LISTEN · RETRIEVE · EXPRESS

雅思战队

剑20 · 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 作出推荐 · 餐饮

Yeah, I'd definitely recommend that for a special occasion.

是的，特别的日子我肯定会推荐那里。

词组：definitely / recommend / occasion

剑20 · Test 1 · Part 1 · C20-T1P1-003 · 原文PDF第1页

002 表达偏好 · 出行

I'd prefer not to have to drive anywhere.

我宁愿不用开车去任何地方。

词组：prefer / drive / anywhere

剑20 · Test 1 · Part 1 · C20-T1P1-010 · 原文PDF第1页

003 修正理由 · 餐饮

Yes, the location's perfect but that's not necessarily why I'd recommend it.

是的，位置很理想，但我推荐它未必是因为这一点。

词组：location / necessarily / recommend

剑20 · Test 1 · Part 1 · C20-T1P1-012 · 原文PDF第1页

004 强调短时间内的成果 · 商业

It's only been open a few months but it's got a great reputation already.

它才开业几个月，却已经有很好的口碑。

词组：months / reputation / already

剑20 · Test 1 · Part 1 · C20-T1P1-028 · 原文PDF第1页

005 描写场所 · 餐饮

There's a lively atmosphere and the waiters are really friendly.

那里气氛热闹，服务员也很友好。

词组：lively / atmosphere / friendly

剑20 · Test 1 · Part 1 · C20-T1P1-038 · 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 描述习惯 · 生活

I don't tend to pay much attention to that kind of thing.

我通常不太关注那类事情。

词组：tend / attention / kind

剑20 · Test 1 · Part 1 · C20-T1P1-051 · 原文PDF第2页

007 承认限制后补价值 · 文化

And even if ancient pots are found in small pieces, they still provide a lot of information about the past.

即使出土的古代陶器已成碎片，它们仍能提供大量有关过去的信息。

词组：ancient / pieces / information

剑20 · Test 1 · Part 2 · C20-T1P2-007 · 原文PDF第2页

008 解释活动的益处 · 兴趣

That focus takes you away from the stresses of everyday life.

这种专注让你暂时远离日常生活的压力。

词组：focus / stresses / everyday

剑20 · Test 1 · Part 2 · C20-T1P2-014 · 原文PDF第2页

009 给出条件性提醒 · 安全

If you have long hair, do tie it back now.

如果你留长发，现在请一定把它扎起来。

词组：hair / tie / back

剑20 · Test 1 · Part 2 · C20-T1P2-020 · 原文PDF第2页

010 引导观察 · 参观

Have a look around - there's a lot going on.

看看四周——这里有很多事情正在进行。

词组：look / around / going

剑20 · Test 1 · Part 2 · C20-T1P2-023 · 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 解释工序结果 · 工艺

This allows anything you've made to set permanently in shape.

这能让你做出的东西永久定型。

词组：allows / permanently / shape

剑20 · Test 1 · Part 2 · C20-T1P2-029 · 原文PDF第2页

012 说明技术影响 · 技术

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

它的发明彻底改变了制陶业，使一天内生产多件物品成为可能。

词组：invention / revolutionised / produced

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

013 表达意外发现 · 社会

I had no idea that loneliness has been increasing steadily for the last twenty years.

我之前完全不知道，孤独感在过去二十年里一直持续增加。

词组：loneliness / increasing / steadily

剑20 · Test 1 · Part 3 · C20-T1P3-004 · 原文PDF第3页

014 反驳预期 · 社会

In my case, far from making me feel isolated, it actually does the opposite.

就我而言，它不但没有让我感到孤立，实际上还起了相反的作用。

词组：isolated / actually / opposite

剑20 · Test 1 · Part 3 · C20-T1P3-011 · 原文PDF第3页

015 谨慎质疑依据 · 研究

But I'm not sure there's enough evidence for some of these claims.

但我不确定这些说法是否有足够证据支持。

词组：evidence / claims / enough

剑20 · Test 1 · Part 3 · C20-T1P3-022 · 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04天

先读词组，再带着意思读全句。

016 补充支持证据 · 研究

And those findings have been supported by other studies too.

而且那些发现也得到了其他研究的支持。

词组：findings / supported / studies

剑20 · Test 1 · Part 3 · C20-T1P3-024 · 原文PDF第4页

017 限定证据强度 · 研究

There are a few studies which support the theory but not conclusively enough.

有少数研究支持这一理论，但还不足以得出确凿结论。

词组：studies / theory / conclusively

剑20 · Test 1 · Part 3 · C20-T1P3-037 · 原文PDF第4页

018 提出讨论方向 · 社会

We could discuss ways of dealing with loneliness as well.

我们也可以讨论应对孤独的方法。

词组：discuss / dealing / loneliness

剑20 · Test 1 · Part 3 · C20-T1P3-050 · 原文PDF第4页

019 用个人偏好举例 · 旅行

I'd never choose to go on holiday alone, for example.

例如，我绝不会选择独自去度假。

词组：choose / holiday / alone

剑20 · Test 1 · Part 3 · C20-T1P3-059 · 原文PDF第5页

020 说明变化与影响 · 环境

But as industries developed and populations increased, city rivers suffered.

但随着工业发展和人口增长，城市河流受到了损害。

词组：industries / populations / suffered

剑20 · Test 1 · Part 4 · C20-T1P4-005 · 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05天

先读词组，再带着意思读全句。

021 说明长期改善 · 环境

For example, the River Thames is now cleaner than it's been for a hundred and fifty years.

例如，泰晤士河如今比过去一百五十年里的任何时候都更干净。

词组：cleaner / hundred / fifty

剑20 · Test 1 · Part 4 · C20-T1P4-013 · 原文PDF第5页

022 描述观念变化 · 城市

Then, all around the world, riverside areas are now seen as prime sites for development.

如今，世界各地的河滨地区都被视为理想的开发地点。

词组：riverside / prime / development

剑20 · Test 1 · Part 4 · C20-T1P4-016 · 原文PDF第5页

023 描述增长预期 · 趋势

And these numbers are set to rise further.

而这些数字预计还会进一步上升。

词组：numbers / rise / further

剑20 · Test 1 · Part 4 · C20-T1P4-024 · 原文PDF第5页

024 提出有条件的预测 · 交通

Of course, passenger traffic on roads might decrease as more people start working from home.

当然，随着更多人开始居家办公，道路上的客运交通可能会减少。

词组：traffic / decrease / working

剑20 · Test 1 · Part 4 · C20-T1P4-026 · 原文PDF第5页

025 比较运输效率 · 交通

One freight barge can replace 44 large trucks, uses far less energy and causes less pollution.

一艘货运驳船能替代四十四辆大型卡车，耗能更少，污染也更少。

词组：freight / replace / pollution

剑20 · Test 1 · Part 4 · C20-T1P4-030 · 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 询问求助经历 · 照护

Have you tried to get any support from the local council?

你有没有试过向地方议会寻求支持？

词组：support / local / council

剑20 · Test 2 · Part 1 · C20-T2P1-007 · 原文PDF第6页

027 询问办理办法 · 照护

How do I go about getting this support?

我该怎样申请这种支持呢？

词组：go / getting / support

剑20 · Test 2 · Part 1 · C20-T2P1-012 · 原文PDF第6页

028 对比过去与现在 · 照护

She used to be very good at it, but not any more.

她以前很擅长这个，但现在不行了。

词组：used / good / any

剑20 · Test 2 · Part 1 · C20-T2P1-023 · 原文PDF第6页

029 询问具体困难 · 照护

And are there any physical difficulties you have caring for her?

在照顾她时，你有没有遇到体力方面的困难？

词组：physical / difficulties / caring

剑20 · Test 2 · Part 1 · C20-T2P1-028 · 原文PDF第7页

030 表达交流的帮助 · 支持

Though actually I feel so much better having talked to you.

不过其实，跟你聊过之后我感觉好多了。

词组：actually / better / talked

剑20 · Test 2 · Part 1 · C20-T2P1-043 · 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07天

先读词组，再带着意思读全句。

031 说明下一步行动 · 办事

I'll get in touch with the council straight away.

我马上就会联系议会。

词组：touch / council / straight

剑20 · Test 2 · Part 1 · C20-T2P1-044 · 原文PDF第7页

032 欢迎参与 · 志愿活动

I'm delighted you're all interested in joining the scheme.

我很高兴你们都对加入这个计划感兴趣。

词组：delighted / interested / scheme

剑20 · Test 2 · Part 2 · C20-T2P2-003 · 原文PDF第7页

033 举例说明参与范围 · 社区

Volunteers may get involved with community groups, such as sports clubs or gardeners' associations.

志愿者可能会参与社区团体的活动，例如体育俱乐部或园艺协会。

词组：volunteers / community / associations

剑20 · Test 2 · Part 2 · C20-T2P2-010 · 原文PDF第7页

034 描述合作内容 · 社区

Here the volunteers talk about how groups can help each other.

在这里，志愿者会讨论各团体怎样互相帮助。

词组：volunteers / groups / help

剑20 · Test 2 · Part 2 · C20-T2P2-011 · 原文PDF第7页

035 描述工作流程 · 志愿活动

The volunteers then send a summary to the editors.

随后，志愿者会把一份摘要发给编辑。

词组：summary / editors / send

剑20 · Test 2 · Part 2 · C20-T2P2-016 · 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 说明社交价值 · 社区

The club members really welcome the chance to chat to the volunteers at these events.

俱乐部成员非常欢迎在这些活动中与志愿者聊天的机会。

词组：members / welcome / chance

剑20 · Test 2 · Part 2 · C20-T2P2-019 · 原文PDF第7页

037 说明安排的目的 · 志愿活动

As a thank you to the volunteers, we arrange an annual event.

为了感谢志愿者，我们每年都会安排一次活动。

词组：thank / volunteers / annual

剑20 · Test 2 · Part 2 · C20-T2P2-033 · 原文PDF第7页

038 评价解释不足 · 学习

It was all so general and the lecturer didn't give any useful examples.

内容全都太笼统了，讲师也没有给出任何有用的例子。

词组：general / lecturer / examples

剑20 · Test 2 · Part 3 · C20-T2P3-023 · 原文PDF第9页

039 表达有保留的喜好 · 城市

I love living in a big city, but of course there are problems.

我喜欢住在大城市，但当然也有一些问题。

词组：living / city / problems

剑20 · Test 2 · Part 3 · C20-T2P3-036 · 原文PDF第9页

040 转向积极方面 · 讨论

It'd be nice to talk about some positive developments.

如果能谈一些积极的发展就好了。

词组：positive / developments / talk

剑20 · Test 2 · Part 3 · C20-T2P3-041 · 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09天

先读词组，再带着意思读全句。

041 提出研究选题 · 城市

We could include something about developing disused industrial sites.

我们可以加入一些关于开发废弃工业用地的内容。

词组：developing / disused / industrial

剑20 · Test 2 · Part 3 · C20-T2P3-051 · 原文PDF第9页

042 给出支持理由 · 环境

It seems like a good idea, because you're not doing any harm to the natural environment.

这看起来是个好主意，因为你不会对自然环境造成任何伤害。

词组：harm / natural / environment

剑20 · Test 2 · Part 3 · C20-T2P3-052 · 原文PDF第9页

043 收窄讨论范围 · 能源

But let's stick to talking about power sources.

但我们还是集中讨论能源来源吧。

词组：stick / talking / sources

剑20 · Test 2 · Part 3 · C20-T2P3-066 · 原文PDF第9页

044 报告反对意见 · 规划

A lot of people were against it at first; they said the plans were unrealistic.

一开始有很多人反对它；他们说这些规划不切实际。

词组：against / plans / unrealistic

剑20 · Test 2 · Part 3 · C20-T2P3-069 · 原文PDF第10页

045 建立类比 · 消费

There are trends in food, much as there are trends in clothing.

食品也有潮流，就像服装有潮流一样。

词组：trends / food / clothing

剑20 · Test 2 · Part 4 · C20-T2P4-001 · 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10天

先读词组，再带着意思读全句。

046 比较方案效果 · 营销

This proved far more effective than offering samples in supermarkets.

事实证明，这比在超市提供试吃样品有效得多。

词组：effective / offering / samples

剑20 · Test 2 · Part 4 · C20-T2P4-021 · 原文PDF第10页

047 说明宣传目的 · 营销

A British PR company was hired to raise its profile and stimulate demand.

一家英国公关公司受聘提高它的知名度并刺激需求。

词组：hired / profile / demand

剑20 · Test 2 · Part 4 · C20-T2P4-012 · 原文PDF第10页

048 引入近期例子 · 消费

Oat milk is a recent example of a new product which became fashionable very quickly.

燕麦奶是一个迅速流行起来的新产品的近期例子。

词组：recent / fashionable / quickly

剑20 · Test 2 · Part 4 · C20-T2P4-017 · 原文PDF第10页

049 提出比较优势 · 消费

Oat milk had an advantage over other alternative milk products such as almond milk.

燕麦奶比杏仁奶等其他替代奶产品具有一项优势。

词组：advantage / alternative / products

剑20 · Test 2 · Part 4 · C20-T2P4-022 · 原文PDF第10页

050 解释消费偏好 · 环境

Many consumers prefer it because it has less of an impact on the environment.

很多消费者更喜欢它，因为它对环境的影响更小。

词组：consumers / impact / environment

剑20 · Test 2 · Part 4 · C20-T2P4-023 · 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 用反馈支持推荐 · 服务

I've recommended them to other people and have always heard positive reports about them.

我曾向其他人推荐过他们，而且一直听到积极的反馈。

词组：recommended / positive / reports

剑20 · Test 3 · Part 1 · C20-T3P1-012 · 原文PDF第11页

052 礼貌询价 · 租赁

Could you give me an idea of their costs?

你能让我大致了解一下他们的费用吗？

词组：idea / costs / give

剑20 · Test 3 · Part 1 · C20-T3P1-013 · 原文PDF第11页

053 说明询问目的 · 租赁

It's just to get a general idea of how much it's gonna cost.

只是想大致知道会花多少钱。

词组：general / idea / cost

剑20 · Test 3 · Part 1 · C20-T3P1-016 · 原文PDF第11页

054 表示需要核算 · 预算

I'd have to do the math carefully then.

那我就得仔细算一算了。

词组：math / carefully / then

剑20 · Test 3 · Part 1 · C20-T3P1-031 · 原文PDF第12页

055 比较价格 · 服务

It's quite new, and it has the lowest prices in town.

它相当新，而且价格是全城最低的。

词组：new / lowest / prices

剑20 · Test 3 · Part 1 · C20-T3P1-038 · 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 预告注意事项 · 租赁

There are two things you need to know about Larch Furniture.

关于Larch Furniture，有两件事你需要知道。

词组：things / need / know

剑20 · Test 3 · Part 1 · C20-T3P1-042 · 原文PDF第12页

057 说明后续计划 · 考古

This summer's work will end soon, but we'll be back next summer.

今年夏天的工作很快就会结束，但我们明年夏天还会回来。

词组：summer / end / back

剑20 · Test 3 · Part 2 · C20-T3P2-017 · 原文PDF第12页

058 给出路线判断 · 指路

If you reach the river, you've gone too far.

如果你到了河边，那就是走过头了。

词组：reach / river / far

剑20 · Test 3 · Part 2 · C20-T3P2-041 · 原文PDF第12页

059 说明过渡安排 · 教育

In the meantime, we're putting on a series of guided tours for school groups this autumn.

在此期间，我们将在今年秋天为学校团体举办一系列导览。

词组：meantime / guided / tours

剑20 · Test 3 · Part 2 · C20-T3P2-018 · 原文PDF第12页

060 定位地图位置 · 指路

Take a look at the map; our present location is marked at the bottom.

看一下地图；我们现在的位置标在底部。

词组：location / marked / bottom

剑20 · Test 3 · Part 2 · C20-T3P2-023 · 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 报告发现 · 考古

This year we've identified the foundations of an ancient bridge.

今年我们辨认出了一座古桥的地基。

词组：identified / foundations / ancient

剑20 · Test 3 · Part 2 · C20-T3P2-024 · 原文PDF第12页

062 提出谨慎解释 · 地理

The pond here is further away, but it's possible the river has moved slightly.

这里的池塘离得更远，但河流可能略微改变了位置。

词组：pond / possible / slightly

剑20 · Test 3 · Part 2 · C20-T3P2-038 · 原文PDF第12页

063 承认困难后肯定选择 · 研究

Even though I struggled to find many useful websites, I'm glad we picked this subject.

尽管我很难找到多少有用的网站，但我很高兴我们选了这个主题。

词组：struggled / useful / subject

剑20 · Test 3 · Part 3 · C20-T3P3-005 · 原文PDF第13页

064 引入历史比较 · 文化

There's also an interesting comparison to make between eighteenth and nineteenth-century programmes.

十八世纪与十九世纪的节目单之间，还有一个有意思的比较点。

词组：comparison / century / programmes

剑20 · Test 3 · Part 3 · C20-T3P3-024 · 原文PDF第14页

065 推测方式优势 · 文化

It must be easier for theatres to do it that way.

剧院那样做一定更容易。

词组：easier / theatres / way

剑20 · Test 3 · Part 3 · C20-T3P3-011 · 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14天

先读词组，再带着意思读全句。

066 建议纳入内容 · 研究

We should definitely include that information about early audiences in our project.

我们一定应该把有关早期观众的信息放进项目中。

词组：definitely / include / information

剑20 · Test 3 · Part 3 · C20-T3P3-020 · 原文PDF第14页

067 说明历史差异 · 文化

And, unlike programmes from the eighteenth century, they always used colour.

而且，与十八世纪的节目单不同，它们总是使用彩色。

词组：unlike / programmes / colour

剑20 · Test 3 · Part 3 · C20-T3P3-026 · 原文PDF第14页

068 描述资料规模 · 数字资源

It already comprises over two hundred thousand programmes, which is amazing.

它已经包含二十多万份节目单，真是令人惊叹。

词组：comprises / thousand / amazing

剑20 · Test 3 · Part 3 · C20-T3P3-054 · 原文PDF第15页

069 表达事后遗憾 · 研究

Wish I'd known about it while I was doing my research!

要是我做研究时就知道它就好了！

词组：known / research / while

剑20 · Test 3 · Part 3 · C20-T3P3-055 · 原文PDF第15页

070 区分相关概念 · 设计

Inclusive design is often linked with universal design, although they are not quite the same thing.

包容性设计经常与通用设计联系在一起，尽管它们并不完全相同。

词组：inclusive / universal / design

剑20 · Test 3 · Part 4 · C20-T3P4-005 · 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 说明设计对象 · 设计

Many products are now designed with the elderly in mind.

如今，很多产品在设计时都会考虑老年人的需要。

词组：products / designed / elderly

剑20 · Test 3 · Part 4 · C20-T3P4-014 · 原文PDF第15页

072 引入普遍现象 · 设计

Today, examples of successful inclusive design can be seen all around us.

今天，成功的包容性设计实例在我们身边随处可见。

词组：successful / inclusive / examples

剑20 · Test 3 · Part 4 · C20-T3P4-007 · 原文PDF第15页

073 说明产品操作 · 技术

Taps that you activate by sensor require no pressing or twisting movements.

通过感应器启动的水龙头不需要按压或旋转动作。

词组：sensor / pressing / twisting

剑20 · Test 3 · Part 4 · C20-T3P4-011 · 原文PDF第15页

074 描述技术普及 · 技术

So voice access is now a routine way of making commands.

因此，语音控制如今已成为发出指令的一种常见方式。

词组：voice / routine / commands

剑20 · Test 3 · Part 4 · C20-T3P4-018 · 原文PDF第15页

075 指出原因 · 健康

This is due to differences in metabolic rates for men and women.

这源于男性与女性新陈代谢速率的差异。

词组：differences / metabolic / rates

剑20 · Test 3 · Part 4 · C20-T3P4-035 · 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16天

先读词组，再带着意思读全句。

076 描述时长与费用 · 旅行

It takes a couple of hours and doesn't cost that much.

这需要几个小时，而且花费不高。

词组：hours / cost / much

剑20 · Test 4 · Part 1 · C20-T4P1-027 · 原文PDF第17页

077 询问计划 · 旅行

Have you thought about where to take them to eat?

你有没有想过带他们去哪里吃饭？

词组：thought / take / eat

剑20 · Test 4 · Part 1 · C20-T4P1-047 · 原文PDF第17页

078 说明安排意图 · 旅行

So I want to organise some trips while they're here.

所以我想在他们来访期间安排一些出游活动。

词组：organise / trips / while

剑20 · Test 4 · Part 1 · C20-T4P1-022 · 原文PDF第17页

079 提出条件性建议 · 旅行

If the weather's nice, one thing you could do is visit the old fort.

如果天气好，你可以做的一件事就是参观那座古堡。

词组：weather / visit / fort

剑20 · Test 4 · Part 1 · C20-T4P1-030 · 原文PDF第17页

080 提出低成本选择 · 预算

There are lots of things you can do for free as well - no need to spend a fortune.

也有很多活动可以免费参加——不必花一大笔钱。

词组：free / spend / fortune

剑20 · Test 4 · Part 1 · C20-T4P1-058 · 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 表达长期意愿 · 生活

Oh yeah - I've been meaning to do that for ages.

哦，是的——我一直都想做那件事。

词组：meaning / ages / do

剑20 · Test 4 · Part 1 · C20-T4P1-068 · 原文PDF第18页

082 说明安全目的 · 参观

We don't want any accidents or anyone getting frightened.

我们不希望发生任何意外，也不希望有人受到惊吓。

词组：accidents / frightened / want

剑20 · Test 4 · Part 2 · C20-T4P2-006 · 原文PDF第18页

083 征求反馈 · 服务

We've only just introduced this feature, and would appreciate your feedback.

我们刚刚推出这一功能，很希望听到你的反馈。

词组：introduced / feature / feedback

剑20 · Test 4 · Part 2 · C20-T4P2-016 · 原文PDF第18页

084 提醒环境特点 · 安全

The stadium has lots of stairs, and the players' tunnel is very dark.

体育场里有很多楼梯，球员通道也非常暗。

词组：stadium / stairs / tunnel

剑20 · Test 4 · Part 2 · C20-T4P2-004 · 原文PDF第18页

085 引入介绍内容 · 参观

I'd like to mention some features of the tour.

我想介绍这次参观的一些特点。

词组：mention / features / tour

剑20 · Test 4 · Part 2 · C20-T4P2-013 · 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18天

先读词组，再带着意思读全句。

086 描述历史增长 · 体育

By 1878, the number of teams in the football league increased again.

到1878年，足球联赛中的球队数量又增加了。

词组：number / league / increased

剑20 · Test 4 · Part 2 · C20-T4P2-027 · 原文PDF第18页

087 解释变化的意义 · 体育

This was a significant change, as games could then be played in the evenings all year round.

这是一个重大变化，因为此后比赛一年四季都能在晚上进行。

词组：significant / played / evenings

剑20 · Test 4 · Part 2 · C20-T4P2-029 · 原文PDF第18页

088 补充不易察觉的作用 · 教育

What's less obvious is how it helps develop their concentration.

不太明显的是它如何帮助培养他们的专注力。

词组：obvious / develop / concentration

剑20 · Test 4 · Part 3 · C20-T4P3-010 · 原文PDF第19页

089 评价解决办法 · 教育

That seems like a really simple solution.

这似乎是一个非常简单的解决办法。

词组：seems / simple / solution

剑20 · Test 4 · Part 3 · C20-T4P3-027 · 原文PDF第19页

090 解释原因 · 学习

I think you can put that down to lack of practice.

我想这可以归因于缺乏练习。

词组：lack / practice / down

剑20 · Test 4 · Part 3 · C20-T4P3-062 · 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 询问进展 · 学习

How are you getting on with the assignment on handwriting?

你关于手写的那份作业进展怎么样了？

词组：assignment / handwriting / getting

剑20 · Test 4 · Part 3 · C20-T4P3-001 · 原文PDF第19页

092 解释学习作用 · 教育

The physical act of writing helps children to remember letters.

书写这一身体动作有助于儿童记住字母。

词组：physical / remember / letters

剑20 · Test 4 · Part 3 · C20-T4P3-008 · 原文PDF第19页

093 表达新认识 · 学习

That aspect of handwriting had never occurred to me before.

我以前从未想到过手写的这一方面。

词组：aspect / handwriting / occurred

剑20 · Test 4 · Part 3 · C20-T4P3-012 · 原文PDF第19页

094 说明条件与结果 · 教育

Marks are definitely affected if examiners can't read the script.

如果阅卷人看不清字迹，分数肯定会受到影响。

词组：marks / examiners / script

剑20 · Test 4 · Part 3 · C20-T4P3-048 · 原文PDF第20页

095 描述与预期相反的趋势 · 环境

However, although these birds of prey are protected by the government, their numbers are falling.

然而，尽管这些猛禽受到政府保护，它们的数量却正在下降。

词组：protected / government / falling

剑20 · Test 4 · Part 4 · C20-T4P4-010 · 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 补充第二项价值 · 农业

These provide food for the farmers' families, as well as being an important source of income.

这些既为农民家庭提供食物，也是一个重要收入来源。

词组：provide / source / income

剑20 · Test 4 · Part 4 · C20-T4P4-018 · 原文PDF第20页

097 补充保护作用 · 生态

And the predatory habits of these birds also protect farmers in other ways.

这些鸟类的捕食习性也会在其他方面保护农民。

词组：predatory / habits / protect

剑20 · Test 4 · Part 4 · C20-T4P4-006 · 原文PDF第20页

098 指出另一种威胁 · 生态

And local farmers also pose a threat to these birds.

当地农民也对这些鸟类构成威胁。

词组：farmers / pose / threat

剑20 · Test 4 · Part 4 · C20-T4P4-016 · 原文PDF第20页

099 描述并行活动 · 农业

As well as growing crops, small-scale farmers in the area also rear chickens.

除了种植作物，这个地区的小规模农户还饲养鸡。

词组：crops / small-scale / rear

剑20 · Test 4 · Part 4 · C20-T4P4-017 · 原文PDF第20页

100 引出解决办法 · 农业

So how else can farmers protect their chickens from birds of prey?

那么，农民还能怎样保护自己的鸡不被猛禽捕食呢？

词组：protect / chickens / prey

剑20 · Test 4 · Part 4 · C20-T4P4-020 · 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001句 · C20-T1P1-003

Yeah, I'd definitely recommend that for a special occasion.

把 I'd definitely 连成一组，重音放在 recommend 和 occasion。

02 · 朗读第002句 · C20-T1P1-010

I'd prefer not to have to drive anywhere.

跟住 prefer not to 的节奏，not 清楚但不把每个小词重读。

03 · 朗读第003句 · C20-T1P1-012

Yes, the location's perfect but that's not necessarily why I'd recommend it.

在 perfect 后轻分组，but 后重读 not necessarily。

04 · 朗读第007句 · C20-T1P2-007

And even if ancient pots are found in small pieces, they still provide a lot of information about the past.

按 even if 条件与 they still 结果分两组，突出 still。

05 · 朗读第008句 · C20-T1P2-014

That focus takes you away from the stresses of everyday life.

把 takes you away from 连成一组，不逐词停顿。

06 · 朗读第013句 · C20-T1P3-004

I had no idea that loneliness has been increasing steadily for the last twenty years.

把 had no idea 与 that 后的发现分组，突出 steadily。

07 · 朗读第014句 · C20-T1P3-011

In my case, far from making me feel isolated, it actually does the opposite.

far from 后接一整组，actually 和 opposite 承担对比重音。

08 · 朗读第015句 · C20-T1P3-022

But I'm not sure there's enough evidence for some of these claims.

把 I'm not sure 连读成开头组，重音落在 enough evidence。

03 跟读索引

09 · 朗读第020句 · C20-T1P4-005

But as industries developed and populations increased, city rivers suffered.

as 引导的两个变化连成一组，在 city rivers 前轻停。

10 · 朗读第024句 · C20-T1P4-026

Of course, passenger traffic on roads might decrease as more people start working from home.

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。

11 · 朗读第026句 · C20-T2P1-007

Have you tried to get any support from the local council?

把 Have you tried to 连成开头组，support 清楚重读。

12 · 朗读第027句 · C20-T2P1-012

How do I go about getting this support?

how do I go about 按一组跟读，getting this support 作第二组。

13 · 朗读第032句 · C20-T2P2-003

I'm delighted you're all interested in joining the scheme.

把 you're all interested in 连起来，joining the scheme 作后一组。

14 · 朗读第033句 · C20-T2P2-010

Volunteers may get involved with community groups, such as sports clubs or gardeners' associations.

such as 前轻分组，两个团体名称分别清楚落重音。

15 · 朗读第039句 · C20-T2P3-036

I love living in a big city, but of course there are problems.

先读完整个 I love 组，再用 but 引出 problems。

16 · 朗读第040句 · C20-T2P3-041

It'd be nice to talk about some positive developments.

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。

17 · 朗读第045句 · C20-T2P4-001

There are trends in food, much as there are trends in clothing.

much as 前轻分组，food 与 clothing 对应重读。

18 · 朗读第050句 · C20-T2P4-023

Many consumers prefer it because it has less of an impact on the environment.

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 跟读索引

19 · 朗读第051句 · C20-T3P1-012

I've recommended them to other people and have always heard positive reports about them.

I've recommended them 连起来，always heard 承接后半句。

20 · 朗读第052句 · C20-T3P1-013

Could you give me an idea of their costs?

Could you give me an idea of 作一组，costs 收尾。

21 · 朗读第057句 · C20-T3P2-017

This summer's work will end soon, but we'll be back next summer.

在 soon 后换气，but we'll be back 连成一组。

22 · 朗读第058句 · C20-T3P2-041

If you reach the river, you've gone too far.

if 条件一组，you've gone too far 一组，far 清楚收尾。

23 · 朗读第063句 · C20-T3P3-005

Even though I struggled to find many useful websites, I'm glad we picked this subject.

Even though 从句一组，I'm glad 作主句重心。

24 · 朗读第066句 · C20-T3P3-020

We should definitely include that information about early audiences in our project.

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070句 · C20-T3P4-005

Inclusive design is often linked with universal design, although they are not quite the same thing.

although 前稍停，not quite the same thing 重读 same。

26 · 朗读第071句 · C20-T3P4-014

Many products are now designed with the elderly in mind.

are now designed with 连续跟读，elderly 作后半句重心。

27 · 朗读第076句 · C20-T4P1-027

It takes a couple of hours and doesn't cost that much.

takes a couple of 连起来，doesn't cost that much 保持一个语块。

28 · 朗读第077句 · C20-T4P1-047

Have you thought about where to take them to eat?

Have you thought about 连成开头组，where to take them 连起来。

03 跟读索引

29 · 朗读第082句 · C20-T4P2-006

We don't want any accidents or anyone getting frightened.

don't want any accidents 连成一组，or anyone 作第二组开头。

30 · 朗读第083句 · C20-T4P2-016

We've only just introduced this feature, and would appreciate your feedback.

We've only just introduced 作一组，would appreciate 连起来。

31 · 朗读第088句 · C20-T4P3-010

What's less obvious is how it helps develop their concentration.

What's less obvious 作一组，how it helps 连起来。

32 · 朗读第089句 · C20-T4P3-027

That seems like a really simple solution.

That seems like a 连起来，really simple solution 清楚落重音。

33 · 朗读第090句 · C20-T4P3-062

I think you can put that down to lack of practice.

put that down to 当整块跟读，lack of practice 不逐词断开。

34 · 朗读第095句 · C20-T4P4-010

However, although these birds of prey are protected by the government, their numbers are falling.

although 从句与 their numbers 分组，重读 protected 和 falling。

35 · 朗读第096句 · C20-T4P4-018

These provide food for the farmers' families, as well as being an important source of income.

as well as being 连成一组，important source of income 收尾。

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 E20-11 · 建议写作使用

... revolutionised ..., allowing ... to ...

自编Task 2练习：Explain one way digital libraries can change access to information. 写两句，避免把尚未证实的历史效果当事实；可把 revolutionised 降为 can change。

我的表达：_____

_____

自编参考：Digital libraries can change access to information, allowing people in remote areas to consult books without travelling to a city. This can be particularly useful for students whose local libraries have limited collections, provided they have a reliable internet connection.

原句ID：C20-T1P2-035

02 E20-12 · 建议写作使用

There are ... which support ..., but ...

自编Task 2练习：Does social media always damage friendships? 写一个有限度的反驳，不编造研究。

我的表达：_____

_____

自编参考：There are everyday examples which support a more positive view of social media, but they do not show that every platform benefits every user. Friends who live abroad can use group messages to arrange regular calls, while those who only scroll through posts may gain little meaningful contact.

原句ID：C20-T1P3-037

04 骨架迁移 / 2

03 E20-13 · 建议写作使用

... might decrease as more people ...

自编Task 2练习：Explain how remote working could affect urban transport. 给出机制和一个限制条件，不杜撰交通统计。

我的表达：_____

_____

自编参考：Rush-hour traffic might decrease as more people work from home several days a week. Employees would make fewer journeys to central offices, although the effect would be limited if most of them had previously travelled by train rather than by car.

原句ID：C20-T1P4-026

04 E20-14 · 建议写作使用

... seems like a good idea because ...

自编Task 2练习：Should cities reuse empty buildings before constructing new ones? 只论证一个支持理由，并承认建筑条件的限制。

我的表达：_____

_____

自编参考：Reusing empty office buildings seems like a good idea because it can reduce the need to develop additional land. However, conversion is practical only where the buildings can be made safe and suitable for housing without excessive reconstruction.

原句ID：C20-T2P3-052

04 骨架迁移 / 3

05 E20-15 · 建议写作使用

... has an advantage over ...

自编Task 2练习：Compare online courses with classroom courses for adults who work full time. 固定比较角度为时间安排。

我的表达：_____

_____

自编参考：Recorded online courses have an advantage over fixed classroom sessions in terms of scheduling. Adults who work irregular shifts can pause a lesson and return to it later, whereas a class held at the same time every week may be difficult for them to attend.

原句ID：C20-T2P4-022

06 E20-16 · 建议写作使用

... should be designed with ... in mind.

自编Task 2练习：How can public transport serve older passengers better? 提出一项设计改变及作用。

我的表达：_____

_____

自编参考：Bus stops should be designed with older passengers in mind. Clear displays and sheltered seating would make it easier to check arrival times and wait comfortably, especially for people who find it difficult to stand for long periods.

原句ID：C20-T3P4-014

04 骨架迁移 / 4

07 E20-17 · 建议写作使用

This is due to differences in ...

自编Task 2练习：Why might the same study method work differently for different learners? 给出一种合理解释和对照情境，不作普遍诊断。

我的表达：_____

_____

自编参考：The same study method may produce different results for different learners. This can be due to differences in prior knowledge: a beginner may need a worked example, while a learner who already understands the basics may benefit more from solving a problem independently.

原句ID：C20-T3P4-035

08 E20-18 · 建议写作使用

This would be a significant change, as ...

自编Task 2练习：A library is considering opening in the evening. Explain why this could help working adults. 不写成已发生的政策。

我的表达：_____

_____

自编参考：Keeping the public library open until nine would be a significant change, as working adults could use its facilities after their shifts. Someone finishing work at six would have time to borrow books or use a quiet desk instead of trying to visit during a short lunch break.

原句ID：C20-T4P2-029

04 骨架迁移 / 5

09 E20-19 · 建议写作使用

Although ... is protected ..., ...

自编Task 2练习：Why might legal protection alone be insufficient for historic buildings? 写一个可能机制，不能捏造某城市的真实结果。

我的表达：_____

_____

自编参考：Although a historic building may be protected by law, its condition can still deteriorate. If the owner cannot afford essential repairs, rain may enter through a damaged roof, so legal protection needs to be accompanied by a realistic maintenance plan.

原句ID：C20-T4P4-010

10 E20-20 · 建议写作使用

... provides ... as well as being ...

自编Task 2练习：Explain two connected benefits of a community garden. 用具体用途展开，不堆两个空泛优点。

我的表达：_____

_____

自编参考：A community garden provides fresh vegetables as well as being a place where neighbours can meet. Residents can share tools and exchange advice while tending their plots, giving people who rarely speak in the street a regular reason to spend time together.

原句ID：C20-T4P4-018

04 骨架迁移 / 6

11 E20-01 · 建议口语使用

I'd definitely recommend ... for ...

给第一次来你城市的朋友推荐一个适合放松的地方，补充一项设施及它的用处。

我的表达：_____

_____

自编参考：I'd definitely recommend the riverside park for a quiet afternoon. It has shaded benches beside the water, so you can sit and read without feeling too hot.

原句ID：C20-T1P1-003

12 E20-02 · 建议口语使用

I'd prefer not to have to ...

回答：Do you prefer to live near your workplace? 说明你想避免的麻烦，再说节省的时间会用来做什么。

我的表达：_____

_____

自编参考：I'd prefer not to have to spend an hour commuting every morning. Living near my office would give me time to prepare breakfast and go for a short walk before work.

原句ID：C20-T1P1-010

04 骨架迁移 / 7

13 E20-03 · 建议口语使用

It's only been ... but ... already.

介绍一家新开的咖啡馆，说明它为什么很快吸引你再次光顾；可以使用自编个人情境。

我的表达：_____

_____

自编参考：It's only been open for a few weeks, but I've visited it three times already. The owner remembers my usual order, which makes the place feel welcoming.

原句ID：C20-T1P1-028

14 E20-04 · 建议口语使用

There's a ... atmosphere and ...

描述你喜欢的一家书店，从氛围和另一个具体特点展开，不只说 nice。

我的表达：_____

_____

自编参考：There's a relaxed atmosphere and the reading chairs are really comfortable. I often spend an hour there after work because nobody rushes me to buy anything.

原句ID：C20-T1P1-038

04 骨架迁移 / 8

15 E20-05 · 建议口语使用

... takes you away from the stresses of everyday life.

回答：What do you do to relax? 描述一项活动，并说明做这件事时注意力转向了哪里。

我的表达：_____

_____

自编参考：Painting takes me away from the stresses of everyday life. When I concentrate on mixing colours, I stop thinking about unfinished tasks and enjoy working slowly for a while.

原句ID：C20-T1P2-014

16 E20-06 · 建议口语使用

Far from making me feel ..., ... actually ...

谈谈独自散步的体验：它与你原来的担忧有什么不同？使用自编个人情境即可。

我的表达：_____

_____

自编参考：Far from making me feel lonely, walking alone actually helps me recharge. I can choose my own route and pause whenever I notice an interesting building or a quiet garden.

原句ID：C20-T1P3-011

04 骨架迁移 / 9

17 E20-07 · 建议口语使用

I love ..., but of course there are ...

回答：Do you like living in a big city? 给一个好处和一个具体不便，保持立场清楚。

我的表达：_____

_____

自编参考：I love living in a big city, but of course there are drawbacks. I can visit museums whenever I want, although the crowded buses make my daily commute less enjoyable.

原句ID：C20-T2P3-036

18 E20-08 · 建议口语使用

Even though I struggled to ..., I'm glad ...

描述一次困难但值得的学习经历，说清楚困难和最终收获。

我的表达：_____

_____

自编参考：Even though I struggled to understand the instructions, I'm glad I joined the photography class. The tutor showed me how to adjust the camera, and my indoor pictures became much clearer.

原句ID：C20-T3P3-005

04 骨架迁移 / 10

19 E20-09 · 建议口语使用

There are lots of things you can do for free ...

朋友担心周末出游太贵。给出两个免费选择，并解释其中一个为什么值得做。

我的表达：_____

_____

自编参考：There are lots of things you can do for free in my town. You could walk along the river or visit the public art gallery, where local artists often display paintings of familiar streets.

原句ID：C20-T4P1-058

20 E20-10 · 建议口语使用

I've been meaning to ... for ages.

回答：Is there a skill you would like to learn? 说明拖延原因和一个具体启动步骤。

我的表达：_____

_____

自编参考：I've been meaning to learn to cook for ages. I kept putting it off because I was busy with work, but this weekend I'm going to try a simple soup recipe.

原句ID：C20-T4P1-068

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。