

关于拜访

1. **I'm going to visit my grandparents this weekend.**
我这个周末要去看望我的祖父母。
2. **We're thinking of dropping by your place later.**
我们考虑稍后去拜访你。
3. **She invited us to visit her new apartment.**
1. 她邀请我们去看她的新公寓。
4. **Let's pay a visit to the art gallery downtown.**
我们去市区的美术馆参观一下吧。
5. **I haven't seen my old friends in years; I should visit them soon.**
我好多年没见到老朋友了，我应该尽快去看看他们。
6. **We're planning to visit the tourist attractions in the city.**
我们计划去市里的旅游景点参观。
7. **He suggested visiting the historical museum on Saturday.**
他建议我们星期六去参观历史博物馆。
8. **It's been a while since we visited our relatives in the countryside.**
好久没去农村看望亲戚了。
9. **She urged us to come over for tea next week.**
她催促我们下周去她家喝茶。
10. **We're considering a surprise visit to our friends this weekend.**
我们正在考虑这个周末给朋友们一个惊喜的拜访。
11. **Let's drop in on our neighbors and say hello.**
我们去邻居家拜访一下，打个招呼。
12. **I'm excited; my sister is coming to visit from abroad.**
我很兴奋，我妹妹要从国外来拜访。
13. **Can we swing by your office during lunch break?**
我们午休时能顺便去你办公室看看吗？
14. **They invited us to visit their beach house next month.**
他们邀请我们下个月去参观他们的海滨别墅。
15. **We're planning to visit a few universities for our son's college tour.**
我们计划去几所大学为我们儿子的大学之旅参观一下。
16. **Let's organize a family gathering and visit the park together.**
我们组织一次家庭聚会，一起去公园玩吧。
17. **She recommended visiting the local market for fresh produce.**
她推荐我们去当地市场买新鲜的农产品。
18. **I'd love for you to visit us at our new house.**
我很希望你能来我们新房子做客。
19. **We're planning a weekend trip to visit friends in the neighboring city.**
我们计划周末去邻近城市看望朋友。
20. **Let's make it a habit to visit each other more often.**
我们要养成经常互相拜访的习惯。

谈论活动

1. **What are you doing this weekend?**
你这个周末有什么计划?
2. **I'm planning to go hiking with some friends.**
我计划和一些朋友一起去爬山。
3. **Are you free tomorrow evening? Let's catch a movie.**
你明天晚上有空吗? 我们一起看电影吧。
4. **She invited me to join a yoga class on Saturday.**
她邀请我星期六参加瑜伽课。
5. **I'm thinking of trying out a new recipe for dinner tonight.**
我考虑今晚尝试做一道新菜。
6. **We're organizing a game night at our place. Would you like to join?**
我们在家组织一个游戏之夜, 你想参加吗?
7. **I haven't been to the gym for a while**
我好久没去健身房了。
8. **Let's plan a beach day next weekend.**
计划下周末去海滩玩一天吧。
9. **He suggested going to a live music concert on Friday night.**
他建议我们星期五晚上去听现场音乐会。
10. **I'm considering taking up a painting class in my free time.**
我在考虑利用空闲时间学一门绘画课程。
11. **We're thinking of having a barbecue in the backyard this Sunday.**
我们考虑这个星期天在后院烧烤。
12. **I'd love to visit the art gallery downtown; have you been there?**
我很想去市区的美术馆, 你去过吗?
13. **How about going for a bike ride in the park this afternoon?**
今天下午一起去公园骑自行车怎么样?
14. **We're planning a weekend getaway to the mountains.**
我们计划周末去山区度假。
15. **Let's have a picnic in the countryside this Saturday.**
这个星期六我们在乡下野餐吧。
16. **He recommended checking out the new coffee shop downtown.**
他推荐去市区的新咖啡店看看。
17. **We're thinking of going to a comedy show on Friday night.**
我们考虑星期五晚上去看喜剧表演。
18. **I'm planning to attend a photography workshop next month.**
我计划下个月参加一次摄影研讨会。
19. **Let's sign up for a dance class together.**
我们一起报名参加舞蹈课程吧。
20. **I'm considering joining a book club to meet new people.**
我在考虑加入一个读书俱乐部认识新朋友。

谈论日常生活

1.How was your day?

你今天过得怎么样?

2.I had a busy day at work.

我工作很忙碌。

3.What time do you usually wake up in the morning?

你通常早上几点起床?

4.I like to have a cup of coffee to start my day.

我喜欢喝一杯咖啡开始我的一天。

5.Did you have breakfast today?

今天早餐吃了吗?

6.I'm trying to eat healthier, so I had a salad for lunch.

我正在尝试吃得更健康, 所以午餐吃了沙拉。

7.What do you do to relax after work?

下班后你做什么来放松?

8.I enjoy reading a good book or watching a movie.

我喜欢读一本好书或看电影。

9.Do you have any evening routines before going to bed?

你睡觉前有晚间例行程序吗?

10.I usually listen to calming music to unwind before bedtime.

我通常在睡前听轻松的音乐来放松一下。

11.How do you handle stress in your daily life?

你在日常生活中如何处理压力?

12.I find that taking short walks helps me clear my mind.

我发现短时间的散步有助于冷静思考。

13.Are you a morning person or a night owl?

你是早起的人还是夜猫子?

14.I prefer getting things done in the morning; I'm more productive then.

我更喜欢早上完成任务, 那时我更有效率。

15.What's your favorite way to spend the weekend?

你周末最喜欢做什么?

16.I enjoy spending time outdoors and going for hikes.

我喜欢在户外度过时间, 去远足。

17.Do you have any hobbies or interests you pursue regularly?

你有什么常常追求的兴趣或爱好吗?

18.I like gardening; it's therapeutic for me.

我喜欢园艺, 对我来说有治疗作用。

19.How do you stay organized in your daily life?

你如何在日常生活中保持有序?

20.I use a planner to keep track of my schedule and tasks.

我使用日程表来跟踪我的日程和任务。

关于年龄

1. **How old are you?**
你多大了?
2. **I'm twenty-five years old.**
我25岁了。
3. **She looks younger than her age.**
她看起来比实际年龄年轻。
4. **What age group do you fall into?**
你属于哪个年龄段?
5. **He's in his thirties.**
他三十多岁。
6. **At what age did you start learning to drive?**
你几岁开始学开车的?
7. **She's a teenager and loves playing video games.**
她是个十几岁的少年，喜欢玩电子游戏。
8. **I can't believe she's already in her forties.**
真难以相信她已经四十多岁了。
9. **People often mistake her for someone in her twenties.**
人们常常误以为她二十出头。
10. **As you age, you gain more life experience.**
随着年龄增长，你会积累更多的生活经验。
11. **He's still young at heart.**
他内心依然年轻。
12. **Age is just a number; it's how you feel that matters.**
年龄只是个数字，重要的是你感觉如何。
13. **You're only as old as you think you are.**
年龄取决于你自己的感觉。
14. **In her sixties, she picked up a new hobby—skydiving!**
六十多岁的时候，她开始追求新的爱好——跳伞!
15. **She's at the ripe age of seventy but still full of energy.**
她已经七十高龄，但仍然充满活力。
16. **It's common for people to retire in their late sixties.**
人们普遍在六十多岁时退休。
17. **Children often exaggerate their age when asked.**
孩子们在被问到年龄时经常夸大实际年龄。
18. **At what age do you think someone is considered old?**
你认为多大岁数算是老年?
19. **The age of retirement varies from country to country.**
退休年龄因国而异。
20. **He's turning fifty this year, and they're throwing him a big party.**
他今年五十岁生日，他们正在给他办一场盛大的派对。

谈论昨天的事

1.How was your day yesterday?

你昨天过得怎么样？

2.I had a busy day at work yesterday.

我昨天工作很忙碌。

3.Did you do anything special yesterday evening?

你昨晚有做什么特别的吗？

4.I went out for dinner with some friends yesterday night.

我昨晚和一些朋友出去吃了晚饭。

5.What time did you get home yesterday?

你昨天几点回家的？

6.I got home around 8 PM yesterday.

我昨天大约八点回家。

7.Did you watch any movies or TV shows yesterday?

你昨天有看电影或电视剧吗？

8.Yes, I watched a movie at home yesterday evening.

是的，我昨晚在家看了一部电影。

9.How was the weather yesterday in your area?

你那里昨天的天气怎么样？

10.It was quite sunny during the day, but it rained in the evening.

白天天气很晴朗，但晚上下雨了。

11.Did you have any challenges or difficulties yesterday?

你昨天有遇到什么挑战或困难吗？

12.I faced a few challenges at work, but I managed to overcome them.

我在工作中面对了一些挑战，但我设法克服了它们。

13.What did you have for lunch yesterday?

你昨天中午吃了什么？

14.I had a sandwich and a salad for lunch yesterday.

我昨天中午吃了一个三明治和一个沙拉。

15.Did you talk to any old friends or family members yesterday?

你昨天和老朋友或家人交流了吗？

16.I stayed and did some extra work.

我留下加了一会儿班。

17.Were there any pleasant surprises for you yesterday?

昨天有没有令你惊喜的事情？

18. I slept soundly all night.

我整夜睡的很熟。

19.I didn't sleep well.

我没睡好。

20.I attended a workshop and learned some new techniques yesterday.

我昨天参加了一个研讨会，学到了一些新的技术。

与朋友聊天

1.How have you been lately?

最近你过得怎么样?

2.I heard you got a new job. Congratulations!

听说你找到了新工作, 恭喜你!

3.What's new with you?

你有什么新鲜事吗?

4.I'm planning a trip next month. Do you have any travel tips?

我打算下个月去旅行, 你有什么旅行建议吗?

5.Have you seen the latest movie? It's really good.

你看了最新的电影吗? 真的很不错。

6.Let's catch up over coffee this weekend.

这周末一起喝杯咖啡聊聊吧。

7.Did you hear about the concert next week? Want to go together?

你听说下周的音乐会了吗? 一起去吗?

8.I'm thinking of starting a book club. Interested?

我在考虑成立一个读书俱乐部, 有兴趣参加吗?

9.How's your family doing?

你家人都还好吗?

10.I tried a new recipe yesterday; it turned out delicious.

昨天我尝试了一个新食谱, 味道很好。

11.No, I have no contact with her.

没有。我和她没有一点儿联系。

12.I saw your photos on social media. Your vacation looked amazing!

我在社交媒体上看到你的照片, 你的度假看起来太棒了!

13.Do you have any exciting plans for the weekend?

这个周末有什么激动人心的计划吗?

14.I need advice on redecorating my living room. Any suggestions?

我需要关于重新装饰客厅的建议, 你有什么推荐吗?

15.How's your new hobby going?

你的新爱好进展如何?

16.I've been reading this amazing book; you should check it out.

我一直在读一本很棒的书, 你也应该看看。

17.I'm feeling a bit stressed lately. Any tips on relaxation?

最近感觉有点压力, 有什么放松的建议吗?

18.We should plan a weekend getaway together.

我们应该一起计划一个周末出游。

19.Have you seen Kate lately?

最近你看见凯特了吗?

20.It's been a whole year since I last saw you.

我整整一年没见你了。

谈论过去

1.I used to live in the city, but now I'm in the suburbs.

我过去住在市区，但现在在郊区。

2.When I was a child, I loved playing with toys.

我小时候喜欢玩玩具。

3.Last summer, I went on a fantastic vacation to Europe.

去年夏天，我去了一趟欧洲，非常棒。

4.I haven't seen her since we graduated from college.

自从我们大学毕业以来我就没见过她了。

5.Back in the day, we used to hang out at the local cafe all the time.

那时候，我们总是在当地咖啡馆聚在一起。

6.I remember when we first met; it feels like it was just yesterday.

我记得我们第一次见面的时候，感觉就像昨天的事。

7.In the past, people didn't have smartphones; life was simpler then.

过去，人们没有智能手机，生活更简单。

8.I used to be shy, but I've become more outgoing over the years.

我过去很害羞，但这些年我变得更外向了。

9.When I was in high school, I played in a band with my friends.

我上高中的时候和朋友组了一个乐队。

10.We went to the same school, but we never crossed paths until last year.

我们上的是同一所学校，但直到去年我们才碰面。

11.I used to dislike coffee, but now I can't start my day without it.

以前我不喜欢咖啡，但现在一天没喝咖啡我就起不来。

12.In my younger days, I traveled a lot and explored different cultures.

在我年轻的时候，我旅行过很多地方，了解了不同的文化。

13.I had a part-time job during college to help cover expenses.

我在大学时有一份兼职工作，帮助支付开销。

14.I used to take a walk in the early morning.

我过去常一大早出去散步。

15.When we were kids, we used to build forts in the backyard.

我们小时候经常在后院搭建堡垒。

16.The movie began as soon as we got there.

我们一到那儿电影就开始了。

17.I can't believe it's been five years since we graduated.

真不敢相信我们毕业已经五年了。

18.I had my first job interview right out of college, and I was so nervous.

我刚大学毕业时参加了第一次面试，我当时好紧张。

19.I had thought he knew the time of the meeting.

我原以为他知道开会时间。

20.Looking back, I realize how much I've learned and grown over the years.

回首过去，我意识到这些年我学到了很多，也成长了很多。

询问地址

1. **Excuse me, can you tell me how to get to the nearest post office?**
打扰一下，你能告诉我怎么去最近的邮局吗？
2. **Could you point me in the right direction?**
你能告诉我正确的方向吗？
3. **Is there a gas station around here?**
这附近有加油站吗？
4. **Could you give me the address for the nearest subway station?**
你能告诉我最近地铁站的地址吗？
5. **Excuse me, I'm new in town. How do I get to the city center from here?**
打扰一下，我是新来的，从这里怎么去市中心？
6. **Do you know where the nearest bus stop is?**
你知道最近的公交车站在哪里吗？
7. **I'm trying to find the Johnson residence.**
我正在找约翰逊家。
8. **Is this the right way to the shopping mall?**
这是通往购物中心的路吗？
9. **Excuse me, I need to find the nearest pharmacy. Where is it located?**
打扰一下，我需要找到最近的药店，它在哪里？
10. **Can you direct me to the nearest ATM machine?**
你能告诉我最近的ATM机在哪里吗？
11. **I'm looking for the ABC Company. Do you know where their office is?**
我在找ABC公司，你知道他们的办公室在哪吗？
12. **Excuse me, which street is this, and what's the closest landmark?**
打扰一下，这是哪条街道，最近的地标是什么？
13. **Could you please give me directions to the nearest hotel?**
你能告诉我去最近的酒店的路吗？
14. **I'm lost. Can you help me find my way back to the train station?**
我迷路了，你能帮我找回去火车站的路吗？
15. **Do you know where I can find a taxi around here?**
你知道这附近哪里能找到出租车吗？
16. **I'm trying to locate the nearest supermarket.**
我在找最近的超市
17. **Excuse me, is this the correct address for the concert venue?**
打扰一下，这是音乐会场馆的正确地址吗？
18. **I need to find the nearest park for a morning walk. Where is it?**
我需要找到最近的公园散步，它在哪里？
19. **Can you tell me where the nearest public restroom is located?**
你能告诉我最近的公共厕所在哪吗？
20. **Excuse me, I'm looking for the museum. Is it around here?**
打扰一下，我在找博物馆，它在这附近吗？

提问题

1. **Where are you going?**
你去哪儿?
2. **Where did you go for dinner yesterday?**
你们昨天去哪儿吃的饭?
3. **When will he come to see you?**
他什么时候来看你?
4. **When did you buy the car?**
你什么时候买的车?
5. **Who told you?**
谁告诉你的?
6. **Who will accompany you to the airport?**
谁将陪你去机场?
7. **Why don't you agree?**
你为什么不同意?
8. **Why not go out for a walk?**
干吗不出去散步?
9. **How did you doing spend your holiday?**
你假期怎么过的?
10. **How are you doing these days?**
这些日子你怎么样?
11. **What did he say in the letter?**
他在信里说什么了?
12. **What are you going to do with the books?**
你打算拿这些书怎么办?
13. **What were you doing when I called?**
我打电话给你时你在干吗?
14. **I was about to leave.**
我正要出门。
15. **Can you guess what I was doing this morning?**
你能猜到今天上午我在做什么吗?
16. **How do you usually deal with stress in your daily life?**
你通常在日常生活中如何处理压力?
17. **Have you seen my keys anywhere? I can't find them.**
你看到我的钥匙了吗? 我找不到了。
18. **Is there a restaurant around here that serves vegetarian food?**
这附近有没有一家供应素食的餐厅?
19. **Did you attend the meeting yesterday? What did they discuss?**
你昨天参加了会议吗? 他们讨论了什么?
20. **Do you know what time the train to downtown departs?**
你知道开往市区的火车几点发车吗?

餐馆用餐

1. **I'd like to make a reservation for two, please.**
我想预订两个人的座位。
2. **Could we see the menu, please?**
我们能看看菜单吗?
3. **What's the special dish of the day?**
今天的特色菜是什么?
4. **Can I pay by check or credit card?**
我能用支票或信用卡吗?
5. **We'd like to split the bill, please.**
我们想分开付账。
6. **I'm allergic to nuts. Is there anything on the menu I should avoid?**
我对坚果过敏。有什么菜我应该避免吗?
7. **Can we get a bottle of still water, please?**
我们可以要一瓶不含气的水吗?
8. **I'll have the grilled salmon with asparagus, please.**
我要一份扒三文鱼，配芦笋。
9. **Could I have my steak cooked medium, please?**
我的牛排可以中熟吗?
10. **Is it possible to customize the dish and add extra vegetables?**
可以根据个人口味调整菜品吗? 加点额外的蔬菜可以吗?
11. **Could you recommend a good wine to pair with our meal?**
你能推荐一款适合我们餐点的好酒吗?
12. **Excuse me, we've been waiting for our order for quite a while.**
打扰一下，我们等了相当长时间了，还没有上菜。
13. **This dish is delicious! Could you let the chef know?**
这道菜太好吃了！能告诉厨师吗?
14. **Is there a kids' menu available?**
有儿童菜单吗?
15. **I'd like to order dessert. What do you recommend?**
我想点甜点，你有什么推荐的吗?
16. **Excuse me, this steak is a bit overcooked. Could you please replace it?**
打扰一下，这块牛排煮得有点过火了，可以换一份吗?
17. **The service here is excellent; thank you for being so attentive.**
这里的服务非常好，感谢你们的关照。
18. **Could we have the leftovers packed to go?**
我们可以把剩下的打包带走吗?
19. **Is there a service charge included in the bill?**
账单中包含服务费吗?
20. **This dessert is so decadent; I'm definitely coming back for it.**
这个甜点太丰盛了，我一定会再来尝试的。