

## 时间

- I go swimming quite often.
- I go shopping on a quite regular basis.
- I go to the park near my home and walk my Labrador 3 or 4 times a week.
- I do some reading on a daily basis.
- I listen to music every single day.
- I only write letters from time to time cos most of the time, I write emails.
- I drink coffee occasionally, only when I have to stay up late to finish a report or something.
- Since it's always pretty smoggy in my hometown, you can seldom see stars at night.
- I hardly ever burn the midnight oil. I like to go to bed early.

*On a daily basis*=every single day 每天

*stay up late* = burn the midnight oil 熬夜

*occasionally* 偶尔

*smoggy* 雾霾的

*hardly ever* 很少

## 地点

- My brother runs a musical instrument shop quite close to my apartment and I go there on a regular basis.
- There's a park within walking distance of my home.
- The nearest subway station is five minutes' walk from my home.
- It takes me about 20 minutes to get to that cafe by bus.
- There's a big pond in the center of the park.
- The National Museum is situated in the heart of Beijing.
- It's in the north/south/west/east/northwest/... of the town.

*within walking distance of* 距离……步行的距离

## 人物

- I always go and sing karaoke with my folks/family members.
- I often eat out with my close friends and we like to take photos of the food we eat.
- I enjoy hanging out with Lily, who is one of my closest friends/a very good friend of mine.
- John and I are pretty tight, so we practically do everything together.
- My mom and I have a lot in common. We particularly love traveling together.
- I often go jogging alone/on my own.

*folks*=family members

*close friends*=good friends

*pretty tight* 关系紧密

*practically* 基本上

*have a lot in common* 有很多共同点

## 感受/好处

- Listening to music is a great way to relax (and kill time).
- Swimming is one of the best ways to unwind.
- Dancing not only helps me keep fit, I also see it as a stress-reliever.
- I often cycle for an hour or so on the weekend and I find it pretty relaxing/enjoyable.
- Handicrafts like sewing and pottery are my favorite pastimes. I find them therapeutic.
- My parents and I often play badminton in the park close to our home. We always have a lot of fun together.
- Photography helps me take my mind off things.
- Reading has a calming effect on me.
- My parents threw me a birthday party last month and we had a blast/ball.
- I went to Jay Chow's concert and I was on cloud nine that day.
- I was quite excited/thrilled when my dad told me that he had bought me a computer.
- I was not a fan of maths at all. I found it super boring (mind-numbing).
- Writing letters is time-consuming.
- It's a hassle shopping for clothes. My girlfriend buys all my clothes for me.
- Science is not my thing cos I'm not that good at it.
- I seldom dance cos I don't have any talent for it.

*unwind* 放松

*keep fit* 保持健康

*sewing and pottery* 缝纫和陶艺

*pastime* 娱乐方式

*therapeutic* 使人放松的, 治愈系的

*take my mind off things* 忘记其他事情, 放松

*a calming effect* 使人平静的作用

*throw a party* 办一个晚会

*on cloud nine=have a blast/ball* 开心

*thrilled* 非常兴奋的

*mind-numbing* 糟糕的, 无聊的

*time-consuming* 花费时间的

*hassle* 麻烦的事情

*sth is not my thing* 我不喜欢……