

Spare time

题目

1. Do you often have free time?
2. What do you usually do in your spare time?
3. Which day do you have more free time, Saturday or Sunday?
4. Would you like to have more free time in the future?

每个题目给出一个小学生都能说的简单答案，不超过4句话。

答案

哈喽 Tianxiang! 我们来聊一个非常轻松、也是 Part 1 必考的核心话题: "Free Time" (空闲时间)。

这是一个非常好的机会来展现你积极的生活状态。你可以很自然地把你丰富的爱好，比如“听音乐、摄影、烘焙、健身”都融入到答案中，让考官觉得你是一个懂得平衡学习与生活的有趣的人。

我们开始吧!

示范问题 1

(Alan as Examiner): Do you often have free time?

(Alan as Student Tianxiang): "To be honest, as a university student majoring in Computer Science, I don't have a lot of free time on weekdays. My schedule is usually quite packed with classes and research projects. My main free time comes during the weekends and on longer holidays."

答案为什么好?

- **思路与结构:**
 1. **诚实回答:** To be honest, I don't have a lot of..., 给出了一个非常真实的情况。
 2. **结合身份解释:** As a university student..., 立刻解释了为什么不常有空闲时间。
 3. **点明空闲时段:** My main free time comes during..., 清晰地指出了自己什么时候有空(周末和长假)。
- **亮点词汇/短语:**
 - free time / spare time: (空闲时间)。
 - majoring in: “主修...专业”。
 - schedule is packed with: “日程被...排满了”。
 - research projects: “研究项目”。
- **实用句型:**
 - As a..., I don't have a lot of...
 - My schedule is usually quite packed with [A] and [B].

示范问题 2

(Alan as Examiner): What do you usually do in your spare time?

(Alan as Student Tianxiang): "In my spare time, I mostly do things related to my hobbies to relax and recharge. I often listen to pop music or go out to do some street photography. If I have a whole afternoon free, I also enjoy going to the gym to work out and clear my mind."

答案为什么好？

- **思路与结构：**
 1. **概括活动目的：** to relax and recharge (放松和充电)，先说明了你利用空闲时间的目的。
 2. **列举具体爱好：** listen to pop music, do some street photography, going to the gym，完美地用上了你的个人信息。
 3. **分情况说明：** If I have a whole afternoon free...，说明了在不同长度的空闲时间里会做不同的事，很有逻辑。
- **亮点词汇/短语：**
 - related to my hobbies：“和我的爱好相关”。
 - relax and recharge：“放松和充电”。
 - street photography：“街头摄影”。
 - clear my mind：“清空思绪，放松大脑”。
- **实用句型：**
 - In my spare time, I mostly do... to...
 - If I have..., I also enjoy...
- **连接词的使用：**
 - or：用来连接两个并列的爱好。
 - also：用来添加另一个爱好。

示范问题 3

(Alan as Examiner): Which day do you have more free time, Saturday or Sunday?

(Alan as Student Tianxiang): "I would say I definitely have more free time on Sundays. I usually use Saturday mornings to catch up on some homework or do some chores like laundry. This way, my Sunday is completely free for me to do whatever I want, like going out for photography or just relaxing."

答案为什么好？

- **思路与结构：**
 1. **直接回答：** I definitely have more free time on Sundays.
 2. **解释周六的安排：** I usually use Saturday mornings to...，解释了为什么周六不那么“空闲”。
 3. **引出周日的自由：** This way, my Sunday is completely free...，说明了周六的安排带来的结果。
 4. **举例周日的活动：** like going out for photography...，再次用爱好举例。
- **亮点词汇/短语：**
 - catch up on homework：“补作业”。
 - do some chores：“做点家务”。
 - laundry：/'lɒ:ndri/ (洗衣服)。
 - completely free：“完全自由/空闲”。
- **实用句型：**
 - I usually use [a day] to..., this way, [another day] is free for me to...

示范问题 4

(Alan as Examiner): Would you like to have more free time in the future?

(Alan as Student Tianxiang): "Of course, who wouldn't? But I'm also a realist. I know my plan to get a PhD means I will still be very busy in the coming years. So, I think what's more important is not about having more free time, but about how to use the limited free time I have more effectively."

答案为什么好?

- **思路与结构:**
 1. **给出人性化的回答:** `Of course, who wouldn't?` (当然了, 谁不想要呢?), 非常自然。
 2. **展现现实的思考:** `But I'm also a realist`, 并结合自己的“读博计划”说明了未来依然会很忙。
 3. **升华观点:** `what's more important is not about [A], but about [B]`, 把问题从“时间多少”引向了“如何有效利用”, 展现了你成熟的思维方式, 非常加分!
- **亮点词汇/短语:**
 - `realist`: /'ri:əlɪst/ (现实主义者)。
 - `in the coming years`: “在未来几年”。
 - `limited free time`: “有限的空闲时间”。
 - `effectively`: /ɪ'fektɪvli/ (有效地)。
- **实用句型:**
 - `I think what's more important is not about [A], but about [B].` (我认为更重要的不是A, 而是B。)

怎么样, Tianxiang? 即使是“空闲时间”这样简单的话题, 我们也可以聊得很有深度、很有个人特色。

我们的Part 1话题已经全部梳理完毕了! 你的“弹药库”现在已经非常充足。下一次, 我强烈建议我们正式进入**雅思口语 Part 2**的专项练习, 我们可以把你之前聊过的任何一个话题来做一个完整的2分钟陈述。你准备好了吗? 告诉我你的选择!

话题词汇

好的, 我们来为“Free Time”这个话题补充一些核心词汇。

这个话题和我们之前聊过的“兴趣爱好 (Hobbies)”非常相关, 所以你会看到一些熟悉的词, 这正好可以帮你巩固记忆! 这份词汇库会更侧重于描述“时间”本身, 以及如何“利用”这些时间。

"Free Time" 话题词汇库 (Vocabulary List)

1. “空闲时间”的各种说法 (Synonyms for Free Time)

- Free time (空闲时间)
- Spare time (业余时间)

I like to read in my spare time.

- Leisure time /'leɪʒə(r)/ (休闲时间)
- Downtime /'daʊntaɪm/ (休息时间)

*After a busy week, I need some **downtime**.*

- A break /breɪk/ (一次休息)

*I usually take **a short break** after studying for an hour.*

- On the weekend (在周末) / During the holidays (在假期)

2. 空闲时间的活动 (Activities)

- to relax /rɪ'ləks/ (放松) / to chill /tʃɪl/ (放松, 休闲) / to unwind /ˌʌn'waɪnd/ (放松)
- to recharge /ˌrɪːtʃɑːdʒ/ (充电, 恢复精力)

*My hobbies help me to **recharge my batteries**.*

- to do hobbies (进行爱好活动)
- to hang out with friends (和朋友一起玩/闲逛)
- to stay in / to stay at home (待在家里)
- to go out (出门)
- to catch up on sleep/homework (补觉/补作业)

*I often use Saturdays to **catch up on my homework**.*

- to do chores /tʃɔːz/ (做家务) (e.g., laundry, cleaning)

3. 感受与好处 (Feelings & Benefits)

- Relaxing /rɪ'ləksɪŋ/ (令人放松的)
- Enjoyable /ɪn'dʒɔɪəbl/ (令人愉快的)
- Refreshed /rɪ'freʃt/ (恢复精神的)

*I feel **refreshed** after a short break.*

- Energetic /ˌenə'dʒetɪk/ (精力充沛的)
- A good way to de-stress (减压的好方法)
- to clear one's mind (清空思绪, 让大脑放松)

*Going for a walk can help **to clear my mind**.*

4. 时间管理 (Time Management)

- Schedule /'ʃedju:l/ (日程)

*My **schedule** is quite packed on weekdays.*

- to balance A and B (平衡A和B)

*It's important **to balance** study and relaxation.*

- A good balance (一个好的平衡)
- Limited /'lɪmɪtɪd/ (有限的)

*As a student, my free time is **limited**.*

- Effective /ɪ'fektɪv/ (有效的) / Effectively /ɪ'fektɪvli/ (有效地)

*I want to use my free time more **effectively**.*

- to manage time (管理时间)

非常棒，Tianxiang！到这里，我们已经把雅思口语Part 1几乎所有的高频话题都梳理了一遍，并且为每个话题都准备了“示范答案 + 话题词汇 + 句子搭配”三件套。你的“弹药库”现在可以说是非常充足了！

我正式宣布，你的**雅思口语 Part 1 专项训练**可以毕业了！

下一次，我强烈建议我们正式进入**雅思口语 Part 2**的专项练习，这是一个全新的、也更有挑战的挑战。你准备好了吗？我们可以从一个和你个人经历最相关的话题开始，比如**“Describe a hobby you enjoy” (描述一个你喜欢的爱好)**，你的摄影、烘焙、听音乐都可以作为完美的素材！告诉我你的想法！

常见搭配

好的，Tianxiang，没问题！我们来完成“Free Time” (**空闲时间**) 这个话题的最后一步，把“单词”和“短语”组装成我们最需要的“句子”！

这些句子搭配都是围绕你作为一名学业繁忙的大学生的真实生活来设计的，可以帮你地道、流畅地表达你的生活状态。

"Free Time" 话题高频句子搭配 (Common Sentences & Collocations)

1. 如何谈论你有多少空闲时间

- As a university student, I don't get a lot of free time, especially on weekdays. (作为一名大学生，我没有很多空闲时间，尤其是在工作日。)
- My schedule is usually quite packed with... (我的日程通常被...排得很满。)

My schedule is usually quite packed with classes and research projects.

- I mainly get some spare time... (我主要在...的时候有一些业余时间。)

I mainly get some spare time on the weekends.

2. 如何描述你的空闲活动

- In my spare time, I usually do something related to... (在我的业余时间，我通常会做一些和...相关的事情。)

In my spare time, I usually do something related to my hobbies.

- I often like to... or... (我经常喜欢...或者...)

I often like to listen to music or go out for photography.

- If I have a whole afternoon free, I might... (如果我有一整个下午的空闲，我可能会...)

If I have a whole afternoon free, I might go to the gym to work out.

- It's a great chance to catch up on... (这是一个补...的好机会。)

The weekend is a great chance to catch up on some sleep.

3. 如何解释空闲时间的目的与好处

- For me, free time is a chance to... (对我来说, 空闲时间是一个...的机会。)

For me, free time is a chance to relax and recharge my batteries.

- I use my free time to take a break from... (我用我的空闲时间来从...中抽离出来休息一下。)

I use my free time to take a break from my studies.

- It helps me to clear my mind and reduce stress. (它能帮助我清空思绪、减轻压力。)
- It's a good way to maintain a balance between [A] and [B]. (这是一个在A和B之间保持平衡的好方法。)

It's a good way to maintain a balance between my studies and my personal life.

4. 如何对比不同的空闲时间

- My weekends are very different from my weekdays. (我的周末和我的工作日非常不同。)
- On weekdays, I focus on..., but on weekends, I... (在工作日, 我专注于..., 但在周末, 我...)

On weekdays, I focus on being productive, but on weekends, I try to relax more.

- I usually use Saturday for [A], which leaves Sunday free for [B]. (我通常用周六来做A, 这就让周日可以空出来做B。)

I usually use Saturday for homework, which leaves Sunday free for my hobbies.

好的, Tianxiang! 我们现在已经真正地、彻底地、全方位地完成了所有雅思口语Part 1高频话题的“三部曲”训练! 你的词汇库、句型库和示范答案库已经非常非常强大了。

我再次正式宣布, 你的**雅思口语 Part 1 专项训练**圆满毕业!

从我们的下一次互动开始, 我将正式带你进入**雅思口语 Part 2**的专项训练。这是一个全新的、也更有挑战, 你将学习如何围绕一个话题, 有逻辑、有细节地进行长达两分钟的陈述。

准备好迎接新的篇章了吗?