in such a vibrant and dynamic city.

3. 精力充沛的人 (1014, 我的朋友Micky)

题目: Describe a person you know who is full of energy.

You should say:

- Who he/she is
- What he/she does
- Why he/she is energetic
- And explain how you feel about him/her

答案:

I'd like to talk about my friend Micky, who is one of the most energetic people I have ever met.

Micky is my classmate and a very outgoing person. No matter how busy he is, he always seems to have endless energy. He spends a lot of time studying, but at the same time, he is also involved in various extracurricular activities, such as sports, student clubs, and social events. He always has something exciting going on.

I think one reason why he is so energetic is his positive attitude. He is always eager to learn new things and challenge himself. He also exercises regularly, which keeps him physically active and mentally sharp. Even after a long day, he still finds the energy to go out and have fun.

I really admire Micky's enthusiasm for life. Being around him motivates me to be more productive and optimistic. He has taught me that staying active and having a positive mindset can make life much more enjoyable.

4. 受欢迎的名人 (1011, Elon Musk)

题目: Describe a famous person who is popular in your country.

You should say:

- Who he/she is
- What he/she is famous for
- Why he/she is popular
- And explain whether you would like to meet him/her

答案:

One of the most popular celebrities in my country is Elon Musk, the CEO of Tesla and SpaceX.

Elon Musk is well known for his groundbreaking work in the fields of electric vehicles and space exploration. His company, Tesla, has revolutionized the car industry with environmentally friendly electric cars. Meanwhile, SpaceX has made incredible advancements in space travel, including reusable rockets and ambitious plans to colonize Mars.

Musk is widely admired for his determination and vision. He never stops pushing boundaries and constantly comes up with bold ideas. Many people respect him not just for his business success but also for his ability to turn futuristic dreams into reality.

If I had the chance, I would love to meet Elon Musk. I would ask him about his thoughts on the future of AI and space travel. I believe having a conversation with him would be truly inspiring.

5. 有趣的邻居 (1007, 退伍老兵爷爷)

题目: Describe an interesting neighbor you have.

You should say:

- Who he/she is
- How you met him/her
- What you usually do together
- And explain why you think he/she is interesting

答案:

I'd like to talk about my neighbor, Mr. Zhang, who is a retired veteran and one of the most interesting people I've ever met.

I first met him when I moved into my current neighborhood a few years ago. He was always sitting in the park, chatting with people. One day, I approached him out of curiosity, and he started telling me about his past experiences in the military.

Mr. Zhang has an incredible life story. He has traveled to many countries and witnessed historical events firsthand. Now, he frequently gives interviews and shares his experiences with young people. Despite his age, he is full of energy and has a great sense of humor.

I find him truly inspiring because of his wisdom and life experiences. Talking to him is always a pleasure, and I feel lucky to have such an interesting neighbor.

6. 文化之地 (1003, 北京)

题目: Describe a place with a rich culture that you have visited.

You should say:

- Where it is
- What kind of culture it has
- What you did there
- And explain why you think the place is culturally interesting

答案:

A place with a rich culture that I have visited is Beijing, the capital of China.

Beijing is famous for its long history and cultural heritage. It is home to some of the most iconic historical sites, including the Forbidden City, the Great Wall, and the Temple of Heaven. The city is also known for its traditional arts, such as Peking opera and calligraphy.

During my visit, I explored these historical landmarks and even watched a live Peking opera performance. I also wandered through the old alleyways, or hutongs, which gave me a glimpse into the traditional lifestyle of Beijing residents. The food there was amazing too, especially the famous Peking duck.

I find Beijing fascinating because it perfectly blends history and modernity. While it is a rapidly developing metropolis, it still preserves its cultural traditions. I would love to visit Beijing again to experience more of its rich culture.

7: Describe a piece of clothing you received as a gift.

(描述一件你收到的礼物——衣服)

🔑 关键词 (串联叙事)

📺 gift → GB friend from the UK → 🧥 stylish coat → 😄 surprise & joy → 🌐 cultural significance → 🙌 appreciation & gratitude

🎤 答案

"I'd like to talk about a special coat that I received as a gift from one of my close friends. She had just returned from the UK and surprised me with this stylish, well-made coat. It was a classic trench coat in a neutral color, something that I had always wanted but never bought for myself.

When she gave it to me, I was absolutely thrilled. Not only was it practical for the colder months, but it also carried a deeper meaning. She knew my fashion preferences and made an effort to bring me something both fashionable and useful. It wasn't just a piece of clothing; it was a symbol of our friendship and thoughtfulness.

Beyond that, I felt a connection to British fashion and culture. Trench coats have a long history in the UK, and wearing one made me feel sophisticated and stylish. Every time I wear it, I am reminded of my friend's kindness and the wonderful memories we have shared. This coat is more than just an item of clothing—it's a heartfelt reminder of our friendship and the thoughtfulness behind the gift."

8: Describe a friend you like to talk with.

(描述一个你喜欢聊天的朋友)

🔑 关键词 (串联叙事)

🎓 high school student → 🗣️ deep conversations → 💭 philosophy & emotions → 🤝 mutual understanding → ❤️ soulmate-like bond

答案

_"One of the people I enjoy talking to the most is my high school friend. She is incredibly intelligent, open-minded, and always willing to discuss deep topics with me. Unlike casual small talk, our conversations often revolve around philosophy, emotions, and personal growth.

What makes her special is her ability to listen and share perspectives without judgment. We often stayed up late at night, lying on the dormitory beds, discussing everything from the meaning of happiness to how emotions shape our decisions. It always felt like we were exploring the depths of our minds together.






I think what makes our friendship unique is that we understand each other on a profound level. Some people might call it a 'soulmate-like' connection—not in a romantic way, but in the sense that we just 'get' each other. We also love hanging out, whether it's grabbing a coffee or taking long walks, continuing our endless discussions.

Even though life may take us in different directions, I know that our friendship will last. Whenever we talk, it's like picking up right where we left off. It's rare to find a friend like this, and I feel incredibly lucky to have her in my life."_

9: Describe a job that your grandparent had.

(描述你祖父母的职业)

关键词 (串联叙事)

 grandfather →  math teacher →  not well-paid →  dedication & passion →  inspiration to me

答案

_"The person I want to talk about is my grandfather, who worked as a mathematics teacher. Even though his job wasn't very well-paid, he devoted his entire life to education and his students.

He was the kind of teacher who went beyond just teaching formulas and equations. He genuinely cared about his students' learning and would often stay after class to help those who were struggling. I remember hearing stories of how he would even visit students' homes to tutor them if they were falling behind.

His dedication and passion for teaching were truly inspiring. He believed that knowledge could change lives and that being a teacher was not just a job, but a mission. Despite the financial difficulties, he never once considered giving up, because he knew he was making a difference.

His perseverance has greatly influenced me. It taught me the value of hard work and selflessness. Even though he has retired now, his students still visit him, expressing their gratitude for the impact he had on their lives. I feel extremely proud to be his grandchild, and I hope to carry forward the same spirit of dedication in my own life."_

10: Describe an interesting building.

(描述一座有趣的建筑)

🔑 关键词 (串联叙事)

🏫 university library → 📐 trapezoid/parallelogram shape → 🎯 faces the main entrance →
● striped brown exterior → 🏢 elevated two-story base → 🏞️ stairs leading up → 🏠 five
floors high → 🌿 rooftop garden → 📖 rich book collection → 📚 favorite study place

🎤 答案

"One of the most interesting buildings I've ever seen is my university's library. What makes it unique is its striking trapezoid—or more accurately, parallelogram—shape, which gives it a modern and futuristic look. The library stands right in front of the university's main entrance, making it a significant landmark on campus.

Its exterior is covered in striped brown panels, which create a warm yet contemporary aesthetic. Unlike most libraries that sit directly on the ground, this one has an elevated two-story base, meaning you have to climb a wide set of stairs before reaching the entrance. This design makes the building feel grand and almost ceremonial as you walk up.

Inside, the library has five floors, each dedicated to different types of books and study areas. But my favorite feature is the rooftop garden. It's a peaceful retreat where students can take a break, get some fresh air, and even enjoy a panoramic view of the campus.

This library is not just a place for reading—it's a symbol of knowledge, creativity, and inspiration. Every time I step inside, I feel motivated to learn and explore new ideas."

11: Describe a busy period of time.

(描述一段忙碌的时光)

🔑 关键词 (串联叙事)

📅 math modeling competition → ⌚ four-day challenge → 📄 complex problem-solving →
👥 team collaboration → 🔍 data analysis & coding → 🌙 sleepless nights → 🏆 final all-
nighter → ⏰ submission one hour before deadline → 🎉 sense of achievement → 🏆
valuable experience

🎤 答案

"One of the busiest and most intense experiences I've ever had was participating in a mathematical modeling competition. It was a four-day challenge where my team and I had to solve a complex real-world problem using mathematical models and coding.

The first two days were dedicated to brainstorming ideas, collecting data, and developing our approach. Since the problem was open-ended, we had to explore multiple possibilities before settling on the most effective method. Collaboration was key, as we had to divide tasks efficiently—some of us worked on mathematical equations, while others focused on programming and writing the report.

The last night was the most challenging. We pulled an all-nighter, reviewing our models, refining our calculations, and making sure everything was polished. Time was running out, and the pressure was immense. In the final hour before the deadline, we double-checked our work and submitted it just in time.

Although it was exhausting, the sense of accomplishment was incredible. The competition not only tested our problem-solving skills but also strengthened our teamwork and resilience. It was a truly unforgettable experience."

12: Describe a job that benefits society.

(描述一份造福社会的职业)

🔑 关键词 (串联叙事)

👤 teaching profession → 📖 knowledge & education → 👴 grandfather as a math teacher → 🎓 shaping students' future → 💡 beyond textbooks → ❤️ passion & dedication → 💰 not the highest-paid job → 🌍 impact on society → 🔄 inspiring the next generation → 🙌 lifelong respect & gratitude

🎤 答案

"One of the most meaningful jobs in society is being a teacher. Teaching is not just about passing on knowledge—it's about shaping the future of students and inspiring them to reach their full potential.

My grandfather was a math teacher, and his dedication to education has always been a source of inspiration for me. He didn't just teach formulas and equations; he helped students develop critical thinking skills and a love for learning. Many of his students still remember him fondly and credit him for their academic success.

Despite not being the highest-paid profession, teaching is invaluable. A great teacher can change lives, guiding students toward better opportunities and instilling values that last a lifetime. They contribute to society by nurturing the next generation, creating a ripple effect of knowledge and progress.

I truly admire educators who dedicate themselves to this noble profession. They may not always receive the recognition they deserve, but their impact is profound and long-lasting."

话题 1: Describe a person who shares things with you.

(描述一个经常和你分享东西的人)

📌 子问题

1. **Who this person is?** (这个人是谁?)
2. **What they share with you?** (他们和你分享什么?)
3. **How often they share things with you?** (他们多久分享一次?)
4. **How you feel about this person?** (你对这个人的感觉如何?)

🔑 关键词（串联叙事）

👤 close friend → 📖 shares books → 💬 deep conversations → 🧠 philosophy & emotions → 📺 personal recommendations → 🤖 new perspectives → 💡 inspiring & thought-provoking → 😊 mutual trust → ⏳ long-time friendship → 🌟 special bond

🎤 答案

"One of the people who shares the most with me is my close friend from high school. We have known each other for years, and over time, we have developed a deep and meaningful friendship. She is not just someone I hang out with—she is someone who constantly introduces me to new ideas, books, and perspectives.

One of the things she shares with me the most is books. She is an avid reader and always comes across thought-provoking novels or philosophical essays that she thinks I would enjoy. Whenever she finishes reading a great book, she immediately tells me about it and even lends it to me. Sometimes, we read the same book at the same time so we can discuss it together. Our late-night conversations often revolve around complex emotions, deep philosophical questions, and different ways of looking at life.

Beyond books, she also shares her thoughts, personal experiences, and life lessons with me. She is someone I can truly open up to, and we often support each other through difficult times. I really appreciate this aspect of our friendship because sharing isn't just about material things—it's about trust, connection, and emotional support.

Having a friend like her makes my life so much richer. She has introduced me to so many perspectives that I wouldn't have discovered on my own, and she constantly inspires me to think deeper and be a better person. I feel incredibly lucky to have someone like her in my life."

话题 2: Describe a foreign country you want to visit.

（描述一个你想去的外国）

📌 子问题

1. What country it is? (这是哪个国家?)
2. Why you want to visit this country? (你为什么想去这个国家?)
3. What you know about this country? (你对这个国家了解多少?)
4. What you would like to do there? (你想在那做什么?)

🔑 关键词（串联叙事）

✈️ Singapore → 🌐 multicultural atmosphere → 🏙️ modern city → 🍽️ diverse food scene → 🚇 efficient public transport → 🌳 green & clean environment → 🏛️ iconic landmarks → 🎓 world-class universities → 🔄 blend of tradition & technology → ❤️ ideal travel destination

🎤 答案

"A foreign country I have always wanted to visit is Singapore. Although it is a small country, it is known for being one of the most developed and modern cities in the world.

One of the biggest reasons I want to go there is its multicultural environment. Singapore is home to people from different ethnic backgrounds, including Chinese, Malay, and Indian communities. This diversity is reflected in its food, festivals, and even architecture. I would love to explore the different cultural neighborhoods, such as Chinatown and Little India, to experience this rich blend of traditions.

Besides its culture, Singapore is also famous for its incredible urban planning. It is a city filled with futuristic skyscrapers, yet at the same time, it is incredibly green, with lots of parks and gardens. One place I really want to visit is Gardens by the Bay, which has breathtaking artificial trees that light up at night.

Of course, another thing that excites me is the food. Singapore is a paradise for food lovers, and I can't wait to try its famous dishes like Hainanese chicken rice, laksa, and chili crab.

Overall, Singapore seems like the perfect place to explore, with its combination of modernity, cultural diversity, and delicious food. I hope to visit it one day and experience everything it has to offer."_

话题 3: Describe your favorite sport.

(描述你最喜欢的运动)

📌 子问题

1. **What the sport is?** (这是什么运动?)
2. **When you started doing it?** (你什么时候开始的?)
3. **How often you do it?** (你多久做一次?)
4. **Why you like it?** (你为什么喜欢它?)

🔑 关键词 (串联叙事)

🏸 badminton → 😊 started in childhood → 🚀 fast-paced & exciting → 🏃 improves reflexes → 💪 great workout → 👯 team spirit → 🏆 competitive but fun → 🥰 favorite professional players → 🌈 stress relief → ❤️ lifelong passion

🎤 答案

_"Badminton is by far my favorite sport, and I have loved playing it since I was a child.

I started playing badminton when I was in elementary school. At first, it was just a casual activity with my family, but over time, I became more passionate about it and started playing regularly with my friends. Now, I try to play at least once or twice a week, especially on weekends.

What I love about badminton is how fast-paced and exciting it is. It requires quick reflexes, agility, and strategic thinking. Whether I am smashing the shuttlecock or defending against my opponent's attack, I feel completely engaged in the game. It's not only a great way to stay fit but also an excellent way to improve coordination and concentration.

Another reason I enjoy badminton is that it brings people together. It's a sport that can be played both casually and competitively. Sometimes, I play friendly matches with my friends, but other times, I like to challenge myself by competing against stronger players.

For me, badminton is more than just a sport—it's a way to relax, have fun, and relieve stress. No matter how busy I am, a good game of badminton always lifts my spirits and makes me feel refreshed. I believe it's a sport I will continue to enjoy for many years."

话题 4: Describe an intellectual game you have played.

(描述一个你玩过的智力游戏)

子问题

1. **What the game is?** (这是什么游戏?)
2. **How you learned to play it?** (你是如何学会的?)
3. **How often you play it?** (你多久玩一次?)
4. **Why you like it?** (你为什么喜欢它?)

关键词 (串联叙事)

👤 chess → 🧒 learned as a child → 🧠 strategic thinking → 🦊 predicting opponent's moves → ⚡ mental challenge → 🎓 improves problem-solving skills → 🏆 competitive but rewarding → 🧐 mind games & tactics → ⏳ requires patience → ❤️ lifelong passion

答案

"One of the most fascinating intellectual games I have ever played is chess. It is a classic game that has been played for centuries, and I find it incredibly engaging and mentally stimulating.

I first learned to play chess when I was a child. My father introduced me to the game, and at first, I found it quite difficult because there were so many rules to remember. However, as I practiced more and started understanding different strategies, I became truly passionate about it. Over time, I also started watching chess tournaments online and studying famous games played by grandmasters.

Nowadays, I don't play chess every day, but I try to play at least once or twice a week. Sometimes, I play with my friends or family, and other times, I play online against people from different parts of the world. Chess requires deep concentration, patience, and the ability to anticipate your opponent's moves, which makes every game a new and exciting challenge.

What I love most about chess is that it is not just about moving pieces on a board—it is about thinking ahead, formulating strategies, and adapting to unexpected situations. It trains my mind to think critically and solve problems effectively. The thrill of outsmarting an opponent and executing a perfect strategy is incredibly satisfying.

For me, chess is more than just a game—it is a mental workout that sharpens my mind and helps me develop valuable skills. No matter how many times I play, there is always something new to learn, which is why I will always enjoy this game."

二级重点

话题 1: Describe a live performance you watched.

(描述一场你看过的现场表演)

📌 子问题

1. What the performance was? (是什么表演?)
2. Where you watched it? (你在哪里观看的?)
3. What happened during the performance? (表演过程中发生了什么?)
4. How you felt about it? (你的感受如何?)

🔑 关键词 (串联叙事)

🎸 post-rock band → 🎵 livehouse venue → 🪑 no chairs, standing audience → 💡 atmospheric lighting → 🔊 immersive sound experience → 🧑‍🦺 engaged crowd → ⌚ two-hour performance → 🎶 encore performance → ❤️ deeply emotional connection

🎤 答案

"Last year, I had the chance to watch a live performance by my favorite post-rock band, and it was one of the most unforgettable experiences of my life.

The concert took place in a livehouse, which was an intimate indoor venue of around 300 square meters. Unlike traditional concert halls, there were no chairs, so everyone had to stand. This created a more immersive and energetic atmosphere, as the audience could move freely and fully engage with the performance.

From the moment the band started playing, I was completely drawn into the music. The lighting was dim but perfectly matched the mood of each song, creating an almost dreamlike experience. The sound was powerful yet delicate, making me feel as if the music was resonating deep within my soul. Throughout the two-hour performance, the band played some of their most well-known pieces, and the audience was fully captivated.

The highlight of the night was the encore performance. Just when we thought the show was over, the band returned to the stage and played my all-time favorite song. It was an incredibly emotional moment, and I felt completely overwhelmed with joy and nostalgia.

Overall, this live performance was an unforgettable experience. It wasn't just about the music—it was about the energy, the atmosphere, and the deep emotional connection between the band and the audience. I would love to experience something like this again."

话题 2: Describe a law you would like to see changed.

(描述一个你想修改的法律)

📌 子问题

1. **What the law is?** (是什么法律?)
2. **Why you want to change it?** (你为什么想修改它?)
3. **How you would change it?** (你会如何修改它?)
4. **How the change would benefit society?** (这个修改对社会有什么好处?)

🔑 关键词 (串联叙事)

⚖️ **juvenile crime law** → 👤 **current lenient punishment** → 📈 **rising youth crime rates** → 😞 **lack of accountability** → 📋 **propose stricter regulations** → 🎓 **education & rehabilitation** → ⚖️ **balance punishment & prevention** → 👥 **protecting society** → 🌍 **long-term positive impact**

🎤 答案

"One law that I strongly believe should be changed is the current regulation on juvenile crime. In many places, minors who commit serious crimes receive very lenient punishment, which I think is unfair to both the victims and society.

The reason I want to change this law is that youth crime rates have been rising, and some teenagers take advantage of their age to commit crimes without facing serious consequences. This not only puts innocent people at risk but also fails to teach these young offenders a proper lesson.

If I had the power to modify this law, I would introduce stricter regulations. While I do believe that minors should be given a chance to reform, there should also be appropriate punishments to ensure they take responsibility for their actions. At the same time, rehabilitation programs should be improved, offering psychological counseling and education to help young offenders integrate back into society in a positive way.

This change would greatly benefit society. It would deter potential juvenile offenders, provide justice for victims, and ultimately create a safer and more responsible community. A well-balanced law would ensure that young people learn from their mistakes while still being given a chance to turn their lives around."

话题 3: Describe a person who helps to protect the environment.

(描述一个致力于环保的人)

📌 子问题

1. **Who this person is?** (这个人是谁?)
2. **What they do to protect the environment?** (他们如何保护环境?)
3. **How often they do it?** (他们多久做一次?)
4. **Why they do it?** (他们为什么要这样做?)

🔑 关键词 (串联叙事)

🌐 parents → 🗑️ waste sorting → ♻️ recycling bottles & cans → 🍴 separating food waste → 🧑 daily habit after dinner → 🌱 environmental awareness → 📖 influence on me → 👨👩 setting an example for the community → ❤️ deep sense of responsibility

🖋️ 答案

"The person I want to talk about is not a famous activist or a scientist, but my parents. They are very committed to protecting the environment in their daily lives, and their efforts have had a great influence on me.

One of the things they do consistently is waste sorting. Every day after dinner, they carefully separate different types of waste. Plastic bottles and metal cans are collected and taken to the recycling station, while food waste is properly sorted to make disposal easier. They never throw everything into one trash bin, no matter how small the waste is.

This is something they do every single day, and it has become a natural habit for them. I remember asking my parents why they bother putting in so much effort when others don't, and their answer was simple: "If we don't take action, who will?" Their strong sense of responsibility toward the environment has truly inspired me.

I admire them not only because of their environmental awareness but also because they set a great example for the people around them. Through their small yet meaningful actions, they are contributing to a greener and more sustainable future."

话题 4: Describe a quiet place you like to go to.

(描述一个你喜欢去的安静的地方)

📌 关键词

1. **University Library** (大学图书馆)
2. **Main entrance** (学校正门)
3. **Classmate recommendation** (同学推荐)
4. **Regular visits** (经常去)
5. **Study & research** (学习和研究)
6. **Reading for relaxation** (阅读放松)
7. **Tranquility & focus** (安静与专注)
8. **Stress relief** (缓解压力)
9. **Productivity & accomplishment** (效率和成就感)
10. **Meaningful use of time** (有意义地利用时间)

答案

"One of my favorite quiet places is the library at my university, located right in front of the main entrance of the school. This library has a unique architectural design, featuring a trapezoidal shape with brown-striped walls and a two-story elevated base, requiring students to climb a flight of stairs before entering. Inside, the library has five floors, each filled with study spaces, bookshelves, and quiet reading corners, creating a perfect environment for focused learning.

I first discovered this place thanks to one of my classmates, who brought me here to study together before an exam. He told me that it was the best place to concentrate, and he was absolutely right. The moment I stepped inside, I was impressed by the peaceful atmosphere, where everyone was fully engaged in their studies. Since then, I have made it a habit to visit the library regularly.

I go there almost every weekday, especially when I am not going to the lab. Whether it is for doing research, reading academic articles, or simply enjoying a good book, I find the library to be an ideal place. Sometimes, when I feel overwhelmed by assignments, I come here to escape from distractions and immerse myself in productive work.

What I love most about the library is its tranquility. The silent surroundings allow me to focus deeply, helping me retain information better and complete my tasks efficiently. Moreover, studying in a quiet environment helps me relieve anxiety and stress, making me feel that I am spending my time meaningfully instead of wasting it. At the end of the day, leaving the library with a sense of accomplishment is incredibly satisfying."

话题 5: Describe something you do that helps you concentrate on work or study.

(描述一个能帮助你集中注意力的习惯)

关键词

1. **Turn off the phone** (关掉手机)
2. **Eliminate distractions** (消除干扰)
3. **Use a timer** (使用计时器)
4. **Pomodoro technique** (番茄工作法)
5. **Set study goals** (设定学习目标)
6. **Time pressure** (时间紧迫感)
7. **Prevent procrastination** (防止拖延)
8. **Maintain efficiency** (保持效率)
9. **Reduce anxiety** (降低焦虑)
10. **Sense of accomplishment** (成就感)

答案

"One of the most effective habits that help me concentrate on my studies is turning off my phone and using a timer. In today's digital age, smartphones are one of the biggest distractions, constantly sending notifications that interrupt focus. By completely turning it off, I create a distraction-free environment where I can fully immerse myself in my work.

In addition to eliminating distractions, I use a study technique known as the Pomodoro Technique. This method involves setting a timer for 45 to 50 minutes, during which I work without interruptions. Once the timer goes off, I take a short five-minute break before starting the next session. This approach helps me maintain efficiency and prevents burnout.

At the beginning of the day, I also create a to-do list with specific study goals. Having clear objectives not only gives me a sense of direction but also adds a feeling of urgency, preventing me from procrastinating. When I know I have limited time to complete a task, I am less likely to get distracted or waste time on unimportant things.

I usually follow this routine whenever I need to focus on a challenging subject or prepare for an exam. Over time, I have noticed significant improvements in my productivity and concentration. More importantly, this habit has helped me reduce stress and anxiety. Instead of feeling overwhelmed by a huge workload, I break it down into manageable tasks, making everything feel more achievable. At the end of the day, knowing that I have spent my time productively gives me a great sense of accomplishment."

话题 6: Describe a positive change you have made recently in your daily routine.

(描述你最近在日常生活中做出的一个积极改变)

关键词

1. **Afternoon or evening running** (下午或晚上跑步)
2. **Physical fitness** (身体健康)
3. **Initial struggles** (最初的困难)
4. **Gradual improvement** (逐步适应)
5. **Lung and heart health** (心肺健康)
6. **University fitness test** (大学体测)
7. **Scholarship requirements** (奖学金要求)
8. **Stress relief** (缓解压力)
9. **Better mood** (保持好心情)
10. **Sense of achievement** (成就感)

答案

"Recently, I have made a positive change in my daily routine by starting to run in the afternoon before dinner or in the evening after finishing my studies. This change has had a great impact on both my physical and mental well-being.

At first, it was quite difficult to develop this habit. I used to be someone who preferred staying indoors, especially after a long day of studying. However, as the weather became warmer, I decided to step out and take a short walk. Gradually, I convinced myself to start jogging at a slow pace, then increased my speed and distance over time. Now, running has become a part of my routine, and I actually enjoy it.

There are several reasons why I consider this a positive change. First, running regularly keeps me fit and improves my lung and heart health. Since my university conducts an annual physical fitness test, which is linked to scholarships, staying active helps me perform well in those assessments. Additionally, running has proven to be a great way to relieve stress. Whenever I feel overwhelmed with academic pressure, going for a run allows me to clear my mind and refresh myself.

Most importantly, this habit has significantly improved my mood and overall energy levels. Instead of feeling exhausted after a long day, I feel more active and refreshed. Looking back, I realize how beneficial this change has been, and I plan to continue this healthy routine for the long term. It gives me a sense of achievement and makes my daily life more structured and meaningful."

话题 1: Describe a difficult decision that you once made and had a good result.

(描述一个你曾经做过的困难决定，并取得了好的结果)

关键词

1. **Decision to shorten competition paper** (缩短比赛论文)
2. **Mathematical modeling competition** (数学建模比赛)
3. **Word limit constraint** (字数限制)
4. **Removing valuable methods** (放弃有价值的方法)
5. **Balancing clarity & completeness** (平衡清晰度和完整性)
6. **Team discussion & compromise** (团队讨论和妥协)
7. **Time pressure** (时间压力)
8. **Final successful submission** (最终成功提交)
9. **Higher evaluation from judges** (获得更高评价)
10. **Lesson on prioritization** (学会优先排序)

答案

"One of the most difficult decisions I have ever made was during a mathematical modeling competition when I had to shorten our research paper to meet the strict word limit.

This happened last year when my team and I participated in a prestigious modeling competition. After days of hard work, we developed several innovative methods to solve the given problem. However, when we were preparing to submit our final report, we realized that our paper was nearly twice the allowed length. The rules were clear—if our paper exceeded the limit, it would be disqualified.

It took us almost an entire day to make this decision. At first, we tried to reduce the length by simplifying some explanations, but that was not enough. We were then faced with a tough choice: either keep all our methods and risk violating the word limit, or remove some valuable techniques to ensure compliance. After several rounds of team discussion, I ultimately decided that we had to sacrifice some of our methods and focus only on the most essential ones.

This decision was extremely difficult because we had put a lot of effort into developing those methods, and they all had their merits. However, in the end, it turned out to be the right choice. By making our report more concise and focused, we improved its readability and clarity. As a result, we received a higher evaluation from the judges, and our work was recognized among the top submissions. This experience taught me an important lesson about prioritization—sometimes, making difficult choices is necessary for achieving a better outcome."

话题 2: Describe a time you used your cellphone/smartphone to do something important.

(描述一次你用手机完成重要事情的经历)

关键词

1. **Lost an important document** (丢失重要文件)
2. **Needed for an official application** (用于正式申请)
3. **Document left in dormitory** (文件遗留在宿舍)
4. **Urgent situation** (紧急情况)
5. **Called dormitory mate for help** (联系舍友帮忙)
6. **Photo sent via phone** (用手机拍照发送)
7. **Printed a copy immediately** (立刻打印备份)
8. **Managed to submit on time** (成功按时提交)
9. **Realized the importance of smartphones** (意识到手机的重要性)
10. **Sense of relief & gratitude** (感到庆幸和感激)

答案

"A time when my smartphone played a crucial role in solving an important issue was last year, when I almost failed to submit a critical application due to a lost document.

I was preparing to submit an application to an official institution, which required a set of essential documents. However, just as I was about to leave, I realized that I had forgotten one of the key papers in my dormitory. Since I was already at the institution, going back to retrieve it would have taken too much time, and the submission deadline was approaching quickly.

At that moment, my smartphone became my lifesaver. I immediately called one of my dormitory mates and asked him to check my desk for the missing document. Luckily, he found it and quickly took a clear photo of it, sending it to me via messaging app. I then rushed to a nearby printing shop, printed out the document, and submitted it just in time.

This experience made me deeply appreciate the convenience of smartphones. Without my phone, I would have missed the deadline and possibly lost an important opportunity. I felt an immense sense of relief and gratitude, realizing how technology can help us handle unexpected situations efficiently. Since then, I have developed the habit of double-checking my documents before leaving for any important event."

话题 3: Describe a gift you gave to a friend.

(描述你送给朋友的一件礼物)

关键词

1. **Gift choice: coffee set** (礼物选择: 咖啡套装)
2. **Friend's love for coffee** (朋友喜欢咖啡)
3. **Special occasion: birthday** (特别场合: 生日)
4. **Personalized selection** (个性化选择)
5. **Hand-picked high-quality beans** (精心挑选优质咖啡豆)
6. **Included a coffee grinder** (包含手磨咖啡机)
7. **Encouraged homemade coffee brewing** (鼓励自己冲泡咖啡)
8. **Friend's happiness & surprise** (朋友的开心和惊喜)
9. **Stronger friendship bond** (增进友谊)
10. **Meaningful & practical gift** (有意义且实用的礼物)

答案

"One of the most thoughtful gifts I have ever given was a coffee set that I prepared for my best friend's birthday.

My friend is a huge coffee lover. He enjoys trying different types of coffee and often visits cafés to explore new flavors. Knowing this, I wanted to give him something special that aligned with his passion. After considering various options, I decided to put together a personalized coffee set.

I spent a lot of time selecting high-quality coffee beans from different regions, ensuring that he could experience a variety of flavors. In addition, I included a manual coffee grinder, so he could enjoy the process of grinding fresh beans before brewing. I also wrote a small note, encouraging him to try making coffee at home and experiment with different brewing methods.

When I gave him the gift, he was both surprised and delighted. He immediately tried grinding the beans and making his first homemade cup of coffee. Seeing how much he appreciated the gift made me feel truly happy. This experience strengthened our friendship and reminded me that a meaningful gift is not about its price, but about the thought and effort put into it. Since then, he has developed a habit of brewing his own coffee, and he often tells me how much he enjoys it. It was a simple yet practical gift that brought long-term joy."

去过的乡村

Describe a countryside that you have been to

You should say:

- **Where it is:** *In my hometown, Hubei Xiantao, it is a countryside area about an hour's drive from the city.*
- **When you went there:** *Two years ago.*
- **Who you went there with:** *My uncle and my father; we took a high-speed rail to a city near Xiantao and then drove to the location.*
- **And explain why you went there:** *To visit my relatives and also to escape from the fast-paced city life.*

The countryside I visited is located in **Xiantao, Hubei**, my hometown. It takes about **an hour's drive** from the city center to reach this peaceful rural area. I went there **two years ago** with my **uncle and father**. Since the place was a bit far from where we lived, we first took a **high-speed rail** to a nearby city and then drove the remaining distance.

The main reason for our visit was to **see our relatives**, as we have family members living there. However, I also enjoyed the trip as a way to **escape the fast-paced lifestyle of the city**. The countryside offered a serene atmosphere with **lush green fields, fresh air, and a slower pace of life**, which was a refreshing change from the noise and busyness of urban areas. I also had the chance to enjoy **freshly grown vegetables and home-cooked meals**, which made the experience even more memorable.

Overall, this visit to the countryside was a delightful experience. It allowed me to **spend quality time with my family**, enjoy nature, and appreciate the simple joys of life. I look forward to going there again in the future.

帮助小孩

Describe a time when you helped a child

You should say:

- **When it happened:** *During my summer break last year.*
- **Where it happened:** *In a local park.*
- **What you did:** *Helped a lost child find his parents.*
- **And explain how you felt about it:** *Felt fulfilled and satisfied.*

One unforgettable incident when I assisted a child occurred during my **summer break last year**. It was a **scorching hot day**, and I was strolling through a **local park** when I noticed a **distressed little boy** sitting alone under a tree, sobbing inconsolably.

Filled with **concern**, I immediately approached him to inquire about his well-being. It turned out that he had **lost his way** and couldn't find his parents. Understanding the **gravity of the situation**, I tried to calm him down and assure him that everything would be alright.

Taking into account his age, I decided to ask him a few questions to **gather more information**. Fortunately, he remembered some details about his parents' appearance and what they were wearing. I promptly **contacted the park authorities**, who initiated an announcement on the loudspeaker with a description of the boy's parents.

In the meantime, I sat with the child, **engaged him in conversation**, and offered him **some water and snacks** to make him feel more at ease. As time passed, I could see the **relief and gratitude** in his eyes as his parents emerged from the crowd, anxiously searching for him. Witnessing the **joyous reunion** of the child and his family was truly heartwarming.

I helped the child because I genuinely **empathized with his predicament**. As a responsible member of society, it is our duty to **extend a helping hand** to those in need, especially children who are **vulnerable and dependent on adults for their safety**.

Regarding my feelings after assisting the child, I experienced an **overwhelming sense of fulfillment and satisfaction**. Being able to make a **positive impact** in someone's life, particularly a young child, reinforced my belief in the **importance of compassion and the power of helping others**.

给建议的人

Describe a person from whom others like to ask for advice

You should say:

- **Who this person is:** *My grandfather.*
- **Why people like to ask for his/her advice:** *He is wise, experienced, and empathetic.*
- **What kind of advice he/she often gives:** *Career, financial, and relationship advice.*
- **And explain how you felt about the person:** *Admired and deeply influenced by him.*

The person I would like to talk about is **my grandfather**. He is a **wise and experienced man**, and people often seek his advice.

People are drawn to my grandfather because of his **sagacity** and the **wealth of knowledge** he possesses. He has always been a **great listener** and is known for his **empathetic nature**. People find comfort in confiding in him as they feel **understood and valued**. His advice is highly regarded because he **draws from his own life experiences** and provides **practical solutions** to their problems.

When people seek advice from my grandfather, he offers a **wide range of guidance**. He provides **emotional support** to those going through tough times, offering **words of encouragement** and reminding them to **stay positive**. Furthermore, he shares his **career and financial insights**, guiding young professionals on their journey to success. Moreover, his **knowledge about relationships and family dynamics** is invaluable—he helps **mend broken relationships** and fosters a sense of **togetherness among family members**.

Personally, I have always **admired** my grandfather's ability to provide **sound advice**. Whenever I faced **challenges or dilemmas**, I would seek his counsel. He never hesitated to offer his perspective, even if it meant giving me **some tough love**. His **words of wisdom** have shaped me into a **better person**, and I attribute much of my **growth** to his guidance.

In conclusion, my grandfather is a person from whom others seek advice because of his **wisdom, vast experiences, and empathetic nature**. The guidance he offers spans **various aspects of life**, and he has been a **pillar of support** for many. I am incredibly **fortunate** to have him in my life, and his influence has **profoundly impacted me**.

仰慕的运动员

Describe an athlete you admire

You should say:

- **Who the athlete is:** *Su Bingtian*
 - *Keywords:* Chinese sprinter, 100-meter race, speed, Asian Flying Man, record-breaker
- **Where/how you got to know the athlete:** *I first learned about him during high school while watching the Olympics.*
 - *Keywords:* high school, Olympics, first Chinese under 10 seconds, impressive performance
- **How often you watch their sports games:** *I follow his performances in every international competition.*
 - *Keywords:* international events, Olympics, World Championships, track and field
- **And explain why you admire the athlete:** *His dedication and perseverance inspire me to work harder in my studies and personal fitness.*
 - *Keywords:* hard work, perseverance, motivation, dedication, role model, self-discipline, overcoming challenges

One athlete I truly **admire** is **Su Bingtian**, a **Chinese sprinter** who made history in the **100-meter men's race**. He is often referred to as "**The Asian Flying Man**" because of his **remarkable speed** and **outstanding achievements** in track and field.

I first got to know about him **during high school**, when I watched the **Olympic Games**. At that time, I was amazed by his **incredible performance**—he was the first Chinese sprinter to break the **10-second barrier** in the 100-meter dash. His **dedication to the sport** and his ability to compete with world-class athletes left a deep impression on me.

I make sure to **watch all of his competitions**, especially **international events** like the **Olympics and World Championships**. Every time he steps onto the track, I feel a sense of **excitement and pride**, eagerly anticipating his performance.

What I admire most about Su Bingtian is his **unwavering motivation** and **relentless pursuit of excellence**. Despite facing numerous challenges, including injuries and doubts about whether Asian athletes could excel in sprinting, he **never gave up**. His journey is a testament to **hard work, perseverance, and self-discipline**.

His story **deeply inspires me**—not only in sports but also in my personal life. He encourages me to **push my own limits**, whether in **studies or physical fitness**. Whenever I feel tired or unmotivated, I think about his **dedication to training**, and it reminds me to **stay focused and determined**.

In conclusion, Su Bingtian is not just a great athlete but also a role model who **inspires countless young people** to **chase their dreams fearlessly**.

有趣的城市 926

Describe a city that you think is very interesting

You should say:

- **Where it is:** *Singapore*
 - *Keywords:* Southeast Asia, island nation, small but developed, economic hub
- **What it is famous for:** *Clean environment, multicultural society, and modern architecture*
 - *Keywords:* Marina Bay Sands, Gardens by the Bay, diverse culture, street food, strict laws
- **How you knew this city:** *Through travel documentaries and personal visits*
 - *Keywords:* travel videos, tourism, personal experience, research, recommendations
- **And explain why you think it is very interesting:** *The city's unique blend of cultures, futuristic cityscape, and strict yet effective policies make it fascinating.*
 - *Keywords:* high-tech city, green spaces, public transport, food paradise, cultural diversity

Singapore is a city that I find **incredibly fascinating**. Located in **Southeast Asia**, it is a **small yet highly developed** country known for its **cleanliness, efficient public transport, and stunning skyline**.

One of the things that make Singapore **stand out** is its **multicultural society**. People from different ethnic backgrounds, including **Chinese, Malay, Indian, and Western influences**, live harmoniously together. This diversity is reflected in **the city's cuisine, festivals, and traditions**, making it an exciting place to explore.

I first learned about Singapore **through travel documentaries** and later had the opportunity to **visit the city in person**. Watching its **futuristic architecture**, such as **Marina Bay Sands and Gardens by the Bay**, left a lasting impression on me.

What makes Singapore truly interesting is its **blend of tradition and modernity**. Despite being a **highly urbanized city**, it has numerous **green spaces**, like the **Singapore Botanic Gardens**, which offer a refreshing escape from the bustling city life. Additionally, the government's strict yet **effective policies**, such as **anti-littering laws and the ban on chewing gum**, have contributed to maintaining an **exceptionally clean and orderly environment**.

Overall, Singapore's **unique culture, modern infrastructure, and efficient governance** make it one of the most **fascinating cities** in the world.

家庭重要设备 922

Describe a piece of equipment that is important in your home

You should say:

- **What it is:** *Refrigerator*
 - *Keywords:* kitchen appliance, food storage, cooling system, energy-efficient
- **How often you use it:** *Every day*
 - *Keywords:* daily use, fresh food, meal prep, cold beverages

- **With whom you use it:** *My family members*
 - *Keywords:* shared appliance, household necessity, cooking, family meals
- **And explain why it is important:** *It helps store food, reduces waste, and makes daily life more convenient.*
 - *Keywords:* food preservation, cost-saving, convenience, essential, prevents spoilage

One of the most **important appliances** in my home is the **refrigerator**. It is an **essential household device** that helps us **store food, keep ingredients fresh, and reduce waste**.

I use the refrigerator **every single day**. Whether it's **keeping vegetables fresh, storing leftovers, or chilling drinks**, it plays a vital role in our **daily life**.

I share this appliance with my **family members**, and we all **rely on it heavily**. It allows us to **plan meals in advance**, store perishable items for **longer periods**, and even enjoy **homemade frozen desserts**.

The refrigerator is important because it **prevents food spoilage**, helping us **save money** and **reduce food waste**. Without it, we would have to **buy fresh ingredients daily**, which would be both **time-consuming and inconvenient**. Additionally, it makes life **more comfortable**, as we can always enjoy **cold beverages, fresh fruits, and dairy products**.

In conclusion, the refrigerator is **an indispensable part** of modern households, making daily life **more convenient, efficient, and enjoyable**.

花费甚少的外出日 918

Describe a special day out that cost you little money

You should say:

- **When was the day:** *Last summer*
 - *Keywords:* summer, holiday, budget-friendly, spontaneous, memorable
- **Where you went:** *A local park with a beautiful lake and picnic area*
 - *Keywords:* nature, greenery, lake, picnic, relaxation
- **How much you spent:** *Less than \$10, just for snacks and drinks*
 - *Keywords:* minimal cost, affordable, food, transportation, budget travel
- **And explain how you feel about the day:** *It was peaceful and refreshing, proving that happiness doesn't require spending a lot of money.*
 - *Keywords:* joyful, stress-free, quality time, meaningful experience, relaxation

Background

A special day out doesn't always have to be expensive to be memorable. There are many ways to enjoy a great day without spending much—visiting a park, having a picnic, or simply exploring a new place on foot. Sometimes, the best experiences come from simple activities that focus on spending quality time with loved ones rather than spending money.

Overview

Last summer, I had such an experience when my friends and I decided to go for a budget-friendly outing. We wanted to relax and enjoy nature without spending too much, so we chose to visit a large public park near our city. Since it was easily accessible by bus and had free entry, it was the perfect destination for a fun yet inexpensive day.

Details

We planned ahead by preparing homemade sandwiches, snacks, and drinks, so we wouldn't need to buy food there. The park was vast, with a beautiful lake, walking trails, and open green spaces. We spent the afternoon having a picnic, playing card games, and just chatting under the shade of a big tree. Some of us even rented bicycles for a small fee and cycled around the park, enjoying the fresh air. The only money I spent that day was around \$5 for a drink and some ice cream.

Feelings

Even though we didn't do anything extravagant, the day felt truly refreshing and enjoyable. The peaceful environment, good weather, and great company made it one of the most relaxing days I've had in a long time. It reminded me that happiness doesn't always come from expensive activities—sometimes, the simplest moments bring the most joy.

Significance

This experience taught me that spending quality time with friends doesn't require a lot of money. As long as we have good company and a nice setting, even a simple outing can be incredibly meaningful. It also made me appreciate the beauty of nature and the importance of taking breaks from our busy schedules to enjoy the little things in life.

看到野生动物的地方 914

Describe a place you have been to where you can see wild animals

You should say:

- **Where it is:** *Australia, inside a park where we could see kangaroos while playing golf*
 - *Keywords:* Australia, wildlife park, open space, natural environment, golf course
- **When you went there:** *When I was 10 years old, with my family and my friend's family*
 - *Keywords:* childhood, family trip, outdoor adventure, first experience
- **What animals you saw there:** *Kangaroos – we walked around the park and got as close as 5 meters to them*
 - *Keywords:* kangaroos, close-up experience, wild animals, safety rules, exotic wildlife
- **How you feel about the place:** *It was peaceful and exciting at the same time, as I had only seen kangaroos on TV before.*
 - *Keywords:* tranquility, nature, adventure, unforgettable, special memory

Background

Observing wild animals in their natural habitat is a rare and exciting experience. Unlike seeing animals in a zoo, where they are confined to small spaces, visiting a wildlife park or a natural reserve allows people to see animals roaming freely. Such places not only provide a closer connection to nature but also raise awareness about the importance of wildlife conservation.

Overview

When I was around 10 years old, my family and my friend's family traveled to Australia. One of the most memorable parts of the trip was visiting a wildlife park where we could see kangaroos up close. Since I had only seen them on TV before, I was thrilled to finally observe them in real life.

Details

The wildlife park was located in a vast, open area surrounded by beautiful greenery. It had different sections for various animals, but the most exciting part was the kangaroo area. Visitors were allowed to walk through a designated path where kangaroos roamed freely.

As we walked through the park, we spotted several kangaroos resting under the trees. We cautiously approached them, keeping a safe distance of about five meters. Seeing them hopping around in their natural environment was an unforgettable experience. Though we were not allowed to touch them for safety reasons, just observing them up close was exciting.

Later, we had lunch at the park's restaurant. To my surprise, the menu included kangaroo meat, prepared like a steak. Out of curiosity, I decided to try a small piece, but I found it quite tough and not as flavorful as regular beef.

Feelings

I felt a deep sense of peace and excitement during the visit. The park was a beautiful place, far away from the noise of the city, offering a perfect escape into nature. At the same time, I was thrilled to see kangaroos up close for the first time. It was a moment I had only imagined before, making it a truly unforgettable experience.

Significance

This visit made me appreciate the beauty of nature and the importance of protecting wildlife. Seeing animals in their natural environment rather than in captivity changed my perspective on conservation. It also sparked my curiosity about different ecosystems and encouraged me to explore more places where nature and wildlife thrive.

弄丢贵重物品 910

Describe a time when you lost a valuable item

You should say:

- **When and where it happened:** *Last year at the Singapore National Art Museum*
 - *Keywords:* museum, travel, unforgettable, unfortunate, personal loss
- **What it was:** *An umbrella that I had used for three years*
 - *Keywords:* sentimental value, everyday item, durable, protective, companion

- **How valuable it was:** *It accompanied me throughout my university life and carried a lot of memories*
 - *Keywords:* emotional attachment, nostalgia, university memories, rainy days
- **How you lost it:** *Left it on the top floor of the museum while resting, and when I returned, it was gone*
 - *Keywords:* carelessness, regret, lost and found, disappointment, lesson learned
- **And explain how you felt about the experience:** *I was really sad, but it taught me to be more careful and less emotionally attached to material things.*
 - *Keywords:* sadness, reflection, responsibility, life lesson, practicality

Background

Losing a valuable item is always frustrating, but when the item holds sentimental value, the experience can be even more painful. Sometimes, an object is not just a physical possession—it carries memories, emotions, and personal significance. This makes its loss feel like losing a part of one's past.

Overview

Last year, I experienced this firsthand when I lost my favorite umbrella during a visit to the Singapore National Art Museum. Although it was just an ordinary umbrella, I had used it throughout my entire university life, making it a meaningful part of my daily routine.

Details

That day, I was enjoying the museum's exhibitions with my friends, completely immersed in the beautiful artworks. As we explored different floors, we eventually reached the top floor, where we decided to take a short break. I placed my umbrella beside my seat and didn't think much about it.

After finishing our break, we continued our tour and eventually left the museum. It wasn't until we were outside that I realized I had left my umbrella behind. I immediately rushed back to the top floor, but it was already gone. I asked the museum staff if anyone had turned it in, but no one had seen it.

Feelings

I felt really upset for the next few days. That umbrella had been with me through countless rainy days, offering protection and comfort. Losing it made me realize how much I had unknowingly relied on it. At the same time, I was frustrated with myself for being careless.

Significance

This experience taught me two valuable lessons. First, I need to be more mindful of my belongings and always double-check before leaving a place. Second, I realized that while objects can carry sentimental value, it is ultimately the memories associated with them that matter most. Losing the umbrella didn't erase the experiences I had with it, and moving forward, I learned to cherish memories rather than just physical objects.