

一个地点

"Today I'd like to talk about **Zhuhai, located in** southern Guangdong Province. It's **a metropolis full of skyscrapers and advanced infrastructure** like hospitals and shopping malls – they're **ubiquitous**! As the **epitome of Greater Bay Area culture**, it borders Hong Kong and Macau.

I first visited **during primary school** just for a flight transfer, so I didn't explore properly. What makes me **long to revisit** is the **captivating** marine theme park there. Its most **unique** section is the '**Space-themed Cruise Ship**' – it's **impossible to replicate**! The whole structure resembles a massive spaceship, making you **feel like entering another world** and forgetting real-life worries.

Inside, you **encounter diverse marine creatures** – rare species I've never seen elsewhere. **Whenever mentioning Zhuhai**, I feel **a sense of pride** because **its distinctive: renowned for tourist attractions** blending nature, **indigenous culture**, and futuristic architecture.

Overall, it's a cosmopolis that appeals to global tourists. If you visit China, this place **is truly unique and impossible to miss!**"

1. 向游客推荐本国旅游地（地点类话题）

可串 collocation: 家乡、文化

2. 想再去一次的城市（地点类话题）

地点 文化缩影

3. 想参观的不寻常建筑

4. 看到动物的地方

一个事件（看日出）

I'd like to talk about a spontaneous trip to Hainan with my best friend. This happened a few months ago, right after our final exams.

有趣决定:

"After a whole month buried in books, **I felt completely worn out and overwhelmed by revision**. My friend and I **were swamped with exams and drained both physically and mentally**. So, we **tended to seek an antidote to our stress** – a trip to Hainan! It was **a marvelous form of recreation** we agreed on instantly."

计划多人活动:

"We **struck a balance between study and life** by planning this getaway. Since **neither of us had seen the ocean** back home, watching the sunrise became our mission. We booked a waterfront hotel – **this place prides itself on stunning waterfront views** – perfect for our goal."

美丽天空 + 决意等待:

"On the big day, we **were so engrossed in chatting** that we stayed up till 5am! But when the sun didn't rise as forecasted, we got anxious. **After half an hour of hesitation**, we decided to wait longer – **and that patience paid off**. At 6am, the sky exploded with colors: **feasting our eyes on that breathtaking scene**, with **sparkling waters under radiant sunshine**, all **our worries vanished**."

校外学到的重要事情:

"That moment taught me how **recharging your batteries through nature's therapy** is vital. It **decluttered my mind** and **filled the void** from exam pressure. Truly, **leaving routine life behind occasionally creates spiritual harmony**."

"Overall, this experience was therapeutic and refreshing. It **spiced up**

my routine, recharged my batteries, and showed me that striking a balance is the best antidote to stress."

争论 印象深刻的谈话争执后和解 失约

I'd like to talk about a disagreement I had with my friend Emma last month. It happened when we planned to watch a movie together, but ended up having a heated argument over a last-minute cancellation."

"Here's what happened: We agreed to meet at the cinema in a shopping mall on a Friday night. I arrived half an hour early, around 6:30 pm. I kept waiting and waiting... but even 30 minutes after the movie started, Emma still didn't show up. Eventually, I just went home feeling really let down."

"The core of our argument was about responsibility. When I called Emma after getting home, she said, 'I sent you a WeChat message saying I couldn't make it!' But my phone had died, so I never saw it. I felt she shouldn't have cancelled last-minute, while she insisted it was fine since she'd texted before the movie began."

"Our discussion got quite intense. I told her: 'It's frustrating waiting cluelessly for an hour!' She argued: 'As long as I informed you, it's not my fault.' We went back and forth like this for nearly 20 minutes – it was exhausting!"

"Finally, we reached an agreement: In future plans, we must make sure the other person actually receives the message, not just send it. We promised to call directly if plans change. Honestly, it taught us both a lesson about clear communication."

"Overall, this argument with Emma over the missed movie was frustrating, but it led to a valuable rule for our friendship. Now we double-check important messages, which has actually made our plans smoother since then."

一个运动（羽毛球）

I'll talk about learning badminton last semester. My childhood friend Tom invited me to play. He's natural for sports, but I'm usually clumsy in physical activities.

Q1: Initial Struggle

At first, it was beyond my grasp. Every Wednesday after class, we'd go to the sports center. I'd miss shots constantly, feeling drained and exhausted from fetching balls. I was overwhelmed by how inaccessible it felt – my hands and feet just couldn't coordinate!

Q2: Support & Effort

Tom never bragged about his skills. Instead, he patiently taught me grips and footwork. When I felt stressed and anxious, he'd say: "Don't give up, you'll get the knack!" His optimism infected me. I also searched tutorials online to spice up my routine practice.

Q3: Progress & Value

Gradually, it stopped winding up in failure. Now striking the shuttlecock comes naturally! It's become my antidote to stress – therapeutic and refreshing after study. More than a pastime, it taught me perseverance. That's priceless, transcending any score.

Q4: Shared Experience

Playing together created an agreeable atmosphere where we'd leave worries behind.

Tom's encouragement made me have no aversion to failures. Recharging batteries

through this shared effort was invaluable.

This journey elevated my spirits and filled the void in my campus life. It's the greatest gift – not measured by wins, but by finding inner peace through progress.

12. 努力实现的目标（事件经历类话题） 羽毛球

13. 克服困难终成功（事件经历类话题） 羽毛球

14. 想做的户外运动（事件经历类话题） 羽毛球

去过的户外运动之地

嘈杂地

15. 教别人的技能（事件经历类话题） 很多困难但克服 （擅长/不擅长，放松）

16. 劝你的人（人物类话题） 教我打球 （放松）

17. 激励你做有趣事情的人（人物类话题） 朋友 e-person 激励我打球 放松

18. 发小（人物类话题） 如何认识 礼貌 教我打球 和他在一起很放松

19. 不同文化的朋友（人物类话题） 朋友外貌+美国+教我打球+和他在一起很放松

和别人一起做的事情

信息搜索

一部电影有趣小说/故事 印象深刻的英语课

I'd like to talk about a Chinese film called *Hi, Mom*. I first watched it during an English class in high school when my teacher, **Ms. Zhang**, had us do a **translation relay** of the movie lines.

2. 故事内容

It tells the story of a daughter who **travels back in time** to her mother's youth. The plot revolves around their heartwarming yet funny interactions. All the **cast were famous Chinese comedy actors**, which made it extra hilarious.

3. 个人体验

Honestly, it was **therapeutic and refreshing**! Back then, I often felt **stressed out and anxious** from homework. When **swamped with** studies, I'd be **drained and exhausted**. But this film was like **an antidote to my stress**. The **funny scenes** made our whole class **roar with laughter** – we totally **left those worries behind**.

What struck me most was how it **struck a balance** between comedy and emotion. By the end, the mother-daughter story had us all **choked up**. I was so **engrossed in** their bond that I **yearned to rewatch it immediately**.

5. 课堂关联

That **English class** was unforgettable because **Ms. Zhang** turned it into a **marvelous form of recreation**. Doing the **translation relay** in class **created an agreeable**

atmosphere where we could **declutter our minds**.

Overall, this film is my go-to **escape from daily boredom**. Whenever **overwhelmed** by routines, I **tend to revisit** it to **recharge my batteries** and **spice up my life**.

体育赛事

"I'd like to talk about a **noisy place** I visited – my local **skatepark**. Though I'm passionate about **skateboarding**, this experience was **disagreeable**."

"A **few years ago during summer**, after watching the **Olympic skateboarding finals** on TV, I felt inspired. The athletes were **evenly matched** – every trick felt like a **rollercoaster**, thrilling yet terrifying! **In the clutch time**, there's **no margin for error**; a **momentary lapse of concentration can be crucial**."

3. The Problem (20s)

"But when I went to the **skatepark near my home**, it was chaos. Parents ignored **kids running wildly** on the ramps. **It's such a nuisance that** these children **spoiled my mood** – their **screeching** was **annoying**, and I **felt distraught**."

"I **couldn't enjoy it to the fullest**. The noise **dampened my spirits**, so I left after 30 minutes. **That's why I'm averse to** crowded parks now."

"Overall, while elite **skateboarding** demands **fighting at full strength** with **no room for sentiment**, that day was **ruined by nuisances which really got on my nerves**."

想看的体育赛事:

Intro: "a sports event I want to watch live: Olympic skateboarding"

Problem: "ticket scalpers made prices insane – it's such a nuisance that..."

喜欢的节目:

Intro: "a TV show: Olympic skateboarding broadcasts"

Background: "When top skaters like [reuse name] compete, their tricks are rollercoaster-like!"

1. 熊孩子 (替换嘈杂地):

- *Issue:* "Unsupervised kids at the cinema screeched during the film – it was so annoying I felt distraught."

27. 喜欢的节目 (事件经历类话题) 体育赛事

28. 看过的体育比赛 (事件经历类话题) 体育赛事

29. 想看的体育赛事 (事件经历类话题) 体育赛事

30. 运动场所 (地点类话题)

一个朋友

Speaking of someone who left a deep impression on me, what floats into my mind first is a girl I met in my badminton elective class. I viscerally believe she's the epitome of a sophisticated and charismatic person – literally possessing all essential qualities that separate her from others.

1. How we met:

Wind the clock back to last semester, I initially had reservations about her. With her golden hair, heavy makeup, and a flamboyant Lolita dress, she stood out in class. I felt such attire was incompatible with sports, plus she'd chime in without raising her hand, which really got on my nerves.

2. What happened next:

By sheer coincidence, random grouping paired us together. To my surprise, she digested techniques swiftly and identified my shortcomings in grasping moves. Patiently, she taught me footwork until I got the knack of it. Her resilience in practice was captivating – she persisted until every skill was perfected.

3. Why my view changed:

Later, I learned she'd just attended a comic convention (her "coveted" event) and came straight to class. Having grown up abroad, she had a more straightforward communication style. This revelation made me realize my initial aversion was due to

cultural differences. Her passion for anime and offer to teach me makeup ultimately won me over.

4. How I feel now:

Now, she's someone I confide in when I have mood swings. Her optimism infects others, turning our training into therapeutic escapes from daily hustle. I'm genuinely grateful for her reliability; she's become a solid backup force in my life.

Overall: This experience is indelibly imprinted on me. It taught me to embrace diverse perspectives – judging people unilaterally often backfires. She's truly worth emulation.

和老人有趣的对话 收钱做礼物 生日 爷爷-老人外貌

Okay, let me tell you about a really special and slightly funny interaction I had with my grandfather. It happened on my 18th birthday, which is obviously a big milestone marking adulthood. What made it unforgettable wasn't just the occasion, but the unique gift and the conversation that came with it.

(Part 2: Describe the gift/situation)

So, for my birthday, my grandpa gave me this... well, it wasn't your typical present. Instead of a wrapped box, he handed me this big bunch of flowers. But get this – the "flowers" were actually made entirely of folded banknotes! It was a huge wad of cash cleverly arranged to look like a bouquet. I was completely stunned. Seeing his grey hair and knowing they live simply, my first instinct was huge embarrassment. I immediately felt bad accepting it and tried to push it back, saying, "Grandpa, please, you should keep this for yourself, use it to make your life more comfortable."

(Part 3: Describe the conversation)

This is where it got genuinely amusing and a bit heartwarming. He leaned in closer, lowered his voice like he was sharing a big secret, and said, "Ah, but you have to take it! This is my secret stash – my private savings I've been hiding from your grandma! If you don't take it and I try to put it back, she might find it and I'll have to hand it all over!" I **burst out laughing!** The image of my **sophisticated**, white-haired grandpa **clumsily** hiding money like a kid, and then being genuinely worried about getting caught by grandma, was just **captivating and hysterically funny**. It was such an **unexpectedly** human and **relatable** moment from someone I deeply respect.

(Part 4: Your feelings and outcome)

I **viscerally felt** a wave of different emotions. The initial embarrassment completely melted away, replaced by this warm feeling of being so loved and trusted with his little secret. It was incredibly touching that he'd gone to all that trouble, literally crafting this **priceless gift** just for me. It felt **invaluable**, way **transcending** the cash value itself. So, of course, I gratefully accepted his unique "flower bouquet". And the best part? I didn't just spend it on myself. I used that money to take both my grandpa and grandma on a lovely little trip later on. It felt like the perfect way to **reciprocate his kindness** and create a new happy memory together, turning his secret stash into a shared experience. It was **therapeutic and refreshing** for all of us, a real **antidote** to the everyday routine.

Overall, this memory is **indelibly imprinted** on my mind. Receiving cash as a gift could seem impersonal, but the way my grandpa presented it and the **genuinely funny**

conversation we had about his **clumsy** attempt to hide it from grandma made it incredibly personal and **heartwarming**. It was a **priceless** lesson in the **unexpected** ways love can be shown and a moment of pure connection I truly cherish. **Essentially**, it became far more than just money; it was a **veritable** bundle of love, laughter, and a shared adventure.

漂亮物品 项链 生日礼物

When it comes to beautiful items, what floats into my mind first is a gold necklace my mom gave me. I viscerally believe it's the most captivating thing I own."

(Part 2: 物品描述)

"It consists of three golden butterflies with sparkling details. The craftsmanship is so distinctive – I've never seen anything parallel in other stores. It's truly in a class of its own."

(Part 3: 获取经历)

"Wind the clock back to last birthday. My mom took me to a mall in Macau to pick a gift. Initially, we found this necklace but decided to browse more. Ironically, after checking other shops, we gravitated back to it because nothing could whet my appetite like this piece. My mom finally bought it, saying 'Don't be afraid to choose what resonates with you.'"

(Part 4: 情感价值)

"Beyond its physical beauty, it's therapeutic and refreshing to wear. Whenever I feel stressed, it helps me declutter my mind. More importantly, it symbolizes my mom being my solid backup force – someone I can confide in and unburden myself to.

That's why it transcends material value."

"Overall, this necklace is an invaluable possession. It's not only a veritable feast for the eyes but also a sentimental antidote to daily pressure. I'll always treasure it as a token of family love."

见过的产品广告 难用的科技产品 二手网站（闲鱼）

Alright, so [one advertisement that really stuck with me](#) was for the AirPods Pro by apple. I first saw it on YouTube a few years ago when I was watching a [music video](#) and I didn't [skip it](#), which is rare for me to be honest. The ad starts with a young woman walking through [a noisy chaotic city](#), there're [honking cars](#), people shouting, construction noise, it's all a bit overwhelming. But then she puts on her AirPods Pro and [suddenly](#) the [noise disappears](#). [The music kicks in](#) with [a super catchy beat](#) and everything around her [slows down](#). She starts [moving through the crowd](#), almost like she's dancing completely in her own world. It was [super artistic](#) but also very [relatable](#) 有共鸣.

I really like the way the ad [visually showed](#) the idea of [noise cancellation](#) and not by explaining it but by [making you feel it](#). That made it so much more powerful than a [typical commercial](#). Plus, [the transitions, the editing, the sound design](#) everything was [so polished](#). After watching it I actually went online and started reading [reviews](#) about the product. I remember thinking this is exactly what I need in my life, I did buy it right away. It wasn't just [selling earphones, it was selling peace focus and personal space](#), which honestly feels like a luxury these days. So yeah this ad really impressed me. It was creative and elegant and made me [emotionally connect with the product](#).

That's exactly what good advertising should do.

Speaking of a tech purchase that **backfired**, **what floats into my mind first** is my AirPods Pro. **I viscerally believed** its ads promised perfection, **but** buying it second-hand **left me distraught**."

2. What it is & Why you bought it:

"It's wireless earbuds I found **on Xianyu**—a **ubiquitous** second-hand platform **where** people sell **unwanted items**. **I'd been nursing a desire to** own them **because** new ones were **beyond my budget**, and this seller offered a **coveted deal**. **Without hesitation**, I bought it."

3. What problems occurred:

"**To my dismay**, the earbuds were **unexpectedly bulky**. **When** I wore them over 30 minutes, **they gave me a splitting headache**—it was **such a nuisance**! **Worse, in summer**, they felt like an oven on my ears. **I tried contacting** the seller, **but was stunned to find myself blocked**—it spoiled my mood completely."

4. How you dealt with it:

"**Now I scarcely use it**—maybe once every half a year. **The only time** I tolerate them is **in winter** when they double as ear warmers. **Essentially**, they became a **pricey dust-collector**."

5. Why it was disappointing:

"**The ads concealed** the weight and heat issues, **and Xianyu has no recourse** for buyers like regular shops. **It backfired because I ended up with** a product I **can't**

enjoy to the fullest."

"Overall, it was a salutary lesson. This experience indelibly imprinted on me that second-hand tech isn't always tailored for everyone. Now I'm paranoid about online deals—that's why I'm averse to skipping buyer protection."

分享

Well, sth I had to share sb was actually my water bottle. It happened during a hiking trip with my best friend. She's a bit forgetful sometimes, and that day she totally forgot to bring her own bottle. In the middle of the hike, she got really thirsty and, of course, asked if she could have some of my water.

Now I know it's not a big deal for most people, but to be honest, I'm kind of a neat freak. I don't really like sharing things like cups or bottles, especially when people drink directly from them. I just worry about germs, and it makes me feel a little uncomfortable.

But still, she's my best friend, so I gave her my bottle. I didn't want her to feel bad or stay thirsty. I guess it was a small moment, but it means a lot because I had to push myself a bit to share sth I don't usually like sharing.

After that, I reminded her to always bring her own bottle next time. I care about her, of course-but I still prefer not to share that kind of thing with others.

塑料废品

Speaking of plastic waste, what immediately floats into my mind is a trip to Hainan with my friend after our draining and exhausting finals. We were both worn out and viscerally believed a seaside getaway would be therapeutic.

2. What happened?

We aimed to feast our eyes on the sunrise – a dream since our hometown has no waterfront. At 6am, we reached this supposedly picturesque beach. To our dismay, plastic bottles were bobbing in the water like rotten apples, and trash was scattered everywhere. It was such a disagreeable nuisance! Tourists probably had picnics or took photos but left rubbish uncollected.

3. How did you feel?

It spoiled the breathtaking view and dampened our spirits completely. I felt distraught and indignant – this not only harms marine life but ruins others' experiences too. The sight got on my nerves because plastic is virtually indestructible, creating a vicious circle for the ecosystem.

4. Why is it significant?

This episode was indelibly imprinted on me. It highlighted how human carelessness devastates nature. If governments don't establish stricter regulations or launch education campaigns preaching environmental responsibility, scenic spots could become dumping grounds.

5. Lesson learned?

Now I'm meticulous about waste disposal. I even remind friends: "Don't take clean beaches for granted." It's incumbent on us to protect them. After all, pristine nature is priceless – its value transcends money.

6. Overall...

Ultimately, this was a salutary lesson. It's no exaggeration to say that moment

reshaped my attitude toward sustainability

让你自豪的照片

Speaking of a photo I'm proud of, what instantly springs to my mind is a sunrise picture I took in Hainan. It was about 6 months ago, right after my friend and I survived a draining and exhausting final week at university.

问题 1: What the photo shows (25 秒)

It captures the exact moment when the sun rose above the ocean. Sparkling waters and radiant sunshine created this picturesque backdrop. You can see the horizon turning golden, with tiny waves glittering. My friend is actually in the corner of the shot – she was so engrossed in the view she didn't notice me taking it!

问题 2: Why you took it (25 秒)

Honestly, we went there to unburden ourselves from stress. Back home, we've never seen the sea – it's an entirely unfamiliar place to us. Watching the sunrise was our coveted dream, like an antidote to our hectic existence. When that moment came, I just instinctively pressed the shutter.

问题 3: Why you feel proud of it (25 秒)

First, my friend literally set it as her phone wallpaper on the spot, saying it was "captivating" – that recognition gave me a huge sense of achievement. Later when I posted it online, my family and classmates widely adored it. One commented: "This is veritably magnificent!" Their reactions were beyond my expectations.

问题 4: How you feel when you see it now (20 秒)

Every time I see it, I'm transported back to that therapeutic morning. It's like an

escape from daily hustle; my worries just fade away. The photo fills the void inside me – I viscerally feel this warmth and inner peace again.

Overall, this photo isn't just about scenery. It encapsulates resilience after stress, friendship, and that irreplaceable moment when nature left me speechless. To me, it's more than an image – it's pure solace.

侍花弄果之人 商店

"Speaking of someone who enjoys gardening, or rather a shop that left a mark on me, what instantly **springs to my mind** is an elderly lady running a tiny flower store near my primary school. Honestly, she's **indelibly imprinted** on my memory."

"This **sophisticated charismatic** grandma was my mum's close friend. Her shop, nestled right beside our school gate, **prided itself on** vibrant blooms – tulips, roses, you name it. Every day after class, Mum would take me there, and though the owner's hair was silvery white, she always **composed herself calmly** in her floral apron, looking oddly **radiant**."

Activities/Special Features

"She **devoted herself to** nurturing every plant. I'd point at flowers asking names, and she'd explain patiently—never treating my curiosity as a **nuisance**. The shop had a **pungent fragrance** that made me **unburden myself** instantly; it was **therapeutic and refreshing**, like an **antidote to my stress**. She'd even play cartoons on a little TV to **enliven** my visits – truly **spicing up my routine**."

Impact & Feelings

"To me, she wasn't just a gardener or shopkeeper but my **reliable, trustworthy**

confidant. That humble store became my **solid backup force** after draining school days. Its **agreeable atmosphere** let me **declutter my mind** and find **inner peace**. Her **indomitable spirit** taught me that kindness **transcends the value itself** – a lesson that still **elevates my spirits** today."

"Ultimately, this experience is **priceless** and **impossible to replicate**. That little shop wasn't just a business; it was a **veritable escape** from the **hustle and bustle**, where I learned that true warmth makes people **worth emulation**

喜欢的乡村一隅 别人家的好房子 常去的熟人之家

Speaking of [题目关键词], what instantly springs to my mind is my childhood neighbor's home in rural Hefei.

Q1: Describe the place

It was a charming three-storey villa surrounded by farmland. But what truly stood out was its backyard – a lively watermelon garden with lush vines crawling everywhere. Whenever summer rolled around, that little oasis turned into my personal paradise.

Q2: What you did there

I vividly remember scorching afternoons when Uncle Chen, the owner, would call out: "Kid, time for harvest!" We'd dash barefoot into the garden, tapping melons to find the juiciest ones. Plucking those emerald-green treasures under the blazing sun, with sticky juice dripping down our chins – pure bliss!

Q3: Why it's special

Beyond the fun, it was therapeutic. As a stressed schoolkid, sinking my hands into cool soil instantly unburdened my worries. The earthy scent, buzzing dragonflies, and

Uncle Chen's rumbling laughter created an agreeable ambiance where I found genuine inner peace.

Those moments made me feel viscerally alive. Even now, picturing that garden flooded with golden sunset light – watermelons gleaming like jewels, crickets chirping – fills me with warmth. It wasn't just a place; it was my escape hatch from reality.

Overall: That three-storey villa with its little watermelon garden was more than just a location. It embodied carefree childhood, human connection, and nature's simple magic – things I'll forever cherish.

健康文章

Speaking of a health-related article, what instantly floats into my mind is one I read last year. It was an academic piece assigned in my class where we needed to digest complex medical research.

文章内容

The article focused on the 5:2 intermittent fasting diet as a treatment for early-stage Type 2 diabetes (T2DM). To put it simply, it suggested eating normally for five days but limiting calories to 25% on two non-consecutive days. The pivotal claim was that this method could improve glycemic control and serve as an antidote to the global T2DM crisis – especially in my country, China, which has the highest diabetes rates.

阅读原因

I viscerally chose this topic because T2DM is such a prevalent issue. With many people in my country being diagnosed, I felt obliged to understand solutions beyond

medication. Plus, it aligned perfectly with my interest in holistic health approaches.

实际价值

The findings were captivating! They highlighted how 5:2 fasting could sharpen competitive edge against diabetes by promoting weight loss. It's no exaggeration to say this diet offers much convenience and flexibility compared to daily drugs, potentially freeing people from strict routines.

文章局限

But honestly, the article admitted limitations. The study was short-term, so long-term efficacy remains beyond our grasp. Also, it might backfire for those with severe symptoms since further validation was needed – a point that got on my nerves as a critical reader.

Overall, this experience was instrumental in my health awareness. Though not a panacea, the 5:2 diet is a constructive tool worth exploring. Essentially, it taught me that simple dietary interventions can have unparalleled impacts on public health.