

## Part 1

必考题/通用

答案已经折叠，点标题左边的三角。

Part1 必考题指的是雅思口语 Part1 中常规的题目，这些题不会随着换题季变化。考官会从里面抽几题问，不是所有题都会考；一般考官会问你是 study 还是 work，你根据自身情况回答，是学生就说 study，考官接下来就问 study 主题里的；work 同理。所以 study 和 work 只需要备考其中之一。每题第一个回答为普通版。

学习

- What subjects are you studying?

普通通用版：

I'm currently studying \_ at university. It mainly focuses on , such as . I chose this subject because \_, and although it can be challenging sometimes, I find it really interesting and useful for my future.

我目前在大学学习，这个专业主要关注，比如。我选择这个专业是因为，虽然有时候确实有点难，但我觉得它很有意思，对我的未来也很有帮助。

抖机灵版：

I study Computer Science, which means I'm not just.mp3

I study Computer Science, which means I'm not just losing sleep—I'm losing hair. At this point, my shampoo bottle is mocking me every morning like, “Bro, what are we even washing?”

我学计算机，不只是失眠，还在失去头发。现在我的洗发水瓶每天早上都在嘲讽我：“哥们，我们还有啥好洗的？”

My major is software engineering. I used to think.mp3

My major is software engineering. I used to think I'd be building apps and changing the world. Now I just fight with semicolons and spend 80% of my time on Stack Overflow pretending I know what I'm doing.

我是软件工程专业的。原来以为能开发 App、改变世界，现在基本在跟分号打架，把 80% 的时

间贡献给 Stack Overflow , 装出一副“我知道自己在干嘛”的样子。

My major is accounting. Everyone told me it's a p.mp3

My major is accounting. Everyone told me it's a “practical and stable” field. Well, it is stable—stably draining my energy, stably ruining my weekends, and stably reminding me that even if the numbers add up, my life still doesn't.

我学会计，大家都说这是个“实用又稳定”的专业。确实挺稳定的——稳定榨干我的能量、稳定毁掉我周末、稳定让我意识到：账虽然对了，生活还是乱套了。

#### ⊕ add up

\*\*解释\*\*：加起来、累计；也可以表示“合理”、“说得通”。

\*\*例句\*\*：I've been buying “just one small thing” every day… and somehow my expenses really add up.

我每天都只是买点小东西……结果花的钱加起来超吓人。

I major in finance. The irony is, we learn all the.mp3

I major in finance. The irony is, we learn all these theories about wealth management, but my wallet is constantly empty. I know how to calculate risk-adjusted returns, yet I still can't survive a shopping app sale. Knowledge up here, disaster down there.

我学金融，讽刺的是我们天天学怎么管钱，但钱包一直是空的。我能算风险收益比，却扛不住一个电商大促。理论满脑子，账户全打空。

I major in economics. We talk a lot about elasticity.mp3

I major in economics. We talk a lot about elasticity, but honestly, my wallet isn't very elastic—it shrinks instantly after every online sale. I analyze consumer behavior in class, then immediately fail as a rational consumer in real life.

我学经济，经常讨论弹性问题。但我自己的钱包一点都不弹，网购一来立刻萎缩。课堂上分析消费者心理，现实中我自己不是一个理性消费者。

What subjects are you studying.mp3

I'm majoring in Business Administration, which means I've learned a little bit of everything, but don't ask me to explain any of it in detail. I'm great at nodding along though!"

我学的是工商管理，也就是说我啥都学了一点，但你要是让我详细解释，我可能就不行了。不过点头附和的功夫我练得挺好的！

I study English literature. It's fun until you rea.mp3

I study English literature. It's fun until you realize half the texts are about people dying dramatically or marrying their cousins. I thought I'd become well-read and elegant. Now I just overthink metaphors and cry when I see the word 'dissertation'.

我学英语文学，一开始觉得挺有意思，直到发现一半的作品不是主角死得离谱，就是和亲戚结婚。我原本以为自己会变得博学又优雅，结果现在只会过度解读比喻，看见“毕业论文”三个字就想原地爆炸。

I study Business English! Which is ironic because (2).mp3

I study Business English! Which is ironic because I'm neither doing business nor improving my English. I can draft a formal email, but still panic when someone says "Let's do a quick call." Fluent in PowerPoint, allergic to small talk.

我学的是商务英语！讽刺的是，我既没在做商务，也没觉得英语变好了。我能写商务邮件，但别人一说“开个小会”，我就开始慌。PPT 能说会道，日常对话沉默寡言。

I'm studying education. I can write essays on incl.mp3

I'm studying education. I can write essays on inclusive learning and child psychology, but I still struggle not to roll my eyes during a chaotic class. Honestly, I admire teachers more than ever now. They deserve a medal—and a nap.

我学教育，包容性学习、儿童心理我都能写论文讲得头头是道，但一到课堂乱成一锅粥时，我连翻白眼都忍不住。现在特别佩服老师们，他们值得一块奖牌——还有一觉好眠。

I chose journalism thinking I'd become a fearless.mp3

I chose journalism thinking I'd become a fearless reporter chasing big stories. Turns out, I mostly write like a WeChat blogger—catchy titles, emotional endings, and the occasional clickbait. So yeah, dreams adjusted.

我当初选新闻学，是想着以后能当个敢冲敢写的记者。结果现在的日常更像个公众号写手：标题要炸，结尾要煽情，偶尔还得加点标题党。梦想嘛，也要适当调整。

## ❾ clickbait

\*\*解释\*\*：标题党；用夸张或误导性的标题吸引点击的内容。

\*\*例句\*\*：That article said “You won’t believe what happened next” and of course I clicked. Total clickbait.

那篇文章写着“你绝对猜不到接下来发生了什么”，我当然点进去看了，结果完全是标题党。

People think studying communication means we're al.mp3

People think studying communication means we're all extroverts. Nope. I can write a 3,000-word paper on digital media strategy, but still overthink every text message I send. I rehearse voice notes like speeches and delete emojis five times before hitting send.

大家以为学传播的人都外向？错。我能写三千字讲数字媒体策略，但发条消息能纠结半小时。语音要彩排五遍，表情包删了又加、加了又删。

I study civil engineering. Honestly, it's one of t.mp3

I study civil engineering. Honestly, it's one of the hardest majors—long hours, little sleep, and tons of work. We draw, calculate, fix everything again and again, and still get paid less than people who post on social media. It's like building the world while your own life slowly

collapses.

我学土木，说实话这是最累的专业之一：时间长、睡得少、活还特别多。我们天天画图、算数、改方案，改完还得重来，结果工资还不如拍视频的博主。感觉就是你在建世界，你自己生活却慢慢塌了。

I study architecture. People imagine I'm sketching.mp3

I study architecture. People imagine I'm sketching beautiful buildings in a quiet studio. In reality, I'm fighting with software crashes at 3am, eating instant noodles next to a printer, and questioning why I thought this was a good idea. My back hurts, but my floor plan looks nice.

我学建筑。别人以为我在安静的工作室里画些漂亮建筑，其实我凌晨三点在跟软件崩溃死磕，一边靠着打印机吃泡面，一边反思当初为啥要选这个专业。虽然我腰快废了，但我的平面图确实还挺好看。

I study Marketing. it is a major where you study e.mp3

I study marketing. it is a major where you study everything—business, psychology, finance—only to graduate and realize you're just really good at making PowerPoint slides.

我学市场营销，就是那种啥都学——商业、心理学、金融……然后毕业才发现，自己最擅长的其实是做 PPT。

I study logistics engineering. Sounds impressive,.mp3

I study logistics engineering. Sounds impressive, right? Like I'm managing global supply chains or something. In reality, it's spreadsheets, flowcharts, and trying to explain to people that “no, I don't deliver packages”.

我学的是物流工程。听起来挺唬人的吧？像是什么全球供应链的幕后高手。实际上就是表格、流程图，还有不停解释“我不是送快递的”。

I study mathematics. At first, I thought it was al.mp3

I study mathematics. At first, I thought it was all about getting the right answer. But the deeper I go, the more I realize it's about learning how to think. It's frustrating, slow, and often lonely. You spend hours on one problem and still walk away with nothing—but when it clicks, that moment feels like magic. It's painful, but strangely rewarding.

我学数学。刚开始以为就是把题算对，但越学越发现，它真正教的是思维方式。它很难，很慢，有时候也很孤独。你可能花好几个小时解一道题，最后还是无功而返——但一旦你突然想通了，那种感觉真的像魔法一样。很累，但也很值得。

My major is biology. I used to think it was about.mp3

My major is biology. I used to think it was about understanding nature. Turns out it's about understanding pain. Whether it's memorizing the Krebs cycle or cleaning up mystery liquids at 10pm, I'm just one step away from becoming the specimen.

我学的是生物。以前以为能亲近自然，结果是亲密接触痛苦。要么在背三羧酸循环，要么在晚上十点擦桌上不明液体。我感觉我离变成标本就差一口福尔马林了。

I study chemistry. Which means I start my mornings.mp3

I study chemistry. Which means I start my mornings with caffeine, end them with lab fumes, and spend the in-between wondering if I've just made something explosive. I thought I'd feel like a scientist. Most days, I feel like a very tired fire hazard.

我学化学。意思就是：早上靠咖啡提神，晚上被实验室的气味熏头，白天全程在怀疑自己是不是不小心搞出了个爆炸品。我原本以为自己会有种“科学家登场”的感觉，结果更像是一个疲惫的火灾隐患。

As a law student, I've realized my civil law book (1).mp3

As a law student, I've realized my civil law book is my most reliable protection. If someone tried to stab me, the knife might get through the table of contents, maybe even the general principles, but definitely not the obligation section—it's too dense!

作为法学生，我发现民法教材才是最稳的盾。如果有人要捅我，刀也许能穿过目录，甚至捅进总则，但一到债权编就卡死，太密了！

I study psychology, which is great for understanding human behavior—but apparently not great for finding a job.

I study psychology, which is great for understanding human behavior—but apparently not great for finding a job. I can analyze complex emotions, but I can't analyze why every employer wants “3 years of experience” for an entry-level role. At this point, I'm not applying—I'm trauma bonding with LinkedIn.

我学心理，确实能看懂人的行为，但好像没啥用来找工作。我能分析复杂情绪，却看不懂为什么入门岗位都要三年经验。我现在不算求职了，算是跟领英互相创伤陪伴。

### ⌚ be trauma bonding with

\*\*解释\*\*：因共同的痛苦经历而建立的情感联系，常见于不健康的关系中，有时也用于调侃“我和xxx是因为一起受过折磨才熟的”。

\*\*例句\*\*：My coworker and I are trauma bonding over our boss's 30-slide Monday morning presentations.

我和同事是因为老板周一早上放的30页PPT才患难见真的。

Medicine sounded like a stable, respected field--u.mp3

Medicine sounded like a stable, respected field—until I found out it also includes emotional burnout, unpaid hospital shifts, and crying over histology slides. I know all the symptoms of chronic stress, because I now have all of them.

医学听起来是个体面又稳定的专业，直到我经历了情绪耗尽、无薪实习，还有看着组织学切片崩溃。慢性压力的症状我全会背，因为我全都亲身体验过。

I'm doing my master's in pharmacy at Tsinghua Univ.mp3

I'm doing my master's in pharmacy at xx University. Right now, I'm mainly working on research related to anti-cancer drugs. It's a tough field, but really meaningful. Helping people through science is something I feel proud to be part of.

我目前在xx大学读药学硕士，主要在做抗癌药物相关的研究。这个领域确实挺难的，但也很有意义。能通过科学去帮助别人，是让我觉得很自豪的一件事。

I study English Linguistics. It's not making me rich.mp3

I study English Linguistics. It's not making me rich, but it's perfect for ending bad dates. I just casually mention "morphosyntax" or "semantic shifts," and the guy suddenly remembers he forgot to lock his front door. Works like a charm.

我学英语语言学。虽然没让我发财，但特别适合用来结束尬聊相亲。我随口提几个“形态句法”或“语义漂移”，对方立马想起来他家门好像没锁。效果拔群。

I'm studying biology now, and planning to dive into the health industry later.mp3

I'm studying biology now, and planning to dive into the health industry later. Not because I'm a saint trying to save lives, but let's be honest—sick people never go out of fashion. Everyone's stressed, binge-eating, and glued to their screens. Healthcare is basically job security with a never-ending customer base.

我现在学生物，之后打算往大健康行业发展。倒不是因为我有多高尚、想去救死扶伤，说白了，人总会生病，这个“市场”永远都在。现在大家都在焦虑、暴饮暴食、刷手机刷到秃头。所以做健康行业，说白了就是个“有稳定客源的铁饭碗”。

**never go out of fashion**

\*\*中文解释\*\*：永不过时，指某个现象、行为或事物\*\*一直存在、从未消失、不会“过气”\*\*。

在 \*\*sick people never go out of fashion\*\* 这句话里，意思是

→ \*\*“生病这件事总是反复出现，身边永远有人生病，这种现象从来没有消失过。”\*\*

带点无奈又调侃的感觉。

My major is English education. Yeah, life's funny-.mp3

My major is English education. Yeah, life's funny—spending years suffering through English exams, now it's my turn to watch others suffer. Karma's real.

我学的是英语教育。人生真有意思，自己被英语折磨了这么多年，终于轮到我看别人背单词、写作文了。这就叫因果循环，报应不爽。

 Karma's real

**\*\*中文解释\*\***: 因果报应是真的，意思是\*\*做了什么早晚都会回到自己身上\*\*，不管好事坏事，都是自食其果的循环。

**\*\*例句\*\***: She kept gossiping about everyone, and now nobody trusts her. Karma's real.

她整天背后说别人坏话，现在没人信她了。因果报应是真的。

I chose history because gossip never gets old. Kin.mp3

**I chose history because gossip never gets old. Kings, queens, wars, scandals—it's all human drama, just in ancient costumes. Basically, it's real-life Game of Thrones but with footnotes.**

我选历史，说白了就是因为我爱看八卦。帝王将相、宫斗权谋，全是人性的修罗场，只不过换成了古装。活脱脱的“带注释版权游”。

I studied Data Science for my master's degree at t.mp3

**I studied Data Science for my master's degree at the xxx The program covered topics like machine learning and deep learning. We learned how to teach models to understand and process human knowledge, which I found really fascinating.**

我在 xx 大学读的是数据科学硕士。课程内容包括机器学习和深度学习，我们学习如何教模型理解和处理人类的知识，我觉得这非常有意思。

My major is Digital Media. Basically, I spend hour.mp3

**My major is Digital Media. Basically, I spend hours making 3D models that look amazing on screen but give me back pain in real life. You know it's serious when your laptop sounds like it's about to take off every time you hit "render."**

我的专业是数字媒体。简单说，就是我花好几个小时做 3D 建模，屏幕上看着挺牛，现实里腰已经废了。你就知道情况多严重了——每次点击“渲染”，我电脑都响得像要起飞。

- Do you like your subject?

普通通用版：

**Yeah, I'd say I like it. I mean, it's not always fun—sometimes the workload gets crazy,**

*especially with , but overall I'm glad I chose . There are parts I really enjoy, like \_, and I feel like it's helping me figure out what I wanna do in the future.*

嗯，我觉得我还是挺喜欢的。也不是一直都很轻松啦——有时候任务确实多得离谱，尤其是，但整体来说我还是挺庆幸选了。有些内容我真的蛮感兴趣的，比如\_，而且它确实在帮我慢慢理清将来想走的方向。

抖机灵版：

Yes, I like my subject. It's stressful, and consta.mp3

*Yes, I like my subject. It's stressful, and constantly makes me question my life—but I weirdly enjoy it. It's like dating someone toxic: you complain all the time, but deep down you're kind of into the pain. So yeah, I'm academically doomed but emotionally loyal.*

喜欢，虽然压力大，还让我天天怀疑人生——但我又莫名享受。就像谈个渣男恋，天天吐槽，但内心竟然有点上头。所以说，我学术上注定崩，但情感上还挺忠诚的。

☒ **academically doomed**

**解释：**学业无望，形容考试要挂、作业写不完、整个人学业上完蛋了，常用于自嘲。

**例句：**I just realized my final exam is tomorrow and I haven't even opened the textbook. I'm academically doomed.

我刚发现明天要期末考试，而我一本书都没翻开过。我学业彻底完蛋了。

No. I mean, I want to like it--I really do. But it.mp3

*No. I mean, I want to like it—I really do. But it's like having a super demanding partner who gives you nothing back. I study so hard and it still treats me like a side character. If this major were a person, we'd definitely be in couples therapy.*

不喜欢。我不是没试着爱它，我真的努力了。问题是它像个只索取不反馈的情绪吸血鬼，我学得那么拼，它还把我当路人甲。要是这个专业是个人，我们早进伴侣咨询了。

⌚ **demanding**

**解释：**苛刻的、要求高的，形容人很挑剔或事情非常费心费力。

**例句：**My cat is so demanding—he screams if his food is 2 minutes late.

我家猫超级难伺候，饭晚两分钟都要尖叫抗议。

### ❸ side character

**解释：**配角，常用于调侃自己在人际关系中像个“背景板”，也可以指生活没主角光环感。

**例句：**Everyone was partying and I was just sitting there holding jackets like a side character.

大家都在嗨，我一个人坐那儿帮忙看外套，像个背景人物。

### ❹ couples therapy

**解释：**伴侣咨询，情侣/夫妻间为了改善关系去找心理咨询师，有时也用来开玩笑说“关系很紧张”。

**例句：**My best friend and I argued over where to eat—we might need couples therapy at this point.

我和我闺蜜为了吃什么吵了一架，现在可能真该去做个伴侣咨询了。

No, I don't like it. Not because it's too hard--l.mp3

**No, I don't like it. Not because it's too hard—I just have zero interest. Every time I open the textbook, my brain goes into airplane mode. I sit in class, stare at the slides, and wonder what I'm even doing here. I'm only still here because my mom already told all her friends I'm getting this degree.**

不喜欢。不太难，就是完全提不起兴趣。每次一打开书，大脑立刻飞行模式。上课的时候我盯着 PPT 发呆，脑子里只有一个问号：我来干嘛？唯一没退学的理由是：我妈已经跟她朋友圈吹过我肯定能毕业了。

No, I don't like it. I'm constantly tired--mentall.mp3

**No, I don't like it. I'm constantly tired—mentally, physically, and financially. This major takes everything from me: time, sleep, and even skincare. And for what? A job market that says, “Thanks, but we're hiring someone with 5 years of experience for this entry-level role.” So yeah, it's not just exhausting. It's borderline scammy.**

不喜欢。我是真的累，身心俱疲，连钱包也空。这个专业把我掏空：时间没了，觉没睡，护肤也放弃了。关键是——这么折腾一圈，毕业找工作还被告知：“我们这个入门岗位需要五年经验哦～”所以，这不光是累，已经快演变成智商税了。

### 皇冠 **borderline**

**解释：**接近…的边缘，形容某事快要越界、快变质了，但还没完全过去。

**例句：**I'm so tired I'm borderline hallucinating.

我累到快出现幻觉了。

### 盾牌 **scammy**

**解释：**很像骗局的、充满套路的，用来形容某些行为看起来不太可信、像是来割韭菜的。

**例句：**This “limited-time masterclass” with no refund policy feels super scammy.

这个“限时大师课”还不能退款，太诈骗感了。

- Why did you choose to study that subject?

**普通通用版：**

Honestly, I chose \_ because I've always been interested in . *Back in high school, I really enjoyed*, and I figured this subject would be a good fit. It also feels pretty practical, and I can see myself doing something related to it in the future.

说实话，我选 是因为我一直对 挺感兴趣的。高中那会儿我特别喜欢\_，所以就觉得这个专业挺适合我。而且它也挺实用的，我能想象以后会从事相关的工作。

Actually, I didn't really choose this subject myself.mp3

Actually, I didn't really choose this subject myself—my parents made the decision for me. They thought it was practical and would give me better job opportunities in the future. To be honest, I just went along with it. It's not exactly my passion, but I'm trying to make the best of it.

其实这个专业不是我自己选的，是我父母帮我决定的。他们觉得这个专业更实用，将来找工作会更有优势。说实话，我只是顺势接受了。虽然它不是我真正的兴趣所在，但我也在努力做到最好。

抖机灵版：

I chose it because everyone said it would lead to.mp3

I chose it because everyone said it would lead to a “good job.” You know, stable income, bright future. What they didn’t say is that I’d be fighting for unpaid internships, sending out 78 resumes, and still getting ghosted by companies. So yeah, I chose it for the job. The job, however, did not choose me.

我选这个专业，是因为大家都说“好找工作”。你知道的，收入稳定、前途光明那一套。但没人说清楚的是，我得为没工资的实习卷生卷死，投了 78 份简历，结果公司全都已读不回。所以是的，我是为了工作选的这个专业——只是，工作好像并不打算选我。

⌚ get ghosted by

**解释：**被某人“消失”或“已读不回”，对方突然断联、像鬼一样蒸发，常用于恋爱、社交、甚至求职场景。

**例句：** I thought the job interview went great, but then I got ghosted by HR.

我还以为面试顺利，结果人事直接玩消失了。

I chose it because I was passionate. Yeah, I rea.mp3

I chose it because I was “passionate.” Yeah, I really thought following my interest would lead to happiness, fulfillment, maybe even a dream job. Looking back now? That was cute. Turns out, passion doesn’t pay rent. So yeah, I was interested. I was also 18 and delusional.

我当初选它是因为“感兴趣”。真的，我还以为追随兴趣能让我快乐、充实，甚至找到梦想工作。现在回头看？傻得可爱啊。事实证明，兴趣交不了房租。所以是的，我当时感兴趣，但我那时候才 18 岁，还活在梦里。

⌚ cute

**解释：**在这里不是“可爱”，而是用来自嘲过去的自己太天真、太理想化

**例句：** I thought my passion would land me a dream job. That was cute.

我还以为靠热情就能拿到理想工作，真是太天真了。

### ⌚ delusional

**解释：**不切实际的，幻想型的，自嘲自己曾经太过理想主义、相信一些根本不会发生的事。

**例句：**At 18, I thought I'd be rich and successful by 25. I was clearly delusional.

我 18 岁的时候还以为 25 岁就能又有钱又成功，简直是在做梦。

- Do you think that your subject is popular in your country?

#### 普通通用版：

Yeah, I'd say it's pretty popular in my country. A.mp3

Yeah, I'd say it's pretty popular in my country. A lot of students choose \_\_, mostly because it's seen as a high-paying and stable field. I think some people do it out of genuine interest, but honestly, many just pick it for the job prospects.

嗯，我觉得这个专业在我们国家挺热门的。很多学生会选\_\_，主要是因为大家觉得它薪资高、比较稳定。我觉得有些人是真的感兴趣，但说实话，很多人纯粹是冲着就业前景去的。

Not really. My subject isn't that popular in my co.mp3

Not really. My subject isn't that popular in my country. Most students prefer something more practical, like business or engineering, because they think it leads to better jobs. My subject feels a bit niche, so people don't usually choose it unless they're really interested.

不算太受欢迎。在我们国家，大多数学生更喜欢学一些更实用的专业，比如商科或者工程，因为大家觉得那样更好找工作。我的专业就比较小众，通常只有真的很感兴趣的人才会去选。

#### 抖机灵版：

It used to be popular, like everyone's doing it.mp3

It used to be popular, like “everyone's doing it” popular. Parents loved it, schools pushed it, and job fairs were full of it. But now? It's a career trap with fancy packaging. The competition is brutal, the salaries are sad.

以前是热门，真的是“谁都在学”的那种火。爸妈喜欢、学校推荐、招聘会上全是它。但现在？  
纯纯包装精美的就业陷阱。卷得离谱，工资感人

Do you think that your subject is popular in your country.mp3

No, not really. It's one of those subjects that people admire from a distance but don't actually want to dive into. I guess not everyone is up for the challenge.

不，并不是很受欢迎。这个专业是那种大家从远处看着觉得很厉害，但实际上不太愿意深入研究的。大概不是每个人都愿意迎接这个挑战吧。

### 💡 **dive into**

**解释：**深入投入、专注研究，形容全身心地开始做某事，常用于学习、工作、新项目等场景。

**例句：** I planned to dive into my thesis this weekend, but somehow I ended up cleaning the fridge.

我本来打算周末专心写论文，结果不知怎么就去擦冰箱了。

Yes, it's definitely popular--which is exactly the.mp3

Yes, it's definitely popular—which is exactly the problem. Everyone's studying it, everyone thinks it'll lead to success, so now we're all stuck in the same overcrowded boat, fighting for the same five jobs. The competition is brutal, the stress is real, and honestly, I'm not even sure if I'm passionate anymore or just scared of falling behind.

是的，确实很热门——问题也就在这儿。谁都在学，谁都觉得它有前途，结果我们全挤在一艘快沉的船上，抢那五个岗位。竞争卷到飞起，压力爆表，说实话我都分不清我现在到底还有没有热情，还是只是单纯怕被落下。

- Do you have any plans for your studies in the next five years?

### **普通通用版：**

Yeah, I've thought about it a bit. In the next few.mp3

Yeah, I've thought about it a bit. In the next few years, I'd like to 【apply for a Master's degree】 , maybe even switch to a slightly different field if things go well. I'm not 100% sure yet, but I hope to keep learning and gradually figure out what I really want to focus on.

嗯，我有稍微想过一些。接下来几年我打算[申请硕士]，如果一切顺利的话，也许会转到一个稍

微不同的方向。虽然现在还不是百分之百确定，但我希望能一直保持学习，慢慢找清楚自己真正想专注的领域。

抖机灵版：

No, I don't have a five-year study plan. I mean, I.mp3

No, I don't have a five-year study plan. I mean, I don't even know what I'm having for breakfast tomorrow. People around me talk about goals and long-term strategies, and I'm just here trying to survive midterms.

没有，我哪来的五年学习规划？我连明天早餐吃啥都不知道。身边的人一个个在讲目标和人生战略，而我只想活着熬过期中考。

Yes, I'm planning to take the postgraduate entrance (2).mp3

Yes, I'm planning to take the postgraduate entrance exam. Not because I'm passionate about more studying—but because finding a job right now feels like applying for the Olympics—every position wants “experience,” “skills,” and maybe even “a miracle or two.”

是的，我打算考研。不是因为我有多热爱学习，而是现在找工作就像报名奥运会——每个岗位都要求“经验”“技能”“还得会奇迹”。

Plans\_ Oh, absolutely. My plan is to survive. If I.mp3

Plans? Oh, absolutely. My plan is to survive. If I make it to graduation without selling my kidney to pay tuition, I'll consider that a win.

计划？当然有啊，我的计划就是活下去。如果能撑到毕业还不用卖肾交学费，那就算成功了

Yes, I plan to study abroad. Of course, I'll say i.mp3

Yes, I plan to study abroad. Of course, I'll say it's for academic growth and cultural exchange. But honestly? It's also about escaping the non-stop competition here. Sometimes “broaden horizons” is code for “give me a break.”

有啊，我打算出国深造。官方说法是为了学术进步和文化交流，但说实话，也是为了“逃离内卷”。所谓“开阔眼界”，有时候就是“让我喘口气”的委婉说法。

I'll probably study finance. It sounds serious eno.mp3

I'll probably study finance. It sounds serious enough to impress my relatives and complicated enough to shut them up—just throw in some big words like ‘asset allocation’

and they go quiet real fast.

我可能会学金融，听起来足够唬住亲戚，也够复杂到让他们闭嘴——我只要甩一句“资产配置”，他们立马安静如鸡。

- Do you want to change your major?

普通通用版：

To be honest, I've thought about it. Sometimes I f.mp3

**To be honest, I've thought about it. Sometimes I feel like another field might suit me better, especially when I struggle with certain courses. But for now, I've decided to stick with it and try to make the most of what I'm studying.**

说实话我有想过。有时候会觉得可能换个方向会更适合自己，特别是在某些课程卡住的时候。但目前我还是决定继续学下去，尽量把这个专业学扎实。

No, I don't want to change my major. I actually li.mp3

**No, I don't want to change my major. I actually like what I'm studying, because it matches my interests and I feel motivated to learn. Even if it's not the most popular subject, I think enjoying it is more important than just following the crowd.**

不，我不想换专业。我其实挺喜欢自己学的东西，因为它和我的兴趣很契合，也能让我更有学习动力。即使不是最热门的专业，我觉得喜欢才比盲目跟风更重要。

抖机灵版：

No, I don't want to change. I've already invested.mp3

**No, I don't want to change. I've already invested too much time, energy, and emotional breakdowns into this major. At this point, we're trauma bonded.**

不想换，都坚持到现在了。这个专业我已经砸了时间、精力，还有那么多次精神崩溃，我们现在已经绑死在一起了。

Do you want to change your major.mp3

**Sometimes I think about it, but then I remember that every major has its own set of nightmares. Might as well stick with the devil I know!**

有时候我会考虑换专业，但随后想到每个专业都有自己的噩梦。既然如此，还不如继续和我熟悉的“魔鬼”斗争吧！

### 📎 stick with sth

**解释：**坚持做某事、不轻易放弃，常用于学习计划、锻炼、兴趣爱好等场景，也可以用于调侃自己“硬着头皮继续”。

**例句：**I told myself I'd stick with the gym for a month. It's been three days and I already miss my couch.

我跟自己说健身要坚持一个月，结果才第三天我就开始想念沙发了。

### 📎 trauma bonded /'trɔ:ma 'bɒndɪd/

**中文解释：**创伤依附，指在不健康或痛苦的关系中，因共同的负面经历而产生强烈依赖感。

**常见搭配：**be trauma bonded to someone (和某人有创伤依附)、trauma bonded relationship (创伤依附关系)

**例句：**They're not really in love—they're just trauma bonded from all the chaos.

他们其实并不是真的相爱，只是因为一起经历了混乱而形成了创伤依附。

- Do you prefer to study in the mornings or in the afternoons?

#### 普通通用版：

I usually prefer studying in the morning. My brain.mp3

**I usually prefer studying in the morning. My brain feels fresher after a good night's sleep, and I can focus better before the day gets too busy or noisy. Plus, finishing my work early gives me the rest of the day to relax.**

我一般更喜欢早上学习。睡一觉醒来脑子比较清醒，而且比起下午更容易集中注意力，也不会被太多事情打扰。而且早点把任务完成，后面一整天都会轻松很多。

I prefer studying in the afternoons. I'm not reall.mp3

**I prefer studying in the afternoons. I'm not really a morning person, so it usually takes me**

a while to wake up and get focused. In the afternoon, I feel more relaxed and productive, and I can study without yawning every two minutes.

我更喜欢在下午学习。我其实不算是早起型的人，通常需要一点时间才能清醒并集中注意力。下午我会更放松、更高效，也不用每两分钟就打个哈欠。

抖机灵版：

Definitely mornings--if I wait till the afternoon..mp3

**Definitely mornings—if I wait till the afternoon, I'll end up staring at my notes while fighting the urge to nap. My brain basically goes on low power mode after lunch. So yeah, it's either study early or spend the afternoon regretting everything.**

肯定早上啊。下午一到，我就开始盯着笔记犯困，大脑午饭后直接进入省电模式。要么早上学，要么下午后悔。

Afternoons, for sure.Not because I'm more producti.mp3

**Afternoons, for sure. Not because I'm more productive—but because I physically cannot get up in the morning. It's hard to break up with my bed. We've been through so much together. Honestly, mornings feel like a betrayal.**

当然是下午。不是因为效率高，而是因为我真的起不来。和我的床分手太难了，毕竟我们一起走过这么多时光。早上起床就像背叛。

### ▣ go on low power mode

**解释：**进入省电模式，常用于自嘲“人累了、脑子卡了、完全没效率”，灵感来自手机省电模式，形容人也开始慢动作、反应迟钝。

**例句：**My brain goes on low power mode every afternoon. I try to study, but end up just staring into space.

我每天下午脑子都进入省电模式，想学习却只剩发呆。

- How much time do you spend on your studies each week?

普通通用版：

It depends, but usually around 30 to 40 hours a we.mp3

**It depends, but usually around 30 to 40 hours a week, including classes, homework, and self-study. It's a bit intense sometimes, but I try to stay on track, especially when exams are coming.**

看情况吧，但通常每周大概有 30 到 40 个小时，包括上课、写作业和自学。有时候确实挺累的，但我尽量跟上节奏，尤其是考试快到的时候。

**抖机灵版：**

I spend a lot of time around studying--organizing.mp3

**I spend a lot of time *around* studying—organizing my desk, making a to-do list, lighting a candle for vibes… you know, everything but actually studying.**

我花了不少时间“围绕”学习，比如收拾桌子、列代办清单、点蜡烛营造氛围……除了真正学习，其他都干得很积极。

**How much time? That depends—do you mean real studying, or just sitting in front of my laptop pretending to study while my brain goes into low power mode? Technically, I “study” around 30 hours a week. Realistically? Maybe 10.**

学习多久？这得看你说的是认真学，还是坐在电脑前假装努力，其实脑子早就进入省电模式了。理论上讲我每周“学习”30 小时，实际上可能 10 小时都撑死了。

 **technically**

**解释：**严格来说，从技术角度/字面意义上讲；常用于“虽然表面上是这样，但其实…”的反差场景，自嘲时超好用。

**例句：**Technically, I *started* studying at 8 AM. But I spent the first hour choosing a playlist and making coffee.

严格来说，我 8 点就开始学习了……但第一个小时都在挑歌和煮咖啡。

- Are you looking forward to working?

**普通通用版：**

Honestly.. kind of. I mean, I want to be independe.mp3

**Honestly… kind of. I mean, I want to be independent and make money, but I'm not super**

excited about stress, deadlines, or office politics. So yeah—mixed feelings.

说实话……算是吧。我想经济独立、自己赚钱，但一想到压力、ddl、职场斗争就不是很激动。所以吧，心情挺矛盾的

No, I'm not really looking forward to working. It'.mp3

No, I'm not really looking forward to working. It's not because I dislike working itself, but more because of the complicated relationships in the workplace. I know you have to deal with colleagues, bosses, and sometimes office politics, and honestly, that part doesn't sound very appealing to me.

不，我并不是很期待工作。倒不是因为我不喜欢工作本身，而是因为职场里的人际关系太复杂。你得应付同事、上司，有时候还要面对办公室政治，说实话，这些对我来说都挺没吸引力的。

抖机灵版：

Looking forward\_ More like looking scared. I can b.mp3

Looking forward? More like looking scared. I can barely survive 8am classes—how am I supposed to survive 9-to-5? But yeah, deep down, I do want to make money and stop asking my mom for pocket money.

期待？更像害怕。我8点的课都能迟到，哪来的勇气上朝九晚五？但说实话，还是想赚钱，别再跟我妈讨零花钱了。

### ⌚ pocket money

**解释：**零花钱，通常指父母给的少量可自由支配的钱，也可以指勉强糊口的小收入。

**例句：**My part-time job pays just enough pocket money to keep my bubble tea addiction alive.

我打工挣的那点零花钱，刚好能维持我对奶茶的执念。

Are you looking forward to working.mp3

Well, let's just say I'm excited for the paycheck, but not so much for the early mornings. If I could work from bed, I'd be all in!

嗯，这么说吧，我很期待拿工资，但对早起就没那么期待了。如果我能在床上工作，那我肯定全力以赴！

## ㊂ let's just say

**解释：**咱就是说……常用于含蓄吐槽、暗示不想细讲但你懂的语气，通常后面跟一段自嘲、翻车经历或八卦。

**例句：**Let's just say my last group project taught me a lot… about trust issues.

咱就是说我上次小组作业收获挺大……主要是学会了别轻易信人。

Work\_No thanks. I hear it's like school but with.mp3

**Work? No thanks. I hear it's like school but with fewer breaks and more people emailing “just checking in” at 10 p.m. Sounds awful.**

工作？不了吧。听说工作就像学校，但休息更少，还有人晚上十点发邮件“只是确认一下”。听起来就很糟糕。

## ✉ just checking in

**解释：**只是来问候一下、确认情况，常用于发消息时想看看对方还好吗、事情进行得如何，也常用于发邮件催进度时的“礼貌敲门”。

**例句：**Hey, just checking in—did you get a chance to look at my message?

嗨，我就是来确认一下，你有机会看我的消息了吗？

- What technology do you use when you study?

**普通通用版：**

Mostly my phone and laptop. I use my phone way too.mp3

**Mostly my phone and laptop. I use my phone way too much—sometimes for studying, sometimes for scrolling. I also use online tools like translation apps or Grammarly when I write essays.**

主要是手机和电脑。我确实用手机用得有点多，有时候是学习，有时候纯粹刷。写作文时我也会用翻译软件或者 Grammarly 这种工具。

**抖机灵版：**

### What technology do you use when you study.mp3

My phone is definitely my go-to—mostly for setting alarms to remind myself to actually start studying. I also use it for quick research… and occasionally for scrolling through social media.

我的手机绝对是必备工具——主要是用来设置闹钟提醒自己开始学习。我也用它来快速查资料……偶尔也用来刷刷社交媒体。

#### ⌚ go-to

**解释：**首选的、常用的、最靠谱的那一个。可以形容某个人、物或方法在特定场景下特别好用、值得依赖。

**例句：**Coffee is my go-to solution for everything—stress, sleepiness, bad mood… you name it.

咖啡是我的万能解法——压力大喝，困了喝，心情差也喝，万事靠它。

### I use my laptop for notes, my tablet for readings,.mp3

I use my laptop for notes, my tablet for readings, and my phone for… distractions. Let's be honest—tech helps, but it also hurts. I open my laptop to study, and suddenly I'm organizing folders, changing fonts, and somehow watching cat videos.

我用电脑记笔记，平板看材料，手机嘛……负责分心。说实话，科技是有帮助，但也很容易出事。我打开电脑本来要学习，结果在整理文件夹、换字体、顺便看猫视频。

- What changes would you like to see in your school?

#### 普通通用版：

### I'd like to see more practical courses added to th.mp3

I'd like to see more practical courses added to the curriculum, like public speaking or career planning. Also, I think it would be great if the school provided more study spaces and mental health support for students.

我希望学校能在课程里增加一些更实用的内容，比如演讲技巧或职业规划。另外，如果学校能提供更多学习空间和心理支持服务，那就更好了。

#### 抖机灵版：

I'd love the school to put air conditioning in the.mp3

I'd love the school to put air conditioning in the dorms. Right now, it feels more like a free sauna than a place to sleep.. Honestly, AC would probably improve our grades more than any new books.

我真希望学校能在寝室装空调。现在这里更像是免费的桑拿房，而不是睡觉的地方。说实话，空调对成绩的提升可能比添新书还更有用。

Can we get better campus Wi-Fi I'm trying to stud.mp3

Can we get better campus Wi-Fi? I'm trying to study, not run a meditation retreat. (这种地方一般没有网) It's 2025—I shouldn't need a personal hotspot just to open one PDF.

我真的希望学校能把 Wi-Fi 整明白了。我是来学习，不是来修禅的。都 2025 年了，打开个 PDF 还得靠流量，我容易吗我？

What changes would you like to see in your school.mp3

I'd love to see more nap spaces—seriously, a few comfy couches here and there could do wonders for our productivity. Sometimes a quick nap is all you need to recharge!

我希望学校能有更多的午睡空间——说真的，随处放几个舒适的沙发对我们的效率会有很大帮助。有时候小睡一会儿就能恢复能量！

### ❖ do wonders for

**解释：**对……特别有用，效果惊人，常用于夸某事对情绪、健康或效率有奇效。

**例句：**A 10-minute nap can do wonders for my brain—I wake up thinking I can finish my thesis in one night.

睡十分钟午觉对我大脑效果惊人，一醒来就觉得论文一晚能写完。

### 🔋 recharge

**解释：**充电、恢复能量，常用于人感到累时通过休息或放松来“回血”。

**例句：**I need a weekend with zero social interaction to fully recharge.

我需要一个没人找我的周末来彻底回血。

冥想修习营 meditation retreat /'medɪ'teɪʃn rɪ'tri:t/

**中文解释：**冥想修习营，指人们短期离开日常生活，集中进行冥想和自我反思的安静场所或活动。

**常见搭配：**attend a meditation retreat (参加冥想营)、a silent meditation retreat (静修营)

**例句：**She went on a 10-day meditation retreat to clear her mind.

她去参加了一个 10 天的冥想修习营，让自己静心。

I wish my school offered more practical courses--l.mp3

I wish my school offered more practical courses—like how to write a decent resume or survive a job interview without crying. The job market is brutal, and “theoretical frameworks” won’t save me when HR asks why I deserve to be hired.

我真希望学校能多开点实用课，比如教教我们怎么写一份像样的简历，或者怎么在面试时不当场崩溃。现在就业太卷了，HR 可不会在意我学过几个理论框架。

- What are the benefits of being your age?

**普通通用版：**

I think the best part of being my age is having en.mp3

I think the best part of being my age is having energy and flexibility. I’m old enough to make my own decisions, but still young enough to try new things, make mistakes, and grow from them without too much pressure.

我觉得这个年纪最大的好处就是有精力、也有自由。我已经可以自己做决定了，同时还年轻，可以不断尝试新东西，即使犯错也不会有太大压力。

One big benefit of being my age is having more fre.mp3

One big benefit of being my age is having more free time. As a student, I don’t have full-time work or family responsibilities yet, so I can spend time hanging out with friends, trying

new hobbies, or just relaxing. It feels like the best stage to enjoy life without too much pressure.

我这个年纪最大的好处就是有很多空闲时间。作为学生，我还没有全职工作，也没有家庭责任，所以可以和朋友玩，尝试新的爱好，或者单纯放松。这算是最能享受生活又不用背太大压力的阶段。

抖机灵版：

The best part of being my age\_ I can complain abou.mp3

The best part of being my age? I can complain about life like a middle-aged aunt, but still get student discounts. I'm old enough to know better, but young enough to still mess everything up and call it "experience."

我这个年纪最大的好处？嘴上像中年大妈一样吐槽生活，实际还能靠学生证薅羊毛。该懂事了也没完全懂事，瞎搞完还能说是“积累经验”。

One of the few nice things about being my age\_ Stu.mp3

One of the few nice things about being my age? Student discounts. I'm usually broke and tired, but at least I can get half-price train tickets and a hot pot discount. It doesn't fix anything, but hey, it makes life a bit easier—and cheaper.

这个年纪为数不多的好处，大概就是学生折扣了吧。我经常又穷又累，但起码火车票能打半价，吃火锅也能便宜点。虽然啥问题也解决不了，但起码过日子便宜点，心情也好点。

## 工作

答案已经折叠，点标题左边的三角。

Part1 必考题指的是雅思口语 Part1 中常规的题目，这些题不会随着换题季变化。考官会从里面抽几题问，不是所有题都会考；一般考官会问你是 study 还是 work，你根据自身情况回答，是学生就说 study，考官接下来就问 study 主题里的；work 同理。所以 study 和 work 只需要备考其中之一。

- What work do you do?

通用普通版： I work as a \_ right now. Most of my job involves , , and sometimes . It's not super exciting every day, but I'm gaining experience and learning how to handle real-world tasks, so I think it's worth it. 我现在是一名 。我的工作主要包括 ，有时候还要负责 \_。虽然

不是每天都很刺激，但我在积累经验，也在学着处理实际问题，所以我觉得还是挺值得的。

I work in an office job at the moment. It's mainly.mp3

I work in an office job at the moment. It's mainly about handling paperwork, replying to emails, and helping with basic admin tasks. It's not super exciting, but it's stable and I'm learning a lot, so I can't complain.

我现在在办公室上班，主要是处理一些文书工作、回邮件，还有一些基础的行政事务。虽然不是特别有趣，但比较稳定，也能学到不少东西，算是还可以吧。

I'm HR Everyone says HR holds power. Sure--if powe.mp3

I'm HR. Everyone says HR holds power. Sure—if power means getting blamed for company policies you didn't write, and being asked to “make the vibe better” like I'm a DJ. I'm not in charge. I'm just in the group chat.

大家都说 HR 权力大。是啊，如果“权力大”指的是被怪公司政策、还要负责“调节团队氛围”，好像我是个 DJ 似的。我不是什么决策层，我就是个群里蹲着的打工人。

I teach at a private school. In China, that means.mp3

I teach at a private school. In China, that means teaching the child, reassuring the parents, and surviving 30 WeChat messages about “why isn't my kid better than others yet?”

我在私立学校教书。在中国，这工作是“教学生、哄家长、还要撑住被 30 条微信问候轰炸”，内容基本都是：为啥我家孩子还没超越别人？

- Why did you choose to do that type of work (or that job)?

I chose this job mainly because I'm genuinely inte.mp3

通用普通版： I chose this job mainly because I'm genuinely interested in it. I've always enjoyed this kind of work, so when the opportunity came up, I just went for it. It's not always easy, but doing something I actually like makes the tough parts more bearable.

我选择这份工作主要是因为我真的对它感兴趣。我一直挺喜欢这方面的内容，所以有机会的时候我就去试了。虽然有时候也挺累的，但做的是自己喜欢的事，很多难的地方也就能扛过去了。

Honestly, I chose it because it was the only offer.mp3

**Honestly, I chose it because it was the only offer I got. It's not like I had a hundred options on the table. I just needed a job—and this one said yes. So here I am, doing my best and figuring it out as I go.**

说实话，我选这份工作只是因为它是我唯一拿到的 offer。也不是我有很多选择，我只是需要一份工作，而它刚好没拒绝我。所以我就来了，一边做一边慢慢摸索。

### ❖ figure it out

**解释：**搞明白、解决问题，常用于描述遇到难题时自己摸索着找到办法，也可用于自嘲“边走边看”。

**例句：**I have no idea what I'm doing with my life, but I'll figure it out… eventually.

我完全不知道自己人生在干嘛，但我会慢慢搞明白的……大概吧。

I chose this job because the salary was decent. I.mp3

**I chose this job because the salary was decent. I mean, it's not amazing, but compared to other offers—or no offers—it seemed like the most practical option. At this stage, I'm not chasing my dream job. I'm just trying to pay rent and not panic about the future *too* much.**

我选这份工作主要是因为薪资还可以。也不是说特别高吧，但比起其他选择，或者根本没得选，算是比较实际的决定。这个阶段我也没想着追什么梦想工作了，能交房租、不为未来太焦虑就已经很好了。

### ⌚ decent salary

**解释：**像样的工资，指不算大富大贵，但至少能过上还不错的生活，常用于描述“稳定、合理、有保障”的收入水平。

**例句：**I just want a decent salary—enough to pay rent, eat well, and maybe buy bubble tea without guilt.

我只想要一份像样的工资，能付房租、吃得好，偶尔喝杯奶茶也不心疼就行了。

- Do you like your job?

**通用普通版：**

I'd say I have mixed feelings about it. I like som.mp3

I'd say I have mixed feelings about it. I like some parts—like the people I work with and the fact that I'm learning new things. But there are also days when it feels repetitive or a bit stressful. So yeah, it's not perfect, but it's not bad either.

我对这份工作的感情其实是有点复杂的。一方面我喜欢，比如同事人很好，而且确实能学到东西。但有些时候也会觉得比较重复，或者有点压力。所以说不上特别喜欢，但也不算差，就那样吧。

抖机灵版：

Do I like my job\_ Let's just say--I like the paych.mp3

Do I like my job? Let's just say—I like the paycheck. The job itself? Meh. But every time I consider quitting, my bank account gently reminds me to calm down.

我喜欢这份工作吗？咱就是说——我喜欢发工资的时候。工作本身？一般般。但每次想辞职时，我的余额都会温柔地让我冷静一下。

Let's put it this way--if the environment weren't.mp3

Let's put it this way—if the environment weren't so toxic, I wouldn't be sitting here taking IELTS right now. I'm not chasing dreams, I'm escaping a nightmare.

这么说吧，要不是职场太毒，我至于在这儿考雅思吗？我这不是追梦，我这是逃命。

## ☒ toxic

**解释：**有毒的，常用于形容人或关系让你感到压力大、消耗、情绪不稳定，带有强烈负面情绪。

**例句：**That group chat is so toxic—every time I open it, my peace of mind drops to zero.那个群聊太毒了，一打开我的精神状态直接归零。

- What requirements did you need to meet to get your current job?

It wasn't too strict, to be honest. I needed to ha.mp3

**通用普通版：** It wasn't too strict, to be honest. I needed to have some basic knowledge related to the field and decent communication skills. They also asked for a resume and a short interview. Luckily, they didn't expect a ton of experience, so I was able to get in and

**learn on the job.** 说实话，要求也不算特别高。需要有一些相关领域的基础知识，还有基本的沟通能力。他们要求提交简历，还要面试一下。还好不太看重经验，所以我才能顺利进去，一边做一边学。

抖机灵版：

I needed to have some technical skills for the job.mp3

**I needed to have some technical skills for the job—like knowing how to use certain tools and write decent code. Nothing crazy, but definitely more than just “Googling really fast.” They wanted someone who could actually solve problems, not just look busy.**

这份工作还是需要一定的专业技能，比如会用一些工具、能写出像样的代码。虽然不是那种很夸张的要求，但也不是靠“查得快”就能混过去的。他们想要的是真的能解决问题的人，而不是光会装忙的人。

They wanted passion, dedication, and hard work. So.mp3

**They wanted passion, dedication, and hard work. So naturally, I lied. Fake it till you make it, right?**

他们要热情、奉献和努力。所以，我当然撒了谎。装到做到，不是吗？

fake it till you make it

**解释：**装到成真；意思是即使不自信、不会、做不到，也先装出一副很懂的样子，久而久之就真的能做到。常用于鼓励自己“先上车再补票”。

**例句：** I had no idea how to use Excel during my internship, but I smiled confidently and clicked around. **Fake it till you make it, right?**

实习时我完全不会用 Excel，但我一脸自信乱点一通。咱就是说，先装再说！

Honestly, there weren't many strict requirements..mp3

**Honestly, there weren't many strict requirements. They just wanted someone “passionate” and “willing to learn.” So I smiled a lot, said I love challenges, and pretended I had my life together. Apparently, that was enough.**

说真的，这工作没啥硬性要求。他们只说希望找个“有热情”“愿意学习”的人。于是我就多笑、狂说自己爱挑战，还假装自己状态特别稳定。结果还真成了。

- Do you want to change to another job?

Yes, I do. My current job is okay, but it's not re.mp3

**通用普通版：** Yes, I do. My current job is okay, but it's not really something I see myself doing long-term. I want to try something more challenging and meaningful, maybe in a field that fits my interests better. I'm keeping an eye out for new opportunities.

是的，我确实想换工作。现在这份工作还行，但我不太觉得这是我想长期做下去的。我想尝试一些更有挑战、更有意义的事情，最好是和我兴趣更相关的领域。我现在也在慢慢留意有没有合适的机会。

**抖机灵版：**

Do you want to change to another job.mp3

I've been thinking about it—mainly because I'm curious if other jobs come with fewer meetings. You know, a job where I actually get to do the work instead of just talking about it.

我确实在考虑换工作，主要是因为我想知道有没有那种会议少一点的工作。你知道，就是那种可以真正做事而不是光讨论的工作。

☛ **get to do sth**

**解释：**有机会做某事、被允许或有条件去做某事。常带点“我好幸运”或“别人都没得选但我可以”的语气，有时也用于讽刺或自嘲。

**例句：** Some people get to travel abroad for study. I get to write a 5,000-word paper on accounting ethics.

别人出国交换，我有幸能写一篇五千字的会计伦理论文，真·幸运儿。

Change jobs\_ No. I've already figured out how to I (1).mp3

Change jobs? No. I've already figured out how to look busy without actually working. That's a skill you don't just give up.

换工作？不，我都已经学会了怎么看起来很忙但实际上啥都不干。这技能可不能轻易放弃。

- Do you miss being a student?

通用普通版：

Yes and no. I miss the flexible schedule, long hol.mp3

Yes and no. I miss the flexible schedule, long holidays, and just hanging out with friends without much pressure. But at the same time, I don't miss exams, group projects, or staying up all night writing papers. So yeah—student life had its perks, but I'm also glad it's over.

有点想，也有点不想。我怀念那时候时间自由、假期长，还有和朋友一起无忧无虑地玩。但我完全不想念考试、小组作业，和熬夜写论文的日子。所以学生生活有它好的地方，但我也挺庆幸那段时间已经过去了。

抖机灵版：

Yes, especially the part where I could skip class.mp3

Yes, especially the part where I could skip class and still survive. In the real world, you skip one meeting and suddenly HR knows your full name.

想，特别是以前逃课也没人管。现在工作了你敢逃个会，HR 立马知道你全名。

Doyoumissbeinga\_student.mp3

I mean, I miss the long holidays, but I definitely don't miss the all-nighters before exams. Life's stressful enough without having to worry about grades.

虽然怀念长假期，但我真的不怀念考前熬夜。生活已经够有压力的了，何必再为成绩操心呢。

 all-nighters

**解释：**通宵熬夜，通常为了赶作业、备考、改报告等，常带有“最后一刻抱佛脚”的意味。

**例句：** I've pulled so many all-nighters this semester, my dark circles should qualify for permanent residency.

这个学期我通宵太多次，黑眼圈都该拿永久居留了。

- What technology do you use at work?

**通用普通版：**

At work, I mostly use Excel and PowerPoint. I use.mp3

At work, I mostly use Excel and PowerPoint. I use Excel for organizing data, doing basic calculations, and tracking progress. PowerPoint is mainly for making slides and presenting ideas clearly. They're not super fancy tools, but they're useful and I pretty much use them every day.

工作中我主要用 Excel 和 PowerPoint。Excel 是用来整理数据、做一些基础计算、还有追踪进度。PowerPoint 主要是做 PPT，用来把想法表达清楚。这两个工具虽然不算高级，但挺实用的，我几乎每天都在用。

**抖机灵版：**

We rely heavily on online docs for teamwork, which (1).mp3

We rely heavily on online docs for teamwork, which is super convenient—when it works. But when the internet lags, access is denied, or someone edits the wrong version, it feels like the doc is using me instead.

我们工作用在线文档特别多，方便协作嘛。但有时候网一卡、权限没开、版本冲突，我都开始怀疑是不是文档在整我，而不是我在用它。

I use email a lot at work. After a while, using em.mp3

I use email a lot at work. After a while, using email becomes a mind game. Should I “reply all”? Should I CC the boss? Sometimes choosing who to send it to takes longer than writing the email.

我在工作中经常用 email。用久了之后，email 简直成了一场心理战。要不要“回复所有人”？要不要抄送老板？有时候光是选要发给谁，就比写内容还花时间。

 CC

**解释：** 抄送 (carbon copy)，在发邮件时把别人加进去，让他们看到邮件内容但不是主要收件人。

**例句：** I got CC'd on a drama-filled email thread at work. No idea what's going on, but I'm definitely grabbing popcorn.

我被抄送进一封职场大戏邮件，虽然完全看不懂，但已经拿好爆米花了。

## 住处

- Who do you live with? 你和谁一起住?

### 普通通用版:

I live alone at the moment. It's quiet and I get t.mp3

**I live alone at the moment. It's quiet and I get to do everything on my own schedule, which I love. The only downside is that sometimes it gets a bit lonely, especially during weekends, but I still prefer having my own space.**

我现在一个人住，挺安静的，所有事情都可以按自己的节奏来，我挺喜欢的。唯一的缺点就是有时候会有点孤单，特别是周末，但我还是更喜欢有自己的空间。

Right now, I live on campus with three roommates..mp3

**Right now, I live on campus with three roommates. We share a dorm room, so it's not super spacious, but it's manageable. We all have different schedules and personalities, so sometimes it's a bit chaotic—but we've learned how to respect each other's space. It's not perfect, but it makes student life more interesting for sure.**

我现在住在学校宿舍，跟三个室友一起。虽然空间不大，但基本还算过得去。大家作息和性格都挺不一样的，有时候会有点混乱，但慢慢也学会了互相尊重。虽然不是完美，但学生时代能有点这种热闹，其实也挺有趣的。

### 抖机灵版:

I live with three girls. One's super quiet, one's.mp3

**I live with three girls. One's super quiet, one's a skincare expert, and one turns into a karaoke queen after 10 p.m. It's loud, but never boring.**

我和三个女生住。一个特别安静、一个精通护肤、还有一个每天晚上十点后变身 KTV 麦霸。虽然吵，但绝对不无聊。

I live with three roommates. Sometimes they drive..mp3

**I live with three roommates. Sometimes they drive me crazy—leaving hair in the sink, stealing my shampoo—but when I'm sick, they're the ones bringing me hot water. So I guess I'll keep them.**

我和三个室友一起住。有时候她们真的很烦——洗脸池全是头发，还偷我洗发水。但我生病的

时候，第一时间递热水的也是她们。所以……就先不赶走了吧。

I live alone and I love it. No awkward small talk,.mp3

**I live alone and I love it. No awkward small talk, no forced socializing—just me, my blanket, and total control of the air conditioner. It's a bit lonely sometimes, but peace beats people.**

我自己住，觉得挺好。没有尬聊、也不用社交营业，就我、我的小被子，还有空调遥控权。有时候是有点孤独，但比跟人相处舒服多了。

I live with my cat. It's her apartment--I just hap.mp3

**I live with my cat. It's her apartment—I just happen to pay for it and open her food. She ignores me 90% of the time, then sits on my laptop when I'm working. Honestly, I'm just the unpaid intern in her royal kingdom.**

我和猫住在一起，那其实是她的房子，我只是负责交房租、倒猫粮而已。她平时 90%的时间都懒得理我，但我一工作，她就跳上我的电脑。说实话，我就是她猫王国里的无薪实习生。

I live with my boyfriend. And you know what\_ Livin.mp3

**I live with my boyfriend. And you know what? Living with a man is like adopting a very large, very loud child—who eats everything and never finds the laundry basket.**

我和我男朋友住。说真的，跟一个男人同居就像养了个特别大、特别吵的小孩——吃得多，还从来不知道洗衣篮在哪。

- Do you live in an apartment or a house? 你住公寓还是独栋住宅？ /What kind of accommodation do you live in? 你住在什么类型的住所里？

**普通通用版：**

I live in a house with my family. It's in a quiet.mp3

**I live in a house with my family. It's in a quiet neighborhood, and we've lived there for years. I really like having more space and a bit of privacy, especially compared to crowded apartments.**

我和家人住在一栋独栋房子里，周围环境挺安静的，我们在那儿住了很多年。我挺喜欢那种比较宽敞、有点隐私感的居住体验，特别是跟拥挤的公寓比起来。

I live in an apartment on campus. It's not very big.mp3

I live in an apartment on campus. It's not very big, but it has everything I need. I share it with my roommates, and it's pretty convenient—close to class, the cafeteria, and the library.

我住在学校里的公寓，地方不大，但基本生活设施都有。我和室友一起住，位置也挺方便的，离教室、食堂和图书馆都不远。

抖机灵版：

I live in a shared apartment. The good thing is, t.mp3

I live in a shared apartment. The good thing is, the rent is cheaper, which is great for someone like me on a budget. But the downside? My roommate never cleans. I'm not saying she's dirty, but I swear that bathroom has developed its own ecosystem.

我住在一个合租公寓。好处是房租比较便宜，对我这种预算有限的人来说挺不错的。但坏处呢？我室友从来不打扫。我不是说她脏，但我发誓那个浴室都快形成一个独立生态系统了。

I live in a student dorm. It's really small and.mp3

I live in a student dorm. It's really small and crowded. There's my bed, and… that's pretty much it. The rest is just a narrow path to the door. I've mastered the art of living in 4 square meters.

我住学生宿舍，真的又小又挤。基本上只有一张床……就这样了。剩下的空间就是通向门口的一条小过道。我现在已经练成了在四平方米里生活的终极技巧。

I live in a small apartment by myself. It's quiet,.mp3

I live in a small apartment by myself. It's quiet, clean, and I can finally walk around without wearing headphones all day. Only downside? Rent. It hurts.

我一个人住在小公寓里，安静、干净，可以四处走走也不用一直戴耳机遮噪音了。唯一的问题就是房租……每个月都像在流血。

I live in a dorm. Four people, six chargers, one w.mp3

I live in a dorm. Four people, six chargers, one window, and zero privacy. It's like Tetris, but with humans.

我住学生宿舍，四个人、六个充电器、一个窗户、没有隐私。住着就像在玩真人版俄罗斯方块。

- What part of your home do you like the most? 你喜欢家里哪个地方?

普通通用版:

I'd say my favorite part is my desk area. It's by.mp3

**I'd say my favorite part is my desk area. It's by the window, so there's always natural light during the day. I've got my books, laptop, a small plant—it just feels calm and personal, like my little zone.**

我最喜欢的应该是我的书桌那一块。它靠窗，白天都有自然光。我把书、电脑、小盆栽都放在那里，那一角特别安静又有自己的感觉，像是我的小天地。

抖机灵版:

My bed. 100% my bed. We're in a very committed rel.mp3

**My bed. 100% my bed. We're in a very committed relationship. I think about it all day, and the moment I lie down, it feels like everything is finally okay. No judgment, no stress—just soft, quiet love.**

我最喜欢的当然是我的床，没得选。我和它关系非常稳定，一整天都在想它。一躺上去，全世界都安静了。没有评价，没有压力，只有柔软和爱。

## ◎ committed relationship

解释：认真、稳定的恋爱关系，双方都有长期打算，不只是随便玩玩。

例句：She's in a committed relationship, and I'm in a committed relationship with my bed and food delivery apps.

她谈着认真恋爱，而我认真地跟我的床和外卖 App 相依为命。

Definitely the kitchen. That's where the fridge li.mp3

**Definitely the kitchen. That's where the fridge lives—and the fridge means snacks. Honestly, it's less “cooking space” and more “emotional support center.”**

当然是厨房啊，冰箱就在那里，而冰箱=零食。与其说是厨房，其实更像我的情绪支持站。

My balcony. It's basically the only place in my ho.mp3

**My balcony.** It's basically the only place in my house where I see sunlight and pretend I go outside. I stand there like a houseplant—photosynthesizing and judging the neighbors' laundry.

我最喜欢阳台，那几乎是我家唯一能晒到太阳的地方，也是假装自己有在出门的场所。我就像一盆绿植站在那里，一边光合作用，一边默默审判邻居晒的衣服。

### ❖ photosynthesize

**解释：**本意是“光合作用”，植物吸收阳光制造能量。口语中常用来自嘲人类“晒太阳回血”。

**例句：**After three days indoors, I finally went outside to photosynthesize and remember what the sun feels like.

在家窝了三天，我终于出门光合作用一下，找回阳光的感觉。

My bed is the only place that truly understands me.mp3

**My bed is the only place that truly understands me.** It doesn't judge, it doesn't complain, and it always supports me—literally and emotionally.

我的床是唯一真正懂我的地方。它不评判、不抱怨，而且永远支持我——无论是从物理上还是情感上。

- What's the difference between where you are living now and where you have lived in the past? 你现在和过去的住所有什么区别?

**普通通用版：**

What's the difference between where you are living.mp3

**The biggest difference?** Well, my current place is like a fortress—the walls are so thick I finally get to enjoy some peace and quiet. My old place? The walls were so thin I didn't even need a TV—I could just listen to the drama unfolding next door!

最大的区别？现在的住处简直像堡垒——墙壁厚得终于能享受片刻安静。以前的地方？墙壁薄得我都不用电视了——听隔壁的实时好戏的够了！

There's a big difference, actually. I used to live.mp3

**There's a big difference, actually.** I used to live at home with my parents, so everything was

more comfortable—home-cooked meals, clean bathrooms, and zero rent. Now I live on campus with roommates, and it's a lot noisier and less private. But to be fair, I've also become more independent, so I guess both have their pros and cons.

差别还挺大的。我以前是跟爸妈住，生活比较舒服——有热饭吃，卫生间干净，还不用交房租。现在住在学校宿舍，跟室友一起，环境吵了一些，也没什么隐私。但话说回来，也更独立了，所以各有优缺点吧。

抖机灵版：

Not much changed, honestly. I used to live with a.mp3

Not much changed, honestly. I used to live with a roommate who left dishes in the sink for a week. Now? I live with a new roommate… who also leaves dishes in the sink for a week. Different name, same mess.

老实说，没啥变化。我以前室友一周不洗碗，现在换了个新室友……还是一周不洗碗。换了名字，乱还是那个乱。

Back home, I had my own bed, space, and silence. N.mp3

Back home, I had my own bed, space, and silence. Now? Six people, one bathroom, and someone's alarm going off at 6am for a class they never attend.

以前在家有独床、空间和安静。现在？六人一卫，还有人每天六点闹钟响起，课却从来不去。

Back home, I had my own room, my own rules, and my.mp3

Back home, I had my own room, my own rules, and my mom spoiling me with food. Now in the dorm? I share a shoebox-sized room with three people and pray no one “borrows” my snacks.

在家时，我有自己的房间、自己的规矩，还有妈妈宠着做好吃的。现在住寝室？跟三个人挤在像鞋盒一样的小房间里，还得祈祷没人“借走”我的零食。

- What kind of house or apartment do you want to live in in the future? 你未来想住公寓还是独栋住宅

普通通用版：

If I had the choice, I'd love to live in a house s.mp3

If I had the choice, I'd love to live in a house someday. Something with a small yard, big windows, and a bit of privacy. I like the idea of having my own space to decorate, maybe even grow some plants or adopt a cat.

如果能选的话，我将来挺想住在独栋的房子里。最好有个小院子、大窗户，还有一定的私密空间。我喜欢那种可以自由布置的感觉，可能还会养点花草或者收养一只猫。

抖机灵版：

I just want a place with stable Wi-Fi, no weird ro.mp3

I just want a place with stable Wi-Fi, no weird roommates, and walls thick enough so I don't hear people's love life at 2am. That's the bare minimum for mental survival these days.

我只想要个 Wi-Fi 稳、室友正常、半夜两点听不到恋爱实况的房子。现在这个社会，这些要求只是精神续命的最低配置。

Give me a huge balcony with fabulous views! I'll d.mp3

Give me a huge balcony with fabulous views! I'll decorate it with fancy plants I'll probably kill within a week. At least it'll look chic for a while.

给我一个带超大阳台的房子，还有美丽的景色！我会用高级绿植装饰它，虽然可能一周就全养死了。至少会有一段时间很高级。

I'd love to live in a villa by the lake--peaceful.mp3

I'd love to live in a villa by the lake—peaceful view, fresh air, and the kind of silence that makes you feel rich even if you're broke. Too bad my current budget screams “bunk bed, shared kitchen.”

我想住在湖边的别墅，风景安静，空气清新，哪怕没钱也能在这种宁静中假装自己很有钱。可惜现实预算只够住上下铺+共用厨房。

- What room does your family spend most of the time in?

普通通用版：

Definitely the living room. That's where we eat, t.mp3

Definitely the living room. That's where we eat, talk, watch TV, and sometimes just scroll on

our phones in silence. It's kind of the heart of the house—no matter how busy we are, we always end up there at some point during the day.

肯定是客厅啦。我们家吃饭、聊天、看电视，有时候啥也不干就一起刷手机，也都是在那。感觉客厅就是家里最有“人气”的地方，不管一天多忙，最后大家都会聚在那儿。

抖机灵版：

The living room, mostly because that's where the W.mp3

**The living room, mostly because that's where the Wi-Fi signal is strongest. My family may not always talk, but we sure scroll together.**

基本是客厅，因为那儿 Wi-Fi 信号最强。虽然一家人不一定聊天，但会一起低头刷手机。

The kitchen, no doubt. That's where all the magic.mp3

**The kitchen, no doubt. That's where all the magic happens—my mom's cooking is next-level, so everyone just naturally gathers there, waiting to be fed like hungry little animals.**

肯定是厨房啊，神奇的地方。我妈做饭很厉害，大家自觉聚在那里，像一群等着投喂的小动物。

💡 next-level

**解释：**超强、非常厉害、远超一般水平，用来形容某事物“已经不是普通好，是神级好”。

**例句：**My mom's cooking is next-level—I swear she could open a restaurant and have a waitlist every day.

我妈的手艺太神了，完全能开餐馆那种，每天都要排队。

- What is your favorite room in your apartment or house?

用上题的答案回答也可以

-What is your favorite room in your apartment or house.mp3

**My favorite room is definitely my bedroom. It's cozy, quiet, and honestly, I could spend the whole day there without getting bored. I can sleep, scroll on my phone, watch shows, or just do nothing—and that's the best part. It's like my little cave where I recharge.**

我最喜欢的房间肯定是卧室，又舒服又安静。说真的，我可以一整天窝在里面都不觉得无聊。可以睡觉、刷手机、看剧，或者啥也不干——这才是最爽的。就像我的小山洞一样，用来充电休息。

Honestly, it's a bit awkward to answer because I live in a dorm with three other people... so there aren't really many rooms to choose from. We all share one space, so it's not like I have a personal favorite.

说实话这个问题有点尴尬，因为我住在一个四人宿舍……根本没什么房间可以选。我们共用一个空间，也没法说哪个是“我最喜欢的房间”。

My favorite room? The kitchen—obviously. That's where all the snacks are. I go in there at least ten times a day. Honestly, I'm in a long-term, committed relationship with my snack drawer.

我最喜欢的房间？当然是厨房啦，零食全在那儿。我一天至少进十次厨房。说实话，我已经跟我的零食抽屉进入稳定长期关系了。

- What do you usually do in your room?

**普通通用版：**

I usually just study, chill, and scroll on my phone.mp3

I usually just study, chill, and scroll on my phone. It's the only place where I can fully relax and do things at my own pace. Sometimes I listen to music or watch random videos—nothing too exciting, but it's my little space to unwind.

我一般就在房间里学习、放松，还有刷手机。那是唯一一个能让我彻底松下来、按自己节奏做事的地方。有时候也会听听歌、看点乱七八糟的视频，虽然不算多精彩，但就是属于我自己的可以放松的小空间。

Honestly, I mostly just relax in my room. I watch.mp3

Honestly, I mostly just relax in my room. I watch shows, scroll through my phone, and take naps whenever I feel tired. I tell myself I'll get some work done, but most of the time I just end up doing nothing productive. It's like once I step into my room, all my motivation disappears.

说实话，我在房间里基本就是放松。看看剧、刷刷手机，累了就睡一会儿。我每次都告诉自己

要干点正事，但大多数时候都躺平了。一进房间，干劲就全消失了。

抖机灵版：

I always tell myself I'll study, then somehow I en.mp3

I always tell myself I'll study, then somehow I end up lying in bed, phone in hand, watching a cat get scared by a cucumber.

我每次都跟自己说要学习，结果最后都是躺在床上拿着手机，看猫被黄瓜吓一跳的视频。

I usually sleep. I've tried studying in my room, b.mp3

I usually sleep. I've tried studying in my room, but somehow the bed always wins. The second I sit down, my brain goes, "Nap time!"

我基本都在睡觉。有试过在房间学习，但每次都被床打败。一坐下大脑就自动播报：该睡觉啦！

- Do you plan to live there for a long time?

普通通用版：

Not really. It's fine for now, but I don't see mys.mp3

Not really. It's fine for now, but I don't see myself staying there long-term. I'd probably move once I graduate or find a job in another city. I like having my own space, so hopefully I'll get a chance to live somewhere a bit more independent in the future.

应该不会。我觉得现在住着还可以，但也不打算长期待在那里。等毕业或者去别的城市工作，应该就会搬走了。我挺想有一个属于自己的空间，希望以后能搬到一个更自由、独立一点的地方住。

抖机灵版：

Nope, I'm out the second I graduate. I've served m.mp3

Nope, I'm out the second I graduate. I've served my time—four years of cold showers, snoring roommates, and mysterious smells. I deserve better.

不，我一毕业就走人。这四年我已经服完刑了——冷水澡、呼噜室友，还有各种神秘气味。我配得上更好的生活。

Yes. Honestly, I'm too lazy to move and too broke.mp3

**Yes. Honestly, I'm too lazy to move and too broke to complain. As long as no one upstairs starts drilling at midnight, I'm good.**

是的。说实话，懒得搬也穷得凑合，只要楼上别半夜钻墙，那就行。

### ⌚ I'm good

**解释：**字面是“我很好”，但在口语中常用于礼貌拒绝、表示够了、不需要了。具体含义要看语境，有时也带点“客气但冷淡”的意味。

**例句：**Friend: "Wanna go out tonight?"

Me: "Nah, I'm good. Gonna stay in and cry over my unfinished assignment."

朋友：今晚要出去玩吗？

我：不了，我挺好，我要在家为没写完的作业落泪。

- Can you describe the place you live in?

### 普通通用版：

I live in a small apartment on campus. It's nothin.mp3

**I live in a small apartment on campus. It's nothing fancy, just a shared space with three roommates. We've got bunk beds, a couple of desks, and a tiny bathroom. It gets a bit messy sometimes, but it's close to everything—classrooms, the library, and food, so it's super convenient.**

我住在学校里的一个小公寓里。没什么特别豪华的，就跟三个室友合住。有上下铺、几张书桌，还有一个很小的卫生间。有时候会有点乱，但离教室、图书馆和吃饭的地方都很近，还是挺方便的。

I live in a small apartment with a few roommates..mp3

**I live in a small apartment with a few roommates. It's pretty basic—just two bedrooms, a shared kitchen, and a tiny living room. The walls are a bit thin, so we hear everything, but it's cozy and the location is great. There's a convenience store downstairs and the subway is just five minutes away.**

我住在一间小公寓里，跟几个室友一起。房子挺简单的，就两个卧室，一个共用厨房，还有一个小小的客厅。墙有点薄，基本什么声音都能听见，但整体还挺温馨的，而且地理位置很好。楼下就有便利店，走五分钟就到地铁站了。

抖机灵版：

I live in a dorm room with three roommates. It's n.mp3

I live in a dorm room with three roommates. It's not huge, but we've got bunk beds, one bathroom, and shared Wi-Fi that gives up at midnight—just like us. It's cramped, chaotic, and somehow… kind of fun.

我住的是四人间寝室，有上下铺、一个厕所，还有午夜自动罢工的共享 Wi-Fi，就跟我们精神状态一样。虽然挤、乱、吵，但凑合着还挺有意思

My room has three zones\_ bed for sleeping, floor f.mp3

My room has three zones: bed for sleeping, floor for throwing clothes, and desk for suffering. It's not perfect, but somehow it still feels like my little kingdom.

我的房间有三个区域：床是用来睡觉的，地板是用来扔衣服的，书桌是用来受苦的。虽然不完美，但它还是我自己的小王国。

My room\_ Imagine a shoebox with Wi-Fi. It's tiny..mp3

My room? Imagine a shoebox with Wi-Fi. It's tiny, dark, and the only view I have is my neighbor's laundry. Basically, I live like a rat—but at least I'm a rat with 5G.

我房间？就像个有 Wi-Fi 的鞋盒。小、黑，窗外风景是隔壁晾的秋裤。活得像老鼠，但好歹是有 5G 的老鼠。

- Do you prefer living in a house or an apartment?

抖机灵版：

Doyoupreferlivinginahouseoran\_apartment.mp3

Give me an apartment any day. Why? Because with the size of the cockroaches around here, I need to be at least 20 floors up to feel safe. Plus, who needs a backyard when the best street food is just downstairs?

我肯定选公寓。为什么？因为这里的蟑螂个头太大了，我得住在至少 20 层以上才觉得安全。而且，有最棒的小吃就在楼下，谁还需要后院呢？

通用普通版：

If money isn't a problem, I'd definitely prefer li.mp3

If money isn't a problem, I'd definitely prefer living in a house. I like having more space, a quieter environment, and maybe even a small garden where I can grow some vegetables and relax in the sun. It just feels more peaceful and personal than an apartment.

如果不考虑金钱的话，我肯定更想住 house。我喜欢宽敞一点、安静一点的环境，也希望有个小花园种点蔬菜，晒晒太阳，比起公寓感觉更自在一些。

I definitely prefer living in an apartment. It's m.mp3

I definitely prefer living in an apartment. It's more practical for my lifestyle—less space to clean, easier to manage, and usually closer to everything. I'm not really into huge houses or quiet suburbs. I like being able to grab coffee downstairs and get to places without needing a car.

我肯定更喜欢住公寓，对我来说更实用——不用打扫太大空间，也更好管理，而且通常离什么地方都近。我对大房子或者郊区的那种安静生活没什么兴趣，我更喜欢楼下能直接买咖啡、去哪都不用开车的那种方便感。

- Are the transport facilities to your home very good?

通用普通版：

Yeah, the transport's actually pretty good. There'.mp3

Yeah, the transport's actually pretty good. There's a subway station about 10 minutes away, and a bunch of bus stops nearby. It's really easy to get to school or go downtown. The only downside is rush hour—it gets super packed, but that's kind of expected.

嗯，交通还挺方便的，走路十分钟就有地铁站，附近还有很多公交车站。去学校或者市中心都挺快的。就是高峰期人特别多，但也算正常吧，习惯了。

抖机灵版：

Yes, the transport is excellent. Trains, buses, ev.mp3

**Yes, the transport is excellent. Trains, buses, even taxis are easy to get. The only problem? Everyone else thinks so too, so good luck finding a seat during rush hour.**

是的，交通特别棒。火车、公交、甚至出租车都很方便。唯一的问题是？其他人也这么想，所以高峰期想找个座位，祝你好运。

### **rush hour**

**解释：**上下班高峰期，指早上或傍晚交通最拥堵、人最多的时候。

**例句：**I took the subway during rush hour and basically spent 30 minutes nose-to-armpit with a stranger.

我在早高峰坐地铁，整整 30 分钟都在和一个陌生人的腋下近距离社交。

Not really. I have to walk a long way just to get.mp3

**Not really. I have to walk a long way just to get to the nearest bus stop. By the time I catch the bus, I already feel like I've done my workout for the day.**

不太好，我得走好久才能走到最近的公交站。每次赶上车的时候，我都觉得今天运动量已经完成了。

- What makes you feel pleasant in your home?

**通用普通版：**

I think it's the quiet and the sense of privacy. I.mp3

**I think it's the quiet and the sense of privacy. In my room, I can just close the door and do whatever I want—study, chill, or just lie in bed doing nothing. It's the one place where I don't have to deal with people or noise, so it really helps me recharge.**

我觉得让我觉得舒服的，是安静和有自己的空间。在我房间里，我可以关上门想干嘛就干嘛——学习、放空，或者啥也不干躺着发呆都行。那是唯一一个不需要面对人或噪音的地方，真的能让我放松下来。

**抖机灵版：**

The sunlight. When it hits just right in the after.mp3

**The sunlight.** When it hits just right in the afternoon, the whole room feels warm and peaceful. For a few minutes, I forget I'm stressed and broke.

让我觉得最舒服的是阳光。下午阳光刚好照进来的时候，整个房间都暖暖的、特别安静。那几分钟我甚至能忘记自己又穷又压力大。

When all my roommates are out and I can finally ta.mp3

**When all my roommates are out and I can finally take a quiet nap—that's the best feeling ever. No talking, no noise, just me and my bed. It feels like a rare vacation.**

当室友们都出门了，我能安安静静地睡一会儿，那一刻真的太舒服了。没有说话声、没有杂音，只有我和我的床，像捡到了假期一样。

- How long have you lived there?

**通用普通版：**

I've been living there for about two years now. I.mp3

**I've been living there for about two years now. I moved in after I started my current job—it's pretty close to the office, so it saves me a lot of commuting time. The apartment's not perfect, but it's convenient and comfortable enough for now.**

我在这儿住了差不多两年了，是我开始现在这份工作之后搬过来的。离公司挺近的，能省下不少通勤时间。房子谈不上完美，但现在住着还算方便、也挺舒服的。

I've been living there for about three years now..mp3

**I've been living there for about three years now. I moved in when I started university, so it's been a while. At first, it felt a bit unfamiliar, but now I'm totally used to it—it kind of feels like home.**

我在那里住了差不多三年了，是我上大学的时候搬过去的，所以也有一段时间了。刚开始的时候有点不习惯，但现在已经完全适应了，甚至有点像“家”的感觉了。

**抖机灵版：**

Three years. From freshman dreams to senior breakd.mp3

**Three years. From freshman dreams to senior breakdowns—all in the same tiny room. It's**

seen my all-nighters, emotional meltdowns, and instant noodle evolution.

三年了，从大一的满腔热血到大四的精神崩溃，全都在这间小房间完成。它见证了我的通宵、崩溃，还有泡面口味的升级史。

### ✿ breakdown

**解释：**本意是“崩溃”或“故障”，可以指机器坏掉，也可以形容人情绪崩溃、精神垮掉。常用于搞笑或自嘲语境，表示“我真的绷不住了”。

**例句：**I opened my to-do list, saw 12 unfinished tasks, and had a mini breakdown.

我打开待办事项，看见还有 12 个没做，直接原地小崩溃。

I've lived there since freshman year--so yeah, thr.mp3

I've lived there since freshman year—so yeah, three years of tiny-space survival training. I could probably write a book: *How to Stay Sane in 9 Square Meters*.

我从大一就住那儿了，等于三年的狭小空间生存训练。我都能写本书了：《如何在 9 平米里保持不发疯》。

How/long have you lived there.mp3

I've lived here long enough to see the plants I tried to grow die—twice. But hey, at least I've mastered the art of pretending they're just “seasonal decorations.”

我在这里住的时间已经足够长，看着我试着种的植物死了两次。不过，至少我已经掌握了假装它们只是“季节性装饰”的艺术。

- Is it important to live in a comfortable environment?

**通用普通版：**

Yes, definitely. A messy, noisy place is like a to.mp3

Yes, definitely. A messy, noisy place is like a toxic person—it slowly drains your energy. You don't even notice it at first, but after a while, you're just tired for no reason.

非常重要。一个又乱又吵的环境就像一个很糟糕的人，会一点点把你的能量吸光。一开始没感觉，但久了你就发现，哪怕啥也没干，人都很累。

## drain your energy

**解释:** 耗光精力、让你筋疲力尽。可以用来形容人、事情或环境让你感觉被“榨干”，不仅是身体累，也包括精神疲惫。

**例句:** Group projects with last-minute teammates really drain your energy—and your will to live.

和临时抱佛脚的队友做小组作业真的让人精疲力尽，还顺带怀疑人生。

Not really. Of course it's nice to live in a comfo.mp3

Not really. Of course it's nice to live in a comfortable place, but for me, it's not the most important thing. As long as it's safe, clean, and I can sleep and work, I'm fine. I care more about convenience and location than fancy furniture or decoration.

我倒不觉得特别重要。住得舒服当然挺好，但对我来说不是最关键的。只要安全、干净，能睡觉能工作，我就觉得 OK。比起什么家具好不好看，我更在意的是地段和方便程度。

## 家乡

- Where is your hometown?/Describe your hometown a little.

### 普通通用版：

My hometown is , which is located in the part of China. It's known for , and although it's not very big/famous, I really like it because . It's the place where I grew up, so it means a lot to me.

我的家乡是，位于中国的。它以 而闻名，虽然不算特别大或出名，但我很喜欢它，因为。那是我长大的地方，对我来说意义很特别。

### 抖机灵版：

I'm from xx. My hometown has so much good food tha.mp3

I'm from xx. My hometown has so much good food that it's basically impossible to stay skinny. Everywhere you go, there's something to snack on. You say you'll just look—but five minutes later, you're holding three skewers and a milk tea.

我来自 xx. 我老家吃的太多了，想不胖都难。走哪儿都能看到吃的，本来只是想看看，结果五分钟后手里已经拿着三串串和一杯奶茶了

Where is your hometown.mp3

I'm from Guangzhou, where the heat isn't the only thing that's intense—the cockroaches and rats are so big, they could probably join you for dim sum. But if they can survive the weather, so can we!

我来自广州，这里的不仅超级炎热，连蟑螂和老鼠都大得吓人，估计都能和你一起去吃早茶。不过既然它们能在这种天气下活下来，我们也可以！

My hometown is Shanghai. It's a great place--conve.mp3

My hometown is Shanghai. It's a great place—convenient, lively, and full of good food. The only downside? Summer feels like living in a giant steamer. But other than that, I really like it.

我老家是上海，生活方便、人多热闹，吃的也很好。唯一的问题就是夏天太热了，像住在蒸笼里。除了这个，其实我还挺喜欢的。

My hometown is Shanghai--the city with the most co.mp3

My hometown is Shanghai—the city with the most coffee shops in the world. You can find one on every corner, from fancy boutique cafés to random hole-in-the-wall spots. People there treat coffee like a lifestyle, not just a drink

我老家是上海——全世界咖啡馆最多的城市。几乎每个路口都有咖啡店，从精致的小众咖啡馆到街边小店全都有。对上海人来说，咖啡不是单纯的饮料，更是一种生活方式。

 hole-in-the-wall spot

\*\*解释\*\*: 不起眼的小店，外表普通甚至有点破，但食物特别好吃、性价比高。常用于形容街边宝藏小吃店。

\*\*例句\*\*: We found this tiny hole-in-the-wall spot near campus, and their noodles changed my life.

我们在学校附近发现一家超不起眼的小店，结果他们家的面简直让我当场升天。

My hometown is Beijing. It's where emperors once r.mp3

**My hometown is Beijing. It's where emperors once ruled, and now scooters rule the streets. It's a mix of grand history, delicious food, and enough honking to keep you awake forever.**

我的家乡是北京。这里曾经是皇帝统治的地方，现在是电动车的天下。这里融合了宏伟的历史、美味的食物，还有足够的喇叭声让你永远保持清醒。

My hometown is Beijing. It's full of culture, hist.mp3

**My hometown is Beijing. It's full of culture, history, and… traffic. The air's better now, but the summers are hot and the winters are dry enough to crack your soul. Still, I love the energy—and nothing beats a late-night stroll around the hutongs with my friends.**

我老家是北京，文化底蕴丰富，历史感拉满……就是堵车也拉满。空气现在比以前好了点，但夏天热得要命，冬天又干得让人怀疑人生。不过我还是挺喜欢这座城市的，没有什么比和朋友晚上逛胡同更有感觉了。

## ☒ nothing beats sth

\*\*解释\*\*: 没有什么比得上……，用来强调某事物特别好、无可替代。

\*\*例句\*\*: Nothing beats finishing an assignment one minute before the deadline and feeling like a superhero.

没有什么比在截止前一分钟交作业更让人有超级英雄的错觉了。

I'm from Hangzhou, and yes, people call it a food.mp3

**I'm from Hangzhou, and yes, people call it a “food desert.” But let's be real—just because we don't drown everything in chili doesn't mean we can't cook. Our food is subtle, like art, not a wrestling match.**

我来自杭州，没错，人们叫这里“美食荒漠”。但说真的，仅仅因为我们不把一切都泡在辣椒里，并不代表我们不会做菜。我们的美食是讲究的，像艺术，不是摔跤比赛。

My hometown is Hangzhou. It's really green and bea.mp3

**My hometown is Hangzhou. It's really green and beautiful—lots of trees, parks, and mountains nearby. You can just walk around and suddenly end up by a lake or a temple. It's the kind of place where even doing nothing feels relaxing. Honestly, it's one of the few cities**

that actually makes you want to touch grass.

我老家是杭州，真的特别绿特别美，到处都是树、公园还有山。随便走走就能走到湖边或者庙旁边。就算啥也不干，也觉得挺舒服。说实话，这是少数几个能让我真想“亲近自然”的城市。

### ☛ touch grass

\*\*解释：\*\*字面是“摸摸草”，其实是让人走出屏幕、回归现实、清醒一点。从内耗、倦、焦虑、网瘾中抽身，回归现实和自然，好好呼吸一下。

\*\*例句\*\*：I spent 6 hours doomscrolling and arguing online. Someone please tell me to touch grass.

我刷了 6 小时手机还在网上吵架，拜托有人提醒我赶紧去摸摸草清醒一下。

I'm from Chengdu. We're known for hotpot and panda.mp3

I'm from Chengdu. We're known for hotpot and pandas, but what no one tells you is that we also master the art of chilling. Spicy food by day, mahjong by night—that's peak living.

我来自成都。我们以火锅和熊猫出名，但没人告诉你我们还松弛感拉满。白天吃辣，晚上搓麻将，这才是人生巅峰。

My hometown is Shenzhen. It's like China's Silicon.mp3

My hometown is Shenzhen. It's like China's Silicon Valley, but with better dim sum and way more skyscrapers. We don't have "old town charm" because, let's be real, the whole city is younger than my family's Wi-Fi router.

我的家乡是深圳。这里就像中国的硅谷，但点心更好吃，摩天大楼更多。说什么“老城魅力”根本不存在，因为整个城市可能都没我家路由器年纪大。

I'm from Jilin, where winter is so cold you don't.mp3

I'm from Jilin, where winter is so cold you don't need a fridge—just put your food outside.

**People here don't ask, "How's the weather?" They ask, "How many layers are you wearing?" And trust me, the answer is always "Not enough."**

我来自吉林，冬天冷到根本不需要冰箱——食物直接放外面就行。这里的人不会问“今天天气怎么样？”而是问“你穿了几层？”而答案永远是“还是不够。”

X is amazing, but those rush hour trains \_ You're p.mp3

**X is amazing, but those rush hour trains? You're packed so tight, you could get married to a stranger and not even know their name.**

X 很棒，但高峰期的地铁？挤得你可能跟陌生人“结婚”了，却连对方名字都不知道。

I'm from Gansu, where winter air is drier than my.mp3

**I'm from Gansu, where winter air is drier than my love life.. You don't just use lotion—you marinate/bathe in it. That's why in Gansu, we don't say "stay warm" in winter—we say "stay hydrated."**

我是甘肃人，这里冬天的空气比我的感情生活还要干燥。你不只是涂乳液——你是把自己腌在里面。所以在甘肃，冬天大家不会互相提醒“注意保暖”，而是“注意补水。”

### ⌚ marinate

\*\*解释\*\*：本意是“腌制”，让食材入味；引申为“反复思考一件事”或“让情绪沉淀”

\*\*例句\*\*：After getting called out in class, I just sat there and marinated in my embarrassment for the next 30 minutes.

被老师当众点名后，我就坐在原地用羞耻腌自己，腌了整整半小时。

Changsha! It's the city where the food burns your.mp3

**Changsha! It's the city where the food burns your mouth, the nightlife burns your wallet, and the summer burns your soul. But somehow, we all love it.**

长沙！这里的食物辣得让你怀疑人生，夜生活烧得你钱包见底，夏天热得你灵魂出窍。但奇怪的是，我们还是爱它。

I'm from Tongling, Anhui--small city, big reputati.mp3

I'm from Tongling, Anhui—small city, big reputation for copper. People say it's peaceful, but honestly, it just means everything closes early. If you want nightlife, your best bet is a streetlight.

我来自安徽铜陵——小城市，但因铜而闻名。大家都说这里很安静，但说白了就是商店关门早。想要夜生活？路灯可能是你唯一的希望。

I'm from Guilin, where the scenery is so beautiful.mp3

I'm from Guilin, where the scenery is so beautiful they literally put it on our money. You'd think living here is peaceful, but try navigating through a street full of selfie sticks during peak season.

我来自桂林，这里的风景美到直接被印上人民币。你可能以为住在这里很宁静，但等你在旅游旺季穿越满大街的自拍杆时，就不会这么想了。

I'm from Weihai! It's got beaches, fresh seafood,.mp3

I'm from Weihai! It's got beaches, fresh seafood, and retirees living their best lives. It's like Florida, but without alligators and overpriced theme parks—just seagulls stealing your lunch.

我来自威海！这里有海滩、新鲜海鲜，还有一群活得比你还潇洒的退休大爷大妈。就像佛罗里达，但没有鳄鱼和天价乐园，只有海鸥抢你午饭。

I'm from Ningbo! It's rich, it's modern, and peopl.mp3

I'm from Ningbo! It's rich, it's modern, and people here love three things—making money, eating seafood, and reminding you they make more money than you.

我来自宁波！这里有钱、有现代化，宁波人最爱的三件事：赚钱、吃海鲜、顺便提醒你他们比你更会赚钱。

Nanning! Where it's either too hot, too humid, or.mp3

Nanning! Where it's either too hot, too humid, or both, and where traffic laws are more of a suggestion than an actual rule. And let's be honest, if you don't eat rice noodles for breakfast, *are you even from here?*

南宁！要么太热，要么太潮，要么又热又潮，交通规则基本靠自觉。而且，认真讲，如果你早餐不吃米粉，你还能算是南宁人吗？

Tianjin--where people roast you like it's their job.mp3

Tianjin—where people roast you like it's their job, breakfast is the only thing people take seriously, and even taxi drivers could have their own stand-up special.

天津——这里的人把怼人当成正经工作，唯一严肃对待的事情是早餐，连出租车师傅都能随时开一场脱口秀专场。

Tianjin is my hometown. People say our accent sounds.mp3

Tianjin is my hometown. People say our accent sounds like we're selling pancakes 24/7. We're known for our funny accent and sharper tongue. It's kind of like Boston in the US—friendly, but always ready to roast you a little. It's in our DNA.

我老家天津。大家都说我们说话像在全天候卖煎饼果子。天津人靠口音和嘴碎出名，说话自带抬杠属性。就像美国的波士顿，人挺热情，但顺嘴就能损你两句，这是刻在基因里的。

I'm from Wuhan--land of hot noodles, hotter weather.mp3

I'm from Wuhan—land of hot noodles, hotter weather, and even hotter tempers. If you can survive a summer here without melting or arguing with a cab driver, you're basically invincible.

我来自武汉——热干面热，天气更热，脾气最热。能在这儿挺过一个夏天不中暑也不和出租车司机吵架，你就练成金刚不坏之身了。

I'm from Qingdao--a coastal city famous for beer,.mp3

I'm from Qingdao—a coastal city famous for beer, seafood, and wind that attacks you emotionally. The location's so good even the Germans once said, "Yep, we'll take it." No wonder we ended up with Tsingtao Beer and European-style buildings.

我来自青岛，一个靠海的城市，以啤酒、海鲜，还有“精神打击式”海风出名。地理位置太好了，以至于当年德国人都说：“嗯，这块地我们要了。”所以才有了青岛啤酒和那一片欧式建筑。

I'm from Nanjing--a city where the food is salty,.mp3

I'm from Nanjing—a city where the food is salty, the history is heavy, and the people sound like they're arguing even when they're helping you. It's chaotic, emotional, and weirdly comforting. Basically, home.

我来自南京——一个食物咸到上头、历史厚得压抑、人讲话像刚吵完架的地方。混乱又有点感动，奇怪地有安全感。一句话，就是家

I'm from Shangqiu, where every corner has history..mp3

I'm from Shangqiu, where every corner has history, every meal could feed three people, and if you tell someone you're full, they just assume you're being polite.

我来自商丘，这里随便一块地都有故事，随便一顿饭都够三个人吃，而且如果说自己吃饱了，他们会以为你在客气。

I'm from Mile, Yunnan--a place so chill that even.mp3

I'm from Mile, Yunnan—a place so chill that even our name means “happiness.” Great weather, amazing hot springs. Oh, and the rice noodles? So good, they make instant noodles look like a crime.

我来自云南弥勒，一个连名字都透着快乐的地方。天气好，温泉棒。还有米线？好吃到让方便面看起来像犯罪现场。

I'm from Xiamen. It's a city in the southeast of C.mp3

I'm from Xiamen. It's a city in the southeast of China, near the sea. The weather is warm, the food is great, and the views are really pretty. A lot of tourists visit, but for me, it just feels like home.

我来自厦门，是中国东南沿海的城市。天气很暖和，东西特别好吃，风景也很美。虽然是旅游城市，但对我来说就是家。

My hometown is Taizhou, in Jiangsu. We're famous f.mp3

My hometown is Taizhou, in Jiangsu. We're famous for our fish soup noodles. It's literally noodles cooked in fish broth—and the broth is so fresh, it tastes like the fish just gave up its life five minutes ago. It's warm, comforting, and absolutely delicious.

我老家是江苏泰州，我们的鱼汤面特别有名。就是把面煮在鱼汤里，那汤鲜得就像鱼五分钟前刚牺牲。又暖又香，真的很好吃。

I'm from Inner Mongolia. And no, I don't ride a ho.mp3

I'm from Inner Mongolia. And no, I don't ride a horse to school—that's just a weird fantasy people have. We have buses, smartphones, and yes, Starbucks. The grasslands are real, but so is the Wi-Fi. It's not all yurts and sheep.

我来自内蒙古。先说清楚，我上学不是骑马去的——那只是某些人脑子里的奇怪想象。我们有公交车、智能手机，甚至还有星巴克。草原是真的，但 Wi-Fi 也是真的。内蒙古不是遍地蒙古包和羊。

My hometown is Guiyang. It's in southwest China, a.mp3

My hometown is Guiyang. It's in southwest China, and the food there is spicy, sour, and totally addictive. Honestly, I didn't miss home much—until I tasted food from other cities. Then I realized… yeah, I grew up blessed.

我来自贵州贵阳，是中国西南的一座城市，那里的食物又辣又酸，特别容易上瘾。说实话，我以前不太想家，直到我吃了外地的饭，才意识到——嗯，我小时候吃得确实挺幸福的。

My hometown is Beijing. It's a city where modern I.mp3

My hometown is Beijing. It's a city where modern life and traditional culture exist side by side. You can see high-rise buildings and busy shopping malls, but also visit ancient places like the Forbidden City and the Temple of Heaven. I love how the old and the new blend together—it makes the city really special.

我的家乡是北京。这是一座现代生活和传统文化并存的城市。你能看到高楼大厦和热闹的商场，也能去故宫、天坛这样的古老景点。我很喜欢这种新旧交融的感觉，让这座城市变得特别有魅力。

- Is Your hometown a big city or a small place?

普通通用版：

It's more of a small medium-sized place, not a hug.mp3

It's more of a small/medium-sized place, not a huge city like Beijing or Shanghai. But it's growing pretty fast these years, with new malls, subways, and more people moving in. I like that it's not too crowded, but still has everything I need.

它算是一个小城市/中等规模的地方，不像北京或上海那种大都市。但这几年发展挺快的，新开的商场、地铁，还有越来越多的人搬过来。我喜欢它不那么拥挤，但基本的生活设施都有。

It's definitely a big city. I'm from , which is on.mp3

It's definitely a big city. I'm from \_\_, which is one of the major cities in China. It's super modern, with a lot of high-rise buildings, public transport, and nonstop traffic. It can be a

bit crowded, but there are always new things to do or places to explore.

我的家乡绝对算是大城市。我来自\_，是中国的主要城市之一。这座城市非常现代化，到处是高楼大厦、公共交通发达、车流也很密集。虽然有时候会有点挤，但总有新鲜事可以体验，也有很多地方可以逛。

It's a big city--busy, crowded, and always under c.mp3

It's a big city—busy, crowded, and always under construction. There's traffic, noise, and way too many people, but somehow I still miss it when I'm away. I guess that's the magic of big cities: they stress you out, but they also feel like home.

我老家是个大城市——人多、车多，到处在修修补补。虽然又堵又吵，总觉得太拥挤，但每次离开又会想念。可能大城市就是这样吧，能让你崩溃，也能让你安心。

It's small. Super small. The biggest attraction is.mp3

It's small. Super small. The biggest attraction is probably the bus station—because that's how you leave and go somewhere more fun. Nothing really happens there, but hey, at least the buses run on time.

我老家真的很小，小到最大的“景点”大概是汽车站——因为能坐车去别的地方玩。镇上没啥事发生，但好在车还挺准时的。

It's a small place, and honestly, it feels like ti.mp3

It's a small place, and honestly, it feels like time just stopped there. Every time I go back, nothing has changed—the same shops, the same neighbors, even the same aunties still doing square dancing. It's weirdly comforting.

我老家是个小地方，说实话，感觉时光在那里是静止的。每次回去，什么都没变——还是那几家店、那几个邻居、那群跳广场舞的大妈。虽然一成不变，但也挺让人安心的。

- How long have you been living there?

**普通通用版：**

I grew up there and lived there until I went to un.mp3

I grew up there and lived there until I went to university. So, around 18 years. I don't live there now, but I go back during holidays—and every time, it feels exactly the same, like the

place is frozen in time.

我从小就在那儿长大，一直到上大学前都住在那，大概十八年吧。现在不住了，但假期还是会回去。每次一回去都觉得，好像时间在那儿停住了一样，什么都没变。

I've been living in my hometown for about 21 years.mp3

I've been living in my hometown for about 21 years. Growing up here has made me really familiar with the place, and I feel comfortable because everything is so convenient and close. Of course, sometimes it gets a bit boring since nothing really changes, but overall it still feels like home to me.

我在家乡已经生活了大约 21 年。在这里长大让我对这座城市非常熟悉，也觉得很安心，因为一切都很方便、很近。当然，有时候也会觉得有点无聊，因为没什么变化，但总体来说，这里依然让我有家的感觉。

抖机灵版：

I've been here 21 years, which means I've had 21 s.mp3

I've been here 21 years, which means I've had 21 summers complaining it's too hot and 21 winters complaining it's too cold. Same place, same cycle—at least I'm consistent.

我已经在这里待了 21 年，也就是说我经历了 21 个“夏天太热”和 21 个“冬天太冷”的循环。地方没变，抱怨没变，至少我很稳定。

I've been living there since I was born--so yeah,.mp3

I've been living there since I was born—so yeah, it's been 21 years. At this point, I probably know every shortcut, every snack stand, and every nosy neighbor in town.

我从出生就住在那里，到现在已经 21 年了。可以说那地方的近路、小吃摊、还有哪家邻居爱打听事儿，我都门儿清。

- Do you like your hometown?/Do you like living there?

普通通用版：

I mean, I don't hate it. Growing up here has made.mp3

I mean, I don't hate it. Growing up here has made me really familiar with the place, and I

feel comfortable because everything is so convenient and close. Of course, sometimes it gets a bit boring since nothing really changes, but overall it still feels like home to me.

我倒不是讨厌。在这里长大让我对这座城市非常熟悉，也觉得很安心，因为一切都很方便、很近。当然，有时候也会觉得有点无聊，因为没什么变化，但总体来说，这里依然让我有家的感觉。

Honestly, I used to think it was lame. But after s.mp3

Honestly, I used to think it was lame. But after spending a few years in the city, I realized peace and quiet isn't that bad. And rent? Basically free at home.

说实话，以前觉得它差劲。但在大城市呆几年后，突然觉得安静也挺香的。最关键，回家不用交房租！

### @@ lame

**解释：**无聊、尴尬、逊爆了，用来形容事情很没劲、笑话不好笑、行为让人翻白眼。口语中超常用的“吐槽神器”。

**例句：**I told my friend I couldn't go out because I was "too busy studying." Even I knew that was a lame excuse.

我跟朋友说我不能出去因为“要学习”，连我自己都觉得这个借口太逊了。

I like my hometown--though I complain about it all.mp3

I like my hometown—though I complain about it all the time. It's small, a bit boring, and nothing ever changes… but somehow, it still feels like the most comfortable place in the world.

我挺喜欢我家乡的，虽然我经常吐槽它。地方小，有点无聊，永远没啥变化……但不知道为什么，每次回去都觉得特别安心。

I don't really like it anymore. It's changed a lot.mp3

I don't really like it anymore. It's changed a lot—too many buildings, too much traffic, and it just doesn't feel the same. I get that cities grow, but sometimes I miss the version of it I grew up with.

我现在不太喜欢我家乡了，它变了太多。楼多了、车多了，感觉也不一样了。我知道城市发展，但有时候还是会想念小时候那个熟悉的样子。

- What do you like most about your hometown?

这题的答案可以用到上题。

-What do you like most about your hometown\_ \_The t.mp3

**普通通用版：**

The thing I love most about my hometown is definitely the food. No matter where I go, I always end up missing those local dishes. It's like my taste buds have a memory of their own. Even if I'm eating fancy food somewhere else, I still think, "This is nice, but it's not as good as home." Nothing beats hometown snacks.

我最喜欢家乡的肯定是吃的。不管走到哪里，最后都会想念那些地道的味道。感觉我的味蕾自己都有记忆了。就算在外面吃很高级的菜，心里还是想：“挺好吃，但没有家里的香。”家乡的小吃就是无敌。

Honestly, what I like most is the fact that nothin.mp3

**Honestly, what I like most is the fact that nothing ever changes. Same shops, same streets, same gossip. It can be boring, but at least it's predictable. In today's world where everything changes overnight, that kind of stability makes me feel safe.**

说实话，我最喜欢的就是这里啥都不变。一样的商店，一样的街道，一样的八卦。虽然有点无聊，但至少很可预见。在当今这个一切都瞬息万变的社会里，这种稳定感让我觉得很安心。

**抖机灵版：**

What I love most about my hometown? Definitely the food. It's amazing but absolutely not waistline-friendly. You think, "I'll just try a little," and next thing you know, your jeans are crying for help. Honestly, every trip home feels like a personal challenge to see how much weight I can gain in one weekend.

我最喜欢家乡什么？当然是吃的。好听得离谱，但绝对对腰围不友好。你以为“就尝一点”，结果裤子都要喊救命了。说实话，每次回去都像在挑战：看我周末能胖几斤。

- Is there anything you dislike about it?

**普通通用版：**

Yes, one thing I dislike is that some people still.mp3

Yes, one thing I dislike is that some people still smoke in public places, even though there are “no smoking” signs everywhere. It makes the environment uncomfortable, especially for non-smokers like me.

有的。我不太喜欢的一点是，有些人还是会在公共场所抽烟，尽管到处都贴着“禁止吸烟”的标志。这让环境变得不太舒服，尤其对像我这样不吸烟的人来说。

What I dislike is how nothing changes. Same people.mp3

What I dislike is how nothing changes. Same people, same shops, same aunties gossiping. It feels like there's no development at all—while the rest of the world is moving forward, this place is just stuck on repeat like an old CD.

我不喜欢的就是这里一点变化都没有。人一样、店一样、八卦一样。感觉完全没有任何发展——外面的世界都在往前走，这里却像一张旧光碟一样卡在循环里。

Isthereanythingyoudislikeaboutit.mp3

What do I dislike? The local food is amazing, but let's just say it's not exactly waistline-friendly. My diet plans have all been defeated by delicious bubble tea.

我不喜欢什么？当地的美食真是太棒了，但对腰围可不太友好。我的减肥计划全都被美味的奶茶打败了。

⌚ **waistline-friendly**

**解释：**对腰围友好，形容食物低热量、不容易发胖，常用于调侃“吃得健康但不快乐”。

**例句：** I ordered the salad because it's waistline-friendly, but my soul was definitely craving fries.

我点了沙拉因为它对腰围友好，但我灵魂其实在尖叫要薯条。

One thing I really dislike is the electric scooter.mp3

One thing I really dislike is the electric scooters. They're everywhere—on the road, the sidewalk, even in places that don't make sense. Walking outside feels like dodging bullets in a video game. I'm just trying to survive.

我最不喜欢的一点就是电动车，真的到处都是——马路上、人行道上，甚至一些根本不该有它的地方。走在街上就像玩躲避游戏，我只是想活着回家而已。

What do I hate about my hometown\_ The smokers. Not (1).mp3

What do I hate about my hometown? The smokers. Not just the smoking—but how selfish they are. They smoke in small restaurants, in elevators, even next to kids. Like hello? I'm just trying to eat noodles, not secondhand smoke for lunch.

我最讨厌家乡的，是那些抽烟的人。不是仅仅因为他们抽烟，而是太自私了。在小饭馆里抽，在电梯里抽，连小孩旁边都敢抽。拜托，我是来吃面，不是来吸你二手烟的！

- What's your hometown famous for?

**普通通用版：**

It's probably best known for. People from other ci.mp3

It's probably best known for \_\_\_. People from other cities always mention it when they hear where I'm from. I used to take it for granted, but now I think it's actually pretty cool we have something unique like that.

我们那最有名的应该是\_\_\_. 外地人一听我是哪里来的，基本都会提这个。以前我觉得挺普通的，但现在回想起来，能有个属于家乡的标志性东西，其实还挺酷的。

**抖机灵版：**

What my hometown is really famous for is the weather.mp3

What my hometown is really famous for is the weather. In summer it's so humid you feel like you're living in someone's armpit. And winter? It's so cold you feel like you're sleeping inside someone's freezer.

我家乡最出名的就是天气。夏天闷热得像住在别人腋窝里，冬天冷得就像被塞进冰柜里。

Probably our dialect. It's so intense that even people from nearby cities need subtitles.mp3

Probably our dialect. It's so thick that even people from nearby cities need subtitles. It's basically a secret code—great for trash-talking without getting caught.

可能是方言吧，口音重到连隔壁市的人都听不懂，需要字幕。骂人不怕被听懂，隐私感拉满。

My hometown is famous for its beautiful scenery. Mountains, lakes, and way too many

My hometown is famous for its beautiful scenery. Mountains, lakes, and way too many

people taking selfies. It's the kind of place where even a random roadside tree looks like it belongs in a travel brochure.

我家乡因为风景漂亮而出名，有山有湖，还有一堆游客疯狂自拍。就连路边一棵树，看着都像旅游宣传画里的。

- Are there many young people in your hometown?

**普通通用版：**

Yeah, there are quite a lot of young people in my.mp3

Yeah, there are quite a lot of young people in my hometown, but most of them are either students or just starting their careers. A lot of people come here for university or internships, so the city feels young and active, especially around the campuses.

有的，我家乡年轻人还挺多的，不过大部分是学生或者刚开始工作的那种。很多人是来上大学或者实习的，所以整个城市氛围还挺年轻，特别是大学附近。

Not really. Most young people leave for bigger cit.mp3

Not really. Most young people leave for bigger cities after high school or university, either for better jobs or just more excitement. So these days, my hometown feels a bit quiet—mainly kids, middle-aged people, and a lot of grandparents walking their grandkids. It's peaceful, but sometimes it feels like the energy is missing.

不太多。大多数年轻人高中或大学毕业后就去大城市了，不是为了找工作就是图个热闹。所以现在我家那边有点安静，主要是小孩、中年人，还有一大堆带孙子的爷爷奶奶。虽然挺安稳的，但有时候会觉得少了点活力。

Most young people left for college and never came.mp3

Most young people left for college and never came back. Can't blame them though—my hometown has great views but zero jobs. Pretty, but broke.

大部分人上了大学就一去不回，也不能怪他们，我家那儿风景是美，但工作机会是零。好看，但穷。

Are there many young people in your\_hometown.mp3

Not really. Most of them have gone to the big cities to chase their dreams—or at least a

higher paycheck. What's left are the grandparents who spoil you with food every time you visit, and the quiet streets that suddenly seem a lot emptier.

不多了。他们大多去了大城市追梦——或者至少是为了更高的工资。剩下的是那些每次你回去都给你做饭的爷爷奶奶，还有显得空荡荡的街道。

Yes, tons of young people come here for jobs. They.mp3

Yes, tons of young people come here for jobs. They're all chasing dreams—or just chasing buses because the commute is insane.

是的，有很多年轻人来这里找工作。他们要么在追梦，要么在追公交，因为通勤太疯狂了。

Yes, and they all look way cooler than me. Sometim.mp3

Yes, and they all look way cooler than me. Sometimes I wonder if there's a secret dress code I missed—where do they find the energy to look that good?

是啊，而且一个比一个会打扮。我都开始怀疑是不是有啥隐藏着装群，我哪来那么多精力每天精致出街？

- Is your hometown a good place for young people to pursue their careers?

**普通通用版：**

To be honest, not really. My hometown is a bit too.mp3

To be honest, not really. My hometown is a bit too quiet, and there aren't many big companies or job opportunities for young people. Most of my classmates moved to bigger cities after graduation because it's hard to find a decent job here unless you go into teaching or government work. It's a nice place to live, but not ideal for building a career.

说实话，不太算。我家乡节奏比较慢，也没有太多大公司或适合年轻人的机会。我们班很多人毕业后都去了大城市，因为除了当老师或者进体制，其他工作确实挺难找的。住着是舒服，但真要发展事业，就不太理想了。

**抖机灵版：**

Not really. It's a small town where career growth.mp3

Not really. It's a small town where “career growth” means moving from cashier to

manager—if the shop doesn't close first.

不太适合。这是个小地方，“职业发展”指的是从收银员升到店长——前提是店别先倒闭

Yes, it's a pretty good place for young people. Th.mp3

Yes, it's a pretty good place for young people. There are more jobs, more start-ups, and everything's super convenient. It's a bit competitive, sure—but at least you have chances.

是的，我觉得还挺适合年轻人发展的。工作机会多，创业的也多，生活很方便。虽然有点卷吧，但起码有机会。

- Have you learned anything about the history of your hometown?/Did you learn about the culture of your hometown in your childhood?

普通通用版：

A little, yeah. I'm not an expert or anything, but.mp3

A little, yeah. I'm not an expert or anything, but I do know that my hometown has a pretty long history. There are some old buildings and cultural spots, and I remember learning a bit about them back in school. I probably should've paid more attention, though—it's kinda interesting now that I think about it.

了解一点吧。也不是很专业那种，但我知道我们那是个挺有历史的地方。有一些老建筑和文化景点，我上学的时候学过一点。现在想想还挺有意思的，只是当时没太上心。

抖机灵版：

Yes, but most of what I remember is tied to tourism.mp3

Yes, but most of what I remember is tied to tourist spots. You know, "this temple was built 800 years ago," and now sells bubble tea at the entrance. Culture meets capitalism.

学是学了，不过我只记得几个景点：什么“这寺庙八百年历史”——现在门口卖奶茶，文化和资本主义无缝衔接。

Yes, we learned about it in school, mostly from textbooks that made everything sound like a boring timeline. I remember some wars, some emperors, and… that's it. Please don't quiz

Yes, we learned about it in school, mostly from textbooks that made everything sound like a boring timeline. I remember some wars, some emperors, and… that's it. Please don't quiz

me.

学过，书本上讲过，但都讲得像流水账。我记得打过仗，有过皇帝……剩下的就别考我了，真的不太记得。

Yes, and most of it was tragic. Wars, invasions, d.mp3

Yes, and most of it was tragic. Wars, invasions, destruction—you name it. After learning it, I understood why older people here are so good at saving money.

学了，而且大部分是悲惨的：打仗、被侵略、被烧光……你能想到的都发生过。学完我终于明白为啥我们这儿老人都那么会过日子。

- Do you think you will continue living there for a long time?

-Doyou think you will continue living there for a.mp3

否定回答也可以用 Is there anything you dislike about it?里的理由

Yeah, I'm not going anywhere. My family's there, my old friends are there, and honestly, I'm too lazy to start over somewhere else. It's nice knowing there are people who've seen me at my worst and still invite me to dinner. That's hard to replace.

是啊，我哪儿都不打算去。家人在那儿，老朋友也在那儿，说实话，我懒得在别的地方重新开始。能被那些看过我最糟糕样子的人继续喊去吃饭，这感觉挺难得的。

- What do you want to change in your family?

这题雅思哥没有,但是学生反馈反复考到过

Honestly? I wish my family would stop acting like being single is a medical emergency. Every phone call turns into a matchmaking session. I'm not "still unmarried," I'm just "peacefully unavailable," and honestly, I sleep better than all my married cousins.

说真的？我真希望我家人别再把单身当成什么“紧急病情”了。每次打电话都在安排相亲。我不是“还没结婚”，我是“安静地不想脱单”。而且讲真的，我睡得比我那些已婚的表哥表姐都踏实。

If I could change one thing, it's the constant comparison. "Look at your cousin, she has a stable job and a fiancé." If I got a dollar every time I heard "why can't you be more like your

cousin," I'd be the richest person in town

如果我能改变一件事，那就是家里那些没完没了的比较。“看看你表姐，人家工作稳定，还有未婚夫。”要是每次听到“你怎么就不能像你表姐那样”我都能拿一块钱的话，我早就是全城最有钱的人了。

## 居住地

- Do you live in a noisy or a quiet area?

### 普通通用版：

Honestly, it's kind of noisy. I live near a busy r.mp3

Honestly, it's kind of noisy. I live near a busy road, so there's constant traffic, and my neighbors seem to treat 10 p.m. as the perfect time to move furniture. I've gotten used to it, but it's not exactly relaxing.

说实话，挺吵的。我家附近就是一条大马路，车来车往没停过，邻居还特别喜欢晚上十点开始搬家具。我已经习惯了，但说实话，这环境不太让人放松。

I live in a pretty quiet area. It's not completely.mp3

I live in a pretty quiet area. It's not completely silent—there's the occasional dog barking or someone doing karaoke—but overall, it's peaceful enough for me to study and sleep without any trouble. I really appreciate the calm atmosphere.

我住的地方还挺安静的。虽然偶尔也会有狗叫，或者有人在家唱歌，但整体来说够安静了，学习、睡觉都没什么影响。我挺喜欢这种安稳的氛围。

### 抖机灵版：

I live in a student dorm, so it's definitely noisy.mp3

I live in a student dorm, so it's definitely noisy. People are always talking, watching videos out loud, or having deep conversations at 2 a.m. I've learned to fall asleep during chaos.

我住在学生宿舍，所以肯定很吵。不是有人在聊天，就是有人刷视频外放，或者凌晨两点突然开始人生哲学讨论。我现在已经练出在吵闹中秒睡的技能了。

It's loud. College dorm life is like living in a z (1).mp3

It's loud. College dorm life is like living in a zoo—except the animals are humans. The

hallway is always full of random screaming that sounds like monkeys fighting for bananas. No one knows why, and honestly, we've stopped asking.

很吵。大学宿舍就像住在动物园里——只是动物变成人了。走廊里经常传来莫名其妙的尖叫声，听着像猴子在抢香蕉。没有人知道他们在干嘛，说实话，我们也懒得问了。

I live in a pretty quiet area. It's far from the m.mp3

I live in a pretty quiet area. It's far from the main roads and there are lots of trees around. The loudest thing I usually hear is birds chirping—and sometimes even that feels too noisy when I'm trying to nap.

我住的地方挺安静的，离主干道很远，周围还有很多树。平时能听到最响的声音大概就是鸟叫了——但有时候我想午睡时，连鸟都嫌太吵。

I live in a noisy area. There's always something --.mp3

I live in a noisy area. There's always something—construction in the morning, traffic all day, and grandma dance parties at night. Basically, I've accepted I'll never know what silence sounds like again.

我住的地方真的吵爆了，早上施工，白天堵车，晚上还有广场舞。我已经接受一个现实：这辈子可能都听不到安静是什么声音了。

- Are the people in your neighborhood/dorm nice and friendly?

**普通通用版：**

Yeah, they're nice, but we don't talk much. Everyo.mp3

Yeah, they're nice, but we don't talk much. Everyone kind of minds their own business, especially in the dorm. We say hi or help each other when needed, but it's not like we're super close. Still, it's peaceful, and I like that.

嗯，人都挺好的，但大家平时不太怎么聊天。尤其是在宿舍，基本各忙各的。有需要的时候会互相帮忙、打个招呼，但也没有特别熟。不过氛围挺平和的，我还挺喜欢这种感觉的。

To be honest, I don't know. I barely know anyone..mp3

To be honest, I don't know. I barely know anyone. I leave early, get home around 9, and spend weekends hiding at home like a tired potato. I've never really had the chance to talk

to my neighbors.

说实话，我不知道， 我几乎不认识任何邻居。平时早出晚归，晚上九点才到家，周末也是宅在家里像颗疲惫的土豆，根本没机会和邻居打交道。

抖机灵版：

It's mostly students here, and everyone's friendly.mp3

It's mostly students here, and everyone's friendly in a quiet, introverted way. We don't talk much, but we help each other when needed. Except the dorm lady—she runs the place like a military base.

这边大多数是学生，大家都挺友好的，但属于安静社恐型。有事互相帮忙，但平时很少交流。宿管阿姨除外，她把宿舍管得像军事基地一样。

Yeah, friendly. The kind who says love your outfit.mp3

Yeah, friendly. The kind who says “love your outfit!” to your face, then tells others your makeup looks like you're auditioning for a Chinese opera. If two-faced behavior burned calories, this dorm would be full of supermodels.

是的，大家都“挺友好”。当面说你衣服好看，转头背后讲你妆像要去唱京剧。如果双面人格能消耗热量，这宿舍全是维密超模了。

### two-faced behavior

**解释：**两面派行为，指一个人在你面前一套，背后又是一套。表面客气，转头就说坏话，是“笑里藏刀”的经典代表。

**例句：**She complimented my presentation, then told the professor it was disorganized. That's some next-level two-faced behavior.

她当面夸我汇报做得好，转头却跟老师说我讲得乱七八糟，简直两面派到新高度。

- Do you like the area that you live in?

普通通用版：

Do you like the area that you live in? /do%21\_lts.mp3

I do! It's close enough to the city that I can enjoy the hustle and bustle, but far enough that I don't have to deal with the traffic. Plus, I can see stars at night, which is a nice bonus!

喜欢！离市区近到可以感受城市的喧嚣，但又远到不用面对交通堵塞。而且晚上还能看到星星，这可是个不错的额外福利！

### the hustle and bustle

**解释：**熙熙攘攘、忙忙碌碌，常用来形容城市里人多、车多、节奏快的热闹场景，也可以带点“累人、吵闹”的意味。

**例句：**Sometimes I just want to escape the hustle and bustle of city life and lie down in a field like a tired potato.

有时候我只想逃离城市的喧嚣，躺在草地上当一颗精疲力尽的土豆。

抖机灵版：

Hate it. It's not a neighborhood--it's a ghost town.mp3

**Hate it. It's not a neighborhood—it's a ghost town with Wi-Fi. No milk tea, no shopping, not even human activity after 8pm. Going to the city takes an hour, so by the time I arrive, I forget why I left home.**

讨厌死了，这地方不是小区，是带 Wi-Fi 的鬼城。没奶茶、没商场，晚上八点后连人影都没有。去趟市区要坐一小时车，等我到了都忘了自己出来干嘛了。

Yeah, I actually like it. There's street food everywhere.mp3

**Yeah, I actually like it. There's street food everywhere, milk tea shops every 100 meters. The only downside? It's a nightmare for my wallet. Living here makes my stomach happy and my bank account cry.**

我还挺喜欢住这儿的，到处都是小吃，每隔一百米就是一家奶茶店。唯一的缺点？就是对钱包太残忍了。住在这地方，嘴巴很开心，银行卡很想报警。

Kind of. The rent is cheap, the food is great, but.mp3

**Kind of. The rent is cheap, the food is great, but the neighbors? Let's just say I know way too much about their lives thanks to thin walls and loud arguments. It's like their whole life is on livestream and I'm the unwilling audience.**

还行吧。房租便宜，吃的也很好，但邻居嘛……怎么说呢，我对他们的生活了解得实在太多了，全靠那薄得离谱的墙和他们的吵架声。他们家的日常简直像在开直播，而我就是那个被迫围观的观众。

- Where do you like to go in that area?

#### 普通通用版：

There's a bubble tea shop near where I live, and I.mp3

There's a bubble tea shop near where I live, and I probably go there more than I should. It's kind of my go-to spot whenever I need a break or something sweet to cheer me up. The staff knows my usual order by now—it's almost embarrassing, but also kind of comforting.

我家附近有一家奶茶店，我去得可能有点太频繁了。每次想休息一下或者想吃点甜的放松心情，我就会去那里。店员现在都认识我、知道我固定点啥了——虽然有点尴尬，但其实也挺有安全感的。

There's a park near where I live, and I go there p.mp3

There's a park near where I live, and I go there pretty often. It's not huge, but it's quiet and has lots of trees and open space. I like taking walks there, especially in the evening when it's cooler. It's a nice place to clear my head and just slow down for a bit.

我家附近有一个公园，我还挺常去的。虽然不大，但很安静，有不少树和开阔的空间。我喜欢傍晚的时候去散步，天气凉快，也比较放松。那地方能让我理理思绪，节奏慢下来一下。

#### 抖机灵版：

I like going to the noodle shop next to the campus.mp3

I like going to the noodle shop next to the campus. It's fast, cheap, and the auntie there calls me "child" while giving extra toppings. Emotionally healing.

我最爱大学对面的面馆，出餐快又便宜，老板娘每次还叫我“孩子”，给我多加点菜，简直心灵抚慰大师。

Where do you like to go in that area.mp3

Where do I like to go? The only place worth going is the mall. Retail therapy is the best therapy! Also, it's the only cardio I'm getting these days—shopping and scanning.

我喜欢去哪儿？唯一值得去的地方就是商场。购物疗法才是最好的疗法！而且，这也是我最近唯一的有氧运动——逛街和扫码。

### 🏃‍♀️ cardio

解释：有氧运动，像跑步、跳绳、跳操这类能让你气喘吁吁、心跳加速的运动。

例句：I did five minutes of cardio and immediately questioned all my life choices.

我做了五分钟有氧运动，立刻开始反思人生到底图什么。

I always end up at the gym. Not 'cause I love work.mp3

I always end up at the gym. Not 'cause I love working out—I just can't handle the guilt. One day off and I start itching, like my muscles are judging me: "Oh, skipping leg day again? Weak."

我老是去健身房，不是因为我多爱锻炼，是不去会有负罪感。一天不练，全身发痒，好像肌肉在内心冷嘲热讽：“腿又不练？菜。”

- Do you know any famous people in your area?

普通通用版：

Not really. My area's pretty quiet, and we don't h.mp3

Not really. My area's pretty quiet, and we don't have any celebrities or public figures living nearby—as far as I know. Most people here are just regular folks going about their lives. If someone's famous, they're doing a great job keeping a low profile.

没有吧，我住的地方挺安静的，应该没有什么名人或者公众人物——至少我没遇到过。大家都挺普通的，过自己的日子。如果真有明星，那也隐藏得挺深的。

抖机灵版：

Well, there's the so-called campus heartthrob--eve.mp3

Well, there's the so-called campus heartthrob—every girl knows him, every guy pretends not to care. I've seen him once at the library, flipping a book like it's a photoshoot. His jawline had more confidence than my entire GPA.

我们学校那个所谓的校草，女生个个认识，男生表面装镇定，心里全在偷看。我在图书馆见过他一次，翻书像在拍写真。他那下颌线，比我整个 GPA 还自信。

### 心跳 heartthrob

**解释：**超级迷人的帅哥/女神，通常指长相帅气、有魅力、让人一看就心跳加速的人，尤其是明星或校草级别的存在。

**例句：**He walked into class like some K-drama heartthrob and suddenly everyone forgot how to breathe.

他一走进教室，像韩剧男主一样帅，全班立刻集体忘了怎么呼吸。

Nope, no idea. I'm too busy surviving midterms to.mp3

**Nope, no idea. I'm too busy surviving midterms to care who's famous around here. Unless they're handing out free coffee or extension deadlines, they're irrelevant to my life.**

不知道，也不想知道。我忙着熬期中考呢，哪有空关心谁出名了？除非他发免费咖啡或者帮我延期交作业，不然他们与我无关。

- What are some changes in the area recently?

**普通通用版：**

Recently, a few shops in my area have shut down--p.mp3

**Recently, a few shops in my area have shut down—probably because of the economy or high rent. But at the same time, some new places have opened, like a milk tea shop and a small bakery. So the street looks a bit different now, but still feels lively.**

最近我家附近有几家店倒闭了，可能是因为经济不好或者房租太高。不过也有新店开起来，比如一家奶茶店和一家小面包店。所以整条街看起来有点变化，但还是挺热闹的。

Recently, the cafeteria raised its prices again. T.mp3

**Recently, the cafeteria raised its prices again. The portions are smaller, the prices are higher, and the food somehow tastes worse. Everyone's complaining, but we still line up—because sadly, it's still the cheapest option around campus.**

最近食堂又涨价了，菜变少了、价变高了，味道还更离谱了。大家都在吐槽，但还是乖乖排队

去吃——因为说到底，学校附近也就它最便宜了。

抖机灵版：

Changes\_I haven't noticed much--except they've be.mp3

Changes? I haven't noticed much—except they've been digging up the same road for what feels like my entire college life. At this point, I think the construction workers are just emotionally attached to that hole.

变化？没太注意，就感觉那条路一直在挖，从我大一修到现在。他们不是修路，是跟那个坑有感情了吧。

dig up

解释：本意是“挖掘”，常用于修路、施工等场景。

例句：They've been digging up the same road for years. I think the construction crew's emotionally attached to that hole.

他们修那条路修了几年，感觉施工队已经对那个坑有感情了。

Recently\_ Yeah, the cafeteria pulled a sick joke--.mp3

Recently? Yeah, the cafeteria pulled a sick joke—raised the prices again. Now I'm paying more to suffer through soggy veggies and mystery meat.

最近？食堂又整活儿了，菜价又涨了。花更多的钱吃软烂的青菜和不明生物的肉。

soggy

解释：湿哒哒的、湿透的，常用来形容被雨淋湿的衣服、泡久了的食物，或天气湿闷不舒服。带点“糊烂、塌软”的负面感觉。

例句：I stepped in a puddle on my way to class and spent the whole day in soggy socks.

上学路上踩了一滩水，结果一整天都穿着湿哒哒的袜子，难受爆了。

- Do you know any of your neighbors?

普通通用版：

Not really. We just nod or say hi when we bump into each other.mp3

Not really. We just nod or say hi when we bump into each other, but that's about it. Everyone's pretty busy, and to be honest, I'm not the most social person either. It's peaceful though, and I kind of like keeping to myself.

不太认识。平时碰到会点点头、打个招呼，但也就这样了。大家都挺忙，说实话我自己也不算很爱社交。但这样其实也挺好，安安静静的，我还挺享受这种状态。

抖机灵版：

Yeah, I know my neighbors--I basically live in their room.mp3

Yeah, I know my neighbors—I basically live in their room. We don't even knock anymore, just barge in. If I go a day without crashing on their bed or stealing snacks, they'd think I died.

我当然认识邻居啊，我简直住在隔壁宿舍了。现在进门都不用敲，直接冲进去。如果我一天不去蹭床蹭零食，他们都以为我出事了。

#### 四 barge in

解释：闯入、突然闯进来，通常指不敲门、不打招呼就进别人的房间或对话。

例句：I was finally taking a nap and my roommate barged in like the Kool-Aid Man.

我好不容易在午睡，室友突然像饮料广告男主一样破门而入。

Not really. We're at that polite nodding stage--yo.mp3

Not really. We're at that polite nodding stage—you know, the “I won’t say hi, but I’ll slightly tilt my head if we make eye contact” kind of relationship.

不太熟，就是点头之交那种。见面不打招呼，但对上眼会微微点个头的那种关系。

### 居住的城市

这个主题很多题目都可以用家乡，居住地的回答应对。

- Would you recommend your city to others?

-Would you recommend your city to others\_ If you'.mp3

If you're rich, absolutely—come enjoy all the fancy restaurants and overpriced coffee shops. If you're not, maybe think twice. Rent alone could drain your wallet. It's a great place, but it's not exactly budget-friendly. So yeah, bring a thick wallet or a strong heart.

如果你有钱，当然推荐——随便来吃高档餐厅、喝贵到离谱的咖啡。如果没钱，最好先考虑清楚，光房租就能让你破产。这地方挺好，但绝对不便宜。所以，要么钱包厚，要么心脏强。

Yes, I'd definitely recommend my city. There are so many great things to eat, from local snacks to fancy restaurants. Plus, there's always something going on—festivals, concerts, little street markets. You can never get too bored. It's the kind of place where you come for the food and end up staying for the fun.

是的，我当然会推荐我的城市。这里有很多好吃的，从本地小吃到高档餐厅都有。而且总有各种活动，比如节日庆典、演唱会和小型集市，你很难觉得无聊。属于那种先被美食吸引，后来又因为好玩的东西舍不得走的地方。

- What's the weather like where you live?

What's the weather like where you live\_ Honestly.mp3

抖机灵版本：

Honestly, it's like all four seasons got thrown into a blender. You wear a jacket in the morning, sweat at noon, and freeze again at night. Dressing is a daily gamble.

说真的，像是把春夏秋冬搅一块了。早上穿外套，中午出汗，晚上又冻得要命。每天出门穿衣服都跟赌命一样

普通版本：

The weather where I live is quite pleasant. It's not too hot in summer and winters are mild. There's plenty of sunshine throughout the year, so it's comfortable to live in and easy to plan outdoor activities.

我住的地方气候挺宜人，夏天不算太热，冬天也比较温和。一年四季阳光充足，住起来很舒服，也方便安排户外活动。

The weather where I live is quite humid and hot, especially in summer. It often rains, and the humidity can be uncomfortable. Winters are mild, but the damp air makes it feel colder

than it actually is.

我住的地方天气比较潮湿、炎热，尤其是夏天。经常下雨，湿度大让人觉得很不舒服。冬天虽然气温不低，但湿冷的空气会让人感觉比实际温度还冷。

### throughout the year

中文解释：整年当中、全年范围内，用来形容某事贯穿一年四季、持续发生

例句：I promised to work out throughout the year. So far, I've stretched twice and called it progress.

我发誓全年健身，到目前为止只拉了两次筋，就当自己有进步了。

- Are there people of different ages living in this city?

-Are there people of different ages living in this.mp3

Oh yeah, all ages live here, but kids and old people basically run the place. You've got kids screaming like they're being chased by ghosts, and grandparents dancing in the park at 6 a.m. Meanwhile, young people just sit there looking like zombies, recovering from studying all night or working overtime.

当然啦，什么年龄段的人都有，但基本上是小孩和老年人在掌控全场。小孩尖叫得像被鬼追一样，早上六点公园里一群爷爷奶奶在跳舞，活力十足。与此同时，年轻人全都瘫着，像一群僵尸一样，要么熬夜学习，要么加班累趴了，正努力缓过来。

Yes, there are people of all different ages living in my city. You can see young children, teenagers, working adults, and many elderly people as well. This mix creates a lively atmosphere because everyone has different lifestyles and habits. I think it's nice to have such a variety of age groups sharing the same community.

是的，我的城市里居住着各个年龄段的人。你可以看到小孩、青少年、上班族，还有很多老年人。这样的组合让城市的氛围非常热闹，因为每个群体都有各自不同的生活方式和习惯。我觉得这么多年龄层的人一起生活在同一个社区挺好的。

- Are the people in your city nice and friendly?

**普通通用版：**

Yeah, they're nice, but we don't talk much. Everyo.mp3

Yeah, they're nice, but we don't talk much. Everyone kind of minds their own business, especially in the dorm. We say hi or help each other when needed, but it's not like we're super close. Still, it's peaceful, and I like that.

嗯，人都挺好的，但大家平时不太怎么聊天。尤其是在宿舍，基本各忙各的。有需要的时候会互相帮忙、打个招呼，但也没有特别熟。不过氛围挺平和的，我还挺喜欢这种感觉的。

To be honest, I don't know. I barely know anyone..mp3

To be honest, I don't know. I barely know anyone. I leave early, get home around 9, and spend weekends hiding at home like a tired potato. I've never really had the chance to talk to my neighbors.

说实话，我不知道，我几乎不认识任何邻居。平时早出晚归，晚上九点才到家，周末也是宅在家里像颗疲惫的土豆，根本没机会和邻居打交道。

It's mostly students here, and everyone's friendly.mp3

It's mostly students here, and everyone's friendly in a quiet, introverted way. We don't talk much, but we help each other when needed. Except the dorm lady—she runs the place like a military base.

这边大多数是学生，大家都挺友好的，但属于安静社恐型。有事互相帮忙，但平时很少交流。宿管阿姨除外，她把宿舍管得像军事基地一样。

Yeah, friendly. The kind who says love your outfit.mp3

Yeah, friendly. The kind who says “love your outfit!” to your face, then tells others your makeup looks like you're auditioning for a Chinese opera. If two-faced behavior burned calories, this dorm would be full of supermodels.

是的，大家都“挺友好”。当面说你衣服好看，转头背后讲你妆像要去唱京剧。如果双面人格能消耗热量，这宿舍全是维密超模了。

 **two-faced behavior**

**解释：**两面派行为，指一个人在你面前一套，背后又是一套。表面客气，转头就说坏话，是“笑里藏刀”的经典代表。

**例句：**She complimented my presentation, then told the professor it was disorganized. That's some next-level two-faced behavior.

她当面夸我汇报做得好，转头却跟老师说我讲得乱七八糟，简直两面派到新高度。

- Is the city friendly to children and old people

-Is the city friendly to children and old people .mp3

**Yes, my city is quite friendly to children and old people. There are parks where grandparents dance every morning and free buses for seniors. Kids have playgrounds and special activities everywhere. Honestly, the ones who suffer most are young adults. We get none of those perks—just bills, stress, and people telling us to “work harder.”**

是的，我的城市对小孩和老年人都挺友好。每天早上都有公园让老人跳舞，公交对他们也免费。孩子也到处有游乐场和各种活动。说实话，最惨的反而是年轻人，啥福利都没有，只有账单、压力，还有一堆人劝你“再努力一点”。

- Do you often see your neighbors?

**普通通用版：**

Not really. We just nod or say hi when we bump into each other.mp3

**Not really. We just nod or say hi when we bump into each other, but that's about it. Everyone's pretty busy, and to be honest, I'm not the most social person either. It's peaceful though, and I kind of like keeping to myself.**

不太认识。平时碰到会点点头、打个招呼，但也就这样了。大家都挺忙，说实话我自己也不算很爱社交。但这样其实也挺好，安安静静的，我还挺享受这种状态。

Yeah, I know my neighbors—I basically live in their room.mp3

**Yeah, I know my neighbors—I basically live in their room. We don't even knock anymore, just barge in. If I go a day without crashing on their bed or stealing snacks, they'd think I died.**

我当然认识邻居啊，我简直住在隔壁宿舍了。现在进门都不用敲，直接冲进去。如果我一天不去蹭床蹭零食，他们都以为我出事了。

## barge in

**解释：**闯入、突然闯进来，通常指不敲门、不打招呼就进别人的房间或对话。

**例句：**I was finally taking a nap and my roommate barged in like the Kool-Aid Man.

我好不容易在午睡，室友突然像饮料广告男主一样破门而入。

Not really. We're at that polite nodding stage--yo.mp3

**Not really. We're at that polite nodding stage—you know, the “I won’t say hi, but I’ll slightly tilt my head if we make eye contact” kind of relationship.**

不太熟，就是点头之交那种。见面不打招呼，但对上眼会微微点个头的那种关系。

- What city do you live in

参考 where is your hometown.

- Do you like this city? Why?

参考 Do you like your hometown

- How long have you lived in the city?

-Howlong have you lived in the city\_\_ I've lived.mp3

**I've lived here since I graduated. My landlord absolutely adores me—probably because I pay half my salary for that tiny old apartment with a door that barely closes. It's great. Nothing says “adult life” like spending all your money just to have four walls and a leaky shower.**

我毕业后就住在这里了。房东可喜欢我了，毕竟我每个月拿一半工资去租他那间门都快关不上的破房子。真是棒极了。花光所有钱只为了四面墙和一个漏水的淋浴间，这就叫成年人的生活吧。

I've been stuck here since graduation. You know, long enough to watch my neighbors have

kids, get divorced, and start dating again—all while I'm still microwaving instant noodles. It's like the city is moving on, and I'm just here… paying rent and pretending I'm an adult.

我毕业后就被困在这儿了。时间长到都看着邻居生孩子、离婚、再谈恋爱，结果我还在微波炉热泡面。感觉整个城市都在往前走，就我一个人留这儿……交房租，假装自己是个成年人。

I've been living in this city since I graduated from university. It's been a few years now, and I've got used to the lifestyle here. I think it's a comfortable place to work and live.

我从大学毕业以后就一直住在这个城市，已经有几年了。我已经习惯了这里的生活节奏，觉得这里是一个适合工作和生活的地方。

- What are some changes in the area/city recently?

**普通通用版：**

Recently, a few shops in my area have shut down--p.mp3

Recently, a few shops in my area have shut down—probably because of the economy or high rent. But at the same time, some new places have opened, like a milk tea shop and a small bakery. So the street looks a bit different now, but still feels lively.

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Recently, the cafeteria raised its prices again. T.mp3

Recently, the cafeteria raised its prices again. The portions are smaller, the prices are higher, and the food somehow tastes worse. Everyone's complaining, but we still line up—because sadly, it's still the cheapest option around campus.

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Changes\_ I haven't noticed much--except they've be.mp3

Changes? I haven't noticed much—except they've been digging up the same road for what feels like my entire college life. At this point, I think the construction workers are just emotionally attached to that hole.

变化？没太注意，就感觉那条路一直在挖，从我大一修到现在。他们不是修路，是跟那个坑有

感情了吧。

### ▣ dig up

**解释：**本意是“挖掘”，常用于修路、施工等场景。

**例句：**They've been digging up the same road for years. I think the construction crew's emotionally attached to that hole.

他们修那条路修了几年，感觉施工队已经对那个坑有感情了。

Recently\_ Yeah, the cafeteria pulled a sick joke--.mp3

**Recently? Yeah, the cafeteria pulled a sick joke—raised the prices again. Now I'm paying more to suffer through soggy veggies and mystery meat.**

**最近？食堂又整活儿了，菜价又涨了。花更多的钱吃软烂的青菜和不明生物的肉。**

### ■ soggy

**解释：**湿哒哒的、湿透的，常用来形容被雨淋湿的衣服、泡久了的食物，或天气湿闷不舒服。带点“糊烂、塌软”的负面感觉。

**例句：**I stepped in a puddle on my way to class and spent the whole day in soggy socks.

上学路上踩了一滩水，结果一整天都穿着湿哒哒的袜子，难受爆了。

- Is this city your permanent residence?你会一直住在这个城市吗?

-Isthis city your permanent residence\_\_ \_\_No, defi.mp3

**No, definitely not. With the housing prices here, I'd have to work for about 300 years just to afford a tiny apartment. I mean, I like the city, but not enough to sell my soul to pay the mortgage.**

不，绝对不会。按这里的房价，我得工作三百年才能买到一间小破房。我是挺喜欢这个城市，但没喜欢到愿意把灵魂卖掉去还房贷。

**Yes, I think I'll probably stay here for a long time. I've got my job, friends, and family here, so it feels comfortable and familiar. I don't really see any reason to move to another city**

right now.

是的，我觉得我可能会在这里待很久。我在这里有工作、朋友和家人，所以觉得很舒服也很熟悉。目前也没有什么特别的理由要搬去别的城市。