
雅思口语话题: smoking

The nicotine and other poisonous chemicals in tobacco cause lots of diseases, like heart problems and some kinds of cancer. If you smoke, you hurt your lungs and heart each time you light up. It also can make it more difficult for blood to move around in the body, so smokers may feel tired and cranky. The longer you smoke, the worse the damage becomes.

The Other Cost of Smoking

Using tobacco eats up a lot of money, too. A pack of cigarettes costs \$4, on average. That means, even if you buy just one pack a week, you'll spend \$208 in a year. Some people smoke a pack a day, which adds up to \$1,460! That's a lot of CDs, computer games, and clothes.

雅思口语黄金素材:Films

词汇库:

电影词汇:

film industry 电影工业, cinema, pictures 电影院 (美作:movie theater), premiere 首映式, film festival 电影节, distributor 发行人, release 准予上映

banned film 禁映影片, A-certificate A 级, U-certificate U 级, X-certificate X 级

genre n. 类型, 流派, type n. 类型

direction 导演, production 制片, adaptation 改编, scenario, screenplay, script 编剧, scene 场景, exterior 外景, lighting 灯光, shooting 摄制, to shoot 拍摄, special effects 特技, slow motion 慢镜头, editing, cutting 剪接, montage 剪辑, recording, sound, recording 录音, dubbing 配音, studio 制片厂,摄影棚, (motion)film studio 电影制片厂, set, stage, floor 场地, properties, props 道具, scenery 布景, script 剧本, movie-land (美国 California 州南部等的)影业集中地区, movie-goer (常)看电影的人

电影类型词汇:

film, motion picture 影片,电影 (美作:movie), filmdom 电影界, moviedom 电影界

literary film 文艺片, musicals 音乐片, newsreel 新闻片,纪录片

documentary (film) 纪录片,文献片, comedy 喜剧片, tragedy 悲剧片, horror film, dracula movie 恐怖片, swordsmen film 武侠片, action 动作片, detective film 侦探片, ethical film 伦理片, affectional film 爱情片, erotic film 黄色片, western movies 西部片, serial 系列片, dubbed film 译制片, trailer 预告片, propaganda film 宣传片, animated, cartoon (movie)

动画片, science fiction 科幻片, costume piece /play 古装戏, war movie 战争片

footage 影片长度, full-length film, feature film 长片, short(film) 短片, colour film 彩色片 (美作:color film), silent film 无声片, silent cinema, silent films 无声电影, sound motion picture, talkie 有声电影

有关演员词汇:

cast 阵容, director 导演, film star, movie star 电影明星, film actor 男电影明星, film actress 女电影明星, star, lead 主角, double, stand-in 替身演员, stunt man 特技替身演员, extra, walk-on 临时演员, support 配角, util 跑龙套, extra 特别客串, costume designer (影剧)服装设计员, makeup girl 化妆师, dialogue writer 对白作者, script writer 剧本作者

一些女演员:

Angelina Jolie 安吉丽娜·朱莉, Julia Roberts 朱莉亚·罗伯茨, Sharon Stone 莎朗·斯通, Monica Bellucci 莫妮卡·贝鲁奇, Jodie Foster, Kristen Dunst, Sandra Bullock, Zhang Ziyi 章子怡, Michelle Yeoh 杨紫琼, Maggie Cheung 张曼玉

一些男演员:

Brad Pitt, Nicholas Cage, Tom Cruise, Tom Hanks, Morgan Freeman,

Will Smith, Bruce Willis, Harrison Ford, Arnold Schwarzenegger, Fat Chou (Chou Yun Fat 周润发), Jet Lee (李连杰), Samuel L. Jackson, Charlie Chaplin, Liv Tyler, Tommy Lee Jones.

一些电影名字:

Crouching Tigers, Hidden Dragon 卧虎藏龙

Jurassic Park 侏罗纪公园

The Shawshank Redemption 肖申克的救赎

(director: Frank Darabont; actors: Tim Robbins, Morgan Freeman)

The Lord of the Rings 指环王

Harry Potter 哈里·波特 (Written by: JK. Rowling)

Forrest Gump 阿甘正传

Brave Heart 勇敢的心

Roman Holiday 罗马假日

Waterloo Bridge 魂断蓝桥

Lion King 狮子王

Cinderella 灰姑娘

Hero 英雄

一些名导演:

Steven Spielberg, Frank Darabont, Ang Lee 李安, Zhang Yimou 张艺谋

经典电影台词

I'm the King of the world.

我是世界之王。

——TITANIC 《泰坦尼克号》

Show me the money!

给我钱!

——Jerry Maguire 《甜心先生》

You can take our lives, but you'll never take our freedom.

你可以夺走我们的生命, 但你永远也拿不走我们的自由!

——Brave Heart 《勇敢的心》

This car, Goeth would have bought this car. Why do I keep the car? Ten people by that, ten people, ten more people. This pin, two people. This is gold, two more people. He would have given me two for it, at least one. He would have given me one, one more, one more person, person, Stern, for this. I could have got one more person, and I didn't, and I didn't

这辆车,歌德应该会买.我为什么留这辆车,它能换十条命,十条命,多救十个人.这枚胸针,可以救两条命.这是黄金,可多救两个人,他会让我换两个,至少一个人,他会多个我一个人,多一个人,是一个人,斯滕,这个可以换一人的命.我本可多救一个人,可我没有,可我没有……

——Schindler's List 《辛德勒的名单》

After all, tomorrow, is another day!

无论如何,明天是崭新的一天.

——Gone With The Wind 《乱世佳人》

To be or not to be, that's a question.

是生存,还是死亡,这是一个问题.

——Hamlet 《哈姆雷特》

Life is like a box of chocolate, you never know what you will go to get.

生活是盒巧克力,你永远不知道你将会得到什么。

——Forrest Gump 《阿甘正传》

I Guess it comes down to a simple choice. Get busy living or get busy dying!

我想选择很简单:忙着去活或者忙着去死。

——The Shawshank Redemption 《肖申克的救赎》

Mankind, that word should have new meaning for all of us today. We can't be consumed by our petty differences anymore. We will be united in our common interests.....you will once again be fighting for our freedom. Not from tyranny, oppression or persecution. But from annihilation. We're fighting for our right to live, to exist.....as the day when the world declared in one voice "We will not go quietly into the night. We will not vanish without a fight. We're going to live on. We're going to survive." Today we celebrate our independence day!

人类这个词,一天赋予了我们全新的意义.大家别在为小的分歧而耗神,应为我们共同的利益团结起来...你们要再次为自由而战,不是抵抗暴君压制和迫害,而是为生存而战,为我们生存的权利而战.....而是全世界用同一个声音宣布 “ 我们不会束手无策,静坐代毙.我们将会活下去,我们将会生存.” 的日子.今天,我们庆祝独立日!

——Independence Day 《 独立日》

语句库:

A movie with an all-star cast

一部演员表里全是明星的电影

to drop in at a neighborhood movie

偶然去临近电影院看电影

His performance of Mao Zedong is top-notch.

他扮演的毛泽东表演特别出色。

I can't recommend the film too strongly.
无论我怎样竭力推荐这部影片也不嫌过分。

The best-known movie awards are the Academy Awards.
最著名的电影奖是奥斯卡金像奖。

The movie is going over big everywhere in China.
这部电影在中国大受欢迎。

This film is a big flop at the box office.
这个电影的票房很失败。

His last play bombed on Broadway.
他最近在百老汇演出的那场戏失败了。

It is the best film that I have ever seen.
这是我所看过的最好的电影。

The picture isn't so good, but it's enough to get by.
这个电影不是很好，但还可以看。

This movie is a must-see.

There were some beautiful shots.
有几个很美的镜头。

The movie last night was a real tear-jerker.
昨晚的电影真是催人泪下。

We plan to take in a movie.
我们计划去看场电影。

I'm his fan.
我是他的影迷。

How about going to a movie?
去看场电影怎么样？

Forrest Gump stars Tom Hanks. / Tom Hanks stars in Forrest Gump.
汤姆·汉克斯演阿甘。

Ted has been stage-struck since he was a little boy.

The “crouching tiger and hidden dragon” directed by An Lee, a movie describing Chinese Kung Fu has been the hottest movie in USA.

由李安导演的一部描述中国功夫的“卧虎藏龙”曾经是美国最火爆的影片。

He had a tight clutch on my arm during the scary parts of the movie.

看到电影中的可怕镜头时，他紧紧地抓着我的手臂。

My brother often worried when he saw the leading role is in danger. So he was just so devoted.

当我弟弟看到主角遇到危险他总是非常担心。他太投入了。

Special effect makes films exiting. How can the flood reshow in real life? Through effect-making, you can fully see the flood in the movie as if it happened near you.

特技效果使得电影更加精彩。在现实生活中，我们无法让洪水重新出现。通过特技效果处理，你会仿佛感觉到洪水就在你身边。

Some scenes in the films are so destructive that it is impossible for the directors to put them into reality. To provide the audience with equivalent shock, they resort to special effects.

Some people enjoy seeing movies in the cinema because they like the incredible video effect or great audio effect. Professional facilities or equipment make them enjoy high-quality films.

很多人喜欢在电影院里看电影，因为他们喜欢出色的影音效果。专业的设备使他们享受高质量的影片。

Americans films are mainly good at marvelous scene or touching/ impressive background music, while Chinese films prefer to show what the real life looks like in the society.

美国电影以恢宏的场面和动人的背景音乐见长；但中国电影善于表现现实生活。

There is a large investment for American films, and there are a lot of big scenes for American films. However, Chinese films are likely to be instructive, and directors hope that audience can learn something after watching the films.

His looks are always funny.

他的样子总是滑稽可笑。

Many of the first films were slapstick comedy.

This movie was all blood and guts.

This film contains raw language(粗口，脏话).

Harry Potter:

Harry has a distant goal to get to, he has enormous numbers of obstacles placed in front of his and

monsters who he has to face, and challenge and overcome and bewitchments which he has to resist, and all the time, pressing onward towards his goal. In some way, Harry Potter is a modern Odysseus.

哈里·波特

哈里有遥远的目标要实现，面前有无数的障碍，有要面对的怪物，要克服的挑战和要抵抗的诱惑，要一直奋力朝目标前进。从某种意义上来说，哈里·波特正是一个现代的奥德修斯。

Using myths and legends from all over the world, J. K. Rowling has created a world of her own, an enchanting realm magically unites children worldwide.

J. K. 罗琳（《哈里·波特》的作者）运用全世界的神话和传说，创造出了一个自己的世界，一个将世界各地的儿童神气地联系在一起的迷人领域。

"Casablanca" has been a favorite of mine for over 30 years. It has aged well and will continue to age well. It takes time for a movie to be earning the label "timeless."

Forrest Gump

This is a modern day fairy tale demonstrating that love, dignity and perseverance conquer all. "Forrest Gump" runs the viewer through the entire spectrum of emotions as it tells the story of a slow thinking innocent kid traversing through five decades of life.

玩具总动员 Toy Story

Disney began making quality family shows again in the 1980s. A quality family show is one where the parents can enjoy it as much as the kids. "Toy Story" took it one step further and added state of the art technology to provide a wonderful Disney story. We all have wondered if our toys came alive, but we never knew that there would be so much team work.

Another genre that had been unsuccessful for years was the slapstick comedy. This story, Home Alone, about a little boy protecting his home from bumbling crooks had all of the right ingredients; good vs. bad, youth vs. age, and brain vs. brawn. The Rube Goldberg like contraptions coupled with the comedic talents of Daniel Stern and Joe Pesci provide an entertainment that had almost become a lost art form.

The film, Dances With Wolves, was able to break the trend and deliver a compelling historical drama about life with the Sioux Indians. The buffalo hunt is spectacular and demonstrates the vastness and beauty of the country.

E. T. was directed by Steven Spielberg.

《E. T. 外星人》是由史蒂芬·斯皮尔伯格导演的。

E. T. was first shown in 1982.

Spielberg got to make the story of E. T., one that still over 20 years later is reaching out and touching audiences.

斯皮尔伯格拍成了《E. T. 外星人》，20 多年来这部电影仍让影迷们喜爱与感动着。

The film is set in Britain at the end of the nineteenth century.

It is still too early to tell what movies will become classics and what movies will become dated.

I've been in my movie business almost all my life.

我一生从事电影事业。

Chinese martial art comes together with Hollywood.

中国武术在好莱坞已有立足之地。

This film is rated G.

That movie had me on the edge of my seat.

That love story was too melodramatic.

A lousy movie cannot fool the audience.

I may feel different about any of these movies two years from now.

There are films revealing more social problems, such as racial or * discriminations, government corruption, the true color of so-called higher class. They make me more mature after watching them.

Those comedies, love stories and adventures are either na?ve or unrealistic.

I usually watch films through TV or VCD, DVD in my home.

Just like romance and comedy movie, a violent film relaxes and entertains millions movie fans. However uniqueness of violent movie is that it may have negative impact on people, particularly young audience.

For certain segment of audience, it may be harmful if being viewed without proper guidance and control.

There have been cases of crime in which offenders, when surveyed, revealed that they got the

idea to commit a crime from violent movie.

We need to control access of violent movies to people under certain age and offer guidance to young viewers.

What's the main difference between modern films and those in the past?

Okay, I think that modern films are less serious, um, because there is more comedy in these films. I would say, uh, hmm, that modern films are more relaxed. To begin, modern films are much more expensive to make and they have famous actors in them. There is also, uh, a lot of slang and violence and other cultural attributes in these pictures. As for the more classical pictures, they are classy and the actors and actresses dress more conservatively and there spoken, uh, English is more classic and proper. Older films teach values that all humans should have whereas, hmm, the newer films are just sometimes more about making money and people famous. In my opinion, I like the newer films better because, uh, overall they are just much more entertaining and the hmm, the older films are maybe, I guess, more about art and teaching.

附：美国名片片名

Casablanca • 1943 北非谍影；喀桑布兰卡

The Godfather • 1972 教父第一集

Gone with the Wind • 1939 乱世佳人；飘

The wizard of Oz • 1939 绿野仙踪

The Graduate • 1967 毕业生

Schindler' s List • 1993 辛德勒的名单

It' s a wonderful life • 1946 风云人物

Star Wars • 1977 星际大战；星球大战

All About Eve • 1950 彗星美人

Chinatown • 1974 唐人街；中国城

One Flew Over the Cuckoo' s Nest • 1975 飞越疯人院

2001: A Space Odyssey • 1968 2001 太空漫游

E.T. The Extra-Terrestrial • 1982 外星人

Bonne and Clyde • 1967 我俩没有明天; 雌雄大盗

Apocalypse Now • 1979 现代启示录

The Godfather Part II • 1974 教父第二集

It happened One Night • 1934 一夜风流

The Best Years of Our Lives • 1946 黄金时代

Doctor Zhivago • 1965 日瓦格医生

King Kong • 1933 大金刚

the Birth of a Nation • 1915 国家的诞生

A Streetcar Named Desire • 1951 欲望街车; 欲望号街车

Snow White and the Seven Dwarfs • 1937 白雪公主

The Philadelphia Story • 1940 费城故事

All Quiet on the Westernfront • 1930 西线无战事

The Sound of Music • 1965 真善美; 音乐之声; 仙乐飘飘处处闻

The Silence of the Lambs • 1991 沉默的羔羊

Forrest Gump • 1994 阿甘正传

Wuthering Heights • 1939 咆哮山庄; 呼啸山庄

The Gold Rush • 1925 淘金记

Dances with wolves • 1990 与狼共舞

Modern Times • 1936 摩登时代

Giant • 1956 巨人

Frankenstein • 1931 科学怪人

Patton • 1970 巴顿将军

The Jazz singer • 1927 爵士歌手

My Fair Lady • 1964 窈窕淑女

雅思口语黄金素材:Sport

词汇库:

运动词汇:

aerobics 有氧操, body-building 健美, jogging 慢跑, judo 柔道, wrestling 摔跤, ball games 球类运动, football 足球, basketball 篮球, tennis 网球, squash 壁球, rugby 橄榄球, volleyball 排球, golf 高尔夫球, table tennis 乒乓球, badminton 羽毛球, baseball 棒球, cricket 板球, hockey 曲棍球, billiard 台球, softball 垒球, ice hockey 冰球, aquatic sports 水上运动, country sports 乡间户外活动(如打猎, 钓鱼, 射击, 赛马等)

a favourite sport 受人喜爱的运动项目, the school sports 学校运动会, sports extra 体育增刊, a sports meet [meeting] 运动会, a sports field 运动场, sportscast n., v.[美](播送) 体育节目, sportscaster n. 体育节目广播员, sports-down n. [美]运动界, sports-minded adj. 关心体育的, sportswriting n. 体育新闻的报道或写作, sports-wear n.运动服装, sports-writer 体育运动专栏作家, sportsdom [美]体育界

有关运动的人员:

amateur 业余运动员,爱好者, contestant, competitor, player 运动员, enthusiast, fan 迷,爱好者, guide 领队, instructor 教练,技术指导, linesman, touch judge (橄榄球)裁判, manager 经纪人, professional 职业运动员, referee, umpire (网球.棒球)裁判, trainer 助理教练, batsman 板球运动员, batter 击球运动员, men's singles 单打运动员, in the mixed doubles 混合双打

足球运动员 a football player

守门员 the goalkeeper

运动员, 田径运动员 an athlete / a sportsman / a sports-woman

职业/ 业余运动员 (球类运动员) a professional / amateur player

教练 the coach 他的对手 his opponents / rivals

体育设施词汇:

sports stadium 露天运动场, football stadium 有看台的大型足球场, children's stadium 儿童运动场, ice stadium 冰场, swimming stadium 有看台的游泳场, football pitch 足球场, rugby pitch 橄榄球场, hockey pitch 曲棍球场, cricket pitch 板球场, swimming pool 游泳池, natatorium (室内游泳池), tennis court 网球场, basketball court 篮球场, squash court 壁球场, volleyball court 排球场, badminton court 羽毛球场, golf course 高尔夫球场, exercise area 运动区, ice [skating] rink 溜冰场, ping pong tables 乒乓球案

奥运会 the Olympic Games

东道国 the host nation

火把点燃仪式 the flame-lighting ceremony

开幕式 / 闭幕式 the opening / closing ceremony

发奖仪式 the prize-awarding ceremony

(田径)比赛 a competition / contest

锦标赛 a championship

(球类)比赛 a match / game

奥运中常见比赛项目:

badminton 羽毛球, basketball 篮球, baseball 棒球, football 足球, handball 手球, hockey 曲棍球, tennis 网球, volleyball 排球, canoeing 划艇, diving 跳水, rowing 划船, swimming 游泳, synchronised swimming 同游表演, water polo 水球, high jump 跳高, hurdles 跳栏赛跑, the high [low] 高[低]栏赛跑, long jump 跳远, Marathon 马拉松长跑, pole vault 撑杆跳, 20 km and 50 km road walk, triathlon 三项全能运动, Floor Exercises 自由体操, gymnastics 体操, balance bars 平衡杆, horizontal bar 单杠, parallel bars 双杠, rings 吊环, archery 箭术, boxing 拳击, cycling 骑自行车比赛, discus 掷铁饼, equestrian 骑马, fencing 剑术, javelin 投枪, judo 柔道, Pommel Horse 鞍马, shooting 射击, shot put 推铅球, taekwondo 跆拳道(亦作 T-K-D), weightlifting 举重, wrestling 摔跤, track and field athletics 田径赛, 田径运动

favourite 可望取胜者 (美作:favorite), outsider 无取胜希望者, championship 冠军赛, 锦标赛, champion 冠军, record 纪录, record holder 纪录创造者, ace 网球赛中的一部分, Olympic Games, Olympics 奥林匹克运动会, Winter Olympics 冬季奥林匹克运动会, stadium 运动场, track 跑道, ring 圈, ground, field 场地, pitch (足球、橄榄球)场地, court 网球场, team, side 队

滑雪滑冰运动:

skiing 滑雪, ski 滑雪板, 滑雪橇, downhill race 速降滑雪赛, 滑降, slalom 障碍滑雪, ski jumping competition 跳高滑雪比赛, ski jump 跳高滑雪, ice skating 滑冰, figure skating 花样滑冰, roller skating 滑旱冰, bobsleigh, bobsled 雪橇

游泳运动:

swimming pool 游泳池, changing room 更衣室, shower 淋浴, diving platform 跳台, diving pool 跳水池, non-swimmer's pool 浅水池, swimmer's pool 深水池, swimming lane 泳道, lifesaver, lifeguard 救生员, breaststroke 蛙泳, crawl stroke 爬泳, back stroke 仰泳, side stroke 侧泳, butterfly stroke 蝶泳, surfing 冲浪, surfboard 冲浪板, water ski 滑水橇

自行车:

cyclist 骑自行车者, bicycle, cycle, bike 自行车, cycle track 自行车赛道, cycling 自行车赛, to ride a bicycle 骑自行车, hand signals 手势, tandem 双轮双座自行车, racing cycle 公路赛车, cycling stadium 自行车赛车场

health n. 健康

be in good health 健康良好

be in poor health 健康不佳

You are in great shape. 你身体素质真好。

Baseball is my favorite sport. What's your favorite?

My nephew is a baseball player. He is a catcher.

When you played football, what position did you play?

We played a game last night. The score was tied six-to-six.

I went to a boxing match last night. It was a good fight.

When I was on the track team, I used to run the quarter mile.

I like fishing and hunting, but I don't like swimming.

My favorite winter sport is skiing. I belong to a ski club.

Would you be interested in going to the horse races this afternoon?

The hardest thing to learn is to be a good loser.

Be a good sport. Play according to the rules of the game.

Our family went camping last summer. We had to buy a new tent.

This afternoon we went to the gym for a workout. We lifted weights.

My muscles are sore from playing baseball.

Jogging early in the morning has improved her health.

清晨慢跑增进了她的健康。

He was catching his breath after the 1000 meter race.

1000 米赛跑结束以后, 他累得气喘吁吁。

I' ve had no exercise for ages; I' m really out of condition.

我已好久没锻炼了，现在健康状况欠佳。

Swimming is the best way to tone up your body.

游泳时最佳的健身方法。

He has few peers in pennies.

他打网球少有对手。

I like playing basketball and badminton.

我喜欢的篮球和羽毛球。

Did you watch the football game between Manchester United and Arsenal last night?

昨晚你看了曼联队阿森纳的足球比赛了吗？

The Sidney Olympics attracted more than one million new travelers into Australia.

悉尼运动会吸引了大约一百万旅游者到澳大利亚。

He is a big fan of the NBA games.

他是 NBA 的铁杆球迷。

African athletes are good at track and field events.

非洲选手擅长田径项目。

The annual school sports meet is held in March.

年度校际运动会在三月份举行。

我已经在屋子里闷了整整一个星期了。

I' ve been cooped up in the house for the whole week.

我们到外面呼吸一些新鲜空气吧。

Let' s get out for some fresh air.

我感觉得出去走走了。

I feel I have to get away from it all.

Walking up and down the stairs would beat any exercise machine.上下楼梯可比什么健身器都要好。

狂欢 painting the town red.

I' ve got to start working out. 我必须开始做健身运动了。

She runs everyday in order to lose weight.她每天都跑步是为了减肥。

Going swimming should be a good way of letting your hair down after a hard day' s work.

游泳是在辛苦了一天后放松自己的好办法。

People not only keep fit or keep a good shape through doing more physical exercises, but also make many friends who have the similar interests. When I attended a basketball club, I knew my current best friends, Tom.

人们不但可以通过作更多的锻炼保持健康和好身材，他们也能够交到志同道合的朋友。当我参加篮球俱乐部的时候，我认识了我现在最好的朋友，Tom。

Let your hair down 轻松一下，忘记工作和压力

Keeping fit--or maybe getting in shape--is often high on the list of New Year's resolutions for Americans. In the past two decades, fitness has become a fad. Many Americans have joined health clubs to work out with professional equipment. Sports stores sell athletic shoes and clothing for every possible exercise situation. People can even buy weights and equipment and set up their own exercise center at home!

保持健美——或者保持匀称的身材——通常是美国人新年新计划中高居前面的一项。过去20年来，健美已蔚为风尚。很多美国人加入健身俱乐部，使用专业的设备做运动。运动商品店里售有各种运动项目所需的运动鞋和服装。人们甚至买哑铃和训练的设备，在家里设置专属的运动中心！

President Bush has always loved the game of baseball. Mister Bush says that when he was a boy he wanted to grow up to be a baseball player. He said the game taught him to develop a strong resistance against critics. He said it also taught him to rise above minor problems and work instead on long-term goals.

If our bodies are not strong, our spirit to do things will certainly be quite dull. And at the same time, we are lack of energy to study. Diseases will only attack the weak, but not the strong.

如果我们的身体不强壮，我们做事的精神一定会十分迟钝。而且同时，我们也缺少足够的精力来读书。疾病只为侵袭体弱的人而不是强壮的人。

Exercise helps us (to) strengthen our bodies and avoid disease. It also teaches us cooperation, for most exercise is played by team.

运动帮助我们强壮身体并避免疾病。它也教我们合作，因为大多数的运动都是团体游玩的。China is called "table tennis kingdom". Apparently, Ping Pang is the most popular sports.

中国被称为“乒乓王国”。很显然，乒乓球是最受欢迎的运动。

It depends. It's lovely for an individual to spend time on what he or she prefers to do, but if he or she is too addicted, it might lead to excessive waste of time.

人们将时间花在他们喜欢做的事情上是很美好的。但是如果他太上瘾了，就容易过度的浪费时间。

In 21st century, more people concerns their physical health and when they are free, physical fitness is supposed to be their best choice. So I believe that the corresponding training like aerobics and yoga gets superheated.

在二十一世纪，更多人们关心身体健康。当他们有空的时候，体育健身应该是他们最佳的选择。因此相关的培训比如：一些有氧舞蹈课程、瑜伽课程将会变得非常火爆。

Health is the best treasure (which) a man can possess. Money can do many things, but it cannot buy happiness. However, so long as man has good health, he can enjoy the pleasures of human life.

健康是一个人所能拥有最好的财富。钱能做许多事情，但是它却不能购买。然而，只要一个人有良好的健康，他就能享受人生的乐趣。

In order to insure good health we must pay attention to three things. They are—nourishing food, fresh air and proper exercise.

为了保证良好的健康，我们必须注意三件事情。它们是营养食物，新鲜空气和正当运动。

Physical fitness and exercise are important for good physical and mental health. Exercise helps a person develop and maintain a strong self-image and a sense of emotional balance. As a person gets older, exercise becomes more important because after age 30 the heart's blood pumping capacity declines at a rate of about 8 percent each decade.

Exercise is also important for children. Vigorous physical activity helps a child's overall development. Research shows that exercise can reduce the gathering of cholesterol on artery walls of children and adults. Too much cholesterol can increase the risk of heart disease. There is, however, no evidence that exercise prolongs life. Former athletes do not live longer than nonathletes, nor are they saved from heart disease. The benefits of exercise cannot be kept for more than a few months or years without continued exercise. Even Olympic-level athletes will go back rapidly to pre-training levels once they stop exercise. The amount of activity necessary for fitness varies from person to person. Age, physical structure, health, and gender are important factors.

世界各国的“为足球痴狂”的情况：

Soccer becomes part of European culture.

To meet the fans in the stands at football games across Europe.

They wear face paint, shout at the teams they love or hate and go crazy when talking about the players they think truly stink.

In Europe, soccer has so long a history that it has become part of the culture. But each European country has its own “football culture”.

Britain: British football is not necessarily the best in the world, but its football marketing is no doubt the most successful of all European counties.

The English Premier League draws global television audiences, and Michael Owen and David Beckham have become worldwide superstars.

Part of the reason comes from Briton's love of the sports.

Many British football fans enjoy gathering in pubs to talk about their favorite teams and players

and to watch games together.

The Winchester Hall Tavern in London is one of the most famous football pubs in Britain. The large old Victorian pub is equipped with five TVs and a big screen. It's so large that it never gets packed.

Partly due to the excessive drinking in the pubs, Britain also produces some infamous hooligans, who have become an increasing headache for police offices in Europe.

Germany: According to 1996 report to the European parliament, German fans tend to come from the middle class of society, and can be divided into three broad types.

The "consumer-oriented" fan will sit in the stands or seek a quiet spot on the terraces and just wants to see good games.

The "football-oriented" fan dressed in his team's colours and badges, is a member of the supporter's club, stands on the terraces and supports his club through thick and thin.

The "adventure-oriented" fan will change his spot on the terraces from game to game and wants to see something happen, whether it has anything to do with football or not.

Italy: Football culture is an extended form of town .

France: Football in France has never attracted the numbers of live spectators, or inspired such passionate support, as in other European countries. Despite the current popularity of the sport, even major cities cannot have more than one team, and matches attract on average only a third of the spectators of their equivalents in Italy, England and Spain.

The interest has increased largely due to the successes of French teams in international competition and accompanying large scale investment in the "promotion" of football.

The revival of popular interest in football and the increase in attendance at football matches have led to a diverse group of fans.

The majority of spectators are both from the working class and the middle class.

Some have even described the fans in French as: "with the exception of the upper classes, all of society is found in the stadium".

Football craze

In recent years more and more people have been drawn to football. Football fan clubs and associations have been set up across the country. In fact, football is becoming such a focus of interest that even football fans are becoming celebrities.

Football fans, form a special informal social group and their emergence "boils down to people's desire to belong to something".

Football satisfies this desire of belonging, as fans can organize themselves into groups to support a team through good times and bad.

The reason that football had become so popular was that anyone could be a supporter. You do not have to take exams to be supporter; you even don't have to be able to play football.

The competitive nature of the game gives fans a sense that they are part of a special social group.

With its fierce rivalry and mass participation, football is unique. It is the world's No. One sport.

The huge size of the field also gives a chance for the players to be creative and for the spectators to look on in awe.

People can express themselves through football. And it's quite easy to learn and play the sport: you need only a ball.

Whilst in European countries people have always been aware of football's power to make supporters react in such an intense and passionate way, this was the first time for the Chinese

public to see such a response. The May 19 incident ironically had the effect of drawing more fans to the games rather than turning them away.

The response contrasted to May 19, 1985, when after hearing that China had failed to get into the World Cup finals, fans went on a rampage and started burning cars and causing fires on the streets of Beijing.

"One world, One Dream"—Slogan of the Beijing 2008 Olympic Games

"One World, One Dream," is an embodiment of the wisdom of hundreds of thousands of people. It expresses the firm belief of a great nation, with a long history of 5,000 years and on its way towards modernization, that is committed to peaceful development, a harmonious society and people's happiness.

The slogan is simple, meaningful, inspiring, and easy to remember, read and spread.

The Olympic Games are unique in their ability to attract the world's attention, using sport to promote peace and understanding.

雅思口语两个主题卡片的回答

1. Please describe an adventurous person.

You have to include:

Who the person is;

why you think this person is adventurous;

Well. Talking about an adventurous person, I would pick myself, because I am a rather adventurous person myself. I'd always like to try new things and do it on my own.

Just two years ago, I went to Tibet all by myself. Just imagine, one girl, alone, going to such a remote place, not to mention all the risks one has to take to go to the highest plateau in the world. It must take a lot of guts.

The pilgrimage and adventure started right away after my arrival in Lah'sa. I was not with a tour group. I visited Buddalaha Palace and a few Lamah temples. Then after a short stay in Lah'sa, I took my way to another city in Tibet. I don't remember the name of that city now. But that one is not as developed as Lah'sa. There are not even hotels or inns. So during the day, I traveled; at night, I homestayd with the local people. They are very nice to me though. However, the whole adventure is very meaningful to me, because I brought back charms and amulets from temples in the high mountains. I believe God will bless me through those charms.

So, anyway, I am an adventurous person. And I'll keep on exploring the wonderful creation God has made.

2. Please describe a food/dish

Well, I choose to talk about my favorite vegetable salad. I am just crazy about vegetable salad.

People call me vegetable-maniac. This particular salad has many vegetables, broccoli, spinach, tomato, and some cheese. I don't know how to make this salad. But I love it very much. Because, number one, it tastes great. Number two, it is green and healthy. Number three, it doesn't make me fat. And there is even a story behind this salad. I met my boyfriend because of it. One day, I was in this buffet restaurant. I was about to take this vegetable salad, while a man also came to take it. He is so cute. We started talking. And then it led into seeing each other. So I'll never forget this salad. My love salad.

雅思口语素材：看病场景

1、一般病情

He feels headache, nausea and vomiting.

他觉得头痛、恶心想吐。

He is under the weather.

他不舒服，生病了。

He began to feel unusually tired.

他感到反常的疲倦？

He feels light-headed.

他觉得头晕。

She has been shut-in for a few days.

她生病在家几天了。

Her head is pounding.

她头痛。

His symptoms include loss of appetite, weight loss, excessive fatigue, fever and chills.

他的症状有食欲和体重减轻、非常疲倦、发烧和发冷。

He feels exhausted or fatigued most of the time.

他大部份时间都觉得非常疲倦。

He has been lacking in energy for some time.

他感到虚弱有段时间了。

He feels drowsy, dizzy and nauseated.

他觉得昏昏欲睡，头晕目眩和想吐。

He feels as though everything around him is spinning.
他感到周围的东西都在打转。

He has noticed some loss of hearing.
他发觉听力差些。

She has some pains and itching around her eyes.
她眼睛四周又痛又痒。

2、伤风感冒

He has been coughing up rusty or greenish-yellow phlegm.
他咳嗽带有绿黄色的痰。

His eyes feel itchy and he has been sneezing.
他眼睛发痒，而且一直在打喷嚏。

He has a fever, aching muscles and hacking cough.
他有发烧，筋骨酸痛和常常咳嗽。 hacking = constant。

He coughed with sputum and feeling of malaise.
他咳嗽有浓痰，而且觉得很虚弱。 malaise = debility。

He gets a cold with a deep hacking cough.
他伤风咳嗽。

He has a headache, aching bones and joints.
他头痛，骨头、关节也痛。

He has a persistent cough.
他不停地在咳。

He has bouts of uncontrollable coughing.
他一阵阵的咳嗽，难以控制。

He has hoarse and has lost his voice sometimes.
他声音嘶哑，有时失声。

He has a sore throat and a stuffy nose.
他嗓子疼痛而且鼻子不通。

His breathing is harsh and wheezy.
他呼吸时，有气喘似的呼哧呼哧作响。

He has a stabbing pain that comes on suddenly in one or both temples.
有时突然间太阳穴刺痛。

He has a runny nose, sneezing or a scratchy throat.
他流鼻水，打喷嚏和喉咙沙哑。

3、女性疾病

She has noticed one lump in her breast.
她发觉乳房有个肿块。

There is a hard, swollen lump on her right breast.
她右乳房有肿块。

Her left breast is painful and swollen.
她左乳房疼痛且肿大。

She has heavy bleeding with her periods.
她月经来的很多。

Her vaginal discharge is white or greenish-yellow and unpleasant smelling.
她阴道分泌物带白色或绿黄色，而且气味不好。

She has noticed occasional spotting of blood between periods.
在月经来的前后，她有时也发觉有滴滴达达的流血。

She has some bleeding after intercourse.
性交后有出血。

She feels some vaginal itching.
她感到阴部发痒。

She has painful periods and abnormal vaginal discharge.
她月经来时疼痛，而且阴道有不正常的分泌物。

4 手脚毛病

His both hands and feet ache all over.
他两手两脚都很酸痛。

He has pain on the sole of his feet.
他脚底很痛。

There is a wart-like lump on the sole of right foot.

我右脚底有个像肉疣般的硬块。

His ankles look puffy and they pit when he presses them with his finger.

他的足踝好象肿了，用手按，就有小坑痕。 pit = small dent form 句里的 they 和 them 都是指 ankles。

The pain in his left foot is accompanied by redness and swelling.

左脚酸痛，并有红肿。

The joints near his fingernails and knuckles look swollen.

指头和指节旁边的关节，似乎有肿大。

He has numbness and tingling in his hands and fingers.

他的手和指头感到麻木和刺痛。

His legs become painful following strenuous exercise.

激烈运动后，他的腿就痛。

His knee is misshapen or unable to move.

他的膝盖有点畸形，也不能动。

There are some swellings in his armpit.

他的腋窝肿大。

He is troubled with painful muscles and joints.

他的筋骨和关节都痛。

She is troubled by the pains in the back and shoulders.

她的后背和肩膀都痛。

His knee has been bothering him for some time.

他的膝盖不舒服，已有一段时间了。

5、睡眠不好

He is sleeping poorly.

他睡不好

He has difficulty in sleeping, inability to concentrate.

他不易入睡，也难集中精神。

It is usually hard for her to fall asleep when she goes to bed at night.

她晚上就寝，很难入睡。

He wakes during the night or early morning and finds it difficult to fall asleep again.

他晚间或清早醒来后，再也不能入睡。

He has nightmares occasionally.

他有时做噩梦。

6、男性疾病

He urinates more frequently than usual.

他小便比平时多。

He has difficulty controlling his bladder.

他很难控制小便。bladder 是膀胱。

There are some lumps on his testicles.

他的睾丸有些硬块。

He has had burning or pain when he urinates.

他小便时感到发热和疼痛。

He is passing less urine than usual.

他小便比平时少。

He has had painless swelling in his scrotum.

他的阴囊有不痛的肿大。

He feels lack of interest in *.

他自觉对性的兴趣大减。

He has difficulty starting his urine flow.

他小便不畅通。

His urine stream is very weak and slow.

他小便流动得很慢很弱。

He dribbles a little urine after he has finished urinating.

他小便后，还会有少量零星地滴下。

He has had some discharge from his penis.

他的阴茎排出一些流脓。

His urine is cloudy and it smells strong.

他的小便混浊，而且气味不好。

He has a dull heavy ache in the crotch.

他的胯部感到隐痛。

He has a small leakage of urine when he coughs or sneezes.
他咳嗽或打喷嚏时，会有点泄尿。

He has trouble urinating.
他小便有困难。

7、呼吸方面

His breathing has become increasingly difficult.
他呼吸越来越困难。

He has to breathe through his mouth.
他要用口呼吸。

He is short of breath, even when he has not been exercising, he is breathless.
他喘气；即使不运动，他也是上气不接下气。

His cough is more like wheezing.
他的咳嗽有呼哧呼哧的响声。

His cough is dry, producing no phlegm.
他是干咳，没有痰。

He has coughed up blood.
他咳嗽有血。

His nose stuffed up when he had a cold.
他感冒时鼻子就不通。

He coughs up a lot of phlegm thick spit on most days.
他多半时间咳出浓浓的痰。

He has a feeling of tightness in the chest or a feeling that he is suffocating.
他胸部觉得闷闷的，好象透不过气来。

8、口腔毛病

He has pain in his teeth or jaw.
他的牙齿和下巴疼痛。

He has some problems with his teeth.
他牙齿有问题。

The tooth hurts only when he bites down on it.

他咬东西时，牙齿就痛。动词时态：hurt, hurt, hurt, bite, bit, bit。

His gums are red and swollen.

他的牙床红肿。

His tongue is red and sore all over.

他的舌头到处红和痛。

His breath smells bad and he has a foul taste in his mouth.

他口里有怪味。

His gums do bleed.

他牙床有出血。

He has some sore swellings on his gum or jaw.

他的牙床和下巴肿痛。

He has sore places on or around the lip.

他的嘴唇和周围都很痛。

There are cracks at the corners of his mouth.

他的嘴巴角落破了。

There are some discolored areas inside on his tongue.

他舌头里边有些地方颜色怪怪的。

9、肠胃毛病

He has a bloated, uncomfortable feeling after meal.

他饭后肚子觉得胀胀的，很不舒服。

或 He feels bloated after eating.

He has bouts of abdominal pain.

他有一阵阵的肚痛。

He feels bloated in his abdominal area.

他感到肚子胀胀的。注：胀胀的，像 (puff up)，但不是真正的肿 (swell up)。

The pain is mainly in the lower upper right part of the abdomen.

痛是在肚子下半部。

He has nausea and vomiting.

他有恶心和呕吐。

It is difficult or painful for him to swallow.
他吞下食物时会痛。

He has passed more gas than usual.
他放…比平常多。

He has been constipated for a few days.
他便秘了好几天。

He suffers pains when he moves his bowels.
他大便时很痛。

He has some bleeding from his rectum.
他的肛门出血。

He has noticed some blood in his bowel movements.
他发觉大便时有些血。

His bowel movements are pale, greasy and foul smelling.
他大便呈灰白色，含油脂的恶臭。 或
His bowel movements are grey or black in color.
他的大便呈灰白色。

He has trouble with diarrhea.
他拉肚子。

10、 血压等等

His blood pressure is really up.
他的血压很高。

He has noticed frequent urination, increased thirst and unexpected tiredness.
他发觉常常小便，非常口渴和更加疲倦。

It is a chest pain that gets worse when he bends over or lies down.
他弯腰或躺下时，胸部更痛。

He has noticed excessive sweating and unexplained tiredness.
他体会到过度的出汗和难以解释的疲倦。

He has a sharp pain in one area of his spine.
他的脊椎某部位刺痛。

He has pain in other joints including hip, knee and ankle.

其它关节疼痛包括臀部、膝盖和脚踝。

His eyes seem to be bulging.

他的眼睛觉得有点肿胀。

He has double vision.

他的视线有双重影子。

He feels there is a film over his eyes.

他觉得眼里有种薄膜似的东西，挡住视线。

His vision in the right eye blurred.

他右眼视线模糊不清。

He has had some earaches lately.

他近来耳朵有点痛。

He has a repeated buzzing or other noises in his ears.

他耳朵常有嗡嗡的声音。

口语素材：用英语打电话的 N 种说法

1、打公用电话：

1. I'm calling from a public phone, so I'll call her again.

2. I'm not at home now, so I'll call her around three o'clock again.

3. May I use your phone?

4. Would you mind if I use your phone?

5. How do I get an outside line?

翻译& 解析：

1. 我现在是打公用电话，我会再打给她。

2. 我现在不在家里，三点左右我会再打给她。

3. 我可以借您的电话用一下吗？

4. 你不介意我用你的电话吧？

5. 如何打外线？

解析：*1. public phone 是公用电话， pay phone 也是(投币式)公用电话；而公用电话亭则是 telephone booth.*2. 在外打公用电话就表示无法让对方回电，所以通常会再告知下次联络时间或方式.*3. 有时找不到公用电话，必要时需向商家借用电话，或者在别人的公司借电话时可用以上几句.*4. outside line 是“电话外线”，而 extension 为电话（内线）分机。

2、打错电话：

1. I'm sorry I have the wrong number.

2. Is this 02-2718-5398?

3. Sorry to have bothered you.

4. I'm sorry. I think I must have dialed the wrong number.

5. Could I check the number? Is it 2211-3344

翻译&； 解析

1. 抱歉我打错电话了。（打错电话通常用： have the wrong number 表示）

2. 这里是 02-2718-5398 吗？

3. 很抱歉打扰你了。

4. 很抱歉.我想我一定是打错电话了。

5. 我可以核对一下电话号码吗？是不是 2211-3344？

解析：1. 区域号码是 area code2. 电话号码的念法： 02-2211-3224 念成： area code zero-two, two-two-one-one-three-two-two-four.* 0 可念成 oh 或 zero* 22 可念成 two-two 或 double two

3、抱歉这么晚打来的说法：

1. I' m sorry to call you so late. 对不起这么晚打电话来。

2. I hope I didn' t catch you at a bad time. 抱歉这种时候找你.(含有希望没有打扰到你的意思)

3. I hope I didn' t wake you up so early. 我希望这么早没有吵到你.

4. I' m sorry to call you so early. 对不起这么早打电话来.

5. I' m sorry to bother you at this hour. 很抱歉在这时打扰你.

4、有急事时的表达方法:

1. It' s urgent. Could I have her mobilephone number? 我有急事, 可不可以告诉我她的手机号码?

2. Could you tell me where I can reach her? 能不能告诉我在哪里可以找到她?

3. This is an emergency. I need to get in contact with him right now. 能不能告诉我在哪里可以找到他.

5、若对方不在的说法:

1. It' s nothing important. 没什么重要事.

2. It' s nothing urgent. Thank you ,good-bye. 没什么要紧事, 谢谢您, 再见.

3. I' ll call her again. 我会再打给她.

4. I' ll call back later. 我稍后会再打来.

5. Please ask Miss Chen to call me back. 请陈小姐给我回电话.

6. Could you tell her to call Carol as soon as possible? 能不能请她尽快打电话给夏洛?

7. Ask her to call Carol at home after seven, please. 麻烦她在七点后打电话到夏洛家.

8. Can I leave a message? 我可以留言吗?

9. Please have her return my call. 请她回电话给我.

10. Could you ask him to to call me back? 可以请他给我回电话吗?

11. Please tell her Carol called. 请告诉她夏洛找她.

12. Let me call back later again. Thank you. 我稍后再打电话来. 谢谢你.

13. Please tell him to phone 2233-4455. 请他给 2233-4455 回电话.

6、电话答录机:

1 This is a recording. I'm not at home now. Please leave a message after the beep. Thank you. 这是电话答录机. 我现在不在家, 请在"哔"的一声之后开始留言. 谢谢!

(*: 电话答录机 是 telephone answering machine)

2 This is Carol. Please give me a call when you are free. My number is 2244-6688. 我是卡洛. 有空请回电话给我. 我的号码是 2244-6688.

对电话答录机留话时与一般留言无异, 说出以下重点即可:

1. 来电者姓名
2. 来电时间
3. 来电目的
4. 联络电话或方式

7、订购商品及询问:

1. I'd like to place an order for your party dress from your catalog.
2. May I order some flowers?
3. How can I pay for this item?
4. I'd like to buy the car on your TV commercial.
5. Please send me your catalogue.
6. Do you have any life Menu Magazine tenin stock?
7. How long will it arrive?
8. The Product you sent to me is not what I ordered.
9. I'm calling about an order I placed a month ago. It hasn't arrived yet.

翻译& 解析

1. 我想要订你们目录上的晚礼服.

-
- 2.我可以订些花吗?
 - 3.我要怎么付款?
 - 4.我想要买你们电视广告上的汽车.
 - 5.请寄目录给我.
 - 6.你们第十期的“生活菜单”还有存货吗?
 - 7.需要多久才会送到呢?
 - 8.你们送来的产品不是我订的东西.
 9. 我打电话是因为一个月前我订的东西.产品到现在都还没到.

解析:

1. 现在电话或网络订购在国内也很流行,即使是人在国内你也可以订购外国目录上的产品.但在打电话前一定要先记下商品的型号及尺寸,以节省通话时间.
2. commercial 有(电视、广播中的)商业广告之意,也可说成 commercial film, 简称为 c.f. .而 advertisement 则指(平面的)广告,简称为 ad; advertisement mail 是广告邮件; advertisement column 是广告栏,这些都是很常用到的.
3. place 有开出订单之意.ie: to place an order with sb. (和某人订订单)
- 8、道谢接受别人的礼物或招待后,打电话道谢为最起码的礼貌之一:

1. Thank you for the present. It's just what I wanted.
2. Thank you so much for the homemade cake.
3. I don't know how to thank you for such a beautiful flower.
4. I received your gift. Thank you for the lovely bracelet.

翻译:

1. 谢谢你的礼物,这正是我想要的.
2. 非常谢谢你作的蛋糕.

3. 真不知道要如何谢谢你， 这么漂亮的花.

4. 我收到你的礼物了.谢谢你可爱的手镯.

当在回答他人的致谢时，可以说下面的句子，都有 别客气 的意思：1. You' re welcome.别客气.2. Not at all.这没什么.3. It' s my pleasure.这是我的荣幸.4. Don' t mention it.别放在心上.5. That' s all right.这没什么.6.No trouble at all.一点也不麻烦.7.I' m gload you enjoyed it.真高兴你觉得满意.

9、听不清楚：

1. Sorry, I didn' t catch you.对不起，我听不懂你说的.

2. Sorry, I didn' t understand. 抱歉，我听不懂.

3. Sorry, I didn' t get what you said. 对不起，我没听懂你说的话.

4. I can' t hear you very well. 我听不太清楚.

5. I can barely hear you. 我几乎听不到你说的.6. I' m having trouble hearing you. 我听不清楚.

7. We have a bad connection. 通讯效果不太好.8. I can' t catch what you are saying. 我听不太清楚你说的话.

发生上面的情况，你可以请对方在重复一遍，你可以说：

1. Pardon?请再说一遍好吗？

2. Excuse me? 请再说一遍？ 上列两句都是对不起之意，但用在会话上，如果后面没有接说明，并且语尾上扬，就是要对方再说一次.听到这句话时就要知道对方要自己再说一遍.

3. I beg you pardon? 能请你再说一遍吗？（此句有请求对方原谅及再说一次的意思）

4. Could you repeat that, please? 能请你再说一遍吗？

5. Would you say that again? 你能再说一遍吗？

10、请对方说慢点的说法：

1. Would you speak more slowly? 你能再说慢一点吗？

2. Could you speak up a little? 你能在大声一点吗？（speak up 大声说=speak out）

3. Would you speak more clearly? 你能再说清楚一点吗？

4. Would you explain more for me? 可以为我解释一遍吗?

5. Please speak a little louder. 请讲大声一点.

6. Would you slow down, please? 请说慢一点好吗?

11、工作活用篇帮忙转分机:

1. may i have extension two-one-one?

2. can i have extension two-one-one, please?

3. may i speak to david, extension two-one-one?

4. extension two-one-one, please.

5. please connect me with extension two-one-one.

6. could you put me through to the personnel department, please?

翻译: ***通常句子都是越长越礼貌, 太简短会让人有鲁莽的感觉.

1. 能帮我转分机 211?

2. 能帮我转分机 211 吗?

3. 我可以找 211 分机的大卫吗?

4. 请转 211.

5. 请帮我转分机 211.

6. 请帮我接人事部好吗?

雅思口语: Favorite book or a story 黄金素材

Favorite book or a story

词汇库:

图书馆类:

library national 国家图书馆

library municipal 市图书馆

public library 大众图书馆

school library 学校图书馆

college library, university library, academic library 大学图书馆

children's library 儿童图书馆

chief librarian, librarian 图书馆长

clerk 管理员

librarian 馆员

classifying 分类

cataloguing 编目

book reservation 典藏

circulation desk, delivery desk 出纳台

opening hours, hours of service, hours of loan service 开放时间

reader's card, admission card 借书证

in circulation, out 借出

not for circulation 不外借

overdue notice 催还通知

renewal 续借

book case 书橱

inter-library loan 馆际互借

international loan 国际互借

reading room 阅览室

newspaper reading room 报纸阅览室

periodical reading room 期刊阅览室

newspaper file, newspaper rod 报纸夹

newspaper rack 报架

bound volume 合订本

exhibition room, exhibition hall 展览室

exhibit rack, display rack 展览架

display window 陈列窗

current issue 现期杂志

back issue, back number 过期杂志

supplementary issue 增刊

index 索引

non-book materials 非书资料（指手稿、乐谱、唱片、地图等）

non-print media 非印刷载体（指视听资料）

audio-visual book 视听图书（指附有录音带、唱片、幻灯片、录像带、电影等的图书）

audiovisual studio 视听室

tape recorder 磁带录音机

cassette tape recorder 盒式磁带录音机

video tape recorder 磁带录像机

TV set 电视机

projector, film projector 电影放映机

slide projector 幻灯机

copier 打印机

microfilm reader 缩微阅读机

book 图书

pamphlet, booklet 小册子

pocket book 袖珍书

secondhand book 旧书

front cover 封面

back cover 封底

fly page, flyleaf 扉页

title page 书名页

briefs, synopsis 内容提要

network 网络

terminal 终端

retrieval 检索

keyword 关键词

fairy tale 神话故事,

Pinocchio 童话中的主角, fairy 仙女, god 神, goddess 女神, monster 怪物, 妖怪, villain 坏人,

addict oneself to 沉溺于, 醉心于

《论语》 Analects of Confucius

《春秋》 Spring and Autumn Annals

《山海经》 the Classic of Mountains and Rivers

《史记》 Shi Ji; Historical Records

《资治通鉴》 History as a Mirror

《水浒传》 Heroes of the Marshes / Water Margins

《三国演义》 The Romance of the Three Kingdoms

《西游记》 Pilgrimage to the West / Journey to the West

《红楼梦》 A Dream of Red Mansions / The Story of the stone

《聊斋志异》 Strange Tales of a Lonely Studio

《西厢记》 The Romance of West Chamber

《阿 Q 正传》 The True Story of Ah Q

《围城》 A Surrounded City

Beauty and the Beast 美女和野兽

Cinderella 灰姑娘

Tortoise and the Hare 龟兔赛跑

Snow white and the seven dwarfs 白雪公主和七个小矮人

Aladdin and the Magic Lamp 阿拉丁和神灯

Ali Baba and the forty thieves 阿里巴巴和四十大盗

语句库:

Many great writers were not appreciated fully while they were alive.

This is a poem about frontier life in the United States.

This writer uses vivid descriptions in his writings.

How much do you know about the works of Henry Wadsworth Longfellow?

He thought his book would change society, but he didn't bring it off.

他原以为他的书能改变社会，但愿望没能实现。

She likes to read novels with happy endings.

她喜欢读有快乐结局的小说。

Your latest book amused me no end.

我觉得你那本新书十分有趣。

Some people have compared books to friends.

有些人把书比作朋友。

They're selling like hot cakes.

这些都很畅销。

Hamlet was a fictitious character.

哈姆莱特是一个虚构的人物。

a fictitious story 虚构的故事

a fruitful author of fiction 多产的小说作家

It is an excellent novel in every way.

无论从哪方面来看，这都是一本优秀的小说。

Try to look on the bright side of things.

尽量从好的方面看。

All characters in the book are imaginary.

书中所有的人物都是虚构的。

As is well known, books teach us to learn life, truth, science and many other useful things. They increase our knowledge, broaden our minds and strengthen our character. In other words, they are our good teachers and wise friends. This is the reason why our parents always encourage us to read more books.

如众所周知，书籍教我们学习人生，真理，科学以及其它许多有用的东西。它们增加我们的知识，扩大我们的心胸并加强我们的品格。换句话说，它们是我们的良师益友。这是为什么我们的父母总是鼓励我们要多读书的理由。

Reading is a good thing, but we must pay great attention to the choice of books. It is true that we can derive benefits from good books. However, bad books will do us more harm than good.

读书是一好事，但我们必须多加注意书的选择。不错，我们能从好书中获得益处。然而，坏书却对我们有害无益。

Reading books can strongly shape you inclination, mature your thoughts, widen you horizon and enrich your personality. Life is limited, but knowledge is boundless. The more books we read, the more knowledge we get.

However, books can also be harmful, particularly the pornographic books. Bad books contain evil thoughts. In them, there might be much description about violence, superstition, and *.

Before we encourage our children to read books, we should teach and help them to identify good and bad books.

Studies serve for delight, for ornament, and for ability. Their chief use for delight, is in privateness and retiring; for ornament, is in discourse; and for ability, is in the judgement and disposition of business.

读书可以作为娱乐，作为装饰，作为能力的培养。娱乐的作用通常见于离群独处时；装饰的作用体现在高谈阔论中；至于才能，则表现在裁处事务上。

To spend too much time in studies, is sloth.

读书费时过多，无异于懒惰。（培根）

They perfect nature, and are perfected by experience: for natural abilities are like natural plants, that need pruning by study; and studies themselves do give forth directions too much at large, except they be bounded in by experience.

读书弥补天性的缺陷，经验又弥补读书的不足：人的天性犹如自然的花木，需要学习予以整枝培育；读书自身无边无际，需要经验予以制约。

关于网络文学：

Internet literature books are shifting from the very edge of the publishing industry to the centre of it.

It's a dead end road if Net literature keeps waiting for something to happen. As Net literature becomes more and more popular, it should be enriched with more variety in its content and more depth in its thinking. The publishing industry is shouldered with the responsibility of making Net literature become more mature.

Marketing: key to producing bestsellers

Books are often made popular by how well they are promoted, rather than how well they are written. At least this is certainly true of some novels.

Bestsellers (best-selling books) 畅销书

Behind every bestseller there is a huge investment into the promoted campaign.

We invested a considered sum of money into it, and the income is worth the investment.

Before Rich Dad Poor Dad was printed in China, the company had it promoted in more than 40 advertisements in newspapers and magazines and over 600 websites in just one month.

Books have to be advertised to get the public's attention.

There are so many books company in the market. If you don't promote it and just rely on word of month, it's doomed to fail.

To promote a book, a publishing house first decides on a good topic and invites a write to write on it.

If you find the right topic, the topic readers are interested in, you find the market, then you have done half the job of making your book succeed.

What I like reading best are biographies of all kinds of people, especially those successful ones, for they are educational, can lift my spirit, give me energy and lead me to a right road.

关于 Gwendolyn Brooks 格温多林·布鲁克斯

Gwendolyn Brooks wrote hundreds of poems during her lifetime. She had more than twenty books published. She was known around world for using poetry to increase understanding about black culture in America.

Gwendolyn Brooks wrote many poems about being black during the Nineteen-Forties and Nineteen-Fifties. Her poems described conditions among the poor, racial inequality and drug use in the black community. She also wrote poems about the struggles of black women.

Gwendolyn Brooks once said that she wrote about what she saw and heard in the street. She said she found most of her material looking out of the window of her second-floor apartment house in Chicago, Illinois.

In Nineteen-Fifty, Gwendolyn Brooks became the first African-American to win the Pulitzer Prize

for Literature. She won the prize for her second book of poems called "Annie Allen." "Annie Allen" is a collection of poetry about the life of a Bronzeville girl as a daughter, a wife and mother. She experiences loneliness, loss, death and being poor.

One of Gwendolyn Brooks most famous poems is called "We Real Cool". It is a short poem that talks about young people feeling hopeless:

"We real cool. We left school. We lurk late. We strike straight. We sing sin. We thin gin. We jazz June. We die soon."

关于 ERNEST HEMINGWAY 海明威

"A writer is always alone, always an outsider," Ernest Hemingway said. Others said that of the many people he created in his books, Hemingway was his own best creation.

The novel was called the sun also rises. It is about young Americans in Europe after world war one. The war had destroyed their dreams. And it had given them nothing to replace those dreams.

The book was an immediate success. At the age of twenty-five Ernest Hemingway was famous.

Hemingway's sentences were short, the way he had been taught to write at the Kansas City Star newspaper. He wrote about what he knew and felt. He used few descriptive words. His statements were clear and easily understood.

He was able to paint in words what he saw and felt.

His new book told about an American soldier who served with the Italian army during world war one. He meets an English nurse, and they fall in love. They flee from the army, but she dies during (22) childbirth. Some of the events are taken from Hemingway's service in Italy. The book is called a Farewell to arms.

A farewell to arms was very successful.

In nineteen-sixty-one Ernest Hemingway killed himself. Among the papers he left was one that described what he liked best:

"to stay in places and to leave...to trust, to distrust...to no longer believe and believe again...to watch the (43) changes in the seasons...to be out in boats...to watch the snow come, to watch it go...to hear the rain...and to know where I can find what I want."

雅思口语:old person 黄金素材

Old person

词汇库:

feminist n. 男女平等主义者, 女权扩张论者

unruly a. 不受拘束的, 不守规矩的, 蛮横的, 难驾驭的

allure n. 魅力, 吸引力

descendant n. 子孙, 后裔, 后代

rhetoric a. 花言巧语的

bloodshed n. 血缘关系

stature n. 声望, 地位

foster vt. 养育, 培养

flattering a. 讨人喜欢的, 奉承的

traumatic a. 痛苦而难忘的

insecure a. 不可靠的, 不安全的, 危险的

compelling a. 引人注目的

score vt. 成功的获得

fraudulent a. 欺诈的, 欺骗性的, 骗得的

wig n. 假发

thrilling n. 惊心动魄的, 使人感动的

privilege n. 特权, 特别待遇

eccentric n. 古怪人

lovable a. 可爱的

shrewd a. 精明的

town folk n. 镇上的人

eccentricity n. 怪癖

legendary a. 传奇似的

severely a. 严厉地

intensely ad. 强烈地

elaborate a. 精心构思的

conscious a. 意识到的

on another occasion 还有一次

sense of humour 幽默感

Sb. have a good sense of humour 某人很有幽默感

rely on sb. / sth. 依赖

be weak with age 年老体弱

语句库:

He is aging fast.

他老得很快。

a strong and decisive leader 强有力而又坚决果断的领导人

Some people consider his behavior a little bit odd, however, I appreciate him very much.

More recently, historians have studied her as a feminist icon, exploring the ramifications of her position as a woman in authority.

True eccentrics never deliberately set out to draw attention to themselves. They disregard social conventions without being conscious that they are doing anything extraordinary. This invariably wins them the love and respect of others, for they add color to the dull routine of everyday life.

真正古怪的人从不会故意做些什么事情来引人注目，他们玩世不恭，却没有意识到他们正在做

着与众不同的事情。这种做法常常使他们赢得别人的爱戴和尊敬，因为他们给单调的日常生活增添了色彩。

Up to the time of his death, John was one of the most notable figures in our town.

JOHN 生前是我们镇上最负盛名的人物之一。

He was a shrewd and wealthy business-man.

他是个精明有钱的生意人。

He is bald and has large ears.

She is the funniest person I have ever come across.

经典句型: It takes sb. some time to do sth.

The old man was on the point of death.

老人快要死了。

To be in the elder's company is like reading a thick book of de luxe edition that fascinates one so much as to be reluctant to part with.

和老年人在一起就像读一本厚厚的精装书，魅力无穷，令人爱不释手。

We are all going to be old one day.

有朝一日我们都会变老的。

Nowadays in North America it's common to see older people holding hands on the street and I think it's nice, because they still have some romance left in the relationship.

如今在北美大街上常能遇到上年纪的夫妻拉着手，我觉得那样真好，因为那表明他们仍然很浪漫。

☆ 老人在中国和西方的生活:

It a common tradition in China that children live together with their parents until they are married, and often children still live with the parents after they are married.

在中国，孩子们结婚前一直与父母生活在一起是很普遍的，许多人婚后仍和父母共同生活。

In China the grandparents stay on with the family and look after the grandchildren while the

parents are at work.

中国的祖父母一直和全家人住在一起，儿女们一起去上班时的时候，他们照看孙子孙女们。

In North America, old people usually live alone. If they are too old to take care of themselves, or if they're really old, day over 75, then they usually live in old-folk's homes, nursing homes, or special apartment complexes designed for senior people.

在北美，老人们一般是单独生活。如果他们年纪太大生活不能自理，或者已逾古稀之年，比如说过了 75 岁了，他们便住进老人院、疗养院或专为老年人设计建造的有综合设施的公寓。

I do think that living together with the parents when we marry would be nice for the child's stability and would also let the parents feel like an important part of the family.

我的确认为何老人们共同生活可以使孩子有稳定感，同时也让老人们觉得自己仍是家庭的重要成员。

It looks like it depends on how rich a family is weather to live with the parent when we marry or not.

婚后是否与父母一起生活似乎要看一个家庭的富有程度。

That's the trouble in some cases. Living with people of different generations isn't always easy. It requires some sacrifices and tolerance of other's behavior.

在有些情况下，那也很麻烦。几代人一起生活并不总是很容易相处的，这需要做出几点牺牲，并能宽容别人的行为。

In China it's often the mother-in-law and the daughter-in-law who don't get on well enough, until both sides agree to live apart. And it's socially acceptable if the younger couple help the old couple in ways that are necessary. Well, for example, when the parents are strong enough to live on their own the children are expected to help when needed. When the parents are too old to take care of themselves, they should be moved back to the children's home where they are properly fed, clothed and sheltered.

在中国经常是婆媳关系不好，只要双方同意分家。社会也能接受这种做法，只要小夫妻能以必要的方式帮助两位老人。嗯，比如说，父母体力尚好能独立生活的时候，儿女们只在需要的时候帮忙。父母年事已高不能自理时，让他们搬回儿女家，衣、食、住都能得到周到的照顾。

A common stereotype of older Americans is that they are usually "put away" in nursing homes and forgotten about. Actually, only about 5 percent live in some type of institution. More than half of those 65 or older live with or near at least one of their children. The vast majority of the elderly live alone and take care of themselves. According to the U.S. Census Bureau, 75 percent own their

own homes. Over a million senior adults live in retirement communities. These provide residents with meals, recreation, companionship, medical care and a safe environment.

一般人对美国老人家的刻板印象是被「遣送到」养护院去，然后被人遗忘。然而事实上，只有百分之五的人住在此类机构中，超过半数的六十五或六十五岁以上老人，是与孩子同住或住在其中一个孩子的附近。绝大部份的老年人是自己住并自己照顾自己的，根据美国户口调查局的统计，他们百分之七十五拥有自己的房子，超过一百万名老年人住在退休者的社区中，这些社区为其居民提供饮食、娱乐、友谊、医疗照顾、以及安全的环境。

☆ 关于代沟：

One important cause of the generation gap in the China nowadays is the opportunity that young people have to choose their own life-styles. In the past, China is more traditional, and when children grow up, they are expected to live in the same area as their parents, to marry people that their people know and approve of, and often to continue the family occupation. But now, a increasing number of young people often travel great distances for their education, move out of the family home at an early age, marry—or live with—people whom their parents have never met and choose occupations different from those of their parents.

Also, the speed at which changes are taking place in China is another cause of the gap between the generations. In the past, elderly people are valued for their wisdom, but now the knowledge of a lifetime may become obsolete overnight. The young and the old seem to live in two very different worlds, separated by different skills and abilities.

☆ 关于一位老人的病逝，看看你得到什么启发：

At 82 he was ready to die, and I was ready to let him go so that his suffering would end. We laughed and cried and held hands and told each other of our love and agreed that it was time. I said, “Dad, after you have gone I want a sign from you that you are fine.” He laughed at the absurdity of that; Dad didn't believe in reincarnation. I wasn't positive I did either, but I had had many experiences that convinced me I could get some signal“ from the other side”.

My father and I were so deeply connected I felt his heart attack in my chest at the moment he died. Later I mourned that the hospital, in their sterile wisdom, had not let me hold his hand as he had slipped away.

父亲 82 岁那年，生命垂危，将撒手人寰，我已做好准备，这样他的痛苦能够终止。我们开心地笑，我们痛苦地哭，我们牵着彼此的手，我们告诉彼此是多么地相爱，我们坦然面对这分手的时候。我说，“爸爸，您去后我要您给我个信号，告诉我您一切都好。”爸爸对这荒唐的想法哈哈大笑；他不相信来世转生。不过，我也不能说我就相信，但我有很多经历让我确信我可以从“那个世界”得到一些信号。

父亲和我是如此血肉相连，以致他死的那一刻，我胸中也感到他的心力衰竭。后来我很悲哀：医务人员为防传染，父亲悄然离世时，没让我握着他的手。

☆ 关于老龄化问题 (Old-age Boom)

It's time-honored virtue to respect the elderly. That's why their own flesh and blood are supposed to look after them.

Well-being / Farewell is something, because seniors will lead a much more comfortable life.

☆关于美国老年人 (可以与中国老人比较)

We all like to imagine that we're getting wiser and not just older. Most of us enjoy observing the miracle of growth in others, as well. For instance, seeing our children develop and learn new things makes us feel proud.

我们都喜欢想象着自己能够越来越有智能，而不只是变老，我们大部份人也同时较喜欢观察别人成长的奇迹。例如：看到我们的孩子长大并学习新的事物使我们感到骄傲。

Growing old is not exactly pleasant for people in youth-oriented American culture. Most Americans like to look young, act young and feel young. As the old saying goes, "You're as young as you feel." Older people joke about how many years young they are, rather than how many years old. People in some countries value the aged as a source of experience and wisdom. But Americans seem to favor those that are young, or at least "young at heart."

在美国这个以年轻人为中心的社会中，老化对人们而言并不是一件愉快的事，大部份的美国人都希望自己看起来年轻、行动年轻、并且感觉年轻，如一句古老的名言说：「你感觉自己有多年轻，你就有多年轻。」老年人说自己的年龄时常开玩笑说自己是多少 years young，而不说多少 years old。某些文化中的人视老年人为经验与智能的资源，可是美国人似乎比较喜欢年轻人，或者至少是「心里年轻」的人。

Many older Americans find the "golden years" to be anything but golden. Economically, "senior citizens" often struggle just to get by. Retirement-typically at age 65-brings a sharp decrease in personal income. Social Security benefits usually cannot make up the difference. Older people may suffer from poor nutrition, medical care and housing. Some even experience age discrimination. In 1987, American sociologist Pat Moore dressed up like an older person and wandered city streets. She was often treated rudely-even cheated and robbed. However, dressed as a young person, she received much more respect. Of course, not all elderly Americans have such negative experiences. But old age does present unique challenges.

许多美国的老年人觉得他们的「黄金年代」一点都不黄金。在经济上来说，老年人常是挣扎着勉强度日。退休--通常在六十五岁的时候--使个人收入骤减，而社会保障制度的福利并不能补足差额，老年人常遭遇营养、医疗照顾、和居住环境的问题。有些人甚至曾经碰到年龄歧视的问题，在一九八七年有一位美国的社会学家派特·摩尔装扮成老人在街上游荡，结果人们多半对她很粗鲁，甚至骗她或抢她的东西，可是当她穿著年轻时，人们就对她尊重多了。当然也不是所有的美国老人家都有这样糟糕的经验，不过年纪大确实会遭遇一些特别的挑战。

Ironically, the elderly population in America is expanding-fast. Why? People are living longer. Fewer babies are being born. And middle-aged "baby boomers" are rapidly entering the ranks of the elderly. America may soon be a place where wrinkles are "in." Marketing experts are already focusing on this growing group of consumers. And even now the elderly have a great deal of political power. The American Association of Retired Persons (AARP), with over 30 million members, has a strong voice in Washington.

而很不幸偏偏美国老年人口又正在扩增中--很快速地扩增，为什么呢？因为现在的人越来越长命，婴孩的出生却减少，而当初在婴儿潮时出生现在是中年人的很快地就要进入老年阶段了，美国恐怕马上会成为一个皱纹「很流行」的国度。行销专家们已经开始注意这群人口持续增加中的消费者，而这群老年人现今甚至在政治上也相当有力，因为美国退休人员协会拥有超过三千万的会员，对华盛顿具相当的影响力。

Despite the challenges they face, Americans in their "twilight years" generally refuse to give up on life. They find a variety of ways to keep themselves active. To help them stay in shape, they may join mall walkers clubs, fitness programs and even the "Senior Olympics." They can enjoy hours of entertainment at senior centers and adult amusement parks. Many enroll in continuing education programs to maintain their mental skills.

纵然他们遭遇挑战，处在迟暮之年的美国老年人通常还是不愿意放弃他们的生活，他们寻求各种不同的方法使自己更有活力，为了保持强健的身体状况，他们参加购物中心的竞走俱乐部、健身课程、甚至奥林匹克老人运动会。他们可以在老人中心和成人公园里逍遥好几个小时，许多人报名参加延伸制教育以继续他们的心智技能。

☆关于年轻人与老年人：

The young live in the present rather than in the past or future.

The young should feel grateful to the older generation, who has created a good life for them.

The older generation fought in the two world wars. They faced real problems, but the young have an easier life.