LISTEN · RETRIEVE · EXPRESS

雅思战队

剑21 · 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 礼貌询问课程信息 · 学习与兴趣

I'd like to find out about sailing courses for beginners.

我想了解一下适合初学者的帆船课程。

词组：find out / beginners

剑21 · Test 1 · Part 1 · C21-T1P1-004 · 原文PDF第1页

002 先说明尝试再表达不确定 · 学习与兴趣

I had a look online but I'm not sure which course would be best.

我上网看过了，但不确定哪个课程最合适。

词组：had a look / not sure

剑21 · Test 1 · Part 1 · C21-T1P1-007 · 原文PDF第1页

003 保留决定而不生硬拒绝 · 做决定

Well, I'm not sure about that yet.

嗯，我还不太确定。

词组：not sure / yet

剑21 · Test 1 · Part 1 · C21-T1P1-029 · 原文PDF第1页

004 补充服务包含的内容 · 学习与兴趣

Yes, everything's included and you also get a really good dictionary explaining all the sailing terminology.

是的，一切都包含在内，你还会拿到一本很好的词典，解释所有帆船术语。

词组：included / terminology

剑21 · Test 1 · Part 1 · C21-T1P1-032 · 原文PDF第1页

005 承认初学阶段的困难 · 学习与兴趣

A lot of people struggle with this at first.

很多人一开始都觉得这个很难。

词组：struggle with / at first

剑21 · Test 1 · Part 1 · C21-T1P1-033 · 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 用具体特点说明帮助 · 学习与兴趣

It's got lots of pictures, so I'm sure you'd find it really helpful.

里面有很多图片，所以我相信你会觉得很有帮助。

词组：pictures / helpful

剑21 · Test 1 · Part 1 · C21-T1P1-034 · 原文PDF第1页

007 提出具体可执行建议 · 学习与兴趣

I recommend you watch some videos we use for training.

我建议你看一些我们用于培训的视频。

词组：recommend / training

剑21 · Test 1 · Part 1 · C21-T1P1-052 · 原文PDF第2页

008 推荐职业入门路径 · 工作与职业

A good place to get your first job would be on a low budget short film.

低成本短片会是获得第一份工作的好起点。

词组：low budget / first job

剑21 · Test 1 · Part 2 · C21-T1P2-006 · 原文PDF第2页

009 点出工作的一个缺点 · 工作与职业

One problem with working in the makeup department is that it's a high-pressure environment.

在化妆部门工作有一个问题，就是工作环境压力很大。

词组：one problem / high-pressure

剑21 · Test 1 · Part 2 · C21-T1P2-014 · 原文PDF第2页

010 给出应对压力的建议 · 工作与职业

Follow your supervisor's lead and try to remain calm at all times.

跟着主管的示范做，并尽量始终保持冷静。

词组：follow / remain calm

剑21 · Test 1 · Part 2 · C21-T1P2-017 · 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 强调准备工作的重要性 · 工作与职业

It's very important to build your portfolio.

建立自己的作品集非常重要。

词组：important / portfolio

剑21 · Test 1 · Part 2 · C21-T1P2-025 · 原文PDF第2页

012 补充行动前提 · 工作与职业

But remember you'll need to get approval from the makeup designer in charge of the department.

但请记住，你需要得到负责该部门的化妆设计师的批准。

词组：approval / in charge

剑21 · Test 1 · Part 2 · C21-T1P2-027 · 原文PDF第2页

013 说明做好某事所需的素质 · 工作与职业

It takes quite a lot of confidence to be able to do this well.

要把这件事做好，需要相当多的自信。

词组：confidence / quite a lot

剑21 · Test 1 · Part 2 · C21-T1P2-042 · 原文PDF第3页

014 评价经历并邀请回应 · 学习与讨论

That lecture from the visiting speaker yesterday was good, wasn't it?

昨天那位嘉宾讲者的讲座很不错，对吧？

词组：visiting speaker / lecture

剑21 · Test 1 · Part 3 · C21-T1P3-001 · 原文PDF第3页

015 评价自己的准备程度 · 学习与讨论

I've had a look at them all, but it's been a bit of a rush.

我全都看过了，不过看得有些匆忙。

词组：had a look / in a rush

剑21 · Test 1 · Part 3 · C21-T1P3-024 · 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 委婉说明内容帮助不大 · 媒体与学习

I didn't get anything out of it though.

不过，我没从中得到什么收获。

词组：get out of / though

剑21 · Test 1 · Part 3 · C21-T1P3-033 · 原文PDF第4页

017 赞同并补充评价理由 · 学习与讨论

Yes, I agree and I thought it was a well-written summary of those.

是的，我同意，而且我觉得它把那些内容总结得很好。

词组：agree / well-written

剑21 · Test 1 · Part 3 · C21-T1P3-039 · 原文PDF第4页

018 用结果说明材料太难 · 媒体与学习

I gave up reading after the first chapter - I just couldn't follow it.

读完第一章我就放弃了——实在理解不了。

词组：gave up / follow

剑21 · Test 1 · Part 3 · C21-T1P3-042 · 原文PDF第4页

019 指出观点遗漏了另一面 · 环境与讨论

Yes, it focused on how this would benefit people and ignored the effects on the environment.

是的，它着重讲这会给人们带来什么好处，却忽略了对环境的影响。

词组：focused on / ignored

剑21 · Test 1 · Part 3 · C21-T1P3-044 · 原文PDF第4页

020 解释现象的必要条件 · 资源与环境

But this has only become possible because we have the necessary natural resources.

但这之所以成为可能，只是因为我们拥有必要的自然资源。

词组：possible / natural resources

剑21 · Test 1 · Part 4 · C21-T1P4-002 · 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 描述逐渐加重的担忧 · 资源与环境

Recently, however, concern's been growing that supplies may soon be insufficient for the world's needs.

不过，近来人们越来越担心，供应可能很快就无法满足世界的需求。

词组：concern / insufficient

剑21 · Test 1 · Part 4 · C21-T1P4-011 · 原文PDF第5页

022 用问题引出原因分析 · 资源与环境

So what exactly is limiting the supply of natural rubber?

那么，究竟是什么限制了天然橡胶的供应？

词组：limiting / supply

剑21 · Test 1 · Part 4 · C21-T1P4-012 · 原文PDF第5页

023 补充另一个原因 · 资源与环境

And it's not just the initial production that's limiting supplies.

而限制供应的并不只是最初的生产环节。

词组：initial / production

剑21 · Test 1 · Part 4 · C21-T1P4-023 · 原文PDF第5页

024 说明为解决问题进行的探索 · 资源与环境

So for some time, scientists have been looking for alternative sources of natural rubber.

所以，一段时间以来，科学家一直在寻找天然橡胶的替代来源。

词组：alternative sources / looking for

剑21 · Test 1 · Part 4 · C21-T1P4-035 · 原文PDF第5页

025 列举适应能力的两个表现 · 资源与环境

They'll grow in all sorts of places, and they don't need rich soil.

它们在各种地方都能生长，而且不需要肥沃的土壤。

词组：all sorts of / rich soil

剑21 · Test 1 · Part 4 · C21-T1P4-040 · 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 介绍感兴趣的课程 · 学习与兴趣

I remember there was one on how to make Vietnamese food that sounded good.

我记得有一个教人做越南菜的课程，听起来不错。

词组：Vietnamese food / sounded good

剑21 · Test 2 · Part 1 · C21-T2P1-006 · 原文PDF第6页

027 自然表达具体兴趣 · 学习与兴趣

I'm quite interested in the bread making class.

我对面包制作课挺感兴趣的。

词组：interested in / bread making

剑21 · Test 2 · Part 1 · C21-T2P1-013 · 原文PDF第6页

028 表达学习意愿 · 学习与兴趣

I'd love to learn how to do that.

我很想学会怎么做那个。

词组：love to / learn how

剑21 · Test 2 · Part 1 · C21-T2P1-024 · 原文PDF第6页

029 给偏好补上原因 · 消费与兴趣

I think one reason why people like it is because the candles are all made out of natural products.

我觉得人们喜欢它的一个原因是，这些蜡烛全部由天然材料制成。

词组：one reason / natural products

剑21 · Test 2 · Part 1 · C21-T2P1-035 · 原文PDF第6页

030 转述他人的使用评价 · 消费与兴趣

She said the candles make really good presents.

她说那些蜡烛很适合当礼物。

词组：make / presents

剑21 · Test 2 · Part 1 · C21-T2P1-038 · 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 表达具体学习目标 · 居住与技能

I'd like to learn how to do household repairs.

我想学会如何做家居维修。

词组：household repairs / learn how

剑21 · Test 2 · Part 1 · C21-T2P1-049 · 原文PDF第7页

032 说明课程教授的技能 · 居住与技能

You learn how to use an electric drill and a saw.

你会学习怎样使用电钻和锯子。

词组：electric drill / saw

剑21 · Test 2 · Part 1 · C21-T2P1-053 · 原文PDF第7页

033 用难度说明适合的人群 · 旅行与休闲

The Marsden Coastal Walk is suitable for all the family as there are no strenuous climbs.

马斯登海岸步道适合全家人，因为没有费力的爬坡路段。

词组：suitable for / strenuous

剑21 · Test 2 · Part 2 · C21-T2P2-003 · 原文PDF第7页

034 说明行程安排的条件 · 旅行与休闲

If you set off early, you can be back in time for midday.

如果早点出发，你就能在中午之前赶回来。

词组：set off / in time

剑21 · Test 2 · Part 2 · C21-T2P2-009 · 原文PDF第7页

035 先评价再突出特色 · 旅行与休闲

The Melby Heritage Walk is a great place to take photos, especially of the night sky.

梅尔比遗产步道很适合拍照，尤其是拍夜空。

词组：especially / night sky

剑21 · Test 2 · Part 2 · C21-T2P2-010 · 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 描述旧建筑的新用途 · 城市与历史

Many of the buildings around the mine are still standing and have been converted into display areas.

矿区周围的许多建筑仍然矗立着，并已改成展览区域。

词组：converted / display areas

剑21 · Test 2 · Part 2 · C21-T2P2-018 · 原文PDF第7页

037 描述展览内容与年代 · 城市与历史

There's a display of early mining tools from the days before mechanisation.

那里有一个展览，展示机械化以前使用的早期采矿工具。

词组：mining tools / mechanisation

剑21 · Test 2 · Part 2 · C21-T2P2-026 · 原文PDF第7页

038 表达惊讶并给出具体原因 · 城市与历史

It's incredible to think how miners were able to use hand implements to cut through rock.

想到矿工竟能用手工工具凿穿岩石，真是不可思议。

词组：incredible / cut through

剑21 · Test 2 · Part 2 · C21-T2P2-028 · 原文PDF第7页

039 邀请他人评价学习经历 · 学习与讨论

What did you think about the sessions from visiting lecturers, Fergus?

弗格斯，你觉得客座讲师的那些课怎么样？

词组：think about / visiting lecturers

剑21 · Test 2 · Part 3 · C21-T2P3-015 · 原文PDF第8页

040 礼貌提出不同看法 · 学习与讨论

Well, I thought there were some problems with that, actually.

嗯，其实我觉得那方面存在一些问题。

词组：problems / actually

剑21 · Test 2 · Part 3 · C21-T2P3-025 · 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 提出同时兼顾两项目标的问题 · 食物与环境

Well, I'm interested in how crop yields can be increased without damaging the environment.

嗯，我感兴趣的是怎样在不破坏环境的情况下提高作物产量。

词组：crop yields / without damaging

剑21 · Test 2 · Part 3 · C21-T2P3-027 · 原文PDF第9页

042 判断建议是否有吸引力 · 学习与讨论

Yes, I think the whole class would be interested in that.

是的，我觉得全班都会对那个感兴趣。

词组：whole class / interested

剑21 · Test 2 · Part 3 · C21-T2P3-034 · 原文PDF第9页

043 用对比说明项目目标 · 食物与项目

We decided we wanted to create something people could eat on the go rather than in a restaurant.

我们决定，要做一种人们可以边走边吃、而不用坐在餐厅里吃的食物。

词组：on the go / rather than

剑21 · Test 2 · Part 3 · C21-T2P3-039 · 原文PDF第9页

044 交代决策过程 · 学习与讨论

We made up our minds about that pretty quickly.

我们很快就把这件事决定下来了。

词组：made up our minds / quickly

剑21 · Test 2 · Part 3 · C21-T2P3-041 · 原文PDF第9页

045 为讨论的概念下定义 · 旅行与环境

Overtourism occurs in places where excessive numbers of tourists cause significant problems .

过度旅游出现在游客数量过多并造成严重问题的地方。

词组：overtourism / significant problems

剑21 · Test 2 · Part 4 · C21-T2P4-003 · 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 承认政策中的取舍难题 · 旅行与环境

Of course, for many places it's a difficult balance to achieve.

当然，对很多地方而言，这种平衡很难实现。

词组：balance / achieve

剑21 · Test 2 · Part 4 · C21-T2P4-005 · 原文PDF第10页

047 用实例说明问题的严重性 · 旅行与环境

Pollution, for example, is among the greatest threats to many popular tourist destinations.

例如，污染是许多热门旅游目的地面临的最大威胁之一。

词组：pollution / threats

剑21 · Test 2 · Part 4 · C21-T2P4-004 · 原文PDF第10页

048 引用研究说明选择的原因 · 旅行与消费

A recent survey showed that cost is also a major factor in putting younger groups off going on a cruise.

最近一项调查显示，费用也是让年轻人不愿去乘邮轮的一个主要因素。

词组：survey / major factor

剑21 · Test 2 · Part 4 · C21-T2P4-016 · 原文PDF第10页

049 对比过去与现在的变化 · 旅行与消费

But these days, most cruises are no longer very formal and behind the times.

但如今，大多数邮轮已经不再那么拘谨、落伍了。

词组：no longer / behind the times

剑21 · Test 2 · Part 4 · C21-T2P4-019 · 原文PDF第10页

050 说明产品改进的优势 · 旅行与环境

Well one selling point is that cruise ships are becoming more sustainable.

嗯，一个卖点是，邮轮正在变得更加可持续。

词组：selling point / sustainable

剑21 · Test 2 · Part 4 · C21-T2P4-022 · 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 询问过去经历的细节 · 旅行与消费

Can you remember how much you paid for your tickets?

你还记得当时买票花了多少钱吗？

词组：remember / paid for

剑21 · Test 3 · Part 1 · C21-T3P1-014 · 原文PDF第11页

052 说明计划尚未确定 · 旅行与计划

I'm just not 100% sure of our plans yet.

我只是还不能完全确定我们的计划。

词组：not sure / plans

剑21 · Test 3 · Part 1 · C21-T3P1-021 · 原文PDF第11页

053 说明获得补偿的条件 · 旅行与计划

But you have to cancel a month in advance to get that.

但要拿到那个，你必须提前一个月取消。

词组：in advance / cancel

剑21 · Test 3 · Part 1 · C21-T3P1-025 · 原文PDF第11页

054 用太迟导致的结果讲经历 · 旅行与经历

We booked too late to get a cabin with a window.

我们订得太晚，没能订到有窗户的船舱。

词组：too late / cabin

剑21 · Test 3 · Part 1 · C21-T3P1-028 · 原文PDF第11页

055 承认可选性再表达个人判断 · 旅行与消费

You don't have to book a cabin at all but I think it's worth paying for.

你完全可以不订船舱，但我觉得花这个钱值得。

词组：worth paying / at all

剑21 · Test 3 · Part 1 · C21-T3P1-030 · 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 给出两项负面评价 · 食物与旅行

The selection on board is quite limited and not that healthy either.

船上的选择相当有限，而且也不太健康。

词组：limited / healthy

剑21 · Test 3 · Part 1 · C21-T3P1-034 · 原文PDF第11页

057 有条件地提供帮助 · 人际与旅行

I can check the name of it for you if you're interested.

如果你感兴趣，我可以帮你查一下它的名字。

词组：check / interested

剑21 · Test 3 · Part 1 · C21-T3P1-058 · 原文PDF第12页

058 交代建议的经验依据 · 工作与职业

I'm here to give you some advice based on my experience.

我来这里是想根据自己的经验给你一些建议。

词组：based on / experience

剑21 · Test 3 · Part 2 · C21-T3P2-004 · 原文PDF第12页

059 为后续原因分析搭桥 · 观点表达

I think there are a couple of reasons for this.

我觉得这有几个原因。

词组：a couple of / reasons

剑21 · Test 3 · Part 2 · C21-T3P2-007 · 原文PDF第12页

060 承认优势后补上局限 · 食物与健康

But while fast food is cheap and easy to find, it's not particularly good for you.

不过，快餐虽然便宜、容易买到，但对健康并不是特别好。

词组：while / particularly

剑21 · Test 3 · Part 2 · C21-T3P2-010 · 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 提出分阶段改善的方案 · 工作与职业

You can replace them with better quality stuff if your business takes off.

如果生意做起来，你就可以换成质量更好的东西。

词组：replace / takes off

剑21 · Test 3 · Part 2 · C21-T3P2-025 · 原文PDF第12页

062 提醒提前准备应对困难 · 工作与职业

Once you get started, you should be prepared for things to go wrong.

一旦开始经营，你就应该做好出问题的准备。

词组：prepared / go wrong

剑21 · Test 3 · Part 2 · C21-T3P2-036 · 原文PDF第12页

063 把经验转成具体行动建议 · 工作与职业

So make sure whatever you offer can be served quickly and efficiently.

所以，要确保你提供的任何东西都能快速、高效地上桌。

词组：make sure / efficiently

剑21 · Test 3 · Part 2 · C21-T3P2-045 · 原文PDF第12页

064 对比研究前后的理解 · 学习与环境

I didn't really appreciate the difference between that and sustainable fashion before doing this research.

做这个研究之前，我并没有真正理解它和可持续时尚的区别。

词组：appreciate / difference

剑21 · Test 3 · Part 3 · C21-T3P3-007 · 原文PDF第13页

065 对他人的困惑表示理解 · 学习与讨论

I totally understand why people get confused, though.

不过，我完全理解为什么人们会搞混。

词组：totally understand / confused

剑21 · Test 3 · Part 3 · C21-T3P3-010 · 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 说明一般看法及其依据 · 消费与环境

It's generally considered to be sustainable because it's a natural product.

它通常被认为是可持续的，因为它是一种天然产品。

词组：considered / sustainable

剑21 · Test 3 · Part 3 · C21-T3P3-015 · 原文PDF第13页

067 补充两个环境方面的优点 · 消费与环境

And it also lasts a long time and can be recycled.

而且，它使用寿命长，还能回收。

词组：lasts / recycled

剑21 · Test 3 · Part 3 · C21-T3P3-016 · 原文PDF第13页

068 质疑缺少证据的观点 · 研究与环境

And I couldn't find any evidence for the claim about sheep farming being better for the environment than cattle farming.

而且，我找不到证据支持养羊比养牛更环保的说法。

词组：evidence / claim

剑21 · Test 3 · Part 3 · C21-T3P3-020 · 原文PDF第13页

069 说明一个方案的双重好处 · 消费与环境

That saves production costs as well as being better for the environment.

那样既节省生产成本，也更有利于环境。

词组：production costs / as well as

剑21 · Test 3 · Part 3 · C21-T3P3-041 · 原文PDF第14页

070 限定概括范围避免绝对化 · 环境与研究

It's important to be clear that not all introduced species are invasive.

必须明确，并不是所有引进的物种都是入侵物种。

词组：clear / not all

剑21 · Test 3 · Part 4 · C21-T3P4-004 · 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 明确指出主要原因 · 环境与研究

Without a doubt, the biggest cause is human activity.

毫无疑问，最大的原因是人类活动。

词组：without a doubt / human activity

剑21 · Test 3 · Part 4 · C21-T3P4-011 · 原文PDF第14页

072 说明问题及其严重后果 · 环境与研究

Species invasions are one of the biggest causes of damage in an ecosystem, actually putting its survival at risk.

物种入侵是破坏生态系统的最大原因之一，实际上会危及生态系统的存续。

词组：ecosystem / at risk

剑21 · Test 3 · Part 4 · C21-T3P4-009 · 原文PDF第14页

073 用具体实例说明危害 · 环境与研究

Some invasive plants, such as Japanese knotweed, have had a devastating impact on parts of the UK.

某些入侵植物，例如日本虎杖，已对英国部分地区造成毁灭性的影响。

词组：devastating impact / invasive

剑21 · Test 3 · Part 4 · C21-T3P4-024 · 原文PDF第14页

074 提出具体可执行的解决办法 · 环境与政策

One effective way to keep track of invasive species is to create a database for the whole country.

追踪入侵物种的一种有效方法，是建立一个全国性的数据库。

词组：effective way / database

剑21 · Test 3 · Part 4 · C21-T3P4-036 · 原文PDF第14页

075 补充另一参与者的责任 · 环境与政策

But the public also have a vital role to play in this process.

但公众在这个过程中也扮演着至关重要的角色。

词组：vital role / public

剑21 · Test 3 · Part 4 · C21-T3P4-038 · 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 礼貌请求他人花一点时间 · 人际与生活

Would you have a few minutes to spare to answer some questions?

你能抽几分钟回答几个问题吗？

词组：to spare / questions

剑21 · Test 4 · Part 1 · C21-T4P1-003 · 原文PDF第16页

077 表达对一件事的期待 · 日常生活

I can't wait to get it back.

我迫不及待地想把它拿回来了。

词组：can't wait / get back

剑21 · Test 4 · Part 1 · C21-T4P1-032 · 原文PDF第16页

078 澄清真正的决定因素 · 日常生活

Well it's more a question of when I'm free.

嗯，更多是取决于我什么时候有空。

词组：a question of / free

剑21 · Test 4 · Part 1 · C21-T4P1-035 · 原文PDF第16页

079 用实际特点解释偏好 · 消费与城市

The shops are less busy then, which I always prefer.

那时候商店没那么忙，我一直更喜欢这样。

词组：less busy / prefer

剑21 · Test 4 · Part 1 · C21-T4P1-037 · 原文PDF第16页

080 给偏好问题一个自然回答 · 消费与城市

I'd probably say it's the service you get wherever you go.

我大概会说，是不管去哪里都能享受到的服务。

词组：probably / service

剑21 · Test 4 · Part 1 · C21-T4P1-041 · 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17天

先读词组，再带着意思读全句。

081 表达遗憾并说明其他可能 · 消费与城市

It's a shame as those places could be occupied by other kinds of shops.

这很可惜，因为那些地方本可以由其他种类的商店来使用。

词组：a shame / occupied

剑21 · Test 4 · Part 1 · C21-T4P1-048 · 原文PDF第16页

082 委婉表达改善愿望 · 消费与城市

It'd be nice to have a choice, you know.

你知道，能有选择就好了。

词组：a choice / nice

剑21 · Test 4 · Part 1 · C21-T4P1-052 · 原文PDF第16页

083 过渡到介绍人物的部分 · 工作与活动

Now let me tell you about some of our keynote speakers for this year's exhibition.

现在，让我介绍一下今年展会的几位主旨演讲嘉宾。

词组：keynote speakers / exhibition

剑21 · Test 4 · Part 2 · C21-T4P2-014 · 原文PDF第17页

084 预告经历中的过程与影响 · 人物与经历

He'll be telling you how it all happened, and how it changed his life.

他会告诉大家，这一切是如何发生的，又如何改变了他的生活。

词组：happened / changed his life

剑21 · Test 4 · Part 2 · C21-T4P2-017 · 原文PDF第17页

085 用具体数字补充说明 · 工作与活动

In fact, the average saving made by each exhibitor came to over £400!

实际上，每位参展商平均省下了超过四百英镑！

词组：average saving / came to

剑21 · Test 4 · Part 2 · C21-T4P2-012 · 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 按时间顺序介绍职业起步 · 人物与经历

Jim Clowrie started off selling vegetables from a small plot, then opened a small café.

吉姆·克劳里最初卖一小块地里种的蔬菜，后来开了一家小咖啡馆。

词组：started off / opened

剑21 · Test 4 · Part 2 · C21-T4P2-015 · 原文PDF第17页

087 连接先后发生的职业发展 · 人物与经历

After winning a top job in a TV contest, she launched a number of online deal sites.

在电视竞赛中赢得一个重要职位之后，她推出了多个网上优惠交易网站。

词组：launched / a number of

剑21 · Test 4 · Part 2 · C21-T4P2-025 · 原文PDF第17页

088 说明适应变化所需的能力 · 工作与职业

He'll be talking about the need for flexibility to cope with new directions in today's business world.

他会谈到，在当今商业世界中，应对新方向需要灵活性。

词组：flexibility / cope with

剑21 · Test 4 · Part 2 · C21-T4P2-028 · 原文PDF第17页

089 提醒用具体例子支撑论点 · 学习与讨论

But we mustn't be too general, we've got to support our points by referring to specific cases.

但我们不能太笼统，必须引用具体案例来支撑观点。

词组：support our points / specific cases

剑21 · Test 4 · Part 3 · C21-T4P3-007 · 原文PDF第18页

090 缩小讨论范围并推动决定 · 学习与讨论

We'd better decide now what type of housing we're going to focus on.

我们最好现在就决定要聚焦哪一类住房。

词组：decide / focus on

剑21 · Test 4 · Part 3 · C21-T4P3-012 · 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19天

先读词组，再带着意思读全句。

091 给出选择理由并达成决定 · 居住与讨论

But I think your suggestion about intergenerational living might be more interesting - let's go with that.

不过我觉得，你关于代际共同居住的建议可能更有意思——就选这个吧。

词组：suggestion / go with

剑21 · Test 4 · Part 3 · C21-T4P3-020 · 原文PDF第18页

092 解释新想法的产生方式 · 工作与创新

That's often how new ideas get generated - by chatting to someone from a different profession.

新想法往往就是这样产生的——通过和来自不同职业的人聊天。

词组：generated / profession

剑21 · Test 4 · Part 3 · C21-T4P3-032 · 原文PDF第19页

093 提出潜在的负面影响 · 科技与健康

People might worry about conditions which aren't serious at all.

人们可能会担心那些根本不严重的健康状况。

词组：worry about / serious

剑21 · Test 4 · Part 3 · C21-T4P3-040 · 原文PDF第19页

094 说明方案如何改变行为 · 城市与环境

That would encourage more people to cycle, instead of using their car.

那会鼓励更多人骑自行车，而不是开车。

词组：encourage / instead of

剑21 · Test 4 · Part 3 · C21-T4P3-043 · 原文PDF第19页

095 报告研究关注的内容 · 健康与研究

The researchers then looked at what impact the music had on the patients.

研究人员随后考察了音乐对患者产生了什么影响。

词组：impact / patients

剑21 · Test 4 · Part 4 · C21-T4P4-011 · 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20天

先读词组，再带着意思读全句。

096 概括不同案例中的共同点 · 健康与研究

However, a common factor was that the chosen music had a calming quality.

不过，一个共同点是，所选的音乐都有令人平静的特质。

词组：common factor / calming

剑21 · Test 4 · Part 4 · C21-T4P4-014 · 原文PDF第19页

097 指出必须面对的现实问题 · 健康与研究

But there's no escaping the fact that most patients feel uncomfortable following surgery.

但无法回避的事实是，大多数患者在手术后会感到不舒服。

词组：no escaping / following surgery

剑21 · Test 4 · Part 4 · C21-T4P4-004 · 原文PDF第19页

098 交代研究条件的不同组合 · 健康与研究

The research involved testing music before, during or after operations or a combination.

这项研究包括测试在手术前、手术中、手术后，或这些时段的组合中播放音乐。

词组：research / combination

剑21 · Test 4 · Part 4 · C21-T4P4-018 · 原文PDF第19页

099 对比两组研究对象的结果 · 健康与研究

Patients who hadn't listened to music, on the other hand, reported higher levels of dissatisfaction.

而没有听音乐的患者，则报告了更高程度的不满意。

词组：on the other hand / dissatisfaction

剑21 · Test 4 · Part 4 · C21-T4P4-021 · 原文PDF第19页

100 说明如何核验研究反馈 · 健康与研究

This feedback from all of the patients was then cross-checked against their medical notes.

随后，研究人员把所有患者的反馈与他们的病历进行了交叉核对。

词组：feedback / cross-checked

剑21 · Test 4 · Part 4 · C21-T4P4-022 · 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

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 · C21-T1P1-004

I'd like to find out about sailing courses for beginners.

按 I'd like to / find out about / sailing courses for beginners 分组，重读课程关键词。

02 · 朗读第002句 · C21-T1P1-007

I had a look online but I'm not sure which course would be best.

把 but 前后作对照；not sure 与 best 要清楚。

03 · 朗读第003句 · C21-T1P1-029

Well, I'm not sure about that yet.

留意 Well 的短停顿及 yet 收尾，避免每个词同样用力。

04 · 朗读第008句 · C21-T1P2-006

A good place to get your first job would be on a low budget short film.

在 would be 后稍留空间，突出 low budget short film。

05 · 朗读第009句 · C21-T1P2-014

One problem with working in the makeup department is that it's a high-pressure environment.

One problem 引出问题，重音落在 high-pressure environment。

06 · 朗读第014句 · C21-T1P3-001

That lecture from the visiting speaker yesterday was good, wasn't it?

主句说完后轻停，再模仿 wasn't it 的语调。

07 · 朗读第015句 · C21-T1P3-024

I've had a look at them all, but it's been a bit of a rush.

前后两半以 but 转折；突出 all 与 rush。

08 · 朗读第020句 · C21-T1P4-002

But this has only become possible because we have the necessary natural resources.

先读完整主干，再把 because 后原因作为一个意群。

03 跟读索引

09 · 朗读第021句 · C21-T1P4-011

Recently, however, concern's been growing that supplies may soon be insufficient for the world's needs.

Recently 与 however 后留小停顿，突出 insufficient。

10 · 朗读第026句 · C21-T2P1-006

I remember there was one on how to make Vietnamese food that sounded good.

I remember 后接完整回忆；重读 Vietnamese food 与 good。

11 · 朗读第027句 · C21-T2P1-013

I'm quite interested in the bread making class.

将 quite interested in 连成一组，课程名称清楚收尾。

12 · 朗读第028句 · C21-T2P1-024

I'd love to learn how to do that.

I'd love to 是开头一组，突出 learn 与 do。

13 · 朗读第033句 · C21-T2P2-003

The Marsden Coastal Walk is suitable for all the family as there are no strenuous climbs.

在 as 前短停；suitable 与 no strenuous climbs 形成信息重点。

14 · 朗读第034句 · C21-T2P2-009

If you set off early, you can be back in time for midday.

If 条件句一组，主句一组；set off 的尾音接下一词。

15 · 朗读第040句 · C21-T2P3-025

Well, I thought there were some problems with that, actually.

Well 起缓冲作用；模仿 actually 的句末位置与语气。

16 · 朗读第042句 · C21-T2P3-034

Yes, I think the whole class would be interested in that.

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046句 · C21-T2P4-005

Of course, for many places it's a difficult balance to achieve.

Of course 后略停，重读 difficult balance。

18 · 朗读第047句 · C21-T2P4-004

Pollution, for example, is among the greatest threats to many popular tourist destinations.

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 · C21-T3P1-014

Can you remember how much you paid for your tickets?

把 Can you remember 连起来，再读价格问题。

20 · 朗读第052句 · C21-T3P1-021

I'm just not 100% sure of our plans yet.

not 100% sure 是核心意群，yet 轻收尾。

21 · 朗读第053句 · C21-T3P1-025

But you have to cancel a month in advance to get that.

a month in advance 一口气读完整，突出时间。

22 · 朗读第058句 · C21-T3P2-004

I'm here to give you some advice based on my experience.

重读 advice 和 experience，based on 连贯读。

23 · 朗读第059句 · C21-T3P2-007

I think there are a couple of reasons for this.

I think 轻读，把 a couple of reasons 作为一个整体。

24 · 朗读第064句 · C21-T3P3-007

I didn't really appreciate the difference between that and sustainable fashion before doing this research.

before doing this research 单独作为时间意群。

25 · 朗读第065句 · C21-T3P3-010

I totally understand why people get confused, though.

突出 totally understand，though 自然收尾。

26 · 朗读第070句 · C21-T3P4-004

It's important to be clear that not all introduced species are invasive.

not all 要清楚，introduced 与 invasive 作区别重读。

27 · 朗读第071句 · C21-T3P4-011

Without a doubt, the biggest cause is human activity.

Without a doubt 后停顿，把 biggest cause 与 human activity 对齐。

28 · 朗读第076句 · C21-T4P1-003

Would you have a few minutes to spare to answer some questions?

Would you have a few minutes 一气读，再接目的。

03 跟读索引

29 · 朗读第077句 · C21-T4P1-032

I can't wait to get it back.

can't wait 重读，模仿 get it back 的连贯节奏。

30 · 朗读第083句 · C21-T4P2-014

Now let me tell you about some of our keynote speakers for this year's exhibition.

Now 后轻停，重读 keynote speakers 和 this year's exhibition。

31 · 朗读第084句 · C21-T4P2-017

He'll be telling you how it all happened, and how it changed his life.

两个 how 从句用相似节奏读出，and 前略停。

32 · 朗读第089句 · C21-T4P3-007

But we mustn't be too general, we've got to support our points by referring to specific cases.

在 general 后停顿；support 和 specific cases 为重点。

33 · 朗读第090句 · C21-T4P3-012

We'd better decide now what type of housing we're going to focus on.

We'd better 连贯读，focus on 后接核心对象。

34 · 朗读第095句 · C21-T4P4-011

The researchers then looked at what impact the music had on the patients.

The researchers then 一组，突出 impact 与 patients。

35 · 朗读第096句 · C21-T4P4-014

However, a common factor was that the chosen music had a calming quality.

However 后轻停，common factor 与 calming quality 各为重点。

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 E21-11 · 建议写作使用

[Development] has only become possible because [condition].

写作练习：说明远程工作为何变得可行。用技术条件开头，再解释它怎样解决协作问题。

我的表达：_____

_____

自编参考：Remote work has only become possible on a large scale because reliable digital communication is widely available. Video calls and shared documents allow colleagues in different locations to discuss decisions and revise the same work without meeting in person.

原句ID：C21-T1P4-002

02 E21-12 · 建议写作使用

Concern has been growing that [risk].

写作练习：讨论短租住宅增加可能造成的问题。用may或could保留合理范围，说明影响机制。

我的表达：_____

_____

自编参考：Concern has been growing that the expansion of short-term rentals may reduce housing options for local residents. When owners offer properties to visitors instead of long-term tenants, the supply of homes available to residents can shrink in popular districts.

原句ID：C21-T1P4-011

04 骨架迁移 / 2

03 E21-13 · 建议写作使用

[Approach] focuses on [benefit] and ignores [cost].

写作练习：评价只按考试成绩给学校排名的做法。写出被忽略的方面，并解释后果。

我的表达：_____

_____

自编参考：A ranking based solely on examination results focuses on academic attainment and ignores other aspects of a school's work. It may overlook support for pupils with additional needs, even when that support makes a substantial difference to their daily lives.

原句ID：C21-T1P3-044

04 E21-14 · 建议写作使用

[Problem] occurs when [condition].

写作练习：界定城市拥堵并说明一个后果。不要虚构统计数据。

我的表达：_____

_____

自编参考：Traffic congestion occurs when the number of vehicles exceeds the capacity of a road network. As journeys become slower and less predictable, workers may need to leave home much earlier simply to arrive on time.

原句ID：C21-T2P4-003

04 骨架迁移 / 3

05 E21-15 · 建议写作使用

For [group], it is a difficult balance to achieve.

写作练习：解释城市如何兼顾旅游收入和居民生活。先明确两项目标，再说明冲突。

我的表达：_____

_____

自编参考：Cities need to attract visitors while preserving a comfortable environment for residents. For local authorities, it is a difficult balance to achieve because restrictions on tourist businesses may reduce income, while unrestricted growth can increase noise and pressure on housing.

原句ID：C21-T2P4-005

06 E21-16 · 建议写作使用

[Thing] is generally considered to be [quality] because [reason].

写作练习：讨论公共交通的环境优势。限定条件，避免声称任何公交车都更环保。

我的表达：_____

_____

自编参考：Public transport is generally considered to be environmentally efficient because many passengers can share a single vehicle. This advantage is strongest on well-used routes, where the energy required for each passenger can be lower than that of separate car journeys.

原句ID：C21-T3P3-015

04 骨架迁移 / 4

07 E21-17 · 建议写作使用

[Action] saves [resource] as well as [another benefit].

写作练习：论述维修旧设备的好处。写成本和环境两方面，再加一个实施条件。

我的表达：_____

_____

自编参考：Repairing office equipment saves replacement costs as well as reducing electronic waste. Employers can make this approach more practical by buying devices with replaceable parts and arranging access to reliable repair services.

原句ID：C21-T3P3-041

08 E21-18 · 建议写作使用

It is important to be clear that not all [group] are [quality].

写作练习：反驳所有网络信息都不可靠的说法。作出区分，并给读者判断依据。

我的表达：_____

_____

自编参考：It is important to be clear that not all online sources are unreliable. Reports published by research institutions can provide valuable evidence, but readers should still check the publication date and examine how the conclusions were reached.

原句ID：C21-T3P4-004

04 骨架迁移 / 5

09 E21-19 · 建议写作使用

One effective way to [goal] is to [action].

写作练习：提出减少家庭食物浪费的方法。写具体做法，并解释为什么可能有效。

我的表达：_____

_____

自编参考：One effective way to reduce household food waste is to plan meals before shopping. A simple plan helps people buy quantities they can realistically use and gives them a chance to include ingredients already in the fridge.

原句ID：C21-T3P4-036

10 E21-20 · 建议写作使用

[Policy] would encourage more people to [action], instead of [alternative].

写作练习：论述修建安全自行车道的作用。说明安全性如何影响通勤选择，避免保证所有人改骑车。

我的表达：_____

_____

自编参考：Protected cycle lanes would encourage more people to cycle, instead of using their car for short journeys. By separating cyclists from fast-moving traffic, such lanes can make cycling a more realistic option for commuters who currently avoid it because of safety concerns.

原句ID：C21-T4P3-043

04 骨架迁移 / 6

11 E21-01 · 建议口语使用

I had a look at [information], but I'm not sure [question].

回答：How do you usually choose a course to take? 用一次选课经历，说明你查了什么、还有什么疑问。

我的表达：_____

_____

自编参考：I had a look at the photography courses online, but I'm not sure which one would suit a beginner. The evening class is convenient, though it seems to focus on editing rather than taking photos.

原句ID：C21-T1P1-007

12 E21-02 · 建议口语使用

A lot of people struggle with [skill] at first.

回答：Is learning to cook difficult? 说明一种常见难点，再说自己如何克服。

我的表达：_____

_____

自编参考：A lot of people struggle with timing at first. I used to burn vegetables while preparing the sauce, so now I get all the ingredients ready before I turn on the stove.

原句ID：C21-T1P1-033

04 骨架迁移 / 7

13 E21-03 · 建议口语使用

It takes quite a lot of [quality] to [do something] well.

回答：What makes a good teacher? 选一个素质，并用具体课堂情境解释。

我的表达：_____

_____

自编参考：It takes quite a lot of patience to teach young children well. A child may need the same instruction several times, so a good teacher finds a different way to explain it instead of getting annoyed.

原句ID：C21-T1P2-042

14 E21-04 · 建议口语使用

I gave up [activity] after [point in time] — I just couldn't [do something].

回答：Tell me about a book you did not finish. 解释原因，再补上之后的选择。

我的表达：_____

_____

自编参考：I gave up reading the novel after the first chapter — I just couldn't follow all the different characters. I chose a shorter story instead, which helped me build the confidence to read in English.

原句ID：C21-T1P3-042

04 骨架迁移 / 8

15 E21-05 · 建议口语使用

I think one reason why people like [thing] is because [reason].

回答：Why are handmade gifts popular? 解释一个原因，并举礼物的例子。

我的表达：_____

_____

自编参考：I think one reason why people like handmade gifts is because they feel personal. My friend made me a small photo album, and the notes beside each picture reminded me of things we had done together.

原句ID：C21-T2P1-035

16 E21-06 · 建议口语使用

Well, I thought there were some problems with [idea], actually.

回答：Would a car-free city centre be a good idea? 先承认问题，再提出具体条件；不要只说不同意。

我的表达：_____

_____

自编参考：Well, I thought there were some problems with a completely car-free centre, actually. It could make trips difficult for people who cannot walk far, so I would keep accessible shuttle buses and designated drop-off points.

原句ID：C21-T2P3-025

04 骨架迁移 / 9

17 E21-07 · 建议口语使用

You don't have to [do something], but I think it's worth [doing].

回答：Is it worth paying for a guide when you travel? 说清什么时候值得以及得到什么。

我的表达：_____

_____

自编参考：You don't have to hire a guide, but I think it's worth paying for one at a historical site. On my last trip, our guide explained how local families had used the buildings, which made the visit much more memorable.

原句ID：C21-T3P1-030

18 E21-08 · 建议口语使用

I didn't really appreciate [idea] before [experience].

回答：Have you ever changed your opinion about a subject? 用一次经历说明以前忽略了什么。

我的表达：_____

_____

自编参考：I didn't really appreciate the amount of work involved in growing food before helping on my uncle's farm. Even a small vegetable plot needed regular attention, so I became much more careful about wasting food.

原句ID：C21-T3P3-007

04 骨架迁移 / 10

19 E21-09 · 建议口语使用

[Place] is less [adjective] then, which I always prefer.

回答：When do you prefer to go shopping? 选择时间，并解释这个时间给你的具体好处。

我的表达：_____

_____

自编参考：The supermarket is less busy early in the morning, which I always prefer. I can compare prices without blocking anyone's way, and there is usually a good selection of fresh produce.

原句ID：C21-T4P1-037

20 E21-10 · 建议口语使用

That's often how [result] happens — by [doing something].

回答：How do people get ideas for creative work? 给出一种做法与真实感的例子。

我的表达：_____

_____

自编参考：That's often how I get ideas for photographs — by walking around an unfamiliar neighbourhood. Last weekend I noticed the reflections in a bakery window, and they gave me an idea for a whole series of pictures.

原句ID：C21-T4P3-032

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。