LISTEN · RETRIEVE · EXPRESS

# 雅思战队

# 剑19 · 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 交代自己承担的任务 · 学校活动

I've been asked to arrange a visit to the park for two of our classes.

我受托安排我们两个班去公园参观。

词组：arrange a visit / been asked to

剑19 · Test 1 · Part 1 · C19-T1P1-006 · 原文PDF第1页

#### 002 先总述再列举类型 · 自然环境

There are three main types of habitat: wetland, grassland and woodland.

这里主要有三种栖息地：湿地、草地和林地。

词组：types of / habitat

剑19 · Test 1 · Part 1 · C19-T1P1-011 · 原文PDF第1页

#### 003 说明服务如何适应不同人群 · 教育活动

We can organise a wide range of activities and adapt them to suit all ages.

我们可以组织多种活动，并调整活动以适合各个年龄段。

词组：a wide range of / adapt / suit

剑19 · Test 1 · Part 1 · C19-T1P1-021 · 原文PDF第1页

#### 004 请求具体例子 · 沟通求助

Can you give me some examples of the activities?

能给我举一些活动的例子吗？

词组：give examples / activities

剑19 · Test 1 · Part 1 · C19-T1P1-022 · 原文PDF第1页

#### 005 描述学习或研究步骤 · 学习方法

They also collect and analyse data about the things they see.

他们还收集并分析所见事物的相关数据。

词组：collect / analyse data

剑19 · Test 1 · Part 1 · C19-T1P1-024 · 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 用具体变化展开例子 · 历史环境

For instance, the children can explore how the use of the land has changed over time.

例如，孩子们可以探索土地用途如何随时间发生变化。

词组：for instance / over time

剑19 · Test 1 · Part 1 · C19-T1P1-029 · 原文PDF第1页

#### 007 解释一种学习方式的好处 · 教育成长

Learning outside the classroom encourages children to be creative, and to explore and discover for themselves.

在课堂外学习能鼓励孩子发挥创造力，并自主探索和发现。

词组：encourage / for themselves

剑19 · Test 1 · Part 1 · C19-T1P1-038 · 原文PDF第1页

#### 008 询问活动费用 · 活动安排

How much does it cost for a full-day visit?

全天参观的费用是多少？

词组：how much / full-day visit

剑19 · Test 1 · Part 1 · C19-T1P1-045 · 原文PDF第2页

#### 009 按经历展开活动内容 · 旅行体验

We learned how cheese is produced in the region and had the chance to taste the products.

我们了解了当地奶酪的生产过程，还有机会品尝产品。

词组：is produced / have the chance

剑19 · Test 1 · Part 2 · C19-T1P2-005 · 原文PDF第2页

#### 010 交代被否决的方案 · 组织决策

We considered buying a garden seat to put there, but the authorities weren't happy with that idea.

我们考虑过买张花园座椅放在那里，但主管部门并不赞成这个想法。

词组：consider buying / be happy with

剑19 · Test 1 · Part 2 · C19-T1P2-010 · 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 限定讨论角度再作评价 · 社区活动

In terms of fundraising to support our activities, we've done very well.

说到为活动筹集资金，我们做得很不错。

词组：in terms of / fundraising

剑19 · Test 1 · Part 2 · C19-T1P2-011 · 原文PDF第2页

#### 012 用具体成果评价活动 · 社区活动

Our pancake evening was well attended and made record profits.

我们的煎饼晚会到场人数很多，利润也创了纪录。

词组：well attended / record profits

剑19 · Test 1 · Part 2 · C19-T1P2-012 · 原文PDF第2页

#### 013 考虑听者需求并提供帮助 · 介绍地点

You may not all be familiar with it, so here's a map to help you.

你们可能并不都熟悉那里，所以这里有张地图供参考。

词组：be familiar with / to help

剑19 · Test 1 · Part 2 · C19-T1P2-022 · 原文PDF第2页

#### 014 作出带保留的偏好判断 · 休闲设施

Children will probably be most interested in the adventure playground.

孩子们可能对冒险游乐场最感兴趣。

词组：be interested in / probably

剑19 · Test 1 · Part 2 · C19-T1P2-030 · 原文PDF第2页

#### 015 补充地点吸引力 · 地点描述

There are great views over the whole area.

从这里能看到整个地区的美景。

词组：great views / whole area

剑19 · Test 1 · Part 2 · C19-T1P2-041 · 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04天

### 先读词组，再带着意思读全句。

#### 016 兼顾困难与积极评价 · 个人经历

It's been hard work, but I've enjoyed it.

这件事很辛苦，但我很享受这个过程。

词组：hard work / enjoy

剑19 · Test 1 · Part 3 · C19-T1P3-008 · 原文PDF第3页

#### 017 说明下一步计划 · 项目计划

I'm going to send them some samples.

我打算给他们寄一些样品。

词组：send samples / going to

剑19 · Test 1 · Part 3 · C19-T1P3-015 · 原文PDF第3页

#### 018 引入偶然发现的信息 · 信息分享

I came across something on the internet yesterday that might interest you.

我昨天在网上偶然看到一些你可能感兴趣的内容。

词组：come across / might interest

剑19 · Test 1 · Part 3 · C19-T1P3-016 · 原文PDF第3页

#### 019 指出预期与现实的差距 · 食品消费

That seems so obvious, but the shops are still full of imported foods.

那似乎很显而易见，但商店里仍然到处是进口食品。

词组：seem obvious / imported foods

剑19 · Test 1 · Part 3 · C19-T1P3-028 · 原文PDF第4页

#### 020 提出行动方向 · 解决问题

Yes, they need to be more proactive to address that.

是的，他们需要更主动地解决这个问题。

词组：be proactive / address

剑19 · Test 1 · Part 3 · C19-T1P3-029 · 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 说明经验如何改变选择 · 消费体验

I bought something like that once, but I won't again.

我曾买过类似的东西，但不会再买了。

词组：something like that / once

剑19 · Test 1 · Part 3 · C19-T1P3-041 · 原文PDF第4页

#### 022 表达判断的困难 · 食品安全

Yes, it's hard to know which varieties are safe to eat.

是的，很难知道哪些品种可以安全食用。

词组：hard to know / safe to eat

剑19 · Test 1 · Part 3 · C19-T1P3-051 · 原文PDF第4页

#### 023 交代观察的时间与对象 · 研究经历

I recently visited this site and observed the work that is currently being done by a team of archaeologists there.

我最近参观了这个遗址，观察了那里的考古团队目前正在开展的工作。

词组：observe / currently

剑19 · Test 1 · Part 4 · C19-T1P4-002 · 原文PDF第4页

#### 024 简述发现的历史背景 · 历史发现

The site was first discovered in the 1930s by a local teacher, Patrick Caulfield.

这个遗址最初是由当地教师帕特里克·考尔菲尔德在20世纪30年代发现的。

词组：first discovered / local teacher

剑19 · Test 1 · Part 4 · C19-T1P4-003 · 原文PDF第4页

#### 025 叙述行动与遭遇的阻碍 · 历史经历

He wrote to the National Museum in Dublin to ask them to investigate, but no one took him seriously.

他写信给都柏林的国家博物馆，请他们调查，但没人认真对待他。

词组：investigate / take seriously

剑19 · Test 1 · Part 4 · C19-T1P4-006 · 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06天

### 先读词组，再带着意思读全句。

026 准确限定自己的基础 · 学习技能

I knew a few chords, but that's all.

我会几个和弦，但仅此而已。

词组：a few / that's all

剑19 · Test 2 · Part 1 · C19-T2P1-017 · 原文PDF第6页

027 回忆过去的常规活动 · 童年学习

I used to go to tap dancing classes there when I was at secondary school.

我上中学时曾在那里上踢踏舞课。

词组：used to / secondary school

剑19 · Test 2 · Part 1 · C19-T2P1-026 · 原文PDF第6页

028 表达意愿并说明现实障碍 · 参加活动

Well, I'd love to come, but I don't have a guitar.

嗯，我很想来，但我没有吉他。

词组：would love to / don't have

剑19 · Test 2 · Part 1 · C19-T2P1-037 · 原文PDF第6页

029 介绍活动的第一步 · 学习过程

Well, he always starts by getting us to tune our guitars.

他总是先让我们调好吉他。

词组：start by / tune

剑19 · Test 2 · Part 1 · C19-T2P1-042 · 原文PDF第6页

030 比较两种做法 · 学习工具

Some people have an app they use, but others do it by ear.

有些人使用应用程序，另一些人靠听觉调音。

词组：some people / by ear

剑19 · Test 2 · Part 1 · C19-T2P1-044 · 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 交代环节时长 · 课程安排

That part of the lesson takes about 15 minutes.

这部分课大约持续15分钟。

词组：take about / part of

剑19 · Test 2 · Part 1 · C19-T2P1-057 · 原文PDF第6页

#### 032 说明对困难的适应 · 个人变化

It is, but I've got used to it now.

是的，不过我现在已经习惯了。

词组：get used to / now

剑19 · Test 2 · Part 1 · C19-T2P1-067 · 原文PDF第7页

#### 033 叙述发现机会后采取行动 · 志愿经历

Then I found that the Lifeboat Institution was looking for volunteers, so I decided to apply.

后来我发现救生艇机构在招志愿者，于是决定申请。

词组：look for / decide to apply

剑19 · Test 2 · Part 2 · C19-T2P2-004 · 原文PDF第7页

#### 034 交代参与活动的要求 · 志愿经历

When I applied, I had to have a health assessment.

申请时，我必须接受健康评估。

词组：apply / health assessment

剑19 · Test 2 · Part 2 · C19-T2P2-008 · 原文PDF第7页

#### 035 扩展工作职责 · 工作经历

As well as going out on the lifeboat, my work involves other things too.

除了乘救生艇出勤，我的工作还涉及其他事情。

词组：as well as / involve

剑19 · Test 2 · Part 2 · C19-T2P2-018 · 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 描述培训经历 · 技能学习

After a year, I did a one-week residential course, led by specialists.

一年后，我参加了由专家带领的为期一周的住校培训。

词组：residential course / led by

剑19 · Test 2 · Part 2 · C19-T2P2-024 · 原文PDF第7页

#### 037 概括积累的处理问题经验 · 工作经历

Since I started, I've had to deal with a range of emergency situations.

自从开始这份工作以来，我必须处理各种紧急情况。

词组：deal with / a range of

剑19 · Test 2 · Part 2 · C19-T2P2-026 · 原文PDF第7页

#### 038 补充经历带来的额外收获 · 个人成长

It's not just about saving lives - I've learned a lot about the technology involved.

这不仅仅是救人——我还学到了很多相关技术知识。

词组：not just about / involved

剑19 · Test 2 · Part 2 · C19-T2P2-028 · 原文PDF第7页

#### 039 说明理解后的进一步兴趣 · 学术讨论

I realise that now and I'm keen to research the topic more.

现在我明白了，也很想进一步研究这个话题。

词组：be keen to / research

剑19 · Test 2 · Part 3 · C19-T2P3-007 · 原文PDF第8页

#### 040 给判断补充简明原因 · 消费选择

I think it's common because there's so much choice.

我认为这种情况很常见，因为选择实在太多了。

词组：common / because

剑19 · Test 2 · Part 3 · C19-T2P3-020 · 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 用部分否定纠正笼统判断 · 回收环保

That's because not everything goes through the recycling process.

那是因为并非所有东西都会进入回收流程。

词组：not everything / recycling process

剑19 · Test 2 · Part 3 · C19-T2P3-025 · 原文PDF第8页

#### 042 排除表面原因 · 问题分析

Apparently, the heels were worn - but that wasn't the problem.

据说鞋跟磨损了，但问题并不在这里。

词组：apparently / worn

剑19 · Test 2 · Part 3 · C19-T2P3-035 · 原文PDF第9页

#### 043 评价浪费并解释原因 · 消费回收

That was a shame because they were obviously new.

那很可惜，因为它们显然是新的。

词组：a shame / obviously

剑19 · Test 2 · Part 3 · C19-T2P3-041 · 原文PDF第9页

#### 044 自然转到下一个讨论点 · 讨论组织

That's another area we need to discuss.

那是另一个我们需要讨论的方面。

词组：another area / discuss

剑19 · Test 2 · Part 3 · C19-T2P3-057 · 原文PDF第9页

#### 045 介绍研究对象 · 科学研究

For my project on invertebrates, I chose to study tardigrades.

在无脊椎动物项目中，我选择研究缓步动物。

词组：project on / choose to study

剑19 · Test 2 · Part 4 · C19-T2P4-001 · 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 说明某个特征的功能 · 动物特征

They enable the tardigrade to cling on to surfaces or to grip its prey.

这些爪子让缓步动物能够附着在表面，或抓住猎物。

词组：enable / cling on to

剑19 · Test 2 · Part 4 · C19-T2P4-012 · 原文PDF第9页

#### 047 用程度说明能力 · 动物特征

These are sharp enough to pierce plant or animal cells.

这些结构足够锋利，能刺穿植物或动物细胞。

词组：sharp enough / pierce

剑19 · Test 2 · Part 4 · C19-T2P4-017 · 原文PDF第9页

#### 048 说明特定状态下的保护机制 · 科学机制

While in a state of cryptobiosis, tardigrades produce a protein that protects their DNA.

在隐生状态下，缓步动物会产生一种保护其DNA的蛋白质。

词组：in a state of / protect

剑19 · Test 2 · Part 4 · C19-T2P4-025 · 原文PDF第9页

#### 049 从一个角度说明行为目的 · 动物习性

In terms of their diet, tardigrades consume liquids in order to survive.

就饮食而言，缓步动物通过摄入液体来生存。

词组：in terms of / in order to

剑19 · Test 2 · Part 4 · C19-T2P4-031 · 原文PDF第9页

#### 050 指出特征与用途之间的反差 · 动物习性

Although they have teeth, they don't use these for chewing.

虽然它们有牙齿，却不用牙齿咀嚼。

词组：although / chewing

剑19 · Test 2 · Part 4 · C19-T2P4-032 · 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11天

### 先读词组，再带着意思读全句。

**051 询问适应新环境的情况 · 居住生活**

Hi Shannon - how are you settling into your new flat?

嗨，香农，你适应新公寓的情况怎么样？

词组：settle into / new flat

剑19 · Test 3 · Part 1 · C19-T3P1-001 · 原文PDF第10页

**052 比较两人的共同偏好 · 饮食偏好**

Well, neither of them eats meat but they both like fish.

嗯，他们两个都不吃肉，但都喜欢鱼。

词组：neither of / both

剑19 · Test 3 · Part 1 · C19-T3P1-009 · 原文PDF第10页

**053 给出带时间条件的建议 · 日常计划**

As long as you get there by 3.30, you should be fine.

只要你在3点半之前到，就应该没问题。

词组：as long as / by

剑19 · Test 3 · Part 1 · C19-T3P1-016 · 原文PDF第11页

**054 说明购物选择的环保动机 · 绿色消费**

I do, and I want to avoid all the plastic packaging in the supermarket!

是的，而且我想避开超市里那些塑料包装！

词组：avoid / plastic packaging

剑19 · Test 3 · Part 1 · C19-T3P1-019 · 原文PDF第11页

**055 积极评价新尝试 · 生活体验**

Great - it's always good to try something different.

太好了——尝试不同的东西总是不错的。

词组：try something different / always good

剑19 · Test 3 · Part 1 · C19-T3P1-045 · 原文PDF第11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 补充产品的具体特点 · 食品购物

As I said - all the bread is home-made and there's lots of variety.

正如我刚才说的，面包都是自制的，而且种类很多。

词组：home-made / variety

剑19 · Test 3 · Part 1 · C19-T3P1-056 · 原文PDF第11页

#### 057 转述材料中的调查发现 · 儿童生活

A recent survey revealed that children can be lonely even when they're at home with their families.

最近的一项调查显示，即使孩子和家人在家中相处，也可能感到孤独。

词组：survey revealed / even when

剑19 · Test 3 · Part 2 · C19-T3P2-011 · 原文PDF第12页

#### 058 根据预期给出行动建议 · 活动安排

This is bound to be very popular, so please book as soon as possible.

这项活动肯定很受欢迎，所以请尽快预订。

词组：bound to / as soon as possible

剑19 · Test 3 · Part 2 · C19-T3P2-017 · 原文PDF第12页

#### 059 选择一个值得展开的例子 · 书籍推荐

It's hard to choose, but Alive and Kicking is definitely worth mentioning.

很难选择，但《Alive and Kicking》绝对值得一提。

词组：hard to choose / worth mentioning

剑19 · Test 3 · Part 2 · C19-T3P2-021 · 原文PDF第12页

#### 060 用反差说明作品的独特性 · 阅读体验

Usually, books like this are quite sad, but this one actually made me cry with laughter.

通常这类书都很悲伤，但这本却让我笑出了眼泪。

词组：usually / cry with laughter

剑19 · Test 3 · Part 2 · C19-T3P2-024 · 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13天

### 先读词组，再带着意思读全句。

#### 061 解释学习建议的好处 · 儿童教育

It's good to read more advanced books to them as it helps to develop their vocabulary.

给他们读更有难度的书很好，因为这有助于扩展词汇量。

词组：advanced books / develop vocabulary

剑19 · Test 3 · Part 2 · C19-T3P2-033 · 原文PDF第13页

#### 062 提出受条件限制时的替代办法 · 阅读习惯

If you don't have time for this, then let them listen to audio books.

如果你没有时间做这件事，就让他们听有声书。

词组：have time / audio books

剑19 · Test 3 · Part 2 · C19-T3P2-034 · 原文PDF第13页

#### 063 比较预期与实际体验 · 教学经历

It's harder than I expected, but I've got some great classes.

这比我预期的难，不过我带的几个班都很棒。

词组：harder than expected / great classes

剑19 · Test 3 · Part 3 · C19-T3P3-003 · 原文PDF第13页

#### 064 直接说明当前困难 · 教学经历

I'm really struggling with my Year 12 science class.

我教12年级科学课确实很吃力。

词组：struggle with / science class

剑19 · Test 3 · Part 3 · C19-T3P3-006 · 原文PDF第13页

#### 065 委婉提出一个可选方案 · 研究讨论

Have you thought about doing an experiment using animals?

你有没有考虑过做一个使用动物的实验？

词组：thought about / experiment

剑19 · Test 3 · Part 3 · C19-T3P3-018 · 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14天

### 先读词组，再带着意思读全句。

066 询问行动的前提要求 · 研究程序

Would I have to get permission to use animals?

使用动物需要获得许可吗？

词组：get permission / use animals

剑19 · Test 3 · Part 3 · C19-T3P3-022 · 原文PDF第13页

067 提出下一阶段研究方法 · 研究方法

Then later on, you could do a follow-up experiment adding another variable.

然后，你可以在后续实验中加入另一个变量。

词组：follow-up experiment / variable

剑19 · Test 3 · Part 3 · C19-T3P3-038 · 原文PDF第14页

068 具体说明分组安排 · 研究方法

And I'd need two groups of equal sizes, so six in each group.

我还需要两个数量相等的组，所以每组六只。

词组：equal sizes / each group

剑19 · Test 3 · Part 3 · C19-T3P3-047 · 原文PDF第14页

069 把复杂要求转成简单做法 · 解决问题

It sounds complicated, but actually you can just use a plastic box with holes in the top.

这听起来很复杂，但其实你只要用一个顶部有孔的塑料盒就可以。

词组：sound complicated / actually

剑19 · Test 3 · Part 3 · C19-T3P3-062 · 原文PDF第14页

070 用大小界定一个概念 · 环境科学

Microplastics are tiny pieces of plastic smaller than five millimetres in size.

微塑料是尺寸小于五毫米的微小塑料碎片。

词组：tiny pieces / smaller than

剑19 · Test 3 · Part 4 · C19-T3P4-002 · 原文PDF第14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 概括问题的多种来源 · 环境污染**

Microplastics can enter the environment via a number of different sources.

微塑料可通过多种不同来源进入环境。

词组：enter the environment / sources

剑19 · Test 3 · Part 4 · C19-T3P4-005 · 原文PDF第14页

**072 说明认识的证据来源及范围 · 科学证据**

We already understand some of the impacts of microplastics from studies involving fish and other animals.

通过涉及鱼类和其他动物的研究，我们已经了解了微塑料的部分影响。

词组：impacts / studies involving

剑19 · Test 3 · Part 4 · C19-T3P4-009 · 原文PDF第14页

**073 限定材料中结论的证据强度 · 科学论证**

However, it's important to underline that there is not yet conclusive proof that microplastics cause significant harm to people.

不过，需要强调的是，目前还没有确凿证据证明微塑料会对人类造成重大伤害。

词组：conclusive proof / significant harm

剑19 · Test 3 · Part 4 · C19-T3P4-013 · 原文PDF第14页

**074 说明某事物在系统中的重要作用 · 生态农业**

These worms, which live in topsoil, are an essential component of our agricultural system.

这些生活在表层土壤中的蠕虫，是农业系统的重要组成部分。

词组：essential component / topsoil

剑19 · Test 3 · Part 4 · C19-T3P4-017 · 原文PDF第14页

**075 清楚报告观察到的结果 · 研究结果**

The result was that the worms lost weight rapidly.

结果是这些蠕虫的体重迅速下降。

词组：the result was / rapidly

剑19 · Test 3 · Part 4 · C19-T3P4-022 · 原文PDF第14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 提示接下来要处理的事务 · 工作安排

So, there are a few practical things you need to sort out this morning.

所以，今天上午你有几件实际事务要处理。

词组：practical things / sort out

剑19 · Test 4 · Part 1 · C19-T4P1-011 · 原文PDF第16页

077 转述收到的要求 · 入职手续

I was told to bring my passport with me.

我被告知要随身带上护照。

词组：be told to / bring with

剑19 · Test 4 · Part 1 · C19-T4P1-023 · 原文PDF第16页

078 交代工作流程的起点 · 工作任务

The first job is to check sell-by dates on the bread and cakes.

第一项任务是检查面包和蛋糕的销售截止日期。

词组：first job / check

剑19 · Test 4 · Part 1 · C19-T4P1-043 · 原文PDF第16页

079 补充另一项工作要求 · 工作任务

You also need to clean the area where they prepare the dishes.

你还需要清洁他们准备菜品的区域。

词组：need to / prepare dishes

剑19 · Test 4 · Part 1 · C19-T4P1-056 · 原文PDF第17页

080 说明操作许可的先决条件 · 工作安全

You have to do some training before you're allowed to touch sharp objects.

你必须接受一些培训，之后才被允许接触锋利物品。

词组：training / be allowed to

剑19 · Test 4 · Part 1 · C19-T4P1-061 · 原文PDF第17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 说明谨慎确认的原因 · 工作态度

I don't want to get anything wrong.

我不想把任何事弄错。

词组：get wrong / don't want to

剑19 · Test 4 · Part 1 · C19-T4P1-065 · 原文PDF第17页

#### 082 针对听者的计划提供帮助 · 运动习惯

If you're thinking about taking up running - I'm here to help.

如果你在考虑开始跑步，我可以提供帮助。

词组：think about / take up

剑19 · Test 4 · Part 2 · C19-T4P2-003 · 原文PDF第17页

#### 083 用易操作和强度解释偏好 · 运动计划

People like them because they're easy to follow and don't push them too hard.

人们喜欢它们，因为它们容易遵循，也不会让人练得太吃力。

词组：easy to follow / push hard

剑19 · Test 4 · Part 2 · C19-T4P2-006 · 原文PDF第17页

#### 084 自然引出建议 · 运动指导

I have a couple of simple tips I always give to new runners.

我有几条简单建议，总会告诉刚开始跑步的人。

词组：simple tips / new runners

剑19 · Test 4 · Part 2 · C19-T4P2-009 · 原文PDF第17页

#### 085 具体描述开始前的担忧 · 挑战经历

She was worried about being left behind and being the slowest runner.

她担心自己会落在后面，成为跑得最慢的人。

词组：worried about / left behind

剑19 · Test 4 · Part 2 · C19-T4P2-018 · 原文PDF第17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 突出克服限制后的坚持 · 运动坚持

He never misses a training session despite having a really demanding job.

尽管工作要求很高，他从不缺席训练。

词组：despite / demanding job

剑19 · Test 4 · Part 2 · C19-T4P2-021 · 原文PDF第17页

087 说明新习惯带来的心理变化 · 运动健康

Now he says he feels much more relaxed and he looks forward to his weekly run.

现在他说自己轻松多了，也很期待每周的跑步。

词组：feel relaxed / look forward to

剑19 · Test 4 · Part 2 · C19-T4P2-024 · 原文PDF第17页

088 交代人生经历的时间背景 · 个人挑战

I did my first marathon when I was 37, after having had two kids.

我37岁时跑了第一次马拉松，当时已经有两个孩子。

词组：first marathon / after having

剑19 · Test 4 · Part 2 · C19-T4P2-028 · 原文PDF第17页

089 表达对处理方式的顾虑 · 物品情感

Yeah - I'd regret just throwing them away.

是啊——直接扔掉它们，我会后悔的。

词组：regret / throw away

剑19 · Test 4 · Part 3 · C19-T4P3-018 · 原文PDF第19页

090 说明行为导致的结果 · 物品保护

They press so hard they end up breaking the spine.

他们按得太用力，最后把书脊弄坏了。

词组：end up / break the spine

剑19 · Test 4 · Part 3 · C19-T4P3-020 · 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19天

### 先读词组，再带着意思读全句。

091 比较过去与现在的态度 · 阅读变化

But I still don't think people value hardbacks like they used to.

但我仍然认为，人们不像过去那样珍惜精装书了。

词组：value / used to

剑19 · Test 4 · Part 3 · C19-T4P3-024 · 原文PDF第19页

092 赞同并补充一个具体角度 · 阅读艺术

I agree - and book covers can be a work of art in themselves.

我同意——书籍封面本身也可以是艺术品。

词组：work of art / in themselves

剑19 · Test 4 · Part 3 · C19-T4P3-029 · 原文PDF第19页

093 交代习惯的培养来源 · 童年教育

I've always been taught to handle books carefully.

我从小就被教导要小心爱护书籍。

词组：be taught to / handle carefully

剑19 · Test 4 · Part 3 · C19-T4P3-031 · 原文PDF第19页

094 表达具体的未来愿望 · 职业理想

I'd love to have a bookshop like your grandfather.

我很想拥有一家像你祖父那样的书店。

词组：would love to / bookshop

剑19 · Test 4 · Part 3 · C19-T4P3-046 · 原文PDF第19页

095 质疑把复杂问题想得太简单的看法 · 环境行动

But unfortunately, tree planting isn't as straightforward as some people think.

但遗憾的是，植树并不像一些人想得那么简单。

词组：straightforward / as people think

剑19 · Test 4 · Part 4 · C19-T4P4-002 · 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20天

### 先读词组，再带着意思读全句。

**096 提出选择时需要避开的风险 · 生态保护**

It's important to avoid non-native species that could become invasive.

避免引入可能泛滥的外来物种很重要。

词组：avoid / non-native species

剑19 · Test 4 · Part 4 · C19-T4P4-006 · 原文PDF第20页

**097 比较两个条件的同等重要性 · 环境决策**

Choosing the right location for reforestation projects is as important as choosing the right trees.

选择合适的造林地点，和选择合适的树种一样重要。

词组：as important as / right location

剑19 · Test 4 · Part 4 · C19-T4P4-013 · 原文PDF第20页

**098 指出正确决策的前提 · 决策信息**

Making the right decisions about where to plant trees depends on having the right information.

正确决定在哪里植树，取决于是否掌握合适的信息。

词组：depend on / right information

剑19 · Test 4 · Part 4 · C19-T4P4-019 · 原文PDF第20页

**099 解释某事物为何重要 · 生物多样性**

Figs are a keystone species because of the critical role they play in maintaining wildlife populations.

无花果是关键物种，因为它们在维持野生动物种群方面起着至关重要的作用。

词组：critical role / maintain

剑19 · Test 4 · Part 4 · C19-T4P4-025 · 原文PDF第20页

**100 说明项目如何让当地居民参与 · 社区环保**

The reforestation project involved hiring local people to plant and care for the new mangrove trees.

这个造林项目雇用了当地居民种植并照料新的红树林。

词组：involve hiring / care for

剑19 · Test 4 · Part 4 · C19-T4P4-033 · 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

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003句 · C19-T1P1-021

We can organise a wide range of activities and adapt them to suit all ages.

activities 后稍停；重读 adapt 和 all ages。

02 · 朗读第004句 · C19-T1P1-022

Can you give me some examples of the activities?

先听清意群停顿，再模仿重音和弱读；最后脱离音频完整复述。

03 · 朗读第006句 · C19-T1P1-029

For instance, the children can explore how the use of the land has changed over time.

For instance 自成引导组；重读 changed、time。

04 · 朗读第007句 · C19-T1P1-038

Learning outside the classroom encourages children to be creative, and to explore and discover for themselves.

逗号处分组；to be creative 与 to explore and discover 平行读。

05 · 朗读第011句 · C19-T1P2-011

In terms of fundraising to support our activities, we've done very well.

In terms of fundraising 连读；重读 very well。

06 · 朗读第014句 · C19-T1P2-030

Children will probably be most interested in the adventure playground.

probably 轻读，重读 most interested、adventure playground。

07 · 朗读第016句 · C19-T1P3-008

It's been hard work, but I've enjoyed it.

hard work 后稍停；but 转折，重读 enjoyed。

08 · 朗读第018句 · C19-T1P3-016

I came across something on the internet yesterday that might interest you.

came across 连为一组；that might interest you 不中断。

## 03 跟读索引

09 · 朗读第025句 · C19-T1P4-006

He wrote to the National Museum in Dublin to ask them to investigate, but no one took him seriously.

to ask them to investigate 一组；but 后重读 no one、seriously。

10 · 朗读第026句 · C19-T2P1-017

I knew a few chords, but that's all.

a few chords 后稍停；that's all 收尾降调。

11 · 朗读第028句 · C19-T2P1-037

Well, I'd love to come, but I don't have a guitar.

I'd love to come 与 don't have a guitar 两组对照。

12 · 朗读第030句 · C19-T2P1-044

Some people have an app they use, but others do it by ear.

重读 Some、others；by ear 连读。

13 · 朗读第032句 · C19-T2P1-067

It is, but I've got used to it now.

got used to 连成一组；but 和 now 标出前后变化。

14 · 朗读第033句 · C19-T2P2-004

Then I found that the Lifeboat Institution was looking for volunteers, so I decided to apply.

Then 起叙述；so 前稍停，重读 decided、apply。

15 · 朗读第037句 · C19-T2P2-026

Since I started, I've had to deal with a range of emergency situations.

Since I started 一组；deal with a range of 连续读。

16 · 朗读第038句 · C19-T2P2-028

It's not just about saving lives - I've learned a lot about the technology involved.

not just 重读；破折号处分组，重读 learned、technology。

17 · 朗读第040句 · C19-T2P3-020

I think it's common because there's so much choice.

I think 轻读；common、so much choice 重读。

18 · 朗读第049句 · C19-T2P4-031

In terms of their diet, tardigrades consume liquids in order to survive.

In terms of their diet 后稍停；consume liquids、survive 重读。

## 03 跟读索引

19 · 朗读第050句 · C19-T2P4-032

Although they have teeth, they don't use these for chewing.

Although 从句一组；don't 与 chewing 重读。

20 · 朗读第052句 · C19-T3P1-009

Well, neither of them eats meat but they both like fish.

neither、both 重读；but 前稍停。

21 · 朗读第053句 · C19-T3P1-016

As long as you get there by 3.30, you should be fine.

As long as 引导条件一组；by 3.30 重读。

22 · 朗读第058句 · C19-T3P2-017

This is bound to be very popular, so please book as soon as possible.

bound to be 轻连；popular 后稍停，再重读 book。

23 · 朗读第060句 · C19-T3P2-024

Usually, books like this are quite sad, but this one actually made me cry with laughter.

sad 与 cry with laughter 对照重读；actually 不拖长。

24 · 朗读第061句 · C19-T3P2-033

It's good to read more advanced books to them as it helps to develop their vocabulary.

先听清意群停顿，再模仿重音和弱读；最后脱离音频完整复述。

25 · 朗读第063句 · C19-T3P3-003

It's harder than I expected, but I've got some great classes.

harder、expected、great 重读；but 前停顿。

26 · 朗读第069句 · C19-T3P3-062

It sounds complicated, but actually you can just use a plastic box with holes in the top.

complicated 与 just 对照；with holes in the top 连成一组。

27 · 朗读第073句 · C19-T3P4-013

However, it's important to underline that there is not yet conclusive proof that microplastics cause significant harm to people.

However 后稍停；not yet、conclusive proof 重读，注意这是录音中的证据表述。

28 · 朗读第080句 · C19-T4P1-061

You have to do some training before you're allowed to touch sharp objects.

before 前后分组；training、allowed、sharp objects 重读。

## 03 跟读索引

29 · 朗读第083句 · C19-T4P2-006

People like them because they're easy to follow and don't push them too hard.

because 引出原因；easy 和 don't push 对照重读。

30 · 朗读第085句 · C19-T4P2-018

She was worried about being left behind and being the slowest runner.

worried about 连读；left behind、slowest runner 重读。

31 · 朗读第086句 · C19-T4P2-021

He never misses a training session despite having a really demanding job.

despite having 连成一组；never、demanding 重读。

32 · 朗读第091句 · C19-T4P3-024

But I still don't think people value hardbacks like they used to.

still、value、used to 重读；people value hardbacks 一组。

33 · 朗读第094句 · C19-T4P3-046

I'd love to have a bookshop like your grandfather.

I'd love to 连读；bookshop、grandfather 重读。

34 · 朗读第095句 · C19-T4P4-002

But unfortunately, tree planting isn't as straightforward as some people think.

unfortunately 后稍停；isn't、straightforward 重读。

35 · 朗读第097句 · C19-T4P4-013

Choosing the right location for reforestation projects is as important as choosing the right trees.

两个 Choosing 短语平行；location、trees 重读。

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 E19-11 · 建议写作使用

[Provider] can [offer] and adapt [it/them] to suit [users].

Write two sentences explaining how libraries can serve different age groups.

我的表达：_____

_____

**自编参考**：Libraries can offer reading sessions and adapt them to suit different age groups. Short illustrated stories may engage young children, while discussion groups can give adults opportunities to exchange ideas.

原句ID：C19-T1P1-021

### 02 E19-12 · 建议写作使用

[Activity] encourages [people] to [benefit].

Explain one benefit of outdoor learning for children.

我的表达：_____

_____

**自编参考**：Outdoor learning encourages children to ask questions about the natural world. Observing insects in a school garden gives them something concrete to discuss and investigate.

原句ID：C19-T1P1-038

## 04 骨架迁移 / 2

### 03 E19-13 · 建议写作使用

[Decision-maker] needs to be more proactive to address [problem].

Suggest one way local councils could reduce litter.

我的表达：_____

_____

**自编参考**：Local councils need to be more proactive to address litter around busy bus stops. Providing bins at convenient points and emptying them regularly would make responsible disposal easier.

原句ID：C19-T1P3-029

### 04 E19-14 · 建议写作使用

That is because not everything [follows the same process].

Explain why collecting waste does not guarantee successful recycling.

我的表达：_____

_____

**自编参考**：Collecting waste does not guarantee that it will be recycled. That is because not everything placed in a recycling bin can be processed by the available equipment.

原句ID：C19-T2P3-025

## 04 骨架迁移 / 3

### 05 E19-15 · 建议写作使用

**[Feature] enables [user] to [function].**

Explain how accessible transport can improve daily life.

我的表达：_____

_____

**自编参考**：Step-free access enables wheelchair users to board trains more independently. It can reduce their reliance on other people when travelling to work or attending appointments.

原句ID：C19-T2P4-012

### 06 E19-16 · 建议写作使用

**Although [fact], [limitation or contrast].**

Explain why owning a device does not necessarily improve learning.

我的表达：_____

_____

**自编参考**：Although many pupils have tablets, they may not know how to use them effectively for study. Clear tasks and feedback are still needed to turn access to technology into useful practice.

原句ID：C19-T2P4-032

## 04 骨架迁移 / 4

### 07 E19-17 · 建议写作使用

**It is [evaluation] to [action], as it helps to [benefit].**

Explain why parents might read aloud to young children.

我的表达：_____

_____

**自编参考**：It is useful to read aloud to young children, as it helps to develop their familiarity with spoken language. Pausing to discuss a character's choices can also encourage them to explain their own ideas.

原句ID：C19-T3P2-033

### 08 E19-18 · 建议写作使用

**[Thing] is an essential component of [system].**

Explain why maintenance matters for public transport.

我的表达：_____

_____

**自编参考**：Regular maintenance is an essential component of a reliable public transport system. Detecting faults before vehicles fail can reduce disruption for passengers who depend on daily services.

原句ID：C19-T3P4-017

## 04 骨架迁移 / 5

### 09 E19-19 · 建议写作使用

**[Action A] is as important as [action B].**

Explain why new parks need both good locations and good facilities.

我的表达：_____

_____

**自编参考**：Choosing an accessible location is as important as installing attractive facilities. A well-equipped park offers limited value to residents who cannot reach it safely or affordably.

原句ID：C19-T4P4-013

### 10 E19-20 · 建议写作使用

**[Successful action] depends on [necessary condition].**

Explain why urban planning requires reliable information.

我的表达：_____

_____

**自编参考**：Effective urban planning depends on having reliable information about how people travel. Without it, a council may build routes that fail to connect residential areas with major workplaces.

原句ID：C19-T4P4-019

## 04 骨架迁移 / 6

### 11 E19-01 · 建议口语使用

**It's been [difficulty], but I've [positive response].**

Describe a skill you enjoyed learning despite some difficulty.

我的表达：_____

_____

**自编参考**：It's been hard work, but I've enjoyed learning to cook. I still burn things occasionally, yet I can now make dinner without asking my parents for help.

原句ID：C19-T1P3-008

### 12 E19-02 · 建议口语使用

**I used to [past habit] when I was [life stage].**

What did you enjoy doing after school as a child?

我的表达：_____

_____

**自编参考**：I used to ride my bike when I was at primary school. My friend lived nearby, so we often cycled to a small park together.

原句ID：C19-T2P1-026

## 04 骨架迁移 / 7

### 13 E19-03 · 建议口语使用

**I'd love to [action], but I don't have [resource].**

Is there a hobby you would like to try?

我的表达：_____

_____

**自编参考**：I'd love to try wildlife photography, but I don't have a suitable camera. For now, I practise taking pictures of birds with my phone.

原句ID：C19-T2P1-037

### 14 E19-04 · 建议口语使用

**I've got used to [noun or -ing].**

Was it difficult to start your current daily routine?

我的表达：_____

_____

**自编参考**：I've got used to getting up early. It was unpleasant at first, but now I enjoy having a quiet breakfast before leaving for work.

原句ID：C19-T2P1-067

## 04 骨架迁移 / 8

### 15 E19-05 · 建议口语使用

**Since I started [activity], I've had to deal with [challenge].**

Describe a challenging job or responsibility.

我的表达：_____

_____

**自编参考**：Since I started helping at a community café, I've had to deal with impatient customers. I have learned to explain delays calmly instead of making promises I cannot keep.

原句ID：C19-T2P2-026

### 16 E19-06 · 建议口语使用

**It's not just about [purpose]; I've learned [additional gain].**

What can people gain from volunteering?

我的表达：_____

_____

**自编参考**：It's not just about helping others; I've learned how to work with people I barely know. At a food collection event, we had to divide the jobs quickly and keep each other informed.

原句ID：C19-T2P2-028

## 04 骨架迁移 / 9

### 17 E19-07 · 建议口语使用

**As long as [condition], [outcome].**

Do you enjoy travelling with other people?

我的表达：_____

_____

**自编参考**：As long as we agree on a rough budget, I enjoy travelling with friends. That makes it easier to choose restaurants without making anyone feel uncomfortable.

原句ID：C19-T3P1-016

### 18 E19-08 · 建议口语使用

**Usually, [expectation], but this one [different experience].**

Describe a film or book that surprised you.

我的表达：_____

_____

**自编参考**：Usually, I find historical films rather slow, but this one kept me interested throughout. It focused on one family's decisions, which made the events easier for me to understand.

原句ID：C19-T3P2-024

## 04 骨架迁移 / 10

### 19 E19-09 · 建议口语使用

**It's [comparative] than I expected, but [positive fact].**

How do you feel about a subject you are studying?

我的表达：_____

_____

**自编参考**：It's harder than I expected, but my programming course is rewarding. When I finally make a small program work, I can see exactly what I have learned.

原句ID：C19-T3P3-003

### 20 E19-10 · 建议口语使用

**I'd love to have [thing] like [reference].**

What kind of business would you like to run?

我的表达：_____

_____

**自编参考**：I'd love to have a café like the one near my old school. It had large tables and nobody hurried us, so it was a comfortable place to study with friends.

原句ID：C19-T4P3-046

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。