

讲述故事	thrilling /ˈθrɪlɪŋ/令人激动的 electrifying 令人振奋的 twists and turns 峰回路转 cliffhangers /ˈklɪfhaɪə(r)/悬念 just like a roller coaster 过山车 which can keep me in suspense 让我的心一直悬着 as the story unfold 展开 first guess turned out to be wrong at the end be astonished/shocked enjoy this sensation 感觉	I like this movie,because it is really thrilling and electrifying ,it's full of twists and turns , cliff hangers ,just like a roller coaster, which can keep me in suspense .As the story unfolded my first guess turn out to be totally wrong.At the end of the story,I was astonished/I was shocked .I really enjoyed this sensation.
节日聚会	gather together enjoy each other's company It's a great bonding experience. eat barbecue drink some beer and wine shoot the breeze 吹牛侃大山 share some anecdotes/ˈænkədəʊt/ 趣事 atmosphere ambience /ˈæmbiəns/氛围 vibrant /ˈvaɪbrənt/ 充满活力的 electrifying 令人振奋的 cordial /ˈkɔːdiəl/ 热情友好的 it is bustling with joy and excitement and laughter. 充满欢声笑语	My family and my friends,we just gathered together and enjoy each other's company .That was really great bonding experience for us.We ate barbecue or dumplings and turkey.It depends on occasion and we drank beer or wine,whatever ,and shot the breeze ,shared some anecdotes.The ambience was really vibrant and cordial .It's just bustling with joy and laughter and excitement .So that was a really great memory for me.

不会	beyond my grasp超出我的能力范围之外 be clumsy (/ˈklʌmzi/笨拙的) in 不擅长 I just don't have the aptitude (/ˈæptɪtjuːd/天赋) 我没有天赋 complicated inaccessible /ˌɪnəkˈsesəb(ə)l/难懂的 obscure /əbˈskjuː(r)/晦涩的 elusive /ɪˈluːsɪv/难以理解的 demanding 要求非常高的, 很难的 it always ends up/winds up in failure 最终失败 feel really overwhelmed (不知所措的) and inadequate (/ɪnˈædɪkwət/不能胜任的)	乐器 I think it's just beyond my grasp and I gotta say I'm really clumsy in playing an instrument.I guess I just don't have aptitude .I can see those music scores and notes that just inaccessible and obscure to me .and I just tend to blur (/blɜː(r)/模糊不清的) the distinction between them so it's really demanding for me to understand them .Every time I try this,it just ends up in failure.I just feel really overwhelmed and inadequate .so that's why I am not interesting.
		做饭 I think it's just beyond my grasp.I'm the clumsy in cooking. I guess I just don't have the aptitude you know,the recipe (/ˈresəpi/食谱) is really complicated.It's really inaccessible to me .There are a lot of ingredients and spices (/sˈpaɪstz/香味) .I just seem to blur the distinction between them and combine them inappropriately. Every time i try ,it just ends up in failure .I just feel overwhelmed and inadequate .So i'm not really interested in cooking.

情绪价值	<p>rewarding experience 有意义的经历</p> <p>a sense of achievement and self-worth</p> <p>boost my confidence and self-esteem /ɪ'sti:m/自尊</p> <p>good for my personal development and growth</p> <p>good for my mental health</p>	<p>帮助他人</p> <p>Yes, definitely. I am really accommodating because when I help others, it is also a really rewarding experience for me. I can also feel a sense of achievement and self-worth, and that feeling can just boost my confidence and self-esteem, that would be really helpful for my mental health.</p>
		<p>太阳镜(表, 珠宝等等)</p> <p>When I capture others attention, I can feel a sense of achievement and self-worth, which can boost my confidence and self-esteem, that would be really good for my mental health.</p>
		<p>孩子参与社区活动、做志愿者、帮助同学等 (part3)</p> <p>It is really good for their personal growth and development, boost their confidence and self-esteem</p>
		<p>孩子自己管理时间、零花钱等</p> <p>I think that would be really rewarding experience for them, because when they know how to spend their money or manage their time, wisely by themselves. They can also feel a sense of achievement and self-worth, which can boost their confidence and self-esteem, and that would be really benefit for their personal growth and development.</p>

上进3	ceaselessly 不停地 improve myself ceaselessly identify areas where I need to overcome my deficiencies(short coming) and improve my inadequacies surpass myself超越自己 move up another notch更上一层楼	面对挫折和失败 I think people shouldn't feel frustrated or dejected in the face of the failure and setbacks. Instead they should improve themselves ceaselessly , just try to identify areas where they need to overcome their deficiencies and improve their inadequacies. They gotta work really hard to surpass themselves and move up another notch in their skills . I think that should be the way people deal with the failure.
		Teacher plays a really crucial role in students growth. They are obliged to improve students skills and knowledge ceaselessly and identify areas where students need to overcome their deficiencies, and improve their inadequacies. Teacher just like a motivator, help students surpass themselves and move up another notch.
		开展培训，技能，周末做什么

喜欢 (P3写作)	<p>since oriented towards面向 be tailored for sb. 为某人量身定做 preferences /hobbies/personalities be familiar with be well acquainted (/ə'kweɪnt/熟悉 with 熟悉 kindle one's interest 激起某人的兴趣 spark one's curiosity勾起某人的好奇心 gravitate (/ˈɡrævɪteɪt/) towards sth. 受某物吸引 write somebody's appetite to whet one's appetite to do something</p>	<p>It is tailored for one particular group, the designer must be well acquainted with their targeted customers' preferences, hobbies, and personalities.</p>
		<p><i>According to my observation</i>, children prefer to read myth (/mɪθ/神话), fairy tales, or adventure novels. Since those books are tailored for them, and authors are well acquainted (/ə'kweɪnt/熟悉) with children's preferences, hobbies and personalities. The story telling can always be really fascinating(极有吸引力的) and intriguing(/m'trɪɡɪŋ/非常有趣的), which can kindle children's interest and spark their curiosity, and whet their appetite to read more. So that's why children gravitate towards those kinds of books.</p>
		<p>年轻人老年人、男孩女孩</p> <p>STEVE讲他的视频 (可以用在MEDIA话题里, 一个INFLUNCER的视频为什么吸引你: His methodology(n. 方法论) is tailored for people like me. He is well acquainted with what my problems and mistakes are. As a result, the content he offer is really penetrating and really unique, which can kindle my interest and spark my curiosity, and whet my appetite to study right. <i>So that's why I gravitate towards his videos.</i></p>

convenient

easily available易得到
have access to sth. 接触。。
with less effort and difficulty
which brings us much convenience and flexibility
make good use of our time and energy
we can accomplish sth. with better efficiency and productivity
provide a seamless (无缝的) and pleasant experience

The internet is easily available nowadays. We can have access to boundless resources and information with less effort and difficulty, which brings us much convenience and flexibility, so that we can make good use of our time and energy. When we want to research or learn something, they can help us accomplish them with better efficiency and productivity. Anyway, I think internet just provide us with a seamless and pleasant experience.

ebook, newspaper, map--GPS

Nowadays, GPS is easily available via your mobile phone. We can have access to the latest traffic condition and shortest route to the destination with less effort and difficulty, which just bring us much convenience and flexibility. We can make good use of our time and energy when we try to orient ourselves. GPS can help us accomplish it with better efficiency and productivity. I think this invention can definitely provide a seamless and pleasant experience, especially when you are in a new environment.

Do you think location is a key factor to attract customers?
Yes, definitely. If the shop is located in the city center, or just near the subway, it is easily available. Customers can have access to it with less effort and difficulty, which brings them much convenience and flexibility. They can make good use of the time and energy to shop and accomplish it with better efficiency and productivity. anyway I think a better location can definitely provides a seamless and pleasant shopping experience.

解压	<p>antidote 解药</p> <p>antidote to stress 解压</p> <p>therapeutic /ˌθerəˈpijuːtɪk/ 有助于精神放松的</p> <p>enliven (/ɪnˈlaɪv(ə)n/)</p> <p>my boring life 让无聊的生活更有趣</p> <p>monotonous /məˈnɒtənəs/单调的，乏味的</p> <p>enliven my monotonous /məˈnɒtənəs/ life</p>	<p>Yes,I like computer games,it just like an antidote to my stress.</p> <p>旅游、运动、concert</p> <p>Last weekend ,I went to the concert with my friends.It is about the hip-hop music.The life show was really amazing.Melodies thoes rhythm the vibe were just so therapeutic.Just like an antidote to my stress it was really amazing.I hope I could participate in this kind of activities more often in the future.Because it really enlivens my monotonous life.</p>
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<p>hometown</p>	<p>is located in.. It is a metropolis (/mə'trɒpəls/) 大都市 /cosmopolis (/kɒz'mɒpəls/)国际大都市<有很多外国人>), full of skyscrapers (/ˈskɑːskreɪpə(r)/ 摩天大楼) and advanced infrastructure (/ˈɪnfəstrʌktʃə(r)/基础设施) . hospital , shopping mall, subway They are ubiquitous (/juːˈbɪkwɪtəs/)无处不在的) <everywhere, popular> on the street. be renowned(/rɪˈnaʊnd/)著名的) for various tourist attractions. captivating unique it appeals to tourists from every corner of the Globe. feel a sense of belonging and pride</p>	<p>My hometown is Harbin. It is located in the northeast of China. It is a metropolis, full of skyscrapers and advanced infrastructure, like hospital, shopping mall, and subway. I mean they are ubiquitous on the street. They just tangibly benefit our life. Additionally, it is also renowned for the ice and the snow world. It is so captivating and unique. Every vacation it appeals to tourists from every corner of the globe. Anyway, whenever mentioning my hometown, I can feel a sense of belonging and pride.</p>
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Work Or study	<p>I have been nursing a desire to be XX. It is my true vocation. not just bread and butter谋生手段 XXis a job that can stretch me and fufill my selfworth. 让我竭尽所能实现自我价值 I can feel a sense of achievement and recognition. That's just like a motivator to me to go futher in this domain.</p>	<p>I have been nursing the desire to be an educator, and believe it is my true vocation, not just bread and butter. Because I think this job can stretch me and fulfill myself worth. When I impart my knowledge to my students and when I witness their growth and development, I can feel a sense of achievement and recognition. That just like a motivator to me to go further in this domain. So that's why I select this occupation.</p>
		<p>I am a student actually, and my major is law. I have been nursing a desire to be lawyer. I think this is my true vocation, not just bread and butter. I think law is so sacred, and inviolable, so this major can stretch me and fulfill my selfworth. When I offer my assistance to my clients, when I help them remedy the situation, I can also feel a sense of achievement and recognition. That's also like a motivator to me to go further in this domain.</p>

放松		喜欢的书（APP、运动、电影） My favorite book is slam dunk.It is Japanese Anime.And it is really interesting and inspiring.So when I feel stressed and anxious,I tend to read this book.It can help me escape from my stressful routine,and I can leave those worries behind .It's a perfect way to unwind properly,and recharge my
	feel stressed and anxious XX is a great form of amusement it helps me escape from my stressful routine which is perfect way to recharge my batteries and unwind (/,An'waɪnd/) properly	房间 About my room nothing is special.Just bed,talbe bookshelf.The best part there is a computer.When I feel stressed and anxious,playing computer games is a great form of amusement.It can help me escape from my stressful routine,and it's a perfect way to recharge my batteries and unwind properly.So that's why I like to stay in my room.

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