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雅思战队

剑17 · 写作练习册

100句朗读 · 35句原声跟读 · 20项骨架迁移
锦囊为主，练习为辅

最需要帮助时，先查锦囊。

打开同文件夹上一级的 index.html，可按自然话困惑查找处理方法、完整示例与原句；跟读音频也在电子版播放。

原句来自你提供的剑桥听力材料；中文释义、迁移框架、问题和答案示例为教学编辑内容。示例不是唯一答案，不承诺考试分数。

01 锦囊入口与练习安排

卡住时先查，不必硬背

完整版48卡在《00_锦囊查询_完整48卡.pdf》和电子版。下面四张为本方向的起步卡；电子版还能按你的困惑查其他卡。

20天建议：每天朗读5句，选听并跟读2句，最后做1项骨架迁移。35条跟读可循环复习；20项骨架兼有口语与写作用途，不要求把图表描述背成口语回答。

口语、写作册共享同一批100条原句，避免重复堆材料。两册的锦囊入口和训练排序不同；并非每册有200条不同原句。

跟读方法：先完整听一次，再按意群模仿；录下自己，对照停顿和关键词。提示是练习关注点，不是声学检测报告。

锦囊查询 / 写作

W01 题目有两问，我只会写其中一问

立即做：把两问各改成一句明确答案，再决定如何分段，确保两问都有实际回应。

One reason for [problem] is that [cause].

One way to address this is to [action].

自编题目与完整示例

自编 Task 2：Many young adults find it difficult to save money. Why is this the case, and what could help them save? 请写一个涵盖两问的思路示范段。

One reason young adults struggle to save is that essential expenses leave them little room to set money aside. Rent and transport must be paid before a savings goal can be considered. One response would be to reduce unavoidable travel costs through discounted public transport for low-income workers. This would not solve every financial difficulty, but it could leave some young adults with more money to save.

这是把两问压缩展示的思路段，不是完整作文。先指出必要开支挤压储蓄，再给出减少其中一项开支的措施；正式作答可按内容分别展开。

现在就练：圈出题目的两个提问动作，如原因与措施 → 各写一句直接答案，检查措施是否回应所述原因 → 按论证需要安排段落；两问各一主体段只是可选起点，不是固定规则

注意：不要把第二问也写成另一个原因；原因问 why，措施问 what could help。

换题迁移：自编 Task 2：Many people exercise less than they would like. Why does this happen, and what could encourage them to exercise? 为两问各写一句答案。

听力里的表达借鉴（完整来源见电子锦囊）

I think one reason why the origami activity worked so well in this class was that the teacher was well prepared.

剑18 · Test 4 · Part 3 · C18-T4P3-035 · 原文PDF第19页

只支撑 one reason why ... was that ... 的原因表达；两问审题和段落分配由编辑设计。

So, what can be done to change this situation?

剑17 · Test 4 · Part 2 · C17-T4P2-012 · 原文PDF第19页

示范从现状转向 what can be done 的措施问题；不代表完整Task 2结构来源。

锦囊查询 / 写作

W03 有观点，但想不出一个理由

立即做：只问一次：这项改变让谁的哪件事更容易或更困难？

This would make it easier for [group] to [action].

By [action], [group] could [benefit].

自编题目与完整示例

自编 Task 2：Cities should improve public transport before building more roads. To what extent do you agree? 请写支持公共交通的一个理由段。

Better public transport can give people without cars more reliable access to work. If buses run frequently in the early morning, a worker can accept a shift without depending on a lift from someone else. This expands the range of jobs that person can realistically take. Road construction alone may not offer the same benefit to residents who cannot afford a car.

用一个人的具体行动解释“机会”，而不是只说对社会有好处。

现在就练：选一个受影响的人。→ 选时间、钱、机会或风险中的一个角度。→ 说清变化，不列四个空泛好处。

注意：不要把省时间、省钱、环保、健康全部塞进一个短段而不解释。

换题迁移：自编 Task 2：Public libraries should remain free to use. 写一个关于某类使用者的理由段。

听力里的表达借鉴（完整来源见电子锦囊）

Now, the aim of your work placement is to give you the opportunity to develop the skills that an events manager needs .

剑17 · Test 3 · Part 3 · C17-T3P3-029 · 原文PDF第15页

示范 give ... the opportunity to develop ...，说明活动为哪类人提供什么发展机会。

Its invention revolutionised the pottery industry, allowing multiple items to be produced in a day.

剑20 · Test 1 · Part 2 · C20-T1P2-035 · 原文PDF第2页

示范 allowing ... to be produced 具体解释创新如何带来能力变化。

锦囊查询 / 写作

W07 比较两种方案，只会各说一遍好处

立即做：给两种方案用同一把尺子，比如成本、覆盖人数或持续时间。

Compared with [A], [B] is more suitable for [specific purpose].

While [A] can [benefit], [B] can [different performance on same criterion].

自编题目与完整示例

自编 Task 2：A town can fund either a new sports stadium or small exercise facilities in several neighbourhoods. Discuss which investment would better support everyday exercise. 请写比较段。

Small neighbourhood facilities would probably make regular exercise more accessible than a single stadium. A stadium can accommodate large events, but residents may need to travel across town to use it. Several local facilities would shorten that journey for more people. If the aim is to encourage brief sessions before or after work, proximity is a stronger advantage than the ability to host major competitions.

两者都按“日常使用是否方便”比较，而非各讲无关优点。

现在就练：选一个共同指标。→ 分别说明A与B在该指标上的表现。→ 只下这个指标允许的结论。

注意：不要拿A的成本与B的外观比较后直接断言谁更好。

换题迁移：自编 Task 2：Compare online and classroom language courses in terms of opportunities for immediate feedback. 写一个共同标准下的比较段。

听力里的表达借鉴（完整来源见电子锦囊）

But compared with natural rubber, it's not anything like as strong, and this means it can't replace natural rubber in other products.

剑21 · Test 1 · Part 4 · C21-T1P4-033 · 原文PDF第5页

示范同一强度维度比较材料，再说明差异对适用范围的影响。

Many visitors find walking a labyrinth less stressful than sitting in a corridor or waiting room.

剑17 · Test 1 · Part 4 · C17-T1P4-033 · 原文PDF第5页

示范用 less ... than 在同一评价维度比较两种活动。

锦囊查询 / 写作

W15 认识这个词，但不知道跟什么搭配

立即做：先保留熟悉的词，把动词和名词作为一组使用。

[Policy] can reduce [costs/pressure/risk].

[Activity] gives people an opportunity to [verb].

自编题目与完整示例

自编 Task 2：Schools should give students opportunities to volunteer. 请用自然搭配解释一个好处。

Volunteering gives students an opportunity to gain practical experience outside the classroom. By taking responsibility for a small task, such as organising materials at a community centre, they can develop useful working habits. They also learn to communicate with people of different ages. These benefits depend on meaningful duties and appropriate supervision, rather than simply requiring students to record a number of hours.

gain experience、take responsibility、communicate with是本卡示范的搭配；下方源句只核实其各自relationship列出的组合，不把未出现的搭配算成剑桥原句。

现在就练：确定要表达的动作，不先找高级词。→ 选一个熟悉组合，如 reduce costs、gain experience。→ 整组迁移，检查介词。

注意：不要把“获得经验”直译成 win experiences；先使用 gain experience。

换题迁移：自编 Task 2：Employers should support staff training. 用 reduce、gain、take responsibility 三组中适合的两组写一个短段。

听力里的表达借鉴（完整来源见电子锦囊）

Now, the aim of your work placement is to give you the opportunity to develop the skills that an events manager needs .

剑17 · Test 3 · Part 3 · C17-T3P3-029 · 原文PDF第15页

支撑 give ... the opportunity to develop the skills 这一完整搭配。

It's a nice idea, but you have the ultimate responsibility.

剑17 · Test 3 · Part 3 · C17-T3P3-056 · 原文PDF第15页

支撑 have the ultimate responsibility 的责任搭配；不冒称原句使用take responsibility。

02 朗读 / 第01天

先读词组，再带着意思读全句。

001 介绍近况并表达参与意愿 · 社区生活

I've just moved to this area, and I'm interested in getting involved.

我刚搬到这个地区，也有兴趣参与进来。

词组：moved to / getting involved

剑17 · Test 1 · Part 1 · C17-T1P1-006 · 原文PDF第1页

002 用过去经历说明自己熟悉某事 · 社区生活

I was in a similar group where I used to live.

我以前住的地方也有类似的小组，我参加过。

词组：similar group / used to live

剑17 · Test 1 · Part 1 · C17-T1P1-007 · 原文PDF第1页

003 礼貌地请求介绍 · 社区生活

Could you tell me something about your activities, please?

您能给我介绍一下你们的活动吗？

词组：tell me / activities

剑17 · Test 1 · Part 1 · C17-T1P1-008 · 原文PDF第1页

004 表达对行为改进的期待 · 环境保护

I wish people would be more responsible and take it home with them.

我希望人们能更负责任一些，把垃圾带回家。

词组：be more responsible / take it home

剑17 · Test 1 · Part 1 · C17-T1P1-013 · 原文PDF第1页

005 主动提供帮助 · 志愿服务

I'd be happy to help with that.

我很乐意帮忙做这件事。

词组：be happy to / help with

剑17 · Test 1 · Part 1 · C17-T1P1-015 · 原文PDF第1页

自查：□读清关键词 □停顿符合意思 □合上材料说一句自己的话

02 朗读 / 第02天

先读词组，再带着意思读全句。

006 推荐对方可能感兴趣的活动 · 志愿服务

You might be interested in taking part in that.

你可能会有兴趣参加那项活动。

词组：be interested in / taking part

剑17 · Test 1 · Part 1 · C17-T1P1-027 · 原文PDF第1页

007 说明受损情况及原因背景 · 环境保护

It was badly damaged in a storm last month.

它在上个月的一场暴风雨中严重受损。

词组：badly damaged / in a storm

剑17 · Test 1 · Part 1 · C17-T1P1-031 · 原文PDF第1页

008 解释想做某事的原因 · 旅行探索

I'd like to get to know the local countryside, as I'm new to the area.

我想了解一下当地的乡村，因为我刚到这个地区。

词组：get to know / local countryside

剑17 · Test 1 · Part 1 · C17-T1P1-034 · 原文PDF第1页

009 确认活动的参与门槛 · 学习活动

Is it OK for beginners to take part?

初学者可以参加吗？

词组：beginners / take part

剑17 · Test 1 · Part 1 · C17-T1P1-049 · 原文PDF第2页

010 说明成果归属和允许的行为 · 手工学习

And anything you make is yours to take home with you.

你做出来的任何东西都可以带回家。

词组：anything you make / take home

剑17 · Test 1 · Part 1 · C17-T1P1-054 · 原文PDF第2页

自查：□读清关键词 □停顿符合意思 □合上材料说一句自己的话

02 朗读 / 第03天

先读词组，再带着意思读全句。

011 在开始前介绍安排 · 旅行安排

Before we set off, I just want to tell you a few things about our journey.

出发之前，我想先告诉大家几件有关这次行程的事。

词组：set off / a few things

剑17 · Test 1 · Part 2 · C17-T1P2-003 · 原文PDF第2页

012 请对方告知偏好 · 服务沟通

Please let staff know which lunchbox you prefer.

请让工作人员知道你更喜欢哪种午餐盒。

词组：let staff know / prefer

剑17 · Test 1 · Part 2 · C17-T1P2-014 · 原文PDF第2页

013 用现有证据说明过程复杂 · 建筑历史

The construction itself was complicated as some of the original drawings kept by the local council show.

从当地议会保存的一些原始图纸可以看出，建造过程本身很复杂。

词组：construction / original drawings

剑17 · Test 1 · Part 2 · C17-T1P2-020 · 原文PDF第2页

014 用特点解释可能发生的情况 · 自然观察

They're inquisitive creatures so don't be surprised if one pops up right in front of you.

它们很好奇，所以如果有一只突然出现在你面前，不要惊讶。

词组：inquisitive / don't be surprised / pops up

剑17 · Test 1 · Part 2 · C17-T1P2-027 · 原文PDF第2页

015 肯定体验，同时指出安排的难处 · 工作学习

My farm was great, but arranging the work experience was hard.

我的农场很棒，但安排这次实习并不容易。

词组：work experience / arranging

剑17 · Test 1 · Part 3 · C17-T1P3-002 · 原文PDF第3页

自查：□读清关键词 □停顿符合意思 □合上材料说一句自己的话

02 朗读 / 第04天

先读词组，再带着意思读全句。

016 指出实际困难和个人限制 · 工作学习

One problem was it was miles away and I don't drive.

一个问题是它离得很远，而我又不会开车。

词组：miles away / don't drive

剑17 · Test 1 · Part 3 · C17-T1P3-003 · 原文PDF第3页

017 说明寻找合适机会的困难 · 工作学习

But finding the right sort of farm to apply to wasn't easy.

但要找到合适类型的农场去申请并不容易。

词组：apply to / wasn't easy

剑17 · Test 1 · Part 3 · C17-T1P3-006 · 原文PDF第3页

018 表达对参与经历的喜爱 · 工作体验

I really enjoyed helping out with them.

我很喜欢帮忙照料它们。

词组：enjoyed / helping out

剑17 · Test 1 · Part 3 · C17-T1P3-010 · 原文PDF第3页

019 引出一次犯错经历 · 个人经历

I made a really embarrassing mistake when I was working in the milk shed.

我在挤奶棚工作时犯了一个非常尴尬的错误。

词组：embarrassing mistake / was working

剑17 · Test 1 · Part 3 · C17-T1P3-036 · 原文PDF第4页

020 对比预期与实际体验 · 课程评价

I'd thought it'd be hard, but actually I found it all quite straightforward.

我本以为它会很难，但实际上我觉得这一切都相当容易理解。

词组：straightforward / I'd thought

剑17 · Test 1 · Part 3 · C17-T1P3-050 · 原文PDF第4页

自查：□读清关键词 □停顿符合意思 □合上材料说一句自己的话

02 朗读 / 第05天

先读词组，再带着意思读全句。

021 询问对某个学习内容的评价 · 课程评价

What did you think about diet and nutrition?

你觉得饮食与营养这部分怎么样？

词组：What did you think / nutrition

剑17 · Test 1 · Part 3 · C17-T1P3-051 · 原文PDF第4页

022 承认遇到了新的思考角度 · 学习反思

That's something I hadn't thought about before.

那是我以前没有想过的事情。

词组：hadn't thought about / before

剑17 · Test 1 · Part 3 · C17-T1P3-060 · 原文PDF第4页

023 先作区别，再解释其本质 · 概念解释

A maze is quite different as it is a kind of puzzle with an intricate network of paths.

迷宫则很不一样，因为它是一种由复杂路径网络构成的谜题。

词组：quite different / network of paths

剑17 · Test 1 · Part 4 · C17-T1P4-007 · 原文PDF第5页

024 比较两种活动带来的感受 · 身心体验

Many visitors find walking a labyrinth less stressful than sitting in a corridor or waiting room.

许多访客发现，走迷宫比坐在走廊或候诊室里压力更小。

词组：less stressful / waiting room

剑17 · Test 1 · Part 4 · C17-T1P4-033 · 原文PDF第5页

025 提出需要解释的核心问题 · 讨论引入

So, what is it about labyrinths that makes their appeal so universal?

那么，究竟是什么让迷宫具有如此普遍的吸引力呢？

词组：appeal / universal

剑17 · Test 1 · Part 4 · C17-T1P4-038 · 原文PDF第5页

自查：□读清关键词 □停顿符合意思 □合上材料说一句自己的话

02 朗读 / 第06天

先读词组，再带着意思读全句。

026 用灵活安排回应个人需要 · 志愿服务

The times are pretty flexible so we can arrange it to suit you.

时间安排很灵活，所以我们可以按你的需要来安排。

词组：flexible / suit you

剑17 · Test 2 · Part 1 · C17-T2P1-012 · 原文PDF第6页

027 说明增加人手的作用 · 团队协作

It would be very useful to have another person to help keep them up to date.

如果再有一个人帮忙更新这些内容，就会很有用。

词组：keep them up to date / useful

剑17 · Test 2 · Part 1 · C17-T2P1-014 · 原文PDF第6页

028 试探性地提出帮助 · 志愿服务

I could help with transport, if that's of any use.

如果有帮助的话，我可以帮忙接送。

词组：help with transport / of any use

剑17 · Test 2 · Part 1 · C17-T2P1-026 · 原文PDF第6页

029 承诺核实后回复 · 工作沟通

I'll find out where we need help and get back to you.

我会查清楚哪里需要帮助，再回复你。

词组：find out / get back to you

剑17 · Test 2 · Part 1 · C17-T2P1-031 · 原文PDF第6页

030 说明需要解决的现实困难 · 社区互助

She needs a lift to the hospital next week, and we're struggling to find someone.

她下周需要有人送她去医院，而我们正发愁找不到人。

词组：needs a lift / struggling to

剑17 · Test 2 · Part 1 · C17-T2P1-036 · 原文PDF第6页

自查：□读清关键词 □停顿符合意思 □合上材料说一句自己的话

02 朗读 / 第07天

先读词组，再带着意思读全句。

031 核实自己对安排的推测 · 时间安排

And presumably the day and time are flexible.

而且我想日期和时间应该都比较灵活。

词组：presumably / flexible

剑17 · Test 2 · Part 1 · C17-T2P1-046 · 原文PDF第6页

032 说明不擅长某事但仍愿参与 · 志愿服务

I'm not really a dancer, but I'd like to do something to help.

我其实不太跳舞，但我愿意做点事情帮忙。

词组：not really / do something to help

剑17 · Test 2 · Part 1 · C17-T2P1-060 · 原文PDF第7页

033 用个人背景说明任务适合自己 · 工作经历

Before I retired I was a graphic designer, so that's right up my street.

退休之前我是平面设计师，所以这正合我的专长。

词组：graphic designer / right up my street

剑17 · Test 2 · Part 1 · C17-T2P1-071 · 原文PDF第7页

034 说明服务更新与替代关系 · 服务改进

We've just introduced this feature to replace the audio guide we used to have available.

我们刚引入了这一项目，来替代以前提供的语音导览。

词组：introduced / replace / used to

剑17 · Test 2 · Part 2 · C17-T2P2-015 · 原文PDF第7页

035 说明地点过去的用途 · 历史与生产

Until recently, the dairy was where milk from the cows was turned into cheese.

直到不久前，这个乳品作坊还是把牛奶加工成奶酪的地方。

词组：Until recently / turned into

剑17 · Test 2 · Part 2 · C17-T2P2-021 · 原文PDF第7页

自查：□读清关键词 □停顿符合意思 □合上材料说一句自己的话

02 朗读 / 第08天

先读词组，再带着意思读全句。

036 强调事物历史悠久 · 文化遗产

The carriages are well over a hundred years old.

这些马车已经有一百多年历史了。

词组：well over / a hundred years old

剑17 · Test 2 · Part 2 · C17-T2P2-029 · 原文PDF第7页

037 说明保护行动的目的 · 环境保护

We're helping to preserve them, to stop their numbers falling further.

我们正在帮助保护它们，以阻止它们的数量进一步下降。

词组：preserve / falling further

剑17 · Test 2 · Part 2 · C17-T2P2-032 · 原文PDF第7页

038 礼貌地请求核对信息 · 学习合作

Do you mind if I check a few things with you?

你介意我跟你核对几件事情吗？

词组：Do you mind / check a few things

剑17 · Test 2 · Part 3 · C17-T2P3-008 · 原文PDF第8页

039 肯定讨论的价值 · 学习合作

No, it's good to talk things through.

不介意，把事情讨论清楚是好事。

词组：talk things through / good to

剑17 · Test 2 · Part 3 · C17-T2P3-011 · 原文PDF第8页

040 明确评价任务的重点 · 艺术评论

We're supposed to focus on how effective this particular production is.

我们应该重点讨论这个特定版本的制作效果如何。

词组：supposed to / focus on

剑17 · Test 2 · Part 3 · C17-T2P3-019 · 原文PDF第8页

自查：□读清关键词 □停顿符合意思 □合上材料说一句自己的话

02 朗读 / 第09天

先读词组，再带着意思读全句。

041 给出兼顾优缺点的评价 · 艺术评论

I thought some things worked really well but there were some problems too.

我觉得有些地方效果很好，但也存在一些问题。

词组：worked really well / some problems

剑17 · Test 2 · Part 3 · C17-T2P3-028 · 原文PDF第9页

042 温和地提出最突出的特点 · 艺术评论

I'd say that was probably the most memorable thing about this production.

我会说，那可能是这次制作中最令人难忘的部分。

词组：I'd say / memorable

剑17 · Test 2 · Part 3 · C17-T2P3-031 · 原文PDF第9页

043 说明某一特点造成的问题 · 体验评价

Some of the scenes were so dimly lit it was quite hard to see.

有些场景灯光太暗，很难看清楚。

词组：dimly lit / hard to see

剑17 · Test 2 · Part 3 · C17-T2P3-035 · 原文PDF第9页

044 把正面评价与先前预期区分开 · 艺术评论

Yeah – I think it worked well, but I had assumed it would be more conventional.

是的，我觉得效果不错，不过我原本以为它会更传统一些。

词组：worked well / had assumed / conventional

剑17 · Test 2 · Part 3 · C17-T2P3-041 · 原文PDF第9页

045 说明经历带来的新认识 · 学习反思

It's made me realise how relevant the play still is.

它让我意识到这部戏至今仍然多么贴近现实。

词组：made me realise / relevant

剑17 · Test 2 · Part 3 · C17-T2P3-050 · 原文PDF第9页

自查：□读清关键词 □停顿符合意思 □合上材料说一句自己的话

02 朗读 / 第10天

先读词组，再带着意思读全句。

046 说明实际体验比预期容易 · 学习体验

I expected to find it more challenging, but I could follow the story pretty well.

我原本以为会更难，但我其实能很好地跟上故事。

词组：expected / challenging / follow the story

剑17 · Test 2 · Part 3 · C17-T2P3-056 · 原文PDF第9页

047 排除表面原因并承认事实 · 语言与科技

The problem for this language is not the number of speakers – even though this number is small.

这种语言的问题不在于使用者的数量，尽管这个数量确实不大。

词组：number of speakers / even though

剑17 · Test 2 · Part 4 · C17-T2P4-004 · 原文PDF第10页

048 提出另一项不足并作比较 · 语言学习

The other drawback of Icelandic is the grammar, which is significantly more complex than in most languages.

冰岛语的另一个难点是语法，它明显比大多数语言更复杂。

词组：drawback / significantly more complex

剑17 · Test 2 · Part 4 · C17-T2P4-021 · 原文PDF第10页

049 描述当前意愿或行动不足 · 科技与语言

At the moment, the tech giants are simply not interested in tackling this.

目前，科技巨头根本没有兴趣着手处理这个问题。

词组：At the moment / tackling

剑17 · Test 2 · Part 4 · C17-T2P4-022 · 原文PDF第10页

050 明确提出正在发生的变化 · 社会变化

However, there's no doubt that it's becoming an inevitable second choice in young people's lives.

不过，毫无疑问，它正不可避免地成为年轻人生活中的第二选择。

词组：no doubt / second choice

剑17 · Test 2 · Part 4 · C17-T2P4-027 · 原文PDF第10页

自查：□读清关键词 □停顿符合意思 □合上材料说一句自己的话

02 朗读 / 第11天

先读词组，再带着意思读全句。

051 解释活动适合全家的原因 · 旅行休闲

I think it's the kind of holiday all the family can enjoy together.

我觉得这是全家人都能一起享受的那种假期。

词组：kind of holiday / enjoy together

剑17 · Test 3 · Part 1 · C17-T3P1-004 · 原文PDF第12页

052 突出活动适用范围广 · 运动休闲

The thing about surfing is that it's great for all ages and all abilities.

冲浪的特点在于，它适合各种年龄和能力水平的人。

词组：The thing about / all ages

剑17 · Test 3 · Part 1 · C17-T3P1-005 · 原文PDF第12页

053 描述某个条件带来的双重好处 · 运动学习

You'll certainly learn more quickly and won't tire as easily.

你肯定会学得更快，也不会那么容易累。

词组：learn more quickly / tire as easily

剑17 · Test 3 · Part 1 · C17-T3P1-009 · 原文PDF第12页

054 从两个方面描述一个地方 · 旅行体验

The waves aren't too challenging and the town is very lively.

海浪不太具有挑战性，小镇也很热闹。

词组：challenging / lively

剑17 · Test 3 · Part 1 · C17-T3P1-023 · 原文PDF第12页

055 按需求解释推荐理由 · 旅行建议

It's great if you need lessons as the surf schools are excellent.

如果你需要上课，那里就很合适，因为冲浪学校很出色。

词组：need lessons / excellent

剑17 · Test 3 · Part 1 · C17-T3P1-026 · 原文PDF第12页

自查：□读清关键词 □停顿符合意思 □合上材料说一句自己的话

02 朗读 / 第12天

先读词组，再带着意思读全句。

056 用具体条件解释个人偏好 · 旅行选择

September's my favourite month because the water is warmer then.

九月是我最喜欢的月份，因为那时水温更暖。

词组：favourite month / warmer

剑17 · Test 3 · Part 1 · C17-T3P1-048 · 原文PDF第12页

057 评价成本并解释主要支出 · 旅行费用

Surfing is a pretty cheap holiday really – the only cost is the hire of equipment.

冲浪其实是一种相当便宜的度假方式，唯一的花费是租用装备。

词组：pretty cheap / hire of equipment

剑17 · Test 3 · Part 1 · C17-T3P1-055 · 原文PDF第13页

058 说明服务对特定群体的价值 · 儿童照护

I know that many parents who work find this service invaluable.

我知道，很多工作的家长都觉得这项服务特别有用。

词组：parents who work / invaluable

剑17 · Test 3 · Part 2 · C17-T3P2-006 · 原文PDF第13页

059 描述早期规模 · 服务发展

When we first opened, we only had about 20 children attending regularly.

刚开办时，我们只有大约二十名孩子经常来参加。

词组：first opened / attending regularly

剑17 · Test 3 · Part 2 · C17-T3P2-012 · 原文PDF第13页

060 说明收费包含什么 · 服务信息

The cost of the childcare includes food and snacks.

托管费用包括食物和零食。

词组：cost of / includes

剑17 · Test 3 · Part 2 · C17-T3P2-016 · 原文PDF第13页

自查：□读清关键词 □停顿符合意思 □合上材料说一句自己的话

02 朗读 / 第13天

先读词组，再带着意思读全句。

061 说明受欢迎程度持续不变 · 课外活动

Painting continues to be one of the most popular activities.

绘画仍然是最受欢迎的活动之一。

词组：continues to be / most popular

剑17 · Test 3 · Part 2 · C17-T3P2-034 · 原文PDF第13页

062 说明活动对学习后恢复的作用 · 儿童教育

Art is great for helping the children to relax after working hard at school all day.

艺术活动很适合帮助孩子在学校辛苦学习一天后放松。

词组：helping / relax / working hard

剑17 · Test 3 · Part 2 · C17-T3P2-036 · 原文PDF第13页

063 说明安全检查责任 · 活动组织

I'll need to make sure none of the equipment's damaged.

我需要确保所有设备都没有损坏。

词组：make sure / equipment

剑17 · Test 3 · Part 3 · C17-T3P3-010 · 原文PDF第14页

064 提醒预先准备突发情况 · 活动组织

You have to be prepared for such things.

你必须为这类事情做好准备。

词组：be prepared for / such things

剑17 · Test 3 · Part 3 · C17-T3P3-026 · 原文PDF第15页

065 评价自己的能力 · 个人能力

Well, I think my communication skills are pretty good.

嗯，我觉得自己的沟通能力相当不错。

词组：communication skills / pretty good

剑17 · Test 3 · Part 3 · C17-T3P3-031 · 原文PDF第15页

自查：□读清关键词 □停顿符合意思 □合上材料说一句自己的话

02 朗读 / 第14天

先读词组，再带着意思读全句。

066 提醒考虑语言以外的因素 · 沟通能力

Good – just remember it isn't only about what you say.

很好，不过要记住，沟通不只是你说了什么。

词组：remember / isn't only about

剑17 · Test 3 · Part 3 · C17-T3P3-033 · 原文PDF第15页

067 用行业特性解释不确定性 · 工作能力

You're working in a very people-based industry and that means things won't always go to plan .

你所在的行业非常依赖人与人之间的工作，这意味着事情不会总按计划进行。

词组：people-based / go to plan

剑17 · Test 3 · Part 3 · C17-T3P3-037 · 原文PDF第15页

068 强调真正重要的能力 · 应变能力

I guess it's being prepared to make changes that matters.

我想，重要的是做好作出改变的准备。

词组：being prepared / matters

剑17 · Test 3 · Part 3 · C17-T3P3-038 · 原文PDF第15页

069 说明压力下需要保持的表现 · 压力管理

I know I've got to look calm even if I'm in a panic.

我知道，即使内心慌乱，我也得显得镇定。

词组：look calm / in a panic

剑17 · Test 3 · Part 3 · C17-T3P3-045 · 原文PDF第15页

070 认可意见并提醒责任归属 · 团队管理

It's a nice idea, but you have the ultimate responsibility.

这个想法不错，但最终责任在你。

词组：nice idea / ultimate responsibility

剑17 · Test 3 · Part 3 · C17-T3P3-056 · 原文PDF第15页

自查：□读清关键词 □停顿符合意思 □合上材料说一句自己的话

02 朗读 / 第15天

先读词组，再带着意思读全句。

071 鼓励在经验不足时发挥其他价值 · 职业发展

But even without it – you can still be an interesting person with useful ideas.

但即使没有那些经验，你仍然可以成为一个有想法、值得交流的人。

词组：even without / useful ideas

剑17 · Test 3 · Part 3 · C17-T3P3-062 · 原文PDF第15页

072 描述长期研究的方法 · 科学研究

Bird migration has been studied over many centuries through a variety of observations.

多个世纪以来，人们一直通过各种观察来研究鸟类迁徙。

词组：has been studied / a variety of

剑17 · Test 3 · Part 4 · C17-T3P4-004 · 原文PDF第16页

073 说明某项结论形成的理由 · 科学推理

He came to this conclusion as the only logical explanation for the total disappearance of some species.

他认为，这是解释某些物种完全消失的唯一合理方式，因此得出了这个结论。

词组：came to this conclusion / logical explanation

剑17 · Test 3 · Part 4 · C17-T3P4-016 · 原文PDF第16页

074 说明过去的知识缺口 · 科学研究

Before this, very little information was available about the actual destinations of particular species and how they travelled there.

在此之前，人们对特定物种实际迁往何处以及如何到达所知甚少。

词组：very little information / available

剑17 · Test 3 · Part 4 · C17-T3P4-023 · 原文PDF第16页

075 用观察结果说明观点依据 · 科学论证

This idea was supported by observations of bird behaviour such as the harassment of larger birds by smaller birds.

这个观点得到了鸟类行为观察的支持，例如小鸟骚扰大鸟的现象。

词组：supported by / observations

剑17 · Test 3 · Part 4 · C17-T3P4-026 · 原文PDF第16页

自查：□读清关键词 □停顿符合意思 □合上材料说一句自己的话

02 朗读 / 第16天

先读词组，再带着意思读全句。

076 询问能否增加一项服务 · 家务服务

And would ironing clothes be an additional service you can do?

熨衣服也可以作为你们提供的一项额外服务吗？

词组：ironing clothes / additional service

剑17 · Test 4 · Part 1 · C17-T4P1-016 · 原文PDF第18页

077 提出有条件的额外安排 · 家务服务

And we could arrange for your curtains to get cleaned if necessary.

如果有需要，我们也可以安排清洗窗帘。

词组：arrange for / if necessary

剑17 · Test 4 · Part 1 · C17-T4P1-026 · 原文PDF第18页

078 礼貌请求处理一个问题 · 家务服务

But would you be able to do something about the balcony?

不过，你们能处理一下阳台吗？

词组：be able to / do something about

剑17 · Test 4 · Part 1 · C17-T4P1-028 · 原文PDF第18页

079 用自身处境解释缺少资源 · 生活安排

I've only just moved here so I don't have any of those sorts of contacts.

我才刚搬来，所以还没有这类联系人。

词组：only just moved / contacts

剑17 · Test 4 · Part 1 · C17-T4P1-035 · 原文PDF第18页

080 指出措施对特定人群的帮助 · 居家生活

So if you're troubled by allergies, this can make a big difference.

所以，如果你受过敏问题困扰，这会带来很大改善。

词组：troubled by / make a big difference

剑17 · Test 4 · Part 1 · C17-T4P1-037 · 原文PDF第18页

自查：□读清关键词 □停顿符合意思 □合上材料说一句自己的话

02 朗读 / 第17天

先读词组，再带着意思读全句。

081 说明暂时不需要但保留建议 · 服务沟通

In fact, I don't have that sort of problem, but I'll bear it in mind.

其实我没有那种问题，不过我会记在心里。

词组：that sort of problem / bear it in mind

剑17 · Test 4 · Part 1 · C17-T4P1-038 · 原文PDF第18页

082 说明及时发现和解决问题的作用 · 服务质量

So we can pick up any problems straightaway and deal with them.

这样我们就能立即发现问题并处理。

词组：pick up / straightaway / deal with

剑17 · Test 4 · Part 1 · C17-T4P1-046 · 原文PDF第19页

083 说明人员对正常运作的重要性 · 工作管理

Every hotel relies on having loyal and experienced members of staff who make sure that everything runs smoothly.

每家酒店都依赖忠诚而有经验的员工，确保一切顺利运转。

词组：relies on / runs smoothly

剑17 · Test 4 · Part 2 · C17-T4P2-002 · 原文PDF第19页

084 说明人员流动带来的后果 · 工作管理

If staff are constantly changing, it can make life difficult for everyone.

如果员工不断变动，就会给所有人带来困难。

词组：constantly changing / make life difficult

剑17 · Test 4 · Part 2 · C17-T4P2-003 · 原文PDF第19页

085 指出行为对其他人的影响 · 工作管理

When staff leave, it can also severely affect the colleagues they leave behind.

员工离职也会严重影响留下来的同事。

词组：severely affect / leave behind

剑17 · Test 4 · Part 2 · C17-T4P2-010 · 原文PDF第19页

自查：□读清关键词 □停顿符合意思 □合上材料说一句自己的话

02 朗读 / 第18天

先读词组，再带着意思读全句。

086 从问题转向解决办法 · 问题解决

So, what can be done to change this situation?

那么，可以采取什么措施来改变这种情况呢？

词组：be done / change this situation

剑17 · Test 4 · Part 2 · C17-T4P2-012 · 原文PDF第19页

087 说明措施的进一步好处 · 工作管理

Keeping staff happy has other tangible benefits for the business.

让员工满意还会为企业带来其他实际好处。

词组：tangible benefits / Keeping staff happy

剑17 · Test 4 · Part 2 · C17-T4P2-017 · 原文PDF第19页

088 说明组织如何鼓励成员参与 · 团队合作

Junior staff at all levels are regularly invited to meetings where their ideas are welcomed.

各级初级员工都定期受邀参加会议，他们的想法也受到欢迎。

词组：regularly invited / ideas are welcomed

剑17 · Test 4 · Part 2 · C17-T4P2-026 · 原文PDF第19页

089 说明同一活动兼具两种价值 · 工作培训

Fun is an important element in the trips, but there's also the opportunity to learn something useful.

乐趣是这些旅行的重要组成部分，但同时也有机会学到有用的东西。

词组：important element / opportunity to learn

剑17 · Test 4 · Part 2 · C17-T4P2-032 · 原文PDF第19页

090 询问目前的学习体验 · 课程交流

Hi Thomas, how are you enjoying the course so far?

嗨，托马斯，到目前为止你觉得这门课怎么样？

词组：enjoying the course / so far

剑17 · Test 4 · Part 3 · C17-T4P3-001 · 原文PDF第20页

自查：□读清关键词 □停顿符合意思 □合上材料说一句自己的话

02 朗读 / 第19天

先读词组，再带着意思读全句。

091 反思过去做得不够的地方 · 学习反思

I think I should have practised more.

我觉得自己本应该多练习一些。

词组：should have / practised more

剑17 · Test 4 · Part 3 · C17-T4P3-014 · 原文PDF第20页

092 描述某件事触发的认识转变 · 运动经历

But once we started competing, I very quickly realised I wasn't good enough.

但一开始比赛，我就很快意识到自己的水平还不够。

词组：once / realised / good enough

剑17 · Test 4 · Part 3 · C17-T4P3-023 · 原文PDF第20页

093 强调安全防护的必要性 · 运动安全

Wow, players have to protect themselves from getting hurt!

哇，运动员必须保护自己，避免受伤！

词组：protect themselves / getting hurt

剑17 · Test 4 · Part 3 · C17-T4P3-043 · 原文PDF第21页

094 提出不同意见并给出理由 · 讨论观点

I don't think so because players still use wooden sticks today.

我不这么认为，因为现在球员仍然使用木制球棍。

词组：don't think so / still use

剑17 · Test 4 · Part 3 · C17-T4P3-058 · 原文PDF第21页

095 推测某个条件带来的影响 · 科技与运动

Oh, that would have made them much heavier.

哦，那样会让它们重得多。

词组：would have made / much heavier

剑17 · Test 4 · Part 3 · C17-T4P3-065 · 原文PDF第21页

自查：□读清关键词 □停顿符合意思 □合上材料说一句自己的话

02 朗读 / 第20天

先读词组，再带着意思读全句。

096 说明产品特点及替代用途 · 食品生产

It contains no preservatives or added ingredients, and it provides a healthy alternative to refined sugar.

它不含防腐剂或添加成分，而且提供了一种比精制糖更健康的替代选择。

词组：preservatives / alternative to

剑17 · Test 4 · Part 4 · C17-T4P4-006 · 原文PDF第22页

097 说明自然条件适宜 · 环境与生产

In these areas, the climate suits the trees perfectly.

在这些地区，气候非常适合这些树木。

词组：climate / suits / perfectly

剑17 · Test 4 · Part 4 · C17-T4P4-011 · 原文PDF第22页

098 区分局部改进和整体变化 · 过程变化

Since that time, improvements have been made to the process, but it has changed very little overall.

从那时起，生产过程已有改进，但整体变化很小。

词组：improvements have been made / overall

剑17 · Test 4 · Part 4 · C17-T4P4-018 · 原文PDF第22页

099 强调资源对社区的价值 · 自然资源

Clearly, the maple forests are a valuable resource in many Canadian and North American communities.

显然，枫树林是许多加拿大和北美社区的宝贵资源。

词组：valuable resource / communities

剑17 · Test 4 · Part 4 · C17-T4P4-020 · 原文PDF第22页

100 说明过程中的同步变化 · 食品生产

As it does this, the water evaporates, and the syrup begins to form.

在这个过程中，水分蒸发，糖浆开始形成。

词组：evaporates / begins to form

剑17 · Test 4 · Part 4 · C17-T4P4-033 · 原文PDF第22页

自查：□读清关键词 □停顿符合意思 □合上材料说一句自己的话

03 跟读35句

真实录音，循环练习

电子版选择“跟读”与对应书册即可播放，可调0.8× / 1×及循环。音频文件和网页需要保持在同一交付文件夹内。

01 · 朗读第001句 · C17-T1P1-006

I've just moved to this area, and I'm interested in getting involved.

尝试把 I've just moved to 连成一组，先听 just 与 moved 的衔接，再模仿全句。

02 · 朗读第003句 · C17-T1P1-008

Could you tell me something about your activities, please?

留意 Could you tell me 的节奏，先模仿这一组，再接 something about your activities。

03 · 朗读第005句 · C17-T1P1-015

I'd be happy to help with that.

尝试将 I'd be happy to 作为一个意群，听清 happy 的重音，再接 help with that。

04 · 朗读第006句 · C17-T1P1-027

You might be interested in taking part in that.

尝试把 interested in taking part 读成一个意群；先听 in 与 taking 的衔接，再模仿句尾 in that。

05 · 朗读第008句 · C17-T1P1-034

I'd like to get to know the local countryside, as I'm new to the area.

先模仿 I'd like to get to know 的连续节奏，再在 countryside 后短停接原因。

06 · 朗读第012句 · C17-T1P2-014

Please let staff know which lunchbox you prefer.

留意 let staff know 的重音推进，再尝试把 which lunchbox you prefer 一气说完。

07 · 朗读第015句 · C17-T1P3-002

My farm was great, but arranging the work experience was hard.

留意 great 与 hard 的对照重音；尝试在 but 前轻停，再完整跟读。

08 · 朗读第020句 · C17-T1P3-050

I'd thought it'd be hard, but actually I found it all quite straightforward.

尝试先读 I'd thought it'd be hard，再听 actually 与 straightforward 的突出程度，模仿转折节奏。

03 跟读索引

09 · 朗读第021句 · C17-T1P3-051

What did you think about diet and nutrition?

留意 What did you 的衔接，不逐词停顿；再模仿 diet and nutrition 的并列节奏。

10 · 朗读第026句 · C17-T2P1-012

The times are pretty flexible so we can arrange it to suit you.

留意 flexible 后的意群边界，尝试把 arrange it to suit you 连贯读出。

11 · 朗读第028句 · C17-T2P1-026

I could help with transport, if that's of any use.

尝试把 if that's of any use 作为轻声补充，模仿主句和附加条件的节奏差别。

12 · 朗读第029句 · C17-T2P1-031

I'll find out where we need help and get back to you.

先分读 find out 与 get back to you，再尝试按录音把两个动作顺接。

13 · 朗读第037句 · C17-T2P2-032

We're helping to preserve them, to stop their numbers falling further.

留意 helping to preserve them 的连续节奏；在逗号处短停，再接 to stop their numbers falling further。

14 · 朗读第038句 · C17-T2P3-008

Do you mind if I check a few things with you?

尝试将 Do you mind if I 连读成一个意群，再把重音落在 check 和 things 上。

15 · 朗读第041句 · C17-T2P3-028

I thought some things worked really well but there were some problems too.

留意 really well 与 problems 的对照；先模仿两段，再完整跟读 but 的转接。

16 · 朗读第043句 · C17-T2P3-035

Some of the scenes were so dimly lit it was quite hard to see.

留意 so dimly lit 与 quite hard to see 的因果对应；尝试按录音分成两段，再连起来。

17 · 朗读第046句 · C17-T2P3-056

I expected to find it more challenging, but I could follow the story pretty well.

留意 expected 与 could 的对比，尝试把 to find it more challenging 连成一组再接后半句。

18 · 朗读第049句 · C17-T2P4-022

At the moment, the tech giants are simply not interested in tackling this.

尝试把 interested in tackling this 读成一组，留意 interested 的词重音与后面的衔接。

03 跟读索引

19 · 朗读第051句 · C17-T3P1-004

I think it's the kind of holiday all the family can enjoy together.

尝试把 it's the kind of holiday 连成一组，留意 all the family 的重点，再模仿全句。

20 · 朗读第056句 · C17-T3P1-048

September's my favourite month because the water is warmer then.

留意 favourite month 与 warmer 的重点，尝试用一个清楚的停顿把偏好和理由分开。

21 · 朗读第061句 · C17-T3P2-034

Painting continues to be one of the most popular activities.

留意 continues to be 的连贯节奏，模仿 most popular activities 中的重音分布。

22 · 朗读第062句 · C17-T3P2-036

Art is great for helping the children to relax after working hard at school all day.

尝试先模仿 helping the children to relax，再接 after working hard；留意 relax 与 school 的重点。

23 · 朗读第063句 · C17-T3P3-010

I'll need to make sure none of the equipment's damaged.

尝试把 I'll need to make sure 连成一组，再放慢听 none of the equipment's damaged 的衔接。

24 · 朗读第068句 · C17-T3P3-038

I guess it's being prepared to make changes that matters.

留意 I guess 的起始语气，尝试突出 prepared、changes 和 matters，保持中间小词轻短。

25 · 朗读第069句 · C17-T3P3-045

I know I've got to look calm even if I'm in a panic.

听清 even if 引出的让步，再尝试把 look calm 与 in a panic 读出对照。

26 · 朗读第071句 · C17-T3P3-062

But even without it – you can still be an interesting person with useful ideas.

尝试把 even without it 作为一个意群，留意 still 的强调，再连贯读后半句。

27 · 朗读第074句 · C17-T3P4-023

Before this, very little information was available about the actual destinations of particular species and how they travelled there.

留意 Before this 后的停顿；尝试把 very little information was available 读成一个完整意群。

28 · 朗读第077句 · C17-T4P1-026

And we could arrange for your curtains to get cleaned if necessary.

尝试把 arrange for your curtains 连成一组，留意 get cleaned 的重音，再读条件补充。

03 跟读索引

29 · 朗读第081句 · C17-T4P1-038

In fact, I don't have that sort of problem, but I'll bear it in mind.

留意 bear it in mind 的词间衔接；先分两段模仿说明现状和接受建议，再合起来。

30 · 朗读第084句 · C17-T4P2-003

If staff are constantly changing, it can make life difficult for everyone.

尝试在 changing 后分意群，留意 it can make life difficult 的自然节奏，不逐词用力。

31 · 朗读第086句 · C17-T4P2-012

So, what can be done to change this situation?

留意 what can be done 的语气推进，尝试把 to change this situation 连贯接上。

32 · 朗读第090句 · C17-T4P3-001

Hi Thomas, how are you enjoying the course so far?

留意 how are you 的衔接；先模仿 enjoying the course，再接句尾 so far 的语调。

33 · 朗读第091句 · C17-T4P3-014

I think I should have practised more.

尝试把 should have practised 连成一组，留意录音中的 have，再模仿 more 的突出程度。

34 · 朗读第094句 · C17-T4P3-058

I don't think so because players still use wooden sticks today.

留意 I don't think so 的不同意语气；尝试在 because 前轻停，再突出 still use 的理由。

35 · 朗读第098句 · C17-T4P4-018

Since that time, improvements have been made to the process, but it has changed very little overall.

留意 improvements have been made 的连续节奏；尝试在 but 前换气，突出 very little overall。

04 骨架迁移20项

把原句的作用迁到新内容

先自己作答，再看参考。框架和示例是教学编辑内容，题目里的数据或场景为自编练习设定。每一项都能回查原句。

04 骨架迁移 / 1

01 E17-11 · 建议写作使用

[People] find [activity A] less [quality] than [activity B].

Compare a quiet walking route with a busy street as a place to relax.

我的表达：_____

_____

自编参考：Some residents may find walking along a quiet canal less stressful than walking beside a busy road. Lower traffic noise can make it easier to hold a conversation or notice the surroundings.

原句ID：C17-T1P4-033

02 E17-12 · 建议写作使用

[Arrangements] are flexible, so [provider] can arrange [them] to suit [users].

Explain one advantage of flexible study schedules.

我的表达：_____

_____

自编参考：Study schedules can be flexible, so colleges can arrange classes to suit working adults. Evening sessions may allow people to continue learning without leaving their jobs.

原句ID：C17-T2P1-012

04 骨架迁移 / 2

03 E17-13 · 建议写作使用

[Action] helps to preserve [resource], to stop [decline].

Explain why communities might support traditional crafts.

我的表达：_____

_____

自编参考：Training new craftspeople helps to preserve traditional skills, to stop them disappearing as older practitioners retire. Local workshops can give younger people opportunities to learn through supervised practice.

原句ID：C17-T2P2-032

04 E17-14 · 建议写作使用

[Decision-makers] should focus on how effective [measure] is.

Explain how a school should evaluate a new study app.

我的表达：_____

_____

自编参考：Schools should focus on how effective a new study app is. They could examine whether pupils can apply what they have practised, instead of relying only on the time spent using it.

原句ID：C17-T2P3-019

04 骨架迁移 / 3

05 E17-15 · 建议写作使用

[Measure] works well in [respect], but there are [limitations] too.

Give a balanced assessment of online meetings.

我的表达：_____

_____

自编参考：Online meetings work well for sharing brief updates, but there are limitations too. A poor connection can interrupt detailed discussions and make it harder for everyone to participate.

原句ID：C17-T2P3-028

06 E17-16 · 建议写作使用

[Activity] is useful for helping [people] to [benefit].

Explain one benefit of creative activities after school.

我的表达：_____

_____

自编参考：Drawing is useful for helping children to relax after a demanding school day. Choosing their own colours and subjects can provide a break from tasks with fixed answers.

原句ID：C17-T3P2-036

04 骨架迁移 / 4

07 E17-17 · 建议写作使用

[Claim] is supported by observations of [evidence].

Rewrite this claim cautiously: Students find the new space useful. Hypothetical evidence: students repeatedly choose it for group work.

我的表达：_____

_____

自编参考：The view that students find the new space useful is supported by observations of groups repeatedly choosing to work there. However, this alone does not show whether the space improves their results.

原句ID：C17-T3P4-026

08 E17-18 · 建议写作使用

If [condition], it can make [activity] difficult for [people].

Explain how frequent changes of staff can affect a workplace.

我的表达：_____

_____

自编参考：If staff are constantly changing, it can make teamwork difficult for everyone. Experienced employees may spend more time training replacements and less time completing their own tasks.

原句ID：C17-T4P2-003

04 骨架迁移 / 5

09 E17-19 · 建议写作使用

[Action] has other tangible benefits for [group].

Explain an additional benefit of keeping employees satisfied.

我的表达：_____

_____

自编参考：Keeping employees satisfied has other tangible benefits for a business. Staff who choose to stay can retain knowledge of customers, reducing the time new recruits need to understand their needs.

原句ID：C17-T4P2-017

10 E17-20 · 建议写作使用

Since [time], improvements have been made to [process], but [continuity].

Describe a hypothetical library that added online reservations while keeping its borrowing process largely unchanged.

我的表达：_____

_____

自编参考：Since the introduction of online reservations, improvements have been made to the library's booking system, but the borrowing process has changed very little overall. Readers still collect physical books from the main desk.

原句ID：C17-T4P4-018

04 骨架迁移 / 6

11 E17-01 · 建议口语使用

I've just [recent change], and I'm interested in [activity].

Have you tried any new activities recently?

我的表达：_____

_____

自编参考：I've just moved to a new neighbourhood, and I'm interested in joining its walking group. It would give me a reason to explore the area and meet people who live nearby.

原句ID：C17-T1P1-006

12 E17-02 · 建议口语使用

I'd like to [goal], as I'm [reason].

What would you like to learn about the place where you live?

我的表达：_____

_____

自编参考：I'd like to learn more about the local history, as I'm new to the city. There is an old factory near my flat , and I am curious about how the area has changed.

原句ID：C17-T1P1-034

04 骨架迁移 / 7

13 E17-03 · 建议口语使用

One problem was [obstacle].

Describe a difficult journey you have made.

我的表达：_____

_____

自编参考：One problem was that the station was far from our hotel. We had to leave before breakfast, so we packed some food the night before.

原句ID：C17-T1P3-003

14 E17-04 · 建议口语使用

I made a [type of] mistake when I was [activity].

Describe a time when you learned from a mistake.

我的表达：_____

_____

自编参考：I made an embarrassing mistake when I was giving a class presentation. I showed the wrong slide, so I now check the order before I start speaking.

原句ID：C17-T1P3-036

04 骨架迁移 / 8

15 E17-05 · 建议口语使用

I'd thought [expectation], but actually I found [reality].

Describe something that was easier than you expected.

我的表达：_____

_____

自编参考：I'd thought baking bread would be difficult, but actually I found the basic recipe quite straightforward. I followed each step carefully and gave the dough enough time to rise.

原句ID：C17-T1P3-050

16 E17-06 · 建议口语使用

I'm not really [identity], but I'd like to [contribution].

Would you like to help organise a community event?

我的表达：_____

_____

自编参考：I'm not really a performer, but I'd like to help organise a community concert. I could make posters and welcome visitors, which would suit me better than going on stage.

原句ID：C17-T2P1-060

04 骨架迁移 / 9

17 E17-07 · 建议口语使用

I'd say [thing] was probably the most memorable [aspect].

What do you remember most about a recent trip?

我的表达：_____

_____

自编参考：I'd say the boat journey was probably the most memorable part of the trip. We travelled at sunset, and the buildings along the river slowly lit up.

原句ID：C17-T2P3-031

18 E17-08 · 建议口语使用

[Choice] is my favourite [category] because [reason].

What is your favourite time of year?

我的表达：_____

_____

自编参考：Autumn is my favourite season because the temperature is comfortable for walking. I can spend an afternoon outside without constantly looking for shade.

原句ID：C17-T3P1-048

04 骨架迁移 / 10

19 E17-09 · 建议口语使用

I know I've got to [action] even if [difficulty].

How do you handle stressful situations at work or school?

我的表达：_____

_____

自编参考：I know I've got to speak clearly even if I'm nervous. Before a presentation, I practise the opening aloud so I do not rush through the first few sentences.

原句ID：C17-T3P3-045

20 E17-10 · 建议口语使用

I think I should have [past action].

Is there anything you would do differently about a past project?

我的表达：_____

_____

自编参考：I think I should have asked for feedback earlier. I spent too long polishing the design before discovering that it did not answer the main question.

原句ID：C17-T4P3-014

05 紧急救命包

只帮助你继续回答

用于口语澄清、思考或修正；写作时请回到写作锦囊，不把这些会话句填进作文。

给自己一小会儿

Let me think for a moment.

说一次后尽快给内容；不能反复填满答案。

刚才说错，重新表达

Let me put that another way.

后面换成更短的完整句；不是要求从头重说整段。

有个信息要纠正

Sorry, that is not quite what I meant.

随后修正具体信息；不要为无关紧要的小错不断道歉。

词想不起，改用描述

I cannot think of the exact word, but I can describe it.

立刻说用途、特征或动作；这句话本身不能代替描述。

回到刚才的问题

Let me come back to your question.

下一句必须直接回答原题，不要转去熟悉但无关的话题。

这一点已经说完

That is the main point I wanted to make.

不能用于尚未回答问题时；日常短回答通常直接停下就够。

从最简单的一点开始

Let me start with the simplest point.

随后只说一个直接观点；不必把这句变成固定开场。

先说明我了解的范围

I do not know much about that particular subject.

随后从日常可理解的角度回答；这不是结束回答或编造事实的理由。