

# 我是瑞斯拜 2022 年 12 月 四级预测

## 四级预测 1 求职信 外企实习

Suppose you need an internship in a foreign company next semester. you should write a letter, which includes, your strength, personality and qualification, to apply. You should write at least 120 words but no more than 180 words.

假设你下学期需要在一家外企实习。你应该写一封求职信，包括你的优点、个性和资格。你应该写至少 120 字，但不超过 180 字。

Dear Sir or Madam,

My name is Li Ming, and I am a senior student majoring in English. I'm writing this letter to apply for an internship at your company. The following reasons can account for my application.

First and foremost, there is no doubt that my English fluency can reach the standard of a nearly-native level. Based on big data, over 2/3 of foreign companies have admitted that language ability is their first priority when hiring new clerks. Furthermore, no one can deny that I'm a passionate person, who is full of energy. Where there is passion, there is productivity. Last but not least, I have relevant certificates in business. Although now I am a student, I'm fully equipped with the expertise to work.

Thank you for your consideration.

Yours,  
Li Ming

尊敬的先生或女士:

我叫李明，是一名英语专业的大四学生。我写这封信是想申请贵公司的实习职位。以下原因可以解释我的申请。

首先，毫无疑问，我的英语流利程度可以达到接近母语水平的标准。根据大数据显示，超过 2/3 的外企承认，语言能力是他们在招聘新职员时的首要考虑因素。此外，没有人能否认我是一个充满激情的人，充满活力。哪里有激情，哪里就有生产力。最后，我有相关的商业证书。虽然现在我是一名学生，但我完全具备工作的专业知识。

谢谢您的考虑。

你的,

李明

## 预测 2: 提案

suppose you are to work in a bookstore in the vacation. your boss is a foreigner. the business of the bookstore isn't good. you should to write a proposal for your boss to promote the avenue of the bookstore. You should write at least 120 words but no more than 180 words. 给书店提建议,提案

假设你假期要在一家书店工作。你的老板是个外国人。这家书店的生意不好。你应该给你的老板写一份建议来推销书店的大街。你应该写至少 120 字, 但不超过 180 字

Dear Smith,

My name is Li Ming, and I am your clerk in the bookstore. I' m writing this proposal to offer some suggestions that might be helpful for promoting the business in your store. The following are the details.

First and foremost, there is no doubt that you can have more seats offered in the store. Based on big data, over 2/3 of book customers have admitted they are more willing to pay after sitting down for a while. Furthermore, no one can deny that you can put some vending machines, which sell drinks or snacks, in front of your store. Where there are people, there is a need to drink or eat. Last but not least, maybe you should consider changing the decoration of the inferior light. Although it may need a huge budget, it can attract more customers.

Thank you for your consideration.

Yours,  
Li Ming

亲爱的史密斯,

我叫李明, 我是你们书店的店员。我写这个提案是为了提供一些建议, 可能对促进贵店的业务有帮助。以下是具体情况。

首先, 毫无疑问, 你可以在商店提供更多的座位。根据大数据显示, 超过 2/3 的购书客户表示, 他们坐一会儿后更愿意付费。此外, 没有人能否认, 你可以放一些自动售货机, 出售饮料或零食, 在你的商店前面。哪里有人, 哪里就需要吃喝。最后但并非最不重要的, 也许你应该考虑改变劣质灯的装饰。虽然它可能需要巨大的预算, 但它可以吸引更多的顾客。

谢谢您的考虑。

你的,  
李明

### 预测 3: 手机成瘾

For this part, you are allowed 30 minutes to write an essay that start with the sentence: "nowadays more and more people are addicted to the smart phone." You can make comments, cite examples or use your personal experiences to develop your essay. You should write at least 120 words but no more than 180 words.

在这部分, 你有 30 分钟的时间写一篇文章, 以“如今越来越多的人沉迷于智能手机”为开头。你可以发表评论, 引用例子或使用你的个人经历来发展你的文章。你应该写至少 120 字, 但不超过 180 字。

With the leap of technology, nowadays more and more people are addicted to the phone. It's of great necessity for us, modern citizens, to use the cellphone reasonably. The following are reasons and concrete evidence to support my view point.

In the first place, there is no doubt that staring at the screen for too long would do good to our eyes. Based on big data, most smart phone users have admitted that their eyesight was harmed by the blue light of the phone. Moreover, no one can deny that using a smart phone late at night causes sleep trouble. Where there is information, there is distraction. Last but not least, I firmly believe that phone addiction is harmful for people's communication in reality. The more time we spend on the cellphone, the less attention we have in reality.

In conclusion, phone addiction is detrimental to our health. If we spare no effort to use the cellphone reasonably, the future of our study and career will be both hopeful and rosy.

随着科技的飞跃, 现在越来越多的人沉迷于手机。对于我们现代公民来说, 合理使用手机是非常必要的。以下是支持我的观点的理由和具体证据。

首先, 毫无疑问, 长时间盯着屏幕对我们的眼睛有好处。根据大数据, 大多数智能手机用户都承认他们的视力受到了手机蓝光的伤害。此外, 没有人能否认深夜使用智能手机会导致睡眠问题。哪里有信息, 哪里就有干扰。最后但并非最不重要的是, 我坚信手机成瘾对人们在现实中的交流是有害的。我们在手机上花的时间越多, 对现实的关注就越少。

总之, 手机成瘾对我们的健康有害。如果我们不遗余力地合理使用手机, 我们的学习和职业的未来将是充满希望和美好的。

## 预测四: 乡村成长好还是城市成长好

For this part, you are allowed 30 minutes to write an essay. **Some people think it is better for children to grown up in the city, while others think that life in the countryside is more suitable for them.** What's your opinion? Write an essay to explain with the reasons or example. You should write at least 120 words but no more than 180 words.

在这部分, 你有 30 分钟的时间写一篇文章。一些人认为孩子在城市长大更好, 而另一些人则认为农村生活更适合他们。你有什么看法? 写一篇文章, 用理由或例子来解释。你应该写至少 120 字, 但不超过 180 字。

With the ever increasing pace of life, people have different opinions about ways to raise kids. Some people think it is better for children to grow up in an urban area, while others think that life in a rural area is more suitable for them. Personally, I prefer the former. The following reasons can account for my preference.

In the first place, there is no doubt that children can get better education in big cities(Metropolis). Based on big data, most successful scholars have admitted that they are grateful for their education in the city. Moreover, no one can deny that children can make more friends in urban areas. Where there are friends, there are resources. Last but not least, I firmly believe that cultivating children in cities enables them modern views and skills that are necessary in the digital era and makes them more competitive. The more skills they have, the more possible they' ll win in the future.

In conclusion, growing up in big cities will do good to children. If we spare no effort to educate and take care of the children, the future of our country will be both hopeful and rosy.

随着生活节奏的不断加快, 人们对抚养孩子的方式有不同的看法。一些人认为孩子在城市长大更好, 而另一些人则认为农村的生活更适合他们。就我个人而言, 我更喜欢前者。以下原因可以解释我的偏好。

首先, 孩子们在大城市可以得到更好的教育, 这一点毫无疑问。基于大数据, 大多数成功的学者都承认他们很感激在城市接受的教育。此外, 没有人能否认孩子在城市里能交到更多的朋友。哪里有朋友, 哪里就有资源。最后但并非最不重要的是, 我坚信在城市里培养孩子能使他们拥有数字时代所必需的现代观点和技能, 使他们更有竞争力。他们拥有的技能越多, 他们在未来获胜的可能性就越大。

总之, 在大城市长大对孩子有好处。如果我们不遗余力地教育和照顾孩子, 我们国家的未来将是充满希望和美好的。

## 预测五: 富国是否应该帮助穷国

For this part, you are allowed 30 minutes to write an essay. **Some say that rich countries should help poor countries with trade, health and education. Do you agree or disagree?** Write an essay to explain with the reasons or example. You should write at least 120 words but no more than 180 words.

在这部分, 你有 30 分钟的时间写一篇文章。有人说, 富国应该在贸易、卫生和教育方面帮助穷国。你同意还是不同意? 写一篇文章, 用理由或例子来解释。你应该写至少 120 字, 但不超过 180 字。

With the rapid globalization of economy and culture, the world has become a village called the Earth. Some say that rich countries should help poor countries with trade, health and education. I totally agree with it. The following are reasons and concrete evidence to support my view point.

In the first place, there is no doubt that it's a win-win situation if we help those countries with trade. Based on big data, most exporters in China have admitted that their revenues doubled in the past decades owing to trade in poor countries. Moreover, no one can deny that providing health care in poor countries offers rich countries valuable practical experience in developing new medicines or therapies. Where there is treatment, there is research. Last but not least, I firmly believe that education aid is extremely necessary. Although not everyone can enjoy high quality school, some people may be changed by education.

In conclusion, rich countries should help poor countries. If we spare no effort to care for each other, the future of our earth will be both hopeful and rosy.

随着经济和文化的快速全球化, 世界已经成为一个叫地球的村庄。有人说, 富国应该在贸易、卫生和教育方面帮助穷国。我完全同意。以下是支持我的观点的理由和具体证据。

首先, 毫无疑问, 如果我们在贸易上帮助那些国家, 这是一个双赢的局面。根据大数据, 中国多数出口商承认, 由于与穷国的贸易, 他们的收入在过去几十年翻了一番。此外, 没有人能否认, 在贫穷国家提供卫生保健为富裕国家提供了开发新药物或疗法的宝贵实践经验。哪里有治疗, 哪里就有研究。最后但并非最不重要的, 我坚信教育援助是非常必要的。虽然不是每个人都能享受到高质量的教育, 但有些人可能会因教育而改变。

总之, 富国应该帮助穷国。如果我们不遗余力地相互关心, 我们的地球的未来将是充满希望和美好的。

## 四级翻译预测 共 5 篇

翻译预测里面涉及很多知识点，听课主要记知识点和翻译方法步骤

### 蹴鞠

- 蹴鞠类似今日的足球，是一种以脚击球的运动，相传最早是中国的黄帝为了训练士兵而发明。作为训练军队的蹴鞠运动，与现代的足球运动颇为相似，其训练具有对抗性强、竞技性强等特点。战国时期经济发展较为繁荣，商车往来，百姓富足，民间有越来越多的“游戏”产生，给繁忙的生活增添些许趣味，因此蹴鞠就成了民间流行的运动，从记载来看，蹴鞠在当时的覆盖面甚广。

- Cuju is similar to today's football. It is a sport of hitting a ball with your feet. According to legend, it was first invented by the Yellow Emperor of China to train soldiers. Cuju, as a military training, is quite similar to modern football, and its training has the characteristics of strong antagonism and competition. During the Warring States period, the economic development was relatively prosperous, commercial vehicles came and went, and the people were rich. More and more "games" were produced among the people, which added some fun to the busy life. Therefore, Cuju became a popular sport among the people. According to records, Cuju Coverage was extensive at the time.

## 延安精神

- 延安精神是抗日战争最艰苦时期在中共中央所在地延安形成的。在革命战争年代，共产党领导的人民军队正是在延安精神的鼓舞和激励下，克服了一个又一个困难，取得了革命战争的最终胜利。在和平建设时期，延安精神以自己的魅力吸引着成千上万的知识青年，依然有着极重要的现实意义。
- The Yan'an spirit was formed in Yan'an, the seat of the Central Committee of the Communist Party of China, during the most difficult period of the Anti-Japanese War. During the revolutionary war years, the people's army led by the Communist Party was inspired by the Yan'an spirit, overcame one difficulty after another and won the final victory of the revolutionary war. In the period of peace and construction, the Yan'an spirit has attracted thousands of educated young people with its own charm, and it still has extremely important practical significance.

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## 豆腐

- 豆腐以黄豆为主要原料，是中国的传统食品，味美而养生。豆腐存在的历史悠久，相传是在公元前 164 年，由刘安所发明。豆腐是我国素食菜肴的主要原料，在先民记忆中刚开始很难吃，经过不断的改造，逐渐受到人们的欢迎，被人们誉为“植物肉”。豆腐可以常年生产，不受季节限制，因此在蔬菜生产淡季，可以调剂菜肴品种。

- Tofu uses soybeans as the main raw material. It is a traditional food in China. It is delicious and healthy. Tofu has a long history. According to legend, it was invented by Liu An in 164 BC. Tofu is the main raw material of vegetarian dishes in China. It was not delicious at first in the memory of the ancestors. After continuous transformation, it has gradually become popular and known as "vegetable meat". Tofu can be produced all year round and is not limited by seasons. Therefore, in the off-season of vegetable production, the varieties of dishes can be adjusted by Tofu.



## 川菜

- 川菜是中国菜中的四大菜系之一。因发源于四川地区而得名。以麻、辣、鲜、香为特色，以一菜一格、百菜百味而闻名。其中，麻辣是川菜最具特色的口味，居住于此地区的四川人和重庆人也以能吃辣而闻名于世。川菜取材广泛，调味多变，菜式多样，融会了东南西北各方的特点，善于吸收和创新。

- Sichuan cuisine is one of the four major cuisines in Chinese cuisine. It got its name because it originated from the Sichuan area. It is characterized by spicy, hot, fresh, and fragrant. It is famous because each of its dish has a unique style and flavor. Among them, spicy is the most characteristic flavor of Sichuan cuisine. The Sichuanese and Chongqing people living in this area are also famous for their ability to eat spicy food. Sichuan cuisine has a wide range of materials, seasonings and dishes. It combines the characteristics of all parties in the southeast and northwest, and is good at absorbing and innovating.

## 围棋

- 围棋，一种策略型两人棋类游戏，距今已有 4000 多年的历史。围棋规则简洁而优雅，但玩法却千变万化，欲精通其内涵需要大量的练习与钻研，被认为是目前世界上最复杂的棋盘游戏之一。围棋起源于中国，流行于东亚国家（中、日、韩、朝），隋唐时经朝鲜传入日本，流传到欧美各国。围棋蕴含着中华文化的丰富内涵，它是中国文化与文明的体现。

- Go, a strategic two-person board game, has a history of more than 4,000 years. The rules of Go are simple and elegant, but the gameplay is ever-changing. It takes a lot of practice and study to master its connotations. It is considered to be one of the most complicated board games in the world. Go originated in China and was popular in East Asian countries (China, Japan, Korea, and North Korea). It was introduced to Japan via North Korea during the Sui and Tang Dynasties, and spread to European and American countries. Go contains rich connotations of Chinese culture, and it is the embodiment of Chinese culture and civilization.