

注意：99 句练习的目的是帮助大家提升语感、词汇、句型、发音、逻辑等，并非是在考场上必须原句使用。在考试中，如果某个词、句型、句子自然脱口而出，很好。但是，不要逼迫自己必须说某个背过的句子。有时，在不合适的地方说出某个句子，反倒会导致整体回答很奇怪。

时间：

1. I used to eat chocolate every single day as a kid, whereas now, I only eat it occasionally/from time to time/once in a while.
2. It's okay to stay up occasionally/from time to time/once in a while, but if you do it on a daily basis, it can be extremely harmful to your health.
3. We have tons of homework pretty much every day, which really drives me crazy.
4. One thing I like about my hometown is that there are many parks here. I go to the park near my home pretty often/on a pretty regular basis.
5. One healthy habit of mine is going to the gym regularly.
6. There used to be a petting zoo close to my apartment and I would visit it two or three times a month.
7. I don't eat ice cream that often/frequently now, whereas when I was a kid, it was a daily treat for me.
8. I seldom have to fix things because my dad is the handyman in our household. I don't have to do any repair work.

whereas 然而

occasionally=from time to time=once in a while 偶尔、有时

stay up 熬夜、不睡觉

on a daily basis=every day 每天

harmful 有害的

tons of 很多

pretty much every day 几乎每天

drive me crazy 令我抓狂、令我很不爽

on a regular basis=regularly 定期、经常

petting zoo (允许儿童触摸动物的)抚爱式动物园、农场动物园

that often/frequently 那么频繁

a daily treat 每天都会吃的好东西

seldom 很少、不常

handyman 家里的动手能手

household 一家人、同住一幢房子的人

repair work 修理工作

地点：

9. Whenever I need to concentrate on some important work, I go to a cafe close to my home.
10. There's a lake within walking distance of my house and I really enjoy taking a walk around it.
11. My best friend's house is just a short walk away from my house, so we often hang out

together, either at her place or mine.

12. Tibet is very far from my hometown, and visiting this amazing and majestic place has always been a dream of mine.

13. The heavy rain caused the traffic to come to a standstill that day, so it took me over 2 hours to get to my office.

14. The nearest library is about 3 kilometers away, and it takes me about 15 minutes to bike there.

close to sth 离...很近

within walking distance of sth 离...走路就能到

take a walk 遛弯、散步

hang out 做一些休闲的事、度过一些休闲的时间

majestic 壮丽的、庄严的、雄伟的

heavy rain 大雨

cause 引起、导致

come to a standstill 停止、停顿

bike v. 骑自行车

人物：

15. My folks came to visit me, and it has made me really happy.

16. Some of my closest friends are multilingual, and I really envy them for their language skills.

17. A good friend of mine told me that the key to living a healthy life is striking a work-life balance.

18. One of my neighbors/relatives has started her own tutoring business and asked if I would like to partner with her. I'm still considering it.

19. I was always an introverted kid and preferred to be alone/on my own most of the time. Art helped me express my feelings and emotions.

my folks=my family members 我的家人

close 亲近的、亲密的、要好的

multilingual 会说多语言的

envy sb 羡慕某人

the key to sth ... 的关键

strike a work-life balance 达到工作生活平衡

tutoring business 辅导业务

partner with sb 和某人合作

consider 考虑

introverted 内向的

express sth 表达...

感受：

20. One of my favorite things to do in my downtime is to watch movies, which is a great way to

relax/unwind.

21. The weekend is an important time of the week because it's when we can de-stress/recharge.
22. I make it a point to listen to some soothing R&B every night. It helps me clear my mind and get ready for bed.
23. My favorite hangout is my little balcony garden. Tending to my plants provides a good escape from the daily routine.
24. I still remember vividly what it was like in middle school. Every day was an enjoyable/a pleasurable experience.
25. Just one small bite of chocolate can put people in a better mood. I think it's due to the release of dopamine in our brains.
26. I was on cloud nine/overjoyed/extremely happy when my boyfriend gave me a necklace as a birthday gift. It was like a piece of art.
27. Our party lasted until 3 am, and we all had a great time/had a lot of fun/had a blast.
28. Each time I go traveling with my friends, it's a great bonding experience. It helps bring us closer together.
29. I don't get a lot of days off, but when I do, I like to spend some quality time with my parents.
30. I guess I was late for the meeting just because I didn't want to be there on time. I was sure it was going to be incredibly dull/boring.
31. It was a good coffeemaker, but the process of making a cup of coffee was really time-consuming.
32. Learning English already takes up a lot of my time now, so I don't suppose I'll delve into another language anytime soon.
33. I used to think taking a nap was a waste of time, but now I know that just a 15-minute nap can work wonders.
34. Bags are just not my thing. I have a backpack, and I think it's more than enough.

in my downtime=in my free time=in my spare time 在我的业余时间

unwind=relax=de-stress=recharge 放松、减压

make it a point to do sth (因重要) 保证做、必定做...

soothing 令人镇静/放松的

clear my mind 理清思路、清空大脑

hangout 喜欢待着的地方

tend to my plants 照料我的植物

a good escape from the daily routine 从无聊的日常生活逃离出来的好方法

remember vividly 清楚地记得

enjoyable=pleasurable 令人愉快的、惬意的

a bite of sth (吃) 一口...

put sb in a ... mood 让某人有一个...的心情

release 释放

dopamine 多巴胺

on cloud nine=overjoyed 非常开心的

necklace 项链

a piece of art 一件艺术品

last 持续

have a great time=have a lot of fun=have a blast 玩得很开心

a bonding experience 促进感情的经历

spend quality time 度过美好时光（一般和家人朋友）

on time 准时

incredibly dull/boring 非常无聊的

coffeemaker 咖啡机

time-consuming 耗时间的

take up ... 占（时间、空间）

delve into sth 深入学习/研究...

anytime soon 近期、很快

work wonders 取得惊人的效果

not my thing 不是我的菜、我不喜欢

more than enough 足够了

原因：

35. There's the possibility that I might learn French in the future just because I've always wanted to visit Paris.

36. I wasn't a fan of rainy days before mainly because all the water and mud would get my shoes dirty.

37. My childhood dream was to become a nurse, and the reason (for that) is ... um, my mom is a nurse and her passion for the job rubbed off on me.

38. Reading always brings me a lot of joy. This is because books can transport me to completely different worlds, so I get to live the lives of others.

39. I always wear a long-sleeved shirt. Part of the reason is that I don't want one part of my arm to be more tan than another.

40. I'm quite interested in interplanetary travel because of Elon Musk.

41. Most of the small businesses in my neighborhood do pretty well mainly because of the location. It's a pretty popular part of town.

42. People can get serious diseases due to obesity, and because of this, I try not to eat too much junk food.

a fan of sth 喜欢...的人

mainly because 主要因为

mud 泥

passion for sth 对...的热情/喜爱

rub off on me （人的品质、行为、观点等）感染、传给某人

joy n. 快乐、愉快

transport v. 传送、运输

live sb's life, live the life of sb 过某人的生活

long-sleeved shirt 长袖衣服

part of the reason 部分原因、原因之一

tan 黄褐色的、棕黄色的

interplanetary 行星之间的、星际的

location 地点

part of town 城区的一部分 (town 前面不需要冠词)

obesity 肥胖症

junk food 垃圾食品

具体化：

43. Rain has **tons of** benefits, **and one of them** is that the sound of raindrops has a calming effect on people.

44. **A variety of** factors lead to a healthy life, **including** regular exercise, a balanced diet, sufficient sleep and so on.

45. There's **a wide range of** distractions nowadays, **such as** social media, TV shows and movies, online shopping and so forth.

46. I've been to **a number of** countries before and being able to speak English helped me tremendously.

47. I'm a pretty ambitious person. **In particular**, I hope to make a contribution to the Chinese movie industry.

48. Sports always bring me a lot of joy, and I **particularly** like playing volleyball.

49. I wear a t-shirt almost every day in the summer, **especially** one that is a little baggy. I don't like tight-fitting clothes.

50. Outer space is pretty fascinating. **To be specific**, I find black holes captivating.

raindrop 雨滴

calming=soothing 令人镇静/放松的

a variety of=a wide range of 多种多样

factor 因素

lead to sth 带来、引起...

sufficient 充足的

and so on=and so forth 等等

distraction 令人分心的人事物

a number of=a few=several 几个、一些

tremendously 巨大地、极大地

ambitious 有雄心的、有抱负的

in particular 尤其、特别是

make a contribution to sth 为...做出贡献

industry 产业

particularly=especially 尤其

baggy (衣服) 肥大的

tight-fitting 紧身的

outer space=space 外太空、太空

fascinating=captivating 迷人的、有吸引力的

to be specific 具体说来

find+sth+adj. 觉得...如何如何

black hole 黑洞

一般过去时：

51. The last time I fixed something was just yesterday. A screw on my chair was loose and I tightened it.
52. The last time I went to a gallery was over 10 years ago. Art is just not my thing.
53. A few weekends ago, I went hiking in a mountain in the north of our city. I felt connected to nature and that was a great feeling.
54. Our city was flooded due to a heavy downpour several years ago. Some cars were even swept away from where they were parked.
55. My favorite small business is a bookstore close to my apartment. In fact/Actually, I was there this morning.
56. Elderly people can look equally good in a t-shirt. In fact/Actually, I just bought a cool-looking t-shirt for my grandma a few days ago. She tried it on and looked amazing!
57. I spend a lot of my weekends alone now, whereas when I was a kid, I used to be with my friends all the time.
58. My apartment has a combination lock now, but back in the day, I used to carry a bunch of keys with me every day.
59. I was never a night owl before, whereas now, staying up late is almost par for the course.
60. I would practice singing every day in high school just in order to impress the girl that I liked.
61. I remember that I would always pester my mom to give me a few yuan so that I could go and buy a bar of chocolate.

screw 螺丝钉

loose 松动的

tighten 拧紧

feel/be connected to nature 感受与大自然融为一体

be flooded 被淹没

downpour 暴雨

be swept away 被冲走

be parked 被停放

equally 同等地

cool-looking 看起来很酷的

try sth on 试穿

combination lock 密码锁

back in the day 在曾经

a bunch of keys 一堆钥匙

night owl 夜猫子

par for the course 正常情况、一般情况、果不其然

impress sb 给某人留下深刻印象

pester sb 纠缠某人

a bar of chocolate 一块巧克力

过去进行时：

62. I was taking a leisurely walk around my neighborhood when I saw the construction of this new compound.
63. We were chatting with each other about what we could do in the future, and then she asked me if I would like to try skydiving.
64. I started this morning routine 4 years ago. One day, I was scrolling through social media, and at one point, I saw a video about the benefits of this routine.
65. My parents and I were eating and chatting and enjoying our time when this waiter suddenly came up to us and told us that we had to finish eating quickly.

leisurely 休闲的、放松的

compound 小区

skydiving n. 高空跳伞

scroll through social media 刷社交媒体

at one point 在某一时刻

come up to sb 向某人走来

现在完成（进行）时：

66. I fell in love with this singer 6 years ago and I've liked him ever since.
67. I've known this gorgeous place for years but haven't gotten the opportunity to visit it.
68. We took a picture of the sunrise and this picture has been on my desk for 15 years. I've been longing to go back to that place since then.
69. He moved here last year and has contributed a lot to our neighborhood.
70. The smartphone was invented about 15 years ago and has transformed the entire world.
71. My sister bought me these shorts and I really liked them. I've been wearing them for almost 7 years.
72. I've been playing soccer since I was 8 or 9, and I believe it will continue to be one of my passions for the rest of my life.

fall in love with ... 爱上...

gorgeous 非常美丽的

sunrise 日出

long to do sth 渴望做某事

contribute to sth 为...做贡献

transformed sth （彻底）改变..

shorts 大裤衩

for the rest of my life 在我的余生

过去完成时：

73. I had heard so much about this movie, so I had been very excited about it, but it turned out to be a letdown.
74. I hadn't read any books written by this author before, but that conversation with Sophie made

me want to give his books a try.

75. One of my neighbors **had told** me so much about this seaside town, so I finally decided to go there.

76. My cousin's dream **had always been** to become a film director, but that documentary gave her a different dream.

77. **I had never imagined** that there would be such a beautifully designed house until I saw that video. It would be great if I could live in a place like that.

turn out 结果是、事实证明

a letdown 令人失望的人事物

give sth a try 尝试...

documentary 纪录片

beautifully designed 设计的很漂亮的

it would be great if I could ... 这里是注意虚拟语气

一般将来时

78. Years of staying up has indeed taken a toll on my health, so **I'm definitely going to** try to go to bed early every day **from now on**.

79. An important exam is coming up soon, so **I will have to** start preparing for it **in the next few days**. **Hopefully, I will** do well in this exam.

80. One thing I dislike about my hometown is that it's pretty crowded everywhere. **Speaking of that, I'm going to** take the subway back home, and **hopefully, it won't be** too packed.

81. It would be great if we had floor-to-ceiling windows in our apartment. Um, **I guess later today, I will** talk to my parents about replacing some of our windows, haha.

82. All these social media platforms have made it harder and harder for people to focus. **In the years to come, I imagine that there will be** limits on how long we can use social media.

83. **In the years to come, I suppose I will** try to go to libraries more. **I will try** to incorporate reading into my daily routine.

84. **When I'm older and have saved enough money, I might** start traveling the world and seeing more animals in their natural habitats.

85. More and more people are advocating for 3-day weekends now, so **it might be implemented in the foreseeable future**.

86. **I will be living** in a different country **in the near future**, so **I guess I will** miss my friends a lot.

take a toll on sth 对...造成恶果/损害

from now on 从现在开始

be coming up 要来了、快到了

packed 拥挤的

floor-to-ceiling window 落地窗

replace sth 替换...

platform 平台

in the years to come 在未来这些年

limits on sth 对...的限制

incorporate sth into sth 将...包含在...之内

travel the world 环游世界

natural habitat 自然栖息地

advocate for sth 提倡、支持...

implement 实施、贯彻

in the foreseeable future 在可预见到的未来

in the near future 在不远的将来

对比：

87. This part of the city is pretty different from before as it's much more populated now.

88. The way people access news nowadays is very different from 20 years ago.

89. I wanted to teach my niece some English words, but it turned out that she was far more fluent in English than I was.

90. Whenever I'm sitting on the beanbag, I feel much calmer and more relaxed than when I'm somewhere else.

91. Although she didn't start out as an actress, her acting has gotten so much better over the years.

92. What's very encouraging is that it's gotten much less polluted where I live now.

93. I know the phone I have now is the newest model, but it's really not as user-friendly as the older ones.

94. I've been living in Beijing my entire life, but in the future, I would like to live somewhere that's not as dry as this place.

95. There was another time when I had Beijing duck, but I absolutely loved that meal inside the Forbidden City better.

96. I had a baseball cap too, but I liked the one that my uncle gave me more.

97. I've seen quite a few interesting commercials before, but this one is definitely the most fascinating of all.

98. A number of people around me are well-read, but she is absolutely the most knowledgeable.

99. I had several hobbies as a child, but playing the violin was always the most enjoyable and most therapeutic.

populated 人口稠密的

access news 获得新闻

fluent 流利的

beanbag 豆袋椅

calm 平静的

start out as sth 以...开始（职业生涯）

over the years 在这些年中

encouraging 鼓舞人心的

polluted 污染的

model 型号

user-friendly 用户友好型的、好用的

新浪微博：杨帅口语-学为贵

微信公众号/视频号：杨帅英语口语 版权所有，盗版必究

baseball cap 棒球帽

commercial 电视上面的商业广告

well-read 阅读广泛的、博学的

knowledgeable 博学的、知识丰富的

as a child=when I was a child 在我小的时候

therapeutic 治愈的、放松精神的

杨帅口语-学为贵