Lin学姐 · IELTS Speaking

Lin学姐
雅思口语练习库

70 个高频话题、350 道题，每道题都有思路、句式和示范。
不背模板，学会把自己的事说清楚、说长。



30	40	350	397
Part 1 话题	Part 2 题卡	道题带思路	话题词

附 986 句地道表达 · 每道题都能在 linsays.com 开口答、估分

目录

四个部分

Part 1 · 30 个话题

公共交通、周末、天气、家乡、工作或学习、手机与科技、朋友、生日、睡眠、购物、运动与锻炼、阅读、音乐、食物与烹饪、公园与自然、学习英语、宠物和动物、家和住宿、家庭、摄影、旅行、早晨和日常作息、时间管理、爱好、电影、社交媒体、艺术与博物馆、节假日和节日、衣服与时尚、邻居和你所在的社区

Part 2 · 40 张题卡（含 Part 3）

一个你想实现的目标、一位你钦佩的人、一次你帮助别人的经历、一次难忘的旅程、你学会的一项技能、你收到的一件难忘的礼物、一个你喜欢的公园或花园、一个你喜欢的爱好、一个你将来想去的地方、一个你经常使用的应用或网站、一个你认识的孩子、一件你喜欢穿的衣服、一件你离不开的物品、一件你经常使用的科技产品、一位你很亲近的家庭成员、一位你想见的名人……

附录一 · 986 句地道表达

打招呼、情绪、鼓励安慰、网络流行语、日常生活、工作学习、朋友感情、出门在外

附录二 · 学习方法

一个人怎么练、跟读、发音、记单词

先认识考试

雅思口语 11–14 分钟，三个部分

Part 1 · 4–5 分钟

考官问你自己的事：家乡、学习工作、周末、手机……每题 2–3 句：先直接答，再补一个原因或细节。

Part 2 · 1 分钟准备 + 2 分钟

拿到一张题卡，用 1 分钟记关键词，然后连续说 1–2 分钟。按题卡上的要点一个个说，每点加一两个细节。

Part 3 · 4–5 分钟

围绕 Part 2 的话题聊更大的问题。先表态，再给理由和例子，必要时对比两种情况。

这本书怎么用

1. **看题和思路**
   每道题先读「思路」一句话，看能说的点子。

2. **按句式说**
   照着「按这个顺序答」把空填上你自己的内容，大声说出来。

3. **对照示范**
   读一遍示范，看它怎么把一句话展开。不要背，记方法。

4. **开口答、拿估分**
   到 linsays.com/zh/ielts-speaking 找同一个话题，录音回答，拿到估分、要改的地方和更好的说法。

30 天计划

我应该如何在30天内准备雅思口语?

把这30天用在一个简单的计划上：先熟悉考试形式，每天开口练习，复盘自己的薄弱点，并在最后一周做计时模考。你不需要完美的英语，但你需要回答清楚、表达比较稳定流畅，并且提前适应真实考试节奏。

我每天应该练多久?

每天进行30到60分钟的专注口语练习比较合适。如果你平时很忙，可以早晚各练一小段，不必一定等到有完整的大块时间。把大部分时间用来大声回答雅思口语题，而不是只看笔记或背单词。准备一个固定笔记本，记录想法、好用的表达和常犯错误，这样每天的练习才会真正转化成更好的答案，而不是随便说一说。

1. 设定每天固定时间。
2. 每次都大声开口。
3. 用计时器练习。
4. 记下3个错误。
5. 第二天先复习。

30天计划里每周应该做什么?

给每周设定不同目标，这样练习会更有步骤。第一周先熟悉考试形式，重点回答简单的 Part 1 问题。第二周练 Part 2 的结构，以及如何更长时间地说而不过多停顿。第三周重点准备 Part 3，训练表达观点、给出原因和例子。第四周做完整模考、回听录音，并集中修正反复出现的问题。这样安排通常比什么都一起练更容易坚持。

1. 第1周：熟悉考试形式。
2. 第2周：重点练 Part 2。
3. 第3周：重点练 Part 3。
4. 第4周：做模考复盘。

不背答案，怎么提高流利度?

不背答案也能提高流利度，关键是从想法出发，而不是背稿子。选择常见话题，比如工作、家乡、科技、健康和教育，用自己的话练习简短、自然地回答。如果你经常卡顿，可以用一个简单结构：先回答，再说明原因，最后举例。录下自己的答案，回听时注意哪里停顿太多、重复太多，或者说着说着偏题。流利度来自频繁开口和快速组织内容，而不是追求句句完美。

1. 选一个常见话题。
2. 大声回答5个问题。

3. 用“回答-原因-例子”结构。
4. 录音并回听。
5. 换新题继续练。

雅思口语 Part 2 应该怎么准备?

准备 Part 2 时，要每天练习“1分钟准备 + 2分钟表达”的真实节奏。不要试图为可能出现的话题背整篇答案，因为正式考试的题卡可能会不同。更有效的方法是学会快速记关键词，比如人物或事物、时间、地点、发生了什么、为什么重要。然后按一个简单顺序往下说，就算语言不完美，也尽量不要停下来。目标是两分钟内始终切题、有条理、心态稳定。

1. 拿一道题卡。
2. 先准备1分钟。
3. 写4到5个关键词。
4. 连续说2分钟。
5. 检查是否一直切题。

只有30天，怎么提升发音和语法?

在30天里，先抓最影响理解的问题，而不是想把所有错误一次改完。发音方面，重点练单词重音、词尾音，以及把句子分成清楚的意群来说，而不是一口气含糊地说完。语法方面，优先修正常见重复错误，比如时态、冠词和单复数。可以从自己的录音里选几段短回答，重新说一遍，让表达更清楚、更准确。这种修正方式比较现实，也很实用，因为雅思口语看重的是清晰交流，而不是改变口音。

1. 录一段短回答。
2. 标出不清楚的词。
3. 找出一个语法问题。
4. 再说一遍答案。
5. 比较前后差别。

考试前最后一周我应该做什么?

最后一周要把重点放在计时练习和复盘上，而不是大量学习。做两到三次完整口语模拟，并严格计时，然后回听录音，找出自己的固定问题，比如回答太短、例子太弱、语法老出错，或者一说快发音就不清楚。继续保持练习，但不要在前一晚临时猛背一长串词汇。保证睡眠，每天轻量开口，让自己带着已经熟悉的节奏进入考场。

1. 做2到3次完整模考。
2. 每个部分都计时。
3. 复盘重复出现的问题。
4. 每天做轻量口语练习。
5. 如果可以，前一天早点休息。

常见误区

- 整段背范文会让你的表达听起来不自然，所以更应该准备灵活的思路和常用表达。
- 整个月只背单词表本身并不能提高口语，所以要每天开口，并把新词放进真实回答里使用。
- 不练时间控制会让你回答过短或太赶，所以要用计时器练 Part 1、Part 2 和 Part 3。

第一部分

Part 1
30 个话题

短问题，说 2–3 句：先直接答，再补原因或细节。



雅思口语 Part 1 · 有动画

公共交通

Public transport

这个话题里，考官可能会问你是否经常乘坐公共交通、最常坐哪一种，以及你对它的看法，所以每题回答2到4句、说清楚个人情况就可以。

题目和思路

1 Do you often use public transport?

先明确回答是或不是，再说你的日常习惯和一个常见出行例子。

可以说 weekday metro commute　weekend train into town　airport shuttle bus

直接答	Yes, I use _____ almost every _____.
原因	It's the easiest way to get to _____ because _____.
举例	For example, I usually take the _____ when I need to _____.

> 示范
>
> Yes, I use public transport almost every weekday. It's the easiest way to get to my office because parking is expensive and the traffic is awful. For example, I usually take the metro in the morning and a bus home if it's raining.

2 What kind of public transport do you use most?

直接说你最常坐哪种交通工具，然后补充路线或你通常什么时候坐。

可以说 underground line 2 | city bus number 8 | suburban commuter train

直接答	I mostly use the _____ in _____.
细节	It runs from _____ to _____, so it suits my daily routine.
举例	I usually catch it at _____ when I'm going to _____.

示范

I mostly use the underground in my city. It runs from the residential area where I live to the business district, so it suits my routine really well. I usually catch it at Central Station when I'm going to work or heading downtown to meet friends.

3 Is public transport in your area reliable?

先给出整体评价，再说一个问题和一个比较靠谱的线路。

可以说 morning delays on buses | late-night service gaps | real-time app updates

直接答	Overall, I'd say it's _____ most of the _____.
细节	The main issue is _____, especially during _____.
举例	For instance, the _____ is usually on time, but the _____ can be unpredictable.

示范

Overall, I'd say it's fairly reliable most of the time. The main issue is delays during rush hour, especially on rainy days. For instance, the metro is usually on time, but local buses can be a bit unpredictable in the evening.

4 Do you prefer buses or trains? Why?

明确选一个，然后用一个实际原因和一个个人细节来支持。

可以说 quiet train carriages | bus stops near home | faster cross-town trips

直接答	I definitely prefer _____ over _____.
原因	They're better for me because _____.
细节	On my usual trip to _____, they're _____ and more comfortable.

示范

I definitely prefer trains over buses. They're better for me because they're usually faster and more punctual. On my usual trip to the city centre, they're about twenty minutes faster and much more comfortable, especially when I'm carrying a laptop bag.

5 How do you feel when public transport is crowded?

先说你的感受，再解释拥挤时具体哪里让你不舒服。

可以说 packed rush-hour carriage | no empty seats | people speaking loudly

直接答	I usually feel _____ when the _____ is really crowded.
原因	It bothers me because _____.
细节	If I can, I _____ or wait for the _____.

示范

I usually feel a bit stressed when the train is really crowded. It bothers me because there's not much personal space and it's hard to move. If I can, I stand near the door or wait for the next train if I'm not in a hurry.

一段约 7 分的回答

Yes, I do. I mainly take the metro and buses. My journey to college takes about thirty minutes, and it's quite convenient because I only need to change once. It's generally reliable, although it gets very crowded during rush hour.

为什么好

- 这个答案先直接回答问题，再补充原因和一个小细节，结构清楚。
- 它自然使用了 convenient、reliable、crowded 这类相关词汇。
- 语法有一定变化，既有简单句，也有包含时间信息和原因的较长句子，适合雅思口语 Part 1。

常见错误

- 不要说 public transport are convenient，要说 public transport is convenient，或者直接说 buses are convenient。
- 不要说 I very like go by bus，要说 I really like going by bus 或 I like taking the bus。
- 注意介词区别：说 I go by bus，但说 I'm on the bus now。

话题词

commute	/kəˈmjuːt/	通勤	My commute is shorter now because the new bus line opened.
reliable	/riˈlaɪəbl/	可靠的	The trains are usually reliable, except when there's heavy rain in winter.
crowded	/ˈkraʊdɪd/	拥挤的	Buses get crowded after work, so I sometimes wait for the next one.
fare	/fɛə/	票价	The fare is reasonable, and students can get a discount card.
route	/ruːt/	路线	I know the route well now, so I never miss my stop.
convenient	/kənˈviːnjənt/	方便的	It's convenient for me because the station is only five minutes away.
delay	/diˈlei/	延误	There was a delay yesterday, and I arrived late for class.
passenger	/ˈpæsɪndʒə/	乘客	As a passenger, I appreciate clear announcements when the train changes platforms.

efficient	/iˈfɪʃənt/	高效的	The underground is efficient, especially when roads are blocked by traffic.
schedule	/ˈskedʒʊəl/	时刻表	I check the schedule online before leaving home in the morning.

听示范、开口答、估分：**linsays.com/zh/ielts-speaking/public-transport**



雅思口语 Part 1 · 有动画

周末

Weekends

在雅思口语第一部分，考官会围绕周末这类熟悉的话题问一些简短问题。你可以尽量每题回答2到3句，自然一点就好。

题目和思路

1 What do you usually do at weekends?

说两个周末常做的事，再补一个最近的例子。

可以说 go to the gym | meet close friends | cook with my family

直接答	I usually _____ and _____ at weekends.
细节	Most weekends, I also spend some time _____.
举例	For example, last Saturday I _____ with _____.

示范

I usually go to the gym and meet close friends at weekends. Most weekends, I also spend some time cooking with my family. For example, last Saturday I made pasta with my parents and younger sister.

2 Do you prefer busy weekends or quiet ones?

先明确选一边，再说明为什么这更适合你的一周。

可以说 sleep in late | read at home | take a short walk

直接答	I definitely prefer _____ weekends.
原因	After _____, I need time to _____.
细节	My ideal weekend includes _____ and _____.

示范

I definitely prefer quiet weekends. After a busy workweek, I need time to switch off, and my ideal weekend includes sleeping in and reading at home for a couple of hours.

3 Did you enjoy weekends more when you were a child?

先回答是或不是，再对比小时候和现在的周末。

可以说 Saturday morning cartoons | bike rides nearby | family day trips

直接答	Yes, I enjoyed weekends more when I was _____.
原因	Back then, I didn't have to _____, so I could _____.
对比	Now, my weekends are more _____ because of _____.

示范

Yes, I enjoyed weekends more when I was a child. Back then, I didn't have to worry about work or chores, so I could spend hours riding my bike or watching cartoons. Now, my weekends are more structured because of adult responsibilities.

4 Is there anything you never do at weekends?

说一个你周末绝不会做的事，再说你会改做什么。

可以说 check work emails | wake up before seven | stay in the office

直接答	Yes, I never _____ at weekends.
原因	I avoid it because it makes me feel _____.
细节	Instead, I usually _____ or _____.

示范

Yes, I never check work emails at weekends. I avoid it because it makes me feel like I'm still at work, so instead I usually leave my phone in another room or go out and meet friends.

5 Would you like to change how you spend your weekends?

先说你想不想改变，再提一个现实的改进。

可以说 take short day trips | reduce screen time | learn photography basics

直接答	Yes, I'd like to change _____ about my weekends.
原因	At the moment, I spend too much time _____, so I want to _____.
细节	Ideally, I'd _____ on Saturdays and _____ on Sundays.

示范

Yes, I'd like to change a few things about my weekends. At the moment, I spend too much time on my phone, so I want to cut down on screen time. Ideally, I'd take short day trips on Saturdays and learn the basics of photography on Sundays.

一段约 7 分的回答

> My weekend routine is fairly simple. On Saturday morning, I usually do a few errands and some household jobs, and then I meet friends for lunch. On Sunday, I spend time on my photography hobby or just relax at home. I like that balance because it helps me recharge before Monday.

为什么好

- 这个回答直接回答了问题，并补充了清楚、连贯的细节。
- 它自然使用了与话题相关的词汇，比如 errands、household jobs、hobby、balance 和 recharge。
- 它不仅说了你做什么，还说明了原因，所以回答更完整。

常见错误

- 不要说 "in weekend"；要说 "at the weekend" 或 "on weekends"。
- 不要只回答一个词，比如 "Relax"；要说明你做什么，并补充一点细节。
- 谈论习惯时要用一般现在时，比如说 "I usually go shopping"，不要说 "I am going shopping"。

话题词

routine	/ruːˈtiːn/	日常安排	My weekend routine usually starts with coffee and a short walk.
relax	/rɪˈlæks/	放松	I like to relax on Sunday afternoon by reading at home.
household	/ˈhaʊshəʊld/	家庭的；家务的	I usually do some household tasks before I meet friends.
balance	/ˈbæləns/	平衡	I try to keep a balance between rest and family time.
flexible	/ˈfleksəbl/	灵活的	My weekend schedule is flexible unless I have work to finish.
occasionally	/əˈkeɪʒənli/	偶尔	I occasionally stay in all weekend when I feel exhausted.
productive	/prəˈdʌktɪv/	高效的；有成效的	I feel productive if I clean my room and prepare meals for the week.
outdoor	/ˈaʊtdɔː/	户外的	If the weather's good, I prefer outdoor activities with my cousins.
hobby	/ˈhɒbi/	爱好	Cooking has become a weekend hobby since I moved out.

leisure	/ˈliːʒə/	休闲	I usually use my weekends for leisure and catching up with friends.

听示范、开口答、估分：**linsays.com/zh/ielts-speaking/weekends**



雅思口语 Part 1 · 有动画

天气

Weather

这个话题里，考官会问你对天气的喜好和日常体验。在Part 1中，你的回答通常要简短、自然，并尽量补充一个原因或例子。

题目和思路

1 What kind of weather do you like most?

先说你最喜欢的天气，再说原因和你在这种天气里会做什么。

可以说 cool sunny mornings | dry autumn afternoons | light rain at night

直接答	I like _____ weather most, especially in _____.
原因	It's my favourite because I can _____ without feeling _____.
细节	On days like that, I usually _____, and everything feels _____.

示范

I like cool, sunny weather most, especially in early autumn. It's my favourite because I can walk around for hours without feeling sweaty or tired. On days like that, I usually stay outside longer, and everything feels fresh and calm.

2 What's the weather usually like in your hometown?

先概括家乡的天气，再补充一个季节细节和一个真实例子。

可以说 long humid summers | short mild winters | sudden afternoon showers

直接答	My hometown is usually _____ and _____ for most of the year.
细节	In _____, the temperature is often around _____.
举例	For example, last _____ we had _____ for several days.

示范

My hometown is usually quite warm and humid for most of the year. In summer, the temperature is often around 32 degrees, and the afternoons can feel really sticky. For example, last July we had sudden showers almost every evening.

3 Do you prefer hot weather or cold weather?

明确选择一种天气，然后说明原因，并简单和另一种比较。

可以说 cold dry mornings | hot sticky afternoons | winter clothes and layers

直接答	I definitely prefer _____ weather.
原因	I find it easier to _____ when it's _____.
对比	Compared with _____ weather, I feel _____ and more comfortable.

示范

I definitely prefer cold weather. I find it easier to sleep and concentrate when it's cool and dry. Compared with hot weather, I feel less tired and more comfortable, and I can always put on another layer if I need to.

4 Does the weather affect your mood?

先明确回答会不会，然后说一种天气是怎么影响你心情的。

可以说 grey rainy days | bright winter sunshine | sleepy in humidity

直接答	Yes, it does—when it's _____, I usually feel _____.
举例	For example, on _____ days I tend to _____ more.
感受	If the weather stays _____ for too long, I start feeling _____.

示范

Yes, it does—when it's bright and sunny, I usually feel more energetic. For example, on clear days I tend to go out more and get more done. If the weather stays grey and rainy for too long, I start feeling a bit lazy and quiet.

5 Do you often check the weather forecast?

先说你多久看一次天气预报，再说明它能帮你做什么决定。

可以说 before cycling to work | weekend hiking plans | umbrella or jacket

直接答	Yes, I check it _____, usually before I _____.
原因	It helps me decide whether to take _____ or wear _____.
举例	For example, if I see _____, I'll probably _____ instead.

示范

Yes, I check it almost every day, usually before I leave home in the morning. It helps me decide whether to take an umbrella or wear a lighter jacket. For example, if I see rain coming, I'll take the bus instead of cycling.

一段约 7 分的回答

I probably like mild weather most, especially in early autumn. When it's sunny and there's a light breeze, I feel more energetic, and I can walk to work comfortably. I don't enjoy humid or stormy days because they make me feel tired and uncomfortable. In my city, this kind of pleasant weather doesn't last very long, so I really appreciate it when we get it.

为什么好

- 回答自然展开，有明确原因和个人细节，体现连贯性。
- 使用了多个天气相关词汇，而且用法准确。
- 句型有一定变化，既有简单句，也有较复杂的句子结构。

常见错误

- 不要说'I very like sunny weather'；改说'I really like sunny weather'或'I like sunny weather a lot.'
- 不要把climate当成今天的天气；日常天气用weather，长期天气模式用climate。
- 不要只回答一个词，比如'Rainy'；最好补充原因，例如'I like rainy weather because it's relaxing.'

话题词

forecast	/ˈfɔːkɑːst/	天气预报	I check the forecast every morning before I leave home.
breeze	/briːz/	微风	A cool breeze in the evening makes walking much nicer.
temperature	/ˈtemprətʃə/	温度	The temperature drops quickly after sunset in my hometown.
humid	/ˈhjuːmɪd/	潮湿闷热的	Summer is usually humid here, so I prefer staying indoors.
sunshine	/ˈsʌnʃaɪn/	阳光	I love sunshine because it instantly makes me feel more energetic.
storm	/stɔːm/	暴风雨	We had a storm last night, and the streets were flooded.
cloudy	/ˈklaʊdi/	多云的	It gets quite cloudy in winter, which affects my mood.
rainfall	/ˈreɪnfɔːl/	降雨量	This region gets heavy rainfall during the summer months.

drought	/draʊt/	干旱	Some areas suffer from drought, so water becomes extremely limited.
frost	/frɒst/	霜	Early morning frost is common here in late December.

听示范、开口答、估分：**linsays.com/zh/ielts-speaking/weather**



雅思口语 Part 1 · 有动画

家乡

Hometown

考官会问你一些关于家乡的简短个人问题，所以你的回答应该直接、自然，通常说两到三句比较合适。

题目和思路

1 Where is your hometown?

先清楚说位置，再补充一两个简单细节。

可以说 southern coast | near the capital | small riverside city

直接答	My hometown is _____ in _____.
细节	It's in the _____ part of the country, near _____.
举例	It's also close to _____, which people often know for _____.

示范

My hometown is Da Nang in central Vietnam. It's in the middle of the country, near the sea. It's also close to Hoi An, which people often know for its old town.

2 What do you like most about your hometown?

直接说你最喜欢的一点，再用原因和例子支持。

可以说 street food markets | quiet public park | friendly neighbours

直接答	What I like most about my hometown is _____.
原因	I like it because it's _____ and _____.
举例	For example, I often _____ there with _____.

示范

What I like most about my hometown is the riverside park. I like it because it's peaceful and clean, so it's a good place to relax after work. For example, I often go there in the evening with my sister.

3 Has your hometown changed much in recent years?

先回答有或没有，再说两个变化和一个具体例子。

可以说 new shopping mall | wider roads | more apartment blocks

直接答	Yes, it has changed _____ / No, not really, it's still _____.
细节	In recent years, there have been more _____ and _____.
举例	For example, _____ used to be quiet, but now it has _____.

示范

Yes, it has changed quite a lot. In recent years, there have been more apartment blocks and wider roads, so the city feels much busier than before. For example, the area near my old school used to be quiet, but now it has cafés and small shops.

4 Is your hometown a good place for young people?

明确表达看法，重点说年轻人的机会或活动。

可以说 part-time jobs | sports centre | music cafés

直接答	Yes, I think it is _____ / No, not really, because _____ .
原因	That's mainly because there are _____ and _____ for young people.
举例	For example, they can _____ at/in _____ .

示范

Yes, I think it is a good place for young people. That's mainly because there are part-time jobs and a decent sports centre. For example, they can work in local shops after class or meet friends in music cafés at the weekend.

5 Would you like to live in your hometown in the future?

先明确表态，再结合实际原因和个人感受来回答。

可以说 close to family | lower living costs | limited career options

直接答	Yes, I'd like to live there in the future because _____ / No, I'd probably prefer to live in _____ .
原因	That's mainly because of _____ , and _____ would also make life easier.
感受	I'd feel _____ living there because _____ .

示范

Yes, I'd like to live there in the future because I'd be closer to my family. That's mainly because of the lower living costs, and being near my parents would also make life easier. I'd feel more settled living there because the pace of life is much calmer.

一段约 7 分的回答

> My hometown is a coastal city in the south of the country, about two hours from the capital. It's not huge, but it's a really pleasant place to live because it's fairly peaceful and convenient. I especially like the sea views and the friendly atmosphere there.

为什么好

- 这个回答先直接回答问题，然后自然补充了一些细节，这很符合口语 Part 1 的答题方式。
- 它自然使用了与话题相关的词汇，比如 coastal、peaceful、convenient 和 atmosphere。
- 这个回答简短但有展开，有助于你听起来更流利，同时又不会说得太长。

常见错误

- 不要说“My hometown very beautiful”。要说“My hometown is very beautiful”或者“It's a beautiful place.”
- 不要背一大段模板化答案。Part 1 更适合先直接回答，再补充一两个简单细节。
- 注意动词形式。比如不要说“It change a lot”；要说“It has changed a lot in recent years.”

话题词

coastal	/ˈkəʊstəl/	沿海的	My hometown is a coastal city, so we often go to the beach in summer.
convenient	/kənˈviːnjənt/	方便的	It's convenient because the shops, schools, and clinics are all nearby.
traditional	/trəˈdɪʃənl/	传统的	Some traditional houses still stand beside newer apartment buildings.
modern	/ˈmɒdən/	现代的	The railway station looks quite modern after the recent rebuilding project.
scenery	/ˈsiːnəri/	风景	The scenery is beautiful, especially when the hills turn green in spring.
transport	/trænsˈpɔːt/	交通；公共交通系统	Public transport has improved, but I still prefer walking short distances.
community	/kəˈmjuːnɪti/	社区居民；社区	There's a strong sense of community, and local people often help each other.
facilities		设施	The town has good sports facilities for teenagers and families.

peaceful	/ˈpiːsfʊl/	宁静的	My hometown is peaceful, especially in the early morning.
crowded	/ˈkraʊdɪd/	拥挤的	The town centre gets crowded during weekends and public holidays.

听示范、开口答、估分：**linsays.com/zh/ielts-speaking/hometown**



雅思口语 Part 1 · 有动画

工作或学习

Work or study

这一部分中，考官会问你关于工作或学习的日常问题；每题回答大约20到30秒比较合适。

题目和思路

1 Do you work or are you a student?

先直接回答，再说你为什么选择它，以及你平时的一天是什么样的。

可以说 computer science degree　public university in Hanoi　evening coding assignments

直接答	I'm a _____ at _____.
原因	I chose it because _____.
细节	On a typical day, I _____.

示范

I'm a computer science student at a public university in Hanoi. I chose it because I enjoy problem-solving, and on a typical day, I attend lectures in the morning and work on coding assignments in the evening.

2 What do you like most about your work or studies?

明确说出一点，解释原因，再补一个简短例子。

可以说 solving programming problems　team projects with classmates　seeing steady progress

直接答	What I like most is _____.
原因	It's mainly because _____.
举例	For example, I get to _____.

示范

What I like most is solving programming problems. It's mainly because each task makes me think carefully, and for example, I get to build small apps with my classmates, which is challenging but really satisfying.

3 What is your workplace or school like?

简单描述这个地方，提到一两个特点，再说说你的感受。

可以说 modern library building　bright study areas　busy cafeteria

直接答	My _____ is quite _____.
细节	It has _____ and _____.
感受	I like it because _____.

示范

My university is quite modern. It has a large library and bright study areas, and I like it because it's comfortable to study there and the campus usually feels lively.

4 Is there anything you find difficult about your work or studies?

选一个困难，解释原因，再给一个真实例子。

可以说 tight assignment deadlines　group project schedules　balancing part-time work

直接答	Yes, I sometimes find _____ difficult.
原因	The main reason is _____.
举例	For instance, I have to _____.

示范

Yes, I sometimes find managing my time difficult. The main reason is that several deadlines can come at once, and for instance, I may be revising for an exam while finishing a group presentation.

5 What would you like to do in the future?

说一个未来计划，解释原因，再提到你会采取的一个步骤。

可以说 software developer role　master's degree abroad　tech company internship

直接答	In the future, I'd like to _____.
原因	That's because I want to _____.
细节	To do that, I'm planning to _____.

示范

In the future, I'd like to work as a software developer. That's because I want to create useful products, and to do that, I'm planning to take internships and spend more time on my own coding projects.

一段约 7 分的回答

I'm a university student at the moment, and my major is engineering. This term, I'm taking a design course, and we get a big assignment every two weeks, so it can be quite challenging. I still enjoy it because the classes are practical and I'm learning useful skills. I also have a flexible part-time job in a café, which helps me keep some balance in my week.

为什么好

- 回答直接，然后补充相关细节，所以内容清楚、容易理解。
- 自然使用了与主题相关的词汇，比如专业、课程、作业和有挑战性的。
- 句型有变化，既有简单句，也有较复杂的句子，语法和时态也比较准确。

常见错误

- 不要说 I am study in university；要说 I study at university 或 I'm a university student。
- 不要只回答 Student 这样的一两个词；最好再补充原因或小例子。
- 注意时态：如果是阶段性的情况，可以说 I'm working part-time this year。

话题词

major	/ˈmeɪdʒə/	专业	My major is economics, but I'm also interested in psychology.
course	/kɔːs/	课程	I'm taking a course in marketing this term at college.
deadline	/ˈdedlaɪn/	截止日期	I get stressed when two deadlines fall in the same week.
flexible	/ˈfleksəbl/	灵活的	My part-time job is flexible, so it fits around classes.
practical	/ˈpræktɪkl/	实用的	I prefer practical lessons because I remember things more easily.
lecture	/ˈlektʃə/	讲座；（大学里的）课	Our Monday lecture starts early, so I leave home before seven.
assignment	/əˈsaɪnmənt/	作业	I usually finish each assignment a few days before submission.
challenging	/ˈtʃælɪndʒɪŋ/	有挑战性的	The job is challenging, but that's one reason I enjoy it.

routine	/ruːˈtiːn/	日常安排	My morning routine includes coffee, emails, and checking my timetable.
skill	/ˈskɪl/	技能	Communication is a useful skill in both university and the workplace.

听示范、开口答、估分：**linsays.com/zh/ielts-speaking/work-or-study**



雅思口语 Part 1 · 有动画

手机与科技

Phones and technology

在这个话题中，考官会围绕你如何使用手机和科技产品提出日常问题；你的回答要简短，但也要适当展开。

题目和思路

1 Do you use your phone a lot every day?

先直接回答是否，然后说明原因，再说你最常用手机做什么。

可以说　work messages　online maps　mobile banking apps

直接答	Yes, I use it _____ every day.
原因	I need it for _____, so I end up checking it _____.
细节	Most of the time, I use it for _____ rather than _____.

示范

Yes, I use it a lot every day. I need it for work messages and maps, so I end up checking it from morning until late evening. Most of the time, I use it for practical things like email and banking rather than just entertainment.

2 What do you usually use your phone for?

说出两三个常见用途，然后补充一个日常生活中的真实例子。

可以说 family group chats | online banking | listening to music

直接答	I mainly use my phone for _____.
细节	Most days, I also use it to _____.
举例	For example, yesterday I used it to _____.

示范

I mainly use my phone for messaging, online banking, and checking directions. Most days, I also use it to listen to music on the way to work. For example, yesterday I used it to pay a bill and reply to my family group chat.

3 Is there anything you don't like about smartphones?

选一个明确的不喜欢之处，并说明它怎样影响你的日常生活。

可以说 constant notifications | short battery life | expensive screen repairs

直接答	Yes, one thing I don't like is _____.
原因	It can be _____, especially when I _____.
举例	For example, last week my phone _____.

示范

Yes, one thing I don't like is the constant notifications. They can be really distracting, especially when I'm trying to focus at work. For example, last week my phone kept buzzing during a meeting, so I lost my concentration.

4 Do you prefer texting or calling your friends?

明确选择一个，然后说明为什么它比另一个更适合你。

可以说 long text messages | quick voice calls | sending photos instantly

直接答	I usually prefer _____.
原因	It's easier for me because I can _____.
对比	I only call when _____, but for everyday chats I _____.

示范

I usually prefer texting my friends. It's easier for me because I can reply whenever I'm free instead of stopping what I'm doing to talk. I only call when something is urgent or complicated, but for everyday chats I just text.

5 Have the phones you use changed a lot since you were a child?

用一两个简单的不同点来比较过去和现在的手机。

可以说 touchscreens and apps | better phone cameras | much faster internet

直接答	Yes, they've changed _____ since I was a child.
对比	Back then, my phone only had _____, but now it has _____.
细节	The biggest difference for me is _____.

示范

Yes, they've changed a lot since I was a child. Back then, my phone only had basic calling and texting, but now it has a good camera, fast internet, and lots of apps. The biggest difference for me is how much I can do on one device.

一段约 7 分的回答

> Yes, definitely. I use my phone throughout the day because it's convenient and it helps me stay organised. I usually send messages, check maps, and browse the news when I'm travelling. Having said that, it can be a distraction sometimes, and the battery doesn't always last very long.

为什么好

- 回答清楚直接，并加入了原因和生活中的例子，所以听起来更自然，也更完整。
- 使用了与话题相关的词汇，而且用得准确，比如 convenient、message、browse、distraction 和 battery。
- 句型有变化，既有简单句，也有稍长的句子，这有助于体现 Part 1 所需要的基础语法范围。

常见错误

- 不要说“I very like my phone”。要说“I really like my phone”或者“I use it a lot”。
- 不要只是罗列应用或功能。最好补充一个简单原因，比如“I use maps because I travel across the city a lot.”
- 不要说“depend too much in my phone”。应该说“depend too much on my phone”。

话题词

feature	/ˈfiːtʃə/	功能	My favourite feature on my phone is the camera.
convenient	/kənˈviːnjənt/	方便的	Mobile payment is convenient when I don't carry cash.
distraction	/dɪsˈtrækʃən/	让人分心的事物	My phone can be a distraction when I need to study.
charge	/tʃɑːdʒ/	给……充电	I usually charge my phone before I go to bed.
battery	/ˈbætəri/	电池	The battery runs out quickly if I watch videos for too long.
update	/ʌpˈdeɪt/	更新	After the update, my phone felt faster and easier to use.
browse	/braʊz/	浏览	I often browse the news on my phone during my commute.
efficient	/ɪˈfɪʃənt/	高效的	Using one app for notes and reminders is really efficient.

device	/diˈvaɪs/	设备	My phone is the main device I use every day.
screen	/skriːn/	屏幕	I spend too much time staring at my phone screen.

听示范、开口答、估分：**linsays.com/zh/ielts-speaking/phones-and-technology**



雅思口语 Part 1 · 有动画

朋友

Friends

这个话题中，考官会问你一些关于朋友的简短个人问题，所以你的回答要简短，但最好加上原因或例子来展开。

题目和思路

1 Do you have a lot of friends?

先说朋友多不多，再说你是从哪里认识他们的。

可以说 university classmates　old neighborhood friends　badminton club people

直接答	I'd say I have _____ friends, mostly _____.
原因	That's because I _____, so I meet people through _____.
细节	I still keep in touch with _____, especially _____.

示范

I'd say I have quite a lot of friends, mostly people from university and work. That's because I've moved cities a couple of times, so I usually meet people through study or shared projects. I still keep in touch with two school friends, especially one I message almost every day.

2 What do you usually do with your friends?

说一两件你们常做的事，再加一个简单例子。

可以说 grab coffee | play badminton | watch horror films

直接答	I usually _____ with my friends, especially on _____.
举例	For example, we often _____ at _____.
细节	We also _____, and that usually lasts _____.

示范

I usually grab coffee or have a meal with my friends, especially on weekends. For example, we often try small cafes near my office and chat for a couple of hours. We also play badminton sometimes, and that usually lasts about an hour.

3 Do you prefer one close friend or a large group of friends?

明确选一边，再解释为什么那样更适合你。

可以说 deeper conversations | less social pressure | easier planning

直接答	I'd prefer _____ close friends rather than _____.
原因	That's because I can _____ and _____.
对比	With a big group, it's often _____, so I'd rather _____.

示范

I'd prefer one or two close friends rather than a large group. That's because I can be more honest with them and have deeper conversations. With a big group, it's often harder to really connect, so I'd rather keep my circle small.

4 Have your friends changed since you were at school?

把学生时代的朋友和现在的朋友做个对比。

可以说 different life stages | workplace friends now | less daily contact

直接答	Yes, my friendship circle has changed _____ since school.
对比	Back then, I spent time with _____, but now I'm closer to _____.
原因	I think that's because _____ and our routines are _____ now.

示范

Yes, my friendship circle has changed quite a bit since school. Back then, I spent most of my time with classmates, but now I'm closer to colleagues and a few old friends. I think that's because everyone's at a different stage of life and our routines are busier now.

5 Do you find it easy to make new friends?

先明确回答是或不是，再用一个真实情况来说明。

可以说 shared hobbies | small talk first | new workplace

直接答	Yes, it's _____ for me to make new friends.
原因	I'm usually _____, especially when we have _____ in common.
举例	For instance, I became friends with _____ when I _____.

示范

Yes, it's fairly easy for me to make new friends. I'm usually quite open in conversation, especially when we have something in common. For instance, I became friends with a colleague quite quickly when we found out we both liked running after work.

一段约 7 分的回答

I wouldn't say I have a huge number of friends, but I do have a few very close ones. Most of them are people I met at university, and we've stayed in contact since then. I value them because they're supportive and reliable, and I can talk to them honestly when I'm under pressure.

为什么好

- 答案直接回应问题，然后补充原因和个人细节，这是扩展Part 1回答的好方法。
- 使用了与话题相关的词汇，比如close、supportive、reliable和contact，而且用法自然准确。
- 整体听起来像真实口语，句子有长有短，不会太书面，也不显得像背答案。

常见错误

- 不要只回答yes或no。最好补充一个简短的原因或例子来展开。
- 不要说“I have less friends”；应该说“I have fewer friends”或“I don't have many friends”。
- 不要说“We are knowing each other for years”；应该说“We've known each other for years”。

话题词

close	/kləʊz/	亲密的	I'm still close to two friends from secondary school.
reliable	/rɪ'laɪəbl/	可靠的	I value reliable friends because they do what they say they'll do.
outgoing	/'aʊtgəʊɪŋ/	外向的	I'm not very outgoing, so it takes me time to make new friends.
similar	/'sɪmɪlə/	相似的	Most of my friends have similar interests to me.
contact	/'kɒntækt/	联系	I still keep in contact with some of my school friends.
personality	/ˌpɜːsə'nælɪti/	性格	I get on well with people who have a calm personality.
trust	/trʌst/	信任	It takes me a while to trust new people.
humorous	/'hjuːmərəs/	幽默的	My closest friend is quite humorous and always makes me laugh.

mature	/məˈtjʊə/	成熟的	I prefer mature friends because they can give sensible advice.
friendship	/ˈfrendʃɪp/	友谊	A good friendship needs trust, honesty, and time.

听示范、开口答、估分：**linsays.com/zh/ielts-speaking/friends**



雅思口语 Part 1 · 有动画

生日

Birthdays

在这个话题中，考官会问你一些关于生日的简短个人问题。你通常每题回答几句话就可以。

题目和思路

1 Do you usually celebrate your birthday?

先直接回答，再说你通常怎么过生日。

可以说 dinner with my family　small cake at home　messages from old friends

直接答	Yes, I usually celebrate it by _____.
原因	I like doing that because _____.
细节	We normally _____ with _____.

示范

Yes, I usually celebrate it in a simple way with my family. I like doing that because it gives us a reason to slow down and spend time together. We normally have dinner at home with a small cake afterward.

2 How did you celebrate your last birthday?

用过去时，并说两件你具体做过的事。

可以说 Korean barbecue dinner | a homemade chocolate cake | photos by the river

直接答	For my last birthday, I celebrated it by _____.
细节	I went to _____ with _____.
感受	I felt _____ because _____.

示范

For my last birthday, I celebrated it by going out for Korean barbecue. I went to a place by the river with two close friends, and later my sister brought out a homemade chocolate cake. I felt really relaxed because the whole evening was low-key.

3 Did you enjoy birthdays more when you were a child?

把小时候和现在的生日做个对比，并给出一个明确原因。

可以说 birthday games at school | opening presents early | less stress about planning

直接答	I'd say _____, especially when I was _____.
对比	Back then, I _____, but now I _____.
原因	They felt _____ because _____.

示范

Yes, I'd say I did, especially when I was in primary school. Back then, I looked forward to birthday games at school and opening presents at home, but now it's usually a quiet dinner. They felt more exciting because I had fewer worries.

4 Do you prefer a big celebration or a quiet birthday?

明确选一种方式，再用一个简单例子支持。

可以说 dinner with two friends | a movie at home | no party planning stress

直接答	I prefer a _____ kind of birthday.
原因	That's mainly because _____.
举例	For example, I usually _____ with _____.

示范

I prefer a quiet kind of birthday. That's mainly because big parties feel tiring, and I can have better conversations in a small group. For example, I usually have dinner with two friends or watch a movie at home.

5 How do people in your family usually celebrate birthdays?

描述家里通常的庆祝流程，再举一个真实例子。

可以说 home-cooked noodles | fruit cake after dinner | a family group photo

直接答	In my family, we usually _____ for birthdays.
细节	We normally _____ and _____.
举例	For example, on _____'s birthday, we _____.

示范

In my family, we usually celebrate birthdays at home. We normally cook home-cooked noodles and bring out a fruit cake after dinner. For example, on my dad's birthday, we always take a family group photo before he cuts the cake.

一段约 7 分的回答

Yes, I usually do, but I keep it fairly simple. It's a nice occasion for my family to gather and share a meal together. My mum normally cooks dinner, and we have a cake at home. I don't care much about expensive gifts, but I do enjoy a small treat. What I like most is the warm atmosphere and being with my close relatives.

为什么好

- 这个答案思路清楚，先直接回答，再补充简单的个人细节。
- 它用了比较自然的话题词汇，比如 occasion、gather、treat、gifts 和 relatives。
- 句型有一定变化，既有简单句，也有带补充信息的较长句子。

常见错误

- 不要说 "I very like birthdays"；可以改成 "I really like birthdays" 或 "I enjoy birthdays"。
- 不要说 "many gift"；要说 "many gifts"，因为这里名词要用复数。
- 不要只回答一句很短的 "Yes, I do"；在雅思口语里，最好再补充一个原因或一个简短例子。

话题词

celebrate	/ˈselɪbreɪt/	庆祝	I usually celebrate my birthday with dinner at home.
occasion	/əˈkeɪʒən/	特殊时刻；特别的场合	My birthday feels like a special occasion for my family every year.
gather	/ˈgæðə/	聚集；集合	My relatives gather at my grandparents' flat for birthdays.
treat	/triːt/	款待；犒劳自己的小享受	I usually buy myself a small treat, like coffee and cake, on my birthday.
memorable	/ˈmemərəbl/	难忘的	My eighteenth birthday was memorable because all my cousins came.
tradition	/trəˈdɪʃən/	传统	It's a tradition to eat noodles on birthdays in my family.
gift	/gɪft/	礼物	I prefer a useful gift instead of something expensive.

surprise	/sə'praɪz/	惊喜；意外之喜	Last year, my friends planned a surprise for me after class.
candle	/'kændl/	蜡烛	When I was younger, I loved blowing out every candle on the cake.
budget	/'bʌdʒɪt/	预算	I keep a small budget for birthday food and decorations.

听示范、开口答、估分：**linsays.com/zh/ielts-speaking/birthdays**



雅思口语 Part 1 · 有动画

睡眠

Sleep

这个话题里，考官会问你关于睡眠习惯的一些简单问题。Part 1 的回答要简短，但也要适当展开，通常说 2 到 4 句比较合适。

题目和思路

1 Do you usually sleep well?

先明确回答，再说一个睡前习惯和结果。

可以说 late coffee　quiet bedroom　fixed bedtime

直接答	Yeah, I usually sleep _____.
原因	That's mainly because I _____ before bed.
细节	Most nights, I fall asleep in _____ minutes and wake up _____.

示范

Yeah, I usually sleep quite well. That's mainly because I keep my evenings calm and avoid coffee after dinner. Most nights, I fall asleep in about twenty minutes and wake up feeling rested.

2 How many hours of sleep do you normally get?

先说具体时长，再比较工作日和周末。

可以说 six and a half hours | weekday alarm | weekend lie-in

直接答	I normally get about _____ hours a night.
对比	On weekdays I get _____, but at weekends I can get _____.
感受	That amount usually makes me feel _____ the next day.

示范

I normally get about seven hours a night. On weekdays it's closer to six and a half, but at weekends I can get around eight. That amount usually makes me feel much better the next day.

3 Do you ever take naps during the day?

先说你会不会午睡，再举一个常见情况和你的感受。

可以说 20-minute nap | after lunch | working from home

直接答	Yes, I do, especially when I'm _____.
举例	For example, if I'm _____, I'll take a nap for _____ minutes.
感受	After that, I usually feel _____.

示范

Yes, I do, especially when I'm working from home. For example, if I'm feeling really sleepy after lunch, I'll take a nap for about twenty minutes. After that, I usually feel more focused and less tired.

4 Has your sleep routine changed since you were a child?

把你小时候和现在的作息做个对比，再说主要原因。

可以说 earlier bedtime | school nights | phone before bed

直接答	Yes, it's changed _____ since I was a child.
对比	When I was younger, I used to _____, but now I _____.
原因	That's mostly because _____ and _____ take up more of my evenings.

示范

Yes, it's changed quite a bit since I was a child. When I was younger, I used to go to bed much earlier, but now I stay up later. That's mostly because work and my phone take up more of my evenings.

5 What can stop you from falling asleep quickly?

说一个主要问题，再举个小例子和结果。

可以说 phone in bed | stress about deadlines | noisy neighbours

直接答	The main thing that stops me from falling asleep quickly is _____.
举例	For example, if I _____ late at night, I stay awake longer.
细节	Then I can lie awake for _____ thinking about _____.

示范

The main thing that stops me from falling asleep quickly is using my phone in bed. For example, if I watch short videos late at night, I stay awake longer. Then I can lie awake for half an hour thinking about random things.

一段约 7 分的回答

> Most of the time, yes. I try to keep a regular routine, so I usually put my phone away by about eleven and avoid coffee late at night. When I'm really busy or stressed, though, I don't sleep as well, and I wake up feeling tired the next morning.

为什么好

- 先直接回答问题，再补充原因和个人细节，这样更容易体现流利度和连贯性。
- 使用了相关词汇，而且表达自然，不会显得像背答案。
- 包含简单句和稍长的句子，语法也准确，这对 IELTS 口语 Part 1 很有帮助。

常见错误

- 不要说 “I am sleep very late”；可以说 “I go to sleep very late” 或 “I stay up very late”。
- 不要说 “I have less sleep”；可以说 “I get less sleep” 或 “I don't get enough sleep”。
- 不要说 “When I am stress, I can't sleep”；可以说 “When I'm stressed, I can't sleep”。

话题词

routine	/ruːˈtiːn/	日常惯例；规律	I have a regular bedtime routine, so I fall asleep more easily.
exhausted	/ɪgˈzɔːstɪd/	筋疲力尽的	After a long day at work, I usually feel exhausted by ten o'clock.
anxiety	/æŋˈzaɪəti/	焦虑	A bit of anxiety before exams can stop me from sleeping properly.
nap	/næp/	小睡	I sometimes take a short nap after lunch on weekends.
schedule	/ˈskedʒʊəl/	时间安排；作息安排	My sleep schedule changes a lot when I'm under pressure.
habit	/ˈhæbɪt/	习惯	Checking my phone in bed is a bad habit, honestly.
insomnia	/ɪnˈsɒmnɪə/	失眠	I've never had serious insomnia, but stress can sometimes keep me awake.
concentration	/ˌkɒnsənˈtreɪʃən/	注意力；专注力	Without enough sleep, my concentration drops and I make silly mistakes.

alarm	/əˈlɑːm/	闹钟；闹铃	I set an alarm, but I often ignore it on Sundays.
duration	/djʊˈreɪʃən/	持续时间；时长	The duration of my sleep is usually shorter during busy weeks.

听示范、开口答、估分：**linsays.com/zh/ielts-speaking/sleep**



雅思口语 Part 1 · 有动画

购物

Shopping

在这个话题中，考官会问你关于购物习惯和偏好的问题。Part 1 的回答要简短、直接、自然，一般每题回答20到30秒左右。

题目和思路

1 Do you enjoy shopping?

先明确回答喜欢与否，再说为什么购物对你来说很有意思。

可以说 buying clothes | looking for discounts | shopping with friends

直接答	Yes, I do, especially when I'm shopping for _____.
原因	I like it because I can _____ and find _____.
细节	I usually shop at _____, so it feels _____.

示范

Yes, I do, especially when I'm shopping for clothes or small gifts. I like it because I can compare different options and find good discounts. I usually shop at a mall near my apartment, so it feels convenient and quite relaxing.

2 What kinds of things do you usually buy?

说出两三样你常买的东西，尽量具体一些。

可以说 fresh fruit | basic skincare products | cheap T-shirts

直接答	I usually buy _____ and _____.
细节	Most of the time, they're just _____ for _____.
举例	For example, I often pick up _____ when I'm at _____.

示范

I usually buy fresh fruit, basic skincare products, and cheap T-shirts. Most of the time, they're just practical things for daily use. For example, I often pick up apples and face wash when I'm at the supermarket.

3 Do you prefer shopping online or in stores?

先明确选择一种方式，再说一个原因和一个例外。

可以说 late-night orders | trying on jeans | checking item quality

直接答	I prefer shopping _____ for most things.
原因	That's mainly because it helps me _____ and _____.
对比	But for _____, I still choose _____.

示范

I prefer shopping online for most things. That's mainly because it helps me save time and compare prices easily. But for shoes or jeans, I still choose physical stores because I want to try them on and check the quality first.

4 Is there a shop you often go to?

说出这家店的名字或类型、位置，以及你通常在那里买什么。

可以说 corner convenience store　nearby supermarket　small stationery shop

直接答	Yes, there's a _____ that I go to quite often.
细节	It's near _____, and it sells _____.
举例	I usually go there for _____.

示范

Yes, there's a supermarket called Fresh Mart that I go to quite often. It's near my apartment, and it sells almost everything I need for the week. I usually go there for milk, eggs, fruit, and a few snacks after work.

5 Have your shopping habits changed in recent years?

先说有没有变化，再对比以前和现在，并给出一个明确原因。

可以说 more online orders　fewer impulse purchases　price comparison apps

直接答	Yes, my shopping habits have changed _____.
对比	Now I _____, but before I _____.
原因	That's mostly because _____.

示范

Yes, my shopping habits have changed quite a bit in recent years. Now I place more online orders, but before I usually bought things in stores without planning much. That's mostly because it's easier to compare prices now, and I'm more careful with money.

一段约 7 分的回答

Yes, I do, especially when I'm not in a hurry. I like browsing in clothes shops or looking for small gifts, and I enjoy comparing different options before I choose something. However, if a place is too crowded or I need to buy something quickly, shopping feels more stressful than enjoyable.

为什么好

- 这个回答先直接表明观点，然后补充原因和对比，很符合 Part 1 的回答方式。
- 它自然地使用了话题词汇，比如 browsing、comparing 和 crowded。
- 听起来像真实表达，而不是背出来的答案。

常见错误

- 不要说“I very like shopping”；要说“I really like shopping”或“I enjoy shopping.”
- 不要说“buy in online”；要说“I buy things online.”
- 不要说“more cheaper”；要说“cheaper”或“less expensive.”

话题词

browse	/braʊz/	浏览；随便看看	I like to browse for a while before I actually buy clothes.
bargain	/ˈbɑːgɪn/	便宜又划算的东西	If I find a bargain, I feel I've spent my money wisely.
convenient	/kənˈviːnjənt/	方便的	Online shopping is convenient when I'm busy with work during weekdays.
quality	/ˈkwɒləti/	质量	I don't mind paying more if the quality is clearly better.
budget	/ˈbʌdʒɪt/	预算	I set a budget before shopping, especially for electronics or gifts.
compare	/kəmˈpɛə/	比较	I usually compare prices on two or three websites first.
discount	/ˈdɪskaʊnt/	折扣	I wait for a discount if the item isn't urgent.
purchase	/ˈpɜːtʃəs/	购买	I don't purchase anything until I've read a few reviews.
crowded	/ˈkraʊdɪd/	拥挤的	I avoid crowded malls at weekends because they make me tired.

delivery	/dɪˈlɪvəri/	配送；送货	Fast delivery matters to me when I order daily necessities online.

听示范、开口答、估分：**linsays.com/zh/ielts-speaking/shopping**



雅思口语 Part 1 · 有动画

运动与锻炼

Sport and exercise

在这一部分，考官会问你一些关于运动与锻炼的简单个人问题。你的回答要简短但完整，很多考生每题会回答大约20到30秒。

题目和思路

1 Do you do any sport or exercise?

先回答做不做，再说频率和一种常做的运动。

可以说 evening gym sessions　weekend badminton games　short home workouts

直接答	Yes, I usually exercise about _____ times a week.
原因	I do it mainly because it helps me _____.
细节	Most often, I _____ for around _____ minutes.

示范

Yes, I usually exercise about three times a week. I do it mainly because it helps me stay fit and clear my head after work. Most often, I go to the gym for around 45 minutes, though sometimes I do a short workout at home.

2 What kind of exercise do you enjoy most?

先明确说一种运动，再补充你在哪里或什么时候做，以及为什么喜欢。

可以说 swimming at indoor pool | long-distance running | weight training

直接答	I enjoy _____ the most.
细节	I usually do it at _____ for about _____.
原因	I like it because it lets me _____.

示范

I enjoy swimming the most. I usually do it at an indoor pool near my apartment for about an hour each time. I like it because it lets me relax and exercise without putting too much pressure on my joints.

3 Did you play sports regularly when you were a child?

先回答有或没有，再举一个童年时的例子，并说说你的感受。

可以说 school football matches | after-class basketball games | weekend cycling trips

直接答	Yes, I _____ quite regularly when I was _____.
举例	I often _____ with _____ after school.
感受	I remember feeling _____ whenever we _____.

示范

Yes, I played sports quite regularly when I was in primary school. I often played football with kids in my neighborhood after school. I remember feeling really excited whenever we had a match, especially if our team won.

4 Do you prefer exercising alone or with other people?

先明确表明你的偏好，再简短比较另一种选择。

可以说 solo morning runs | gym with friends | yoga class

直接答	I prefer exercising _____.
对比	With _____, it's more social, but on my own I can _____.
原因	That works better for me because I like to _____.

示范

I prefer exercising alone most of the time. With other people, it's more social, but on my own I can follow my own pace and schedule. That works better for me because I like to focus properly and avoid distractions.

5 Is there any sport you'd like to try in the future?

说出一种运动，解释它为什么吸引你，再说你会怎么开始。

可以说 indoor rock climbing | beginner tennis lessons | paddle boarding

直接答	Yes, I'd like to try _____ in the future.
原因	It looks _____, and I think I'd enjoy _____.
细节	I'd probably start at _____ with _____.

示范

Yes, I'd like to try indoor rock climbing in the future. It looks challenging in a good way, and I think I'd enjoy learning the technique step by step. I'd probably start at a local climbing gym with an instructor.

一段约 7 分的回答

Yes, I do. I try to exercise regularly, so I usually go jogging in the park three evenings a week and do a short workout at home at the weekend. It helps me stay active, improve my stamina, and relax after studying. I prefer outdoor exercise because the fresh air keeps me motivated.

为什么好

- 回答直接，并补充了简单的日常习惯和明确的原因，这样很适合雅思口语第一部分。
- 自然使用了主题相关词汇，如“jogging”“stamina”和“outdoor”，不会显得像背答案。
- 句子有简单也有稍长一些的表达，能够体现一定的语法范围。

常见错误

- 不要说“I am do exercise every day”；要说“I exercise every day”或“I do some exercise every day”。
- 不要说“I very like basketball”；要说“I really like basketball”或“I like basketball very much”。
- 不要说“I go to gym three times in week”；要说“I go to the gym three times a week”。

话题词

routine	/ruːˈtiːn/	日常惯例	Exercise is part of my routine, especially before classes in the morning.
active	/ˈæktɪv/	活跃的；活动量大的	I feel more active when I cycle to work instead of driving.
stamina	/ˈstæmɪnə/	耐力	Swimming helped me build stamina, so I don't get tired too quickly.
flexible	/ˈfleksəbl/	柔韧的；灵活的	Yoga classes make me more flexible, which helps prevent minor injuries.
competitive	/kəmˈpetɪtɪv/	好胜的	I'm not very competitive, so I prefer casual games with friends.
balance	/ˈbæləns/	平衡	I try to keep a balance between exercise, الدراسة, and rest.
relax	/rɪˈlæks/	放松	A long walk helps me relax after a stressful day.
jogging	/ˈdʒɒgɪŋ/	慢跑	I started jogging last year because it's cheap and convenient.
membership	/ˈmembəʃɪp/	会员资格；会员身份	Gym membership can be expensive, so I usually exercise in the park.
outdoor	/ˈaʊtdɔː/	户外的	I prefer outdoor activities because fresh air keeps me motivated.

听示范、开口答、估分：**linsays.com/zh/ielts-speaking/sport-and-exercise**



雅思口语 Part 1 · 有动画

阅读

Reading

在口语 Part 1 中，考官可能会问你平时的阅读习惯、偏好以及小时候的阅读情况。你的回答要简短、自然，并尽量加上原因或例子。

题目和思路

1 Do you enjoy reading?

先直接回答，再补充一个原因和一个小例子。

可以说 mystery novels before bed　history articles on weekends　quiet train reading

直接答	Yes, I do, especially when I have _____ after _____.
原因	It helps me _____ and gives me a break from _____.
举例	For example, I often read _____ before _____.

示范

Yes, I do, especially when I have some free time after work. It helps me switch off and gives me a break from screens. For example, I often read a few chapters of a mystery novel before bed.

2 What kind of books do you usually read?

先说书的类型，再描述特点，并提一个书名或作者。

可以说 contemporary fiction | self-help books | travel memoirs

直接答	I usually read _____ and _____.
细节	I'm drawn to books with _____ because they feel _____.
举例	For example, I recently read _____ by _____.

示范

I usually read contemporary fiction and travel memoirs. I'm drawn to books with realistic characters and personal experiences because they feel easy to relate to. For example, I recently read a travel memoir by Pico Iyer.

3 How often do you read for pleasure?

先说一个真实的频率，再用一个例子说明你的习惯。

可以说 twenty minutes at night | weekend cafe reading | reading after dinner

直接答	I read for pleasure _____, usually _____.
细节	It fits into my routine because I can _____ after _____.
举例	For instance, I often read _____ instead of _____.

示范

I read for pleasure almost every day, usually for about twenty minutes at night. It fits into my routine because I can slow down after dinner. For instance, I often read on the sofa instead of scrolling on my phone.

4 Did you read more when you were a child?

对比小时候和现在，再加一个过去具体的阅读习惯。

可以说 school library adventures | comic books after class | long summer holiday reading

直接答	Yes, I did, especially when I was _____.
对比	Back then, I had more _____, but now I usually _____.
举例	For example, I used to borrow _____ from _____.

示范

Yes, I did, especially when I was in primary school. Back then, I had more free time after school, but now I usually read in short bursts. For example, I used to borrow adventure stories from the school library every Friday.

5 Do you prefer paper books or e-books?

清楚表明你的选择，解释原因，再简单比较另一种。

可以说 annotating paper pages | carrying books while travelling | eye strain from screens

直接答	I prefer _____.
原因	They're better for me because _____, and I can _____ more easily.
对比	_____ are useful for _____, but I still prefer _____ because _____.

示范

I prefer paper books. They're better for me because they're easier on my eyes, and I can focus more easily. E-books are useful for travelling, but I still prefer paper books because I like writing notes in the margins.

一段约 7 分的回答

> Yes, I do, especially before bed. Reading is part of my evening routine, and I usually read a chapter or two of fiction, either in digital form or in a paper book, depending on what's more convenient. I enjoy discovering a new author, and reading helps me relax while also building my knowledge.

为什么好

- 回答直接，还加入了具体细节和原因，体现了连贯表达。
- 使用了自然且贴切的话题词汇，词汇选择比较丰富。
- 同时用了简单句和较长的句子结构，并且表达准确，能体现 Part 1 需要的语法范围。

常见错误

- 不要只说“我喜欢阅读”，最好补充原因或例子，比如“我睡前会读一会儿，因为这样能放松。”
- 不要说“I am read books every day”；应改为“I read every day”或“I like reading every day”。
- 不要反复使用 good、nice 这类很泛的词；可以换成 inspiring、informative 或 relaxing。

话题词

novel	/ˈnɒvl/	小说	I usually read one novel a month on the train.
genre	/ˈʒɒŋrə/	类型	My favourite genre is science fiction because it is imaginative and entertaining.
author	/ˈɔːθə/	作者	If I like an author, I often read their older books too.
chapter	/ˈtʃæptə/	章节	I read a chapter before bed to relax my mind.
fiction	/ˈfɪkʃən/	虚构文学	I choose fiction when I want to escape daily stress.
biography	/baɪˈɒgrəfi/	传记	Last month I finished a biography of a famous scientist.
recommend	/ˌrekəˈmend/	推荐	My cousin recommended a short book that was surprisingly moving.
concentrate	/ˈkɒnsəntreɪt/	专注	I can't concentrate well if the room is noisy.
routine	/ruːˈtiːn/	日常习惯	Reading for twenty minutes is part of my evening routine.

digital	/ˈdɪdʒɪtəl/	电子的	Digital books are convenient, but I still prefer the feel of paper books.

听示范、开口答、估分：**linsays.com/zh/ielts-speaking/reading**



雅思口语 Part 1 · 有动画

音乐

Music

在这个话题里，考官会问你关于音乐习惯和喜好的问题。Part 1 的每个回答通常都比较短，一般在20到30秒左右。

题目和思路

1 What kind of music do you enjoy most?

先说一种音乐类型，再说明它为什么适合你，并提到歌手或场景。

可以说　acoustic pop songs　90s R&B playlists　lo-fi study beats

直接答	I mostly enjoy _____ because it suits _____.
原因	It helps me _____ and keeps me _____.
举例	For example, I often listen to _____ when I'm _____.

示范

I mostly enjoy acoustic pop because it suits my mood after a busy day. It helps me relax and keeps me calm. For example, I often listen to artists like Ed Sheeran or Taylor Swift when I'm cooking in the evening.

2 How often do you listen to music?

先明确频率，再说两个你经常听音乐的时间。

可以说 every morning commute | while doing housework | before going to bed

直接答	I listen to music _____, usually _____.
细节	It's mainly part of my _____, especially when I _____.
举例	For instance, I put on _____ during _____.

示范

I listen to music every day, usually a few times throughout the day. It's mainly part of my routine, especially when I'm commuting or doing housework. For instance, I put on upbeat playlists during my bus ride and slower songs before bed.

3 Do you prefer listening to music alone or with other people?

先选一个偏好，再说明原因，并简短对比另一种情况。

可以说 alone with headphones | road trip playlists | background music at parties

直接答	I prefer listening to music _____ because _____.
原因	That way, I can _____ without anyone _____.
对比	With other people, it's more _____, but I still prefer _____.

示范

I prefer listening to music alone because I can choose exactly what I want and really pay attention to it. That way, I can relax without anyone complaining about my taste. With other people, it's more social, but I still prefer listening on my own.

4 Have your music tastes changed since you were a child?

先回答有没有变化，再比较过去和现在的口味，并补充一个现在的例子。

可以说 cartoon theme songs | mainstream pop hits | indie R&B artists

直接答	Yes, it has changed from _____ to _____.
对比	When I was younger, I liked _____, but now I prefer _____.
举例	These days, I often choose _____ when I'm _____.

示范

Yes, it has changed from cartoon songs and simple pop to indie and R&B. When I was younger, I liked catchy tunes, but now I prefer smoother, calmer music. These days, I often choose artists like Daniel Caesar when I'm working or relaxing.

5 Is music important in your daily life?

先说音乐对你是否重要，再说明它如何影响你的心情或日常。

可以说 mood control | study concentration | boring chores easier

直接答	Yes, music is _____ in my daily life because _____.
原因	It helps me _____ and makes daily tasks feel _____.
细节	I usually have it on while I'm _____ or _____.

示范

Yes, music is really important in my daily life because it affects my mood so quickly. It helps me stay focused and makes daily tasks feel easier. I usually have it on while I'm commuting, cleaning, or answering emails.

一段约 7 分的回答

I mostly enjoy indie pop because the melodies are catchy and the lyrics feel honest. I listen to it quite often, especially when I'm commuting or relaxing after work. I also like rock from time to time, but in general I prefer music that helps me unwind.

为什么好

- 这个回答清楚回应了问题，也补充了简单的细节和原因。
- 它自然使用了音乐话题词汇，比如 melodies、lyrics 和 prefer。
- 它展示了较好的句型变化，听起来也不死记硬背。

常见错误

- 不要只回答“I like music”这种太短的内容。要补充原因或例子。
- 不要说“I am listen music”，要说“I listen to music”。
- 不要说“many musics”，要说“a lot of music”或“many songs”。

话题词

genre	/ˈʒɒŋrə/	类型；风格	My favourite genre is jazz because it sounds calm and thoughtful.
melody	/ˈmelədi/	旋律	I remember songs more easily if the melody is simple and warm.
rhythm	/ˈrɪðəm/	节奏	I like music with a strong rhythm when I go running.
energetic	/ˌenəˈdʒetɪk/	有活力的；充满能量的	I play energetic songs in the morning to wake myself up.
atmosphere	/ˈætməsfɪə/	氛围	Live music creates a great atmosphere at festivals.
perform	/pəˈfɔːm/	表演	I'd love to perform on stage, but I'm too nervous.
instrument	/ˈɪnstrʊmənt/	乐器	I learned one instrument at school, but I rarely practise now.
preference	/ˈprefərəns/	偏好	My music preference depends on my mood and the time of day.
emotion	/iˈməʊʃən/	情感；情绪	Some songs bring back strong emotions when I hear them again.

beat	/biːt/	节拍	A strong beat helps me stay awake while studying late.

听示范、开口答、估分：**linsays.com/zh/ielts-speaking/music**



雅思口语 Part 1 · 有动画

食物与烹饪

Food and cooking

在这个 Part 1 话题中，考官会问你一些关于饮食习惯和做饭的简单问题。回答要简短，但要有适当展开，通常说两到三句话比较合适。

题目和思路

1 Do you enjoy cooking?

先直接回答喜不喜欢，再说原因和一道你会做的菜。

可以说　quick pasta dishes　weekend baking　trying new spices

直接答	Yes, I do, especially when I have time to make _____.
原因	I like it because it's _____ and I can control _____.
举例	For example, I often cook _____ for _____.

示范

Yes, I do, especially when I have time to make something simple on weekends. I like it because it's relaxing, and I can control the ingredients and flavor. For example, I often cook pasta with mushrooms and garlic for dinner.

2 What kind of food do you usually eat at home?

说出你在家常吃什么，再补充特点和一个最近的例子。

可以说 rice with stir-fried vegetables　simple noodle soup　grilled chicken salad

直接答	At home, I usually eat _____ with _____.
细节	Most of the time, the meals are _____ and quite _____.
举例	For example, yesterday I had _____ with _____.

示范

At home, I usually eat rice with vegetables or chicken. Most of the time, the meals are pretty simple and quite light. For example, yesterday I had grilled chicken with salad and a bowl of soup.

3 Did you learn to cook from someone in your family?

说明是谁教你的，再说什么时候学的和第一道会做的菜。

可以说 my mother's fried rice　my father's grilled fish　weekend kitchen help

直接答	Yes, I did — mostly from my _____.
细节	When I was _____, I used to help with _____.
举例	The first dish I learned was _____.

示范

Yes, I did — mostly from my mother. When I was about thirteen, I used to help with dinner on weekends. The first dish I learned was fried rice, and after that I started trying other simple meals by myself.

4 Do you prefer eating homemade food or food from restaurants?

先明确选一个，再说两个理由，以及什么时候会选另一种。

可以说 fresh ingredients at home | cheaper weekday meals | restaurant food for birthdays

直接答	I definitely prefer _____ food for most meals.
原因	It's usually _____ and much _____ for me.
对比	I still eat restaurant food when I want _____ or for _____.

示范

I definitely prefer homemade food for most meals. It's usually fresher and much cheaper for me. I still eat restaurant food when I want something special or for birthdays with my family.

5 Is there any kind of food you don't like cooking?

说出一种你不喜欢做的食物，再解释麻烦在哪里，以及你会怎么代替。

可以说 deep-fried dishes | complicated seafood recipes | desserts with many steps

直接答	Yes — I don't like cooking _____ very much.
原因	It takes _____ and makes the kitchen _____.
细节	If I need to make it, I usually _____ instead.

示范

Yes — I don't like cooking deep-fried dishes very much. It takes a lot of effort and makes the kitchen really greasy. If I need to make something similar, I usually bake it instead or just order it.

一段约 7 分的回答

> Yes, I do, especially at weekends when I have more time. I usually make a simple homemade dinner, like noodles with vegetables and eggs, because I can choose fresh ingredients and control the flavour. I don't always follow a recipe exactly, but I enjoy making small changes. It's relaxing, and it feels healthier than ordering takeaway.

为什么好

- 这个回答先直接回答问题，再补充原因和例子，因此更连贯。
- 它自然、准确地使用了话题词汇，比如 homemade、ingredients、flavour 和 recipe。
- 它同时使用了简单句和带 when、because 的复合句，体现了较好的语法范围。

常见错误

- 不要说 'I very like cooking'；要说 'I really like cooking' 或 'I enjoy cooking'。
- 不要说 'The food is very delicious'；要说 'The food is delicious' 或 'really tasty'。
- 不要说 'I am cook every day'；谈论经常性的习惯时，要说 'I cook every day'。

话题词

ingredient	/ɪnˈgriːdɪənt/	食材；原料	Fresh ingredients usually make even a simple meal taste much better.
recipe	/ˈresɪpi/	食谱	I use my grandmother's recipe when I make soup in winter.
flavour	/ˈfleɪvə/	味道；风味	Adding garlic gives the sauce a stronger flavour without much effort.
prepare	/prɪˈpɛə/	准备；制作	It takes me about twenty minutes to prepare breakfast before leaving home.
convenient	/kənˈviːnjənt/	方便的	Frozen food is convenient on busy days, although I prefer fresh meals.
fry	/fraɪ/	煎；炸	I rarely fry food now because it can feel too heavy.
boil	/bɒɪl/	煮	I usually boil eggs in the morning because it's quick and easy.
appetite	/ˈæpɪtaɪt/	食欲；胃口	Walking home from work always gives me a big appetite.

dish	/dɪʃ/	菜肴	My favourite dish is noodles with beef and fresh vegetables.
spicy	/ˈspaɪsi/	辣的	I enjoy spicy food, but my mother prefers milder meals.

听示范、开口答、估分：**linsays.com/zh/ielts-speaking/food-and-cooking**

雅思口语 Part 1

公园与自然

Parks and nature

在这个 Part 1 话题中，考官会问你与公园和自然有关的个人经历和偏好。每个问题通常回答 20 到 30 秒。

题目和思路

1 Do you often go to parks?

先直接回答，再补充一个原因和一个真实例子。

可以说 weekend walks | after-work exercise | picnics with friends

直接答	Yes, I do, usually _____.
原因	It's a good way to _____ after _____.
举例	For example, I often go to _____ on _____.

示范

Yes, I do, usually once or twice a week. It's a good way to unwind after work, and I get some fresh air at the same time. For example, I often go to the small park near my apartment on Sunday mornings.

2 What do you usually do when you're in a park?

先说你会做什么，再补充一个小细节和最近的例子。

可以说 jog around the lake | sit on the grass | listen to podcasts

直接答	I usually _____ and _____.
细节	If I'm there with _____, I also _____.
举例	Last time, I _____ in the park near _____.

示范

I usually go for a walk and sit on the grass for a while. If I'm there with a friend, I also chat and listen to a podcast. Last time, I spent about an hour in the park near my office doing that.

3 Are there any good parks near where you live?

说出这个公园，提两三个特点，并说明你什么时候去。

可以说 riverside walking trail | children's playground | outdoor gym area

直接答	Yes, there's a _____ park near _____.
细节	It has _____, and it's usually _____.
举例	I go there when I want to _____ after _____.

示范

Yes, there's a really nice park near my flat, about ten minutes away on foot. It has a long riverside path and an outdoor gym area, and it's usually quite clean. I go there when I want to get some fresh air after a long day.

4 Did you spend much time in nature as a child?

先回答是或不是，再举一个童年的例子，并说说当时的感受。

可以说 family hikes | grandparents' farm | catching insects

直接答	Yes, I did, mostly in _____ with _____.
举例	On weekends, we often went to _____ and _____.
感受	I remember feeling _____ because _____.

示范

Yes, I did, mostly in the countryside with my family. On weekends, we often went to a forest park and spent hours walking around or looking for insects. I remember feeling very free there because it was so different from school and city life.

5 Would you like to live near a park?

清楚表达你的选择，再解释原因，并补充感受或好处。

可以说 morning runs | quiet green view | safer place for kids

直接答	Yes, I'd like to live near _____, especially if _____.
原因	It would make it easier to _____ every _____.
感受	I think I'd feel _____ living next to _____.

示范

Yes, I'd like to live near a park, especially if it was quiet and well maintained. It would make it easier to go for a run every morning, and I think I'd feel much calmer living next to trees and open space.

一段约 7 分的回答

Yes, quite often, probably twice a week. There's a small park near my flat, so I usually go there after work for a short walk. It has lots of trees and a little pond, and I like it because it feels peaceful and the air is fresher than on the main road. If it isn't too crowded, I normally stay for about half an hour.

为什么好

- 这个回答直接回应了问题，并补充了相关细节，有助于体现流利度和连贯性。
- 它自然使用了 peaceful 和 crowded 这类主题词，有助于展示词汇运用能力。
- 它结合了简单句和较长的句子，而且表达准确，能够体现 Part 1 中不错的语法范围。

常见错误

- 不要说 "I very like go to park"；要说 "I really like going to parks."
- 不要说 "In my city has many parks"；要说 "There are many parks in my city."
- 不要说 "The nature is very beautiful"；要说 "Nature is very beautiful" 或 "The scenery is beautiful."

话题词

peaceful	/ˈpiːsfʊl/	宁静的	The park is peaceful in the morning, before families and runners arrive.
trail	/treɪl/	小径	There's a short trail behind my house where I sometimes jog.
wildlife	/ˈwaɪldlaɪf/	野生动物	We occasionally see wildlife there, especially birds and squirrels near the lake.
crowded	/ˈkraʊdɪd/	拥挤的	It gets crowded on weekends, so I usually go there early.
landscape	/ˈlændskeɪp/	风景	I love the landscape there because the lake reflects the trees beautifully.
fresh	/freʃ/	清新的	After rain, the air feels fresh and the grass smells lovely.
shade	/ʃeɪd/	阴凉处	We usually sit in the shade when the weather is too hot.
pollution	/pəˈluːʃən/	污染	Parks can reduce pollution a bit by adding more trees.
picnic	/ˈpɪknɪk/	野餐	My friends and I sometimes have a picnic near the fountain.
protect	/prəˈtekt/	保护	I think cities should protect green spaces instead of building over them.

听示范、开口答、估分：**linsays.com/zh/ielts-speaking/parks-and-nature**

AB

雅思口语 Part 1

学习英语

Learning English

这一题中，考官会问你学习英语的经历、习惯和看法。在Part 1中，最好回答得简短但有展开，不要只说一两个词。

题目和思路

1 How long have you been learning English?

先说学了多久，再补充从什么时候开始。

可以说 since primary school | for around nine years | since I was ten

直接答	I've been learning English for _____.
细节	I started when I was _____, at _____.
举例	At first, I mostly learned _____, and later I moved on to _____.

示范

I've been learning English for about nine years. I started when I was ten, at a public primary school in my hometown. At first, I mostly learned basic grammar and vocabulary, and later I moved on to videos and class discussions.

2 What do you find most difficult about learning English?

先说一个最难点，再解释为什么难。

可以说 fast native accents | phrasal verbs | using articles correctly

直接答	The most difficult thing for me is _____.
原因	That's mainly because _____.
举例	For example, when I _____, I often _____.

示范

The most difficult thing for me is understanding fast native accents. That's mainly because people connect words and speak much faster than my teachers do. For example, when I watch interviews without subtitles, I often miss key points even if I know most of the vocabulary.

3 How often do you practise English outside class?

先说频率，再说一种固定的练习方式。

可以说 almost every day | three times a week | on the bus home

直接答	I practise English outside class _____.
细节	I usually do it by _____, especially when I'm _____.
举例	For example, yesterday I _____ for about _____.

示范

I practise English outside class almost every day. I usually do it by listening to podcasts or reviewing words on my phone, especially when I'm on the bus home. For example, yesterday I listened to a short BBC episode for about twenty minutes.

4 What helps you improve your English the most?

选一种最有效的方法，并说明它怎么帮助你。

可以说 speaking with classmates | watching YouTube interviews | keeping a vocabulary notebook

直接答	What helps me most is _____.
原因	It helps because _____.
举例	For example, after I _____, I notice _____.

示范

What helps me most is speaking English regularly with my classmates. It helps because I have to react quickly and use the language actively. For example, after I practise with them for an hour, I notice my fluency improves.

5 Would you like to learn English in an English-speaking country?

先直接回答愿不愿意，再说你能得到什么。

可以说 daily real-life practice | meeting local people | better pronunciation

直接答	Yes, I'd like to learn English in _____.
原因	It would help me _____ because _____.
细节	I'd probably spend time _____ and _____.

示范

Yes, I'd like to learn English in Canada for a few months. It would help me improve faster because I'd have to use English every day in real situations. I'd probably spend time taking a short course and talking to local people after class.

一段约 7 分的回答

I've been learning English since primary school, so for about ten years now. At first, I mainly memorised vocabulary and grammar for exams, which was a bit boring. Recently, I've had more speaking practice, and that's really helped my pronunciation and made me more confident. I still want to improve because I need English for my future job.

为什么好

- 答案直接回应问题，并用清楚、连贯的细节展开。
- 自然使用了词汇、语法、发音和自信等话题词，体现词汇资源。
- 句式和时态有变化，而且使用准确，比如现在完成时和原因从句。

常见错误

- 不要说“I am learning English since ten years”；要说“I've been learning English for ten years.”
- 不要说“I very like English”；要说“I really like English”或“I like English a lot.”
- 不要只回答一个词，比如“Grammar”；可以说“Grammar is probably the hardest part for me.”

话题词

vocabulary	/vəˈkæbjʊləri/	词汇	I try to learn some new vocabulary every week.
grammar	/ˈgræmə/	语法	My grammar improved after I started writing short diary entries in English.
pronunciation	/prəˌnʌnsiˈeɪʃən/	发音	I check my pronunciation by copying lines from films and podcasts.
fluency	/ˈfluːənsi/	流利度	Speaking with classmates helps my fluency because I respond more naturally.
translate	/trænsˈleɪt/	翻译	I used to translate every sentence, but now I try to guess the meaning from the context.
practice	/ˈpræktɪs/	练习	I need daily practice, even if it's only ten minutes.
improve	/ɪmˈpruːv/	提高；改善	I want to improve my listening before I take another English test.
confident	/ˈkɒnfɪdənt/	自信的	I felt more confident after giving a short presentation in class.

mistake	/mɪs'teɪk/	错误	When I make a mistake, I try to correct it straight away.
routine	/ruː'tiːn/	日常惯例； 日常安排	Watching one video every night has become part of my routine.

听示范、开口答、估分：**linsays.com/zh/ielts-speaking/learning-english**

雅思口语 Part 1

宠物和动物

Pets and animals

在雅思口语 Part 1 中，考官会就熟悉的话题提出简短问题。回答时先直接作答，再补充一个简单的原因或例子。

题目和思路

1 Do you have a pet?

先直接回答有或没有，再说宠物和一个日常互动。

可以说 rescue cat at home　playing after dinner　calm company

直接答	Yes, I do. I have a _____ called _____.
细节	I usually _____ with it after _____.
感受	I like having it because it makes me feel _____.

示范

Yes, I do. I have a small rescue cat called Momo, and I usually play with her after dinner. I like having her because she makes me feel relaxed, especially after a busy day at work.

2 What kinds of animals do you like?

先说一两种动物，再给一个简单原因和例子。

可以说 golden retrievers | wild elephants | tropical fish

直接答	I really like _____, especially _____.
原因	I like them because they're _____ and _____.
举例	For example, I enjoy watching _____ when I have time.

示范

I really like dogs, especially golden retrievers. I like them because they're friendly and loyal, and they seem easy to connect with. For example, I enjoy watching videos about dog training and behaviour when I have time.

3 Did you have any pets when you were a child?

用过去时回答，并提到一个清晰的回忆。

可以说 white rabbit called Snowy | goldfish in a bowl | feeding it carrots

直接答	Yes, I did. I had a _____.
细节	I got it when I was _____, and I used to _____ with it.
感受	I still remember it because it made me feel _____.

示范

Yes, I did. I had a white rabbit called Snowy. I got her when I was about eight, and I used to feed her carrots and clean her cage with my dad, so I still remember her because she made me feel really happy.

4 Are pets popular where you live?

谈谈你住的地方，举常见例子，再说明原因。

可以说 dogs in the park | cats in apartments | pet shops nearby

直接答	Yes, they are. Pets are really _____ where I live.
举例	In my area, a lot of people keep _____ or _____.
原因	I think that's because pets give people _____.

示范

Yes, they are. In my area, a lot of people keep cats or small dogs, and you often see them in the park in the evening. I think that's because pets give people companionship and make home life feel warmer.

5 Do you prefer seeing animals in zoos or in the wild?

明确选择一个选项，再用简单比较来解释。

可以说 safari trips | zoo conservation programs | natural animal behaviour

直接答	I prefer seeing animals in _____.
原因	It feels more _____ because animals can _____ naturally.
对比	Zoos can be _____, but the wild is more _____.

示范

I prefer seeing animals in the wild, as long as it's safe and responsible. It feels more authentic because animals can behave naturally in their own environment. Zoos can be educational, but the wild is more memorable for me.

一段约 7 分的回答

> Yes, I do. I adopted a cat from a local shelter about two years ago. She's very gentle and quite independent, so she fits into my daily routine without any trouble. I really enjoy having her at home because she makes the flat feel warmer and less lonely.

为什么好

- 这个回答先直接回答问题，再补充原因和细节，这很符合 Part 1 的答题方式。
- 它自然地使用了与话题相关的词汇，比如 adopt、shelter、gentle 和 independent。
- 回答中既有较短的句子，也有稍长一些的句子，有助于体现语法控制和表达流畅度。

常见错误

- 不要说“I very like dogs”，要说“I really like dogs”或“I like dogs very much”。
- 不要说“I am agree pets need care”，要说“I agree that pets need care”。
- 不要只用一个词回答，比如“Yes”或“Cats”。最好再补充一个简短的原因或例子。

话题词

pet	/pet/	宠物	I've always wanted a pet, but my flat is too small.
breed	/briːd/	品种	I don't care about the breed; I just want a friendly dog.
adopt	/əˈdɒpt/	领养，收养（动物）	My cousin adopted a puppy after volunteering at an animal shelter.
shelter	/ˈʃeltə/	动物收容所	I'd rather get a cat from a shelter than a shop.
routine	/ruːˈtiːn/	日常生活规律；惯常安排	Feeding a pet every morning soon becomes part of your routine.
loyal	/ˈlɒɪəl/	忠诚的	Dogs are popular because they're loyal and easy to bond with.
gentle	/ˈdʒentl/	温顺的	Our rabbit was so gentle that even my little niece loved it.
independent	/ˌɪndiˈpendənt/	独立的	Cats suit busy people because they're fairly independent during the day.

responsibility	/rɪˌspɒnsəˈbɪlɪti/	责任；责任感	Having a pet teaches children responsibility if adults guide them properly.
welfare	/ˈwelfɛə/	福祉；健康与安全	I think animal welfare should be taught at school more often.

听示范、开口答、估分：**linsays.com/zh/ielts-speaking/pets-and-animals**

雅思口语 Part 1

家和住宿

Home and accommodation

这个话题里，考官通常会问你住在哪里、家里是什么样的，以及你居住的周边环境。Part 1 的每个问题一般回答约15到25秒。

题目和思路

1 Do you live in a house or a flat?

先直接回答，再补充一两个关于住所的简单细节。

可以说 small city-centre flat　two-bedroom family house　shared flat near campus

直接答	I live in a _____ in _____.
细节	It's a _____ place with _____.
举例	For example, the _____ is _____.

示范

I live in a flat in Osaka. It's a fairly compact place with two bedrooms and a small balcony. For example, the living room is really bright in the afternoon, so it feels comfortable.

2 What do you like most about your home?

选一个特点，并说明它为什么对你很重要。

可以说 lots of natural light | quiet bedroom corner | big kitchen table

直接答	What I like most is the _____.
原因	It makes my home feel _____ because _____.
细节	I especially notice it when I _____.

示范

What I like most is the natural light in my living room. It makes my home feel warm and open because the windows are quite large. I especially notice it when I get home from work in the late afternoon.

3 Which room do you spend the most time in?

先清楚说出房间，再说明你在那里的活动。

可以说 living room sofa | bedroom desk area | kitchen dining table

直接答	I spend most of my time in the _____.
原因	I use it for _____, so I'm there a lot.
细节	It has _____, which makes it _____.

示范

I spend most of my time in the living room. I use it for reading, watching videos, and sometimes working on my laptop, so I'm there a lot. It has a comfortable sofa and a small table, which makes it easy to relax.

4 Would you like to move to a different home in the future?

先快速表明是或否，再给出一个实际原因和一个细节。

可以说 closer to work | more storage space | a small balcony

直接答	I _____ like to move in the future.
原因	Mainly because I want _____.
细节	Ideally, the new place would have _____.

示范

I would like to move in the future. Mainly because I want a bit more space and a shorter commute to work. Ideally, the new place would have a separate study area and maybe a small balcony.

5 What do you like about the area where you live?

先说整体氛围，再用附近的地方来支持你的回答。

可以说 nearby supermarkets | tree-lined streets | a peaceful park

直接答	I like that my area is _____.
细节	There are _____ nearby, which is really convenient.
举例	For example, I can _____ in just _____.

示范

I like that my area is quiet but still convenient. There are several supermarkets, cafés, and a park nearby, which is really convenient in daily life. For example, I can walk to the station in just ten minutes.

一段约 7 分的回答

I live in a flat in a quiet suburb with my older sister. It isn't very big, but it feels cosy, and the living room is spacious enough for both of us. My favourite part is the balcony because I can sit there in the evening and relax. It's also convenient, since we're close to the bus station and a supermarket.

为什么好

- 这个答案先直接回答问题，再补充细节或原因，所以听起来更完整，也更自然。
- 它自然使用了话题相关词汇，比如 flat、suburb、cosy 和 balcony，有助于体现词汇范围。
- 答案里既有简单句，也有稍复杂的句子结构，能够自然地展示语法控制能力。

常见错误

- 不要说 "I am live in a flat"，要说 "I live in a flat"。
- 不要说 "There have many furniture"，要说 "There is a lot of furniture"。
- 不要只给很短的回答，比如 "My home is good"；最好补充一个细节或原因。

话题词

flat	/flæt/	公寓	I live in a small flat near my university and the city centre.
suburb	/ˈsʌbɜːb/	郊区	My parents prefer the suburb because it's quieter and there are more parks.
spacious	/ˈspeɪʃəs/	宽敞的	The kitchen is quite spacious, so we can eat and talk there.
cosy		温馨舒适的	My bedroom is cosy, especially in winter when I add extra blankets.
balcony	/ˈbælkəni/	阳台	We dry clothes on the balcony and sometimes sit there after dinner.
rent	/rent/	房租	I pay rent every month, so I need to budget carefully.
neighbourhood	/ˈneɪbəhʊd/	街区；社区	My neighbourhood feels safe, and most of the neighbours are friendly.
convenient	/kənˈviːnjənt/	方便的	It's convenient living here because the supermarket is only five minutes away.
furniture	/ˈfənɪtʃə/	家具	We bought second-hand furniture to save money when we moved in.
decorate	/ˈdekəreɪt/	装饰	I like to decorate my room with photos, plants, and simple lights.

听示范、开口答、估分：**linsays.com/zh/ielts-speaking/home-and-accommodation**

雅思口语 Part 1

家庭

Family

在这个话题里，考官会问你一些关于家庭的简单问题。Part 1 的回答要简短自然，通常每题说两到三句话比较合适。

题目和思路

1 Can you tell me something about your family?

说家庭人数、有哪些人，再加一个家庭习惯。

可以说 four family members　shared weekend dinners　younger sister at university

直接答	There are _____ people in my family, and we live in _____.
细节	We're quite _____ because we usually _____ together.
感受	I really _____ that time together because it makes me feel _____.

示范

There are four people in my family, and we live in Seoul. We're quite close because we usually have dinner together on weekends, and my younger sister is currently at university. I really value that time together because it makes me feel connected.

2 Are you close to your family?

先直接回答，再用一个原因和一个例子说明你们为什么亲近。

可以说 daily family group chat | open talks with mother | Sunday lunch at home

直接答	Yes, I'm especially close to my _____ because we _____.
原因	A big reason is that we _____, so we talk about _____.
举例	For example, last _____ we _____ together.

示范

Yes, I'm especially close to my parents because we talk every day. A big reason is that we're very open with each other, so I can discuss school, work, or personal problems quite easily. For example, last Sunday we had lunch together and talked for hours.

3 Who are you most similar to in your family?

先说像谁，再说你们共同的性格或习惯。

可以说 calm personality | careful with money | love of reading

直接答	I'm most similar to my _____ because we're both quite _____.
原因	We both tend to _____, especially when _____.
举例	For example, we both enjoy _____ after _____.

示范

I'm most similar to my father because we're both quite calm and practical. We both tend to think carefully before making decisions, especially when it comes to money or work. For example, we both enjoy reading quietly after dinner.

4 Do you often spend time with your relatives?

说明频率、你会见谁，以及你们一起做什么。

可以说 monthly birthday meals | aunt's house nearby | cousins during holidays

直接答	Yes, I see my relatives _____, especially my _____.
举例	We usually meet for _____ at my _____'s place.
细节	Most of the time, we just _____ and catch up on _____.

示范

Yes, I see my relatives fairly often, especially my aunt and cousins. We usually meet for lunch at my aunt's place once or twice a month. Most of the time, we just eat, talk about work and school, and catch up on family news.

5 Has your family changed much in recent years?

先说有没有变化，再举一个具体变化，并补充你的感受。

可以说 sister moved abroad | parents retired recently | less time at home

直接答	Yes, my family has changed a bit in the last _____ years.
细节	For instance, my _____ moved to _____, so our routine is different now.
感受	It feels _____ sometimes, but we still _____.

示范

Yes, my family has changed a bit in the last few years. For instance, my sister moved to Australia for work, so we don't see her as often as before. It feels a little strange sometimes, but we still stay close through video calls.

一段约 7 分的回答

I come from a close family of four, and I've got one younger sibling. My parents are very supportive, but they also encouraged me to be independent from an early age. We try to have dinner together every Sunday, and that simple tradition helps us stay connected. Overall, I'd say we have a strong relationship.

为什么好

- 这个回答直接切题，并加入了具体的个人细节。
- 用词自然且贴合话题，比如 close、supportive、independent 和 tradition。
- 句子有长有短，语法整体较准确，符合较好的 Part 1 回答特点。

常见错误

- 尽量不要说不太自然的表达，比如“My family has four people”；更自然的是“There are four people in my family.”
- 不要只列出家人有哪些；最好补充一个感受、原因或例子。
- 不要硬套背诵的词汇；在雅思口语里，简单、准确、自然的表达更重要。

话题词

close	/kləʊz/	亲近的	I'm very close to my mother because we talk every day.
generation	/ˌdʒenəˈreɪʃən/	一代人	Different generations in my family have very different views on work.
tradition	/trəˈdɪʃən/	传统	One family tradition we have is eating lunch together every Sunday.
argue	/ˈɑːgjʊ/	争吵	Like most families, we argue sometimes, but it never lasts long.
independent	/ˌɪndiˈpendənt/	独立的	My parents wanted me to become independent after I started work.
responsibility	/rɪˌspɒnsəˈbɪlɪti/	责任；职责	My family shares responsibility for caring for my grandparents.
elderly	/ˈeldəli/	年长的；上了年纪的	We try to spend more time with our elderly relatives.
respect	/rɪˈspekt/	尊重	In my family, respect matters even when we strongly disagree.

relative	/ˈrelətɪv/	亲戚	I usually visit my relatives during important festivals and family events.
childhood	/ˈtʃaɪldhʊd/	童年	I have many happy childhood memories with my cousins and grandparents.

听示范、开口答、估分：**linsays.com/zh/ielts-speaking/family**

雅思口语 Part 1

摄影

Photography

在这个 Part 1 话题中，考官会问你几个关于摄影习惯和偏好的简短问题。你的回答不用太长，但要适当展开，一般每题说 15 到 25 秒比较合适。

题目和思路

1 Do you like taking photos?

先明确回答喜欢或不喜欢，再说原因，并补充一个日常例子。

可以说 weekend trips　family dinners　sunset views

直接答	Yes, I do, especially when I _____.
原因	I like it because it helps me _____.
举例	For example, I often take photos of _____.

示范

Yes, I do, especially when I'm on a weekend trip. I like it because it helps me keep small memories that I might forget later. For example, I often take photos of family dinners or sunset views when I'm away.

2 What kinds of photos do you like taking?

说出一两种照片类型，描述一下风格，再给一个简单例子。

可以说 street scenes | food close-ups | candid friend shots

直接答	I mostly like taking photos of _____.
细节	They're usually _____, not too _____.
举例	For instance, I often photograph _____.

示范

I mostly like taking photos of street scenes and my friends. They're usually natural and relaxed, not too posed or formal. For instance, I often photograph my friends chatting at a café or walking through busy streets downtown.

3 Do you prefer taking photos with your phone or a camera?

先明确表明偏好，解释主要优点，再简单比较另一种选择。

可以说 quick phone snapshots | better camera quality | easy phone sharing

直接答	I prefer using my _____ for most photos.
原因	That's mainly because it's more _____ and I can _____.
对比	A camera gives me better _____, but I only use it when _____.

示范

I prefer using my phone for most photos. That's mainly because it's more convenient and I can take a picture quickly without carrying extra equipment. A camera gives me better image quality, but I only use it when I travel somewhere special.

4 Do you enjoy looking at old photos?

直接回答，说明这些老照片来自哪个时期，再说它们带来的感受。

可以说 childhood birthdays | school trips | grandparents together

直接答	Yes, I do, especially photos from _____.
原因	I enjoy them because they remind me of _____.
感受	When I see them, I usually feel _____.

示范

Yes, I do, especially photos from my childhood and school years. I enjoy them because they remind me of people and moments that were important but easy to forget. When I see them, I usually feel nostalgic and a bit surprised by how much life has changed.

5 Have your photography habits changed over time?

通过对比过去和现在来清楚表达变化，最后补充一个你现在的习惯。

可以说 fewer posed pictures | more daily moments | edited social media posts

直接答	Yes, they have changed quite a bit since _____.
对比	In the past, I mostly took _____, but now I usually take _____.
细节	These days, I also _____ before I share them.

示范

Yes, they have changed quite a bit since I started university. In the past, I mostly took posed pictures at parties, but now I usually take casual photos of everyday moments. These days, I also edit them a little before I share them online.

一段约 7 分的回答

> Yes, definitely. I like taking photos when I'm out with friends or visiting a new place. I mostly use my phone because it's convenient, and it helps me capture everyday moments naturally. I sometimes edit the photos afterwards to improve the colour or make the details clearer, but I don't like using heavy filters.

为什么好

- 答案先直接回应问题，再补充原因和个人细节，这很符合 IELTS Speaking Part 1 的答题方式。
- 词汇使用自然，并且正确用了 capture、device 和 details 这类话题词。
- 句型有一定变化，既有简单句，也有较长的句子，有助于自然地展示语法范围。

常见错误

- 不要说 "I very like take photo"，更自然的说法是 "I really like taking photos"。
- 谈论习惯时要用一般现在时：应该说 "I usually take photos on trips"，不要说 "I am usually taking photos on trips"。
- 表示"拍照"时不要说 "make photos"；应该说 "take photos" 或 "take pictures"。

话题词

capture	/ˈkæptʃə/	捕捉，记录	I use my phone to capture small moments on my way home.
lens	/lenz/	镜头	A better lens can help when I take photos in low light.
edit	/ˈedɪt/	编辑，修图	I sometimes edit the colours a little, but I avoid heavy filters.
portrait	/ˈpɔːtreɪt/	人像照	My sister likes taking portraits of our grandparents at festivals.
landscape	/ˈlændskeɪp/	风景照	When I travel, I usually try to take at least one landscape photo.
vivid	/ˈvɪvɪd/	鲜艳的，生动的	I like vivid photos because they feel more lively and cheerful.
detail	/ˈdiːteɪl/	细节	Good lighting helps you notice more detail in faces and buildings.

device	/diˈvaɪs/	设备	My main device for taking photos is my phone, not a camera.
memorable	/ˈmemərəbl/	难忘的	Family trips are memorable, so I always take too many pictures.
ordinary	/ˈɔːdɪnəri/	普通的，平常的	Even ordinary streets can look interesting in good light.

听示范、开口答、估分：**linsays.com/zh/ielts-speaking/photography**

雅思口语 Part 1

旅行

Travel

在这个 Part 1 话题中，考官会问你关于旅行习惯和偏好的问题。每个问题你通常说 20 到 30 秒左右比较合适。

题目和思路

1 Do you enjoy travelling?

先明确回答喜欢与否，再说原因并举一次旅行经历。

可以说 trying local street food　weekend train trips　mountain views at sunrise

直接答	Yes, I _____, especially when I can _____.
原因	It helps me _____ and gives me a chance to _____.
举例	For example, when I went to _____, I _____.

示范

Yes, I do, especially when I can take a short train trip somewhere new. It helps me relax after a busy week and gives me a chance to try local food. For example, when I went to Da Nang, I spent the evening eating street food and walking around the city.

2 How often do you travel?

先说频率，再补充通常什么时候出行，并举一个最近的例子。

可以说 summer family holiday | monthly day trips | winter visit to relatives

直接答	I usually travel _____, and sometimes _____.
细节	Most of the time, I travel during _____ because _____.
举例	For example, last _____, I went to _____.

示范

I usually travel a few times a year, and sometimes I take short day trips nearby. Most of the time, I travel during long weekends because my work schedule is quite busy. For example, last October, I went to Hue for two days.

3 What kind of places do you like to visit?

直接说你喜欢的地方类型，再描述特点并举一个例子。

可以说 quiet seaside towns | historic city centres | national parks with trails

直接答	I mostly like visiting _____ places, especially _____.
细节	They're usually _____, so I can _____.
举例	A good example is _____, where I _____.

示范

I mostly like visiting quiet, scenic places, especially seaside towns. They're usually less crowded, so I can walk around slowly and relax. A good example is Quy Nhon, where I spent most of the day by the beach and in small cafés.

4 Do you prefer travelling alone or with other people?

先明确选择一种方式，再说原因，并简单比较另一种方式。

可以说 one close friend | small family group | solo museum visits

直接答	I prefer travelling _____, usually with _____.
原因	That way, I can _____ and _____ more easily.
对比	If I travel alone, I _____, but with other people I _____.

示范

I prefer travelling with other people, usually with one close friend or my family. That way, I can share costs and make plans more easily. If I travel alone, I enjoy the freedom, but with other people the trip feels more fun and safer.

5 Is there a place you'd like to visit in the future?

说出一个地方，再说明它吸引你的原因和你想在那里做什么。

可以说 Kyoto in spring | Iceland for northern lights | Swiss mountain villages

直接答	Yes, I'd like to visit _____ in the future.
原因	I'm interested in it because of the _____ and _____.
细节	If I ever go, I'd love to _____ there.

示范

Yes, I'd like to visit Kyoto in the future. I'm interested in it because of the temples and traditional streets. If I ever go, I'd love to walk around during cherry blossom season and visit some quiet neighborhoods there.

一段约 7 分的回答

> Yes, I really do. Whenever I have a few days off, I like to visit somewhere new, even if it's just a short train journey from my city. Travelling helps me relax, and I enjoy the scenery, trying local transport, and staying in simple accommodation if I'm on a budget. I'm not extremely adventurous, but I like seeing places that feel different from my daily routine.

为什么好

- 这个回答直接回应问题，并且自然展开，有清楚的个人细节。
- 它自然使用了和旅行相关的词汇，比如 scenery、transport、accommodation 和 budget。
- 它同时用了简单句和较复杂的句子结构，比如时间从句和转折。

常见错误

- 不要说“I very like travel”，要说“I really like travelling”或“I enjoy travelling”。
- 不要说“I went to abroad”，要说“I went abroad”或“I travelled overseas”。
- 不要只回答一句“Yes, I like”，可以说“Yes, I do, especially for short breaks”。

话题词

destination	/ˌdestɪˈneɪʃən/	目的地	My dream destination is somewhere quiet with mountains and fresh air.
budget	/ˈbʌdʒɪt/	预算	I usually travel on a small budget, so I book early.
convenient	/kənˈviːnjənt/	方便的	Trains are convenient because I can avoid traffic and relax.
explore	/ɪkˈsplɔː/	探索	I love to explore old streets and try local food.
journey	/ˈdʒɜːni/	旅程	The journey was long, but the coastal views made it enjoyable.
transport	/trænsˈpɔːt/	交通	Public transport is cheaper, but it isn't always very reliable.
overseas	/ˈəʊvəˈsiːz/	海外；去国外	I've only travelled overseas twice, both times during university holidays.
luggage	/ˈlʌgɪdʒ/	行李	I try to pack light because heavy luggage is really annoying.

scenery	/ˈsiːnəri/	风景	The scenery was stunning, especially when we drove through the hills.
adventurous	/ədˈventʃərəs/	爱冒险的	I'm not very adventurous, so I plan everything quite carefully.

听示范、开口答、估分：**linsays.com/zh/ielts-speaking/travel**

雅思口语 Part 1

早晨和日常作息

Mornings and daily routine

这一部分会问你平时的早晨和日常习惯。Part 1 的每个回答通常都比较短，一般在15到25秒左右。

题目和思路

1 What time do you usually get up in the morning?

先说时间，再补充一个小习惯和原因。

可以说 6:30 on weekdays | check the weather | early work shift

直接答	I usually get up at _____ on _____.
细节	Before I really start the day, I usually _____ for _____.
原因	That's mainly because I need to _____ by _____.

示范

I usually get up at 6:30 on weekdays. Before I really start the day, I usually stay in bed for a minute and check the weather. That's mainly because I need to leave for work by 7:30, so getting up late makes the whole morning stressful.

2 What's the first thing you do after you wake up?

清楚说出第一件事，再说接下来做什么和原因。

可以说 turn off my alarm | drink a glass of water | open the curtains

直接答	The first thing I do is _____.
细节	Right after that, I usually _____ in the _____.
原因	I do that because it helps me _____.

示范

The first thing I do is turn off my alarm. Right after that, I usually drink a glass of water in the kitchen. I do that because it helps me wake up gently and feel less tired at the start of the day.

3 Do you enjoy mornings, or do you prefer evenings?

明确选一边，再用原因和对比来支持。

可以说 quiet early hours | more energy at night | easier to focus

直接答	I definitely prefer _____.
原因	That's because I feel more _____ when I _____.
对比	In the morning I _____, but in the evening I _____.

示范

I definitely prefer evenings. That's because I feel more relaxed and focused when I finish work and don't have to rush anywhere. In the morning I'm still a bit slow, but in the evening I can read, exercise, or meet friends without checking the time constantly.

4 Has your morning routine changed in recent years?

先回答有没有变化，再说以前和现在，最后解释原因。

可以说 working from home | morning exercise | less phone time

直接答	Yes, it has changed since _____.
细节	I used to _____, but now I _____.
原因	That happened because I wanted to _____.

示范

Yes, it has changed since I started working from home. I used to check my phone as soon as I woke up, but now I stretch for a few minutes and make breakfast first. That happened because I wanted to have calmer mornings and spend less time on screens.

5 Is your daily routine the same on weekdays and weekends?

先说明是否一样，再比较工作日和周末。

可以说 sleep in later | family breakfast | fixed work schedule

直接答	No, it's a bit different on _____ and _____.
对比	On weekdays I _____, but on weekends I _____.
细节	For example, I usually _____ on _____.

示范

No, it's not exactly the same on weekdays and weekends. On weekdays I get up around 6:30 and follow a fixed schedule, but on weekends I sleep in and take things more slowly. For example, I usually make a bigger breakfast on Sundays and eat with my family.

一段约 7 分的回答

I usually get up at around half past six on weekdays because I have quite a long commute. My alarm goes off at 6.15, and I try not to hit snooze because it makes the whole morning feel rushed. I have a quick breakfast, check my schedule, and leave home by seven.

为什么好

- 这个回答直接回应了问题，并按清晰的顺序补充了细节，这样更有利于连贯表达。
- 它自然使用了与话题相关的词汇，比如 alarm、commute、rushed 和 schedule。
- 它结合了简单句和稍长一些的句子，还表达了原因，体现了不错的语法范围。

常见错误

- 不要说“I am wake up at 7”；要说“I wake up at 7”或“I get up at 7”。
- 不要用现在进行时表达习惯，比如“I am usually drinking coffee”；要说“I usually drink coffee”。
- 不要只给很笼统的回答，比如“My routine is very busy.”最好补充一个细节，例如“I leave home at 7 because of my commute.”

话题词

routine	/ruːˈtiːn/	日常惯例	My morning routine is simple because I leave home by seven.
alarm	/əˈlɑːm/	闹铃	I set two alarms because I sometimes sleep through the first one.
energetic	/ˌenəˈdʒetɪk/	精力充沛的	If I exercise early, I feel more energetic for the rest of the day.
habit	/ˈhæbɪt/	习惯	Drinking water as soon as I wake up is a healthy habit.
commute	/kəˈmjuːt/	通勤；上下班（或上下学）路程	A long commute means I have to wake up quite early.
breakfast	/ˈbrekfəst/	早餐	I usually skip breakfast if I oversleep, which isn't ideal.
schedule	/ˈskedʒʊəl/	日程安排	My schedule is tighter on weekdays, so mornings feel more stressful.
productive	/prəˈdʌktɪv/	高效的	I'm most productive before noon because my mind is clearer then.

flexible	/ˈfleksəbl/	灵活的	At weekends, my routine is more flexible and less demanding.
exhausted	/ɪgˈzɔːstɪd/	筋疲力尽的；非常疲惫的	If I sleep late, I feel exhausted the next morning.

听示范、开口答、估分：**linsays.com/zh/ielts-speaking/mornings-and-daily-routine**

雅思口语 Part 1

时间管理

Time management

本页练习雅思口语第一部分“时间管理”。考官会问你与日常安排有关的习惯和看法，回答时一般说两到三句自然的口语即可。

题目和思路

1 Are you good at managing your time?

先直接回答，再说你的习惯，并举一个真实例子。

可以说 phone calendar reminders　study deadline checklist　leaving early for class

直接答	Yeah, I'd say I'm pretty _____ when it comes to managing my time.
原因	That's mainly because I have to balance _____ and _____.
举例	For example, I usually _____ before _____.

示范

Yeah, I'd say I'm pretty good when it comes to managing my time. That's mainly because I have to balance university classes and a part-time job, so I need to stay organized. For example, I usually make a short checklist before I go to bed.

2 Do you usually make a plan for your day?

先说会不会，再描述你的计划方式，并举个简单例子。

可以说 to-do list app | hourly study blocks | top three tasks

直接答	Yes, I usually make a plan for my day, especially when I have _____.
细节	I normally write down _____ and _____ first.
举例	For instance, before I leave home, I _____.

示范

Yes, I usually make a plan for my day, especially when I have a busy schedule. I normally write down my top three tasks and any fixed appointments first. For instance, before I leave home, I check my calendar app to see if anything has changed.

3 What part of the day are you most productive?

直接说时间段，再描述那时你效率高的原因。

可以说 early morning silence | fresh coffee and breakfast | no phone notifications

直接答	I'm usually most productive in the _____.
细节	At that time, my _____ feels more _____.
举例	For example, I can _____ much faster then.

示范

I'm usually most productive in the morning, especially between eight and eleven. At that time, my mind feels much clearer, and there are fewer distractions. For example, I can finish reading or writing tasks much faster then.

4 Do you ever waste time without noticing?

诚实回答，举一个常见情况，再说你的感受。

可以说 scrolling short videos　re-reading old messages　switching between browser tabs

直接答	Yes, I do, especially when I start _____.
举例	For example, I might check _____ and stay there for _____.
感受	After that, I usually feel _____.

示范

Yes, I do, especially when I start scrolling on my phone. For example, I might check short videos and stay there for twenty minutes without noticing. After that, I usually feel a bit annoyed with myself.

5 Is it important for you to be on time?

先给出观点，说明原因，再补一个日常例子。

可以说 catching morning buses　arriving ten minutes early　respecting other people's schedules

直接答	Yes, it's really important for me to be on time for _____.
原因	I think it shows respect for _____.
举例	For example, when I have _____, I usually _____.

示范

Yes, it's really important for me to be on time for classes and meetings. I think it shows respect for other people's schedules, not just my own. For example, when I have an appointment, I usually leave ten minutes earlier than necessary.

一段约 7 分的回答

I'd say I'm fairly good at managing my time, although I'm not perfect. On weekdays, I follow a simple routine and keep a short schedule on my phone, so I know what my top priority is. That usually helps me meet deadlines and stay efficient, especially when I have to balance university work with my evening shift at a café.

为什么好

- 回答很直接，然后补充了清楚的个人例子，这很符合口语第一部分的答题方式。
- 使用了与话题相关且自然的词汇，比如 routine、schedule、priority 和 deadlines。
- 句型有变化，连接自然，语法控制也比较稳定。

常见错误

- 不要只回答“Yes”或“No”；最好再补一个原因和一个小例子。
- 不要每句话都重复 time；可以换成 schedule、routine 或 priority 这类相关词。
- 不要只讲很空泛的看法；最好说说你自己平时怎么做，比如用手机日历或前一天晚上做计划。

话题词

schedule	/ˈskedʒʊəl/	日程表	I check my schedule every morning before I leave home.
priority	/praiˈɒrɪti/	优先事项	My top priority is finishing my work before I relax in the evening.
routine	/ruːˈtiːn/	日常安排	Having a routine helps me study regularly and go to bed at a sensible time.
deadline	/ˈdedlaɪn/	截止时间	If I miss a deadline, I feel stressed for the rest of the day.
distract	/dɪsˈtrækt/	使分心	My phone can distract me when I'm trying to do something boring.
balance	/ˈbæləns/	平衡	I try to balance study, exercise, and family time during the week.
efficient	/iˈfɪʃənt/	高效的	I'm more efficient in the morning because my mind feels clearer then.
organise	/ˈɔːgənaɪz/	安排	I organise my tasks the night before, so my morning feels less rushed.

flexible	/ˈfleksəbl/	灵活的	At weekends, I'm more flexible and don't plan every single hour.
postpone	/pəʊstˈpəʊn/	推迟	I sometimes postpone housework when I have an exam the next day.

听示范、开口答、估分：**linsays.com/zh/ielts-speaking/time-management**

雅思口语 Part 1

爱好

Hobbies

这一部分会问你平时的爱好和休闲活动。Part 1 的每个问题通常回答大约20到30秒。

题目和思路

1 What hobbies do you enjoy in your free time?

先说一两个爱好，再补充一个小细节和你的感受。

可以说 street photography　baking simple desserts　playing badminton

直接答	I mostly spend my free time _____ and _____.
细节	One hobby I do quite a lot is _____, usually _____.
感受	I enjoy it because _____, and it makes me feel _____.

示范

I mostly spend my free time taking photos and baking simple desserts. One hobby I do quite a lot is street photography, usually on Sunday afternoons when the light is nice. I enjoy it because it helps me slow down, and it makes me feel relaxed and creative.

2 How often do you spend time on your hobbies?

先明确说频率，再用一个最近的例子说明你的习惯。

可以说 three evenings a week | most Sunday mornings | during my commute

直接答	I usually spend time on my hobbies _____.
细节	On weekdays, I _____, and at weekends I _____.
举例	For example, last _____, I spent _____ walking around my neighborhood with my camera.

示范

I usually spend time on my hobbies three or four times a week. On weekdays, I read for half an hour before bed, and at weekends I go out and take photos for longer. For example, last Sunday, I spent nearly two hours walking around my neighborhood with my camera.

3 Did you have the same hobbies when you were a child?

先明确回答是或不是，再用一个简单例子比较过去和现在。

可以说 riding my bike | collecting stickers | watching cartoons

直接答	Not really—when I was a child, I was more into _____ than _____.
对比	Now, I spend more time _____ because _____.
举例	For example, I used to _____ after school, but these days I _____.

示范

Not really—when I was a child, I was more into riding my bike than reading. Now, I spend more time on quieter hobbies because my schedule is busier and I usually want to relax. For example, I used to play outside after school, but these days I normally read or edit photos at home.

4 Do you prefer hobbies you do alone or with other people?

明确选择一边，再用一个实际原因和例子支持。

可以说 reading by myself | weekend football games | cooking with friends

直接答	I definitely prefer hobbies I do _____.
原因	That's mainly because I can _____ and don't have to _____.
举例	For instance, when I _____, I usually _____.

示范

I definitely prefer hobbies I do alone. That's mainly because I can do them at my own pace and don't have to match anyone else's schedule. For instance, when I read or take photos, I usually stay out longer if I'm really enjoying it.

5 Is there a hobby you'd like to try in the future?

说一个未来想尝试的爱好，说明它吸引你的原因，再提一个现实的第一步。

可以说 pottery classes | rock climbing | learning the guitar

直接答	Yes, I'd really like to try _____ in the future.
原因	It interests me because _____.
细节	I'd probably start by _____ with _____.

示范

Yes, I'd really like to try pottery in the future. It interests me because it seems creative and calming, and I'd enjoy making something with my hands. I'd probably start by taking a beginner class with a friend, just to see if I actually like it.

一段约 7 分的回答

In my free time, I mainly enjoy photography and a bit of cooking. Photography is probably my favourite hobby because it helps me relax and focus after a busy day. At weekends, I often go to a local park and take pictures of birds or old buildings. Cooking is different, but I like it because it's practical and lets me try new dishes.

为什么好

- 回答直接切题，并加入了原因和细节，这一点在雅思口语 Part 1 里很重要。
- 使用了自然、准确的话题词，比如 hobby、relax、focus 和 practical。
- 句式有一定变化，既有简单句也有稍复杂的句子，语法清楚，内容也容易跟上。

常见错误

- 不要只列举爱好。最好选一两个来具体说说你为什么喜欢。
- 描述经常性的习惯时，不要用现在进行时。应该说“I play badminton on Sundays”，不要说“I am playing badminton on Sundays”。
- 不要反复使用 like 和 good 这类很基础的词。合适的时候可以换成 relaxing、creative、practical 等更具体的表达。

话题词

pastime	/ˈpæstaɪm/	消遣；休闲活动	Photography is my favourite pastime because it helps me notice small details.
creative	/kriːˈeɪtɪv/	有创意的	I like creative hobbies, so I sometimes make simple cards for friends.
relax	/rɪˈlæks/	放松	After work, I relax by drawing for twenty minutes in my room.
routine	/ruːˈtiːn/	日常惯例	Reading before bed has become part of my daily routine.
skill	/ˈskɪl/	技能	Cooking started as a hobby, but now it's a useful skill.
social	/ˈsəʊʃəl/	社交的	Team sports are social, and they help me meet new people.
active	/ˈæktɪv/	活动量大的；需要运动的	I prefer active hobbies because sitting all day makes me tired.

improve	/ɪmˈpruːv/	提高；改进	I practise the guitar often because I want to improve slowly.
collection	/kəˈlekʃən/	收藏；藏品	My stamp collection is small, but every item has a story.
occasional	/əˈkeɪʒənl/	偶尔的	I do occasional hiking trips when the weather is cool enough.

听示范、开口答、估分：**linsays.com/zh/ielts-speaking/hobbies**

雅思口语 Part 1

电影

Films

考官会问你关于看电影的习惯和喜好，每个问题通常回答20到30秒。

题目和思路

1 Do you enjoy watching films?

先直接回答，再说原因，并举一个最近的例子。

可以说 science fiction films | relaxing after work | watching with my sister

直接答	Yes, I do, especially _____ films.
原因	I like them because they help me _____ after _____.
举例	For example, I recently watched _____ with _____.

示范

Yes, I do, especially science fiction films. I like them because they help me relax after work and stop thinking about emails for a while. For example, I recently watched Dune with my sister, and I really enjoyed the atmosphere.

2 What kind of films do you usually watch?

先说一两种电影类型，再描述特点并举例。

可以说 crime thrillers | animated films | true story dramas

直接答	I usually watch _____ and _____.
细节	They usually have _____ and _____.
举例	A good example is _____, which I watched _____.

示范

I usually watch crime thrillers and animated films. They usually have strong stories and memorable characters. A good example is Zootopia, which I watched on a flight last month and enjoyed more than I expected.

3 Do you prefer watching films at home or at the cinema?

明确选一个，解释原因，再简单比较另一个选择。

可以说 cheap snacks at home | huge cinema screen | pausing for tea breaks

直接答	I prefer watching films _____.
原因	That's mainly because I can _____ and _____.
对比	At the cinema, it's _____, but _____.

示范

I prefer watching films at home. That's mainly because I can pause whenever I want and make cheap snacks. At the cinema, it's more immersive, but I still stay home most of the time because tickets near me are pretty expensive.

4 Did you watch many films when you were a child?

用过去时，说明时间和跟谁一起看，再举一个童年例子。

可以说 Saturday night DVDs | Disney cartoons | watching with my parents

直接答	Yes, I did, especially when I was around _____.
细节	I usually watched them on _____ with _____.
举例	I remember watching _____ again and again.

示范

Yes, I did, especially when I was around eight or nine. I usually watched them on Saturday evenings with my parents, and it became a regular family habit. I remember watching Toy Story again and again because I loved the characters so much.

5 Is there a film you would like to watch again?

说出电影名字，给出两个原因，再说它带给你的感受。

可以说 the film Interstellar | its beautiful soundtrack | the emotional ending

直接答	Yes, I'd love to watch _____ again.
原因	I'd watch it again because _____ and _____.
感受	The first time, it made me feel _____.

示范

Yes, I'd love to watch Interstellar again. I'd watch it again because the soundtrack is beautiful and I probably missed some small details the first time. The first time, it made me feel curious and quite emotional, especially near the end.

一段约 7 分的回答

> Yes, definitely. I enjoy watching films, especially at the weekend when I want to relax. I usually go for a gripping drama or a light comedy, and I pay attention to the soundtrack because it really affects the mood. If the acting feels believable, I can stay interested the whole time, even if the film is quite long.

为什么好

- 这个回答直接回应了问题，还加入了相关细节和原因，有助于体现流利度和连贯性。
- 它自然使用了电影话题词汇，如 gripping、soundtrack 和 believable，能够体现词汇运用能力。
- 它结合了简单句和稍复杂的句子，而且意思清晰，有助于展示语法范围。

常见错误

- 不要只说“我喜欢电影”就停下，最好补充电影类型、原因，或者最近看过的一部电影。
- 避免说“I very like horror films”；更自然的说法是“I really like horror films”。
- 不要混淆 fun 和 funny：fun 表示“有趣、让人享受”，funny 表示“好笑、让人发笑”。

话题词

plot	/plɒt/	剧情	The plot was simple, but it kept me interested until the end.
cast	/kɑːst, kæst/	演员阵容	The cast was excellent, so even the weaker scenes felt natural.
performance	/pəˈfɔːməns/	表演	Her performance was convincing, and I forgot she was acting.
genre	/ˈʒɒŋrə/	类型	I don't have one favourite genre; it depends on my mood.
director	/diˈrektə/	导演	I sometimes watch films because the director has a unique style.
predictable	/priˈdɪktəbl/	容易猜到的	The ending was a bit predictable, but I still enjoyed it.
realistic	/rɪəˈlɪstɪk/	真实的	I prefer realistic films because the emotions feel stronger to me.
release	/riˈliːs/	上映	I wanted to see it when it was first released, but the tickets sold out quickly.

review	/rɪˈvjuː/	影评	I read a short review before deciding whether the film suited me.
acting	/ˈæktɪŋ/	演技	I enjoyed the film mainly because the acting was really convincing.

听示范、开口答、估分：**linsays.com/zh/ielts-speaking/films**

雅思口语 Part 1

社交媒体

Social media

在第一部分，考官会问你一些关于社交媒体习惯和看法的简短问题。回答要自然，并适当展开，一般说两三句就可以。

题目和思路

1 Do you use social media a lot?

先明确回答是否经常用，再说什么时候用和用多久。

可以说 checking class group chats　watching short cooking videos　scrolling before bed

直接答	Yeah, I use social media _____, mainly on _____.
原因	It fits into my day because I can _____ when I'm _____.
细节	Most days, I spend about _____ minutes on it, usually after _____.

示范

Yeah, I use social media quite a bit, mainly on Instagram and WhatsApp. It fits into my day because I can check messages and unwind when I'm commuting or waiting for class. Most days, I spend about forty minutes on it, usually after dinner.

2 Which social media app do you use most often?

先直接说出一个应用，再说你为什么常用它，并举个最近的例子。

可以说 Instagram Reels | WhatsApp group chats | YouTube Shorts

直接答	The app I use most is _____.
原因	I use it most because it's where I _____.
举例	For example, yesterday I used it to _____ with _____.

> 示范
> The app I use most is Instagram. I use it most because it's where my friends post updates, and I also follow a few photographers I really like there. For example, yesterday I used it to reply to a friend's story and save some travel ideas.

3 What do you usually do on social media?

先说两种常做的事，再补充一个具体例子和一个细节。

可以说 replying to friends' stories | saving study tips | following local news pages

直接答	I mostly use social media to _____ and _____.
举例	For example, I often _____ when I'm on _____.
细节	I also follow _____, so I can keep up with _____.

> 示范
> I mostly use social media to keep in touch with friends and save useful content. For example, I often reply to stories or send short videos when I'm on Instagram. I also follow a couple of local news pages, so I can keep up with events in my area.

4 Do you prefer looking at other people's posts or sharing your own?

先明确选择一边，再解释你为什么对此更自在。

可以说 browsing travel photos | sharing birthday pictures | posting food reviews

直接答	I definitely prefer _____ rather than _____.
原因	That's mainly because I feel _____ when I _____.
细节	I usually post _____ only when _____.

示范

I definitely prefer looking at other people's posts rather than sharing my own. That's mainly because I feel more relaxed when I just scroll and see what others are doing. I usually post photos only when it's a birthday, a trip, or something special.

5 Have your social media habits changed recently?

先说有没有变化，再解释原因，并对比现在和以前。

可以说 deleted one gaming app | set a screen-time limit | use it for work updates

直接答	Yes, they've changed _____ over the last _____.
原因	The main reason is that I wanted to _____.
细节	So now I _____ instead of _____.

示范

Yes, they've changed quite a bit over the last year. The main reason is that I wanted to cut down on screen time and use my phone more carefully. So now I check social media at set times instead of opening it every few minutes.

一段约 7 分的回答

> Yes, I do, but mostly in short breaks. I usually scroll through travel and food content on Instagram after lunch, and from time to time I post a quick update or comment on a friend's photo. I try to be careful about privacy, though, because these apps can be quite addictive and distracting if I use them for too long.

为什么好

- 这个回答先直接回应问题，再补充清楚的个人细节，这很符合第一部分的答题方式。
- 它自然地用到了话题词汇，比如 scroll、privacy 和 addictive。
- 回答里有原因，也有小例子，所以听起来更真实，不像背答案。

常见错误

- 不要说 "I very like social media"，要说 "I really like social media" 或 "I like social media a lot"。
- 不要说 "social medias"，一般要说不可数的 "social media"。
- 不要只说 "It's good"，最好补充原因，比如 "It's useful because I can keep in touch with friends"。

话题词

platform	/ˈplætfɔːm/	平台	Instagram is the main platform I use to follow travel and food pages.
scroll	/skrəʊl/	滑动浏览	I sometimes scroll for twenty minutes before bed without noticing.
post	/pəʊst/	发帖；发布	I rarely post selfies, but I do share photos from family trips.
account	/əˈkaʊnt/	账号	I have one private account for friends and another for work.
privacy	/ˈpraɪvəsi/	隐私	Privacy matters to me, so I check my settings quite often.
content	/kənˈtent/	内容	Most of the content I watch is about cooking and fitness.
addictive	/əˈdɪktɪv/	让人上瘾的	Short videos are addictive, so I set a time limit.
recommend	/ˌrekəˈmend/	推荐	Friends often recommend funny pages that match my sense of humour.

comment	/ˈkɒment/	评论	I sometimes comment on my friends' photos, but I don't join arguments online.
update	/ʌpˈdeɪt/	更新；动态	I post a quick update when something important happens in my life.

听示范、开口答、估分：**linsays.com/zh/ielts-speaking/social-media**

雅思口语 Part 1

艺术与博物馆

Art and museums

在口语第一部分，考官会围绕像艺术和博物馆这样熟悉的话题问一些简短的个人问题。你的回答要自然、直接，通常每题说20到30秒左右即可。

题目和思路

1 Do you enjoy visiting museums?

先明确回答是或不是，再补一个原因和最近的例子。

可以说 local history displays　interactive science exhibits　quiet weekend visits

直接答	Yes, I do, especially _____ museums.
原因	I enjoy them because I can learn about _____ and see _____ in one place.
举例	For example, when I visited _____, I spent a long time looking at _____.

示范

Yes, I do, especially history museums. I enjoy them because I can learn about local culture and see real objects in one place. For example, when I visited the Shanghai Museum, I spent a long time looking at the ancient ceramics.

2 What kinds of museums do you like best?

直接说出一种类型，再说那里通常能看到什么和一个例子。

可以说 modern art museums | railway museums | natural history collections

直接答	I like _____ museums best.
细节	They usually have _____ and _____, so there's a lot to look at.
举例	For instance, I went to _____ and really liked the _____ section.

示范

I like modern art museums best. They usually have bold paintings and temporary exhibitions, so there's a lot to look at. For instance, I went to a modern art museum in Seoul last year and really liked the photography section.

3 Did you visit museums when you were a child?

先回答去没去过，再说和谁一起去以及你的感受。

可以说 school holiday trips | dinosaur skeletons | parents on weekends

直接答	Yes, I did, mostly with my _____.
举例	We usually went to _____ during _____.
感受	I remember feeling _____ because the _____ exhibits were completely new to me.

示范

Yes, I did, mostly with my parents. We usually went to the city museum during school holidays. I remember feeling curious because the dinosaur exhibits were completely new to me.

4 Is there a museum you'd like to visit in the future?

先清楚说出博物馆名称，再说明你为什么感兴趣和想看什么。

可以说 the Louvre in Paris | a space museum | the Egyptian Museum

直接答	Yes, I'd love to visit _____ someday.
原因	I'm interested in it because _____ and _____.
细节	I'd especially like to see _____ there.

示范

Yes, I'd love to visit the Louvre someday. I'm interested in it because the collection is enormous and the building itself is beautiful. I'd especially like to see the Mona Lisa and the Egyptian galleries there.

5 Do you prefer looking at paintings or sculptures?

先明确选一个，再说明原因，并和另一个做个简单比较。

可以说 bright colors on canvas | small facial details | 3D stone figures

直接答	I prefer looking at _____.
原因	That's because I can notice _____ and _____ more easily.
对比	Compared with _____, they feel more _____ to me.

示范

I prefer looking at paintings. That's because I can notice color and small details more easily. Compared with sculptures, they feel more personal to me, and I usually connect with the artist's ideas faster.

一段约 7 分的回答

> Yes, I do, especially small local museums. They usually have a calm atmosphere, and I find them less tiring than huge national museums. I went to one recently with an exhibition about village life in the past, and it made history feel much more real. I also think museums are important because they preserve local culture for younger people.

为什么好

- 这个回答先直接回答问题，再补充原因和一个简短例子，这很符合口语第一部分的答题方式。
- 它自然、准确地使用了与话题相关的词汇，比如 atmosphere、exhibition、preserve 和 culture。
- 表达听起来像真实口语，结构清楚，也结合了较短和较长的句子。

常见错误

- 不要说“I very like museums”；要说“I really like museums”或“I like museums a lot.”
- 不要说“I am interesting in art”；要说“I am interested in art.”
- 不要说“I seldom go to museum”；要说“I seldom go to museums”或“I seldom go to a museum.”

话题词

exhibition	/ˌeksɪˈbɪʃən/	展览	I saw a photography exhibition there last summer with my cousin.
sculpture	/ˈskʌlptʃə/	雕塑	I'm more interested in sculpture because it feels more physical than painting.
ancient	/ˈeɪnʃənt/	古老的	Ancient objects make history feel real instead of just something in a textbook.
creative	/kriːˈeɪtɪv/	有创造力的	My sister is very creative, so she notices details I usually miss.
portrait	/ˈpɔːtreɪt/	肖像；肖像画	I like the portrait rooms because the faces seem very expressive.
preserve	/prɪˈzɜːv/	保存；保护	Museums preserve local history that might disappear without proper care.
admission	/ədˈmɪʃən/	门票；入场费	If admission is free, I'm much more likely to go.
atmosphere	/ˈætməsfɪə/	氛围	I enjoy the quiet atmosphere because it helps me slow down.

display	/dɪs'pleɪ/	陈列；展示	Sometimes the display is so modern that the art feels a bit distant.
cultural	/'kʌltʃərəl/	文化的	Museums are important cultural spaces, especially for younger people.

听示范、开口答、估分：**linsays.com/zh/ielts-speaking/art-and-museums**

雅思口语 Part 1

节假日和节日

Holidays and festivals

在第一部分，考官会问你一些关于节假日和节日的简短个人问题。你应该自然作答，每题说两到三句比较合适。

题目和思路

1 Do you enjoy holidays and festivals?

先明确回答是或否，再补充一个原因和一个真实例子。

可以说 family dinners | street decorations | time off work

直接答	Yes, I do, especially _____.
原因	I enjoy them because _____.
举例	For example, during _____, I usually _____.

示范

Yes, I do, especially traditional festivals in my country. I enjoy them because they give me a real break from work and a chance to spend time with my family. For example, during Lunar New Year, I usually have a big dinner with my relatives.

2 Which festival is most important in your family?

直接说出这个节日，再说明它为什么重要，以及家人会做什么。

可以说 Lunar New Year meal | visiting grandparents | red envelopes

直接答	In my family, _____ is the most important festival.
原因	It matters most to us because _____.
细节	On that day, we usually _____ and _____.

示范

In my family, Lunar New Year is the most important festival. It matters most to us because it's the one time when almost everyone comes home, even relatives who live far away. On that day, we usually cook a big meal and visit my grandparents together.

3 How do you usually spend public holidays?

按顺序描述你平时怎么过，再补充长假时会做的一件事。

可以说 sleeping in late | short road trips | catching up with friends

直接答	I usually spend public holidays _____.
细节	Most of the time, I _____ and then _____.
举例	If I have a longer break, I sometimes _____.

示范

I usually spend public holidays quite quietly at home or somewhere nearby. Most of the time, I sleep in a little and then meet a couple of friends for dinner. If I have a longer break, I sometimes take a short road trip to a nearby city.

4 Did you enjoy festivals more when you were a child?

把小时候和现在作比较，再简单说明原因。

可以说 new clothes | school performances | less responsibility

直接答	Yes, I did, more than _____.
对比	Back then, festivals felt _____, but now they feel _____.
原因	I think that's because _____.

示范

Yes, I did, more than I do now. Back then, festivals felt exciting and magical, but now they feel a bit more tiring because there are more things to prepare. I think that's because I had no responsibilities as a child and could just enjoy the food, gifts, and atmosphere.

5 Are there any foreign festivals you would like to celebrate?

选一个节日，说说它为什么吸引你，并提到具体活动。

可以说 Christmas markets | Halloween costumes | Thanksgiving dinner

直接答	Yes, I'd really like to celebrate _____.
原因	I'd choose it because _____.
细节	I'd especially like to _____ and _____.

示范

Yes, I'd really like to celebrate Christmas in Europe. I'd choose it because I love the atmosphere, especially the lights, music, and outdoor markets. I'd especially like to visit a Christmas market and share a warm dinner with local people or friends there.

一段约 7 分的回答

> Yes, I do. For me, festivals are a good chance to slow down and spend time with my family, which doesn't happen very often in daily life. I especially enjoy the Spring Festival because we cook together, visit relatives, and the whole atmosphere feels warm and lively.

为什么好

- 回答直接，并补充了原因和具体例子，这样会让答案更清楚、更完整。
- 使用了 festivals、atmosphere 和 relatives 这样的自然主题词汇，而且用法准确。
- 答案包含简单句和较复杂的句子，体现出第一部分需要的语法多样性。

常见错误

- 不要只说“Yes, I do”就停下，最好再补充一个原因或一个小例子。
- 不要用现在进行时表达习惯，比如“We are celebrating at home”；应该说“We celebrate at home.”
- 不要说“very much people”；应该说“a lot of people”或“too many people”。

话题词

annual	/ˈænjʊəl/	每年的	Our town holds an annual festival by the river in summer.
atmosphere	/ˈætməsfɪə/	氛围	I love the atmosphere when the streets are busy and colourful.
celebrate	/ˈselɪbreɪt/	庆祝	My family usually celebrates at home with a long evening meal.
ceremony	/ˈserɪməni/	仪式	The opening ceremony is short, but it makes the festival feel special.
custom	/ˈkʌstəm/	习俗	It's a local custom to visit older relatives on that holiday.
gathering	/ˈgæðərɪŋ/	聚会	The best part is the family gathering because everyone tells funny stories.
memorable	/ˈmemərəbl/	难忘的	One New Year was memorable because it was the first time we saw snow.
occasion	/əˈkeɪʒən/	场合；时刻	I save traditional clothes for any special occasion in my family.
parade	/pəˈreɪd/	游行	Children get excited when the parade passes through the main street.

prepare	/priˈpɛə/	准备	We prepare food together, so the holiday feels more personal.

听示范、开口答、估分：**linsays.com/zh/ielts-speaking/holidays-and-festivals**

雅思口语 Part 1

衣服与时尚

Clothes and fashion

这一题里，考官会问你平时穿什么、是否喜欢买衣服，以及你对时尚的看法，所以回答要简短、自然，并结合你自己的情况。

题目和思路

1 What kind of clothes do you usually wear?

先说你常穿什么，再补充你在什么时候或哪里穿。

可以说 jeans and plain T-shirts　black sneakers　loose hoodie on weekends

直接答	I usually wear _____ most days.
细节	They suit my daily routine because _____.
举例	For example, today I'm wearing _____ with _____.

示范

I usually wear simple casual clothes like jeans, plain T-shirts, and sneakers. They suit my daily routine because I commute a lot and sit at a desk for hours. For example, today I'm wearing black jeans with a loose grey shirt.

2 Do you like buying new clothes?

先明确回答喜欢或不喜欢，再说你什么时候买衣服以及你的感受。

可以说 replacing old basics | seasonal online sales | a new jacket

直接答	Yes, I do, especially when I need _____.
原因	I like it because _____.
感受	It makes me feel _____.

> 示范
>
> Yes, I do, especially when I need to replace old basics. I like it because a few new items can refresh my wardrobe without costing too much. It makes me feel more confident when I'm going out or meeting people.

3 How important is fashion to you?

先明确重要程度，再解释时尚对你个人来说意味着什么。

可以说 looking neat at work | showing personality slightly | not chasing trends

直接答	It's _____ important to me.
原因	I care about it because _____.
细节	For me, it's mainly about _____.

> 示范
>
> It's fairly important to me. I care about it because clothes affect how neat and professional I look, especially at work. For me, it's mainly about wearing clean, well-fitted clothes rather than trying to follow every trend.

4 Are the clothes you wear now different from the clothes you wore when you were younger?

用两点明显的差异来比较你以前和现在穿的衣服。

可以说 brighter colours before | more formal now | better-quality fabrics

直接答	Yes, they're _____ different now.
对比	When I was younger, I used to wear _____, but now I wear _____.
细节	These days, I usually go for _____.

示范

Yes, they're quite different now. When I was younger, I used to wear brighter colours and sporty clothes, but now I wear darker shirts and more formal trousers. These days, I usually go for better-quality fabrics and a simpler style.

5 Do you prefer comfortable clothes or fashionable clothes?

先明确选一边，再用一个实际例子来支持你的回答。

可以说 soft cotton T-shirts | loose trousers | tight trendy outfits

直接答	I definitely prefer _____ clothes.
原因	That's because _____.
举例	For example, I'd choose _____ over _____.

示范

I definitely prefer comfortable clothes. That's because if something feels tight or stiff, I get distracted and can't relax. For example, I'd choose a soft cotton T-shirt and loose trousers over a trendy outfit that's hard to move in.

一段约 7 分的回答

Most of the time, I wear casual, comfortable clothes. On normal days, I usually go for a plain T-shirt, jeans and trainers because I'm moving around a lot. I'm not too concerned about brands, but I do pay attention to the fabric and the fit, because if something feels rough or too tight, I can't really relax in it.

为什么好

- 答案直接回应问题，并用原因和细节展开，体现流利度与连贯性。
- 使用了fabric、fit、brand等自然准确的词，体现词汇资源。
- 句式有简单句，也有表达原因和对比的长句，体现语法范围。

常见错误

- 不要说"I very like fashion"；可以说"I really like fashion"或"I'm really into fashion"。
- 不要说"My cloth is comfortable"；可以说"My clothes are comfortable"或"This item of clothing is comfortable"。
- 不要说"I wear this when I was young"；可以说"I wore this when I was young"或"I used to wear this"。

话题词

casual	/ˈkæʒjʊəl/	休闲的	Most weekdays I wear casual clothes like jeans and a hoodie.
formal	/ˈfɔːməl/	正式的	I only choose formal clothes for interviews or family weddings.
comfortable	/ˈkʌmfətəbl/	舒适的	If clothes aren't comfortable, I feel distracted the whole day.
fabric	/ˈfæbrɪk/	布料；面料	I check the fabric first because some materials irritate my skin.
trend	/trend/	潮流；流行趋势	I don't follow every trend because many of them fade quickly.
occasion	/əˈkeɪʒən/	场合	I usually pick darker colours for a serious occasion.
brand	/brænd/	品牌	I'm not loyal to one brand if the quality is poor.

neat	/niːt/	整洁的	Even simple clothes look better when they are neat.
outfit	/ˈaʊtfɪt/	一套衣服；穿搭	For parties, I plan my outfit the night before.
fit	/fɪt/	合身	I never buy jeans online because they rarely fit properly.

听示范、开口答、估分：**linsays.com/zh/ielts-speaking/clothes-and-fashion**

雅思口语 Part 1

邻居和你所在的社区

Neighbours and your neighbourhood

这个话题里，考官会问你住在哪里、你的邻居，以及你所在社区的情况。在 Part 1 里，最好自然作答，并补充一个简短的原因或例子。

题目和思路

1 Do you know your neighbours well?

先明确回答，再说你认识哪些邻居和一个日常互动。

可以说 next-door couple　retired man downstairs　chatting in the lift

直接答	Yes, I know _____ quite well.
原因	We usually see each other _____, so we've talked a lot.
举例	For example, my neighbour _____ often _____.

示范

Yes, I know a few of my neighbours quite well, especially the couple next door and the retired man downstairs. We see each other in the lift or at the entrance most days, and the man downstairs often stops to chat and ask how work is going.

2 What is your neighbourhood like?

先概括这个社区，再补充两个让你有这种感觉的特点。

可以说 tree-lined streets | small local park | corner cafés and shops

直接答	It's a _____ neighbourhood overall.
细节	There are _____ nearby, so it's quite convenient.
举例	For example, the street near my home has _____.

示范

It's a quiet, friendly neighbourhood overall. There are tree-lined streets, a small park, and a few corner cafés nearby, and, for example, the street near my home has small local shops but very little traffic, so the area feels relaxed.

3 Is your neighbourhood a good place for families?

先明确表态，再用适合家庭的设施或安全性来支持。

可以说 nearby primary school | quiet side streets | safe playground area

直接答	Yes, I think it is because _____.
原因	It's especially helpful for families since _____.
细节	There are also _____ nearby.

示范

Yes, I think it is because it's safe and convenient for everyday life. It's especially helpful for families since the side streets are quiet, and there's also a primary school and a safe playground area nearby.

4 Have your neighbours ever helped you?

用一个真实的小事件作例子，最后说说你的感受。

可以说 collecting a parcel | lending spare keys | watering plants

直接答	Yes, they have, especially when _____.
举例	One time, my neighbour _____ helped me by _____.
感受	I felt _____ because it saved me a lot of stress.

示范

Yes, they have, especially when I was out of town. One time, my neighbour upstairs collected a parcel for me and kept it safe, and I felt really relieved because it saved me a lot of stress.

5 Would you like to live in a different neighbourhood in the future?

先说你的选择，再把理想社区和现在的社区做个对比。

可以说 greener streets | shorter commute | quieter nights

直接答	Yes, I'd like to move to _____ someday.
原因	I'd prefer it because _____.
对比	My current area is _____, but it can be _____.

示范

Yes, I'd like to move to a greener neighbourhood someday. I'd prefer it because I want quieter nights and a shorter commute, and my current area is convenient, but it can be noisy and crowded in the evenings.

一段约 7 分的回答

> Yes, fairly well. I live in a quiet residential area, and people are generally friendly, so we usually say hello when we meet. I know the family next door best because we often take in parcels for each other when someone's out. Small things like that make the neighbourhood feel more convenient and a bit safer.

为什么好

- 这个回答先直接回答问题，再补充原因和例子，所以听起来更清楚、内容也更完整。
- 它自然使用了相关词汇，比如 residential、friendly、neighbourhood 和 safer。
- 它把简单句和稍长一点的句子结合起来，这对 IELTS 口语 Part 1 很有帮助。

常见错误

- 不要说 "My neighbourhood is very convenience"，要说 "My neighbourhood is very convenient"。
- 不要只回答像 "Yes, good." 这样太短的答案；最好补充原因，比如 "Yes, it's quiet and people are friendly."
- 不要把 "neighbour" 和 "neighbourhood" 混淆；前者是“邻居”，后者是“社区”。

话题词

suburb	/ˈsʌbɜːb/	郊区	I live in a suburb, so it's usually calmer than the city centre.
convenient	/kənˈviːnjənt/	方便的	It's very convenient because there are shops and a bus stop nearby.
quiet	/ˈkwaɪət/	安静的	My area is usually quiet at night, which I really like.
crowded	/ˈkraʊdɪd/	拥挤的	The market gets crowded at weekends, so I try not to go then.
facilities		设施	The area has good facilities, including a clinic, a park, and a library.
community	/kəˈmjuːnɪti/	社区	There is a strong sense of community in my neighbourhood.
familiar	/fəˈmɪljə/	熟悉的	The streets feel familiar because I've lived here for years.

greet	/griːt/	打招呼，问候	I always greet my neighbours when I see them outside.
secure	/sɪˈkjʊə/	安全的，让人安心的	I feel secure here because the streets are well lit at night.
noisy	/ˈnɒɪzi/	吵闹的	It can get noisy at night because of the traffic on the main road.

听示范、开口答、估分：**linsays.com/zh/ielts-speaking/neighbours-and-your-neighbourhood**

第二部分

Part 2 + Part 3
40 张题卡

1 分钟记关键词，按要点说满两分钟；接着回答 Part 3 的追问。



雅思口语 Part 2 · 有动画

描述一个你想实现的目标

Describe a goal you want to achieve

在这个 Part 2 题目中，考官会让你描述一个你将来想实现的目标，你需要连续说1到2分钟。

题卡

Describe a goal you would like to achieve in the future. You should say:

You should say:

- what this goal is
- when you first had this goal
- what you have done or plan to do to achieve it
- and explain why this goal is important to you

1 分钟准备 · 笔记这样记

- become a school counsellor
- during my university internship
- psychology course, volunteer tutoring
- support teenagers, meaningful work

用这一分钟记下目标、何时开始、你已经做了什么或打算做什么，以及它为何重要，然后按这个顺序讲大约两分钟，并补充一个小例子或感受。

按这个顺序说两分钟

开头	I'd like to talk about a goal I hope to achieve in the future.
what this goal is	The goal itself is to _____.
when you first had this goal	I first had this goal when _____.
what you have done or plan to do to achieve it	To achieve it, I've already _____, and I also plan to _____.
explain why this goal is important to you	This goal is important to me because _____.
收尾	Overall, if I can do this, I'll feel _____.

示范：一段约 7 分的两分钟回答

One goal I'd really like to achieve is to qualify as a secondary school English teacher. I first had this goal in my final year at university, when I volunteered at a local learning centre on Saturdays. I helped two teenagers with their English homework, and I realised I genuinely enjoyed explaining things clearly and seeing them improve. At the moment, I work in an office, so reaching this goal is a bit challenging because I have to study in the evenings after a full day at work. To move towards it, I've made a weekly schedule. I usually spend two evenings reviewing subject knowledge, one evening working on teaching materials, and Sunday morning doing practice tasks for the application process. I'm also trying to be more disciplined, so I leave my phone in another room while I study. I wouldn't say the process is easy, but I've made steady progress, and that makes the goal feel realistic. This goal is important to me because I want a career that feels meaningful, not just a job that pays the bills. If I accomplish it, I think I'll feel proud of myself, and I'll also have the chance to help young people grow in confidence.

Part 3 追问和思路

1 Why do some people find it difficult to achieve their goals?

先直接说原因，再用一个生活中的例子展开。

可以说 poor time management | fear of failure | family financial problems

直接答	I think people often struggle because _____ and _____.
原因	One main reason is that _____.
举例	For example, when someone _____, they often _____.

示范

I think people often struggle because they don't manage their time well and they're afraid of failing. One main reason is that big goals usually take a long time, so it's easy to lose motivation when progress is slow. For example, when someone has to work part-time to support their family, they often have less time and energy to keep working toward that goal.

2 Do young people today feel more pressure to succeed than in the past?

先明确表态，并且一定要和过去做一个真实的比较。

可以说 social media comparison　higher tuition costs　competitive job market

直接答	Yes, I think young people today feel _____ pressure.
原因	A big reason is that _____.
举例	For example, many students now _____.
对比	Compared with the past, _____.

示范

Yes, I think young people today feel much more pressure to succeed. A big reason is that they are constantly exposed to other people's achievements online, and they also face a very competitive job market. For example, many students now compare themselves with people their age who already have internships or scholarships. Compared with the past, success is far more visible now, so the pressure feels more constant.

3 Is it better to set long-term goals or short-term goals?

先选一边并说明理由，然后简单提到另一种目标的价值。

可以说 weekly study targets | five-year career plan | saving for a house

直接答	I think _____ goals are better for most people.
原因	That's because they _____.
举例	For example, instead of _____, a person can _____.
对比	Long-term goals are still useful because _____.

示范

I think short-term goals are better for most people. That's because they feel more manageable, and small wins help people stay motivated. For example, instead of saying you want to buy a house right away, a person can save a fixed amount each month and track it. Long-term goals are still useful because they give direction and make those smaller steps meaningful.

4 How can schools help students set realistic goals?

重点说学校能提供的实际帮助，不要只说笼统建议。

可以说 career guidance sessions | monthly progress meetings | skills and interest tests

直接答	Schools can help by _____ and _____.
原因	This is useful because _____.
举例	For example, a school could _____.

示范

Schools can help by giving students career guidance and regular progress meetings. This is useful because teenagers often set goals based on pressure or guesswork, not on their actual strengths. For example, a school could use interest tests and short meetings with a counsellor to help students choose realistic subjects or career plans for themselves.

为什么好

- 这个答案清楚地覆盖了四个提示点，而且内容顺序很合理。
- 它提供了具体细节，比如目标是什么、准备怎么做，因此听起来更充实，不会太空泛。
- 答案自然使用了相关词汇，并且结合了简单句和较复杂的句型。

常见错误

- 不要给出像“我想成功”这样太空泛的目标。最好说得具体一些，比如“我想在两年内取得教师资格”。
- 不要只罗列计划却没有时间信息。比如说“我每周三个晚上学习”会更清楚。
- 不要忘记最后一个提示点。你不只是要说明目标和做法，还要解释为什么这个目标对你很重要。

话题词

ambition	/æmˈbɪʃən/	志向；抱负	My biggest ambition is to become a qualified accountant within three years.
qualify	/ˈkwɒlɪfaɪ/	取得资格；合格	I'm studying hard so I can qualify as a teacher next year.
progress	/ˈprəʊgres/	进展；进步	I've made steady progress since I started studying every evening after work.
discipline	/ˈdɪsɪplɪn/	自律	This goal needs discipline because I often get distracted by my phone.
realistic	/rɪəˈlɪstɪk/	现实的；可实现的	I think the target is realistic if I manage my time well.
challenging	/ˈtʃælɪndʒɪŋ/	有挑战性的	It's challenging, but that difficulty makes the result feel more meaningful.
motivate	/ˈməʊtɪveɪt/	激励；促使	Thinking about a better future helps motivate me when I feel tired.
schedule	/ˈskedʒʊəl/	时间表；日程安排	I follow a strict schedule so I don't waste time online.
strategy	/ˈstrætɪdʒi/	策略	My main strategy is to study vocabulary on the train.
confidence	/ˈkɒnfɪdəns/	信心	Each mock test gives me more confidence about reaching this goal.

听示范、开口答、估分：**linsays.com/zh/ielts-speaking/a-goal-you-want-to-achieve**



雅思口语 Part 2 · 有动画

描述一位你钦佩的人

Describe a person you admire

在这道口语第二部分题目中，考官会让你描述一位你钦佩的人。你有一分钟准备时间，然后需要说一到两分钟。

题卡

Describe a person you admire.

You should say:

- who this person is
- how you know this person
- what qualities this person has
- and explain why you admire this person

1 分钟准备 · 笔记这样记

- Mr. Lee, high school teacher
- met him in tenth grade
- patient, disciplined, always supportive
- he changed my mindset

用这一分钟记下这个人的名字、你怎么认识他/她、两个品质和你欣赏他/她的一个原因，然后按这个顺序讲大约两分钟。

按这个顺序说两分钟

开头	I'd like to talk about someone I really admire, and that person is _____.
who this person is	The person I'm talking about is _____.
how you know this person	I got to know him/her when _____.
what qualities this person has	What I admire most is that he/she is _____ and _____.
explain why you admire this person	I admire him/her because _____.
收尾	Overall, I still look up to him/her because _____.

示范：一段约 7 分的两分钟回答

The person I admire most is my aunt. She works as a nurse in a public hospital, and I've known her all my life. However, I became much closer to her when I was about fifteen, because I was under a lot of pressure at school at that time. I used to visit her on Sundays, and we would chat in the kitchen while she made dinner. What I admire most about her is her patience and dedication. She has a demanding job, but she still makes time for other people and listens properly instead of giving quick advice. She's also very humble. Even though she once won an award at work, she hardly ever mentions it, and you would not know unless someone told you. Another quality I really respect is her determination. A few years ago, she studied for extra qualifications while working full-time and taking care of her two children. I admire her because she has a positive effect on the people around her. She's reliable, calm in difficult situations, and generous with her time. Whenever I feel stressed or unsure about the future, I think about the way she deals with problems. It reminds me to be more mature and to keep going. So, for me, she's not just successful in her job; she's someone I genuinely look up to in everyday life.

Part 3 追问和思路

1 What kinds of people are admired in your country?

说出两三类人，解释他们为什么受尊敬，再加一个例子。

可以说 dedicated teachers　frontline doctors　self-made entrepreneurs

直接答	In my country, people often admire _____ and _____.
原因	That's mainly because they _____ and make life _____.
举例	For example, _____ is respected because _____.

示范

In my country, people often admire dedicated teachers and frontline doctors. That's mainly because they serve the public and make life better for other people. For example, the doctors at my local hospital became highly respected during the pandemic because they worked exhausting shifts and still treated patients calmly and kindly.

2 Do younger and older people admire different types of people?

清楚地比较两个年龄层，并用一个你家人或身边人的真实例子。

可以说 football stars online creators community leaders

直接答	Yes, I think younger and older people often admire different kinds of _____.
原因	Younger people are usually drawn to _____ because _____.
对比	Older people, by contrast, tend to respect _____ for their _____.
举例	In my family, my _____ really admires _____.

示范

Yes, I think younger and older people often admire different kinds of role models. Younger people are usually drawn to athletes or online creators because they seem exciting and easy to relate to. Older people, by contrast, tend to respect community leaders or experienced professionals for their judgment and consistency. In my family, my cousin really admires a football player, while my mother looks up to a local principal.

3 Is it better to admire someone you know personally or a famous person?

先明确你的立场，再简要承认另一方也有价值。

可以说 a patient parent | a strict teacher | a disciplined actor

直接答	I think it's usually better to admire someone _____.
原因	That's because you can see how _____ behaves in _____.
对比	A famous person can still inspire you if _____.
举例	For instance, I admire my _____ because _____.

示范

I think it's usually better to admire someone you know personally. That's because you can see how that person behaves in everyday situations, not just in public. A famous person can still inspire you if they show real discipline or use their influence well, but we usually only see a polished image. For instance, I admire my aunt because I've watched her run her small business honestly for years.

4 How can admiration influence a person's behaviour or career choices?

同时谈行为和职业选择，并用一个清晰的例子把两者联系起来。

可以说 study harder | copy daily habits | choose medicine

直接答	Admiration can shape both _____ and _____.
原因	When people look up to _____, they often copy _____.
举例	For example, someone who admires _____ might choose _____.
细节	Over time, that can make them more _____.

> 示范
>
> Admiration can shape both daily behaviour and career choices. When people look up to someone, they often copy that person's habits, work ethic, and attitude. For example, a student who admires a caring doctor might study biology more seriously and eventually choose medicine. Over time, that can make them more focused and ambitious.

为什么好

- 答案按清晰的顺序覆盖了四个提示点，还加入了简短的个人经历，有助于体现流利度和连贯性。
- 答案使用了自然且贴题的词汇，如 patient、humble、reliable 和 determination，体现了较好的词汇资源。
- 答案同时使用了简单句和较复杂的句子，时态使用准确，有助于体现语法范围和准确性。

常见错误

- 不要只列举“善良”“友好”这样的形容词；要用一个简短的例子把这个特点说清楚。
- 不要把太多时间花在外貌或工作细节上；重点应放在这个人的性格以及你为什么钦佩他或她。
- 不要随意切换时态；一般特点用现在时，具体回忆或经历用过去时。

话题词

dedicated	/ˈdedɪkeɪtɪd/	敬业的；投入的	He's dedicated to his work, but he still makes time for his family.

influence	/ˈɪnflʊəns/	影响	Her influence on me was strongest when I chose my university subject.
humble	/ˈhʌmbl/	谦逊的	Even after winning awards, he stayed humble and easy to talk to.
generous	/ˈdʒenərəs/	慷慨的；大方的	She's generous with her time and always helps younger relatives.
guidance	/ˈgaɪdns/	指导；建议	Her guidance helped me deal with stress during my final school exams.
achievement	/əˈtʃiːvmənt/	成就	One of her greatest achievements was completing her degree while working full-time.
inspire	/ɪnˈspaɪə/	激励；鼓舞	She continues to inspire me whenever I feel unsure about myself.
reliable	/riˈlaɪəbl/	可靠的	He's reliable, so everyone in the family turns to him first.
determination	/dɪˌtɜːmɪˈneɪʃən/	决心；毅力	Her determination was obvious when she studied at night after work.
kind	/kaɪnd/	善良	I admire my aunt because she is always kind to everyone.

听示范、开口答、估分：**linsays.com/zh/ielts-speaking/a-person-you-admire**



雅思口语 Part 2 · 有动画

描述一次你帮助别人的经历

Describe a time you helped someone

在雅思口语第二部分，考官会给你一张话题卡，让你描述一次你帮助别人的经历。你有1分钟准备时间，然后需要连续说1到2分钟。

题卡

Describe a time when you helped someone.

You should say:

- who the person was
- why they needed help
- what you did to help
- and explain how you felt about helping them

1 分钟准备 · 笔记这样记

- my classmate Emma
- missed classes after surgery
- shared notes and tutored
- proud and genuinely happy

用这一分钟给四个要点各记一个关键词，然后按这个顺序讲两分钟，并给每点补充一个小细节。

按这个顺序说两分钟

开头	I'd like to talk about a time I helped _____.
who the person was	The person was _____, my _____.
why they needed help	They needed help because _____.
what you did to help	To help them, I _____.
explain how you felt about helping them	I felt _____ because _____.
收尾	Overall, it was a _____ experience.

示范：一段约 7 分的两分钟回答

One time that I remember clearly was last winter, when I helped my neighbour, Mrs Li. She is in her sixties and lives alone, and she needed to apply for a hospital support programme online. The problem was that she wasn't very confident with technology, so she felt quite anxious about filling in the form and uploading the documents. I went to her flat one Saturday afternoon after she knocked on my door and asked if I had a few minutes. First, I asked her to explain the situation, because I wanted to understand exactly what she needed. Then we sat at her dining table with her ID card, phone bills and medical papers, and I helped her organise everything in the right order. The biggest problem was that the website kept rejecting one of the files. At first, we both thought there was something wrong with the system, but after a few tries I found a simple solution. I changed the photo format and made the file smaller, and finally it worked. It wasn't anything dramatic, but I think it made a real difference to her. I also tried to be patient and explain each step, so she might be able to do it herself next time. In the end, we submitted the form successfully, and she looked really relieved. I felt happy afterwards because it was practical support at a stressful time, and she seemed to genuinely appreciate it.

Part 3 追问和思路

1 Why do some people enjoy helping others?

先给出一个明确原因，再用真实例子支持。

可以说 feeling useful and needed　family or religious values　repaying past support

直接答	Some people enjoy helping others because _____.
原因	It gives them _____, and it also _____.
举例	For example, when _____, they can see _____.
细节	This is even more common when _____.

示范

I think many people enjoy helping others because it makes them feel useful and connected. It gives them a sense of purpose, and they can see that their actions make a real difference. For example, when my mother helps new neighbours with local paperwork, she can see their stress go down immediately. This is even more common when people grow up in families where supporting others is normal.

2 Do people help their neighbours as much as they did in the past?

清楚比较过去和现在，再补一个例子。

可以说 busier work schedules　weaker local relationships　neighbourhood chat groups

直接答	I think people today _____ than in the past.
对比	Compared with earlier times, neighbours now _____ because _____.
原因	A big reason is _____.
举例	For example, in _____, people _____.

示范

I think people today help their neighbours a bit less than in the past. Compared with earlier times, many neighbours are less connected because people move more often and spend less time at home. A big reason is busy work schedules, especially in cities. For example, in my parents' old neighbourhood, people shared tools and checked on older residents, but in my apartment building, most people barely know each other.

3 Should schools encourage students to do volunteer work?

直接回答，并提到学习价值和一个具体活动。

可以说 weekend clean-up projects　visits to elderly homes　community service credit

直接答	Yes, schools should _____.
原因	This helps students _____ and _____.
举例	For example, a school could _____ for _____.
细节	It works best when _____.

示范

Yes, schools should encourage students to do volunteer work. This helps students build responsibility and understand real community needs. For example, a school could organize weekend clean-up projects or visits to elderly homes for senior students. It works best when the activities are well planned and students can choose from a few different options.

4 What kinds of help are most valuable when people face difficulties?

选最符合问题的帮助类型，再加一个例子。

可以说 clear practical advice　temporary financial support　regular emotional check-ins

直接答	The most valuable help is _____.
原因	That's because people need _____ when _____.
举例	For example, if someone _____, help like _____ can matter most.
细节	At the same time, _____ also helps because _____.

示范

I think the most valuable help is practical help that solves the person's immediate problem. That's because people need something clear and useful when they're already stressed or overwhelmed. For example, if someone loses their job, help like temporary financial support or finding short-term work can matter most. At the same time, regular emotional support also helps because it keeps the person calm and motivated.

为什么好

- 答案按清晰的时间顺序展开，并加入了具体细节，这有助于提升连贯性和流利度。
- 使用了贴题且准确的词汇，如 anxious、organise 和 relieved，体现了较好的词汇运用能力。
- 句式有简单句，也有较复杂的句子，过去时使用基本准确，体现了语法范围和准确性。

常见错误

- 不要说得太笼统，比如“我经常帮助别人”。在第二部分，最好讲一次具体经历，并给出清楚的细节。
- 注意时态错误。比如应该说“I helped him yesterday”，而不是“I help him yesterday”。
- 不要忘记表达自己的感受。你可以说明自己为什么感到开心、轻松或者有满足感。

话题词

practical	/ˈpræktɪkl/	切实可行的；实用的	My advice was practical, so he could use it immediately.

support	/səˈpɔːt/	帮助；支持	Sometimes emotional support matters as much as practical help.
solution	/səˈluːʃən/	解决办法	Together we found a simple solution to her computer problem.
appreciate	/əˈpriːʃɪeɪt/	感激；感谢	She really appreciated my help and thanked me several times.
confidence	/ˈkɒnfɪdəns/	信心	After our talk, he had more confidence about calling the manager.
useful	/ˈjuːsfʊl/	有用的	In the end, my experience with forms was quite useful.
advice	/ədˈvaɪs/	建议	I gave him some advice before his job interview.
encourage	/ɪnˈkʌrɪdʒ/	鼓励	I tried to encourage her when she felt stressed.
assist	/əˈsɪst/	协助	I assisted my classmate with her presentation slides.
patient	/ˈpeɪʃənt/	耐心的	I was patient while teaching my cousin to use email.

听示范、开口答、估分：**linsays.com/zh/ielts-speaking/a-time-you-helped-someone**



雅思口语 Part 2 · 有动画

描述一次难忘的旅程

Describe a memorable journey

在口语第二部分，考官会给你1分钟准备时间，然后让你就一次难忘的旅程连续说最多2分钟。

题卡

Describe a memorable journey you have had.

You should say:

- where you went
- who you went with
- what happened during the journey
- and explain why it was memorable

1 分钟准备 · 笔记这样记

- Da Nang beach trip
- with my cousin Linh
- night train, sudden storm
- first trip without parents

用这一分钟按顺序记下四个关键词，然后在两分钟里把每个关键词扩展成一到两句完整的话。

按这个顺序说两分钟

开头	I'd like to talk about a journey I took to _____.
where you went	I went to _____, which is in _____.
who you went with	I went there with _____, my _____.
what happened during the journey	During the journey, _____ happened, and then _____.
explain why it was memorable	It was memorable because _____.
收尾	Looking back, it's still one of the _____ experiences I've had.

示范：一段约 7 分的两分钟回答

One memorable journey I'd like to talk about was a train trip I took with my older cousin to a mountain village in the north. We went there during a short autumn holiday, and the village was near a lake that we had both wanted to see for a long time. What made the journey memorable was that things didn't go as planned. Our train was delayed for almost three hours because of heavy rain, so we had to wait at a very crowded station. At first, I felt quite annoyed because the carriage was cramped, and I thought the whole trip would be tiring. However, once the train left the city, the view outside became amazing. We passed fields, small towns, and hills covered in golden trees, so the long wait started to feel worth it. The most memorable part was a spontaneous stop we made at a tiny station after another passenger recommended a nearby viewpoint. We walked uphill for about twenty minutes, and when we reached the top, the lake at sunset was absolutely beautiful. I remember this journey so clearly because it had a bit of everything: stress, surprise, and beautiful scenery. It reminded me that an imperfect trip can still become unforgettable.

Part 3 追问和思路

1 Why are some journeys more memorable than others?

先说一个明确原因，再用一次具体旅行来支持。

可以说 unexpected problems　special travel companions　beautiful natural scenery

直接答	I think some journeys are more memorable when _____.
原因	That's mainly because _____ creates a strong feeling of _____.
举例	For example, on a trip to _____, I still remember _____.

示范

I think some journeys are more memorable when something unexpected happens or when we share them with someone important. That's mainly because strong emotions like excitement, worry, or joy make the experience stay in our minds for much longer. For example, on a trip to Hue, I still remember our train being delayed for hours, but I was with my older brother, so the whole experience felt special rather than annoying.

2 How has technology changed the way people travel?

提到一两个工具，并说明它们如何改变真实的旅行任务。

可以说 booking apps GPS navigation instant translation tools

直接答	Technology has changed travel by making it _____.
原因	People can now _____ without having to _____.
举例	For example, when I travel, I use _____ to _____.
细节	That means I can _____ more easily.

示范

Technology has changed travel by making it much easier and more independent. People can now book rooms, buy tickets, and check directions without having to rely on travel agents or ask strangers for help. For example, when I travel, I use Google Maps and a booking app to plan almost everything on my phone. That means I can save time, avoid confusion, and change my plans more easily if my schedule shifts.

3 In what ways is travelling today different from travelling in the past?

先明确比较过去和现在，再加一个个人例子。

可以说 cheaper flights | online planning | faster transport

直接答	Travelling today is _____ than it was in the past.
对比	In the past, people usually had to _____, but now they can _____.
举例	For instance, my parents used to _____, whereas I can _____.
细节	Because of that, travel feels more _____ today.

示范

Travelling today is much faster and easier to organize than it was in the past. In the past, people usually had to use paper maps or visit travel agents, but now they can book flights, hotels, and tickets on their phones. For instance, my parents used to plan family trips for weeks, whereas I can arrange a weekend away in one evening. Because of that, travel feels much more flexible today.

4 Do people usually prefer to travel alone or with others? Why?

先选一边作答，再简要提另一边来保持平衡。

可以说 share costs | safer at night | more freedom alone

直接答	I think most people prefer to travel _____.
原因	That's because they can _____ and they feel _____.
举例	For example, when I travelled with _____, we could _____.
对比	Still, travelling alone is better for people who want _____.

示范

I think most people prefer to travel with others, especially friends or family. That's because they can share costs and they feel safer in unfamiliar places, particularly at night. For example, when I travelled with two friends, we split the hotel bill and helped each other with directions. Still, travelling alone is better for people who want complete freedom and don't like adjusting their plans for anyone else.

为什么好

- 这个回答覆盖了题卡的所有要点，并且有足够的细节把故事展开。
- 它自然使用了和旅行相关的词汇，比如 delayed、cramped 和 viewpoint。
- 回答结构清楚，有开头、经过和结尾，考官会更容易跟上你的思路。

常见错误

- 不要把大部分时间都用来描述目的地；你也要讲旅途中发生了什么。
- 不要无缘无故切换时态；如果你讲的是过去的经历，通常应以过去时为主。
- 不要只是罗列事件；要说明这次旅程为什么难忘，以及你当时的感受。

话题词

destination	/ˌdestɪˈneɪʃən/	目的地	Our final destination was a small coastal town in the south.
scenery	/ˈsiːnəri/	风景	The mountain scenery changed completely after we crossed the long tunnel.

exhausting	/ɪɑ̃ˈzɔːstɪŋ/	让人筋疲力尽的	It was exhausting at times, but the experience still felt worth it.
adventurous	/ədˈventʃərəs/	有冒险色彩的；刺激的	The whole trip felt adventurous because we had no fixed plan.
itinerary	/aiˈtɪnərəri/	行程安排	Our itinerary was simple, but we changed it several times.
overseas	/ˈəʊvəˈsiːz/	在海外；到国外	It was my first overseas trip without any family members.
cramped	/ˈkræmpt/	狭窄拥挤的	The bus was so cramped that none of us could sleep.
spontaneous	/spɒnˈteɪnɪəs/	临时决定的；即兴的	The best part was a spontaneous stop at a quiet lake.
breathtaking	/ˈbreθˌteɪkɪŋ/	令人惊叹的；壮丽的	At sunrise, the view from the bridge was absolutely breathtaking.
companion	/kəmˈpænjən/	同伴	My companion kept everyone calm when we missed the last bus.

听示范、开口答、估分：**linsays.com/zh/ielts-speaking/a-memorable-journey**



雅思口语 Part 2 · 有动画

描述你学会的一项技能

Describe a skill you learned

这一题是雅思口语第二部分：考官会让你描述一项你学会的技能，你需要连续说1到2分钟。

题卡

Describe a skill that you learned.

You should say:

- what the skill was
- when you learned it
- how you learned it
- and explain why this skill was useful to you

1 分钟准备 · 笔记这样记

- simple cooking at home
- 15 years old, summer break
- Mum, YouTube, weekly practice
- saved money, felt independent

用这一分钟记下四个要点和一个小例子，然后按顺序根据笔记讲两分钟，并给每点补充一个细节。

按这个顺序说两分钟

开头	I'd like to talk about a skill I learned that still helps me now.
what the skill was	The skill was _____.
when you learned it	I learned it when _____.
how you learned it	I picked it up mainly by _____.
explain why this skill was useful to you	It became useful to me because _____.
收尾	So, even though it seemed simple at first, it's a skill I'm really glad I learned.

示范：一段约 7 分的两分钟回答

One skill I learned that has really helped me is cooking basic meals, especially stir-fries and pasta dishes. I really learned it during my first year at university, when I moved into a shared flat and suddenly had to look after myself. At the beginning, I only knew very simple things, like boiling noodles or frying an egg. My older brother gave me some guidance over video calls, and I also watched short cooking videos online. They were effective because I could pause them and copy each step. After that, it was mainly a matter of practice. I tried to cook three or four times a week, and little by little I made progress. To be honest, the biggest challenge was doing several things at once. I had to focus on timing, cut vegetables safely, and check the taste, so I made a lot of mistakes at first. It also took patience, because sometimes the food turned out badly and I wanted to give up. Still, learning this skill made me much more independent and gave me more confidence. I didn't need to rely on takeaway food, and I could save money as well. What I like most is that now I can cook for friends, which feels surprisingly satisfying.

Part 3 追问和思路

1 Do you think practical skills are as important as academic subjects?

先直接表明观点，再补充原因和一个生活中的例子。

可以说 basic cooking and budgeting　maths for entrance exams　bike repair after school

直接答	Yes, I think _____ are just as important as _____.
原因	They help people _____ in everyday life, not only in exams.
举例	For example, if a student can _____, they're usually more independent.

示范

Yes, I think practical skills are just as important as academic subjects. They help people manage everyday life, not just pass exams, so they have real value outside the classroom. For example, if a teenager can cook simple meals and manage a basic budget, they're usually more independent than someone who only gets high marks.

2 What kinds of skills should children learn at school?

先说几个清晰的类别，再解释为什么重要，并补充例子。

可以说 basic first aid | teamwork in group projects | safe online research

直接答	Children should learn _____ at school, not only academic subjects.
原因	These skills matter because children need to _____ as they grow up.
举例	For example, lessons on _____ would be useful at school and at home.

示范

Children should learn practical life skills, teamwork, and basic digital skills at school, not only academic subjects. These skills matter because children need to look after themselves and work with other people as they grow up. For example, lessons on first aid or safe online research would be useful both in the classroom and at home.

3 Is it better to learn a skill by yourself or from a teacher?

先选一边并说明原因，再简单补充另一种方式在什么情况下也有效。

可以说 guitar from YouTube　swimming with a coach　instant feedback on mistakes

直接答	I think learning from _____ is better at the beginning.
原因	A teacher can _____ and stop bad habits early.
举例	For example, when I learned _____, I improved faster with guidance.
对比	After that, learning by yourself works well for _____.

示范

I think learning from a teacher is better at the beginning. A teacher can explain the right technique and stop bad habits early, which saves a lot of time later. For example, when I learned to cook, my mother showed me how to use a knife safely and how to time different dishes. After that, learning by myself worked well for practising the basics every week.

4 How has technology changed the way people learn new skills?

先清楚说明主要变化，再用一个日常例子来解释。

可以说 online video tutorials　learning apps with feedback　expert groups on forums

直接答	Technology has changed learning by making it more _____ and _____.
原因	People can now _____ whenever they have time.
举例	For example, someone learning _____ can use videos and online feedback.
细节	That means they can improve at their own pace and often spend _____.

示范

Technology has changed learning by making it more accessible and flexible. People can now study whenever they have time, pause lessons, and repeat difficult parts instead of waiting for the next class. For example, someone learning photography can watch camera tutorials online and then post their pictures in a forum for feedback. That means they can improve at their own pace and often spend less money.

为什么好

- 这个答案把题卡的四个要点都回答到了：学的是什么技能、什么时候学的、怎么学的，以及它为什么有用。
- 它用了比较具体、自然的词汇，比如 guidance、progress 和 independent，而不是一直重复简单词。
- 内容有清楚的先后顺序，句型也有简单句和复杂句的搭配，这样更有利于流利度和语法表现。

常见错误

- 不要只说技能名称，要确保把题卡上的四个要点都讲到。
- 不要总是用 good、nice 这样很空泛的词；可以换成 useful、challenging、effective 这样更具体的表达。
- 不要全部都用现在时；讲你是怎样学会这项技能的时候，通常需要用过去时。

话题词

technique	/tekˈniːk/	技巧；方法	My teacher showed me a simple technique for holding the knife.
practice	/ˈpræktɪs/	练习	Daily practice helped me remember each step more naturally.
confidence	/ˈkɒnfɪdəns/	信心	As I improved, my confidence grew and I stopped worrying so much about making mistakes.
challenge	/ˈtʃælɪndʒ/	挑战；难题	The biggest challenge was staying calm when everything went wrong.
focus	/ˈfəʊkəs/	专注；集中注意力	At first, I couldn't focus on two actions at once.
effective	/iˈfektɪv/	有效的	Watching short videos was more effective than reading long instructions.
guidance	/ˈgaɪdns/	指导；建议	Without my brother's guidance, I would have given up early.
basic	/ˈbeɪsɪk/	基本的	I learned the basic steps before trying anything difficult.
progress	/ˈprəʊgres/	进步	I made slow progress when I first learned to swim.
method	/ˈmeθəd/	方法	My coach showed me a simple method for breathing properly.

听示范、开口答、估分：**linsays.com/zh/ielts-speaking/a-skill-you-learned**



雅思口语 Part 2 · 有动画

描述你收到的一件难忘的礼物

Describe a gift you received

在口语第二部分，考官可能会让你描述一件你收到的礼物。你需要连续说1到2分钟。

题卡

Describe a gift you received that was memorable to you.

You should say:

- who gave it to you
- what the gift was
- when you received it
- and explain why it was memorable to you

1 分钟准备 · 笔记这样记

- my older sister
- a handmade photo album
- after my final exams
- personal photos, sweet message

用这一分钟记下谁送的、是什么、何时收到和为什么难忘，然后按这个顺序说，并给每一点加一个感受或小细节。

按这个顺序说两分钟

开头	I'd like to talk about a gift that was really memorable to me.
who gave it to you	The person who gave it to me was _____.
what the gift was	The gift itself was _____.
when you received it	I received it when _____.
explain why it was memorable to you	It was especially memorable because _____.
收尾	Even now, whenever I see it, I remember that moment fondly.

示范：一段约 7 分的两分钟回答

I'd like to talk about a gift I got from my older sister when I graduated from university about two years ago. It was a handmade photo album, and even though it wasn't expensive, it meant a lot to me. She gave it to me during a small family dinner at home. I wasn't expecting a present at all, so I was genuinely surprised. The album itself was quite simple, with a blue cover, but inside it was full of photos from different stages of my life, from primary school to my graduation day. Next to some of the pictures, she had written short notes and funny comments, which made it feel really personal. What I remember most is the amount of effort she put into it. She must have spent hours choosing the photos, printing them out, and arranging everything by hand. When I turned the last page, I actually felt quite emotional. This gift was memorable because it showed how well she knew me and how much she cared. I still keep it in my room, and whenever I look at it, it reminds me of my family and that important time in my life.

Part 3 追问和思路

1 Why do some gifts stay in people's memories for a long time?

先说一个明确原因，再给一个具体难忘的例子。

可以说 handwritten birthday letter　watch from late grandfather　surprise after exam results

直接答	I think gifts stay memorable when they are connected to _____.
原因	Usually, they show that the giver understood _____.
举例	For example, a gift like _____ can remind someone of _____.

示范

I think gifts stay memorable when they are connected to a strong feeling or an important moment. Usually, they show that the giver understood what the person needed or cared about at that time. For example, a handwritten birthday letter can remind someone of a close friendship and a special day, so it stays meaningful for years.

2 Do you think handmade gifts are more meaningful than expensive gifts?

先表明立场，简单比较，再用一个个人例子支持。

可以说 knitted scarf from mum　hand-painted coffee mug　designer wallet from mall

直接答	I usually find _____ gifts more meaningful.
原因	They show time, care, and _____.
对比	By contrast, expensive gifts can sometimes feel more like _____.
举例	For example, I'd keep something like _____ for years.

示范

I usually find handmade gifts more meaningful. They show time, care, and personal effort, so they often feel warmer and more sincere. By contrast, expensive gifts can be impressive, but they sometimes feel like something bought quickly without much thought. For example, I'd keep a hand-painted coffee mug from my friend for years because it would feel unique and clearly made for me.

3 On what occasions do people usually give gifts in your country?

先说两三个场合，再补充一个常见礼物的例子。

可以说 weddings and engagements　Lunar New Year visits　graduations and promotions

直接答	In my country, people usually give gifts at _____.
细节	For family occasions like _____, the gifts are often more _____.
举例	A common example is bringing _____ when visiting _____.

示范

In my country, people usually give gifts at weddings and engagements, during Lunar New Year visits, and for milestones like graduations or promotions. For family occasions like Lunar New Year, the gifts are often more personal or traditional. A common example is bringing fruit, tea, or small gift boxes when visiting relatives, to show respect and good wishes.

4 Have people's attitudes towards gift-giving changed in recent years?

说明发生了什么变化、为什么变了，并给一个现在的例子。

可以说 digital vouchers | online wishlists | smaller practical presents

直接答	Yes, I think attitudes have become more _____.
原因	One reason is that shopping is now much _____.
对比	In the past, people focused more on _____.
举例	For example, many people now send _____ instead.

示范

Yes, I think attitudes have become more practical in recent years. One reason is that shopping is now much easier online, so people pay more attention to convenience, price, and fast delivery. In the past, people focused more on choosing something in person and making it feel traditional. For example, many people now send digital vouchers or buy directly from an online wishlist instead.

为什么好

- 回答覆盖了提示卡的所有要点，而且始终围绕一个清晰的故事展开。
- 用了与礼物和感受相关的自然词汇，例如 thoughtful、handmade 和 emotional。
- 内容有具体细节，并且能清楚地用过去时叙述，所以听起来更有条理，也更容易理解。

常见错误

- 不要只说礼物是什么。要补充是谁送的、什么时候收到的，以及为什么它让你难忘。
- 第二部分不要说得太短。可以加入几个具体细节，让故事自然展开。
- 注意基础语法和搭配，比如要说 "I really liked it"，不要说 "I very liked it"。

话题词

thoughtful	/ˈθɔːtfʊl/	体贴的；用心的	It was a thoughtful gift because it matched my interests.
occasion	/əˈkeɪʒən/	场合；时刻	People usually bring a gift on a special occasion, such as a wedding.
practical	/ˈpræktɪkl/	实用的	A backpack is a practical gift for a student.

memorable	/ˈmemərəbl/	难忘的	My graduation day was memorable because my whole family was there.
valuable	/ˈvæljʊəbl/	珍贵的；有价值的	The gift was valuable to me because it came from my grandmother.
surprise	/səˈpraɪz/	意外；惊喜	The present was a complete surprise, so I didn't know what to say.
package	/ˈpækɪdʒ/	包裹；礼物包装	I opened the package as soon as I got home.
useful	/ˈjuːsfʊl/	有用的	It's a useful gift, and I still use it every week.
emotional	/iˈməʊʃənəl/	激动的；动情的	I felt quite emotional when I read her message.
appreciate	/əˈpriːʃɪeɪt/	感激；珍惜	I appreciate the time and effort she put into the gift.

听示范、开口答、估分：**linsays.com/zh/ielts-speaking/a-gift-you-received**

雅思口语 Part 2

描述一个你喜欢的公园或花园

Describe a park or garden you like

考官会给你一张任务卡，并给你1分钟准备时间。然后你需要连续说1到2分钟。

题卡

Describe a park or garden you like.

You should say:

- where it is
- what it looks like
- what people do there
- and explain why you like it

1 分钟准备 · 笔记这样记

- Riverside Park near downtown
- lake, tall trees, flower beds
- jogging, picnics, outdoor concerts
- peaceful, fresh air, childhood memories

用这一分钟为每个要点记一个关键词，再用接下来的两分钟按这个顺序说，并补充一个个人细节。

按这个顺序说两分钟

开头	I'd like to talk about a park called _____.
where it is	It's in _____, not far from _____.
what it looks like	It has _____, and the overall atmosphere is _____.

what people do there	People go there to _____, especially at weekends.
explain why you like it	I like it because _____, and it always makes me feel _____.
收尾	So it's definitely one of my _____ places in the city.

示范：一段约 7 分的两分钟回答

I'd like to talk about a park near my flat called Riverside Park. It isn't famous or huge, but it's the place I go to most often when I need a break. It's about a ten-minute walk from where I live, right behind a row of apartment buildings, so it's very convenient for local residents. What I like about it is that it's quite spacious and well maintained. There's a circular pathway around a small lake, a fountain near the main gate, and plenty of trees that give good shade in summer. The landscape is simple rather than dramatic, but it feels clean and balanced. There are also useful facilities like benches, exercise equipment, and a small playground. People do all sorts of things there. In the morning, older people walk slowly or do stretching exercises, and in the evening, families bring their children and teenagers ride bikes. At weekends it can get a bit crowded, but somehow it still feels peaceful. The main reason I like this park is that it gives me an escape from city life without having to travel far. If I've had a stressful day at work, even a twenty-minute walk there can refresh me. I also like the fact that it brings the neighbourhood together in a natural way.

Part 3 追问和思路

1 Why are parks important in cities?

先直接回答原因，再用一个日常城市例子说明。

可以说 cooler summer streets | free exercise space | meeting neighbors

直接答	I think parks are important because they _____.
原因	One main reason is that they give people _____ in a busy city.
举例	For example, in _____, people use parks to _____ after work.
细节	Without parks, a city would feel _____ and more _____.

示范

I think parks are important because they make city life healthier and less stressful. One main reason is that they give people open space, cleaner air, and a break from traffic and concrete in a busy city. For example, in my area, office workers and older people use the park to walk, stretch, or sit in the shade after work. Without parks, a city would feel denser and more stressful.

2 How can governments encourage people to use public green spaces?

重点说人们能很快感受到的实际改进，不要只说抽象政策。

可以说 safe walking paths | free weekend events | clean public toilets

直接答	Governments can encourage people by _____ and _____.
原因	That works because people are more likely to visit when _____.
举例	For instance, if a park has _____, families often _____.
细节	It also helps if the local council _____ regularly.

示范

Governments can encourage people by improving basic facilities and organizing simple community activities. That works because people are more likely to visit when a park feels safe, clean, and easy to use with children or older relatives. For instance, if a park has well-lit paths, clean toilets, and free weekend events, families often stay longer and come back regularly. It also helps if the local council repairs equipment and cuts the grass regularly.

3 Do you think children benefit more from parks than adults?

先明确表明立场，再简要承认另一组也会受益。

可以说 physical play areas | social skills practice | stress relief for adults

直接答	I'd say _____ benefit more, although _____ also gain a lot.
原因	The main reason is that they need _____ for their development.
举例	For example, in my local park, children can _____.
对比	Adults usually use parks to _____ instead.

示范

I'd say children benefit more, although adults also gain a lot from parks. The main reason is that they need space for active play and social interaction, and that really supports their physical and emotional development. For example, in my local park, children run around, use the climbing frame, and make friends quite naturally. Adults usually use parks to relax or exercise instead, so the benefit is real but slightly less essential.

4 In what ways are public parks different from private gardens?

用简单的并列方式比较开放性、用途和设施。

可以说 open to everyone | larger shared facilities | more personal design

直接答	The biggest difference is that public parks are _____, while private gardens are _____.
对比	Because of that, parks usually have _____, but gardens focus more on _____.
举例	For example, a park near _____ has _____.
细节	A private garden, on the other hand, is often _____.

示范

The biggest difference is that public parks are open to everyone, while private gardens belong to one household. Because of that, parks usually have shared facilities like paths, benches, and playgrounds, but gardens focus more on personal taste and everyday family use. For example, a park near my home has a jogging track, a small lake, and space for weekend events. A private garden, on the other hand, is often quieter, smaller, and designed by the owner.

为什么好

- 答案结构清楚，按照地点、外观、活动和喜欢的原因展开，容易让考官跟上。
- 用了自然且准确的主题词汇，比如 pathway、shade、facilities 和 escape 这些词。
- 句型有变化，既有简单句也有复杂句，对时态和从句的控制较好。

常见错误

- 不要只说“很漂亮”，要补充具体细节，比如树、湖、小路或设施。
- 不要无缘无故切换时态；如果这个地方你现在还会去，主要用一般现在时。
- 不要忘记最后一点；要明确解释你为什么喜欢它，比如它能让你放松或锻炼。

话题词

peaceful	/ˈpiːsfʊl/	宁静的	The park feels peaceful in the early morning before work.

spacious	/ˈspeɪʃəs/	宽敞的	It’s spacious enough for families, joggers, and elderly people alike.
fountain	/ˈfaʊntɪn/	喷泉	There’s a small fountain near the entrance, and children love it.
pathway	/ˈpɑːθweɪ/	小路	I usually follow the pathway around the lake after dinner.
shade	/ʃeɪd/	阴凉处	We sat in the shade because the afternoon sun was strong.
landscape	/ˈlændskeɪp/	景观	The landscape is simple, but the flowers make it attractive.
facilities		设施	The park has good facilities, including toilets and exercise machines.
residents		居民	Local residents often meet there and chat after supper.
maintain	/meɪnˈteɪn/	维护	The council seems to maintain the garden quite carefully all year.
crowded	/ˈkraʊdɪd/	拥挤的	It gets crowded on weekends, so I prefer weekday evenings.

听示范、开口答、估分：**linsays.com/zh/ielts-speaking/a-park-or-garden-you-like**

雅思口语 Part 2

描述一个你喜欢的爱好

Describe a hobby you enjoy

考官会让你描述一个你喜欢的爱好，你需要连续说一到两分钟。

题卡

Describe a hobby you enjoy.

You should say:

- what the hobby is
- how often you do it
- how you became interested in it
- and explain why you enjoy it

1 分钟准备 · 笔记这样记

- street photography around town
- twice a week, Sundays
- cousin gave me old camera
- relaxing, creative, saves memories

用1分钟写下四个关键词，然后按四个要点说满2分钟，再加一个小例子和你的感受。

按这个顺序说两分钟

开头	I'd like to talk about a hobby I really enjoy, which is _____.
what the hobby is	The hobby is _____, and I usually _____.
how often you do it	I do it about _____, especially on _____.

how you became interested in it	I got into it when _____ gave me _____.
explain why you enjoy it	I enjoy it because it helps me _____, and it makes me feel _____.
收尾	So overall, _____ is a hobby I really want to keep doing.

示范：一段约 7 分的两分钟回答

A hobby I really enjoy is photography, especially taking pictures of ordinary street scenes and small details in my city. I usually do it at weekends, and sometimes for about twenty minutes after work if the weather is nice. The good thing is that it's very flexible, so I don't need to set aside a whole day for it. I became interested in it about three years ago when my cousin lent me his old camera during a family trip. Before that, I thought photography was only for professionals with expensive equipment, but he showed me the basics and told me to just explore. After that, I started going out on my own and watching short videos online, which kept me motivated and helped me improve. What I enjoy most is that it feels creative, but it also needs concentration. When I'm taking photos, I stop thinking about work and just focus on light, colour and timing. It gives me a better balance in life because my job is quite repetitive and screen-based. It's also really rewarding to look back at a photo and feel that I captured a real moment. Sometimes it becomes social as well, because I share my pictures with friends and ask for their opinions.

Part 3 追问和思路

1 Why do people need hobbies in their lives?

先说一个明确的好处，再解释原因，并加一个日常例子。

可以说 stress relief after work　joining a weekend club　finishing a small project

直接答	People need hobbies because they help us _____.
原因	One main reason is that they can _____ after _____.
举例	For example, someone who enjoys _____ can _____ regularly.

示范

People need hobbies because they help us stay mentally healthy. One main reason is that they can help us switch off after work or study, and they also give us something enjoyable to improve at over time. For example, someone who enjoys cooking can try a new dish every weekend, relax in the kitchen, and feel proud when the meal turns out well.

2 Do you think people's hobbies change as they get older?

先明确回答，再说明年龄如何改变时间、精力或兴趣。

可以说 giving up intense sports　taking up home gardening　less time after children

直接答	Yes, I think hobbies often change as people get _____ .
原因	That's mainly because their _____ changes and they have less _____ .
举例	For instance, a person who loved _____ at 20 might prefer _____ later on.
对比	Compared with younger people, older adults often choose hobbies that are more _____ and easier to _____ .

示范

Yes, I think hobbies often change as people get older. That's mainly because their routine changes and they have less time and energy than before. For instance, a person who loved basketball at 20 might prefer walking or gardening later on. Compared with younger people, older adults often choose hobbies that are more relaxing and easier to fit into daily life.

3 Do you think it is better to have a hobby that you do alone or with other people?

先选一个立场，但也简短承认另一种情况也适合某些人。

可以说 badminton club motivation　quiet solo drawing　learning tips from friends

直接答	I think it's better to have a hobby _____.
原因	The main reason is that it makes the hobby more _____ and easier to _____.
举例	For example, when people join a _____ club, they usually keep going because of the _____.
对比	At the same time, solo hobbies can be better if you need _____.

示范

I think it's better to have a hobby with other people. The main reason is that it makes the hobby more motivating and easier to continue when you feel lazy or busy. For example, when people join a running club, they usually keep going because of the group and the fixed schedule. At the same time, solo hobbies can be better if you need quiet time to recharge.

4 How has the internet changed the way people develop hobbies?

指出一个主要变化，解释它如何发挥作用，再举一个常见的网络例子。

可以说 YouTube beginner tutorials　online hobby groups　second-hand gear websites

直接答	The internet has made hobbies much more _____.
原因	People can learn from _____ and meet others with the same _____.
举例	For example, if someone wants to start _____, they can watch _____ first.
细节	It also lets people buy _____ online more easily.

示范

The internet has made hobbies much more accessible. People can learn from free videos and forums and meet others with the same interests, even if no one nearby shares them. For example, if someone wants to start knitting, they can watch beginner tutorials first and practise at home. It also lets people buy second-hand tools online more easily, which lowers the cost of trying something new.

为什么好

- 答案紧扣题目，并且把提示点都覆盖到了，结构也很清楚。
- 答案使用了比较自然、也不太基础的词汇，如 flexible、equipment、concentration 和 rewarding，体现出不错的词汇范围。
- 答案恰当地使用了过去时和现在时，也结合了简单句和稍复杂的句子，语法表达比较自然。

常见错误

- 不要只说爱好的名字，还要补充你多久做一次，以及你是怎么开始的。
- 不要总是用 good 或 nice 这类比较空泛的词，最好换成 relaxing、creative 或 rewarding 这样更具体的表达。
- 如果你提到自己是怎么开始这个爱好的，要注意时态准确。更自然的说法是：I became interested in it when my cousin taught me.

话题词

creative	/kriːˈeɪtɪv/	有创意的	I like photography because it feels creative without being too difficult.

routine	/ruːˈtiːn/	日常习惯	Drawing has become part of my weekend routine after lunch.
equipment	/iˈkwɪpmənt/	器材；设备	This hobby does not require expensive equipment, which suits me.
concentration	/ˌkɒnsənˈtreɪʃən/	专注力；注意力	It improves my concentration because I forget my phone completely.
improve	/ɪmˈpruːv/	提高；改善	I can see that regular practice helps me improve quite quickly.
balance	/ˈbæləns/	平衡	It gives me a better balance between work and free time.
social	/ˈsəʊʃəl/	社交的	It can also be quite social when I go on photo walks with friends.
flexible	/ˈfleksəbl/	灵活的	It's flexible, so I can do it for just ten minutes if I'm busy.
practical	/ˈpræktɪkl/	实用的	Cooking is practical because I learn recipes I can actually use.
explore	/ɪkˈsplɔː/	探索	This hobby lets me explore different styles without too much pressure.

听示范、开口答、估分：**linsays.com/zh/ielts-speaking/a-hobby-you-enjoy**

雅思口语 Part 2

描述一个你将来想去的地方

Describe a place you would like to visit

在口语第二部分，考官会给你一张话题卡，让你描述一个你想去的地方。你需要连续说1到2分钟。

题卡

Describe a place you would like to visit in the future.

You should say:

- where it is
- how you know about this place
- what you would like to do there
- and explain why you would like to visit this place

1 分钟准备 · 笔记这样记

- Kyoto, western Japan
- friend's stories, travel videos
- temples, gardens, old streets
- peaceful culture, seasonal beauty

用1分钟按顺序写4个关键词，再用2分钟依次展开，并补充一个小例子或感受。

按这个顺序说两分钟

开头	A place I'd really like to visit in the future is _____.
where it is	It's in _____, in the western part of _____.
how you know about this place	I first heard about it from _____, and later I saw _____.

what you would like to do there	If I go there, I'd love to _____ and _____.
explain why you would like to visit this place	What attracts me most is _____ because _____.
收尾	So I really hope I can visit _____ one day.

示范：一段约 7 分的两分钟回答

One place I'd really like to visit in the future is Kyoto, in western Japan. I've never been to Japan before, but Kyoto is the city that interests me most because it seems to have a great mix of history, culture and natural beauty. I first learned about it from travel videos, and later one of my friends went there and showed me her photos. What stood out to me were the old temples, traditional wooden houses and quiet streets. Even though it's a well-known tourist destination, it still looks peaceful in many areas, and that really appeals to me. If I had the chance to go, I'd like to visit some of the famous temples, walk around the older neighbourhoods and try as much local food as possible. I'd also love to go in spring, because the scenery must be beautiful when the cherry trees are in bloom. At the same time, I'd try not to go during the most crowded weeks, because I think I'd enjoy it more if it wasn't too busy. The main reason I want to visit Kyoto is that I'm very interested in Japanese culture. I feel that seeing the place in person would be far more memorable than just watching videos online, and it would give me a much deeper understanding of the city.

Part 3 追问和思路

1 Why do some people prefer to visit cities while others prefer the countryside?

先说一种选择的原因，再用一句话对比另一种。

可以说 museums and nightlife　quiet mountain villages　fast public transport

直接答	I think people often prefer _____ or _____, depending on what they want from a trip.
原因	Cities attract people who want _____ and _____.
举例	For example, my _____ loved _____ in Seoul.
对比	By contrast, the countryside suits people who want _____ and _____.

示范

I think people often prefer cities or the countryside, depending on what they want from a trip. Cities attract people who want convenience and plenty of things to do. For example, my cousin loved taking the subway and visiting different neighborhoods in Seoul. By contrast, the countryside suits people who want quiet and a slower pace.

2 How can tourism affect local people and local culture?

说一个好处和一个坏处，都要联系当地人。

可以说 hotel and transport jobs | higher rent for residents | festival traditions changing

直接答	Tourism can _____ local people and local culture in both positive and negative ways.
原因	On the positive side, it brings _____ and _____.
举例	For example, in _____, many local people _____.
细节	But if tourism grows too fast, _____ can become _____.

示范

Tourism can affect local people and local culture in both positive and negative ways. On the positive side, it brings jobs and extra income. For example, in a beach town near my city, many local people rent out rooms or work in cafés during the holiday season. But if tourism grows too fast, local festivals can become too commercial.

3 Do people learn more from travelling now than they did in the past?

先明确表态，再比较现在的工具和过去的情况。

可以说 translation apps　online travel documentaries　museum audio guides

直接答	Yes, I think people can learn more from travelling now because _____.
原因	These days, travellers can use _____ and _____ before or during a trip.
举例	For example, in _____, I used _____.
对比	In the past, people usually had _____, so learning was _____.

示范

Yes, I think people can learn more from travelling now because information is much easier to find. These days, travellers can use translation apps and museum audio guides before or during a trip. For example, in Bangkok, I used a travel app to understand temple rules and local transport. In the past, people usually had fewer resources, so learning was slower and less detailed.

4 What kinds of places should governments protect for future generations?

说出两类地方，并解释为什么未来的人也需要它们。

可以说 wetlands and forests | historic temples | traditional neighborhoods

直接答	I think governments should protect _____ and _____.
原因	These places matter because they _____ and _____.
举例	For example, if _____ is damaged, people can lose _____.
细节	For future generations, this means they can still _____.

示范

I think governments should protect natural areas and historic sites. These places matter because they preserve wildlife and protect a community's history. For example, if an old temple or a wetland is damaged, people can lose something unique that can't really be replaced. For future generations, this means they can still learn from the past and enjoy a healthier environment.

为什么好

- 这个答案清楚地覆盖了四个提示点，考官会更容易跟上你的思路。
- 它自然使用了与话题相关的词汇，比如 destination、scenery、architecture 和 culture。
- 它加入了具体细节和个人原因，这样更容易把答案说得充分、连贯。
- 它同时使用了简单句和较长的句子，能够体现一定的语法范围，而且听起来很自然。

常见错误

- 不要只说地名。你还应该说明它在哪里，以及你是怎么知道这个地方的。
- 不要反复使用 very nice 或 very beautiful 这种很空泛的词。可以换成更准确的词，比如 peaceful、historic 或 crowded。
- 不要忘记提示卡最后一个点。你不仅要描述这个地方，还要解释你为什么想去。
- 不要试图背一个过于完美的答案。在真实考试中，自然、清楚的表达通常比听起来像背诵的答案更好。

话题词

destination	/ˌdestɪˈneɪʃən/	目的地	Kyoto is a popular destination for people who are interested in history and culture.
scenery	/ˈsiːnəri/	风景	I think the scenery would be especially beautiful in spring.
historic	/hɪˈstɒrɪk/	有历史意义的；历史悠久的	Kyoto is a historic city with many old temples and shrines.
local	/ˈləʊkəl/	当地的	I always like trying local food when I visit a new place.
explore	/ɪkˈsplɔː/	探索；游览	I'd like to explore the old streets on foot.
culture	/ˈkʌltʃə/	文化	Travelling helps people understand the local culture better.
architecture	/ˈɑːkɪtektʃə/	建筑风格	I really like the architecture in the older part of the city.
recommendation	/ˌrekəmenˈdeɪʃən/	推荐；建议	I chose that place on a friend's recommendation.
coastal	/ˈkəʊstəl/	沿海的	I'd love to visit a quiet coastal town in Italy someday.
peaceful	/ˈpiːsfʊl/	宁静的	It seems like a peaceful place where I could really relax.

听示范、开口答、估分：**linsays.com/zh/ielts-speaking/a-place-you-want-to-visit**

雅思口语 Part 2

描述一个你经常使用的应用或网站

Describe an app or website you use often

在这个第二部分话题中，考官会让你描述一个你经常使用的应用或网站，你需要说1到2分钟。

题卡

Describe an app or website you often use.

You should say:

- what the app or website is
- when you started using it
- what you use it for
- and explain why you use it often

1 分钟准备 · 笔记这样记

- Google Maps on my phone
- started in secondary school
- directions, bus routes, cafés
- saves time, very reliable

用这一分钟为每个要点记一个关键词，然后按这个顺序说，并在两分钟里加一个简单例子。

按这个顺序说两分钟

开头	I'd like to talk about _____, which is an app I use almost every day.
what the app or website is	The app is _____, and I mainly use it on my _____.

when you started using it	I first started using it when I was _____.
what you use it for	I mainly use it for _____.
explain why you use it often	I use it so often because it helps me _____ and _____.
收尾	So overall, it's become a really _____ part of my daily routine.

示范：一段约 7 分的两分钟回答

The app I use most often is Google Calendar on my phone and laptop. I started using it in my first year at university, when I kept missing deadlines and even forgot a dentist appointment once. A friend recommended it, and since then it's become part of my daily routine. I mainly use it to organise my timetable. I put in lectures, work shifts, birthdays, and even small things like when to pay my phone bill. My favourite feature is the colour coding, because I can see straight away whether something is related to study, work, or family. I also like the instant reminders. For example, every Sunday evening it reminds me to prepare for Monday, and that honestly makes my week less stressful. I use this app so often because it's really convenient and efficient. Instead of trying to remember everything, I can just check one screen. It's also reliable, so I trust it more than paper notes, which I tend to lose. The app gets regular updates too, but the design stays simple, so it never feels confusing. At this point, I probably depend on it a bit too much, but it definitely helps me manage my time better.

Part 3 追问和思路

1 How have apps and websites changed the way people organise their daily lives?

先直接说总体变化，再解释，并举一个日常生活的例子。

可以说 calendar reminders　food delivery orders　online banking payments

直接答	They've changed daily life a lot because people can _____ in one place.
原因	The main reason is that apps put _____ and _____ together.
举例	For example, people use _____ to manage _____.
细节	So they spend less time on _____ and more time on _____.

示范

They've changed daily life a lot because people can organise most tasks in one place. The main reason is that apps put reminders and services together, so people don't have to switch between different tools. For example, I use apps to set calendar reminders, pay bills, and order dinner after work. So I spend less time on routine tasks and more time on study or rest.

2 Do you think people rely too much on apps for simple tasks?

先给出明确但不过度极端的观点，再用一个简单习惯来说明。

可以说 mental math | remembering phone numbers | choosing restaurants

直接答	Yes, in some ways people rely on apps too much for _____.
原因	That's because apps make _____ feel easier than _____.
举例	For instance, instead of _____, many people just _____.
细节	As a result, they may become less confident about _____.

示范

Yes, in some ways people rely on apps too much for simple tasks. That's because apps make even small jobs feel easier than doing them yourself. For instance, instead of doing mental math or choosing a restaurant on their own, many people just check a calculator or review app. As a result, they may become less confident about making everyday decisions without digital help.

3 What makes an app or website popular with users?

先说两个特点，再解释为什么用户会持续使用。

可以说 simple design　fast loading speed　useful daily features

直接答	An app becomes popular when it offers _____ and _____.
原因	People keep using it if it _____ without _____.
举例	For example, users like _____ because it helps them _____.
细节	If it also has _____, people recommend it to others.

示范

I think an app or website becomes popular when it offers a simple design and useful daily features. People keep using it if it works quickly without confusing steps or too many ads. For example, users like Google Maps because it helps them find the fastest route in seconds. If it also has accurate information, people are much more likely to recommend it to friends or family.

4 Should schools teach students how to use websites and apps more effectively?

先明确表态，再提一个学校可以教的实际技能。

可以说 checking online information　privacy settings　research tools

直接答	Yes, schools should teach students how to use _____ more effectively.
原因	The main reason is that students use _____ every day, but they may not understand _____.
举例	For example, a lesson on _____ could help them _____.
细节	That would make students more _____ when they study online.

示范

Yes, schools should teach students how to use websites and apps more effectively. The main reason is that students use digital tools every day, but they may not understand how to judge information or protect their data. For example, a lesson on checking sources and privacy settings could help them avoid false information and online risks. That would make students more confident and responsible when they study online.

为什么好

- 答案按清楚的顺序覆盖了四个要点，还加入了个人细节，这有助于体现流利度和连贯性。
- 答案自然使用了与主题相关的词汇，比如 organise、feature、reliable 和 efficient。
- 答案展示了简单句和复杂句的搭配，整体听起来也像自然的口语表达。

常见错误

- 不要只说“我每天都用”，要说明你用它做什么，比如“我用它来安排课程和截止日期”。
- 不要只给出空泛的理由，比如“它很好”，要具体说明原因，例如“它很方便，因为会提醒我”。
- 不要只是罗列功能，要说你最喜欢哪个功能，以及它怎样帮助你。

话题词

convenient	/kənˈviːnjənt/	方便的	It's convenient because I can check it anywhere on my phone.

feature	/ˈfiːtʃə/	功能	My favourite feature is the reminder tool, which saves me time.
efficient	/iˈfɪʃənt/	高效的	It makes shopping more efficient, especially when I'm busy after work.
recommend	/ˌrekəˈmend/	推荐	I'd definitely recommend it to students who need quick information.
browse	/braʊz/	浏览	I usually browse articles on it before going to bed.
update	/ʌpˈdeɪt/	更新	The latest update fixed a few small problems and made the app faster.
organise	/ˈɔːgənaɪz/	整理	It helps me organise my tasks and remember important deadlines.
reliable	/riˈlaɪəbl/	可靠的	I keep using it because it's reliable even on slower internet.
instant	/ˈɪnstənt/	即时的	I get instant notifications when someone replies to my message.
privacy	/ˈpraɪvəsi/	隐私	I care about privacy, so I changed the default settings.

听示范、开口答、估分：**linsays.com/zh/ielts-speaking/an-app-or-website-you-use-often**

雅思口语 Part 2

描述一个你认识的孩子

Describe a child you know

在口语第2部分，你会先有1分钟准备，然后就这个话题说1到2分钟。

题卡

Describe a child you know.

You should say:

- who the child is
- how you know this child
- what he or she is like
- and explain how you feel about this child

1 分钟准备 · 笔记这样记

- my cousin Emma, age seven
- weekend visits and family trips
- curious, chatty, very kind
- proud of her growth

用这一分钟为四个要点各写一个关键词，然后按顺序说两分钟，并补充一个小例子。

按这个顺序说两分钟

开头	I'd like to talk about a child named _____.
who the child is	The child I'm going to describe is _____, who is _____.
how you know this child	I know _____ because _____.

what he or she is like	In daily life, _____ is _____ and _____.
explain how you feel about this child	I feel _____ about _____ because _____.
收尾	Overall, _____ is a child I _____.

示范：一段约 7 分的两分钟回答

One child I know quite well is my nephew, Ethan. He's seven years old and he's at primary school. I see him almost every weekend because my sister lives only about fifteen minutes away from my flat, so our families are very close. Sometimes I also pick him up after school if my sister is busy, so I've had quite a lot of time to get to know him. He's a very curious and energetic child. He asks endless questions about how things work, especially buses, insects and my phone. He's also quite confident for his age. When visitors come to the house, he usually starts talking to them straight away instead of hiding behind his mum. At the same time, he can be a bit mischievous. Once he hid my glasses behind the sofa and laughed while I looked for them everywhere. Even so, he's also really affectionate and quite independent. He likes making simple snacks by himself and always gives me a hug when I arrive. Overall, I feel very fond of him because he makes family time much more lively, and watching him grow up has been really enjoyable for me.

Part 3 追问和思路

1 What qualities make a child easy to get along with?

先说两种品质，再解释原因并给一个简短例子。

可以说 shares toys willingly | listens to others | controls temper well

直接答	I'd say a child is easy to get along with if he or she is _____ and _____.
原因	That usually works because _____.
举例	For example, when a child _____, people around them feel _____.
细节	It also helps if the child _____.

示范

I'd say a child is easy to get along with if he or she is kind and calm. That usually works because other children feel relaxed and safe around them. For example, when a child takes turns and listens during a game, people around them feel included. It also helps if the child is willing to share instead of arguing over every little thing.

2 How has childhood changed compared with the past?

清楚比较现在和过去，再解释原因并举一个例子。

可以说 more screen time　busier after-school schedules　less outdoor freedom

直接答	Childhood has definitely changed in _____ ways.
对比	Compared with the past, children now have more _____ but less _____.
原因	I think this is mainly because _____.
举例	For example, in my area, many children _____ after school.

示范

Childhood has definitely changed in quite a few ways. Compared with the past, children now have more screen time but less freedom to play outdoors on their own. I think this is mainly because technology is everywhere and parents are more protective than before. For example, in my area, many children go to extra classes after school and then spend the evening on a tablet.

3 Do children learn more from their parents or from school?

先直接选一方，再支持你的观点，并简要提到另一方。

可以说 table manners at dinner　home language and values　maths and science lessons

直接答	Overall, I think children learn more from _____.
原因	That's because _____ affects them every day.
举例	For instance, children often learn _____ at home.
对比	School is still important for _____, though.

示范

Overall, I think children learn more from their parents, especially when they're very young. That's because family life affects them every day, from the way they speak to how they behave at the table. For instance, children often learn manners and basic routines at home by copying their parents. School is still important for academic subjects and social skills, though.

4 Is spending a lot of time with technology good for children?

可以给出平衡看法，但一开始就要明确总体观点。

可以说 educational videos | online games | sleep and attention

直接答	Overall, I don't think a lot of time with technology is _____ for children.
原因	The main reason is that too much screen time can _____.
举例	For example, a child might use technology for _____, but then spend too long _____.
细节	So I think parents should _____.

示范

Overall, I don't think a lot of time with technology is good for children. The main reason is that too much screen time can hurt their sleep and make it harder to focus. For example, a child might use technology for homework or learning videos, but then spend too long playing games afterward. So I think parents should set time limits and make sure screens are used for a clear purpose.

为什么好

- 答案结构清楚，四个提示点都回答到了，而且有相关细节。
- 用词自然，有一定范围，像 curious、mischievous 和 independent 这样的词都用得合适。
- 答案通过简短例子展开内容，同时结合了简单句和较复杂的句子，这对雅思口语是有帮助的。

常见错误

- 不要只堆砌形容词。最好加一个小例子，这样描述会更清楚，也更自然。
- 不要随意在现在时和过去时之间切换。如果这个孩子现在你还认识，通常应以现在时为主。
- 不要说“I know him since five years”。要说“I’ve known him for five years.”

话题词

curious	/ˈkjʊərɪəs/	好奇的	She’s very curious and always asks why the sky changes colour.

confident	/ˈkɒnfɪdənt/	自信的	Even with adults around, she seems confident and speaks clearly.
sensitive	/ˈsensɪtɪv/	敏感细腻的；体贴的	He’s sensitive and quickly notices if someone in the family is upset.
independent	/ˌɪndɪˈpendənt/	独立的	She’s quite independent and packs her school bag by herself.
creative	/kriːˈeɪtɪv/	有创意的	He’s creative and makes little stories with his toy animals.
patient	/ˈpeɪʃənt/	有耐心的	She’s patient enough to sit quietly and finish a difficult puzzle.
responsible	/rɪˈspɒnsəbl/	有责任心的	For his age, he’s quite responsible and feeds the fish every morning.
affectionate	/əˈfekʃənət/	爱表达关爱的；亲热的	She’s affectionate and always gives her grandmother a hug before leaving.
energetic	/ˌenəˈdʒetɪk/	精力充沛的	After school, he’s still energetic and wants to cycle in the park.
polite	/pəˈlaɪt/	有礼貌的	She’s polite and says thank you even for very small things.

听示范、开口答、估分：**linsays.com/zh/ielts-speaking/a-child-you-know**

雅思口语 Part 2

描述一件你喜欢穿的衣服

Describe a piece of clothing you like to wear

在这道口语第二部分题目中，考官会要求你描述一件你喜欢穿的衣服。你需要连续说1到2分钟。

题卡

Describe a piece of clothing you like to wear.

You should say:

- what it is
- when and where you usually wear it
- how you got it
- and explain why you like wearing it

1 分钟准备 · 笔记这样记

- grey oversized hoodie
- campus, cafés, weekends
- bought online last winter
- soft, warm, easy style

用这一分钟给每个要点写一个关键词，然后按这个顺序说，并给每一点补充一个小细节或例子。

按这个顺序说两分钟

开头	I'd like to talk about a piece of clothing I wear a lot, which is my _____.
what it is	It's a _____ made of _____.

when and where you usually wear it	I usually wear it when I'm _____, especially in _____.
how you got it	I got it from _____, and I got it _____.
explain why you like wearing it	I like wearing it because it makes me feel _____ and it goes well with _____.
收尾	So that's why this _____ is one of my favourite things to wear.

示范：一段约 7 分的两分钟回答

One piece of clothing I really like to wear is a dark blue hoodie. It's quite plain, with no big logo on it, and I think that's one of the reasons I like it. It looks casual but still tidy, so I can wear it in lots of everyday situations. I usually wear it to university, when I meet friends, or when I travel. I probably wear it two or three times a week in autumn and spring. I wouldn't choose it for a formal occasion, of course, but for daily life it's really practical. I got it from my older sister last year for my birthday. She knows my taste quite well, so she chose something simple that would suit me. At first, I thought it looked a bit ordinary, but once I tried it on, I changed my mind. The main reason I like it is that it's very comfortable. The fabric is soft and quite breathable, and the fit is just right for me—not too tight and not too loose. It's also durable, so even after a lot of washing, it still looks good. I know it's only a hoodie, but it makes me feel relaxed and confident whenever I wear it.

Part 3 追问和思路

1 Do people in your country care a lot about the clothes they wear?

先明确回答是或不是，再说明这种情况最明显出现在哪里，并给一个日常例子。

可以说 job interview appearance　social media photos　traditional festival outfits

直接答	Yes, in _____ I think many people care quite a lot about what they wear.
原因	A big reason is that clothes can show _____ and help create a _____ impression.
举例	For example, when someone goes to _____, they usually choose _____.

示范

Yes, in my country I think many people care quite a lot about what they wear, especially in big cities. A big reason is that clothes can show personality and help people make a good first impression. For example, when someone goes to a job interview or even posts photos online, they usually choose something neat and well-matched rather than just throwing on the first thing they see.

2 Why do some people prefer comfortable clothes while others prefer fashionable ones?

直接比较这两类人，并把他们的选择和日常生活或个人形象联系起来。

可以说 long daily commutes professional image at work following fashion influencers

直接答	I think it depends on whether people value _____ or _____ more.
原因	People who choose comfortable clothes usually spend a lot of time _____, so they want to feel _____.
对比	By contrast, people who prefer fashionable clothes often want to look _____ in places like _____.
举例	For instance, my _____ usually wears _____.

示范

I think it depends on whether people value comfort or style more. People who choose comfortable clothes usually spend a lot of time commuting or moving around, so they want to feel relaxed all day. By contrast, people who prefer fashionable clothes often want to look polished in places like the office or at social events. For instance, my brother usually wears a hoodie, joggers, and trainers for university.

3 How have clothing styles changed in your country in recent years?

先说主要变化，再说明原因，最后和过去做对比。

可以说 oversized streetwear trend　shopping through mobile apps　sportswear with casual clothes

直接答	In my country, clothing styles have become more _____ and _____ in recent years.
原因	One reason is that people now see more trends online, especially from _____ and _____.
举例	For example, it's common to see _____ wearing _____.
对比	Compared with the past, people used to dress more _____ for _____.

示范

In my country, clothing styles have become much more casual and mixed in recent years. One reason is that people now see more trends online, especially from influencers and shopping apps. For example, it's common to see young adults wearing trainers, loose trousers, and oversized shirts together. Compared with the past, people used to dress a bit more formally even for simple activities like meeting friends or going shopping.

4 Do you think schools or workplaces should have dress codes?

给出一个平衡的观点，再说明哪些场合最需要着装规定以及原因。

可以说 safety in science labs　uniforms for school students　smart clothes for clients

直接答	Yes, I think _____ should have a basic dress code, but it shouldn't be too _____.
原因	It helps create a _____ environment and makes it clear what is _____.
细节	At the same time, the rules should match the _____ and still allow some _____.
举例	For example, in _____, wearing _____ makes sense.

示范

Yes, I think schools and many workplaces should have a basic dress code, but it shouldn't be too strict. It helps create a respectful environment and makes it clear what is appropriate. At the same time, the rules should match the setting and still allow some personal choice. For example, in a science lab, wearing practical clothes and closed shoes makes sense for safety.

为什么好

- 这个回答紧扣题卡的四个要点，结构清楚，考官很容易听懂。
- 它自然使用了服装话题词汇，比如 fabric、fit、practical 和 durable。
- 它准确使用了过去时和现在时，并且用清楚的原因和细节把内容展开了。

常见错误

- 不要只说几句就停下。第二部分需要你持续作答，并把题卡上的要点展开。
- 不要只描述衣服的外观，还要说你什么时候穿、怎么得到它，以及为什么喜欢穿它。
- 要避免常见语法错误，尤其是介词和时态，比如说 at home，而不是 in home；说 My sister gave it to me last year，而不是 give。

话题词

casual	/ˈkæʒjʊəl/	休闲的	At weekends, I usually wear casual clothes like jeans and a T-shirt.
comfortable	/ˈkʌmfətəbl/	舒适的	These shoes are so comfortable that I can walk in them for hours.
fabric	/ˈfæbrɪk/	布料	The fabric feels soft and light, so it's nice to wear in warm weather.
fit	/fɪt/	合身程度；版型	I like the fit of this hoodie because it's loose but still looks neat.
durable	/ˈdjʊrəbl/	耐穿的	I prefer durable clothes because I don't want to replace them too often.
formal	/ˈfɔːməl/	正式的	You need formal clothes for some job interviews.
practical	/ˈpræktɪkl/	实用的	A black jacket is practical because it matches many different outfits.
occasion	/əˈkeɪʒən/	场合	For a special occasion, I usually wear something a bit smarter.
trend	/trend/	潮流；流行趋势	I don't follow every fashion trend because I prefer simple clothes.
plain	/pleɪn/	朴素的；简单的	I like plain clothes because they are easy to match.

听示范、开口答、估分：**linsays.com/zh/ielts-speaking/a-piece-of-clothing-you-like-to-wear**

雅思口语 Part 2

描述一件你离不开的物品

Describe an object you could not live without

在这个 Part 2 话题中，考官会让你描述一件你离不开的物品，你需要连续说一到两分钟。

题卡

Describe an object you could not live without.

You should say:

- what it is
- how long you have had it
- how you use it in your daily life
- and explain why you could not live without it

1 分钟准备 · 笔记这样记

- black iPhone 12 smartphone
- since my first year at college
- messages, maps, work emails, photos
- keeps me organised and reachable

准备的一分钟里按顺序写四个关键词；说两分钟时按这个顺序展开，再加一个简单的例子或感受。

按这个顺序说两分钟

开头	The object I couldn't live without is _____.
what it is	It's my _____, and I use it every single day.
how long you have had it	I've had it for _____, since _____.

how you use it in your daily life	In daily life, I use it to _____ and _____.
explain why you could not live without it	I couldn't live without it because _____.
收尾	So, even though it's just an object, _____.

示范：一段约 7 分的两分钟回答

The object I probably couldn't live without is my smartphone. That may sound a bit ordinary, but it plays such a big role in my everyday life. I've had this phone for nearly three years. I bought it just before I started university because I needed something more reliable, with a better battery and more storage. I use it all the time, from morning until night. First, I use it as my alarm, and then I check messages, read the news, and look at my calendar for the day. It's especially useful for study because I can access lecture slides, online dictionaries, and my notes wherever I am. I also use it for maps, online payments, and taking photos of important information. Since it's small and portable, I don't need to carry several different things with me. The main reason I couldn't live without it is convenience. It helps me stay organised, keep in touch with people, and manage both study and daily life in one place. Of course, it can sometimes be a distraction, but overall it saves me a lot of time. If I lost it, I'd feel quite stressed and uncomfortable at first.

Part 3 追问和思路

1 Why do people become so attached to certain personal possessions?

先直接回答，解释情感联系，再加一个个人例子。

可以说 gift from a parent | college memories | used every morning

直接答	People get attached to _____ because they link it with an important part of their _____.
原因	For many people, it represents _____ or reminds them of _____.
举例	For instance, I still keep my _____ because it was given to me by _____.
细节	Without it, I'd lose a small reminder of _____.

示范

People get attached to certain possessions because they link them with important parts of their life. For many people, an object represents a relationship or reminds them of a special time. For instance, I still keep my old watch because it was given to me by my father when I finished high school. Without it, I'd lose a small reminder of that moment.

2 Do you think modern technology has made daily life easier or more stressful?

先明确表明主要观点，用日常任务来支持，并简要提一个缺点。

可以说 paying bills online　constant work notifications　maps and food delivery

直接答	On balance, I'd say technology has made life _____.
原因	That's mainly because it helps people _____ more quickly.
举例	For example, I use my phone to _____ instead of _____.
细节	The stressful part is _____, but overall it's still worth it.

示范

On balance, I'd say technology has made daily life easier. That's mainly because it helps people handle routine tasks more quickly. For example, I use my phone to pay bills, order food, and check directions instead of going to different places in person. The stressful part is the constant stream of messages and notifications, but overall it's still worth it.

3 Are expensive electronic devices always better than cheaper ones?

先清楚表达观点，说明性价比，再比较一两个功能。

可以说 camera quality | all-day battery | brand name markup

直接答	No, expensive devices aren't always _____ than cheaper ones.
原因	Sometimes you're paying for _____ rather than _____.
举例	For example, my _____ was cheaper, but it still _____.
对比	Compared with _____, it gives me _____.

示范

No, expensive electronic devices aren't always better than cheaper ones. Sometimes you're paying for a famous brand rather than a real improvement in everyday use. For example, my current earbuds were much cheaper, but they still have clear sound and a battery that lasts for days. Compared with premium models, they give me everything I need for commuting and studying.

4 How might people's most important objects change in the future?

先做一个未来预测，解释背后的趋势，再给一个现实的例子。

可以说 smartwatches for health | smart glasses | digital wallet apps

直接答	In the future, people's most important objects might be _____.
原因	That's because everyday life is becoming more _____.
举例	For example, a _____ could be used for _____.
细节	That means people may not need to carry _____ anymore.

示范

In the future, people's most important objects might be wearable devices or one small device that combines several functions. That's because everyday life is becoming more digital, from payments to identification to health tracking. For example, a smart watch could be used for unlocking doors, paying in shops, and monitoring your heart rate. That means people may not need to carry separate items like wallets or keys anymore.

为什么好

- 答案结构清楚，能够自然覆盖提示卡的四个要点。
- 词汇比较丰富，而且和话题相关，使用也很自然。
- 句型有变化，语法基本准确，衔接也比较清楚。

常见错误

- 很多考生只会罗列功能，最好补充它怎样真实影响你的日常生活。
- 不要说 'I buy it three years ago'，要说 'I bought it three years ago' 或 'I've had it for three years.'
- 不要一直用 good 或 useful，尽量换成更具体的词，比如 convenient、portable 或 essential。

话题词

device	/di'vaɪs/	设备	The device I use most is definitely my mobile phone.

essential	/iˈsenʃəl/	必需的	For me, a phone is essential for work and study.
rely	/riˈlai/	依赖	I rely on it whenever I need directions or information.
portable	/ˈpɔːtəbl/	便携的	I like it because it's portable and fits in my pocket.
convenient	/kənˈviːnjənt/	方便的	It's really convenient when I need to contact my family quickly.
organise	/ˈɔːgənaɪz/	整理；安排	It helps me organise my schedule and daily tasks.
access	/ˈækses/	获取；使用	With it, I can access my notes almost anywhere.
charge	/tʃɑːdʒ/	充电	I usually charge it every night before going to bed.
durable	/ˈdjʊrəbl/	耐用的	Luckily, it's quite durable and hasn't broken after several drops.
efficiency	/iˈfɪʃənsi/	效率	Using one device for everything improves my efficiency a lot.

听示范、开口答、估分：**linsays.com/zh/ielts-speaking/an-object-you-could-not-live-without**

雅思口语 Part 2

描述一件你经常使用的科技产品

Describe a piece of technology you use

这个 Part 2 题目会要求你描述一件你经常使用的科技产品，你需要连续说 1 到 2 分钟。

题卡

Describe a piece of technology that you use regularly.

You should say:

- what it is
- when you got it
- how often you use it
- and explain why it is important to you

1 分钟准备 · 笔记这样记

- Samsung Galaxy A54 smartphone
- just before starting university
- every day, many times
- study, maps, family contact

用这一分钟给四个要点各记一个关键词，再加一个小例子；在两分钟里按这个顺序说，并给每个要点补一个简单的个人细节。

按这个顺序说两分钟

开头	I'd like to talk about _____.
what it is	It's a _____.
when you got it	I got it _____ when _____.

how often you use it	I use it _____, mainly for _____.
explain why it is important to you	It's important to me because _____.
收尾	So overall, I can't really imagine daily life without _____.

示范：一段约 7 分的两分钟回答

I'd like to talk about my smartphone, which is probably the piece of technology I use most often. I bought it around two years ago after my old phone stopped working properly. I didn't choose an expensive model. I just wanted something reliable, with a decent battery and enough storage for my everyday needs. I use it many times a day, and honestly, it helps me with almost everything. In the morning, I check my messages, my timetable, and the weather. When I'm on the bus, I often listen to podcasts or look through my class notes. I also use the camera a lot, especially to take photos of whiteboards or documents, which saves time. It's important to me because it makes daily life much easier. I can use maps, online banking, email, and even travel tickets in one place. It's also really useful for communication because my parents live in another city, so I can call them or send them photos whenever I want. Overall, it saves me time and helps me stay organised. That said, it can also be a distraction, so I try not to use it too much when I'm studying.

Part 3 追问和思路

1 How has technology changed the way people work or study?

先直接回答，再对比过去和现在，然后给一个清楚的例子。

可以说 online classes from home　shared documents at work　recorded lectures and apps

直接答	Technology has changed work and study by making them more _____.
对比	In the past, people had to _____, but now they can _____.
举例	For example, at my school or work, we use _____ to _____.
细节	That saves time and makes _____ much easier.

示范

Technology has changed work and study by making them more flexible. In the past, people had to be in one place at a fixed time, but now they can study or attend meetings from home. For example, at my university, we use shared documents and recorded lectures to finish group projects and review classes. That saves time and makes teamwork much easier.

2 Do you think people rely too much on technology nowadays?

先表明明确立场，再用一个日常例子来支持。

可以说 phone alarms and maps　AI writing tools　online banking and delivery

直接答	Yes, I think people rely on _____ a bit too much nowadays.
原因	One reason is that many people can't _____ without _____.
举例	For instance, if _____ stops working, they often _____.
细节	That can make people less _____ and more _____.

示范

Yes, I think people rely on technology a bit too much nowadays. One reason is that many people can't do simple things without their phones, like remembering directions or important numbers. For instance, if the internet stops working, they often struggle to pay bills or contact other people. That can make people less independent and more stressed when a device fails.

3 What are the advantages and disadvantages of technology for older people?

先说一两个好处，再用一个现实问题让答案更平衡。

可以说 video calls with family　medicine reminder apps　small buttons and scams

直接答	For older people, technology can be _____, but it also has _____.
原因	On the positive side, it helps them _____.
举例	For example, apps like _____ let them _____.
细节	The downside is that _____ can be confusing or risky.

示范

For older people, technology can be very helpful, but it also has some drawbacks. On the positive side, it helps them stay in touch with family and manage daily tasks more easily. For example, apps like WhatsApp and medicine reminder apps let them make video calls and remember important tablets. The downside is that small text, complicated menus, and online scams can be confusing or risky.

4 Should schools encourage students to use more technology in class?

先明确表达观点，解释好处，再补充一个限制来保持平衡。

可以说 interactive quizzes on tablets | science videos and simulations | too much screen time

直接答	Yes, schools should encourage _____, but in a balanced way.
原因	It can help students _____ more easily.
举例	For example, teachers can use _____ to explain _____.
细节	But classes still need _____, not only screens.

示范

Yes, schools should encourage students to use more technology in class, but in a balanced way. It can help students understand difficult ideas more easily and make lessons more engaging. For example, teachers can use science simulations, short videos, or online quizzes to explain topics clearly and check understanding quickly. But classes still need discussion, handwriting, and face-to-face interaction, not only screens.

为什么好

- 这个答案覆盖了题卡上的所有要点，并提供了清楚、相关的细节。
- 它自然地使用了贴合话题的词汇，比如 reliable、battery、feature 和 distraction。
- 句型有变化，既有简单句，也有较复杂的句子，这对 IELTS 口语是有帮助的。
- 内容衔接清楚，听起来容易理解。

常见错误

- 不要只列出这个科技产品有哪些功能。你还要说明你是什么时候得到它的，以及你使用它的频率。
- 避免只用 very good、nice 这类很空泛的形容词。可以换成更具体的词，比如 reliable、convenient 或 efficient。
- 不要漏掉最后一个要点。你需要解释为什么这件科技产品对你很重要。
- 尽量不要死记硬背一段很复杂的答案。在考试中，自然、清楚的表达通常更好。

话题词

device	/dɪˈvaɪs/	设备	This device helps me organise my day and stay in touch with people quickly.
portable	/ˈpɔːtəbl/	便携的	It's portable, so I can carry it between home, university, and work.
convenient	/kənˈviːnjənt/	方便的	Online banking is convenient because I can pay bills in minutes.
reliable	/rɪˈlaɪəbl/	可靠的	I need something reliable, especially when I'm travelling alone at night.
efficient	/ɪˈfɪʃənt/	高效的	It makes my study routine more efficient during busy exam weeks.
feature	/ˈfiːtʃə/	功能	My favourite feature is the voice recorder for quick reminders.
battery	/ˈbætəri/	电池	The battery usually lasts all day unless I watch videos.
essential	/ɪˈsenʃəl/	必需的	For me, a smartphone is essential for daily life now.
access	/ˈækses/	获取途径；使用权	It gives me instant access to maps, messages, and class materials.
update	/ʌpˈdeɪt/	更新	After each update, the phone feels faster and more secure.

听示范、开口答、估分：**linsays.com/zh/ielts-speaking/a-piece-of-technology-you-use**

雅思口语 Part 2

描述一位你很亲近的家庭成员

Describe a family member you are close to

在雅思口语第二部分中，考官可能会让你描述一位你很亲近的家庭成员，你需要连续说1到2分钟。

题卡

Describe a family member you are close to.

You should say:

- who this family member is
- what he or she is like
- what you usually do together
- and explain why you are close to this person

1 分钟准备 · 笔记这样记

- older sister Lina
- calm, funny, practical
- cook together, watch dramas
- she understands me best

用这一分钟记下这个人是谁、他或她的性格、你们一起做什么，以及你们为什么亲近，然后按这个顺序说满两分钟。

按这个顺序说两分钟

开头	The family member I'd like to talk about is my _____, _____.
who this family member is	She's my _____, and her name is _____.

what he or she is like	She's quite _____ and _____.
what you usually do together	We usually _____ together, and we also _____.
explain why you are close to this person	We're close because she _____, and I can always _____.
收尾	So overall, she's someone I _____ a lot.

示范：一段约 7 分的两分钟回答

I'd like to talk about my older sister, who is five years older than me. Out of everyone in my family, she's the person I'm closest to. We shared a room for years when we were growing up, so many of my childhood memories include her, from doing homework at the kitchen table to watching silly TV shows on rainy evenings. In terms of personality, she's calm and patient, whereas I'm more emotional and a bit disorganised. Even so, we have a similar sense of humour, and we can talk for hours without getting bored. She's also very reliable. If I have a problem, she usually replies to my messages quickly, even when she's busy with work. These days, we don't live together, but we still meet at least once a week. We usually have coffee, go food shopping, or just take a walk in the park near her flat. I also ask her for advice about work and relationships because she thinks clearly and doesn't judge me. Instead of solving everything for me, she encourages me to be more independent. The main reason I'm so close to her is that she's supported me at every stage of my life. Of course, we sometimes argue, but there's a lot of trust between us, and that makes our relationship really strong.

Part 3 追问和思路

1 Do you think family relationships are changing in modern society?

先明确表态，比较过去和现在，再举一个真实例子。

可以说 smaller households in cities　video calls with relatives　less time for meals

直接答	I think they are becoming _____.
对比	Compared with the past, families now spend _____ and use _____ more.
原因	I think this is mainly because _____.
举例	For example, in my family, _____.

示范

I think they are becoming a bit less close in daily life. Compared with the past, families now spend less time together face to face and use messaging apps or video calls more. I think this is mainly because people move away for work and daily routines are much busier. For example, in my family, my cousins live in different cities, so we usually talk online instead of having regular weekend meals together.

2 What are the advantages of being close to a family member?

说出一个好处，解释它为什么重要，再给一个个人例子。

可以说 emotional support after setbacks　honest advice about study　help during emergencies

直接答	One big advantage is having _____.
原因	That matters because _____.
举例	For example, when I _____, my _____ could _____.
细节	Because of that, I felt _____ and _____.

示范

One big advantage is having someone you can trust completely. That matters because a close relative usually knows your personality well and can support you at difficult times. For example, when I was struggling with my university major, my older sister could talk it through with me and give me honest advice. Because of that, I felt calmer and much more confident.

3 Why do some people find it difficult to stay close to their relatives?

选一个主要原因，并说明它如何随着时间削弱联系。

可以说 living in different cities　old arguments not solved　demanding work schedules

直接答	A common reason is _____.
原因	When people _____, it's hard to stay close.
举例	For example, _____ might only meet _____ a few times a year.
细节	After a while, _____ starts to feel _____.

示范

A common reason is living far apart. When people work or study in different cities, it's hard to stay close because they don't share everyday life anymore. For example, an uncle working abroad might only meet his family a few times a year. After a while, even simple conversations can start to feel formal rather than relaxed.

4 How can parents build a strong relationship with their children?

提出具体做法，并解释为什么这些方法对孩子有效。

可以说 regular one-to-one time　listen without judging　clear rules with warmth

直接答	Parents can build a strong relationship by _____.
原因	This helps because children need _____.
举例	For example, parents could _____ every _____.
细节	If they do that consistently, children usually become _____.

示范

Parents can build a strong relationship by spending regular one-to-one time with their children. This helps because children need attention and a safe space to talk honestly. For example, parents could go for a short walk with their child every weekend and ask about school, friends, or worries. If they do that consistently, children usually become more open and trusting.

为什么好

- 这个回答覆盖了提示卡的所有要点，而且展开顺序清楚。
- 它准确使用了和家庭关系有关的自然词汇，比如 calm、reliable 和 independent。
- 句型有变化，既有简单句也有复合句，整体听起来像自然的口语表达。

常见错误

- 不要只说 'She is nice' 或 'He is kind'；最好补充一个简短的原因或例子，让内容更具体。
- 不要把过去的经历全用一般现在时；应说 'We grew up together.' 而不是 'We grow up together.'
- 不要说 'I am very close with my sister'；更自然的说法是 'I'm very close to my sister.'

话题词

patient	/ˈpeɪʃənt/	有耐心的	She's patient with me, even when I ask the same question twice.

reliable	/rɪ'laɪəbl/	可靠的	I can always call my cousin when I need help because he's very reliable.
advice	/əd'vaɪs/	建议	My uncle often gives me advice about work and relationships.
argue	/'ɑːgjʊ/	争论	We sometimes argue about money, but it never lasts long.
personality	/ˌpɜːsə'nælɪti/	性格；个性	She has a quiet personality, but she's very warm once you get to know her.
childhood	/'tʃaɪldhʊd/	童年	We spent a lot of time together in my childhood.
encourage	/ɪn'kʌrɪdʒ/	鼓励	She always encourages me to speak up and trust myself.
responsibility	/rɪˌspɒnsə'bɪlɪti/	责任；职责	As the oldest child, she had a lot of responsibility at home.
similar	/'sɪmɪlə/	相似的	We're similar in humour, so conversations between us feel easy.
independent	/ˌɪndɪ'pendənt/	独立的	My aunt taught me to be independent from a young age.

听示范、开口答、估分：**linsays.com/zh/ielts-speaking/a-family-member-you-are-close-to**

雅思口语 Part 2

描述一位你想见的名人

Describe a famous person you would like to meet

在这个口语第二部分题目中，考官会让你描述一位你想见的名人。你需要连续说一到两分钟。

题卡

Describe a famous person you would like to meet.

You should say:

- who this person is
- how you know about this person
- what you would like to do if you met this person
- and explain why you would like to meet this person

1 分钟准备 · 笔记这样记

- Taylor Swift, global pop singer
- songs, interviews, concert clips
- ask about songwriting process
- creative, hardworking, positive influence

用这一分钟给每个要点记一个关键词，然后按顺序说两分钟，并补充一个感受或例子。

按这个顺序说两分钟

开头	A famous person I'd really like to meet is _____.
who this person is	This person is _____, and they're mainly known for _____.

how you know about this person	I first heard about _____ through _____, and then I started following this person more.
what you would like to do if you met this person	If I met _____, I'd like to _____ and maybe _____.
explain why you would like to meet this person	I'd like to meet this person because _____, and I really admire _____.
收尾	So meeting _____ would be a really memorable experience for me.

示范：一段约 7 分的两分钟回答

The famous person I'd really like to meet is Emma Watson. She's a British actress, and she's also well known for speaking about women's rights. Like many people, I first knew her from the Harry Potter films, but I became more interested in her later, after watching a few interviews and a speech she gave online. She seemed intelligent, calm and very genuine, which made a strong impression on me. If I met her, I wouldn't want anything too formal. I'd just like to have a short conversation, maybe over coffee, and ask her a few questions. For example, I'd love to know how she dealt with becoming famous at such a young age, and how she managed to continue her education at the same time. I'd also ask her how she chooses the social causes she supports. The main reason I'd like to meet her is that she seems to use her fame in a positive way. She's obviously talented, but what I admire more is that she comes across as thoughtful and humble. I think meeting her would give me a different perspective on success, because she doesn't seem focused only on money or popularity.

Part 3 追问和思路

1 Why do some famous people become role models?

先说他们为什么能激励别人，再举一个明确的例子。

可以说 children's charity work　strict training habits　overcame family poverty

直接答	They become role models when they _____ and _____.
原因	People respect them because they _____, not just because they _____.
举例	For example, _____ became inspiring to many people after _____.

示范

They become role models when they achieve something impressive and behave responsibly in public. People respect them because they show discipline and use their influence in a positive way, not just because they're rich or well known. For example, many young people admire Marcus Rashford after he campaigned for free school meals in the UK, because he used his fame to help ordinary families.

2 Do the media usually show the real personality of famous people?

先回答是或不是，再用一个媒体例子解释。

可以说 edited TV interviews　public relations teams　unplanned live moments

直接答	Not usually; the media often show _____ rather than _____.
原因	That's because celebrities and media companies want to _____.
举例	For instance, in _____, a famous person may seem _____ because the content is edited.
细节	You get a more real picture when _____ happens unexpectedly.

示范

Not usually; the media often show a carefully managed image rather than a person's real character. That's because celebrities and media companies want to protect their reputation and keep the public interested. For instance, in a TV interview, a famous actor may seem relaxed and funny because the best parts are selected. You get a more honest picture when an unscripted moment happens live.

3 Is it easier or harder for ordinary people to become famous nowadays than in the past?

清楚比较现在和过去，再加一个社交媒体的例子。

可以说 phone camera and apps　viral short videos　heavy online competition

直接答	I think it's _____ for ordinary people to become famous nowadays.
原因	One reason is that they can _____ through _____.
对比	In the past, people needed _____, but now they can _____.
举例	For example, someone could become known after _____ on _____.

示范

I think it's easier for ordinary people to become famous nowadays, at least in the short term. One reason is that they can share videos or opinions through social media and reach thousands of people without any company behind them. In the past, people needed TV exposure or industry connections, but now they can build an audience alone. For example, someone could become known after posting a useful study video on TikTok.

4 Which types of famous people have the strongest influence on young people in your country?

先说类型，再解释年轻人为什么会追随他们。

可以说 pop singers | online creators | star athletes

直接答	In my country, _____ and _____ have the strongest influence on young people.
原因	That's mainly because young people see them _____ and copy _____.
举例	For example, many teenagers started _____ after following _____ online.

示范

In my country, online creators and pop singers probably have the strongest influence on young people. That's mainly because teenagers see them constantly on social media and copy their fashion, language, and even their opinions on everyday topics. For example, many teenagers started using a study app after following a popular creator online who recommended it in a short video.

为什么好

- 这个答案清楚覆盖了题卡的四个提示点，而且顺序自然、逻辑清晰。
- 它自然地使用了相关词汇，比如 genuine、talented、humble 和 perspective。
- 表达听起来像真实口语，简单句和较复杂的句子都有。

常见错误

- 不要只罗列这个名人的事实信息；要说明你是怎么知道他或她的，以及你为什么想见他或她。
- 不要用不自然的语法，比如“I will meet him and ask many question”；更自然的说法是“I'd like to meet him and ask a few questions.”
- 不要反复使用 famous 或 good 这类很基础的词；尽量换成更准确的词，比如 talented、genuine 或 influential。

话题词

influential	/ˌɪnfʊˈenʃəl/	有影响力的	She's influential because millions of young people listen to her opinions.

inspiring	/ɪnˈspaɪərɪŋ/	鼓舞人心的	I find her story inspiring because she overcame failure and kept working.
achievement	/əˈtʃiːvmənt/	成就	Winning that award was a huge achievement at such a young age.
charity	/ˈtʃærɪti/	慈善；慈善事业	I'd ask about her charity work and how she chooses projects.
genuine	/ˈdʒenjʊɪn/	真诚的	On television, she seems genuine and speaks in a very relaxed way.
talented	/ˈtæləntɪd/	有天赋的	She's clearly talented, but she also practises more than people realise.
career	/kəˈrɪə/	职业生涯	Her career changed direction after one surprising opportunity abroad.
confident	/ˈkɒnfɪdənt/	自信的	I'd probably feel nervous, but I'd try to sound confident.
humble	/ˈhʌmbl/	谦逊的	Even after becoming famous, she still seems humble and polite.
motivate	/ˈməʊtɪveɪt/	激励	People like her motivate others to work harder for their goals.

听示范、开口答、估分：**linsays.com/zh/ielts-speaking/a-famous-person-you-would-like-to-meet**

雅思口语 Part 2

描述一位你认识很久的朋友

Describe a friend you have known for a long time

在这个口语第二部分话题中，考官会让你描述一位你认识很久的朋友。你需要说一到两分钟。

题卡

Describe a friend you have known for a long time.

You should say:

- who this friend is
- how you met this friend
- what you usually do together
- and explain why you have stayed friends for so long

1 分钟准备 · 笔记这样记

- Linh, primary school classmate
- met in fourth grade
- coffee, walks, birthday dinners
- honest, reliable, no pressure

用这一分钟给每个要点写一个关键词，然后按四个小部分来讲，最后用一句清晰的总结收尾。

按这个顺序说两分钟

开头	I'd like to talk about my friend _____.
who this friend is	This friend is _____, an old _____ of mine.
how you met this friend	I first met _____ when we were in _____.

what you usually do together	These days we usually _____ and _____ together.
explain why you have stayed friends for so long	We've stayed close because _____ and _____.
收尾	So that's why _____ is still such an important friend in my life.

示范：一段约 7 分的两分钟回答

I'd like to talk about my friend Daniel, who I've known since primary school, so it's been about fifteen years. We met when we were around eight because we were in the same class. I remember feeling quite nervous on my first day, and he was the first person who spoke to me. He even lent me a pen when I forgot mine, so he seemed friendly from the start. Although we don't see each other every day now, we still make time for each other. We usually meet for coffee at the weekend, play badminton once in a while, or just walk around our old neighbourhood. When we meet, we normally talk about work, family, and memories from school. He's got a good sense of humour, so even simple conversations are enjoyable. I think we've stayed friends for so long mainly because we trust each other. Daniel is honest, but he also knows how to be supportive, so I can always ask him for advice. We also share similar values, and we've both made an effort to keep in touch, even when we were living in different cities. For me, that combination of trust, loyalty and effort is what keeps a friendship strong.

Part 3 追问和思路

1 Why do some friendships last for many years while others do not?

先明确对比，再用一个真实例子解释。

可以说 shared values and trust　regular effort to meet　moving to different cities

直接答	I think friendships last when _____, but they fade when _____.
原因	The main reason is that _____ takes _____.
举例	For example, my friend _____ and I still _____ every week.

示范

I think friendships last when both people keep making time for each other, but they fade when the effort becomes one-sided. The main reason is that a close friendship takes trust and regular contact, especially when people's lives start changing. For example, my friend Minh and I still text every week and meet once a month, even though we now work in different parts of the city.

2 Is it easier to make close friends in childhood or in adulthood?

先明确选择一边，再和另一边作比较。

可以说 seeing classmates every day　busy work and family schedules　choosing friends more carefully

直接答	I'd say it's easier in _____.
原因	That's mainly because _____ have more chances to _____.
对比	In adulthood, people usually have _____, so it can be _____.
举例	For instance, when I was _____, I became close to people by _____.

示范

I'd say it's easier in childhood. That's mainly because children have more chances to see each other every day and build trust naturally. In adulthood, people usually have work and family responsibilities, so it can be slower and harder to form close friendships. For instance, when I was in primary school, I became close to people just by studying and playing with them every day.

3 How has social media changed the way people keep in touch with friends?

说一个积极变化，再说一个可能的缺点。

可以说 instant messages and calls　photo updates and stories

frequent contact, less depth

直接答	Social media has made it _____ to keep in touch with friends.
原因	The biggest change is that people can _____ in _____.
举例	For example, I keep up with my friend _____ by _____.
对比	Compared with the past, contact is _____, but sometimes it feels _____.

示范

Social media has made it much easier to keep in touch with friends. The biggest change is that people can send a quick message or start a video call in seconds, even when they live far apart. For example, I keep up with my university friend Hana by replying to her stories and having short video calls. Compared with the past, contact is more frequent, but sometimes the conversations don't feel as personal or as deep.

4 What qualities are important in a long-term friendship?

先说两三个品质，再用一个简单例子说明。

可以说 honesty during problems　reliable support in crises　respect for boundaries

直接答	I think _____ and _____ matter most in a long-term friendship.
原因	These matter because a friendship can't last without _____.
举例	For example, my close friend always _____ when I _____.

示范

I think honesty and reliability matter most in a long-term friendship. These matter because a friendship can't last without trust and the feeling that you can depend on the other person. For example, my close friend always speaks honestly when I ask for advice, and she respects my space when I'm stressed. That makes the friendship feel safe and stable over the long term.

为什么好

- 这个答案清楚覆盖了提示卡的四个要点，并加入了相关细节，所以内容连贯、容易展开。
- 它自然使用了与话题相关的词汇，比如 trust、loyalty、supportive 和 similar values，词汇范围不错。
- 答案同时用了现在和过去时，时态控制较准确，句式也有一定变化。

常见错误

- 不要说 'I know him since ten years'，要说 'I've known him for ten years'，或者 'I've known him since 2014.'
- 不要只列形容词，比如 kind、nice；最好加一个小例子来说明原因。
- 不要忽略提示卡的最后一点，一定要明确解释这段友谊为什么能维持这么久。

话题词

loyal	/ˈlɒɪəl/	忠诚的	She's very loyal, and she stayed by my side when I was going through a difficult time.
bond	/bɒnd/	纽带；亲密关系	We have a strong bond because we grew up together.

mature	/məˈtjʊə/	成熟的；稳重的	He's much more mature now than he was as a child.
generous	/ˈdʒenərəs/	慷慨的；大方的	She's generous with her time and always listens carefully.
honest	/ˈɒnɪst/	诚实的	I value her honest advice, even when it's hard to hear.
similar	/ˈsɪmɪlə/	相似的	We became close because we have similar interests and values.
trust	/trʌst/	信任；相信	I trust him because he's always straightforward and dependable.
encourage	/ɪnˈkʌrɪdʒ/	鼓励；激励	She always encourages me when I start doubting myself.
reliable	/riˈlaɪəbl/	可靠的；值得信赖的	He's reliable, so if he says he'll help, I know he will.
humorous	/ˈhjuːmərəs/	幽默的	He's quite humorous, so conversations with him are never boring.

听示范、开口答、估分：**linsays.com/zh/ielts-speaking/a-friend-you-have-known-for-a-long-time**

雅思口语 Part 2

描述一位影响过你的老师

Describe a teacher who influenced you

在这个口语第二部分题目中，考官会要求你描述一位影响过你的老师，你需要连续说1到2分钟。

题卡

Describe a teacher who has influenced you.

You should say:

- who this teacher was
- when you were taught by him or her
- what this teacher did that influenced you
- and explain how this teacher influenced you

1 分钟准备 · 笔记这样记

- Ms Chen, high school English
- Grade 10, after transfer
- Stayed late, gave feedback
- Built confidence, changed goals

用这一分钟按顺序记下四个关键词，再用两分钟依次展开四点，最后总结这位老师对你的影响。

按这个顺序说两分钟

开头	I'd like to talk about a teacher who really influenced me.
who this teacher was	The teacher was _____, and she taught me _____.
when you were taught by him or	I was taught by her when I was _____.

her	
what this teacher did that influenced you	What influenced me most was that she _____.
explain how this teacher influenced you	Because of her, I became _____ and started to _____.
收尾	So, that's why this teacher has had such a lasting impact on me.

示范：一段约 7 分的两分钟回答

I'd like to talk about my English teacher from secondary school, Ms Lee, who had a big influence on me. She taught me when I was about fifteen, at a time when I was quite shy and not very confident about speaking in class. What made her special was her teaching method. Instead of only following the textbook, she used practical activities like short role-plays, group discussions and small debates about everyday topics. She was quite strict about homework and written work, but in class she was also very patient and supportive. I still remember one time when I gave a short presentation and made several mistakes. Instead of interrupting me, she listened carefully and gave me feedback afterwards, so I didn't feel embarrassed. The biggest influence she had on me was on my confidence. Before her lessons, I usually stayed quiet because I was afraid of saying something wrong. She always encouraged me to answer, even if my response wasn't perfect. Little by little, I started to improve, and I became more curious about English rather than afraid of it. Because of her, I'm much more motivated to learn languages now, and I still use some of her study habits today.

Part 3 追问和思路

1 What qualities make a good teacher?

先点出两种品质，再说明它们为何有助于学习，并给一个课堂例子。

可以说 clear explanations　patience with weak students　useful personal feedback

直接答	I think the most important qualities are _____ and _____.
原因	That matters because students need _____.
举例	For example, when a teacher _____, students usually _____.

示范

I think the most important qualities are patience and clear communication. That matters because students learn at different speeds, so they need support as well as explanations they can actually follow. For example, when a teacher breaks one idea into small steps and gives personal feedback, students usually understand more, ask more questions, and become much more confident in class.

2 In what ways can teachers influence students' future career choices?

先说一种主要方式，再解释学生为什么需要这种引导，并举一个个人例子。

可以说 recommend subjects and majors | spot hidden strengths early | share real work examples

直接答	Teachers can influence career choices by _____.
原因	This is important because many students _____.
举例	For example, my teacher _____, so I started to _____.

示范

Teachers can influence career choices by noticing students' strengths and guiding them in the right direction. This is important because many teenagers still have no clear idea what they are good at or what jobs might suit them. For example, my English teacher kept encouraging me to join speaking contests, so I started to consider studying communication or education in the future.

3 Do teachers play a more important role than technology in education?

先明确表态，再给出理由、例子，最后和另一方做比较。

可以说 human motivation and guidance | instant online practice | adapt to emotional needs

直接答	I'd say _____ is more important in education.
原因	The main reason is that _____.
举例	For example, when a student _____, a teacher can _____.
对比	Compared with _____, _____ gives more personal support.

示范

I'd say teachers are more important in education. The main reason is that they can guide, motivate, and adapt to different learners instead of giving everyone the same response. For example, when a student feels confused or starts losing confidence, a teacher can change the explanation and offer encouragement. Compared with technology, teachers give much more personal support, although digital tools are still very useful for practice.

4 Is it better for teachers to be strict, friendly, or a balance of both?

先选一种方式，再说明为什么有效，举个例子，最后和其他风格比较。

可以说 clear rules and warmth　fear in strict classes　respectful classroom atmosphere

直接答	I think _____ is the best approach.
原因	That's because students need _____.
举例	For example, my teacher was _____, and that helped us _____.
对比	Compared with _____, this style usually works better.

示范

I think a balance of both is the best approach. That's because students need clear rules, but they also need to feel safe enough to ask questions and make mistakes. For example, my chemistry teacher was firm about deadlines but friendly after class, and that helped us respect her without being afraid. Compared with being extremely strict or too casual, this style usually creates a healthier learning environment.

为什么好

- 这个答案按清楚的顺序覆盖了四个要点，内容具体，也容易跟上。
- 它使用了比较自然且多样的词汇，比如 method、feedback、practical 和 confidence，而且用法准确。
- 句型有简单也有较复杂的表达，时态基本准确，也给出了原因和例子。

常见错误

- 不要只描述老师的外貌，要重点说这位老师做了什么，以及这些事怎样影响了你。
- 不要泛泛地谈“老师都怎么样”，要聚焦一个具体的人，并讲一两段清楚的经历。
- 不要反复只说“她很好”或“他很好”，可以用 supportive、strict、patient 这类更准确的词。

话题词

patient	/ˈpeɪʃənt/	有耐心的	She was patient even when I asked the same question twice.

strict	/strɪkt/	严格的	He was strict about homework, but he was always fair.
feedback	/ˈfiːdbæk/	反馈意见	Her feedback on my writing was clear and very useful.
confidence	/ˈkɒnfɪdəns/	信心	She helped me build confidence in speaking in class.
inspire	/ɪnˈspaɪə/	激励；启发	He could inspire students to work harder without forcing them.
curious	/ˈkjʊərɪəs/	好奇的；求知的	After her lessons, I became more curious about history.
practical	/ˈpræktɪkl/	实用的；切实可行的	She gave practical advice instead of only teaching theory.
method	/ˈmeθəd/	方法	His method made difficult grammar much easier to understand.
improve	/ɪmˈpruːv/	改善；提高	Because of her help, my pronunciation started to improve.
encourage	/ɪnˈkʌrɪdʒ/	鼓励	She would encourage quiet students to share their ideas.

听示范、开口答、估分：**linsays.com/zh/ielts-speaking/a-teacher-who-influenced-you**

雅思口语 Part 2

描述一家你喜欢去的商店

Describe a shop you like to visit

这一部分，你会先有1分钟准备时间，然后就这个话题说最多2分钟。

题卡

Describe a shop you like to visit.

You should say:

- where it is
- what kinds of products it sells
- how often you go there
- and explain why you like to visit it

1 分钟准备 · 笔记这样记

- Oak Street, near the station
- snacks, stationery, phone chargers
- once or twice a week
- friendly staff, convenient, always tidy

用这一分钟记下地点、商品、频率和两个理由，然后按这个顺序说大约两分钟。

按这个顺序说两分钟

开头	I'd like to talk about _____, a shop I really like visiting.
where it is	It's on _____, near _____.
what kinds of products it sells	It mainly sells _____, and it also has _____.
how often you go there	I usually go there _____.

explain why you like to visit it	I like visiting it because _____ and _____.
收尾	Overall, it's _____, so I enjoy going there regularly.

示范：一段约 7 分的两分钟回答

One shop I really like visiting is a small stationery and gift shop near the city library, about ten minutes from my home. It's on a quiet side street, so even though the town centre can be crowded, this place usually feels calm. The shop sells quite a wide range of things. There are notebooks, pens, sticky notes, folders and art supplies, but they also have small gifts like candles, postcards and local handmade items. I like the way everything is organised. The window display changes every few weeks, and inside it's easy to browse without feeling lost. I probably go there two or three times a month. Sometimes I go because I need to buy something practical for work, and sometimes I just stop by after the library to look around. If there's a discount on notebooks, I usually end up buying more than I planned. The main reason I like this shop is that it's convenient and reliable. The quality is good, the staff are friendly, and I never feel pressured to spend money. Also, I enjoy quiet places, so for me it's a relaxing little break in a busy day. I'd definitely recommend it to friends.

Part 3 追问和思路

1 Why do some people prefer small local shops to large supermarkets?

先明确偏好，再给一个实际原因和简单对比。

可以说 know the shop owner | short walk from home | less crowded aisles

直接答	Many people prefer _____ shops because they're more _____.
原因	The main reason is that _____ makes shopping easier.
举例	For example, the shop near my _____ knows my usual _____.
对比	Compared with _____, it feels less _____.

示范

Many people prefer small local shops because they're more personal and convenient. The main reason is that getting quick help from familiar staff makes shopping easier, especially for everyday items. For example, the corner shop near my apartment knows the bread and milk I usually buy. Compared with a large supermarket, it feels less tiring and takes much less time after work.

2 How has online shopping changed the way people use physical shops?

先说明主要变化，再用一个具体的购物例子来支撑。

可以说 click-and-collect counters　fewer casual visits　more product demos

直接答	Online shopping has made physical shops more _____.
原因	Because people buy basics online, stores now focus on _____.
举例	For example, when I shop for _____, I like to check it in _____.
细节	That means people use shops more for _____ than for _____.

示范

Online shopping has made physical shops more experience-focused. Because people buy basics online, stores now focus on testing products and giving useful advice. For example, when I shop for headphones, I like to check them in a real store before I decide. That means people use shops more for trying things out than for routine buying.

3 What makes customer service important in a shop?

重点说“信任”，并说明服务如何影响顾客决定。

可以说 clear product advice　fast problem solving　friendly checkout experience

直接答	Customer service is important because it affects whether people _____.
原因	If staff are _____, customers feel more confident.
举例	For instance, when I bought _____, a staff member helped me _____.
细节	That kind of service makes me want to _____.

示范

Customer service is important because it affects whether people come back. If staff are patient and knowledgeable, customers feel more confident about what they're buying. For instance, when I bought a phone charger, a staff member helped me check the correct model. That kind of service makes me want to return and recommend the shop to other people.

4 Do you think people buy too many unnecessary things these days? Why or why not?

先给出较平衡的观点，再解释一个原因和一个清楚的例子。

可以说 flash sales online | social media trends | bulk discount snacks

直接答	To some extent, people do buy too many _____ nowadays.
原因	One reason is that _____ makes it very easy to spend.
举例	For example, some people buy _____ just because it's _____.
细节	As a result, they end up with _____ they don't really need.

示范

To some extent, people do buy too many unnecessary things these days. One reason is that online ads and limited-time discounts make it very easy to spend without thinking much. For example, some people buy trendy kitchen gadgets just because they're cheap for one day. As a result, they end up with products they rarely use and regret buying later.

为什么好

- 回答按照四个提示展开，顺序清楚，并加入了相关细节，这有助于体现流利度和连贯性。
- 使用了与购物相关的自然词汇，如 selection、browse 和 reliable，体现出较好的词汇范围。
- 句型有变化，时态使用准确，也能清楚说明原因。

常见错误

- 不要只列商品；还要说明商店在哪里、你多久去一次，以及你为什么喜欢它。
- 不要说 "I very like this shop"；应说 "I really like this shop" 或 "I like visiting this shop."
- 不要一直重复 good；可以改用 convenient、reliable 或 crowded 这类更具体的词。

话题词

browse	/braʊz/	浏览	I usually browse for ten minutes before I decide what to buy.

convenient	/kənˈviːnjənt/	方便的	The shop is convenient because it's only five minutes from my flat.
crowded	/ˈkraʊdɪd/	拥挤的	It gets crowded on weekends, so I prefer going there early.
customer	/ˈkʌstəmə/	顾客	As a customer, I feel comfortable asking questions about different products.
discount	/ˈdɪskaʊnt/	折扣	I sometimes wait for a discount before buying more expensive items.
display	/dɪsˈpleɪ/	陈列	The window display always looks attractive and makes me want to go in.
local	/ˈləʊkəl/	本地的	They sell local snacks and handmade gifts from small businesses.
purchase	/ˈpɜːtʃəs/	购买	I purchased a notebook and some pens there last week.
recommend	/ˌrekəˈmend/	推荐	I'd definitely recommend this shop to friends who enjoy quiet places.
reliable	/rɪˈlaɪəbl/	可靠的	This shop is reliable, so I rarely worry about wasting money there.

听示范、开口答、估分：**linsays.com/zh/ielts-speaking/a-shop-you-like-to-visit**

雅思口语 Part 2

描述一家你喜欢去的餐厅

Describe a restaurant you enjoyed

在雅思口语第二部分中，考官可能会让你描述一家你喜欢去的餐厅。你需要连续说1到2分钟。

题卡

Describe a restaurant you enjoyed going to.

You should say:

- where it was
- who you went there with
- what kind of food you ate there
- and explain why you enjoyed eating there

1 分钟准备 · 笔记这样记

- downtown Riverside Mall branch
- cousin and two close friends
- spicy ramen and gyoza
- friendly staff, cozy atmosphere

用这一分钟为每个要点记一个关键词，然后按顺序把这四点讲出来，尽量讲满两分钟。

按这个顺序说两分钟

开头	I'd like to talk about a restaurant called _____.
where it was	It was in _____, inside _____.
who you went there with	I went there with _____.

what kind of food you ate there	We usually ordered _____ and _____.
explain why you enjoyed eating there	I liked eating there because _____.
收尾	I'd definitely go there again because _____.

示范：一段约 7 分的两分钟回答

I'd like to talk about a small Japanese restaurant I went to a few months ago. It's on a quiet street near the river in my city, and from the outside it looks quite simple. I went there with two close friends from university because one of them had just finished her final exams, so we wanted to have a casual celebration. Before going, we made a reservation since it's usually crowded on Friday nights. The restaurant specialises in Japanese cuisine, especially ramen and grilled seafood. I ordered a bowl of miso ramen, and we also shared some fried prawns. What I liked was that the menu wasn't huge, but everything seemed carefully chosen. The broth was rich without being too salty, and you could tell the ingredients were fresh. Another reason I enjoyed it was the atmosphere. The lights were warm, the music was low, and we could talk comfortably for hours. The service was also excellent. The staff were friendly without being pushy, and they even suggested a cheaper set meal, which made the bill quite affordable. Overall, it was a really memorable evening, and I'd definitely recommend the place to anyone who enjoys simple, well-made food.

Part 3 追问和思路

1 What makes a restaurant popular in your country?

先说两个关键因素，再用一个本地例子来支持。

可以说 reasonable prices | clean dining space | social media reviews

直接答	In my country, a restaurant becomes popular when it has _____.
原因	That's important because people want _____ and _____.
举例	For example, a place near _____ is always busy because _____.
原因	It also helps if _____.

示范

In my country, restaurants usually become popular when they offer tasty food at fair prices and give people a clean, comfortable place to eat. That's important because most customers want good value and a pleasant experience, especially when they're dining with family or friends. For example, a dumpling place near my office is always packed at lunchtime because the food is fresh and the portions are generous. It also helps if people leave strong online reviews, because that quickly brings in new customers.

2 Do you think people eat out more now than in the past?

先明确回答，再比较过去和现在，然后补充一个原因和一个例子。

可以说 food delivery apps busier work schedules higher disposable income

直接答	Yes, I think people eat out _____ than _____.
对比	Compared with the past, many people now have _____.
原因	One reason is that _____ makes it easier to _____.
举例	For instance, in _____, many people _____ after work.

示范

Yes, I think people eat out more now than they did in the past. Compared with earlier generations, many people today have busier routines and a bit more money to spend on convenience. One reason is that long working hours make it easier to rely on restaurants instead of cooking every day. For instance, in my city, a lot of young professionals meet friends for dinner or grab something outside after work.

3 How important is customer service in a restaurant?

先表达观点，解释它对顾客的影响，再举一个简单的用餐例子。

可以说 polite waiters accurate orders quick problem-solving

直接答	Customer service is very important because _____.
原因	If the staff are _____, customers usually _____.
举例	For example, when a waiter _____, I feel _____.
原因	That kind of service makes people more likely to _____.

示范

Customer service is very important because it affects the whole experience, not just the food itself. If the staff are polite and efficient, customers usually feel relaxed and well looked after during the meal. For example, when a waiter notices a mistake in my order and fixes it quickly, I feel much more positive about the restaurant. That kind of service makes people more likely to come back and recommend the place to others.

4 Why do some people prefer local restaurants to international chains?

说一个主要原因、一个本地例子，再简要和连锁店比较。

可以说 regional family recipes　friendlier atmosphere　support small businesses

直接答	Some people prefer local restaurants because _____.
原因	They often offer _____, which feels more _____.
举例	For example, in _____, a small restaurant might serve _____.
对比	By comparison, international chains can be more _____ but less _____.

示范

Some people prefer local restaurants because they want food that feels more authentic and personal. They often offer family recipes and a friendlier atmosphere, which makes the experience feel more connected to the area. For example, in my neighborhood, a small restaurant serves handmade rice noodles based on the owner's hometown style. By comparison, international chains are usually more predictable and convenient, but they often feel less special.

为什么好

- 这个答案结构清楚，按照地点、同伴、食物和原因自然展开，衔接也很顺畅。
- 答案使用了和餐厅话题相关的较准确词汇，比如 cuisine、atmosphere、flavour、service 和 affordable。
- 句式有一定变化，既有简单句也有较复杂的句子，并且时态和细节控制得比较好。

常见错误

- 不要说 "I very enjoyed the restaurant"；可以改成 "I really enjoyed the meal there" 或 "I had a great time there"。
- 不要只反复使用 "good" 和 "nice" 这类基础词；可以说 "the atmosphere was relaxed" 或 "the food was full of flavour"。
- 讲自己的经历时别忘了用过去时；不要说 "I go there last month"，要说 "I went there last month"。

话题词

cuisine	/kwiːˈziːn/	菜系；烹饪风格	The restaurant served local cuisine, but the presentation felt modern.
atmosphere	/ˈætməsfɪə/	氛围	The atmosphere was relaxed, so we stayed and talked for hours.
reservation	/ˌrezəˈveɪʃən/	预订	We made a reservation because the place gets busy on weekends.
service	/ˈsɜːvɪs/	服务	The service was quick, and the waiter explained every dish clearly.
portion	/ˈpɔːʃən/	分量	The portions were generous, so I couldn't finish my pasta.
flavour	/ˈfleɪvə/	味道	The soup had a rich flavour with fresh herbs and garlic.
crowded	/ˈkraʊdɪd/	拥挤的	It was crowded near dinner time, but it never felt too noisy.
recommend	/ˌrekəˈmend/	推荐	I'd definitely recommend it to anyone who enjoys simple, comforting food.
menu	/ˈmenjuː/	菜单	The menu wasn't huge, but every choice sounded fresh and appealing.
ingredient	/ɪnˈgriːdɪənt/	食材；原料	You could tell each ingredient was fresh from the first bite.

听示范、开口答、估分：**linsays.com/zh/ielts-speaking/a-restaurant-you-enjoyed**

雅思口语 Part 2

描述一张你喜欢的照片

Describe a photo you like

在雅思口语第二部分，考官会给你一张话题卡，你需要就这个话题说1到2分钟。

题卡

Describe a photo that you like.

You should say:

- what the photo shows
- when and where it was taken
- how often you look at it
- and explain why you like it

1 分钟准备 · 笔记这样记

- Family picnic by the lake
- Last spring, West Lake
- A couple of times a month
- Warm memory, natural smiles

用这一分钟为每个要点记下一个清楚的想法，然后按顺序说满两分钟，并给每点补充一个小细节。

按这个顺序说两分钟

开头	I'd like to talk about a photo that I keep on my _____.
what the photo shows	The photo shows _____.
when and where it was taken	It was taken _____ at _____.

how often you look at it	I look at it _____.
explain why you like it	I like it because _____.
收尾	So, whenever I see it, I feel _____.

示范：一段约 7 分的两分钟回答

I'd like to talk about a photo that I really like. It's a picture of my mum and my younger brother at the seaside. It isn't a formal portrait at all. In fact, it's a candid shot that my dad took on his phone. The photo was taken about three years ago in Brighton, just before sunset. They were standing on a wooden pier, and in the background you can see a few small boats. The sky looks very vivid, with orange and pink colours, so the whole picture has a calm and warm atmosphere. I don't look at it every day, but I probably check it two or three times a month. It's saved on my laptop, and I also have a printed copy near my desk, so I see it quite often. What I like most about this photo is the emotion in it. My mum is laughing at something my brother said, and he is holding a paper cup of chips, which is a funny little detail. Nobody was trying to pose, so the moment feels completely genuine. It also reminds me of a family trip when we were all relaxed and enjoying simple things together. The photo is slightly blurry, but to me that makes it feel even more natural and memorable.

Part 3 追问和思路

1 Why do people like taking photos of everyday moments?

先说清楚原因，再举一个普通但生动的例子。

可以说 children growing up | home-cooked dinner | funny bus encounter

直接答	People like doing that because _____.
原因	A main reason is that _____.
举例	For example, _____.

示范

People like doing that because ordinary moments often turn into the memories we value most later on. A main reason is that daily life changes quickly, so photos help people keep small details they might otherwise forget. For example, a simple photo of my family having dinner at home feels special now because my sister has moved abroad, and we don't have that routine very often anymore.

2 Do people still need printed photos now that most pictures are digital?

先明确表态，再简要比较纸质照片和电子照片。

可以说 wedding albums grandparents without smartphones wall decoration at home

直接答	Yes, I think people still need printed photos, especially for _____.
原因	That's because _____.
对比	Digital photos are convenient, but printed ones _____.
举例	For example, _____.

示范

Yes, I think people still need printed photos, especially for important family events. That's because physical photos feel more permanent and personal, and people can display them easily at home. Digital photos are convenient, but printed ones are easier to notice and share with older relatives. For example, my grandparents rarely check their phones, but they often look at a printed wedding photo in their living room.

3 How have mobile phones changed the way people take and share photos?

重点说速度、便利和分享，再对比过去和现在。

可以说 instant editing apps　group chat sharing　more candid street shots

直接答	Mobile phones have changed photography by making it _____.
原因	Because of that, people can _____.
举例	For example, _____.
对比	In the past, _____, but now _____.

示范

Mobile phones have changed photography by making it much faster and more casual. Because of that, people can take pictures anytime, edit them in seconds, and send them to others immediately. For example, when my friends and I go out for dinner, we usually take a few photos and post them in our group chat before we even leave the restaurant. In the past, people often used a separate camera and waited much longer, but now they can do everything on one device and share it instantly.

4 Why do some photos become more meaningful as time passes?

说明生活的变化如何让老照片变得更珍贵。

可以说 friends who moved away | late family member | old school trip

直接答	Some photos become more meaningful over time because _____.
原因	This often happens when _____.
举例	For example, _____.

示范

Some photos become more meaningful over time because their emotional value grows as our lives change. This often happens when the people, places, or routines in the picture are no longer part of daily life. For example, I have an old photo from a school trip, and it means much more to me now because my classmates live in different cities and we rarely meet, so it reminds me of a time that can't really come back.

为什么好

- 回答按清晰的顺序展开，并且覆盖了四个提示点，这样更有助于连贯表达。
- 自然使用了与照片相关的词汇，比如 candid、background 和 atmosphere，而不是生硬堆砌难词。
- 句式有长有短，描述照片和回忆时的时态也比较准确。

常见错误

- 不要只说你看到了什么，还要提到照片是什么时候、在哪里拍的，以及它为什么对你有意义。
- 不要反复使用 nice 或 beautiful 这类太笼统的词，可以换成 candid、blurry 或 memorable 这种更具体的表达。
- 不要无缘无故切换时态。说拍照经过时用过去时，描述照片里的内容时通常用现在时。

话题词

capture	/ˈkæptʃə/	捕捉；记录	This photo captures my grandmother's warm smile very well.
memorable	/ˈmemərəbl/	难忘的	It's memorable because it reminds me of a small family celebration.

candid	/ˈkændɪd/	自然抓拍的	I like candid photos because people look more relaxed.
composition	/kɒmpəˈzɪʃən/	构图	The composition is simple, but it makes the photo look balanced.
background	/ˈbækgraʊnd/	背景	In the background, you can see the old houses near the river.
emotion	/iˈməʊʃən/	情感；情绪	The photo brings back strong emotions from that day.
vivid	/ˈvɪvɪd/	鲜明的	The colours are so vivid that the scene still feels real.
atmosphere	/ˈætməsfɪə/	氛围	The atmosphere in the photo is calm, warm, and slightly nostalgic.
portrait	/ˈpɔːtreɪt/	肖像照；人物照	It isn't a formal portrait, but it shows her personality clearly.
preserve	/prɪˈzɜːv/	保存；保留	Photos help us preserve ordinary moments that we might otherwise forget.

听示范、开口答、估分：**linsays.com/zh/ielts-speaking/a-photo-you-like**

雅思口语 Part 2

描述一本你喜欢的书

Describe a book you enjoyed

考官会让你描述一本你喜欢的书，你需要连续说1到2分钟。

题卡

Describe a book you enjoyed.

You should say:

- what the book was
- when you read it
- what it was about
- and explain why you enjoyed it

1 分钟准备 · 笔记这样记

- Atomic Habits, James Clear
- last summer after my exams
- small habits improve routines
- practical tips I could use

用这1分钟给四个要点各记一个简短的词组，然后在2分钟里按顺序说，并补充一个小例子。

按这个顺序说两分钟

开头	I'd like to talk about a book called _____.
what the book was	It's a _____ by _____.
when you read it	I read it _____.

what it was about	It's about _____.
explain why you enjoyed it	I enjoyed it because _____.
收尾	I'd definitely recommend it to _____.

示范：一段约 7 分的两分钟回答

One book I really enjoyed was The Alchemist by Paulo Coelho. I read it about two years ago when I was travelling by train to visit my cousin, and I ended up finishing most of it that weekend because it was very easy to get into. It's about a young shepherd who leaves home and travels across the desert after having a dream about hidden treasure. The story sounds simple, but it also deals with bigger ideas like purpose and following your own path in life. What I liked most was the writing style. The chapters were short, the language was clear, and the story kept moving, so it never felt boring or too heavy. I also liked the fact that, although it is a bit symbolic, the main character's doubts and fears still felt very human and realistic. It was especially memorable for me because I read it at a time when I was unsure about what I wanted to study at university. In that way, the book gave me a bit of perspective and confidence. I'd definitely recommend it to people who don't read very often, because it's short, accessible, and still makes you think.

Part 3 追问和思路

1 Why do some people prefer reading books to watching films?

先直接回答，再说一个原因、一个例子，最后简单和电影比较一下。

可以说 create your own images　read at your own pace　more detail than films

直接答	I think some people prefer _____ because _____.
原因	One reason is that _____.
举例	For example, when they read _____, they can _____.
对比	That's different from films, where _____.

示范

I think some people prefer reading books because it gives them more control and imagination. One reason is that they can picture the characters and places in their own way, so the experience feels more personal. For example, when they read a mystery novel, they can imagine the scenes very differently from anyone else. That's different from films, where everything is already shown for you.

2 What kinds of books are popular with young people in your country?

先说两三种类型，再解释它们为什么受年轻人欢迎，并给一个清楚的例子。

可以说 fantasy adventure series　self-help for students　online romance novels

直接答	Young people in _____ often read _____.
原因	These are popular because _____.
举例	For example, many _____ students read _____.

示范

Young people in my country often read fantasy series, study-related self-help books, and online romance stories. These are popular because they either help students deal with school pressure or give them a quick way to relax, and many of them use simple language and fast plots. For example, a lot of high school students read short romance chapters on reading apps while commuting.

3 Do you think schools should encourage students to read for pleasure?

先明确回答赞成还是反对，再说明好处，并补充一个学校里的实际例子。

可以说 classroom reading time　student-chosen books　school library corners

直接答	Yes, I think schools should _____.
原因	This matters because _____.
举例	For example, if a school _____, students can _____.

示范

Yes, I think schools should encourage students to read for pleasure as well as for exams. This matters because enjoyable reading builds vocabulary naturally and helps students form a real habit, especially if they can choose books that match their interests. For example, if a school sets aside twenty minutes a week for free reading, students can start seeing books as something personal rather than just homework.

4 How has technology changed the way people read books?

先说最大的变化，再解释原因，最后给一个日常生活中的例子。

可以说 e-books on phones　audiobooks during commuting　online reviews and recommendations

直接答	Technology has changed reading by _____.
原因	This is mainly because _____.
举例	For example, people can now _____.

示范

Technology has changed reading by making books easier to access and more flexible to use. This is mainly because people can download e-books instantly, read on their phones, and listen to audiobooks when they're busy or travelling. For example, someone can start a novel on a tablet at home and continue it on their phone on the bus, which means reading can fit into small gaps in the day.

为什么好

- 答案按清晰、合理的顺序覆盖了四个提示点，这有助于体现流利度和连贯性。
- 答案自然、准确地使用了与书籍相关的词汇，体现了较好的词汇范围。
- 答案结合了简单句和较复杂的句型，语法和时态整体较准确。

常见错误

- 不要只说这本书“很有趣”或“很好”，要具体说明原因，比如情节精彩、人物真实，或者主题有意思。
- 不要花太多时间复述整本书的内容；简要介绍故事后，要重点说明你为什么喜欢它。
- 注意时态的一致性；如果你是在过去读的，就要用过去时，比如“I read it last year.”

话题词

novel	/ˈnɒvl/	小说	I enjoy novels because they help me forget daily stress for a while.
plot	/plɒt/	情节	The plot became exciting after the main character left home.
theme	/θiːm/	主题	One important theme in the book is friendship during difficult times.
imaginative	/iˈmædʒɪnətɪv/	富有想象力的	The writer is imaginative, but the emotions still feel true.
chapter	/ˈtʃæptə/	章；章节	This chapter made me stay awake far later than usual.
author	/ˈɔːθə/	作者	The author describes ordinary scenes in a very vivid way.
insight	/ˈɪnsaɪt/	深刻理解；洞察	The book gave me insight into how lonely people can feel.
emotion	/iˈməʊʃən/	情感；情绪	It shows emotion without becoming too dramatic or unbelievable.
character	/ˈkærəktə/	角色	My favourite character was brave and surprisingly realistic throughout the book.
ending	/ˈendɪŋ/	结局	The ending was satisfying, and it made me think deeply.

听示范、开口答、估分：**linsays.com/zh/ielts-speaking/a-book-you-enjoyed**

雅思口语 Part 2

描述一条你收到的好消息

Describe a piece of good news you received

在雅思口语第二部分中，考官可能会让你描述一条你收到的好消息。你会有1分钟准备时间，然后连续说1到2分钟。

题卡

Describe a piece of good news that you received.

You should say:

- what the news was
- who gave you the news
- where you were when you received it
- and explain why it was such good news for you

1 分钟准备 · 笔记这样记

- job offer after interview
- my manager called me
- at home Friday evening
- security and self-confidence

用这一分钟为每个要点各写一个关键词，然后按顺序说两分钟，并给每个要点补充一个小细节或感受。

按这个顺序说两分钟

开头	I'd like to talk about a time when I received _____.
what the news was	The news was that _____.

who gave you the news	The person who gave me the news was _____.
where you were when you received it	I was _____ when I heard it.
explain why it was such good news for you	It was such good news for me because _____.
收尾	Looking back, it still feels _____ when I remember that moment.

示范：一段约 7 分的两分钟回答

One piece of good news that I remember very clearly was getting a graduate job offer from a small marketing company in my city. The news came from the HR manager. First, she sent me an email, and then she texted me to ask whether I was available for a short call. I received the email in the university library just after I had finished a difficult assignment. To be honest, I was really nervous before opening it because I had already been turned down by two other companies, so my confidence was quite low at that point. When I read the email, I just stared at the screen for a few seconds because I honestly wasn't expecting it. Then I felt relieved and excited at the same time. It was such good news for me because it felt like a real achievement after a stressful final year at university. More importantly, it gave me a chance to start my career quite quickly and become more independent. My parents had supported me for years, so I didn't want to rely on them for too long. That evening, we went out for noodles to celebrate, and I still remember my mum's genuine smile. It was a memorable moment, and it made me feel much more positive about the future.

Part 3 追问和思路

1 Why do people like sharing good news with others?

先直接回答原因，再用一个小的个人例子说明。

可以说 passing an exam　getting engaged　landing a new job

直接答	I think people like sharing good news because _____.
原因	It makes them feel _____, and it also helps them _____.
举例	For example, when I _____, I told _____ straight away.

示范

I think people like sharing good news because happy moments feel bigger when other people join in. It makes people feel proud and relieved, and it also helps them connect more closely with friends or family. For example, when I passed an important English exam, I told my sister straight away, and her reaction made the news even more meaningful to me.

2 How do people usually receive important news nowadays, face to face or online?

先选一个主要趋势，再对比说明另一种方式在哪些情况下更合适。

可以说 family video calls | work messages on apps | serious news in person

直接答	Nowadays, I think people usually receive important news _____.
原因	That's mainly because _____ is faster and more convenient for _____.
对比	But for really _____ news, people still prefer _____.
举例	For instance, in my life, I got _____ through _____.

示范

Nowadays, I think people usually receive important news online. That's mainly because messaging apps and video calls are faster and more convenient for people who live far apart or have busy schedules. But for really emotional or serious news, people still prefer face-to-face conversations. For instance, I got my university result through email, but my cousin shared her engagement news with the whole family in person.

3 Do you think the media reports enough positive news?

先明确表明立场，再说明媒体关注度和商业目标如何影响内容。

可以说 local charity fundraiser　student wins scholarship　neighborhood rescue story

直接答	No, I don't think the media reports _____ positive news.
原因	One reason is that _____ usually attracts more attention than _____.
举例	For example, I often see _____ on the front page, while _____ gets much less space.

示范

No, I don't think the media reports enough positive news. One reason is that dramatic stories usually attract more attention than everyday good news, so news companies focus on content that gets more clicks and views. For example, I often see crime or political conflict on the front page, while local charity events or students winning scholarships get much less space.

4 How can good news influence a person's motivation or decisions?

按照这个逻辑回答：好消息先影响情绪，再影响行动，最后影响更大的决定。

可以说 study harder for exams | accept a job offer | start long-term plans

直接答	Good news can influence people by making them _____.
原因	After hearing it, they often feel _____, so they're more willing to _____.
举例	For example, if someone hears _____, they might decide to _____.
细节	That kind of news can also change their plans for _____.

示范

Good news can influence people by making them more confident and hopeful. After hearing it, they often feel encouraged, so they're more willing to work harder or make an important decision. For example, if someone hears that they got a scholarship, they might decide to study abroad instead of staying in their hometown. That kind of news can also change their plans for money, education, and their future career.

为什么好

- 答案按照清晰的顺序展开，并加入了具体细节，这有助于体现连贯性。
- 答案准确使用了如 relieved、opportunity 和 achievement 这样的自然词汇，贴合题目。
- 答案结合了简单句和较复杂的句子，并且较清楚、稳定地使用了过去时。

常见错误

- 不要只说自己很开心；要清楚说明这是什么消息，以及它为什么对你重要。
- 不要只给出很笼统的理由，比如“对我的未来有好处”；要说具体，比如找到工作、通过考试，或能帮到家里。
- 不要无缘无故来回切换时态；这类话题通常以过去时最合适。

话题词

announcement /əˈnaʊnsmənt/ 公告；宣布	The company made the announcement by email in the afternoon.

relieved	/rɪ'liːvd/	如释重负的；感到宽慰的	I felt relieved when I found out I had passed the interview.
opportunity	/ˌɒpə'tjuːnɪti/	机会	Getting that job was a great opportunity to learn new skills.
unexpected	/ˌʌnɪk'spektɪd/	出乎意料的	The good news was completely unexpected, so I needed a moment to react.
celebrate	/'selɪbreɪt/	庆祝	My family went out for dinner to celebrate the news.
nervous	/'nɜːvəs/	紧张的；焦虑的	I was nervous before opening the email because the result mattered a lot to me.
message	/'mesɪdʒ/	信息；消息	My sister sent me a message as soon as she heard the news.
achievement	/ə'tʃiːvmənt/	成就	Getting the offer felt like a real achievement after months of hard work.
support	/sə'pɔːt/	支持；帮助	My parents' support gave me confidence during a stressful time.
memorable	/'memərəbl/	难忘的	It was a memorable day because everything changed so quickly.

听示范、开口答、估分：**linsays.com/zh/ielts-speaking/a-piece-of-good-news-you-received**

雅思口语 Part 2

描述一条你认为重要的规则

Describe a rule you think is important

在口语第二部分，考官会让你描述一条重要的规则，你需要连续说1到2分钟。

题卡

Describe a rule that you think is important.

You should say:

- what the rule is
- who should follow this rule
- how you learned about this rule
- and explain why you think it is important

1 分钟准备 · 笔记这样记

- No phones while driving
- All drivers and cyclists
- Dad's accident, news reports
- Prevents crashes, protects lives

用这一分钟记下规则、谁该遵守、你是怎么知道的，再写两个理由；两分钟发言时按这个顺序说，并加一个简短例子。

按这个顺序说两分钟

开头	I'd like to talk about a rule that matters a lot to me.
what the rule is	The rule is _____.
who should follow this rule	I think _____ should follow it.

how you learned about this rule	I first learned about it from _____.
explain why you think it is important	It's important because _____.
收尾	Overall, it's a simple rule, but it can make a big difference.

示范：一段约 7 分的两分钟回答

One rule I think is really important is that drivers must not use their phones while driving, even for a few seconds. It sounds like a basic regulation, but a lot of people still break it. I think everyone who drives should follow this rule, including experienced drivers who feel too confident. In fact, they sometimes become careless because they think they can do two things at once. But even checking a message at a red light can distract you, and then your attention isn't fully on the road. I first became more aware of this rule when my cousin had a minor car accident about three years ago. He wasn't badly hurt, luckily, but he admitted he had looked at his phone for directions. After that, our whole family talked about road safety much more seriously. To me, this rule is essential because it can protect not only the driver but also passengers and pedestrians. The consequences of one small mistake can be huge. I also think it should be enforced properly, with a clear penalty, because some people only obey rules when there is a real punishment. Overall, it's a practical rule, and following it is just part of being a responsible adult.

Part 3 追问和思路

1 Why do some people dislike following rules?

先直接回答，再给一个原因，最后加一个生活中的小例子。

可以说 strict parents or bosses　confusing parking regulations　taking shortcuts at work

直接答	Some people dislike rules because _____.
原因	They often feel _____, especially when _____.
举例	For example, _____ might ignore _____ to save time.

示范

Some people dislike following rules because they feel controlled by other people. They often react badly when a rule seems unfair or too strict, especially if others break it without any consequence. For example, some employees ignore small office rules, like signing in on time, because they think the manager only applies them to certain staff.

2 Do you think children should learn rules mainly at home or at school?

先表明你的立场，再比较这两个地方，最后给一个清楚的生活例子。

可以说 basic manners at home　shared rules at school　same message in both

直接答	I think children should learn rules in _____, but mainly at _____.
原因	Home shapes _____ from a very early age.
对比	School is useful for _____, but it can't replace _____.
举例	For instance, parents can teach _____, while teachers reinforce it through _____.

示范

I think children should learn rules in both places, but mainly at home. Home shapes basic habits from a very early age, so children usually copy their parents before they really understand school discipline. School is useful for teaching shared rules, but it can't replace daily guidance from family. For instance, parents can teach table manners and honesty, while teachers reinforce those habits through group work and classroom routines.

3 Are people more likely to obey rules if the penalty is strict?

先明确表态，解释惩罚为什么有效，再加一个现实例子和一个小小的限制。

可以说 traffic fines and cameras | tax cheating audits | late-fee policies

直接答	Yes, stricter penalties usually make people _____.
原因	When people know they could lose _____, they think twice.
举例	For example, _____ became more common after _____.
细节	Still, rules work better when _____, not only when they're severe.

示范

Yes, stricter penalties usually make people more careful, especially when the rule is checked properly. When people know they could lose money or face serious trouble, they tend to think twice before breaking it. For example, seat-belt use became more common in my city after fines increased and cameras were installed. Still, rules work better when people understand the reason behind them, not only when the punishment is severe.

4 What kinds of rules are becoming more important in modern society?

先说一两个现代领域，再解释它们为什么现在更重要，并给出例子。

可以说 data privacy protection | online misinformation controls | environmental waste sorting

直接答	Rules about _____ are becoming more important.
原因	That's mainly because _____ affects everyday life more now.
举例	For example, we need clearer rules on _____.
细节	Without them, _____ could become a bigger problem.

示范

Rules about data privacy are becoming more important, and environmental rules are too. That's mainly because technology and heavy consumption affect everyday life much more now than in the past. For example, we need clearer rules on how apps collect and share personal information. Without them, identity theft, scams, and misuse of personal data could become much bigger problems.

为什么好

- 答案结构清楚：先介绍规则，再讲个人经历，最后解释它为什么重要，所以听起来很顺。
- 用到了贴题词汇，比如 regulation、distract、consequences 和 penalty，而且使用得很自然。
- 句型有变化，既有简单句也有较复杂的句子，连接也比较清晰。

常见错误

- 不要只说规则本身；还要说明谁应该遵守，以及它在现实生活中为什么重要。
- 不要只说很空泛的话，比如“规则很重要”；要具体说这条规则怎样保护人。
- 举例时不要用错时态；应该说“my cousin had an accident”，不要说“my cousin has an accident”。

话题词

regulation	/ˌregjʊˈleɪʃən/	规定	This regulation helps drivers keep their attention on the road.

essential	/iˈsenʃəl/	必要的	I think this rule is essential for everyone's safety.
distract	/dɪsˈtrækt/	分散注意	Using a mobile phone can distract drivers in a second.
enforce	/ɪnˈfɔːs/	执行	The police should enforce this rule more consistently.
responsible	/riˈspɒnsəbl/	负责任的	A responsible driver keeps their full attention on the road.
safety	/ˈseɪfti/	安全	Road safety should always come before convenience.
obey	/əˈbeɪ/	遵守	Most people obey rules when they understand the reason.
penalty	/ˈpenəlti/	处罚	A higher penalty might stop repeat offenders quickly.
awareness	/əˈweənɪs/	意识	Public awareness of road risks has improved recently.
practical	/ˈpræktɪkl/	实用的	It's a practical rule because everyone can follow it.

听示范、开口答、估分：**linsays.com/zh/ielts-speaking/a-rule-you-think-is-important**

雅思口语 Part 2

描述一次你不得不等待某事的经历

Describe a time you waited for something

在这个 Part 2 话题中，考官会让你描述一次你不得不等待某事的经历，你需要连续说 1 到 2 分钟。

题卡

Describe a time when you had to wait for something.

You should say:

- what you were waiting for
- where you were and who you were with
- how long you had to wait
- and explain how you felt about the experience

1 分钟准备 · 笔记这样记

- university offer email
- at home with my parents
- about three weeks total
- nervous, then relieved

用这一分钟给每个要点写一个简短关键词，然后按这个顺序讲两分钟，最后补一句你学到了什么。

按这个顺序说两分钟

开头	I'd like to talk about a time when I had to wait for _____.
what you were waiting for	The thing I was waiting for was _____.
where you were and who you were	At that time, I was at _____ with _____.

with	
how long you had to wait	In total, I had to wait for _____.
explain how you felt about the experience	During that time, I felt _____ because _____.
收尾	Looking back, the experience taught me _____.

示范：一段约 7 分的两分钟回答

One time I remember really clearly was when I was waiting for my final university exam results. This was about two years ago, in the summer, and on the day the results were released, I was at home with my mum because they were supposed to go online at 10 a.m. In one sense, I had already been waiting for about three weeks since my exams finished, but the hardest part was that final morning. I thought I would just log in once, check my marks, and get on with my day. However, the website was overloaded because too many students were trying to access it at the same time, so I ended up refreshing the page for nearly two hours. At first, I tried to stay calm, but after a while I became quite anxious and frustrated because I needed the result to confirm an internship. My mum kept telling me not to worry, and I even tried to distract myself by making tea and helping her in the kitchen, but I couldn't really focus on anything. When the page finally loaded and I saw that I had passed everything, I felt a huge sense of relief. Looking back, it was only a wait of a couple of hours, but at the time it felt much more serious because it seemed connected to my future.

Part 3 追问和思路

1 Why do many people find waiting difficult?

先说主要原因，再用一个清楚的日常例子来支持。

可以说 exam results | late buses | slow customer service

直接答	I think many people find waiting difficult because _____.
原因	One reason is that it makes them feel _____, and they can't control _____.
举例	For example, when people are waiting for _____, they often _____.

示范

I think many people find waiting difficult because it creates uncertainty. One reason is that it makes them feel anxious, and they can't control the outcome or know when things will move. For example, when people are waiting for exam results or a late bus, they often keep checking their phone or the time, which makes the wait feel even longer.

2 How have mobile phones changed the way people wait?

抓住一个主要变化，再用一个简单的真实场景说明。

可以说 scroll social media | delivery tracking apps | reply to messages

直接答	Mobile phones have made waiting feel _____.
原因	People can now _____ instead of just _____.
举例	For instance, while waiting for _____, they might _____.

示范

Mobile phones have made waiting feel shorter and less boring. People can now reply to messages, check updates, or watch something instead of just sitting there and doing nothing. For instance, while waiting for a doctor's appointment, they might read the news or answer a few emails, so the time feels more useful and passes more quickly.

3 In what situations is it especially important to be patient?

先明确说出情境，再解释为什么需要时间，最后加一个具体例子。

可以说 raising young children | learning a language | hospital treatment

直接答	It's especially important to be patient when _____.
原因	That's because _____ usually takes time and can't be rushed.
举例	A good example is _____, where patience helps people _____.

示范

It's especially important to be patient when you're learning something new or dealing with medical treatment. That's because real progress in those situations usually takes time and can't be rushed without causing mistakes, stress, or disappointment. A good example is learning a language, where patience helps people keep practicing through slow periods and improve steadily instead of giving up too early.

4 Do you think people today are less willing to wait than in the past?

先明确表态，再比较过去和现在，并用一个日常例子说明。

可以说 same-day delivery | instant streaming | online banking

直接答	Yes, I think people today are _____ willing to wait than in the past.
原因	A main reason is that people are used to _____.
对比	In the past, people often had to _____, but now they can _____.
举例	For example, when it comes to _____, many people expect _____.

示范

Yes, I think people today are less willing to wait than in the past. A main reason is that people are used to instant services and quick information in everyday life. In the past, people often had to wait for letters, bank payments, or deliveries, but now they can do most things almost immediately. For example, when it comes to online shopping, many people expect same-day or next-day delivery and get annoyed if an order is delayed.

为什么好

- 答案按照时间顺序展开，结构清楚，考官很容易跟上。
- 答案自然地使用了贴题词汇，比如 delay、anxious、distract 和 relief。
- 句子有长有短，并且较好地使用了过去时、原因和结果等表达。

常见错误

- 不要只说“我等了很久”，要具体说明你在等什么、在哪里、等了多久。
- 不要时态混乱；谈过去经历时，要用过去时，比如 I was waiting at home。
- 不要只说一种感受；最好体现情绪变化，比如先焦虑，后来如释重负。

话题词

patient	/ˈpeɪʃənt/	有耐心的	I tried to be patient, but the long wait really tested me.

delay	/diˈlei/	延误	A flight delay meant we sat in the lounge for nearly three hours.
anxious	/ˈæŋʃəs/	焦虑的	I felt anxious because I needed the result before the weekend.
queue	/kjuː/	队伍；排队的人群	There was a huge queue outside the ticket office that morning.
expect	/ɪksˈpekt/	预料；认为……会发生	I didn't expect the interview to start so late that day.
eventually	/iˈventʃʊəli/	最终	The message eventually arrived, and I could finally stop checking my phone.
estimate	/ˈestɪmeɪt/	估计	The staff couldn't estimate when the package would reach my house.
distract	/dɪsˈtrækt/	使分心；转移注意力	I used music to distract myself while everyone else complained.
relief	/riˈliːf/	宽慰；如释重负	It was a real relief when the doctor finally called my name.
postpone	/pəʊstˈpəʊn/	推迟	We had to postpone dinner because my sister was still waiting.

听示范、开口答、估分：**linsays.com/zh/ielts-speaking/a-time-you-waited-for-something**

雅思口语 Part 2

描述一次你喜欢的假期

Describe a holiday you enjoyed

这个 Part 2 话题会让你描述一次你喜欢的假期，你需要连续说 1 到 2 分钟。

题卡

Describe a holiday that you enjoyed.

You should say:

- where you went
- who you went with
- what you did there
- and explain why you enjoyed this holiday

1 分钟准备 · 笔记这样记

- Da Nang beach trip
- cousin and two friends
- swam, ate seafood, explored
- relaxed after final exams

用这一分钟记下地点、同伴、活动和原因，然后按这个顺序说两分钟，并给每一点加一个小细节。

按这个顺序说两分钟

开头	I'd like to talk about a holiday I really enjoyed, which was _____.
where you went	I went to _____, and it's a really _____ place.
who you went with	I went there with _____.

what you did there	While I was there, I spent most of my time _____.
explain why you enjoyed this holiday	I enjoyed this holiday mainly because _____.
收尾	Even now, I remember it as a _____ holiday.

示范：一段约 7 分的两分钟回答

One holiday that I really enjoyed was a four-day trip to Da Nang in central Vietnam two summers ago. It wasn't very far from home, but it still felt special because I went with my older sister and two close friends from university. We had all been busy with work, so we wanted a short and relaxing break together. Before we went, my sister made a simple itinerary, but we didn't follow it too strictly. On the first day, we explored the city, tried some local seafood, and walked along the river at night. The next day, we rented bikes and rode to the beach quite early, before it got too crowded. I still remember the scenery there. The sea was really clear, and the weather was sunny without being too hot. We also visited a small market, where I bought a handmade bag as a souvenir. What made the holiday so memorable wasn't only the place. Our accommodation was basic, and we were travelling on a budget, but everyone was in a good mood, so even simple things felt fun. I enjoyed it mainly because it gave me time to switch off, laugh with people I'm close to, and explore somewhere new at a slow pace. I came back feeling refreshed rather than tired.

Part 3 追问和思路

1 Why do many people feel holidays are important?

先直接回答，再给一个清楚的理由和一个日常例子。

可以说 mental reset after work　family meals and trips　break from daily routine

直接答	I think holidays are important because _____.
原因	One main reason is that _____.
举例	For example, when people _____, they can _____.
细节	After that, they often feel _____ and more _____.

示范

I think holidays are important because they give people a real break from work and study. One main reason is that daily life can become repetitive and stressful after a while. For example, when people take a few days off and spend time with their family, they can relax properly and stop thinking about deadlines. After that, they often feel calmer and more focused when they go back to normal life.

2 Do you think people prefer long holidays or several short breaks? Why?

先明确选择一边，再和另一种选择做比较。

可以说 three-day city breaks　two-week overseas trip　limited annual leave

直接答	I think many people prefer _____.
原因	That's mainly because _____.
对比	Compared with _____, they're usually easier to plan.
举例	For example, someone who works _____ can still _____.

示范

I think many people prefer several short breaks. That's mainly because they fit more easily into busy schedules and usually cost less each time. Compared with one long holiday, they're usually easier to plan around work or study. For example, someone who works in an office can still take a long weekend to visit another city without using all their annual leave at once.

3 How has social media changed the way people travel on holiday?

说一个主要变化，解释原因，再给一个具体的网络例子。

可以说 Instagram photo spots　TikTok food recommendations　instant hotel reviews

直接答	Social media has changed travel by making people _____.
原因	A big reason is that they can now _____ before they go.
举例	For example, many travellers see _____ online and decide to visit it.
细节	Because of that, holidays can become more _____, but sometimes less _____.

示范

Social media has changed travel by making people plan around online content and popular recommendations. A big reason is that they can now see places, food, and hotels before they even book anything. For example, many travellers see a famous café online and decide to visit it mainly for photos. Because of that, holidays can become more convenient, but sometimes less spontaneous.

4 What are the advantages of travelling within your own country for a holiday?

选两个实际好处，并用一个简单例子说明。

可以说 lower transport costs　no language barrier　easier last-minute plans

直接答	One big advantage is that _____.
原因	This matters because _____.
举例	For example, if people travel to _____, they don't need to _____.
细节	That makes the trip more _____ and often more _____.

示范

One big advantage is that travelling within your own country is usually simpler and cheaper. This matters because people already understand the language, transport system, and local customs, so there's less stress. For example, if people travel to another region in their country, they don't need to worry about visas or complicated planning. That makes the trip more convenient and often more affordable, especially for short holidays.

为什么好

- 这个回答把地点、同行的人、做了什么以及为什么喜欢这次假期都交代清楚了，所以结构很清晰。
- 它自然地使用了和假期相关的词汇，比如 destination、itinerary、scenery、accommodation 和 budget。
- 回答中有清楚的过去时间表达、个人感受，也结合了简单句和较复杂的句子，这些都符合 IELTS 口语的表达特点。

常见错误

- 不要只罗列活动；要加上一两个具体细节和你的感受。
- 讲已经结束的旅行时，不要用现在时；应使用像“I went”和“we stayed”这样的过去式。
- 不要只说“it was good”；要说明为什么它让你放松、难忘或特别。

话题词

destination	/ˌdestɪˈneɪʃən/	目的地	Kyoto was our main destination, and it felt calm and beautiful.
scenery	/ˈsiːnəri/	风景	The mountain scenery made the long train ride completely worth it.
accommodation	/əˌkɒməˈdeɪʃən/	住宿	Our accommodation was simple, but it was clean and convenient.
explore	/ɪkˈsplɔː/	探索	I wanted to explore the old streets instead of shopping malls.
memorable	/ˈmemərəbl/	难忘的	That beach trip is still one of my most memorable holidays.
itinerary	/aɪˈtɪnərəri/	行程	We made a loose itinerary, but we changed it often.
budget	/ˈbʌdʒɪt/	预算	We travelled on a tight budget, so we avoided expensive restaurants.
local	/ˈləʊkəl/	当地的	I loved trying local food rather than eating familiar dishes.
tradition	/trəˈdɪʃən/	传统	The festival showed us a tradition that families still follow.
crowded	/ˈkraʊdɪd/	拥挤的	The market was crowded, so we went there early.

听示范、开口答、估分：**linsays.com/zh/ielts-speaking/a-holiday-you-enjoyed**

雅思口语 Part 2

描述一次你感到自豪的经历

Describe a time you felt proud

在这道口语 Part 2 题中，考官会让你描述一次你感到自豪的经历，你需要说 1 到 2 分钟。

题卡

Describe a time when you felt proud.

You should say:

- when it happened
- what you did
- who was involved
- and explain why you felt proud

1 分钟准备 · 笔记这样记

- last spring, final semester
- organized our charity book fair
- classmates and English teacher
- proved I could lead

在这1分钟里，每个要点写一个关键词；在这2分钟里，按顺序展开，并给每个要点加一个小细节。

按这个顺序说两分钟

开头	I'd like to talk about a time when I felt really proud, and it was when _____.
when it happened	It happened _____ when I was _____.

what you did	What I did was _____.
who was involved	The people involved were _____, especially _____.
explain why you felt proud	I felt proud because _____.
收尾	Looking back, it's still a moment that _____.

示范：一段约 7 分的两分钟回答

One time I felt really proud was when I finished my final group presentation in my second year at university, about six months ago. The project was for a marketing course, and four classmates were involved. Normally, I was the quiet person in the group, but that time I ended up leading the presentation because our strongest speaker got ill the day before. To be honest, I was extremely nervous. Speaking in front of about fifty students and my lecturer felt like a huge challenge for me. That evening, I stayed up late rewriting some slides, practising the opening again and again, and checking everyone's part. It took a lot of effort, but I was determined not to let the group down. My teammates were very supportive, and they kept encouraging me, which helped a lot. On the day, I was still shaking a bit at the beginning, but after the first minute I became more confident. The presentation went smoothly, and our lecturer later said that I had shown real responsibility and clear organisation. We got one of the highest marks in the class. I felt proud because it wasn't only an academic achievement. It showed me that I could improve in an area I had always avoided, and that small accomplishment changed how I see myself.

Part 3 追问和思路

1 What kinds of achievements make people feel proud?

先说两三个具体成就，再解释为什么这些事会让人自豪。

可以说 passing a driving test　starting a small business　finishing a marathon

直接答	People often feel proud of _____, especially _____.
原因	That usually matters because _____.
举例	For example, _____ felt proud after _____.
细节	What made it special was _____.

示范

People often feel proud of personal milestones, especially achievements that take time and discipline. That usually matters because people can see clear progress and feel they truly earned the result. For example, my cousin felt proud after finishing her first marathon after months of training before work. What made it special was that she had almost quit halfway through, so crossing the finish line meant even more to her.

2 Do people usually feel prouder of personal success or of helping other people?

先明确选一边，给出原因，再和另一边做比较。

可以说 teaching a sibling | high exam score | community food drive

直接答	I think people usually feel prouder of _____.
原因	That's because _____.
举例	For instance, I felt proud when _____.
对比	Compared with _____, it felt _____.

示范

I think people usually feel prouder of helping other people, especially when they can see a real result. That's because the feeling is more meaningful when your effort benefits someone else, not just you. For instance, I felt proud when I helped my younger brother prepare for his maths test and he finally passed. Compared with getting a high score myself, it felt more memorable and rewarding.

3 How can parents and teachers encourage children to feel proud in a healthy way?

重点说具体做法，并解释这些方法怎样在不施压的情况下建立自信。

可以说 praise effort, not talent | set small weekly goals | display their work

直接答	They can encourage it by _____ and _____.
原因	This is healthy because _____.
举例	For example, a parent or teacher could _____ when _____.
细节	That helps children _____.

示范

They can encourage it by praising effort and improvement, and by giving children small goals they can actually reach. This is healthy because children learn that pride should come from progress and persistence, not from being naturally better than others. For example, a teacher could praise a student's writing when it becomes clearer than last month's work. That helps children build confidence without becoming arrogant or afraid of failure.

4 Is it important for people to express pride in their achievements?

先清楚回答是或否，再补充一个好处和一个注意点。

可以说 staying motivated | inspiring younger people | sharing hard work

直接答	Yes, I think it's _____ to express pride in achievements.
原因	One reason is that _____.
举例	For example, when someone _____, saying it can _____.
细节	The important thing is to _____.

示范

Yes, I think it's important to express pride in achievements sometimes. One reason is that it helps people recognize their progress and stay motivated for future goals. For example, when someone finishes a difficult course, saying they're proud can also show others how much effort was involved. The important thing is to do it in a modest way, so it doesn't sound like showing off.

为什么好

- 答案结构清楚，事情发展的顺序自然，也用了恰当的连接词。
- 词汇有一定范围，既有常用词，也有较好的话题词，而且用得自然。
- 语法有变化，能使用过去时和较长的句子，并且整体控制较好。

常见错误

- 不要只说“我很自豪，因为很好”，要具体说明发生了什么，以及为什么这件事对你重要。
- 讲过去的经历时不要时态混乱；应该说“I felt proud when I got the result.”，而不是“I feel proud when I get the result.”。
- 不要只是机械地回答提示点；要补充一个小细节、当时的感受和最后的结果。

话题词

achievement	/əˈtʃiːvmənt/	成就	Finishing that project was a real achievement for me.

confident	/ˈkɒnfɪdənt/	自信的	After some practice, I felt more confident speaking in front of everyone.
effort	/ˈefət/	努力	I put a lot of effort into preparing for that day.
challenge	/ˈtʃælɪndʒ/	挑战	Public speaking was a big challenge for me at university.
recognise	/ˈrekə^naɪz/	认可	It felt great when my teacher recognised my progress.
improve	/ɪmˈpruːv/	提高；改进	That experience helped me improve my speaking skills a lot.
responsibility	/rɪˌspɒnsəˈbɪlɪti/	责任	Leading the team gave me a lot of responsibility.
accomplishment	/əˈkʌmplɪʃmənt/	成就	Passing the exam felt like a major accomplishment to me.
nervous	/ˈnɜːvəs/	紧张的	I was nervous before speaking, but I stayed calm.
encourage	/ɪnˈkʌrɪdʒ/	鼓励	My parents encouraged me when I started to doubt myself.

听示范、开口答、估分：**linsays.com/zh/ielts-speaking/a-time-you-felt-proud**

雅思口语 Part 2

描述一次你改变主意的经历

Describe a time you changed your mind

在这个口语第二部分话题中，考官会让你描述一次你对某件事改变主意的经历。你有1分钟准备时间，然后需要说1到2分钟。

题卡

Describe a time when you changed your mind about something.

You should say:

- what the decision was
- why you made that decision at first
- who, if anyone, was involved
- and explain why you changed your mind and how you felt afterwards

1 分钟准备 · 笔记这样记

- quit my café job
- exam stress, no sleep
- manager, mum, best friend
- money worries, relieved later

在这一分钟里写下4个关键词和一个明确的结尾，然后用两分钟按顺序讲故事并补充一种感受。

按这个顺序说两分钟

开头 I'd like to talk about a time when I was about to _____ but changed my mind.

what the decision was	The decision was whether to _____.
why you made that decision at first	At first, I made that decision because _____ and _____.
who, if anyone, was involved	The people involved were _____ and _____.
explain why you changed your mind and how you felt afterwards	I changed my mind when _____, and afterwards I felt _____.
收尾	Looking back, I'm glad I _____.

示范：一段约 7 分的两分钟回答

A time I changed my mind was last year when I was deciding whether to rent a shared flat near my office. At first, I wanted to take it because the rent was lower than most other places, and I thought living close to work would make my daily routine easier. My cousin was involved because she came with me to see the flat, and my parents also gave me some advice. However, after the viewing, I started to think more carefully. The flat looked modern, but the kitchen was extremely small, the street was quite noisy, and the landlord seemed a bit disorganised. My cousin didn't tell me what to do, but she asked some practical questions about the contract and the extra bills. That made me realise I was paying too much attention to the cheap rent and not enough to my real priority, which was having a comfortable and peaceful place to live. In the end, I chose a different flat on a quieter street, even though it was slightly more expensive. Afterwards, I felt relieved and much more confident. It taught me that changing your mind is not always a bad thing. Sometimes it simply means you've thought more carefully.

Part 3 追问和思路

1 Why do some people change their minds more easily than others?

先直接回答，给出一个原因，再举一个个人例子，最后简单对比另一类人。

可以说 hearing new information | little experience | pressure from confident people

直接答	Some people change their minds more easily because they're _____.
原因	Usually, that happens when they _____ or they don't have _____.
举例	For example, my _____ changed plans after _____.
对比	By contrast, people who are _____ tend to stick to _____.

示范

Some people change their minds more easily because they're open-minded or not very sure of their first choice. Usually, that happens when they hear new information or they don't have much experience. For example, my younger cousin changed his university major after speaking to two seniors. By contrast, people who are more decisive tend to stick to their original plan.

2 Do you think changing your mind is a sign of weakness or intelligence?

明确表明立场，说明它在什么情况下是积极的，并简要提到相反情况。

可以说 accepting new evidence | admitting a mistake | fear of criticism

直接答	I think it's usually a sign of _____.
原因	If someone changes after learning _____, that shows _____.
对比	But if they change only because of _____, it can look _____.
举例	For instance, I once _____ after _____.

示范

I think it's usually a sign of intelligence. If someone changes their mind after learning new facts, that shows they can think rationally instead of just protecting their ego. But if they change only because of pressure from other people, it can look weak or insecure. For instance, I once changed my study plan after seeing my mock-test results, and it helped me use my time much better.

3 What kinds of decisions should people think about carefully before making?

先说出两到三种重要决定，再用一个例子解释它们的长期后果。

可以说 choosing a university | quitting a job | taking out a loan

直接答	People should think carefully before _____ or _____ .
原因	The main reason is that these choices affect _____ for _____ .
举例	For example, if someone _____ too quickly, they might _____ .
细节	That's why it's smart to check _____ and talk to _____ .

示范

People should think carefully before choosing a university or taking out a loan. The main reason is that these choices affect your finances and daily life for years. For example, if someone takes out a large loan too quickly, they might struggle with repayments every month. That's why it's smart to compare the terms carefully and talk to someone with real experience.

4 How do friends, family, or social media influence people's decisions?

把不同影响来源分清楚，再用一个日常例子让答案更具体。

可以说 parents' expectations　friends' recommendations　viral product reviews

直接答	They influence decisions by shaping what people _____ and _____.
原因	Family often affects _____, while social media affects _____.
举例	For example, I bought _____ after my _____ recommended it online.
细节	After that, I realized I should also check _____ before deciding.

示范

They influence decisions by shaping what people trust and what seems normal. Family often affects big choices like education, while social media has a strong effect on shopping and lifestyle habits. For example, I bought a language-learning app after my friend recommended it in a post online. After that, I realized I should also check other reviews before deciding.

为什么好

- 答案紧扣题卡要求，先说明最初的决定，再提到相关人物，接着解释为什么改变主意，最后补充感受，结构很清楚。
- 使用了 practical、realise、priority、confident 等贴题词汇，而且表达自然，符合口语语境。
- 句型有简单句，也有带原因和转折的较复杂表达，这有助于体现语法范围和连贯性。

常见错误

- 不要只说自己“改变了主意”，要先明确你原来的决定是什么。
- 不要只用“因为更好”这种笼统说法，要具体说明是什么信息、建议或经历让你改变了想法。
- 不要忘记说明改变主意之后的感受，这样答案会更完整，也更有个人色彩。

话题词

hesitate	/ˈhezɪteɪt/	犹豫	At first I hesitated because the cheaper flat seemed too far away.
persuade	/pəˈsweɪd/	说服	My sister persuaded me to wait before buying the laptop.
practical	/ˈpræktɪkl/	实用的	In the end, the practical choice saved me time and money.
option	/ˈɒpʃən/	选项	I had two options, but only one matched my budget.
realise	/ˈrɪəlaɪzˌriː-/	意识到	I realised I was choosing too quickly without enough information.
flexible	/ˈfleksəbl/	灵活的	Being flexible helped me accept a better plan later.
regret	/riˈgret/	后悔	If I hadn't changed my mind, I would probably regret it.
priority	/praiˈɒrɪti/	优先事项	My main priority was finding something reliable rather than fashionable.
stubborn	/ˈstʌbən/	固执的	I can be stubborn, so admitting I was wrong felt difficult.
consider	/kənˈsɪdŋ/	考虑	I needed a day to consider the advantages and disadvantages.

听示范、开口答、估分：**linsays.com/zh/ielts-speaking/a-time-you-changed-your-mind**

雅思口语 Part 2

描述一次你迟到的经历

Describe a time you were late

在雅思口语 Part 2 中，考官可能会要求你描述一次你迟到的经历，你需要说 1 到 2 分钟。

题卡

Describe a time you were late.

You should say:

- when it happened
- where you were going
- why you were late
- and explain how you felt about being late

1 分钟准备 · 笔记这样记

- last winter, Monday morning
- downtown office interview
- bus broke down, heavy rain
- embarrassed, apologized, learned lesson

用这一分钟记下时间、地点、迟到原因和感受，再用两分钟按这个顺序讲故事。

按这个顺序说两分钟

开头	A time I was really late was _____.
when it happened	It happened _____.
where you were going	I was on my way to _____.

why you were late	I was late because _____.
explain how you felt about being late	I felt _____ because _____.
收尾	In the end, _____, and I learned _____.

示范：一段约 7 分的两分钟回答

I'd like to talk about a time I was late for a meeting with my university tutor. It happened about a year ago, on a rainy Monday morning, when I was supposed to meet her at 9 a.m. to discuss my final project. I was on my way to campus, and the journey usually takes about forty minutes from my flat. The main problem was that I underestimated how long it would take that day. Because of the rain, the traffic was much heavier than usual, and then my bus was delayed as well. To make things worse, I had already left home a bit late because I got an urgent message from my manager at my part-time job and replied before leaving. When I realised I wasn't going to arrive on time, I started to panic. I sent my tutor a message straight away to apologise, but I still felt really embarrassed because she was a very organised person, and I wanted her to see me as reliable. In the end, I arrived about twenty-five minutes late, wet and out of breath. Fortunately, she was very understanding and didn't reschedule the meeting. Still, I felt frustrated with myself, and after that experience, I started leaving earlier whenever I had something important to attend.

Part 3 追问和思路

1 Why are some people often late?

说一个主要原因，再给一个日常例子。

可以说 poor time planning　traffic and public transport　last-minute phone scrolling

直接答	Some people are often late because _____.
原因	A common reason is _____, so they don't leave _____.
举例	For example, if someone _____, they can easily miss _____.

示范

I think some people are often late because they don't manage their time well. A common reason is poor planning, so they don't leave home early enough. For example, if someone spends twenty minutes scrolling on their phone before going out, they can easily miss the bus. Traffic matters too, but bad habits are usually the main cause.

2 Is it more acceptable to be late for social events or for work or study meetings? Why?

先明确选择一边，再和另一边比较。

可以说 friends can wait briefly　meetings have fixed agendas　teachers and managers notice

直接答	It's more acceptable to be late for _____ than for _____.
原因	That's because _____ usually start more flexibly.
举例	For instance, if you arrive _____ to a party, people may still be _____.
对比	By contrast, being late to _____ can affect _____.

示范

I think it's more acceptable to be late for social events than for work or study meetings. That's because social events usually start more flexibly, and people can chat while they wait. For instance, if you arrive ten minutes late to a party, people may still be greeting others or ordering food. By contrast, being late to a class or meeting can affect the whole group and make you miss key information.

3 How has technology changed the way people deal with being late?

说一个变化，再给一个实际例子。

可以说 live location sharing　instant apology messages　traffic and map apps

直接答	Technology has made it _____ to deal with being late.
原因	People can now _____ instead of leaving others _____.
举例	For example, when I'm delayed by _____, I usually _____.
细节	Apps like _____ also help me decide _____.

示范

Technology has made it much easier to deal with being late. People can now send a quick message or share their location instead of leaving others guessing. For example, when I'm delayed by traffic, I usually text the other person and give them a new arrival time. Apps like Google Maps also help me decide whether to change my route or leave earlier.

4 Can being late affect people's relationships with others? How?

先解释影响，再用一个简单的人际例子说明。

可以说 seems disrespectful　breaks trust over time　creates workplace tension

直接答	Yes, being late can _____.
原因	It can make other people feel _____.
举例	For example, if a friend waits _____, they may stop _____.
细节	Over time, this can _____.

示范

Yes, being late can damage people's relationships with others. It can make other people feel ignored or disrespected, especially if it keeps happening. For example, if a friend waits thirty minutes every time you meet, they may stop trusting you or making plans with you. Over time, this can weaken the friendship and create tension at work as well.

为什么好

- 这个回答结构清楚，按照时间顺序讲述了事情的经过，所以很容易理解。
- 它自然使用了与话题相关的词汇，比如 delayed、traffic、apologise、embarrassed 和 reliable。
- 它展示了较好的语法范围，包括过去时以及用复杂句表达原因和结果。

常见错误

- 不要说 'I am late yesterday'，要说 'I was late yesterday'，因为这是过去发生的事情。
- 不要只说 'because of traffic'，要补充更完整的细节，说明发生了什么以及它怎样影响了你的行程。
- 不要反复使用 'late'，可以用 delayed、embarrassed 或 apologise 这样的相关词，让表达更自然。

话题词

appointment	/əˈpɔɪntmənt/	约定；预约	I was late for an important appointment with my lecturer last month.

traffic	/ˈtræfɪk/	交通；车流	There was heavy traffic near the city centre that morning.
panic	/ˈpænɪk/	恐慌；惊慌	I started to panic when I checked the time.
urgent	/ˈɜːdʒənt/	紧急的	I received an urgent call just before I left home.
estimate	/ˈestɪmeɪt/	估计；估算	I wrongly estimated how long the journey would take.
reliable	/riˈlaɪəbl/	可靠的；值得信赖的	After that day, I tried harder to seem reliable.
eventually	/iˈventʃʊəli/	最终；终于	I eventually arrived about twenty-five minutes later than planned.
deadline	/ˈdedlaɪn/	截止时间	I was late handing it in and missed the deadline.
schedule	/ˈskedʒʊəl/	日程安排	My whole schedule was ruined by the heavy rain that morning.
rush	/rʌʃ/	匆忙	I had to rush out without eating breakfast or packing properly.

听示范、开口答、估分：**linsays.com/zh/ielts-speaking/a-time-you-were-late**

雅思口语 Part 2

描述一次你迷路的经历

Describe a time you got lost

在口语第二部分，考官可能会让你描述一次迷路的经历。你有1分钟准备时间，然后需要连续说1到2分钟。

题卡

Describe a time when you got lost.

You should say:

- where you were
- who you were with
- how you found your way again
- and explain how you felt about the experience

1 分钟准备 · 笔记这样记

- Tokyo station, first evening there
- with my cousin after dinner
- asked staff, followed exit signs
- scared first, then quite proud

用一分钟记下四个要点，再用两分钟按这个顺序清楚地讲完整个故事。

按这个顺序说两分钟

开头	I'd like to talk about a time when I got lost while I was _____ .
where you were	I was in _____, and I was trying to get to _____ .
who you were with	At that time, I was with _____ .

how you found your way again	To find my way again, I _____, and then I _____.
explain how you felt about the experience	I felt _____ because _____.
收尾	Looking back, it was a _____ experience for me.

示范：一段约 7 分的两分钟回答

I'd like to talk about a time when I got lost in Kyoto a few years ago while I was travelling with my cousin. We had just finished visiting a temple and decided to walk back to our hotel instead of taking the bus, because it looked quite close on the map. At first, we were relaxed and even a bit excited, but the streets in that area were very narrow and unfamiliar. My cousin thought he knew a shortcut, so we followed a small side street. After about fifteen minutes, I realised we hadn't passed any useful landmarks, and there were hardly any pedestrians around to ask. That was the moment I started to feel slightly panicked, especially because my phone battery was below ten percent. We stopped outside a closed shop and checked the route again. The map on my phone kept rotating, which made us even more confused. In the end, we decided not to guess anymore. We walked to a nearby main road and asked an elderly man for help. He was very patient and even drew a simple map on a receipt for us. Eventually, we found the hotel nearly forty minutes late. I felt embarrassed at first, but later it became a funny memory. It also taught me not to trust every shortcut.

Part 3 追问和思路

1 Why do some people still get lost even when they use smartphones?

先说两个原因，再举一个清楚的例子。

可以说 GPS errors in tall buildings　dead phone battery　ignoring street signs

直接答	I think people still get lost because _____.
原因	One reason is that _____ often doesn't work well in _____.
举例	For example, in _____, it can send people to _____.
原因	Another reason is that if people rely on it too much, they may not _____.

示范

I think people still get lost because smartphones aren't completely reliable. One reason is that GPS often doesn't work well in places like underground stations or areas with tall buildings. For example, in a huge train station, it can send people to the wrong exit or update too slowly. Another reason is that if people rely on it too much, they may not notice street signs or remember the route for themselves.

2 Do you think paper maps are still useful today? Why or why not?

先明确表达观点，再说纸质地图在什么情况下还有用。

可以说 no battery needed | whole area at once | remote hiking routes

直接答	I think paper maps are still useful in _____.
原因	They help because you can see _____, and you don't need _____.
举例	For example, when you're in _____, a paper map can be _____.

示范

I think paper maps are still useful in some situations, even though most people use phones now. They help because you can see the whole area at once, and you don't need a battery or mobile data. For example, when you're in the countryside or on a hiking trail, a paper map can be more reliable. I probably wouldn't use one every day, but it's still a smart backup.

3 Can getting lost ever be a positive way to explore a new place?

先回答是或不是，然后举一个安全、具体的例子。

可以说 hidden cafés and shops　quiet local neighborhoods　unexpected photo spots

直接答	Yes, it can be positive if _____.
原因	That's because people often notice _____ and explore _____.
举例	For example, if you get lost in _____, you might find _____.
原因	Because of that, the experience can feel _____.

示范

Yes, it can be positive if the place is safe and you have enough time. That's because people often notice small local businesses and explore areas that weren't in their original plan. For example, if you get lost in a walkable neighborhood, you might find a quiet café, a tiny bookstore, or a great photo spot. Because of that, the experience can feel more personal and memorable than following a strict route.

4 How can cities help visitors find their way more easily?

提出一些实际的改进办法，并说明游客为什么需要这些帮助。

可以说 clear bilingual street signs　easy metro maps　airport information desks

直接答	Cities can help visitors by providing _____.
原因	This matters because many visitors don't know _____ or _____.
举例	For example, _____ near _____ would make travel easier.
原因	It also helps if cities offer _____ at _____.

示范

Cities can help visitors by providing clear signs, simple transport maps, and easy-to-find information. This matters because many visitors don't know the local language or the quickest route to major places. For example, bilingual signs near station exits and bus stops would make travel much easier, especially in busy city centres. It also helps if cities offer offline maps or information desks at airports and main train stations.

为什么好

- 这个答案把题卡上的要点都覆盖到了，而且内容始终围绕同一次经历展开。
- 答案按照时间顺序叙述，逻辑清楚，听起来很自然。
- 它自然使用了和主题相关的词汇，比如 route、landmark、pedestrian 和 shortcut。
- 句子有长有短，也使用了较自然的过去时表达，这对雅思口语是有帮助的。

常见错误

- 不要说“I lost my road”。更自然的说法是“I got lost”或“I lost my way”。
- 不要说“I was very panic”。应该说“I panicked”或“I felt panicked”。
- 讲过去经历时，不要全程只用一般现在时。比如可以说“I realised we were in the wrong place.”

话题词

direction	/diˈrekʃən/	方向；路线	I asked a shopkeeper for directions to the station.
route	/ruːt/	路线	We chose the wrong route and ended up near the river.
landmark	/ˈlændmɑːk/	地标；明显参照物	I used the clock tower as a landmark to find my way back.
panic	/ˈpænɪk/	惊慌；恐慌	I started to panic when I saw that my phone battery was almost dead.
eventually	/iˈventʃʊəli/	最终	We eventually found the hotel after asking two local people for help.
nearby	/ˈnɪəbaɪ/	附近的；在附近	Luckily, there was a café nearby where we could sit and check the map.
pedestrian	/pəˈdestrɪən/	行人	A friendly pedestrian pointed us towards the main square.
hesitate	/ˈhezɪteɪt/	犹豫	I didn't hesitate to ask for help after we had been walking around for ten minutes.
realise	/ˈrɪəlaɪzˌriːˈ-/	意识到	I realised we were lost when the road became quiet and empty.
shortcut	/ˈʃɔːtkʌt/	捷径	My friend suggested a shortcut, but it actually made things worse.

听示范、开口答、估分：**linsays.com/zh/ielts-speaking/a-time-you-got-lost**

雅思口语 Part 2

描述一次你面对的挑战

Describe a challenge you faced

在 Part 2 中，考官可能会让你描述一次你面对过的挑战，你需要连续说 1 到 2 分钟。

题卡

Describe a time when you faced a challenge.

You should say:

- what the challenge was
- when and where it happened
- what you did to deal with it
- and explain why it was challenging for you

1 分钟准备 · 笔记这样记

- first solo presentation
- last year, university hall
- practised nightly, asked tutor
- shy speaker, huge audience

用这1分钟为每个要点记一个关键词，然后在2分钟里按顺序讲这个故事，最后说你学到了什么。

按这个顺序说两分钟

开头	I'd like to talk about a time when I faced _____.
what the challenge was	The challenge was _____.

when and where it happened	This happened in _____ at _____.
what you did to deal with it	To deal with it, I _____.
explain why it was challenging for you	It was especially challenging for me because _____.
收尾	Looking back, I'm glad I went through it because _____.

示范：一段约 7 分的两分钟回答

One challenge I remember clearly was giving an important group presentation in my second year at university. It happened near the end of the term, when we had a very tight deadline and several other assignments at the same time. The topic itself wasn't the main obstacle. The real problem was that I had to present in English in front of about fifty people, and at that time I wasn't very confident. To deal with it, I made a simple strategy. First, I prepared short note cards instead of writing a full script, because reading everything made me sound unnatural. Then I practised every evening in my room and recorded myself on my phone. I also asked a classmate to listen and give me honest feedback. At first, I felt quite frustrated because I spoke too fast and kept making small grammar mistakes, but after a few days I could see some progress. I had to adapt my speaking style and focus on being clear rather than perfect. What made it so challenging was the pressure. I didn't want to let my group down, and I was worried about making mistakes in public. In the end, though, I managed to finish the presentation smoothly, and our group got a high mark. For me, it felt like a real achievement because I became much more confident afterwards.

Part 3 追问和思路

1 Why are some people better at dealing with challenges than others?

先给出一个明确原因，再补充一个简单的生活例子。

可以说 calm parents at home　learning from past failure　making step-by-step plans

直接答	I think some people handle challenges better because _____.
原因	The main reason is that they usually _____.
举例	For example, when _____, they _____.

示范

I think some people handle challenges better because they've built stronger coping skills over time. The main reason is that they usually stay calm and break problems into smaller steps instead of panicking. For example, when they lose a job or fail an exam, they make a plan, ask for advice, and focus on what they can control.

2 Do young people and older people face different kinds of challenges?

清楚比较两组人，并解释为什么人生阶段会带来不同挑战。

可以说 final exams, first jobs　health problems, retirement　new workplace technology

直接答	Yes, I think they do, although _____.
对比	Young people often deal with _____, while older people are more likely to face _____.
原因	That's mainly because _____.
举例	For instance, _____ might struggle with _____.

示范

Yes, I think they do, although both age groups can feel stressed and uncertain. Young people often deal with exams, first jobs, and social pressure, while older people are more likely to face health issues, family responsibilities, or retirement. That's mainly because they're at very different stages of life. For instance, a university student might struggle with finding a first job, while an older worker may struggle with new technology.

3 Is it good for children to experience difficult situations sometimes?

给出平衡观点：困难有帮助，但要有限度并有支持。

可以说 doing chores independently　coping with small setbacks　one poor test result

直接答	Yes, I think it can be good if _____.
原因	That's because children can learn _____.
举例	For example, if a child _____, they may _____.

示范

Yes, I think it can be good if the situation is safe and adults are there to guide them. That's because children can learn resilience, responsibility, and basic problem-solving instead of depending on other people all the time. For example, if a child forgets their homework once and has to explain it to the teacher, they may become more organised next time.

4 How can schools or workplaces help people deal with challenges more effectively?

说出一两种实际支持方式，并解释它们如何发挥作用。

可以说 regular mentoring sessions　stress management workshops　short deadline extensions

直接答	Schools and workplaces can help by _____.
原因	This is effective because people often need _____.
举例	For example, if _____, they can _____.

示范

Schools and workplaces can help by offering practical support instead of expecting people to cope alone. This is effective because people often need guidance, clear communication, and sometimes emotional support when pressure starts to build. For example, if a student or employee is struggling with several tasks, a mentor or manager can help them set priorities and break the work into smaller steps.

为什么好

- 答案按照“挑战—做法—结果”的顺序展开，结构清楚，容易理解。
- 答案自然使用了 obstacle、strategy、adapt 等词，体现了较好的词汇多样性。
- 答案用了清楚的过去时叙述，也包含原因、转折和较长句式，语法表达比较丰富。

常见错误

- 不要一直只说“很难”，要具体说明挑战是什么，比如“我得用英语做展示”。
- 不要只讲问题，不讲你怎么应对；可以说“我每天练习，还请同学给反馈”。
- 别忘了说结果和感受；可以说“我最后完成了，而且之后更自信了”。

话题词

obstacle	/ˈɒbstəkl/	障碍	The biggest obstacle was understanding the software before the final presentation.
pressure	/ˈpreʃə/	压力	I felt a lot of pressure because my whole team depended on me.
deadline	/ˈdedlaɪn/	截止日期	We had a tight deadline, so I worked late for several nights.
preparation	/ˌprepəˈreɪʃən/	准备工作	Good preparation helped me stay calmer during that difficult week.
strategy	/ˈstrætɪdʒi/	策略	My strategy was to break the problem into small tasks.
confident	/ˈkɒnfɪdənt/	自信的	At first I wasn't confident, but practice made a big difference.
progress	/ˈprəʊgres/	进展	After two days, I finally saw some real progress.
solution	/səˈluːʃən/	解决办法	The best solution was asking a classmate for honest feedback.
manage	/ˈmænɪdʒ/	设法做到	In the end, I managed to complete everything on time.
adapt	/əˈdæpt/	调整以适应	I had to adapt quickly when my original plan failed.

听示范、开口答、估分：**linsays.com/zh/ielts-speaking/a-challenge-you-faced**

雅思口语 Part 2

描述一次有趣的谈话

Describe an interesting conversation you had

在这道口语 Part 2 题目中，考官会让你描述一次你经历过的有趣谈话。你有1分钟准备时间，然后需要连续说1到2分钟。

题卡

Describe an interesting conversation you had. You should say:

You should say:

- who you had it with
- when and where it happened
- what you talked about
- and explain why you found it interesting

1 分钟准备 · 笔记这样记

- my cousin Leo
- last spring, campus café
- future jobs and AI
- it changed my view

用这一分钟记下人物、时间地点、话题和有趣的原因，然后按这个顺序说，并给每一点加一个小细节。

按这个顺序说两分钟

开头	One interesting conversation that comes to mind is one I had with _____.

who you had it with	The person was _____, who is my _____.
when and where it happened	It happened _____ at _____.
what you talked about	We mainly talked about _____ and _____.
explain why you found it interesting	I found it interesting because _____.
收尾	Looking back, it's still a conversation I remember clearly.

示范：一段约 7 分的两分钟回答

One interesting conversation I had was with my cousin last winter. We were walking home after a family dinner. We don't usually have deep chats, so I wasn't expecting anything special, but the conversation moved from work and daily life to a bigger question: whether people should choose a stable career or take more risks. At first, I mentioned that I was thinking about changing jobs because my current one felt repetitive. He gave me a very different perspective. He said stability matters, but if you stay somewhere only because it feels safe, you might regret it later. What made the conversation so engaging was that he didn't sound like he was lecturing me. He was genuinely curious about what I wanted, and he asked thoughtful questions instead of giving simple advice. As we kept talking, I started to realise that I had been putting my real interests aside for practical reasons. It turned into a small debate, but in a friendly way, and by the end I felt more confident about making a change. I found this conversation interesting because it was both personal and meaningful. It wasn't just casual small talk. It made me think more honestly about my future, and it also helped me feel closer to my cousin.

Part 3 追问和思路

1 Why do some conversations stay in people's minds for a long time?

先给出一个明确原因，再补一个贴近生活的例子。

可以说 life-changing advice　bad news at night　honest talk before exams

直接答	Some conversations stay in people's minds because they _____.
原因	Usually, that's because the topic is _____ or the moment is _____.
举例	For example, if someone hears _____ from _____, they may remember it for years.

示范

I think some conversations stay in people's minds because they are emotional or they influence an important decision. Usually, that happens when the topic is very personal or the timing is crucial. For example, if someone hears honest advice from an older sibling just before choosing a university major, they may remember that conversation for years because it affects a real turning point in life.

2 In what ways is talking online different from talking face to face?

直接比较两种方式，并加入一个日常例子。

可以说 less body language online　slower replies in messages　easier to contact strangers

直接答	They're different mainly in _____ and _____.
对比	Face-to-face conversations let you notice _____, while online talks depend more on _____.
原因	Because of that, online conversations can feel _____, especially when people _____.
举例	For example, when I talk to _____ online, I usually _____.

示范

I think they're different mainly in body language and response time. Face-to-face conversations let you notice expressions, pauses, and tone, while online talks depend more on words, emojis, or voice notes. Because of that, online conversations can feel less natural, especially when people reply late. For example, when I talk to my project group online, I usually get slower answers than I would in person.

3 Why are conversation skills important in the workplace?

聚焦团队合作、与经理沟通或与客户交流这些日常工作场景。

可以说 clear client communication　solving team problems　building professional trust

直接答	They're important because workers need to _____ every day.
原因	Good conversation skills help people _____ and avoid _____.
举例	For example, when someone has to _____, clear speaking can _____.
细节	It also makes colleagues see them as _____ and _____.

示范

They're important because workers need to communicate with other people every day. Good conversation skills help people explain ideas clearly and avoid unnecessary mistakes. For example, when someone has to update a manager or speak to a customer, clear speaking can save time and prevent confusion. It also makes colleagues see them as reliable and professional.

4 What qualities make someone a good listener?

说出两三个特质，再用一个简单例子把它们表现出来。

可以说 keeps eye contact　doesn't interrupt others　asks follow-up questions

直接答	A good listener is someone who _____ and _____.
原因	That matters because it makes the speaker feel _____ and helps them _____.
举例	For example, if a friend is talking about _____, a good listener will _____.

示范

A good listener is someone who pays attention and doesn't interrupt too quickly. That matters because it makes the speaker feel respected and helps them explain themselves more clearly. For example, if a friend is talking about stress at work, a good listener will listen calmly first and ask a follow-up question instead of giving advice immediately.

为什么好

- 这个答案清楚地回答了题卡的所有要点，而且顺序自然，便于展开。
- 词汇使用贴合主题且比较自然，比如 perspective、engaging 和 meaningful。
- 答案加入了个人感受和总结，这有助于体现流利度和连贯性。

常见错误

- 不要说“We talked many things”；更自然的表达是“We talked about several things.”
- 不要频繁切换时态；如果是在讲过去发生的事，主要叙述应以过去时为主。
- 不要只说这次谈话很有趣；要用具体原因或细节来说明为什么有趣。

话题词

engaging	/ɪnˈgeɪdʒɪŋ/	吸引人的	The conversation was so engaging that I forgot the time completely.
perspective	/pəˈspektɪv/	观点；视角	Her perspective made me rethink my plans for the future.
topic	/ˈtɒpɪk/	话题	The topic changed from travel to career choices quite naturally.

curious	/ˈkjʊərɪəs/	好奇的	I felt curious, so I kept asking him more questions.
realise	/ˈrɪəlaɪzˌriː-/	意识到	I began to realise that my original opinion was too simple.
mention	/ˈmenʃən/	提到	He mentioned a book that had changed his way of thinking.
debate	/dɪˈbeɪt/	讨论；争论	It became a friendly debate rather than a serious argument.
awkward	/ˈɔːkwəd/	尴尬的	At first, there was an awkward silence before we started talking properly.
confident	/ˈkɒnfɪdənt/	自信的	After talking to her, I felt more confident about my decision.
meaningful	/ˈmiːnɪŋfʊl/	有意义的	It was meaningful because it helped me understand myself better.

听示范、开口答、估分：**linsays.com/zh/ielts-speaking/an-interesting-conversation-you-had**

雅思口语 Part 2

描述一部你喜欢看的电影

Describe a film you enjoyed

考官会给你1分钟准备时间，然后要求你连续说1到2分钟。

题卡

Describe a film you enjoyed watching.

You should say:

- what film it was
- when and where you watched it
- what it was about
- and explain why you enjoyed it

1 分钟准备 · 笔记这样记

- Interstellar sci-fi space drama
- last winter, laptop at home
- father-daughter bond, saving Earth
- stunning visuals, emotional story

用这一分钟为四个要点各记一个关键词，然后按这个顺序说大约两分钟，最后用一句话总结你的看法。

按这个顺序说两分钟

开头	A film I really enjoyed watching was _____.
what film it was	It was called _____, and it was a _____ film.
when and where you watched it	I watched it _____ at _____.

what it was about	It was about _____, and basically _____.
explain why you enjoyed it	I enjoyed it because _____.
收尾	So overall, I'd gladly watch it again because _____.

示范：一段约 7 分的两分钟回答

One film I really enjoyed watching was The Martian, which is a science fiction film. I watched it about two years ago at home on a rainy Sunday evening with my younger brother. We even made popcorn because we'd both had a stressful week and wanted to relax. The film is about an astronaut who is left behind on Mars after a huge storm. People on Earth think he has died, but he manages to stay alive and tries to contact NASA. At the same time, he has to solve practical problems, like finding food and using limited resources. Although the situation is serious, the main character is quite funny, so the film doesn't feel too heavy. I enjoyed it for several reasons. First, the plot was exciting and easy to follow. Second, the lead actor gave a very believable performance, so I really cared about what happened to him. I also liked the visuals, especially the empty red landscape of Mars. Finally, the film has a positive message about staying calm and hopeful when things go wrong, and I found that very memorable.

Part 3 追问和思路

1 Why do some people prefer watching films at home rather than at the cinema?

先直接说明一个原因，再举一个简单例子，并和电影院做个对比。

可以说 lower cost for families　pause for breaks　sofa and home comfort

直接答	Some people prefer watching films at home because _____.
原因	The main reason is that it's _____ and more _____.
举例	For example, they can _____ while watching _____.
对比	At the cinema, _____, so home feels better for them.

示范

Some people prefer watching films at home because it's more comfortable and flexible. The main reason is that it's cheaper and more convenient, especially for families or people with busy schedules. For example, they can pause the film, make their own snacks, and wear comfortable clothes while watching a movie. At the cinema, tickets and food are expensive, and you have to follow a fixed schedule, so home feels easier for them.

2 What kinds of films are popular with young people in your country?

先说一两种电影类型，解释它们为什么受年轻人欢迎，再加一个常见例子。

可以说 superhero action films　romantic school dramas　horror films with friends

直接答	In my country, young people usually like _____ films.
原因	I think that's because they are _____ and easy to _____.
举例	For example, _____ is popular among teenagers and university students.
细节	People often watch these films _____, especially when _____.

示范

In my country, young people usually like superhero and horror films. I think that's because they are exciting and easy to watch with friends, so even a simple story can still be fun. For example, Marvel films are especially popular among teenagers and university students. People often watch these films in groups, especially when they meet up at weekends or during school holidays.

3 Do you think films can influence people's ideas or behaviour?

先清楚表明观点，解释电影如何影响人，再举一个真实的例子。

可以说 fashion from famous characters | views on social issues | copying dangerous stunts

直接答	Yes, I think films can influence people because _____.
原因	One reason is that viewers often remember _____ and start thinking about _____.
举例	For example, after watching _____, some people might _____.
细节	Of course, the effect is stronger when _____.

示范

Yes, I think films can influence people because powerful stories can stay in their minds for a long time. One reason is that viewers often remember strong characters and start thinking about issues in a new way. For example, after watching a film about climate change, some people might start recycling more or wasting less. Of course, the effect is stronger when the message feels realistic and personal.

4 How have online platforms changed the way people watch films?

抓住两个主要变化，再举一个日常生活中的例子，并把现在和过去做对比。

可以说 watching on the commute　personalised recommendations　less dependence on cinemas

直接答	Online platforms have changed film watching by making it more _____ and _____.
原因	People can now _____ whenever they want, instead of _____.
举例	For example, many people watch _____ on _____ during their free time.
对比	Compared with the past, _____ is much more common now.

示范

Online platforms have changed film watching by making it more convenient and more personal. People can now choose what to watch whenever they want, instead of waiting for a cinema schedule or a TV broadcast. For example, many people watch films on their phones or laptops during their commute or while relaxing at home. Compared with the past, on-demand viewing is much more common now, and people have far more choice.

为什么好

- 这个回答清楚覆盖了四个提示点，而且顺序自然，便于展开。
- 它自然使用了电影话题词汇，如 plot、performance、visuals 和 message。
- 它结合了简单句和较复杂的句子，过去时和连接表达总体较准确。

常见错误

- 不要说“The film was very touched”；应说“The film was very touching”或“I was very touched.”
- 不要把整个剧情详细复述一遍；简要概括内容，把更多时间放在你为什么喜欢它上。
- 不要说“I watch it last year”；谈过去已经发生并结束的事情要说“I watched it last year.”

话题词

plot	/plɒt/	情节	The plot was simple, but it kept me interested until the end.
character	/ˈkærəktə/	角色	My favourite character felt natural and changed a lot during the film.
performance	/pəˈfɔːməns/	表演	The lead actor gave a powerful performance without seeming too dramatic.
director	/diˈrektə/	导演	You can tell the director wanted every scene to feel tense.
emotional	/iˈməʊʃənəl/	感人的；令人动容的	I found the final part quite emotional, even though it was quiet.
realistic	/rɪəˈlɪstɪk/	真实的	The dialogue sounded realistic, which made the story more convincing.
scene	/siːn/	场景；片段	One scene in the storm stayed in my mind for days.
message	/ˈmesɪdʒ/	寓意；传达的思想	Its message about hope was clear without feeling too obvious.
genre	/ˈʒɒŋrə/	类型	I don't usually choose this genre, but this film surprised me.
visual	/ˈvɪʒʊəl/	视觉的；画面上的	The film was visually impressive, and every detail looked carefully planned.

听示范、开口答、估分：**linsays.com/zh/ielts-speaking/a-film-you-enjoyed**

雅思口语 Part 2

描述一项你喜欢看的运动

Describe a sport you like to watch

在口语第二部分，考官会给你一张话题卡，并给你1分钟准备时间。然后你需要连续说1到2分钟。

题卡

Describe a sport you enjoy watching.

You should say:

- what the sport is
- when you usually watch it
- who you watch it with
- and explain why you enjoy watching it

1 分钟准备 · 笔记这样记

- football, Premier League games
- weekend evenings after dinner
- dad and younger brother
- fast pace, shared excitement

用这一分钟为每个要点记一个关键词，然后按这个顺序讲两分钟，并补充一个小例子或感受。

按这个顺序说两分钟

开头	I'd like to talk about a sport I really enjoy watching.
what the sport is	The sport I enjoy watching is _____.
when you usually watch it	I usually watch it _____.

who you watch it with	I normally watch it with _____.
explain why you enjoy watching it	What I like most about it is _____.
收尾	Overall, that's why I enjoy watching it so much.

示范：一段约 7 分的两分钟回答

The sport I most enjoy watching is football. I don't play it very well myself, but I can happily watch a full match without getting bored. I usually watch big league games at the weekend, and when there's a major tournament like the World Cup, I try to follow as many matches as possible, even if some of them are on quite late. Most of the time, I watch with my younger brother at home. We make some tea, sit in front of the TV, and complain about the referee's decisions as if we were experts. If it's a really important match, a couple of friends might come over too, because it's much more fun when everyone reacts at the same time. What I like most is that football isn't just about running fast or scoring goals. There's a lot of strategy in it, especially when one team defends deeply and the other keeps trying different ways to break through. A match can seem quite quiet for twenty minutes and then suddenly change because of one mistake or one moment of real quality, and all the momentum shifts. I also like the commentary, because it helps me notice details I might miss on my own. Overall, it's unpredictable, tense, and very easy to get drawn into.

Part 3 追问和思路

1 Why do many people enjoy watching sports more than playing them?

先直接回答，再说一个明确原因，最后加一个简单的个人例子。

可以说 less effort after work　professional skill and drama　injury or age limits

直接答	I think many people prefer watching sports because _____.
原因	The main reason is that _____, especially after _____.
举例	For example, _____ can still enjoy the game without having to _____.

示范

I think many people prefer watching sports because it's much easier than playing them yourself. The main reason is that people are often tired and just want to relax, especially after a long day at work. For example, my dad can still enjoy football without having to run around a pitch. It's more comfortable for him, but he still feels involved in the game.

2 What are the advantages of watching sport live rather than at home?

选一到两个优点，最后简短比较一下现场和在家观看。

可以说 stadium atmosphere | shared crowd excitement | special day out

直接答	Watching sport live is better in some ways because _____.
原因	One big advantage is _____, since everyone around you is _____.
举例	For example, when _____ scored, the whole crowd _____.
对比	Compared with watching at home, being there in person feels _____.

示范

Watching sport live is better in some ways because the whole experience feels more real and memorable. One big advantage is the atmosphere, since everyone around you is reacting at exactly the same moment. For example, when my local team scored, the whole crowd stood up and shouted together. Compared with watching at home, being there in person feels much more exciting, even though home is definitely more comfortable.

3 How has technology changed the way people watch sports?

先说最主要的变化，再用一个现代生活中的例子来说明。

可以说 phone live streaming | instant replays and stats | social media reactions

直接答	Technology has changed sports viewing by _____.
原因	Now people can _____, which makes it much more _____.
举例	For example, I often use _____ when I want to watch _____.
细节	It also means fans can _____ while the game is still on.

示范

Technology has changed sports viewing by making it far more convenient and interactive. Now people can stream matches on their phones and check live statistics, which makes it much more flexible. For example, I often use a sports app when I want to watch tennis while I'm commuting home. It also means fans can react on social media while the game is still on, so the whole experience feels more connected.

4 Do famous athletes have a positive influence on young people?

先明确表达观点，用一个理由支持，并让例子听起来真实。

可以说 discipline and hard work　healthy exercise habits　public scandals matter

直接答	Yes, I think famous athletes can have a positive influence when _____.
原因	That's because young people often copy _____ and pay attention to _____.
举例	For example, after seeing _____, some teenagers start _____.
细节	Of course, this only works if the athlete _____.

> 示范
>
> Yes, I think famous athletes can have a positive influence when they behave responsibly and show real discipline. That's because young people often copy successful people and pay attention to what they say about training and health. For example, after seeing a swimmer talk about daily practice, some teenagers start exercising more regularly. Of course, this only works if the athlete sets a good example off the field as well.

为什么好

- 这个回答清楚覆盖了提示卡上的四个要点，而且始终紧扣主题。
- 它加入了原因和小例子，这样在第二部分里更容易自然地展开内容。
- 它准确使用了和主题相关的词汇，同时结合了简单句和较复杂的句型。

常见错误

- 不要只说几句很短的话；在第二部分，你需要持续表达，并把每个提示点展开。
- 不要只是列点，不作解释；最好补充原因或小例子，让回答听起来更自然。
- 不要死记很正式的套话；比起不自然的高级表达，简单、清楚、顺口的英语更好。

话题词

tournament	/ˈtɜːnəmənt/	锦标赛；联赛	I usually follow the whole tournament instead of just the final match.
athlete	/ˈæθliːt/	运动员	A top athlete can stay calm even under a lot of pressure.
strategy	/ˈstrætɪdʒi/	战术；策略	What interests me most is the strategy behind each attack.
intense	/ɪnˈtens/	紧张激烈的	The last few minutes are always intense and hard to ignore.
defence	/dɪˈfens/	防守	Good defence can completely change the direction of a match.
rival	/ˈraɪvl/	对手	The game feels bigger when the rival team is equally skilled.
commentary	/ˈkɒməntəri/	解说	Clear commentary helps me understand small details I would otherwise miss.
technique	/tekˈniːk/	技术；技巧	I admire the technique players use when they control the ball.
momentum	/məʊˈmentəm/	势头	One goal can give a team momentum for the rest of the game.
referee	/ˌrefəˈriː/	裁判	Sometimes the referee makes decisions that change everybody's mood.

听示范、开口答、估分：**linsays.com/zh/ielts-speaking/a-sport-you-like-to-watch**

雅思口语 Part 2

描述一首你喜欢的歌或乐曲

Describe a song or piece of music you like

在这个口语第二部分题目中，考官会让你描述一首你喜欢的歌曲或一段你喜欢的音乐。你有1分钟准备时间，然后需要连续说1到2分钟。

题卡

Describe a song or piece of music you like.

You should say:

- what the song or piece of music is
- what kind of music it is
- when you first heard it
- and explain why you like it

1 分钟准备 · 笔记这样记

- Fix You by Coldplay
- soft rock ballad
- age 13, school concert
- comforting lyrics, calming effect

用这一分钟选定一首歌，记下歌名、类型、第一次听到的时间和喜欢的原因；在两分钟里按这个顺序说，并补充一个简短回忆和一种感受。

按这个顺序说两分钟

开头	I'd like to talk about a song I really like, and it's called _____.
what the song or piece of music is	It's by _____.

what kind of music it is	It's a kind of _____ music.
when you first heard it	I first heard it when I was _____.
explain why you like it	I like it because _____, and it makes me feel _____.
收尾	So _____ is a song I never get tired of.

示范：一段约 7 分的两分钟回答

I'd like to talk about a song called "Fix You" by Coldplay. It's a soft rock song, and it has a very calm and gentle melody at the beginning. Later on, the rhythm gets stronger, so the song becomes much more powerful. I first heard it when I was about fifteen. My older cousin played it during a family trip, and at that time I didn't pay much attention to it. But that evening, I listened to it again with earphones, and I suddenly noticed how moving it was. What I like most about this song is its lyrics. They are simple, but they give comfort and hope, especially when someone is going through a difficult time. I also like the way the song slowly builds up. It starts quietly and then becomes more intense, which makes it really memorable. Another reason I like it is that it feels a bit nostalgic to me. It reminds me of my teenage years, and I still listen to it now whenever I feel stressed or tired. It usually helps me calm down, so for me, it's both meaningful and relaxing.

Part 3 追问和思路

1 Why do some people listen to music every day?

先直接回答，再给一个明确原因，并加上一个日常例子。

可以说 bus commute playlists　study music at night　stress relief after work

直接答	Some people listen to music every day because _____.
原因	It helps them _____ while they're _____.
举例	For example, when I _____, I usually put on _____.

示范

Some people listen to music every day because it helps them manage their mood. It helps them relax or focus while they're commuting, studying, or doing routine tasks. For example, when I take the bus home after work, I usually put on a calm playlist, and it makes the journey feel shorter. That's why music becomes part of their normal daily routine.

2 Do people of different ages usually prefer different kinds of music?

先对不同年龄群体做一个总体比较，再举例，并补充一个共同点。

可以说 teens and K-pop　parents and old classics　shared movie soundtracks

直接答	Yes, I think different age groups often prefer _____ music.
原因	That's mainly because they grew up with _____ and relate to _____.
举例	For instance, teenagers might listen to _____, while older people may prefer _____.
对比	At the same time, _____ can appeal to both _____ and _____.

示范

Yes, I think different age groups often prefer different kinds of music. That's mainly because they grew up with different artists and relate to different lyrics and trends. For instance, teenagers might listen to K-pop or rap, while older people may prefer classic pop from the 1980s or 1990s. At the same time, movie soundtracks can appeal to both younger and older listeners.

3 How has technology changed the way people listen to music?

可以从获取方式、便利性和一个个人例子来回答。

可以说 streaming apps on phones　personalized song recommendations　wireless earbuds on trains

直接答	Technology has changed music listening a lot by making it _____.
原因	Now people can _____ instead of _____.
举例	For example, I usually use _____ on my _____.
原因	It also lets people _____, so listening is much more _____.

示范

Technology has changed music listening a lot by making it more convenient and personal. Now people can stream almost any song instantly instead of buying CDs or downloading tracks one by one. For example, I usually use Spotify on my phone to find new artists through recommended playlists. It also lets people listen anywhere, so listening is much more flexible than it used to be.

4 What are the benefits of teaching music at school?

说出两个好处，并用一个学校里的例子来支持其中一个。

可以说 school choir teamwork　better focus in class　confidence from performances

直接答	Teaching music at school is useful because it helps students _____.
原因	It can improve _____ and develop _____.
举例	For example, when students join _____, they learn to _____.
原因	It can also make students feel _____ when they _____.

示范

Teaching music at school is useful because it helps students in several ways. It can improve concentration and memory, and it can also develop creativity and teamwork. For example, when students join a choir or a school band, they learn to listen to others and work toward the same performance. It can also make shy students feel more confident when they perform in front of other people.

为什么好

- 这个答案按清晰的顺序回应了四个提示点，有助于体现连贯性。
- 它自然使用了 melody、lyrics、rhythm 和 nostalgic 等话题词汇。
- 它加入了个人原因和细节，因此听起来更自然，内容也更充分。

常见错误

- 不要只说歌名和歌手；还要描述这首歌本身，比如旋律、节奏或整体氛围。
- 不要只给出很短的理由，比如“它很好听”或“它很有名”；要解释它为什么会打动你。
- 不要硬背自己不会自然使用的复杂词；在雅思口语中，简单但准确的表达更好。

话题词

melody	/ˈmelədi/	旋律	The melody is simple, but it stays in my head all day.
rhythm	/ˈrɪðəm/	节奏	The rhythm is gentle, so it helps me relax after work.
meaningful	/ˈmiːnɪŋfʊl/	有意义的	For me, the song is meaningful because of its message.
genre	/ˈʒɒŋrə/	音乐类型；风格	This genre isn't popular with everyone, but I enjoy it.
emotional	/iˈməʊʃənəl/	充满感情的；令人动情的	It's quite emotional, and that's why it touches me.
memorable	/ˈmemərəbl/	难忘的；容易记住的	The chorus is memorable, so I can sing it easily.
tune	/tjuːn/	曲调	It has a catchy tune that stays in my head.
beat	/biːt/	节拍	The beat is lively, so it always lifts my mood.
energetic	/ˌenəˈdʒetɪk/	充满活力	It's an energetic song that makes me want to dance.
classic	/ˈklæsɪk/	经典的	It's a classic song that people of all ages enjoy.

听示范、开口答、估分：**linsays.com/zh/ielts-speaking/a-song-or-piece-of-music-you-like**

雅思口语 Part 2

描述你做过的一个重要决定

Describe an important decision you made

在口语第二部分，考官会给你一张话题卡，并给你1分钟准备时间。之后你需要连续说1到2分钟。

题卡

Describe an important decision you made.

You should say:

- what the decision was
- when you made it
- who you discussed it with
- and explain why it was important to you

1 分钟准备 · 笔记这样记

- Study abroad after graduation
- Last year of university
- Parents and best friend
- Career growth and independence

在这一分钟里记下4个关键词；在两分钟里按顺序展开，说明它为什么重要，并以你现在的感受结尾。

按这个顺序说两分钟

开头	I'd like to talk about an important decision I made _____.
what the decision was	The decision was to _____.
when you made it	I made it when _____.

who you discussed it with	Before deciding, I discussed it with _____.
explain why it was important to you	It was important to me because _____.
收尾	Looking back, I feel _____ about it now.

示范：一段约 7 分的两分钟回答

One important decision I made was choosing to study computer science at a university in another city, instead of staying near home and taking a business course. I made that decision in my final year of secondary school, when university deadlines were coming up and everyone around me seemed to know what they wanted to do. At that time, I was honestly quite torn. Staying close to home would have been cheaper and probably easier for my family, and my parents felt it was the safer option. But deep down, I knew I was much more interested in technology than business. I discussed it with my parents, my older sister, and one of my teachers. My parents were mainly worried about the cost and whether I would settle into a new city. My sister told me to think about what I would still want in five or ten years, not just what felt comfortable at that moment. My teacher also encouraged me and said I had the ability to do well in that subject. It was important to me because it was the first major decision I made for myself. It pushed me to become more independent, and it gave me the chance to build a future that suited my interests. Looking back, I still think it was the right choice, and I really don't regret it.

Part 3 追问和思路

1 Why do some people find it difficult to make decisions?

先说一个主要原因，再举一个真实例子。

可以说 fear of making mistakes　too many online opinions　family pressure at home

直接答	I think some people struggle to decide because _____.
原因	The main reason is that _____.
举例	For example, when _____, they _____.

示范

I think some people struggle to decide because they're afraid of making the wrong choice. The main reason is that some decisions can affect their future for a long time, so the pressure feels much heavier. For example, when my cousin was choosing a university, he kept reading online reviews and asking relatives for advice, and that made him even more confused.

2 Do young people and older people make decisions in different ways?

先直接回答，再比较这两个年龄群体，并给一个例子。

可以说 check social media first　trust life experience　take longer to decide

直接答	Yes, I think _____ and _____ often make decisions differently.
对比	Younger people usually _____, while older people tend to _____.
原因	I think that's because _____.
举例	For example, when _____, _____.

示范

Yes, I think young people and older people often make decisions differently. Younger people usually check online opinions first, while older people tend to trust their own experience and take more time. I think that's because older people have dealt with similar situations before. For example, when my brother wanted to change jobs, he read social media comments, but my father focused more on long-term stability and career growth.

3 How important is family advice when people make major decisions?

先表明明确立场，再用一个人生大事的例子说明。

可以说 choosing a university | buying a first home | changing jobs abroad

直接答	Family advice is _____ when people make major decisions.
原因	That's mainly because _____.
举例	For example, when someone is _____, family can _____.

示范

Family advice is very important when people make major decisions, but it shouldn't be the only factor. That's mainly because relatives usually understand your situation well and can notice risks you might miss. For example, when someone is choosing a university, family can help compare costs, location, and future job opportunities, which makes the final decision more practical.

4 Can one big decision completely change a person's future?

先清楚回答能或不能，再说明一个选择如何影响之后的人生。

可以说 moving to another country　marrying very young　starting a risky business

直接答	Yes, one big decision can _____ a person's future.
原因	That's because choices about _____ can affect life for years.
举例	For example, if someone decides to _____, it can _____.

示范

Yes, one big decision can completely change a person's future. That's because choices about work, marriage, or where to live can shape someone's opportunities for many years. For example, if someone decides to move to another country, it can change their career path, social circle, and even the language they use every day, so the effect can be huge.

为什么好

- 这个答案把话题卡上的四个要点都覆盖到了，考官会很容易跟上你的思路。
- 答案提供了个人原因和具体细节，因此内容能自然展开，不会显得空泛。
- 用词和句型有一定变化，但整体仍然像自然口语，而且过去时用得比较准确。

常见错误

- 不要只说你做了什么决定，还要交代你是什么时候做的、和谁讨论过，以及为什么这件事对你重要。
- 不要无缘无故来回换时态；讲这个经历时，一般过去时通常是主时态。
- 不要说 "I made a decision about to study"，应改成 "I decided to study" 或 "I made the decision to study"。

话题词

dilemma	/dɪ'lemə/	两难处境	I faced a dilemma between staying close to home and moving to another city.
option	/'ɒpʃən/	选择；选项	Studying locally was one option, but I chose a university in another city.

practical	/ˈpræktɪkl/	实际的；务实的	My parents preferred a practical choice with stable career prospects.
confident	/ˈkɒnfɪdənt/	有信心的；自信的	After talking to my teacher, I felt more confident about my choice.
hesitate	/ˈhezɪteɪt/	犹豫	At first, I did hesitate because the cost seemed quite high.
advice	/ədˈvaɪs/	建议	My sister gave me honest advice without forcing her opinion on me.
priority	/praiˈɒrɪti/	优先事项；首要考虑的事	My main priority was finding a course that matched my interests.
finance	/faiˈnæns/	资金；财务	Finance was a major concern, so I applied for a scholarship.
independent	/ˌɪndiˈpendənt/	独立的	Making that choice helped me become more independent.
opportunity	/ˌɒpəˈtjuːnɪti/	机会	It seemed like an opportunity I might never get again.

听示范、开口答、估分：**linsays.com/zh/ielts-speaking/an-important-decision-you-made**

雅思口语 Part 2

描述你参观过的一座历史建筑

Describe a historical building you have visited

在这个 Part 2 话题中，考官会让你描述一座你参观过的历史建筑。你有1分钟准备时间，然后需要说1到2分钟。

题卡

Describe a historical building you have visited.

You should say:

- what the building is
- where it is
- what it looks like
- and explain why it impressed you

1 分钟准备 · 笔记这样记

- Red Fort, Mughal fort
- Old Delhi, near Chandni Chowk
- red sandstone, massive walls
- rich history, fine details

用这一分钟记下建筑、地点、两个外观特点和它为什么让你印象深刻，然后按这个顺序讲满两分钟。

按这个顺序说两分钟

开头	One historical building I remember clearly is _____.
what the building is	It's _____, a _____.
where it is	It's in _____, near _____.

what it looks like	It looks _____, with _____.
explain why it impressed you	It impressed me because _____, and it made me feel _____.
收尾	Overall, it's a place I'd recommend because _____.

示范：一段约 7 分的两分钟回答

One historical building I've visited is an old palace in the centre of my country's capital. I went there about three years ago with my cousin during a short weekend trip. We'd both seen photos of it before, but standing in front of it felt completely different. The building is huge, with thick stone walls, tall windows and a wide courtyard in the middle. What I remember most is the main staircase, which curves gently upward and has beautifully carved wooden rails. A lot of the original structure has been preserved, although some parts were clearly repaired during restoration work. Inside, the rooms were fairly dark, but that actually added to the atmosphere and made the place feel ancient and calm. I found it impressive not only because of its architecture, but also because it represents an important part of our heritage. It made me think about how people lived hundreds of years ago, without modern technology but with amazing skill and patience. I also liked the fact that it wasn't treated like a dead monument. There were guides, small exhibitions and local school groups there, so it still felt connected to everyday life. For me, that visit made history seem much more real.

Part 3 追问和思路

1 Why do some people enjoy visiting historical buildings more than museums?

先直接回答比较，再说明原因，并给一个清楚的例子。

可以说 walk through real rooms　open-air atmosphere　less reading, more emotion

直接答	Some people enjoy _____ more than _____.
原因	One reason is that they can _____, not just _____.
举例	For example, when I went to _____, I could _____.
对比	By comparison, museums can feel _____ if people have to _____.

示范

Some people enjoy visiting historical buildings more than museums because the experience feels more real. One reason is that they can walk through the actual rooms and imagine daily life there, not just look at information boards. For example, when I went to the Red Fort, I could picture how people moved through the courtyards and gates. By comparison, museums can feel a bit static if visitors spend most of the time reading labels.

2 What should governments do to protect old buildings?

说出具体做法，解释为什么重要，再补充一个具体措施。

可以说 strict renovation rules | repair funding | visitor limits

直接答	Governments should _____ to protect old buildings.
原因	This matters because _____ can damage _____ over time.
举例	For instance, they could pay for _____ and hire _____.
细节	They should also control _____ so the site stays _____.

示范

Governments should create strict rules and provide steady funding to protect old buildings. This matters because pollution, bad weather, and careless tourism can damage historic materials over time. For instance, they could pay for expert restoration work and hire trained conservation staff. They should also control visitor numbers so the site stays safe without losing public access completely.

3 Is it better to restore historical buildings or replace them with modern ones?

先表明立场并支持它，然后再提一下另一种情况的例外。

可以说 restore famous landmarks　replace unsafe buildings　reuse old facades

直接答	In most cases, it's better to _____.
原因	The main reason is that _____ gives a city _____.
举例	For example, a building like _____ can still be used for _____.
对比	But if a place is _____ and can't be _____, replacement makes more sense.

示范

In most cases, I think it's better to restore historical buildings. The main reason is that keeping them gives a city character and preserves a visible link to its past. For example, a building like an old railway station can still be used for exhibitions or community events after careful repair. But if a place is seriously unsafe and can't be restored properly, replacement makes more sense.

4 How can historical buildings help younger people learn about the past?

重点说明这个地方如何让历史变得真实，再给一个学习的例子。

可以说 school trips on-site | see rooms and objects | stories from local guides

直接答	Historical buildings can help young people learn by making _____ feel _____.
原因	Instead of only reading about _____, they can actually see _____.
举例	For example, on a school trip to _____, students might notice _____.
细节	If a guide explains _____, the lesson becomes more _____.

示范

Historical buildings can help younger people learn by making history feel real. Instead of only reading about a period in a textbook, they can actually see the rooms, walls, and objects connected to it. For example, on a school trip to an old fort, students might notice how people defended the building or where soldiers lived. If a guide explains those details clearly, the lesson becomes much more memorable.

为什么好

- 答案结构清楚，先介绍建筑，再描述细节和感受，容易跟上。
- 使用了与主题相关的词汇，如 courtyard、preserved 和 heritage，而且用得自然准确。
- 句型有变化，既有简单句也有复合句，还用了表示对比和原因的从句。

常见错误

- 不要只罗列关于建筑的事实，要补充你注意到的细节，以及这些细节为什么让你有感受。
- 不要说 I very like this building，要说 I really liked this building 或 I was impressed by it。
- 不要随意混用时态；如果讲的是过去的参观经历，就应以过去时为主。

话题词

architecture	/ˈɑːkɪtektʃə/	建筑风格	The architecture was simple, but every detail looked carefully planned.
ancient	/ˈeɪnʃənt/	古老的	Even the doors looked ancient, with faded colour and rough wood.
structure	/ˈstrʌktʃə/	建筑物；结构	From a distance, the structure seemed solid and perfectly balanced.
monument	/ˈmɒnjʊmənt/	纪念碑；纪念性建筑	At first, I thought it was just a monument, but later I realised it was still an important part of local life.
courtyard	/ˈkɔːtjɑːd/	庭院	The central courtyard was quiet, so I stopped there for photos.
staircase	/ˈsteəkeɪs/	楼梯	My favourite part was the staircase near the entrance hall.
restoration	/ˌrestəˈreɪʃən/	修复	You could see recent restoration in the brighter stone sections.
atmosphere	/ˈætməsfɪə/	氛围	The building had a peaceful atmosphere that made everyone speak softly.
impressive	/ɪmˈpresɪv/	令人赞叹的	The size of the hall was impressive, even in photos.
heritage	/ˈherɪtɪdʒ/	遗产；传统	Places like this are part of our heritage and identity.

听示范、开口答、估分：**linsays.com/zh/ielts-speaking/a-historical-building-you-have-visited**

雅思口语 Part 2

描述你国家的一个传统节日或庆典

Describe a festival or celebration in your country

在这个口语第二部分话题中，考官会要求你描述你国家的一个传统节日或庆典，你需要连续说1到2分钟。

题卡

Describe a traditional festival or celebration in your country.

You should say:

- what the festival or celebration is
- when it takes place
- how people celebrate it
- and explain why it is important to people in your country

1 分钟准备 · 笔记这样记

- Lunar New Year holiday
- late January or February
- family dinners, red envelopes
- family bonds, fresh start

用这一分钟写下四个关键词，然后每个要点讲大约30秒，最后用一句个人感受收尾。

按这个顺序说两分钟

开头 I'd like to talk about _____, which is a traditional festival in _____.

what the festival or celebration is	The festival is called _____, and it's one of the biggest celebrations in _____.
when it takes place	It usually takes place _____, often around _____.
how people celebrate it	People celebrate it by _____, and many families also _____.
explain why it is important to people in your country	It's important because it helps people _____ and remember _____.
收尾	For me, it feels _____ and always makes me think of _____.

示范：一段约 7 分的两分钟回答

I'd like to talk about the Spring Festival, which is probably the most important traditional celebration in my country. It usually falls in late January or February, depending on the lunar calendar, so the date is different each year. For most people, it's mainly a time for family reunion. Even people who work or study far from home usually try to return, so transport can get extremely busy. Before the festival, families clean and decorate their homes, often with red paper decorations, because red is seen as a lucky colour. On New Year's Eve, we have a big family meal, and in my family we usually make dumplings together. At midnight, many people set off fireworks, although in some cities they are restricted now. What I like most is the atmosphere. The streets feel vibrant, and there's a really festive mood everywhere. It's also a meaningful occasion because many customs have symbolic meanings. For example, some foods are linked with good luck, wealth, or family harmony. I think this festival is important because it keeps traditions alive and gives people a rare chance to slow down, spend time with family, and feel connected to the wider community.

Part 3 追问和思路

1 Why are festivals still important in modern society?

先直接表明观点，再说一个清楚的原因，并用节日例子支持。

可以说 family reunions | local identity | time away from phones

直接答	I think festivals are still important because _____.
原因	One main reason is that they help people _____.
举例	For example, during _____, people often _____.
细节	In modern life, where many people _____, festivals still give them _____.

示范

I think festivals are still important because they break up daily routine and remind people of shared traditions. One main reason is that they help people reconnect with family and community. For example, during Lunar New Year, many people travel home, have big meals, and visit older relatives. In modern life, where people are busy and spend a lot of time online, festivals still give them real face-to-face contact.

2 How have traditional celebrations changed in your country over time?

先对比过去和现在，再解释原因，并给一个真实例子。

可以说 online greetings | shorter family visits | shopping mall events

直接答	They've changed quite a lot in _____ over the years.
对比	In the past, people usually _____, but now they often _____.
原因	A big reason is _____, especially because _____.
举例	For instance, during _____, my family now _____.

示范

They've changed quite a lot in China over the years. In the past, people usually celebrated in a simpler, more family-centered way, but now they often mix tradition with shopping, travel, and social media. A big reason is modern lifestyles, especially because people are busier and companies promote holiday products much more heavily. For instance, during Mid-Autumn Festival, my family now sends online greetings and buys ready-made gift boxes more often than before.

3 Do public festivals help build a sense of community? Why or why not?

先回答是或否，再说明人们如何建立联系，并给一个本地例子。

可以说 street performances　shared volunteer work　neighbors meeting face to face

直接答	Yes, I think public festivals _____.
原因	That's mainly because they give people a chance to _____.
举例	For example, at _____, people in my area usually _____.
细节	After that, neighbors often _____, which makes the place feel _____.

示范

Yes, I think public festivals really do help build a sense of community. That's mainly because they give people a chance to meet and enjoy something together in a relaxed setting. For example, at our local New Year street event, people in my area watch performances, buy snacks, and volunteer at small stalls. After that, neighbors often greet each other more often, which makes the area feel warmer and more connected.

4 Should governments spend money on festivals and celebrations?

先给出明确观点，再加一个条件，并用例子说明公共收益。

可以说 security and cleaning | free cultural events | extra tourist spending

直接答	Yes, governments should spend money on festivals if _____.
原因	This is useful because it can _____ and also _____.
举例	For example, when a city pays for _____, more people can _____.
对比	Compared with _____, this kind of spending is _____.

示范

Yes, governments should spend money on festivals if the budget is sensible and the events are open to everyone. This is useful because it can preserve local culture and also support small businesses. For example, when a city pays for security, cleaning, and free performances, more people can attend safely and nearby shops usually earn more. Compared with flashy one-off projects, this kind of spending is more practical and benefits ordinary people.

为什么好

- 这个答案结构清楚，按照时间、活动和重要性展开，考官很容易跟上。
- 它自然使用了与节日相关的词汇，比如 reunion、decorate、vibrant、symbolic 和 community。
- 它展示了较好的语法范围，包括复合句和原因表达，同时听起来不死记硬背。

常见错误

- 不要只说“它很好”或者“我很喜欢”，要具体说明人们会做什么，以及这个节日为什么重要。
- 不要没有顺序地快速罗列内容；用“节日前”“除夕夜”这类时间标记会让答案更清楚。
- 不要为了显得高级而生硬地使用难词；在雅思口语中，准确、自然的表达更重要。

话题词

tradition	/trəˈdɪʃən/	传统	It's a long tradition for families to eat together that evening.
ceremony	/ˈserɪməni/	仪式	Some families hold a small ceremony before the main meal.
reunion	/riːˈjuːnjən/	团聚	For many people, the festival is really a family reunion.
decorate	/ˈdekəreɪt/	装饰	People decorate their homes with lights, flowers, and paper cuttings.
vibrant	/ˈvaɪbrənt/	充满活力的	The streets feel vibrant because everyone is outside celebrating together.
harvest	/ˈhɑːvɪst/	收获	Some rural festivals began as a way to celebrate the harvest.
community	/kəˈmjuːnɪti/	社区	The celebration brings the whole community together in a positive way.
occasion	/əˈkeɪʒən/	特殊时刻	It's a happy occasion when even busy relatives come home.
festive	/ˈfestɪv/	喜庆的	The whole city has a festive atmosphere during that week.
parade	/pəˈreɪd/	游行	In my country, many families watch the New Year parade downtown.

听示范、开口答、估分：**linsays.com/zh/ielts-speaking/a-festival-or-celebration-in-your-country**

雅思口语 Part 2

描述你在城市里最喜欢的地方

Describe your favourite place in your city

考官会让你描述你所在城市里最喜欢的地方，你需要连续说一到两分钟。

题卡

Describe your favourite place in your city.

You should say:

- where it is
- what it is like
- what you do there
- and explain why it is your favourite place in your city

1 分钟准备 · 笔记这样记

- Riverside Park, near downtown
- trees, lake, walking paths
- jog, read, meet friends
- peaceful, beautiful, close by

用这一分钟为每个要点记一个简短笔记，然后按这个顺序说大约两分钟。

按这个顺序说两分钟

开头	My favourite place in my city is _____.
where it is	It's located in _____, near _____.
what it is like	It's a _____ place with _____.
what you do there	When I go there, I usually _____.

explain why it is your favourite place in your city	It's my favourite because _____ and _____.
收尾	So that's why it's such a _____ place for me.

示范：一段约 7 分的两分钟回答

My favourite place in my city is a riverside park called Greenbank Park, which is about ten minutes from my flat. It's behind the old library and next to a small bridge, so it's very convenient for me to get there, even on a busy workday. What I like most is the atmosphere. The park is quite spacious, with long walking paths, a small lake, and a lot of greenery. Near the entrance, there's a local café with outdoor tables, and further in, there are wooden benches facing the water. In the evening, the scenery is especially nice because the lights from nearby buildings reflect on the river. One side feels peaceful, while the area near the café is more lively, especially at weekends. I usually go there to walk, listen to podcasts, or just sit and think for a while. Sometimes I meet a friend there, and we get a coffee and chat. Visiting this park has honestly become part of my routine. It's my favourite place because it helps me escape the noise of the city without actually leaving it. I always feel calmer after spending even half an hour there.

Part 3 追问和思路

1 What makes a public place popular in a city?

先说两三个特点，再举一个本地例子。

可以说 good transport links | clean and safe | street food and events

直接答	A public place is popular when it has _____ and _____.
原因	People keep going there because _____.
举例	For example, the _____ in my city is always busy because _____.
细节	It also gets more popular if _____.

示范

A public place is popular when it's easy to reach and feels safe. People keep going there because they can spend time there without much planning or worry. For example, the riverside night market in my city is always busy because it's next to a bus station and has lots of cheap food. It also gets more popular if the place is clean and has enough seating.

2 Do you think cities should spend more money on parks and public spaces?

先明确回答是或不是，再说明谁会受益以及怎么受益。

可以说 children's play areas outdoor gyms weekend community markets

直接答	Yes, I think cities should spend more on _____.
原因	That's important because _____.
举例	For instance, in _____, a better park could _____.
细节	It would especially help _____.

示范

Yes, I think cities should spend more on parks and public spaces. That's important because they improve people's daily lives and give everyone somewhere free to relax or exercise. For instance, in my neighbourhood, a better park could include a safer playground and a walking path for older residents. It would especially help families and people who live in small flats without any private outdoor space.

3 Why do some people prefer quiet places while others like lively places?

把两种偏好进行对比，并联系到性格或日常生活。

可以说 stress after work | outgoing personality | need to study

直接答	It mostly depends on _____ and _____.
原因	Some people prefer quiet places because _____.
对比	By contrast, others like lively places because _____.
举例	For example, my _____ likes _____, but I prefer _____.

示范

It mostly depends on personality and what kind of day someone has had. Some people prefer quiet places because they want to think clearly, rest, or study without distraction. By contrast, others like lively places because they enjoy noise, music, and being around other people. For example, my brother likes crowded cafés after work, but I prefer a quiet park when I need to relax.

4 How can cities preserve old places while still developing new areas?

提出可行的方法，并说明这两个目标如何同时实现。

可以说 protect historic districts　convert old buildings　expand new suburbs

直接答	Cities can do both by _____ and _____.
原因	That works because it protects _____ while allowing _____.
举例	For example, an old _____ can be turned into _____.
细节	New projects can go in _____, with rules on _____.

示范

Cities can do both by protecting key historic areas and directing new building projects to other parts of the city. That works because it keeps the city's character while still allowing space for housing, offices, and better transport. For example, an old warehouse can be turned into an art centre instead of being knocked down. New projects can go in outer districts, with clear rules on height, design, and traffic.

为什么好

- 答案按地点、特点、活动和原因展开，结构清楚，容易跟上。
- 用了自然且准确的词汇，比如 atmosphere、greenery、convenient 和 lively。
- 句型有变化，既有简单句，也有带从句的复杂句，整体控制得比较好。

常见错误

- 不要只说地点名称，要补充它在哪里、是什么样的。
- 不要一直重复 beautiful 或 good，可以换成 peaceful、lively、spacious 这类更具体的词。
- 不要只描述地方本身，还要说明你在那里做什么，以及为什么喜欢它。

话题词

peaceful	/ˈpiːsfʊl/	宁静的	It feels peaceful there, especially early in the morning.
crowded	/ˈkraʊdɪd/	拥挤的	It gets crowded on weekends, but I still enjoy the energy.

atmosphere	/ˈætməsfɪə/	氛围	The atmosphere is relaxed, so I can forget my worries.
convenient	/kənˈviːnjənt/	方便的	It's convenient because I can walk there from my flat.
scenery	/ˈsiːnəri/	风景	The scenery looks especially beautiful at sunset.
spacious	/ˈspeɪʃəs/	宽敞的	The park is spacious, so it never feels too crowded.
lively	/ˈlaɪvli/	热闹的	In the evening, the square becomes lively with music and laughter.
local	/ˈləʊkəl/	当地的	I often buy snacks from a local café near the entrance.
routine	/ruːˈtiːn/	固定日常安排	Going there after work has become part of my routine.
preserve	/prɪˈzɜːv/	保护；保存	The city should preserve places like this for future generations.

听示范、开口答、估分：**linsays.com/zh/ielts-speaking/your-favourite-place-in-your-city**

雅思口语 Part 2

描述你所在地区的一个环境问题

Describe an environmental problem in your area

在这个 Part 2 话题中，考官会让你描述你所在地区的一个环境问题，你需要说 1 到 2 分钟。

题卡

Describe an environmental problem in your area.

You should say:

- what the problem is
- where it happens in your area
- how it affects local people or wildlife
- and explain why you think it needs attention

1 分钟准备 · 笔记这样记

- river pollution from plastic
- canal near old market
- bad smell, fewer fish
- health risk, urgent action

用这一分钟为每个要点各写一个关键词，在两分钟里按这个顺序说，并补充一个简短的例子或感受。

按这个顺序说两分钟

开头	I'd like to talk about an environmental problem in my area, which is _____.
what the problem is	The main problem is _____.

where it happens in your area	It mostly happens around _____.
how it affects local people or wildlife	It affects local people or wildlife by _____.
explain why you think it needs attention	I think it needs attention because _____.
收尾	Overall, I really hope _____.

示范：一段约 7 分的两分钟回答

The environmental problem I'd like to talk about is air pollution in my area. I live in a medium-sized city, and the worst area is the road near the bus station, which is close to a small industrial zone about ten minutes from my flat. Most mornings, especially in winter, there is heavy traffic congestion there. Buses, delivery vans and private cars all move very slowly, so their emissions build up in the air. On some days, you can even see a light layer of smog, and the smell is quite unpleasant. There are also a few workshops nearby, and some local residents believe that chemicals from those places make the air worse. This problem affects people in a pretty direct way. My neighbour's son has asthma, and his mother tries not to let him play outside when the pollution is bad. Even for healthy people, it can cause headaches, coughing and tiredness. It also makes the area look dirty and unattractive. I think it really needs attention because people can start to see it as normal if it is ignored. The city should improve public transport, enforce factory regulations more carefully, and raise public awareness so fewer people drive short distances. If nothing changes, it could seriously damage people's health in the long term.

Part 3 追问和思路

1 What environmental problems are most common in cities today?

先说两个城市里常见的问题，再解释原因，并举一个本地例子。

可以说 traffic exhaust　plastic waste in drains　construction noise

直接答	In cities today, the most common problems are _____ and _____.
原因	They're common mainly because _____.
举例	In my area, _____ is a good example.
细节	Because of that, local people often _____.

示范

In cities today, the most common problems are traffic exhaust and plastic waste in drains. They're common mainly because there are so many cars on the road, and people use a lot of disposable packaging. In my area, the drains near the bus station are a good example, because they often fill up with cups and plastic bags after the weekend. Because of that, local people often have to deal with bad smells and minor flooding after heavy rain.

2 Do you think individuals or governments are more responsible for protecting the environment?

先明确选择一方，再说明另一方为什么作用更小或方式不同。

可以说 factory emission laws　home recycling habits　bus and metro investment

直接答	I think _____ are more responsible overall.
原因	That's mainly because they can _____.
对比	Individuals can _____, but they usually can't _____.
举例	For example, in _____, one useful policy would be _____.

示范

I think governments are more responsible overall. That's mainly because they can make laws, fund public transport, and control what companies are allowed to do. Individuals can recycle and save energy at home, but they usually can't reduce factory emissions by themselves. For example, in my city, a stricter rule for diesel trucks would probably improve air quality much faster than relying only on personal choices.

3 How can schools encourage young people to care about environmental issues?

提出学校可以做的具体做法，再说明这些做法如何改变学生的行为。

可以说 campus recycling stations　park clean-up trips　climate lessons in science

直接答	Schools can encourage young people by _____.
原因	This works because students often respond better to _____.
举例	For example, my school once _____.
细节	After that, a lot of students started _____.

示范

Schools can encourage young people by making environmental issues practical and part of daily school life. This works because students often respond better to activities they can actually join than to lectures alone. For example, my school once organised a monthly clean-up in a nearby park and set up recycling stations on campus. After that, a lot of students started bringing reusable bottles and talking more seriously about waste at home.

4 Is economic growth always bad for the environment?

给出一个平衡的观点：先说“不一定”，再比较绿色增长和污染型增长。

可以说 solar industry jobs　green building standards　coal-powered factories

直接答	No, economic growth isn’t always _____.
原因	It depends on whether growth comes from _____ or _____.
举例	For example, _____ can create jobs and reduce pollution.
对比	By contrast, _____ usually harms the environment more.

示范

No, economic growth isn’t always bad for the environment. It depends on whether growth comes from cleaner industries or from highly polluting ones. For example, investment in solar energy or energy-efficient housing can create jobs and reduce pollution at the same time. By contrast, growth based on more coal plants or uncontrolled construction usually harms the environment much more seriously.

为什么好

- 答案按清晰的顺序覆盖四个提示点，并用相关细节展开。
- 词汇自然且比较丰富，比如 emissions、congestion 和 smog 这样的词。
- 句型有简单句也有较复杂的句子，语法整体比较准确，意思表达清楚。

常见错误

- 不要说“there is many pollution”；要说“there is a lot of pollution”或“there are many sources of pollution”。
- 不要只讲很笼统的观点；要提到你所在地区的具体地点、例子或人物。
- 不要只罗列解决办法；要说明这个问题为什么重要，以及它如何影响当地人或野生动物。

话题词

pollution	/pəˈluːʃən/	污染	Pollution gets much worse near the main road during rush hour.
litter	/ˈlɪtə/	垃圾（尤指公共场所乱扔的）	There is often litter around the river after weekend picnics.
drainage	/ˈdreɪnɪdʒ/	排水系统	Poor drainage means dirty water collects beside the market.
congestion	/kənˈdʒestʃən/	拥堵；堵塞	Traffic congestion makes noise and pollution worse in my neighbourhood.
recycle	/ˌriːˈsaɪkl/	回收利用	Many families want to recycle more, but there are not enough bins.
residents		居民	Local residents have complained about the smell for several years.
hazardous	/ˈhæzədəs/	有危险的；有害的	Burning plastic is hazardous, especially for children and older people.
smog	/smɒg/	雾霾	In winter, smog sometimes covers the buildings in the morning.
conserve	/kənˈsɜːv/	保护；节约	We should conserve water instead of washing pavements every day.
awareness	/əˈweənɪs/	认识；意识	Public awareness is improving, but many people still choose convenience.

听示范、开口答、估分：**linsays.com/zh/ielts-speaking/an-environmental-problem-in-your-area**

附录一

986 句地道表达

Part 1 里说日常、说感受，最容易冒出中式英语。每条：别这么说、为什么、三种地道说法和一段小对话。

打招呼和客套

你好

别这么说 ~~You good?~~

不是“你好”的直接翻译，像在问“你还好吗？”

这样说 **Hi!** 嗨！

朋友、同学、轻松场合

Hello. 你好。

最通用，任何场合都行

Good morning. 早上好。

上午见面，更礼貌自然

A Hi, are you Lin? 嗨，你是 Lin 吗？
B Hello. Yes, nice to meet you. 你好。是的，很高兴见到你。
A Nice to meet you too. 我也很高兴见到你。

我英语不好

别这么说 ~~My English is poor.~~

能懂，但听起来太自贬，不如说 not very good。

这样说 **My English isn't very good.** 我英语不太好。

自然、不夸张

My English is not very good. 我的英语不太好。

任何场合都能用

I'm still working on my English. 我还在学英语。

更积极、适合正式场合

A Do you want to join our group chat? 你想加入我们的群聊吗？
B Sure, but my English isn't very good. 当然，但我英语不太好。
A No worries. We can speak slowly. 没关系。我们可以说慢一点。

不用谢

别这么说 ~~No thanks.~~

意思是“不用了，谢谢”，不是回应别人感谢。

这样说 **No problem.** 没事儿。

朋友同事间很自然

You're welcome. 不客气。

最通用、最稳妥

My pleasure. 我很乐意。

服务、客户场合好用

A Thanks for helping me with the printer. 谢谢你帮我弄打印机。
B No problem. It jams all the time. 没事儿。它老卡纸。
A Really? I thought I broke it. 真的吗？我还以为我弄坏了。

不客气

别这么说 ~~Not polite.~~

这是“没礼貌”，不是“不客气”。别直译客气。

这样说 **No problem.** 没事，不用谢

朋友同事最常用

You're welcome. 不客气

任何场合都安全

My pleasure. 我很乐意帮忙

更礼貌、更热情

A Thanks for holding the door. 谢谢你帮我扶门。
B No problem. 没事，不用谢。
A I have too many bags today. 我今天包太多了。

很高兴见到你

别这么说 ~~I'm very happy to see you.~~

语法没错，但像真的很激动，不像寒暄。

这样说 **Nice to meet you.** 很高兴认识你。

初次见面，最常用

It's nice to meet you. 见到你很高兴。

自然又稍完整

It's a pleasure to meet you. 很荣幸见到您。

正式、见客户或长辈

A Hi, I'm Maya from the London office. 你好，我是伦敦办公室的 Maya。
B Hi, Maya. It's nice to meet you. 你好，Maya。见到你很高兴。
A Nice to meet you too. How was your flight? 我也很高兴认识你。航班还顺利吗？

谢谢

别这么说 ~~Thank you you.~~

把“你”重复翻译了，英语只说 Thank you。

这样说 **Thanks!** 谢啦！

朋友熟人最常用

Thank you. 谢谢你。

任何场合都安全

Thank you so much. 非常感谢您。

更热情、更客气

A I saved you a seat by the window. 我给你留了个靠窗的座位。
B Thanks! That's perfect. 谢啦！太好了。
A No problem. 没事。

你来自哪里

别这么说 ~~Where are you come from?~~

把 are 和 come 混在一起了；应说 Where are you from? 或 Where do you come from?

这样说 **Where are you from?** 你来自哪里?

朋友间最常用

Where are you from originally? 你原来是哪里人?

对方现居别处时

May I ask where you're from? 方便问您来自哪里吗?

更礼貌，不冒犯

A Your accent is lovely. 你的口音很好听。
B Thanks! 谢谢!
A May I ask where you're from? 方便问您来自哪里吗?

早

别这么说 ~~Early!~~

early 是“早的”，不能单独当早安说。

这样说 **Morning!** 早!

熟人、同事间自然

Good morning. 早上好。

任何场合都稳妥

Good morning. How are you? 早上好，您好吗?

更客气，适合长辈客户

A You're here early today. 你今天来得挺早。
B Morning! I wanted to finish this before nine. 早！我想九点前做完这个。
A Nice. Coffee first? 不错。先喝咖啡吗?

今天天气怎么样

别这么说 ~~How is today's weather?~~

能懂，但听起来像翻译句，不太像日常口语。

这样说 **How's the weather today?** 今天天气怎么样?

朋友间最自然

What's the weather like today? 今天是什么天气?

通用、很标准

Do you know what the weather's like today? 您知道今天天气吗?

问不熟的人更客气

A I'm heading out soon. 我一会儿要出门。
B How's the weather today? 今天天气怎么样?
A Pretty warm, but a little windy. 挺暖和的，但有点风。

晚安

别这么说 ~~Good evening.~~

这是见面打招呼，不是睡前"晚安"。

这样说 **Night!** 晚安!

朋友、家人间很自然

Good night. 晚安。

最通用，睡前或告别

Have a good night. 祝您晚上愉快。

对客人、同事更礼貌

A I'm going to bed. Big day tomorrow. 我要睡了。明天很重要。
B Good night. Sleep well. 晚安，睡个好觉。
A Thanks. You too! 谢谢，你也是!

对不起

别这么说 ~~I am sorry to you.~~

英语不这样搭配；直接说 I'm sorry 就好。

这样说 **Sorry.** 对不起。

朋友间小事道歉

I'm sorry. 我很抱歉。

大多数道歉都能用

I'm really sorry about that. 那件事真的抱歉。

更正式、更有诚意

A You're ten minutes late. 你迟到十分钟了。
B I'm sorry. The train was delayed. 对不起，火车晚点了。
A No worries. Let's get started. 没关系，我们开始吧。

早上好

别这么说 ~~Good morning good.~~

按中文直译，英语里不能这样叠加 good。

这样说 **Morning!** 早！

朋友、同事很自然

Good morning. 早上好。

通用，最稳妥

Good morning. How are you? 早上好，您好吗？

对客户、长辈更周到

A You're here early today. 你今天来得真早。
B Morning! I wanted to grab coffee first. 早！我想先买杯咖啡。
A Smart move. The line gets long after eight. 明智，八点后队就长了。

没关系

别这么说 ~~It doesn't matter.~~

像在说“这不重要”，有时显得冷淡或否定对方。

这样说 **No worries.** 没事，别担心

朋友间最自然

It's okay. 没关系

通用，语气温和

That's all right. 没关系的

对陌生人也合适

A I'm sorry I'm late. The bus was packed. 对不起我迟到了，公交太挤了。
B It's okay. We just got here too. 没关系。我们也刚到。
A Really? I was worried you'd be upset. 真的吗？我还担心你会不高兴。

你叫什么名字

别这么说 ~~How to call you?~~

像在问“怎么打电话给你”，不是问名字。

这样说 **What's your name?** 你叫什么名字?

直接问，适合轻松场合

What's your name? 你叫什么名字?

常用问法；对陌生人可先自我介绍

May I have your name, please? 请问您怎么称呼?

适合前台、客户、登记

A Hi, I'm Lin. I just moved in next door. 嗨，我是 Lin。我刚搬到隔壁。
B Nice to meet you, Lin. I'm Mia. 很高兴认识你，Lin。我是 Mia。
A Nice to meet you too, Mia. 我也很高兴认识你，Mia。

生日快乐

别这么说 ~~I wish you happy birthday.~~

能懂，但像中式直译；直接说 Happy birthday 更自然。

这样说 **Happy birthday!** 生日快乐！

朋友、同学都可以

Happy birthday! Hope you have a great day. 生日快乐，玩得开心。

更完整、更自然

Wishing you a very happy birthday. 祝您生日快乐。

写给上司或长辈

A Hey, I got you a little cake. 嘿，我给你买了个小蛋糕。
B Aww, really? That's so sweet. 哇，真的吗？你太好了。
A Happy birthday! Hope you have a great day. 生日快乐！希望你今天过得开心。

再见

别这么说 ~~I go first.~~

直译“我先走了”，英语里听着不自然。

这样说 **See you.** 回头见。

朋友同事都自然

Bye. 再见。

最常用，任何场合

Have a good day. 祝你今天愉快。

店员、客户、陌生人

A I should head home now. 我该回家了。
B Okay, see you. 好，回头见。
A Thanks for dinner! 谢谢你请我吃饭！

晚上好

别这么说 ~~Good night.~~

Good night 是道别或睡前说，不是见面打招呼。

这样说 **Hey, good evening.** 嘿，晚上好。

朋友间，轻松自然

Good evening. 晚上好。

通用，偏正式

Good evening, Mr. Chen. 陈先生，晚上好。

知道对方姓氏时更礼貌

A Hi, Ms. Chen. Thanks for coming. 嗨，陈女士。谢谢您过来。
B Good evening. Thanks for having me. 晚上好。谢谢邀请我。
A Would you like some tea first? 您要先喝点茶吗？

辛苦了

别这么说 ~~You are hard.~~

hard 不是“辛苦”，听起来像“你很硬/很难”。

这样说 **Thanks for all your hard work.** 辛苦你啦

朋友帮忙后很自然

Thanks for your hard work. 谢谢你的辛苦付出

同事、同学都能用

I really appreciate your hard work. 非常感谢您的付出

对客户、上司更稳

A I finished the slides and sent them to the team. 我把幻灯片做完，也发给团队了。
B Thanks for your hard work. 辛苦了，谢谢你的付出。
A No problem. Hope the meeting goes well. 没事。希望会议顺利。

我的错

别这么说 ~~It's my wrong.~~

wrong 不是这样当名词用，听起来像中式英语。

这样说 **My bad.** 我的锅。

朋友间，轻松认错

That was my mistake. 那是我的错。

清楚承认责任

I'm sorry. That was my mistake. 抱歉，那是我的错。

对上司客户更稳妥

A The file went to the wrong client. 文件发给了错误的客户。
B I'm sorry. That was my mistake. 抱歉，那是我的错。
A Can you resend the right one now? 你现在能重发正确的吗？

嘿

别这么说 ~~Hey you!~~

像在命令人，容易显得不礼貌。

这样说 **Hey!** 嘿！

朋友间打招呼

Hi there. 你好呀。

友好、不太随便

Excuse me. 不好意思。

叫陌生人更礼貌

A Hey, is that your bag on the chair? 嘿，椅子上那个包是你的吗？
B Oh, yeah. Thanks for checking. 哦，是的。谢谢你确认。
A No problem. I just wanted to make sure. 没事。我就是想确认一下。

嗨

别这么说 ~~Hai!~~

这是拼音，不是英语打招呼；英语写 Hi。

这样说 **Hi!** 嗨！

朋友、同学都自然

Hello! 你好！

任何场合都可以

Good morning. 早上好。

上午见面更礼貌

A Oh, you must be Lin. 哦，你一定是 Lin。
B Hi! Yes, nice to meet you. 嗨！对，很高兴认识你。
A Nice to meet you too. 我也很高兴认识你。

别客气

别这么说 ~~Don't be polite.~~

像在叫对方别讲礼貌，不是回应感谢。

这样说 **No worries.** 没事儿，不用谢

朋友同事间很自然

You're welcome. 不客气

任何场合都能用

My pleasure. 我很乐意

更礼貌、带真心

A Thanks for helping me carry this. 谢谢你帮我搬这个。
B No worries. 没事儿，不用谢。
A It was really heavy. 它真的挺重的。

欢迎

别这么说 ~~You are welcome.~~

这通常是“不客气”，不是迎接别人。

这样说 **Come on in!** 快进来吧！

朋友来家里时

Welcome! 欢迎！

最通用，简短自然

Welcome, it's great to have you here. 欢迎，很高兴你来。

活动、公司、正式场合

A Hi, I brought some snacks. 嗨，我带了点零食。
B Come on in! Everyone's in the kitchen. 快进来吧！大家都在厨房。
A Thanks! Your place is lovely. 谢谢！你家真不错。

下次见

别这么说 ~~Next time see.~~

不是自然英语，缺少主语和正确说法。

这样说 **See you next time.** 下次见。

朋友间最常用

Until next time. 下次再见。

稍微更完整，节目、邮件结尾也常见

I look forward to seeing you again. 期待下次再见。

更正式，适合客户、工作场合

A Thanks for coming over today. 谢谢你今天过来。
B No problem. I had a great time. 没事，我玩得很开心。
A Me too. Get home safe! 我也是。路上小心！

你好吗

别这么说 ~~Are you good?~~

可表示“你准备好了吗/够了吗”，不像普通问候。

这样说 **How's it going?** 最近怎么样?

朋友同事都自然

How are you? 你好吗?

最通用的问候

How are you today? 您今天怎么样?

店员、客户、长辈

A Hey, long time no see! 嘿，好久不见！
B Yeah! How have you been? 是啊！你最近怎么样?
A Pretty good. I started a new job. 挺好的。我换了新工作。

欢迎你来中国玩

别这么说 ~~Welcome you to come to China to play.~~

逐字翻译；play 像小孩玩耍，不像旅行做客。

这样说 **You should come visit China sometime.** 你有空该来中国玩

朋友聊天，轻松邀请

You’re welcome to visit China anytime. 随时欢迎你来中国

自然、好用，不夸张

We’d be happy to welcome you to China. 我们很高兴接待你

对客户、长辈更正式

A I’ve always wanted to see the Great Wall. 我一直想去看长城。
B You’re welcome to visit China anytime. 随时欢迎你来中国。
A Really? Maybe next summer! 真的吗？也许明年夏天！

中午好

别这么说 ~~Good noon.~~

英语里几乎不这样打招呼，听起来像直译。

这样说 **Hey, how's it going?** 嘿，最近怎么样？

熟人中午见面也自然

Good afternoon. 下午好。

12点后通用、稳妥

Good afternoon, nice to see you. 下午好，很高兴见到您。

客户、老师、长辈

A Hi, are you here for the meeting? 你好，你是来开会的吗？
B Yes. Good afternoon, nice to see you. 是的。下午好，很高兴见到您。
A Nice to see you too. Please come in. 我也很高兴见到你。请进。

好久不见

别这么说 ~~Very long time no see.~~

Long time no see 已是固定说法，不加 very。

这样说 **Long time no see!** 好久不见！

熟人见面很自然

It’s been a while. 有一阵子没见了。

见面或聊天都能用

It’s lovely to see you again. 很高兴又见到你。

更客气、更温暖

A Hey, is that you, Mia? 嘿，是你吗，Mia？
B Oh wow, long time no see! 哇，好久不见！
A How have you been? 你最近怎么样？

明天见

别这么说 ~~Tomorrow see.~~

像中文直译，英语语序不自然。

这样说 **See you tomorrow.** 明天见。

朋友同事都常用

I'll see you tomorrow. 我明天见你。

自然、稍完整

I look forward to seeing you tomorrow. 期待明天见您。

邮件或正式场合

A Are we still meeting at ten? 我们还是十点见吗?
B Yes, ten works. See you tomorrow. 对，十点可以。明天见。
A Great. I'll bring the documents. 好。我会带文件。

最近怎么样

别这么说 ~~Recently how are you?~~

词序像中文，英语里不自然。

这样说 **How have you been?** 你最近怎么样?

朋友、熟人久没见

How are things? 最近还好吗?

轻松自然的寒暄

How have you been lately? 您最近怎么样?

更完整，适合客气场合

A Hey, I haven't seen you in ages! 嘿，好久没见你了!
B I know! How have you been? 是啊！你最近怎么样?
A Pretty good, just busy with work. 挺好的，就是工作有点忙。

欢迎您

别这么说 ~~Welcome you.~~

少了场景，像中文直译；通常直接说 Welcome.

这样说 **Welcome.** 欢迎。

简单自然，熟人也可用

Welcome in. 欢迎进来。

店员招呼客人进店，偏美式口语

Welcome. It's a pleasure to have you here. 欢迎您，很荣幸您来。

正式接待客人或来宾

A Hi, I have a booking for two. 你好，我订了两个人的位置。
B Welcome in. What's the name, please? 欢迎光临。请问订位姓名？
A It's under Chen. 姓陈。

你是哪国人

别这么说 ~~Which country person are you?~~

按中文直译，英语里不自然，也有点生硬。

这样说 **Where are you from?** 你来自哪里？

朋友聊天最自然

What country are you from? 你是哪个国家的？

想问国家时更明确

May I ask where you're from? 方便问你来自哪里吗？

更礼貌，不冒犯

A Your English is great. Are you visiting? 你英语很好。你是来旅游的吗？
B Thanks! I'm here for work. 谢谢！我是来工作的。
A May I ask where you're from? 方便问你来自哪里吗？

你是中国人吗

别这么说 ~~Are you China people?~~

China不能这样修饰people，听起来像中式英语。

这样说 **Are you Chinese?** 你是中国人吗?

朋友间直接问可以

Are you from China? 你来自中国吗?

更自然，也更不冒犯

May I ask if you're from China? 请问你来自中国吗?

对陌生人更礼貌

A Your Mandarin sounds really natural. 你的中文听起来很自然。
B Thanks! Are you from China? 谢谢！你来自中国吗?
A Yes, I'm from Chengdu. 是的，我来自成都。

你是哪里人

别这么说 ~~Where are you come from?~~

come不能这样接；直接说 Where are you from?

这样说 **Where are you from?** 你来自哪里?

最常用，朋友也能用

Where are you from originally? 你老家是哪里?

想问成长背景

May I ask where you're from? 方便问您哪里人吗?

更客气，不冒犯

A Your accent is lovely. May I ask where you're from? 你的口音很好听。方便问您哪里人吗?
B Sure. I'm from Chengdu, in Sichuan. 当然。我是四川成都人。
A Oh, I've heard the food there is amazing. 哦，我听说那里的吃的特别棒。

我很好，谢谢你

别这么说 ~~I very good, thank you.~~

缺少 be 动词；要说 I'm good 或 I'm doing well。

这样说 **I'm good, thanks.** 我挺好的，谢谢。

朋友、同事都自然

I'm doing well, thank you. 我过得不错，谢谢。

更完整，任何场合可用

I'm very well, thank you. 我很好，谢谢您。

稍正式，适合礼貌回应

A Hey, how are you? 嘿，你怎么样?
B I'm good, thanks. You? 我挺好的，谢谢。你呢?
A Pretty good. Busy, but good. 还不错。忙，但挺好。

你会说英语吗

别这么说 ~~Can you say English?~~

say 不表示“会说某种语言”，要用 speak。

这样说 **Do you speak English?** 你会说英语吗?

最常用，直接自然

Can you speak English? 你能说英语吗?

也可以，但稍直

Would you be able to speak English? 您方便说英语吗?

更客气，适合求助

A Excuse me, I'm looking for this hotel. 不好意思，我在找这家酒店。
B Do you speak English? 你会说英语吗?
A Yes, a little. 会一点。

你最近怎么样

别这么说 ~~How are you recently?~~

能懂，但不太像母语者寒暄；recently位置别扭。

这样说 **How have you been?** 你最近过得怎么样?

熟人、久没聊时很自然

How are you doing? 你最近还好吗?

日常见面或聊天都能用

How have you been lately? 您最近怎么样?

语气更完整、更关心

A Hey, I haven't seen you in ages! 嘿，好久没见你了！
B I know! How have you been? 是啊！你最近怎么样?
A Pretty good. I started a new job. 挺好的。我换了份新工作。

不认识你

别这么说 ~~I don't recognize you.~~

更像“认不出你样子”，不等于没认识过。

这样说 **Do I know you?** 我认识你吗?

朋友式，有点直接

I don't think we've met. 我们好像没见过

最自然、不冒犯

I'm sorry, have we met before? 不好意思，我们见过吗?

对陌生人更礼貌

A Hey, you went to my school, right? 嘿，你以前是我同学吧?
B I'm sorry, have we met before? 不好意思，我们见过吗?
A Oh, maybe I got the wrong person. 哦，可能我认错人了。

你吃早饭了吗

别这么说 ~~Have you eaten breakfast already?~~

语法可以，但 already 容易像在催或惊讶。

这样说 **Did you have breakfast?** 你吃早饭了吗？

朋友间自然问法

Have you had breakfast? 你吃过早饭了吗？

英式更常见，也很自然

Have you had a chance to eat breakfast? 你有空吃早饭了吗？

更体贴，适合关心对方

A Morning! You look a little tired. 早！你看起来有点累。
B Yeah, I left home too early. 是啊，我出门太早了。
A Did you have breakfast? 你吃早饭了吗？

请坐

别这么说 ~~Please sit.~~

语法能懂，但听起来生硬，像命令或翻译腔。

这样说 **Have a seat.** 请坐。

朋友来家里也能用

Please have a seat. 请坐。

最通用、自然

Please take a seat. 请坐。

面试、前台、正式场合

A Hi, I'm here for the interview. 你好，我来面试。
B Great. Please have a seat. 好的，请坐。
A Thank you. 谢谢。

嗨喽

别这么说 ~~Hilo!~~

这不是常用问候语，像地名或拼错的 hello。

这样说 **Hey!** 嘿！

朋友间最自然

Hi! 嗨！

任何场合都安全

Hello. 你好。

稍正式，初次见面也适合

A You're in my English class, right? 你是我英语课上的同学吧？
B Hi! Yes, I'm Lin. 嗨！对，我叫 Lin。
A Nice to meet you, Lin. 很高兴认识你，Lin。

我要走了

别这么说 ~~I want to go.~~

像在说"我想走"，可能听起来不想待了。

这样说 **I'm heading out.** 我先走啦。

朋友间很自然

I'm going to go now. 我现在要走了。

任何场合都能用

I should get going. 我该告辞了。

对上级或不熟的人

A Are you staying for another drink? 你还要再喝一杯吗？
B No, I'm heading out. Early meeting tomorrow. 不了，我先走啦。明天一早开会。
A Got it. Text me when you get home. 好，到家给我发消息。

没事

别这么说 ~~Nothing.~~

只像回答“有什么事？”，不像在说“没关系”。

这样说 **No worries.** 没关系，别担心

朋友道歉或感谢你

It's okay. 没事，没关系

最通用，语气温和

That's all right. 没关系的

对陌生人或上级

A Sorry, I spilled some water on your book. 对不起，我把水洒到你书上了。
B It's okay. It was only a little. 没事，就一点点。
A Are you sure? I feel bad. 你确定吗？我有点过意不去。

中秋节快乐

别这么说 ~~Happy Middle Autumn Day~~

这是直译，英语里节日名通常不这样说。

这样说 **Happy Mid-Autumn Festival!** 中秋节快乐！

最常用，朋友同事都行

Have a happy Mid-Autumn Festival! 祝你中秋快乐！

像一句完整祝福

Wishing you a happy Mid-Autumn Festival. 祝您中秋节快乐。

适合客户、邮件、长辈

A Are you visiting your family this weekend? 你这个周末回家看家人吗？
B Yes, for the holiday. 嗯，过节回去。
A Nice. Happy Mid-Autumn Festival! 真好。中秋节快乐！

你吃完饭了吗

别这么说 ~~Have you finished your meal?~~

像在问盘子吃完没，不像日常寒暄。

这样说 **Have you eaten yet?** 你吃过了吗?

真想问对方吃没吃

How's your day going? 今天过得怎么样?

当寒暄更自然

Have you had a chance to eat? 您有空吃饭了吗?

关心对方是否忙到没吃

A You've been in meetings all morning. 你一上午都在开会。
B Yeah, it's been nonstop. 对，一直没停。
A Have you had a chance to eat? 你有空吃饭了吗?

你从哪里来

别这么说 ~~Where are you come from?~~

are 和 come 不能这样连用，要说 are from 或 come from。

这样说 **Where are you from?** 你是哪里人?

聊天问家乡或国家

Where are you coming from? 你从哪儿过来?

问对方刚从哪里来

May I ask where you're from? 请问您来自哪里?

对陌生人更礼貌

A Your accent is really nice. 你的口音很好听。
B Thanks! 谢谢!
A May I ask where you're from? 请问你来自哪里?

非常感谢

别这么说 ~~Very thank you.~~

英语不能这样拼，thank you 前不能直接加 very。

这样说 **Thanks so much.** 太谢谢你了

朋友同事都很自然

Thank you very much. 非常感谢您

任何场合都能用

I really appreciate it. 我真的很感激

更真诚、稍正式

A I changed your appointment to Friday. 我把你的预约改到周五了。
B Thank you very much. That helps a lot. 非常感谢，这帮了大忙。
A No problem at all. 一点问题都没有。

我来自中国

别这么说 ~~I am come from China.~~

come from 前不能加 am，直接说 I'm from China。

这样说 **I'm from China.** 我来自中国。

最自然，朋友聊天

I come from China. 我来自中国。

也对，但稍正式

I'm from China. 我来自中国。

这句话本身就适合正式场合，语气礼貌即可

A Where are you from? 你来自哪里?
B I'm from China. 我来自中国。
A Oh nice. Which city? 哦不错。哪个城市?

我很好

别这么说 ~~I am very good.~~

像在夸自己人品或能力，不像回答近况。

这样说 **I'm good.** 我挺好的。

朋友间最常用

I'm fine, thanks. 我很好，谢谢。

安全、通用

I'm doing well, thank you. 我过得很好，谢谢。

对客户、长辈更稳

A Hey, how are you? 嘿，你好吗？
B I'm good. How about you? 我挺好的。你呢？
A Pretty good. Just busy with work. 还不错，就是工作忙。

我很抱歉

别这么说 ~~I very sorry.~~

少了 be 动词。要说 I'm very sorry 或更口语的 I'm really sorry。

这样说 **I'm sorry.** 对不起。

朋友间常用，简单真诚

I'm really sorry. 我真的很抱歉。

更有诚意，适合多数场合

I apologize. 我向您道歉。

正式些，适合工作场合

A You missed the meeting this morning. 你今天早上没来开会。
B I'm really sorry. My alarm didn't go off. 我真的很抱歉。闹钟没响。
A Please let me know earlier next time. 下次请早点告诉我。

你还好吗

别这么说 ~~Are you still good?~~

听起来像问“仍然很棒吗”，不像关心人。

这样说 **Are you okay?** 你没事吧?

朋友间关心状况

Are you all right? 你还好吗?

最通用，英美都自然

Is everything okay? 一切都还好吗?

更委婉，适合不熟的人

A You've been quiet all morning. 你一早上都很安静。
B Are you all right? 你还好吗?
A Yeah, just a little tired. 嗯，只是有点累。

很抱歉给你添麻烦了

别这么说 ~~I'm sorry to give you trouble.~~

直译味重；英语更常说 bother, trouble 或 inconvenience。

这样说 **Sorry for the hassle.** 不好意思，麻烦你了

朋友间，语气轻松

Sorry to bother you. 不好意思打扰你

开口求助前后都能用

I'm sorry for the inconvenience. 给您不便很抱歉

客户、老板、正式邮件

A Can you check this form for me? 你能帮我看一下这张表吗?
B Sure, send it over. 当然，发给我吧。
A Sorry to bother you. I'm not sure about this part. 不好意思打扰你，我不确定这部分。

你还记得我吗

别这么说 ~~Do you still remember me?~~

still 会显得有点委屈或逼问，不如直接问自然。

这样说 **Remember me?** 还记得我吗?

熟人重逢，轻松一点

Do you remember me? 你记得我吗?

大多数场合都自然

I'm not sure if you remember me. 不确定您记不记得我

联系前辈、客户更柔和

A Hi! Long time no see. 嗨！好久不见。
B Hey! Do you remember me? 嘿！你还记得我吗?
A Of course. You're Lin, right? 当然。你是 Lin，对吧?

没什么

别这么说 ~~Nothing.~~

单独说像在回答“What is it?”，不像客气话。

这样说 **No worries.** 没事，不用谢

朋友同事间很自然

It's okay. 没关系

回应道歉最常用

Not at all. 别客气

回应感谢，稍正式

A Sorry I'm late. The bus was packed. 不好意思我迟到了，公交太挤了。
B It's okay. We just got here too. 没关系。我们也刚到。
A Thanks for waiting. 谢谢你等我。

我的荣幸

别这么说 ~~It's my honor.~~

语气太大，像领奖或正式致辞，不适合日常小忙。

这样说 **My pleasure.** 我很乐意。

朋友间自然又暖

It was my pleasure. 这是我的荣幸。

稍正式，适合多数场合

The pleasure was mine. 荣幸的是我。

很客气，适合正式回应

A Thanks for showing me how to use the machine. 谢谢你教我用这台机器。
B My pleasure. It's a bit tricky the first time. 我很乐意。第一次用是有点难。
A Yeah, I would've been lost without you. 是啊，没有你我肯定搞不定。

不用

别这么说 ~~No need.~~

有时像在拒绝别人；单独回答谢谢不自然。

这样说 **No worries.** 没事，不用客气。

回答感谢或道歉，朋友间很自然

You're welcome. 不客气。

回答感谢，最通用

That's all right. 没关系。

回答道歉更合适，也可回应感谢

A Thanks for helping me with the bags. 谢谢你帮我拿包。
B No worries. They weren't heavy. 没事，不重。
A Still, I really appreciate it. 还是很感谢你。

一会儿见

别这么说 ~~See you after a while.~~

不自然，像直译，听起来时间也不清楚。

这样说 **See you in a bit.** 一会儿见。

朋友同事很自然

See you soon. 待会儿见。

通用，时间不必很准

I'll see you shortly. 一会儿见。

稍正式，客户同事可用

A I'm going to grab a coffee downstairs. 我下楼买杯咖啡。
B Okay, see you in a bit. 好，一会儿见。
A Want anything? 你要带点什么吗?

晚上见

别这么说 ~~Night see.~~

英语不能按中文顺序直译，听起来不自然。

这样说 **See you tonight.** 今晚见。

朋友间最自然

I'll see you tonight. 我今晚见你。

任何场合都可以

I'll see you this evening. 今晚和您见。

稍正式、对客户

A Are we still meeting after work? 我们下班后还见面吗?
B Yes, at seven. 对，七点。
A Great. I'll bring the tickets. 太好了。我带票。

你会说中文吗

别这么说 ~~Can you say Chinese?~~

say 是“说出某句话”，不是会一种语言。

这样说 **Do you speak Chinese?** 你会说中文吗?

最常用，朋友也自然

Can you speak Chinese? 你会说中文吗?

直接清楚，任何场合可用

Do you happen to speak Chinese? 请问你会中文吗?

更委婉，适合求助

A Sorry, I'm a bit lost. 不好意思，我有点迷路了。
B Do you happen to speak Chinese? 请问你会说中文吗?
A Yes, a little. How can I help? 会一点。需要帮什么?

我先走了

别这么说 ~~I go first.~~

像按顺序“我第一个去”，不是自然告别。

这样说 **I'm gonna head out.** 我先走啦

朋友间很自然

I should get going. 我该走了

多数场合都能用

I should be going now. 我现在得先走了

对上级客户更稳妥

A Are you staying for another coffee? 你还要再喝杯咖啡吗?
B No, I should get going. 不了，我该走了。
A Okay, see you tomorrow. 好，明天见。

你来自哪个国家

别这么说 ~~Which country do you come from?~~

能懂，但听起来像直译，聊天里不如自然问法。

这样说 **Where are you from?** 你是哪里人？

朋友间最常用

What country are you from? 你来自哪个国家？

想明确问国家

May I ask where you're from? 方便问你来自哪里吗？

更礼貌、不冒犯

A I like your accent. May I ask where you're from? 我喜欢你的口音。方便问你来自哪里吗？

B Sure. I'm from Brazil. 当然。我来自巴西。

A Oh, what part of Brazil? 哦，巴西的哪个地方？

你也一样

别这么说 ~~You are the same.~~

听起来像在说“你也一样的人”，不是回祝福。

这样说 **You too.** 你也是。

朋友间最常用

Same to you. 也祝你一样。

回祝福、问候都行

You as well. 您也是。

更礼貌、稍正式

A Have a great weekend! 周末愉快！

B Thanks, you too! 谢谢，你也是！

A Any plans? 有什么安排吗？

周末愉快

别这么说 ~~Happy weekend!~~

能懂，但不像常见祝福；更像直译。

这样说 **Have a great weekend!** 周末愉快！

朋友同事都自然

Have a nice weekend. 祝你周末愉快。

最稳妥、最常用

I hope you have a lovely weekend. 祝您周末过得愉快。

给客户或长辈

A I'm heading out now. See you on Monday! 我先走啦。周一见！
B See you! Have a great weekend! 再见！周末愉快！
A Thanks, you too! 谢谢，你也是！

你叫什么

别这么说 ~~What do you call?~~

少了宾语，听起来像“你叫喊什么？”不自然。

这样说 **What's your name?** 你叫什么名字?

小朋友或轻松场合

What should I call you? 我该怎么称呼你?

自然、不冒犯

May I ask your name? 请问您怎么称呼?

陌生人、客户、长辈

A Hi, I'm Lin. Nice to meet you. 嗨，我是 Lin。很高兴认识你。
B Nice to meet you too. 我也很高兴认识你。
A What should I call you? 我该怎么称呼你?

请问你叫什么名字

别这么说 ~~How to call you?~~

少了 do，且像在问“怎么打电话给你”。

这样说 **What's your name?** 你叫什么名字?

朋友、同龄人、小孩

What should I call you? 我该怎么称呼你?

更自然，也不唐突

May I have your name? 请问您贵姓?

前台、客户、正式场合

A Hi, I'm Lin. I don't think we've met. 嗨，我是 Lin。我们好像还没见过。
B Hi! I'm Kevin. 嗨！我是 Kevin。
A Nice to meet you, Kevin. 很高兴认识你，Kevin。

为你的到来干杯

别这么说 ~~Cheers for your coming.~~

coming 指法不自然；toast 常说 Here's to...

这样说 **Cheers! So glad you're here.** 干杯！你来了真好

朋友聚会，很自然

Here's to your visit. 为你的到来干杯

举杯祝酒，简短

Let's raise a glass to your visit. 让我们为你到来举杯

正式一点的欢迎

A I finally made it! Sorry I'm a bit late. 我终于到了！不好意思有点晚。
B No worries. Cheers! So glad you're here. 没事。干杯！你来了真好。
A Thanks. It's great to see everyone. 谢谢。见到大家真开心。

空了聊

别这么说 ~~Chat when empty.~~

empty 指“空的”，不能表示人有空。

这样说 **Let's catch up when we're free.** 有空再聊聊

朋友之间很自然

Let's talk when we have time. 有时间再聊

通用，不太随便

Let's speak when you have a moment. 您方便时再聊

对客户、上级更稳妥

A I need to jump into a meeting now. 我现在得去开会了。
B No worries. Let's talk when we have time. 没事，有时间再聊。
A Sure, I'll text you later. 好，我晚点发你消息。

一会儿聊

别这么说 ~~Chat after a while.~~

像直译，不像日常告别用语。

这样说 **Talk to you in a bit.** 一会儿跟你聊

朋友间最自然

Talk to you later. 回头再聊

时间不一定很短

I'll speak to you shortly. 稍后再和您说

工作或正式场合

A I need to jump into a meeting now. 我现在得去开会了。
B No worries. Talk to you in a bit. 没事，一会儿聊。
A Great, I'll call you after lunch. 好，我午饭后打给你。

这是我应该做的

别这么说 ~~This is what I should do.~~

太直译，像在说“我有义务”，不太像回应感谢

这样说 **No problem.** 没事，不客气

朋友间轻松回应感谢

I'm glad I could help. 能帮上忙我很高兴

自然又真诚

It's my pleasure. 这是我的荣幸

对客户、长辈更礼貌

A Thanks for staying late to help me with this. 谢谢你加班帮我弄这个。
B No problem. I'm glad it's done. 没事。弄完就好。
A I really appreciate it. 我真的很感谢。

你怎么样

别这么说 ~~How about you?~~

这是“你呢？”，不是主动问“你怎么样？”

这样说 **How are you doing?** 你最近怎么样?

朋友间很自然

How are you? 你好吗?

通用问候

How have you been? 你最近过得怎样?

久没见时更合适

A Hey, I haven't seen you all week. 嘿，我一周都没见你了。
B I know. How are you doing? 是啊。你最近怎么样?
A Pretty good, just busy with work. 还不错，就是工作有点忙。

最近过得怎么样

别这么说 ~~How recently passed?~~

逐字翻译不自然，英语里不能这样问近况。

这样说 **How have you been?** 你最近怎么样?

朋友久没联系

How are things? 最近都还好吗?

轻松问近况

How have you been? 您最近过得怎么样?

加上称呼或后续寒暄，就可以用于较客气的场合

A Hey, I haven't seen you in ages! 嘿，好久没见你了！
B I know! How have you been? 是啊！你最近怎么样?
A Pretty good, just busy with work. 还不错，就是工作有点忙。

今天天气不错

别这么说 ~~Today's weather is not bad.~~

能懂，但像翻译腔；not bad 有时显得只是还行。

这样说 **Nice weather today, huh?** 今天天气不错啊

朋友间自然开场

It's nice out today. 今天外面挺舒服

最通用、很自然

Lovely weather today, isn't it? 今天天气真好呢

和陌生人寒暄

A Do you want to walk to the café? 你想走去咖啡店吗?
B Sure. It's nice out today. 好啊，今天外面挺舒服。
A Great, let's go before it gets crowded. 太好了，趁人还不多我们走吧。

你过得怎么样

别这么说 ~~How do you pass?~~

pass 不表示“过日子”，意思会变成“你怎么通过？”

这样说 **How have you been?** 你最近怎么样?

久没见的朋友

How are things? 最近一切还好吗?

熟人、同事都能用

How have you been doing? 您最近过得怎么样?

对认识的人、客户或上司较自然

A Hey, I haven't seen you in ages. 嘿，好久没见你了。
B I know! How have you been? 是啊！你最近怎么样?
A Pretty good. I started a new job. 挺好的。我换了份新工作。

帮了我大忙

别这么说 ~~You helped me a big busy.~~

按中文直译，big busy 在英语里不这样说。

这样说 **You really saved me.** 你真是救了我

朋友帮你解围时

That helped me a lot. 那真的帮大忙了

任何场合都自然

I really appreciate your help. 真的很感谢你的帮忙

对客户、老板、陌生人

A Did the file open this time? 这次文件能打开了吗?
B Yes! That helped me a lot. 能了！那真的帮大忙了。
A Great. I'm glad it worked. 太好了。能用就好。

你吃午饭了吗

别这么说 ~~Have you eaten lunch?~~

语法没错，也能懂，但日常寒暄更自然说 Have you had lunch?

这样说 **Have you had lunch?** 你吃午饭了吗?

朋友同事都可用

Did you have lunch? 你吃过午饭了吗?

美式口语很常见

Have you had a chance to grab lunch? 你有空吃午饭了吗?

对客户或上司更柔和

A Hey, you look busy today. 嘿，你今天看起来很忙。
B Yeah, back-to-back meetings. 对，一个会接一个会。
A Have you had lunch? 你吃午饭了吗?

欢迎来到我的直播间

别这么说 ~~Welcome to my live room.~~

live room 不是常用说法，听起来像直译。

这样说 **Welcome to my stream!** 欢迎来到我的直播间!

最自然，适合直播开场

Welcome, everyone. Thanks for joining. 欢迎大家，谢谢加入。

稳妥，适合各类直播

Welcome to the live session. 欢迎来到这场直播。

更正式，适合课程或活动

A Hey, I just joined your stream. 嘿，我刚进你的直播间。
B Welcome to my stream! Glad you're here. 欢迎来到我的直播！很高兴你来了。
A What are you playing today? 你今天玩什么?

我很荣幸

别这么说 ~~I'm very glory.~~

glory 是名词，不能这样表示“我很荣幸”；应说 I'm honored 或 It's an honor。

这样说 **I'm honored.** 我很荣幸。

朋友间也可真诚使用

It's an honor. 这是我的荣幸。

演讲、邀请、获奖常用

I'm honored to be here. 能来这里我很荣幸。

正式场合开场很自然

A Thanks for joining us today. 谢谢你今天来参加。
B I'm honored to be here. 能来到这里我很荣幸。
A We're excited to hear your story. 我们很期待听你的故事。

我姓李

别这么说 ~~I am surnamed Li.~~

语法能懂，但很书面，日常听起来不自然。

这样说 **My last name is Li.** 我姓李。

聊天中自然说明姓氏

My surname is Li. 我姓李。

较清楚，适合登记

My family name is Li. 我姓李。

对方不熟悉中文姓名时很清楚

A Nice to meet you. How should I address you? 很高兴认识你。我该怎么称呼你?
B My last name is Li. You can call me Ming. 我姓李。你可以叫我Ming。
A Great, nice to meet you, Ming. 好的，很高兴认识你，Ming。

那你呢

别这么说 ~~Then you?~~

这是中文直译，英语里听起来不自然。

这样说 **What about you?** 那你呢？

朋友聊天，最常用

How about you? 你怎么样呢？

自然、适合多数场合

And how about you? 那您呢？

更完整，语气礼貌

A I'm getting coffee after class. 我下课后去买咖啡。
B Nice. What about you? Any plans? 不错。那你呢？有什么安排？
A I might go home and rest. 我可能回家休息。

很抱歉给你带来不便

别这么说 ~~I'm sorry to bring you inconvenience.~~

按中文直译，bring inconvenience 搭配不自然。

这样说 **Sorry for the trouble.** 给你添麻烦了

朋友、同事间自然

Sorry for the inconvenience. 很抱歉造成不便

邮件、通知都可用

I apologize for any inconvenience caused. 对造成的不便致歉

客户、老板、正式邮件

A The meeting link isn't working. 会议链接打不开。
B Sorry for the inconvenience. I'll send a new one now. 很抱歉造成不便。我现在发一个新的。
A No problem, thanks. 没事，谢谢。

你呢

别这么说 ~~You?~~

太短，可能显得突然；熟人间可以，初学者少用。

这样说 **How about you?** 你呢？你怎么样？

朋友聊天最常用

What about you? 那你呢？

把问题转回对方

And how about you? 那您呢？

语气更柔和客气

A I'm getting coffee. Do you want anything? 我去买咖啡。你想要什么吗？
B Maybe a latte. How about you? 可能要拿铁。你呢？
A Just an Americano. 我就要美式。

晚上好，在干嘛呢

别这么说 ~~Good evening, what are you doing now?~~

不算错，但now太直，像查岗；熟人聊天可省掉

这样说 **Hey, what are you up to?** 嘿，在忙什么呢？

朋友间很自然

Good evening. What are you doing? 晚上好。你在做什么？

清楚直接，通用

Good evening. Are you free to chat? 晚上好。方便聊聊吗？

不打扰对方

A Hey, I just finished dinner. 嘿，我刚吃完晚饭。
B Hey, what are you up to? 嘿，你在忙什么呢？
A Nothing much, just watching a show. 没干嘛，就在看剧。

借你吉言

别这么说 ~~Borrow your lucky words.~~

直译很怪，英语里没有这个说法。

这样说 **I hope you're right.** 希望你说得对。

朋友祝你好运时

I hope so. 希望如此。

最常用、很自然

Thank you. I hope so too. 谢谢，也希望如此。

更礼貌、有回应

A I think your interview will go really well. 我觉得你面试会很顺利。
B Thank you. I hope so too. 谢谢，也希望如此。
A You prepared a lot. You'll be fine. 你准备了很多，会没事的。

非常抱歉

别这么说 ~~Very sorry.~~

少了主语，听起来像中式省略，不完整。

这样说 **I'm really sorry.** 我真的很抱歉。

朋友间真诚道歉

I'm very sorry. 我非常抱歉。

通用、直接

I sincerely apologize. 我诚恳道歉。

正式邮件或客户

A The meeting link isn't working. 会议链接打不开。
B I'm very sorry. I'll send a new one now. 非常抱歉。我现在发一个新的。
A Thanks, I'll wait here. 谢谢，我在这儿等。

你好啊

别这么说 ~~Hello ah~~

ah 不能这样直译，英文里听起来像语气词误用。

这样说 **Hey!** 嗨！

朋友、同学之间很自然

Hi there! 你好呀！

友好，适合多数场合

Hello, nice to meet you. 你好，很高兴见你。

第一次见面更礼貌

A You must be Lin, right? 你一定是 Lin，对吧？
B Hi there! Yes, nice to meet you. 你好呀！是的，很高兴见你。
A Nice to meet you too. 我也很高兴见你。

待会见

别这么说 ~~Wait a moment see.~~

逐字翻译，英文里不能这样说。

这样说 **See you in a bit.** 一会儿见。

朋友同事很自然

See you soon. 待会儿见。

大多数场合都行

I'll see you shortly. 我待会儿见您。

对客户或上级更稳

A I'm going to grab a coffee. 我去买杯咖啡。
B Sure. See you in a bit. 好呀，一会儿见。
A Do you want anything? 你要带点什么吗？

祝你周末愉快

别这么说 ~~Wish you have a happy weekend.~~

语法不自然；wish 后面不这样接整句。

这样说 **Have a great weekend!** 周末愉快！

朋友同事都自然

Have a nice weekend. 祝你周末愉快。

最稳妥通用

I hope you have a lovely weekend. 祝您周末愉快。

更客气、更温和

A I'm heading out now. See you Monday! 我先走啦，周一见！
B See you Monday. Have a nice weekend. 周一见，周末愉快。
A Thanks, you too! 谢谢，你也是！

感谢理解

别这么说 ~~Thanks for your understand.~~

understand 是动词；这里要用 understanding 名词。

这样说 **Thanks for understanding.** 谢谢你理解。

朋友或同事都自然

Thank you for understanding. 感谢您的理解。

邮件、通知都可用

I appreciate your understanding. 感谢您的体谅。

更正式，适合客户上司

A Can we move our meeting to tomorrow? 我们能把会议改到明天吗？
B Sure, that works for me. 当然，我可以。
A Thank you for understanding. 感谢你的理解。

保持联系

别这么说 ~~Keep contact.~~

不自然，contact 不能这样单独用。

这样说 **Keep in touch.** 保持联系。

朋友分别时最常用

Let's keep in touch. 我们保持联系吧。

自然友好，适合多数场合

Please stay in touch. 请保持联系。

对客户、前辈更礼貌

A I can't believe you're leaving tomorrow. 真不敢相信你明天就走了。
B I know. I'll miss everyone here. 是啊。我会想念这里的大家。
A Send me photos when you get there. 到了以后给我发照片。

我该走了

别这么说 ~~I should leave.~~

能懂，但听起来偏生硬，像在下决定离开。

这样说 **I should get going.** 我该走了。

朋友间最自然

I should go now. 我现在该走了。

通用、不突然

I'd better be going. 我差不多该走了。

礼貌告辞

A Do you want another cup of tea? 你还想再喝杯茶吗?
B Thanks, but I should get going. 谢谢，不过我该走了。
A No problem. Text me when you get home. 没事。到家给我发消息。

抱歉让您久等了

别这么说 ~~Sorry to let you wait so long.~~

能懂，但不地道；keep you waiting 更自然。

这样说 **Sorry to keep you waiting.** 抱歉让你等了

熟人或轻松场合

Sorry for the wait. 不好意思久等了

客服、餐厅都常用

I'm sorry to have kept you waiting. 很抱歉让您久等了

客户、上司、正式场合

A Hi, I'm here for my appointment. 你好，我来赴预约。
B Sorry for the wait. We're ready for you now. 不好意思久等了。现在可以了。
A No problem, thanks. 没关系，谢谢。

又见到你了

别这么说 ~~See you again.~~

更像"以后再见"，不是见面时的"又见到你了"。

这样说 **Hey, good to see you again!** 嘿，又见到你真好！

朋友间自然热情

Good to see you again. 又见到你很高兴。

熟人、同事都能用

It's nice to see you again. 很高兴再次见到您。

客户、长辈、面试场合

A Is this seat taken? 这个座位有人吗？
B Oh, hey! Good to see you again! 哦，嘿！又见到你真好！
A I didn't know you took this class too. 我不知道你也上这门课。

我们又见面了

别这么说 ~~We see again.~~

少了宾语和自然说法，像中文直译。

这样说 **We meet again.** 我们又见面了。

带点俏皮、熟人可用

Good to see you again. 很高兴又见到你。

最自然，适合大多数场合

It's nice to see you again. 很高兴再次见到您。

对客户、长辈、上司

A Hey, didn't we meet at Emma's party? 嘿，我们是不是在Emma的派对上见过?
B Yes! Good to see you again. 是啊！很高兴又见到你。
A How have you been? 你最近怎么样?

你好呀

别这么说 ~~Hello ya~~

ya 不能直接这样加在英文问候后，听起来像中式直译。

这样说 **Hey!** 嗨！

朋友、同龄人最自然

Hi there! 你好呀！

亲切但不太随便

Hello, nice to meet you. 您好，很高兴认识您。

初次见面更稳妥

A Look, Emma is online. 看，Emma 在线了。
B Hi there! Long time no see. 你好呀！好久不见。
A I know! How have you been? 是啊！你最近怎么样?

没事呀

别这么说 ~~Nothing thing.~~

直译不通；English 里不这样表达“没事”。

这样说 **No worries.** 没关系，别担心。

朋友间最自然

It's okay. 没事的。

安慰或回应道歉

That's all right. 没关系。

对陌生人也合适

A Sorry, I spilled a little coffee on your table. 不好意思，我把一点咖啡洒到你桌上了。
B No worries. I'll wipe it up. 没事呀，我擦一下就好。
A Are you sure? I can help. 你确定吗？我可以帮忙。

今天比昨天冷多了

别这么说 ~~Today is colder much than yesterday.~~

语序不对；much 要放在 colder 前面。

这样说 **It’s way colder than yesterday.** 比昨天冷多了。

朋友间随口说

It’s much colder today than yesterday. 今天比昨天冷多了。

最稳妥自然

It feels much colder today than yesterday. 今天感觉冷多了。

更委婉，适合寒暄

A Do I need a thicker coat today? 今天要穿厚一点的外套吗?
B Yeah, it’s much colder today than yesterday. 要，今天比昨天冷多了。
A Good thing I asked. 幸好我问了。

欢迎欢迎

别这么说 ~~Welcome welcome you.~~

welcome 后面不能这样重复再接 you。

这样说 **Welcome, welcome!** 欢迎欢迎！

朋友到家或轻松场合

Welcome! 欢迎！

最通用，简单自然

It's a pleasure to welcome you. 很高兴欢迎您。

正式接待或致辞

A Hi! Sorry we're a bit late. 嗨！不好意思我们有点晚。
B Welcome, welcome! Come on in. 欢迎欢迎！快进来。
A Thanks. Your place is lovely. 谢谢，你家真漂亮。

挺好的

别这么说 ~~Very good.~~

太像打分或夸奖，不像自然地说“挺好的”。

这样说 **Pretty good.** 挺好的。

朋友间最自然

It's good. 挺好的。

评价东西或情况

It's going well, thank you. 进展挺好，谢谢。

回答近况或工作

A How's your new job going? 你的新工作怎么样?
B It's going well, thank you. 挺好的，谢谢。
A Are the people nice? 同事人好吗?

哈喽

别这么说 ~~Hallo~~

英语里通常拼 Hello；Hallo 多见于德语等语言。

这样说 **Hey!** 嗨！

熟人、同龄人很自然

Hello! 你好！

大多数场合都能用

Hi, nice to meet you. 你好，很高兴认识你。

第一次见面更完整

A You must be Lin's friend, right? 你一定是 Lin 的朋友吧?
B Hello! Yes, I'm Mia. 你好！对，我是 Mia。
A Nice to meet you, Mia. 很高兴认识你，Mia。

不打扰

别这么说 ~~Don't disturb.~~

像命令别人“别打扰”，不是“我不打扰你了”。

这样说 **I'll let you go.** 我不耽误你了

朋友聊天收尾很自然

I won't keep you. 我不占用你时间了

通用，礼貌结束对话

I don't want to take up more of your time. 不再占用您时间了

对客户、老师、上司

A I need to finish this report tonight. 我今晚得把这份报告写完。
B No worries. I won't keep you. 没事，我不耽误你了。
A Thanks. Let's talk tomorrow. 谢谢。我们明天聊。

哈喽大家好

别这么说 ~~Hello everybody good.~~

逐字翻译，语序不对，听起来不像英语。

这样说 **Hey everyone!** 嗨，大家好！

朋友、视频开头很自然

Hello everyone. 大家好。

最通用，课堂会议都行

Good morning, everyone. 大家早上好。

正式场合按时间换

A Are you ready to start the live? 你准备好开直播了吗?
B Yes. Hey everyone! Thanks for joining. 好了。嗨，大家好！谢谢大家来。
A Can you introduce today's topic? 你能介绍一下今天的话题吗?

咋了

别这么说 ~~What's the matter with you?~~

常像责备：你有毛病吗？不适合关心别人。

这样说 **What's up?** 怎么了?

朋友间，轻松关心

What's wrong? 出什么事了?

看出对方不太对劲

Is everything okay? 一切还好吗?

更温和，适合不熟的人

A You look upset. What's wrong? 你看起来不太开心。怎么了?
B I just had a bad call with my manager. 我刚和经理打了个很糟的电话。
A Oh no. Do you want to talk about it? 哎呀。你想聊聊吗?

你是法国人吗

别这么说 ~~Are you France people?~~

France 是国家名，不能这样修饰 people。

这样说 **Are you French?** 你是法国人吗?

朋友间直接自然

Are you from France? 你来自法国吗?

更常用也更柔和

May I ask, are you from France? 请问你来自法国吗?

对陌生人更礼貌

A Your accent sounds nice. Where are you from? 你的口音很好听。你来自哪里?
B I'm from Lyon. 我来自里昂。
A Oh, are you French? 哦，你是法国人吗?

情绪和感受

哇

别这么说 ~~Wa!~~

英语里不这样表达；用 Wow 或 Oh, wow 更自然。

这样说 **Wow!** 哇！太厉害了！

朋友间最常用

Oh, wow. 哦，哇。

自然地表示惊讶

That's impressive. 这真让人佩服。

赞美成果更稳妥

A I finished the whole report in one night. 我一晚上写完了整份报告。
B Wow! How did you do that? 哇！你怎么做到的？
A Lots of coffee and no sleep. 靠很多咖啡，还有没睡觉。

你怎么了

别这么说 ~~What happened to you?~~

像在说对方出了怪事，容易显得冒犯。

这样说 **What's wrong?** 怎么了？

朋友间，直接关心

Are you okay? 你还好吗？

温和，任何场合都能用

Is everything all right? 一切还好吗？

更礼貌，适合不太熟

A You've been quiet all morning. 你一上午都很安静。
B Are you okay? 你还好吗？
A Yeah, just a bit tired. 嗯，只是有点累。

哎

别这么说 ~~Ai.~~

英语里不这样叹气，别人可能听不懂。

这样说 **Ugh, seriously?** 哎，真的假的

朋友间吐槽、无奈

Oh... 哎……这样啊

听到消息后失落

Excuse me. 哎，不好意思

礼貌叫住陌生人

A The train is delayed again. 火车又晚点了。
B Oh... I guess we'll wait here. 哎……那我们就在这儿等吧。
A Want to get some coffee? 要不要买杯咖啡?

我很热

别这么说 ~~I very hot.~~

少了 am；而且 hot 也可能听成“性感”，看语境。

这样说 **I'm so hot.** 我热死了。

朋友间，很口语

I'm really hot. 我真的很热。

任何场合都自然

It's a bit warm in here. 这里有点热。

委婉提醒对方

A Are you okay? You look uncomfortable. 你还好吗？看起来不太舒服。
B I'm really hot. Can we open a window? 我真的很热。能开窗吗?
A Sure, let me get it. 当然，我来开。

你感觉怎么样

别这么说 ~~What do you feel?~~

像在问“你摸到什么/感受到什么东西”，不自然。

这样说 **How are you feeling?** 你感觉怎么样?

问身体或情绪

How do you feel? 你现在感觉如何?

通用，稍直接

How are you feeling today? 您今天感觉怎么样?

关心近况，礼貌

A You looked really tired yesterday. 你昨天看起来很累。
B Yeah, I had a bad headache. 是啊，我头疼得厉害。
A How are you feeling today? 你今天感觉怎么样?

胃疼

别这么说 ~~My gastric hurts.~~

gastric 是形容词，不这样单独说“胃疼”。

这样说 **My stomach hurts.** 我胃疼。

朋友间最常用

I have a stomachache. 我胃疼。

通用说法，清楚自然

I'm having stomach pain. 我胃部疼痛。

看医生或正式说明

A Are you okay? You look pale. 你还好吗？你脸色很白。
B My stomach hurts. I need to sit down. 我胃疼，得坐一下。
A Do you want some water? 你要喝点水吗?

非常好

别这么说 ~~Very well.~~

不常用来单独评价“东西/情况非常好”；它更常形容动作做得好，或作较正式的“好吧”。

这样说 **That's great!** 太好了！

朋友间开心回应

Very good. 非常好。

评价结果或表现

That's excellent. 这很出色。

更正式、更肯定

A I finished the slides for tomorrow. 我把明天的幻灯片做完了。
B Very good. Can you send them to me? 非常好。你能发给我吗？
A Sure, I'll email them now. 当然，我现在就发邮件。

我很孤独

别这么说 ~~I am very alone.~~

alone 主要表示“一个人、独自”，不等于心里孤独；表达情绪用 lonely。

这样说 **I feel so lonely.** 我觉得好孤单。

跟朋友说心情

I feel lonely. 我觉得孤单。

最自然、最通用

I've been feeling lonely lately. 我最近有点孤单。

较委婉，适合倾诉

A How are you settling in here? 你在这边适应得怎么样？
B Honestly, I feel lonely. 说实话，我觉得孤单。
A I'm sorry. Want to grab dinner later? 听到这个我很难过。晚点一起吃饭吗？

我也一样

别这么说 ~~I also same.~~

少了动词，英语里不能这样拼在一起说。

这样说 **Same here.** 我也是。

朋友间很自然

Me too. 我也一样。

接肯定句最常用

I feel the same way. 我也有同感。

更完整、更稳妥

A I'm a little nervous about the interview. 我对面试有点紧张。
B Same here. I barely slept last night. 我也是。我昨晚几乎没睡。
A Let's get coffee before we go in. 进去前我们喝杯咖啡吧。

怎么办

别这么说 ~~How to do?~~

中文直译，英文里不这样问“怎么办”。

这样说 **What should I do?** 我该怎么办?

跟朋友求建议

What do I do now? 现在怎么办?

事情刚出问题

What would you suggest? 您有什么建议?

问上司或客户

A My train was canceled. 我的火车取消了。
B Oh no. What are you going to do? 糟了。你打算怎么办?
A I don't know. What should I do? 我不知道。我该怎么办?

我该怎么办

别这么说 ~~How should I do?~~

少了宾语，英文不这样问“我该怎么办”。

这样说 **What should I do?** 我该怎么办?

朋友间直接求建议

What do you think I should do? 你觉得我该怎么办?

更自然地请对方出主意

What would you suggest I do? 您建议我怎么做?

问老板、老师、客户

A My landlord just raised the rent again. 房东又涨房租了。
B Oh no. What are you going to do? 天哪。你打算怎么办?
A I'm not sure. What do you think I should do? 我不确定。你觉得我该怎么办?

眼睛疼

别这么说 ~~My eyes are painful.~~

能懂，但不像日常口语，听起来像直译。

这样说 **My eyes hurt.** 我眼睛疼。

朋友间最直接

My eyes are sore. 我眼睛酸疼。

疲劳、干涩常用

My eyes are bothering me. 我眼睛不太舒服。

委婉告诉医生或同事

A Are you still working on that report? 你还在写那个报告吗?
B Yeah, but my eyes are sore. 嗯，但我眼睛酸疼。
A Take a break for a few minutes. 休息几分钟吧。

无聊

别这么说 ~~I am boring.~~

意思是“我这个人很无趣”，不是“我很无聊”。

这样说 **I'm so bored.** 我好无聊。

跟朋友抱怨没事做

This is pretty boring. 这个挺无聊的。

评价活动或内容

I'm not really enjoying this. 我不是很喜欢这个。

委婉说不太有意思

A Do you want to keep watching this show? 你还想继续看这个节目吗?
B Not really. This is pretty boring. 不太想。这个挺无聊的。
A Okay, let's watch something else. 好吧，我们换一个看。

一般般

别这么说 ~~Just so-so.~~

能懂，但有点老派、像课本句，日常少这样说。

这样说 **It's okay.** 还行吧。

朋友间说不太满意

It's all right. 还可以。

语气温和，不强烈

It's not bad. 还不错。

给人留面子，更积极

A How was the movie last night? 昨晚那部电影怎么样?
B It's okay. The ending was a bit slow. 一般般，结尾有点拖。
A So you wouldn't watch it again? 所以你不会再看一遍?

我受够了

别这么说 ~~I have suffered enough.~~

像在说长期受苦，太沉重，不像日常抱怨。

这样说 **I'm so done with this.** 我真的受够了。

朋友间吐槽，很口语

I've had enough. 我已经受够了。

清楚表达忍到头了

I can't keep doing this. 我不能再这样下去了。

更克制，适合认真谈

A Are you still working on that report? 你还在弄那份报告吗?
B Yes, and the file crashed again. 是啊，而且文件又崩了。
A Oh no. Are you okay? 天啊，你还好吗?

我还活着

别这么说 ~~I am still living.~~

像在说“仍然居住”，不像日常报平安。

这样说 **Still alive!** 还活着呢！

朋友间开玩笑

I'm still alive. 我还活着。

轻松或半认真都行

I'm doing okay, thanks. 我还好，谢谢。

对不熟的人更自然

A You haven't replied all day. Are you okay? 你一天没回消息，还好吗?
B Still alive! Just had back-to-back meetings. 还活着呢！只是会议一个接一个。
A Good. I was getting worried. 那就好，我都开始担心了。

我有点紧张

别这么说 ~~I'm a little tension.~~

tension 是名词，不能形容人“紧张”。

这样说 **I'm a bit nervous.** 我有点紧张。

朋友间最自然

I'm a little nervous. 我有点紧张。

任何场合都能用

I'm feeling a little nervous. 我现在有点紧张。

更柔和，适合正式场合

A Your interview starts in ten minutes. How are you feeling? 你的面试十分钟后开始。感觉怎么样?

B I'm a little nervous, to be honest. 说实话，我有点紧张。

A That's normal. Just take a deep breath. 很正常。深呼吸一下。

想得美

别这么说 ~~You think beautiful.~~

逐字翻译，英语里没有这个说法，别人会听不懂。

这样说 **In your dreams.** 做梦吧你。

熟人间吐槽，带玩笑

That’s not going to happen. 那不可能。

直接否定，不太冲

I don’t think that’s realistic. 我觉得不太现实。

对上级客户更稳妥

A Can I borrow your car for the whole weekend? 我能借你的车一整个周末吗?

B In your dreams. I need it on Sunday. 想得美。我周日要用。

A Okay, okay. Just Saturday then? 好吧好吧。那只借周六?

我服了

别这么说 ~~I serve you.~~

这是直译，像“我为你服务”，不是“我服了”。

这样说 **I can't even.** 我真的无语了。

朋友间吐槽，很口语

I'm speechless. 我都说不出话了。

惊讶、无语都能用

I have to hand it to you. 我得佩服你。

认真表示佩服或认可对方厉害

A He sent the report to the wrong client again. 他又把报告发给错的客户了。
B I can't even. 我真的无语了。
A And he said it was my fault. 而且他说是我的错。

我很期待

别这么说 ~~I very expect it.~~

expect 是“预期/认为会发生”，不是“期待”的感觉。

这样说 **I can't wait!** 我等不及了！

朋友间很自然、很兴奋

I'm really looking forward to it. 我真的很期待。

最常用，适合多数场合

I'm looking forward to it. 我很期待。

礼貌稳妥，可对客户上司

A Our trip is next Friday. 我们的旅行下周五出发。
B I know. I'm really looking forward to it. 我知道，我真的很期待。
A Me too. I already packed my camera. 我也是。我相机都装好了。

还行

别这么说 ~~Still okay.~~

像在说“到现在还没坏”，不是自然评价。

这样说 **It's okay.** 还可以吧。

朋友间最常用

It's not bad. 还不错。

评价东西或情况

It's all right, thanks. 还行，谢谢。

礼貌回答关心

A How was the new noodle place? 那家新面馆怎么样?
B It's not bad. The soup was good. 还不错，汤挺好喝。
A Would you go again? 你还会再去吗?

我无语了

别这么说 ~~I'm no words.~~

按中文直译，英语语法不对，也不自然。

这样说 **I'm speechless.** 我真无语了。

朋友间，惊讶或无奈

I don't even know what to say. 我都不知道说啥。

更口语，适合多数场合

I'm not sure what to say. 我不知道该怎么说。

委婉，适合工作场合

A He forgot the meeting again. 他又忘了开会。
B I don't even know what to say. 我都不知道说啥。
A And he blamed the calendar. 而且他还怪日历。

不舒服

别这么说 ~~I'm not comfortable.~~

通常表示环境、姿势或心理上“不自在/不满意”，不常用来表达身体不适；身体不舒服更自然说 I'm not feeling well。

这样说 **I don't feel well.** 我不太舒服。

朋友间说身体不适

I'm not feeling well. 我感觉不太舒服。

最通用、很自然

I'm not feeling very well. 我感觉不太舒服。

更柔和，适合请假

A You look a little pale. Are you okay? 你脸色有点白。你还好吗?
B I'm not feeling well. I might go home early. 我感觉不太舒服。可能要早点回家。
A Do you need me to call a taxi? 需要我帮你叫车吗?

我真服了

别这么说 ~~I really served.~~

serve 不是“服了”，听起来像“我服务了”。

这样说 **I can't even.** 我都无语了。

朋友间，吐槽很自然

I'm honestly impressed. 我真有点佩服。

偏正面，真佩服

I have to say, I'm surprised. 我得说我挺意外。

礼貌表达惊讶

A He forgot the tickets again. 他又忘带票了。
B I can't even. 我真服了。
A Should we go back home? 那我们回家拿吗?

太棒了

别这么说 ~~Too great!~~

too 常表示“过于”，听起来像“好过头了”。

这样说 **That's awesome!** 太棒了！

朋友间很自然

That's great! 太好了！

最万能安全

That's wonderful. 那真不错。

更温和礼貌

A I got the internship! 我拿到实习了！
B That's awesome! Congratulations! 太棒了！恭喜你！
A Thanks! I still can't believe it. 谢谢！我还不敢相信。

你们不配赢

别这么说 ~~You are not match to win.~~

match 不能这样表示“配得上”，听起来像机器翻译。

这样说 **You didn’t deserve to win.** 你们不配赢。

朋友间吵嘴、吐槽

You didn’t really earn that win. 你们赢得不实在。

批评比赛结果

I don’t think that win was deserved. 我觉得这胜利不该得。

更委婉，少攻击人

A Did you watch the final last night? 昨晚决赛你看了吗？
B Yeah. Honestly, you didn’t deserve to win. 看了。说真的，你们不配赢。
A Ouch. We did get lucky at the end. 扎心了。最后确实有点运气。

难过

别这么说 ~~I'm difficult.~~

意思是“我很难相处”，不是“我难过”。

这样说 **I'm sad.** 我很难过。

直接说心情低落

I'm upset. 我心里不舒服。

难过、生气都可能

I'm sorry to hear that. 听到这个我很难过。

安慰别人时用

A You look quiet today. Are you okay? 你今天很安静。还好吗？
B Not really. I'm upset. 不太好。我心里很难过。
A Do you want to talk about it? 你想聊聊吗？

哇哦

别这么说 ~~Wa oh~~

这是中文音译，英语里不这样拼也不这样说。

这样说 **Wow!** 哇！太厉害了！

朋友间最自然

Oh wow. 哦哇，真没想到。

惊讶但不夸张

That's impressive. 这很厉害。

正式赞赏别人

A I got the internship in London! 我拿到伦敦的实习了！
B Oh wow, that's amazing! 哇哦，太棒了！
A I still can't believe it. 我还是不敢相信。

无药可救

别这么说 ~~No medicine can save you.~~

这是直译，英语里不像自然表达，听着很奇怪。

这样说 **You're hopeless.** 你真没救了。

朋友间开玩笑或吐槽

It's hopeless. 这事没希望了。

说情况，不直接骂人

I don't think this can be fixed. 我觉得这很难补救。

更委婉、适合工作

A He forgot his passport again. 他又忘带护照了。
B Again? He's hopeless. 又来？他真没救了。
A I know. Please don't tell Mom. 我知道。别告诉我妈。

非常棒

别这么说 ~~Very good!~~

不算错，但像老师批改作业，语气不够自然。

这样说 **Awesome!** 太棒了！

朋友间很自然

That's great. 那很棒。

任何场合都能用

That's excellent. 非常出色。

夸工作或表现

A I finished the presentation slides last night. 我昨晚做完演示文稿了。
B That's excellent. The design is really clear. 非常棒，设计很清楚。
A Thanks! I was worried it looked too simple. 谢谢！我还担心太简单。

不可能

别这么说 ~~Impossible!~~

单独说太硬，像电影台词或生气否定。

这样说 **No way!** 不可能！真的假的！

朋友间，惊讶或不信

That's not possible. 那不可能。

直接否定可能性

I don't think that's possible. 我觉得这不太可能。

委婉对上级或客户说

A They said the tickets sold out in one minute. 他们说票一分钟就卖光了。
B No way! I was online right when they opened. 不可能！一开售我就在网上了。
A Maybe the site crashed first. 也许网站先崩了。

这是你应得的

别这么说 ~~This is what you should get.~~

像在判决或分东西，不像自然祝贺。

这样说 **You totally deserve it.** 你太配得上了

朋友间夸奖、祝贺

You deserve it. 这是你应得的

最直接，褒贬看语气

You've earned it. 这是你努力换来的

更强调努力和付出

A I got the scholarship! 我拿到奖学金了！
B That's amazing. You've earned it. 太棒了。这是你努力换来的。
A I still can't believe it. 我还是不敢相信。

那就好

别这么说 ~~Then good.~~

按中文直译，英语里不这样表达。

这样说 **That's good, then.** 那就好。

朋友间轻松回应

That's good to hear. 听到这我就放心了。

最自然、最常用

I'm glad to hear that. 听到这个我很高兴。

更礼貌、正式一点

A I got home safely. 我安全到家了。
B That's good to hear. 那就好，我放心了。
A Sorry I forgot to text you. 不好意思，我忘了给你发消息。

我不想

别这么说 ~~I no want.~~

语法不对；英语要说 I don't want to.

这样说 **I don't want to.** 我不想。

朋友间直接说

I'd rather not. 我还是不想。

更委婉、好用

I'd prefer not to. 我不太想这样。

对上司客户更合适

A Want to go out for drinks tonight? 今晚想出去喝一杯吗?
B I'd rather not. I'm really tired. 我还是不了，我真的很累。
A No worries. Let's do it another time. 没事，我们下次再约。

我很累

别这么说 ~~I'm tiring.~~

tiring 表示“令人疲劳的/让别人累的”，不是“我很累”。要说 I'm tired。

这样说 **I'm so tired.** 我好累啊。

朋友间自然抱怨

I'm really tired. 我真的很累。

任何场合都能用

I'm feeling a bit tired. 我有点累了。

更委婉，不像抱怨

A Want to watch another episode? 还想再看一集吗?
B Maybe tomorrow. I'm really tired. 明天吧。我真的很累。
A Long day? 今天很累吗?

我很高兴

别这么说 ~~I am very high.~~

high 常指“嗑药后兴奋”，不是“高兴”。

这样说 **I'm so happy.** 我好开心。

跟朋友分享好消息

I'm really happy. 我真的很高兴。

日常表达开心

I'm very pleased. 我非常高兴。

正式或礼貌场合

A Guess what? I got the job! 你猜怎么着？我拿到那份工作了！
B That's amazing. I'm so happy for you! 太棒了。我真为你高兴！
A Thanks! I still can't believe it. 谢谢！我还是不敢相信。

真的吗

别这么说 ~~Is it real?~~

更像问东西是不是实物，不像回应消息真假。

这样说 **Really?** 真的吗?

朋友间最常用

Is that true? 这是真的吗?

想确认真假

May I ask if that's true? 请问这是真的吗?

更客气，适合需要礼貌确认时

A I got the job in London. 我拿到伦敦那份工作了。
B Really? That's amazing! 真的吗？太棒了！
A Yeah, I start next month. 嗯，我下个月开始。

你疯了吗

别这么说 ~~Do you crazy?~~

crazy 是形容词，疑问句要说 Are you crazy?，不能用 do。

这样说 **Are you crazy?** 你疯了吗?

很直接，朋友间也可能刺耳

Are you serious? 你认真的?

惊讶但没那么攻击

Do you really think that's a good idea? 你真觉得这样好吗?

委婉反对某个想法

A I'm going to quit today, no backup plan. 我今天就辞职，没备选方案。
B Are you serious? Rent is due next week. 你认真的？下周就要交房租了。
A I just can't take it anymore. 我真的受不了了。

还可以

别这么说 ~~Still can.~~

像在说“还能做”，不是评价“还可以”。

这样说 **It's okay.** 还可以。

朋友间说一般般

It's not bad. 还不错。

比 okay 稍积极

It's quite good, thank you. 挺好的，谢谢。

礼貌回应评价

A How was the new café? 那家新咖啡馆怎么样?
B It's not bad. The coffee was nice. 还不错，咖啡挺好喝。
A Would you go again? 你还会再去吗?

可惜

别这么说 ~~So pity.~~

这是中式说法。自然说 What a shame、That’s too bad 或 It’s a pity。

这样说 **What a shame.** 真可惜。

朋友间自然感叹

That's too bad. 那太可惜了。

通用，语气温和

I'm sorry to hear that. 听到这事我很遗憾。

对坏消息更礼貌

A Did you get the tickets for Saturday? 你买到周六的票了吗?
B No, they sold out in ten minutes. 没有，十分钟就卖完了。
A What a shame. I really wanted to go. 真可惜。我真的很想去。

我很难过

别这么说 ~~I'm very difficult.~~

difficult 是“难相处/困难”，不是“难过”。

这样说 **I'm so upset.** 我真的很难受

朋友间，很有情绪

I'm really sad. 我很难过

最直接、最安全

I'm feeling quite upset. 我心里挺难受的

更克制，适合正式场合

A Are you okay? You've been quiet all morning. 你还好吗？你一上午都很安静。
B I'm really sad. My dog died last night. 我很难过。我家狗昨晚去世了。
A Oh no, I'm so sorry. 天啊，太遗憾了。

听到这个消息我很难过

别这么说 ~~I'm very sad to hear this news.~~

语法对，但像直译；同情别人时 sorry 更自然。

这样说 **I'm so sorry to hear that.** 听到这事我很难过

朋友说坏消息时

I'm sorry to hear the news. 听到这个消息很遗憾

比较通用、自然

I'm very sorry to hear this news. 听到这个消息深感难过

对客户、长辈更稳妥

A My dog passed away last night. 我的狗昨晚去世了。
B I'm so sorry to hear that. 听到这事我很难过。
A Thanks. It's been really hard. 谢谢。真的很难受。

了不起

别这么说 ~~You are very great.~~

听起来像直译，英语里夸人通常更具体自然。

这样说 **You're awesome!** 你太棒了！

朋友间夸人很自然

That's impressive. 这很厉害。

夸成绩、能力、作品

That's really impressive. 这真的很了不起。

更稳重，适合正式场合

A I finally passed my driving test today. 我今天终于通过驾照考试了。
B That's impressive. I know you were nervous. 这很厉害。我知道你之前很紧张。
A Yeah, I practiced every weekend. 是啊，我每个周末都练。

我的天哪

别这么说 ~~My god!~~

少了 Oh 不自然，也可能显得太重或冒犯宗教感受。

这样说 **Oh my gosh!** 我的天！

朋友间惊讶，很安全

Oh my goodness! 天哪！

更温和，任何场合

Oh, wow. 哇，天哪。

对陌生人也自然

A Did you hear? Our flight leaves in two hours. 你听说了吗？我们的航班两小时后起飞。
B Oh my gosh! I haven't packed yet. 我的天！我还没收拾行李呢。
A Then we need to leave right now. 那我们现在就得走。

不开心

别这么说 ~~I'm not happy.~~

能用，但常像“不满意”，不一定是心情低落。

这样说 **I'm not feeling great.** 我心情不太好。

朋友间自然说法

I'm feeling a bit down. 我有点低落。

温和表达不开心

I'm not feeling my best today. 我今天状态不太好。

适合对同事或上级

A You seem quiet today. Everything okay? 你今天好安静。没事吧?
B I'm not feeling great. 我心情不太好。
A Do you want to talk about it? 你想聊聊吗?

我非常喜欢它

别这么说 ~~I very like it.~~

英语里 very 不能直接放在 like 前，要说 really like。

这样说 **I really like it.** 我真的很喜欢它。

朋友聊天最自然

I like it a lot. 我很喜欢它。

任何场合都能用

I really like it, thank you. 我真的很喜欢，谢谢。

对礼物、服务或别人的建议更礼貌

A How do you like the new app? 你觉得这个新软件怎么样?
B I really like it. It's easy to use. 我真的很喜欢它，很好用。
A Nice. I might try it too. 不错，我也想试试。

真的

别这么说 ~~Very true?~~

不像“真的吗”，更像在评价“非常真实”

这样说 **Really?** 真的吗?

朋友间惊讶或确认

Is that true? 这是真的吗?

想确认消息真假

Is that right? 是这样吗?

礼貌确认对方说法

A I got the job offer today. 我今天拿到工作录用了。
B Really? That's amazing! 真的吗？太棒了！
A Yeah, I start next Monday. 嗯，我下周一入职。

真遗憾

别这么说 ~~It's very regretful.~~

regretful 说人“后悔”，不自然表达惋惜。

这样说 **That's a shame.** 真可惜。

朋友间最常用

That's too bad. 太遗憾了。

日常万能表达

I'm sorry to hear that. 听到这个我很难过。

听到别人坏消息

A I missed the last train home. 我错过了最后一班回家的车。
B Oh no, that's too bad. 哎呀，太遗憾了。
A Yeah, I'll have to take a taxi. 是啊，我得打车了。

真羡慕你

别这么说 ~~I'm envy you.~~

envy 在这里是动词，不能放在 am 后面；要说 I envy you 或 I'm jealous.

这样说 **I'm so jealous!** 我太羡慕了！

朋友间，轻松不酸

Lucky you! 你真幸运！

自然表达羡慕

That sounds wonderful. 听起来太好了。

更礼貌、稳妥

A I'm going to Italy next month. 我下个月要去意大利。
B Lucky you! Is it for work or vacation? 真羡慕你！出差还是度假？
A Vacation. I've been planning it for years. 度假。我计划好多年了。

我很无聊

别这么说 ~~I'm very boring.~~

意思变成“我这个人很无趣”，不是“我觉得无聊”。

这样说 **I'm so bored.** 我好无聊。

朋友间随口抱怨

I'm a bit bored. 我有点无聊。

语气更轻，不太抱怨

I'm feeling a little bored. 我有点觉得无聊。

更委婉，适合长辈上司

A What are you doing tonight? 你今晚干什么？
B Nothing. I'm so bored. 没干什么。我好无聊。
A Want to watch a movie? 要不要看电影？

好无聊

别这么说 ~~I'm so boring.~~

意思是“我这个人很无趣”，不是“我觉得无聊”。

这样说 **I'm so bored.** 我好无聊。

朋友间直接说心情

This is pretty boring. 这个挺无聊的。

说活动、电影、课等

I'm feeling a bit bored. 我有点无聊。

语气更委婉

A What are you up to tonight? 你今晚干嘛?
B Nothing. I'm so bored. 没干嘛。我好无聊。
A Want to watch a movie? 想看电影吗?

找个地缝钻进去

别这么说 ~~Find a crack in the ground and drill into it.~~

直译很怪，像真的要钻地面，不像自然口语。

这样说 **I wanted to disappear.** 我想原地消失

朋友间说尴尬

I was so embarrassed. 我尴尬死了

最通用、最安全

I felt really embarrassed. 我真的很尴尬

更克制，适合正式场合

A How did your presentation go? 你的汇报怎么样?
B I called my manager by the wrong name. 我把经理的名字叫错了。
A Oh no, what did you do? 天哪，那你怎么办?

生气

别这么说 ~~I angry.~~

少了 be 动词；要说 I'm angry 或 I'm mad。

这样说 **I'm mad.** 我生气了。

朋友间，很口语

I'm angry. 我很生气。

清楚直接，通用

I'm upset about this. 这事让我不舒服。

更克制，适合正式场合

A Are you okay? You look quiet. 你还好吗？你看起来很安静。
B I'm upset about this. 这事让我不舒服。
A I'm sorry. I didn't mean to ignore you. 对不起。我不是故意不理你的。

你在跟我开玩笑吗

别这么说 ~~Are you playing jokes with me?~~

不自然，像直译；英语通常说 kidding 或 joking。

这样说 **Are you kidding me?** 你在开玩笑吧？

朋友间惊讶或不信

Are you serious? 你认真的吗？

最常用，语气可轻可重

Is that really true? 这是真的吗？

更礼貌地确认

A My flight got moved to 6 a.m. 我的航班改到早上六点了。
B Are you kidding me? That's so early. 你在开玩笑吧？也太早了。
A I know. I have to leave home at four. 我知道。我四点就得出门。

没意思

别这么说 ~~No meaning.~~

像在说“没有词义”，不自然；没意思多半是boring或not into it。

这样说 **It's boring.** 这很无聊。

朋友间直接吐槽

It's not very interesting. 不太有意思。

更温和，适合多数场合

I'm not really into it. 我不太感兴趣。

礼貌拒绝活动或话题

A Do you want to watch this show? 你想看这个节目吗?
B Honestly, it's not very interesting. 说实话，不太有意思。
A We can pick something else. 我们可以换一个。

有意思

别这么说 ~~It has meaning.~~

像在说“它有含义”，不是“有趣/好玩”。

这样说 **That's pretty cool.** 这挺有意思的。

朋友间，轻松夸一下

That's interesting. 这很有意思。

最通用，也可表示好奇

That's really interesting. 这真的挺有意思。

更认真，适合工作场合

A I joined a pottery class last weekend. 我上周末报了陶艺课。
B That's pretty cool. Did you make anything? 挺有意思的。你做了什么吗?
A A small cup. It looks a bit funny. 一个小杯子。看起来有点好笑。

非常完美

别这么说 ~~Very perfect.~~

perfect本身已是最高程度，very perfect不自然。

这样说 **Perfect!** 完美！

朋友间夸结果很好

That's perfect. 这样就很完美。

确认安排或效果很好

That looks excellent. 看起来非常棒。

夸客户、同事的东西

A Is this slide okay for tomorrow? 明天用这页幻灯片可以吗？
B That looks excellent. Nice and clear. 看起来非常棒，很清楚。
A Great, I'll send it to the team. 太好了，我发给团队。

不确定

别这么说 ~~I'm not confirm.~~

confirm 是动词，不能这样接在 am 后面。

这样说 **I'm not sure.** 我不太确定。

最常用，朋友同事都行

I'm not certain. 我不能确定。

比 sure 稍正式一点

I'm not sure yet. 我现在还不确定。

给上级客户更稳妥

A Are you coming to dinner tonight? 你今晚来吃饭吗？
B I'm not sure yet. I may have to work late. 我现在还不确定。可能要加班。
A No worries. Just let me know later. 没关系。晚点告诉我就行。

很不错

别这么说 ~~very not bad~~

直译很别扭；英语不这样说“很不错”。

这样说 **Pretty good!** 挺不错的！

朋友间随口夸

It’s really good. 真的很不错。

通用，肯定更明确

I’m very happy with it. 我对它很满意。

对服务或成果评价

A How was the new café? 那家新咖啡馆怎么样？
B Pretty good! The coffee was strong. 挺不错的！咖啡很浓。
A Would you go again? 你还会再去吗？

真不错

别这么说 ~~Really not bad.~~

字面像“还凑合”，不一定是真心夸。

这样说 **That's really good.** 那真的挺好。

朋友间自然夸奖

That's great. 太好了。

最通用，简单自然

That's very impressive. 这很厉害。

夸成果或表现

A I made this cake myself. 这个蛋糕是我自己做的。
B Wow, that's really good. 哇，真的挺不错。
A Do you want another piece? 你还想再来一块吗？

还不错

别这么说 ~~Still not bad.~~

按中文直译会怪；still 表示“仍然”，不是“还”。

这样说 **Not bad.** 还不错。

朋友间最常用

Pretty good. 挺好的。

自然、积极一点

It’s quite good. 它挺不错的。

评价事物更礼貌

A How was the new restaurant? 那家新餐厅怎么样?
B Pretty good. The noodles were really fresh. 挺不错的，面条很新鲜。
A Would you go again? 你还会再去吗?

听起来不错

别这么说 ~~It sounds not bad.~~

语法虽能懂，但不自然；像在勉强夸。

这样说 **Sounds good.** 听起来不错。

朋友间最常用

That sounds good. 那听起来不错。

任何场合都自然

That sounds great to me. 我觉得很不错。

更积极也更客气

A Want to grab dinner after class? 下课后想一起吃晚饭吗?
B Sounds good. What time? 听起来不错。几点?
A How about seven? 七点怎么样?

我也这么觉得

别这么说 ~~I also think so.~~

能懂，但不太像口语；too 放句尾更自然。

这样说 **Yeah, I think so too.** 嗯，我也这么想

朋友聊天很自然

I feel the same way. 我也有同感

想法或感受都能用

I agree with you. 我同意您的看法

对客户、老板更稳

A This place is quieter than I expected. 这个地方比我想的安静。
B Yeah, I think so too. 嗯，我也这么觉得。
A Maybe we can study here next time. 也许下次我们可以来这儿学习。

还活着

别这么说 ~~I am still living.~~

听起来像“仍然居住/生活着”，不自然。

这样说 **Still alive!** 还活着呢！

朋友间开玩笑

I'm still alive. 我还活着。

直说自己没事

I'm doing okay, thank you. 我还好，谢谢。

对关心你的人

A Long time no see! How have you been? 好久不见！你最近怎么样？
B Still alive! Work has been crazy. 还活着呢！工作太疯了。
A Same here. Let's get coffee soon. 我也是。改天喝咖啡吧。

好主意

别这么说 ~~Very good idea.~~

语法不一定错，但单独说不如 Good idea 自然。

这样说 **Good idea.** 好主意。

朋友间自然赞同

That's a good idea. 这是个好主意。

任何场合都稳妥

That sounds like a good idea. 听起来是好主意。

更委婉、客气

A We could leave early to avoid traffic. 我们可以早点走，避开堵车。
B That's a good idea. 这是个好主意。
A Should I book the taxi now? 我现在订车吗?

太好了

别这么说 ~~Too good!~~

像在说"好过头了"，不是自然表达高兴。

这样说 **Awesome!** 太棒了!

朋友间很自然

Great! 太好了!

最通用安全

That's wonderful news. 这消息太好了。

听到好消息时

A I got the visa! 我拿到签证了!
B Great! When are you leaving? 太好了! 你什么时候走?
A Next Friday, if everything goes well. 下周五，如果一切顺利。

不会吧

别这么说 ~~Cannot be?~~

这是中文直译，英语里不自然，也不像一句完整反应。

这样说 **No way!** 不会吧！

朋友间惊讶、不信

Really? 真的吗？

最安全、最常用

Are you sure? 你确定吗？

委婉确认信息

A The train is delayed again. 火车又晚点了。
B No way! We left so early. 不会吧！我们出门这么早。
A Yeah, it says twenty more minutes. 是啊，上面写还要二十分钟。

很好

别这么说 ~~Very good.~~

回答 How are you? 时单说 Very good 不太自然；更常说 I'm good 或 I'm doing well。

这样说 **Pretty good.** 挺好的。

朋友问近况时用

Good. 很好。

简单评价或回答

I'm doing very well, thank you. 我很好，谢谢。

礼貌回答近况

A How's your new job going? 新工作怎么样？
B Pretty good. The team is really nice. 挺好的。团队人很好。
A That's great to hear. 听到这个真好。

很有趣

别这么说 ~~It is very interest.~~

interest 是名词或动词；形容词要用 interesting：It's very interesting.

这样说 **That's fun.** 这个很好玩。

朋友间说活动好玩

That's interesting. 这个很有意思。

最通用，不夸张

That sounds really interesting. 听起来很有意思。

回应别人介绍时

A I joined a pottery class last weekend. 我上周末参加了陶艺课。
B Oh, that sounds really interesting. 哦，听起来很有意思。
A Yeah, I made a tiny bowl. 对，我做了个小碗。

你很厉害

别这么说 ~~You are very powerful.~~

powerful多指权力、力量，不常用来夸技能厉害。

这样说 **You're really good.** 你真的很厉害。

朋友间夸能力或表现

That's impressive. 这真让人佩服。

夸成果、经历、操作

You're very skilled. 你技术很娴熟。

较正式，夸专业能力

A I fixed the Wi-Fi. It should work now. 我修好 Wi-Fi 了，现在应该能用了。
B You're really good. How did you do that? 你真的很厉害。你怎么做到的?
A Just restarted the router and changed one setting. 就是重启了路由器，改了一个设置。

有道理

别这么说 ~~It has reason.~~

这是直译，英语里不这样表达“有道理”。

这样说 **That makes sense.** 这样说得通。

朋友间最常用

You have a point. 你说得有道理。

同意对方某一点

That's a fair point. 这点说得很合理。

开会或讨论更稳妥

A Maybe we should leave earlier. Traffic is bad on Fridays. 也许我们该早点走。周五很堵。

B That makes sense. Let's go at four. 有道理。那我们四点走吧。

A Great, I'll book the car now. 好，我现在叫车。

我不想理你了

别这么说 ~~I don't want to care you.~~

care you 不是这样用；像“不想照顾你”，不自然。

这样说 **I'm not talking to you.** 我不跟你说话了。

朋友间赌气、开玩笑也行

I don't want to talk right now. 我现在不想说。

比较安全，不太伤人

I need some space right now. 我现在需要一点空间。

成熟、克制地拉开距离

A Are you still mad at me? 你还在生我的气吗?

B Yeah. I don't want to talk right now. 嗯。我现在不想说话。

A Okay. I'll give you some space. 好，我给你一点空间。

真棒

别这么说 ~~You are very stick.~~

把“棒”按“棍子”直译成 stick 是错的；夸人可说 You’re amazing!，夸事情可说 That’s great!

这样说 **That's awesome!** 太棒了！

朋友间很自然

That's great! 很好啊！

最通用、最安全

That's wonderful! 真好，太棒了！

更温和、正式一点

A I passed my driving test! 我驾照考试通过了！
B That's awesome! I knew you could do it. 太棒了！我就知道你可以。
A Thanks! I was so nervous. 谢谢！我当时超紧张。

我不喜欢

别这么说 ~~I very don’t like it.~~

very 不能直接放在 don’t 前，这样不自然

这样说 **I’m not into it.** 我不太喜欢这个

朋友间，语气轻一点

I don’t like it. 我不喜欢它

直接清楚，通用

It’s not really my thing. 这不太适合我

委婉拒绝更自然

A Do you want to try this spicy soup? 你想试试这个辣汤吗？
B Thanks, but it’s not really my thing. 谢谢，不过我不太喜欢这个。
A No worries. I’ll get you something mild. 没事。我给你点个清淡的。

我服了你了

别这么说 ~~I submit to you.~~

像正式投降，不像日常吐槽或佩服

这样说 **I can’t with you.** 我真拿你没办法

朋友间吐槽、被气笑

I don’t know what to say. 我都不知道说啥了

无语但不太冲

I have to say, I’m impressed. 我得说，挺佩服的

对上级客户更安全

A I forgot my passport again. 我又忘带护照了。
B Seriously? I can’t with you. 真的假的？我真服了你了。
A I know, I know. I’ll go back now. 我知道我知道。我现在回去拿。

你不配

别这么说 ~~You are not match.~~

语法不对；match 不能这样直接当形容词用。

这样说 **You don't deserve it.** 你不值得拥有它。

吵架时很刺耳

That's not for you. 那不适合你。

委婉说不合适

I don't think you're the right fit. 我觉得你不太合适。

工作或合作场合

A Can I lead the project? 我可以负责这个项目吗？
B I don't think you're the right fit yet. 我觉得你现在还不太合适。
A Okay. What should I improve first? 好吧。我应该先提升什么？

我太累了，走不动了

别这么说 ~~I am too tired, I can't walk.~~

这是逗号拼接，书面语不规范；而且少了 anymore/to walk any farther，意思更像“我累得不能走路”，不如 I'm too tired to walk any farther 或 I can't walk anymore 自然。

这样说 **I'm so tired. I can't walk anymore.** 我太累了，走不动了。

朋友间直接说

I'm exhausted. I need a break. 我累坏了，得歇会儿。

任何场合都自然

I'm really tired. Could we stop for a moment? 我真的累了，能停一下吗？

对不熟的人更客气

A Do you want to keep walking to the next station? 你想继续走到下一站吗？
B I'm exhausted. I need a break. 我累坏了，得歇会儿。
A Sure. There's a bench over there. 当然，那边有张长椅。

天啊

别这么说 ~~Sky!~~

直译成“天空”，英语里不能表达惊讶。

这样说 **Oh my gosh!** 天哪！

朋友间惊讶，安全不冒犯

Oh my God! 我的天！

很常用，语气更强

Oh dear. 哎呀，天哪。

温和，适合长辈或陌生人

A I got the job in London! 我拿到伦敦那份工作了！
B Oh my gosh! That's amazing! 天啊！太棒了！
A I still can't believe it. 我到现在都不敢相信。

我好无聊啊

别这么说 ~~I'm so boring.~~

这表示“我这个人很无趣”，不是“我觉得无聊”。

这样说 **I'm so bored.** 我好无聊。

朋友间最自然

I'm a bit bored. 我有点无聊。

语气更轻，任何场合

I don't have much to do right now. 我现在没什么事做。

对同事、上司更得体

A What are you doing tonight? 你今晚干什么？
B Nothing. I'm so bored. 没干什么。我好无聊。
A Want to watch a movie? 要不要看电影？

迫不及待

别这么说 ~~I am impatient to...~~

像在说你没耐心，听着不自然

这样说 **I can't wait.** 我等不及了。

朋友间最常用

I'm really looking forward to it. 我真的很期待。

期待活动或见面

I'm very much looking forward to it. 我非常期待。

邮件或正式场合

A The concert is this Friday. 演唱会这周五。
B I know. I can't wait! 我知道，我等不及了！
A Let's get there early. 我们早点到吧。

我很难受

别这么说 ~~I am very uncomfortable.~~

多指姿势、衣服或场面尴尬，不常说身体难受。

这样说 **I feel awful.** 我难受死了。

朋友间，身体或心情都可

I don't feel well. 我不太舒服。

最常用，偏身体不适

I'm not feeling very well. 我感觉不太舒服。

对老师、老板、陌生人

A You look pale. Are you okay? 你脸色很白。你还好吗?
B I don't feel well. I might go home early. 我不太舒服，可能要早点回家。
A Do you need me to call a taxi? 要我帮你叫辆车吗?

逗我笑

别这么说 ~~Tease me to laugh.~~

tease 常有捉弄、取笑的意思，不是自然的“逗笑”。

这样说 **You crack me up.** 你太逗了

朋友间，真的觉得好笑

That made me laugh. 那把我逗笑了

说一件事很好笑

You really made me laugh. 你真的把我逗笑了

对不太熟的人也自然

A Did you see the video I sent you? 你看我发你的视频了吗?
B Yes! You crack me up. 看了！你太逗了。
A I knew you'd like it. 我就知道你会喜欢。

头疼

别这么说 ~~My head is painful.~~

能懂，但不像自然口语；人通常说 hurts 或 headache。

这样说 **I have a headache.** 我头疼。

朋友间直接说身体不舒服

My head hurts. 我头疼。

口语自然，任何场合可用

I'm not feeling well. I have a headache. 我不舒服，头疼。

跟老师、同事、上司说

A Are you okay? You look tired. 你还好吗？你看起来很累。
B I have a headache. 我头疼。
A Do you want some water? 你要喝点水吗？

我腿疼

别这么说 ~~My leg is painful.~~

语法没错，但口语里不如 My leg hurts 自然。

这样说 **My leg hurts.** 我腿疼。

最常用，朋友间自然

My leg is hurting. 我腿正在疼。

强调现在不舒服

I have some pain in my leg. 我腿有点疼。

看医生或正式一点

A Are you okay? You're walking slowly. 你还好吗？你走得很慢。
B My leg hurts. Can we sit for a minute? 我腿疼。我们能坐一会儿吗？
A Sure. There's a bench over there. 当然。那边有个长椅。

我头疼

别这么说 ~~My head is painful.~~

语法能懂，但不自然；人更常说 hurts 或 headache。

这样说 **My head hurts.** 我头疼。

口语最自然

I have a headache. 我头痛。

通用、清楚

I have a bad headache. 我头疼得厉害。

向医生或上司说明

A Are you coming to dinner tonight? 你今晚来吃饭吗?
B I'm not sure. I have a headache. 不确定。我头疼。
A Oh no. Do you need anything? 哎呀。你需要什么吗?

我腰疼

别这么说 ~~My waist hurts.~~

waist 多指腰围位置，不常用来描述腰痛。

这样说 **My lower back hurts.** 我腰疼。

最常用，朋友间自然

I have lower back pain. 我有腰痛。

看医生或说明症状

I'm having some lower back pain. 我有点腰痛。

语气较轻、更客气

A Are you okay? You're walking slowly. 你还好吗？你走得有点慢。
B My lower back hurts. I think I slept badly. 我腰疼，可能睡姿不好。
A Do you want to sit down for a minute? 你要不要坐一会儿?

好疼

别这么说 ~~Very pain.~~

pain 是名词，不能这样直接说；要说 it hurts。

这样说 **It really hurts.** 真的好疼。

朋友间最常用

That hurts a lot. 那个很疼。

刚被撞到、碰到时

I'm in a lot of pain. 我现在很疼。

跟医生或工作人员说

A Are you okay? You fell pretty hard. 你还好吗？你摔得挺重的。
B It really hurts. I think I twisted my ankle. 真的好疼。我觉得脚踝扭到了。
A Sit down. I'll get some ice. 坐下吧。我去拿点冰。

睡不着

别这么说 ~~I can't fall sleep.~~

少了 asleep；正确是 fall asleep。

这样说 **I can't sleep.** 我睡不着。

最常用，朋友间自然

I'm having trouble sleeping. 我睡眠有点问题。

更像在说明情况

I didn't sleep well last night. 我昨晚没睡好。

跟同事上司解释状态

A You look tired. Everything okay? 你看起来很累，没事吧？
B Yeah, I just can't sleep lately. 没事，就是最近睡不着。
A Too much coffee? 咖啡喝太多了？

搞什么

别这么说 ~~Do what?~~

像在问“做什么”，不自然，也少了惊讶不满的感觉。

这样说 **What are you doing?** 你在干嘛?

朋友间直接问

What's going on? 怎么回事?

情况不对时问

Could you tell me what's happening? 能说说怎么回事吗?

对上级客户更稳

A Why is my phone on the floor? 我的手机怎么在地上?
B Sorry, I bumped the table. 抱歉，我撞到桌子了。
A What are you doing? Be careful! 你搞什么？小心点！

太难了

别这么说 ~~Too difficult.~~

单独说不完整，像标签；口语里常说 This is too difficult.

这样说 **This is so hard.** 这也太难了。

朋友间吐槽最自然

This is really difficult. 这个真的很难。

学习工作都能用

I'm finding this quite difficult. 我觉得这个挺难。

向老师或同事说明

A How's the practice test going? 模拟测试做得怎么样?
B This is so hard. I don't even understand question one. 太难了。我连第一题都看不懂。
A Do you want me to go through it with you? 要不要我陪你过一遍?

有点难

别这么说 ~~It's a little hard to me.~~

应说 hard for me；to me 表“在我看来”

这样说 **It's kind of hard.** 有点难。

朋友间轻松抱怨

It's a bit difficult. 有一点困难。

通用、自然

It's a little challenging. 有些挑战。

更委婉，适合工作

A How's the new project going? 新项目进展怎么样?
B It's a little challenging, but I'm learning a lot. 有些挑战，但我学到很多。
A Do you need any help? 你需要帮忙吗?

真的假的

别这么说 ~~True or fake?~~

像在问商品真假，不像自然反应。

这样说 **Really?** 真的吗?

朋友间最常用

Is that true? 这是真的吗?

想确认真假

Are you sure? 你确定吗?

礼貌地追问确认

A I got the job in London. 我拿到伦敦那份工作了。
B Really? That's amazing! 真的吗？太棒了！
A I start next month. 我下个月开始上班。

感觉冷

别这么说 ~~I feel cold feeling.~~

重复又不自然；直接说 I feel cold 或 I'm cold。

这样说 **I'm cold.** 我觉得冷。

最常用，跟朋友说

I feel cold. 我感觉冷。

强调身体感觉

I'm a bit cold. 我有点冷。

委婉提示别人

A Are you okay? You look uncomfortable. 你还好吗？看起来不太舒服。
B I'm a bit cold. Could we close the window? 我有点冷。能关窗吗？
A Sure, I'll close it now. 当然，我现在关。

想吐

别这么说 ~~I want to vomit.~~

听起来像“我想主动去吐”，太硬也不日常。

这样说 **I feel sick.** 我觉得恶心。

英式更常用，也可日常说

I feel nauseous. 我有点想吐。

清楚表达恶心想吐

I’m afraid I feel a bit nauseous. 不好意思，我有点想吐。

更委婉，适合需要礼貌说明时

A Are you okay? You look pale. 你还好吗？你脸色很白。
B I feel nauseous. Can we stop for a minute? 我有点想吐。能停一下吗？
A Sure. Let’s get you some air. 当然。我们去透透气。

有点奇怪

别这么说 ~~A little strange.~~

单独说不完整；最好加主语：That's a little strange.

这样说 **That's a bit weird.** 那有点怪。

朋友间直接说

That seems a little strange. 那看起来有点奇怪。

任何场合都自然

That seems a little unusual. 那有点不太寻常。

更委婉，不冒犯

A Did he ask you to pay by gift card? 他让你用礼品卡付款吗?
B Yeah, and that seems a little strange. 对，而且这有点奇怪。
A Don't send any money yet. 先别转钱。

都怪你

别这么说 ~~All blame you.~~

不是自然英语；缺主语，像中文硬翻。

这样说 **This is all your fault.** 这全是你的错。

朋友间直接抱怨

It’s your fault. 是你的错。

简单直接，语气看场合

I think this happened because of something you did. 我觉得这可能是因为你做的某件事。

更委婉，少攻击感

A We missed the last train. 我们错过末班车了。
B It’s your fault. You said we had time. 是你的错。你说来得及。
A Okay, okay. I’ll call a taxi. 好啦好啦。我叫车。

我想哭

别这么说 ~~I think cry.~~

少了 want to / feel like，英语里不这样说。

这样说 **I feel like crying.** 我想哭了。

朋友间说难过或感动

I want to cry. 我想哭。

直接表达情绪

I'm feeling a bit emotional. 我有点情绪上来了。

更含蓄，适合正式场合

A Are you okay? You look quiet today. 你还好吗？今天有点安静。
B Not really. I feel like crying. 不太好。我想哭了。
A Come here. Do you want to talk? 过来抱抱。想聊聊吗？

没出息

别这么说 ~~You have no future.~~

太像判人一生没希望，英语里很狠、不自然。

这样说 **You're hopeless.** 你真没救了。

朋友间吐槽，也偏重

You need to get your act together. 你得振作起来。

劝对方别再这样

I'm really disappointed in you. 我真的很失望。

更克制，适合严肃场合

A I skipped the interview again. 我又没去面试。
B Come on. You need to get your act together. 拜托，你得振作起来。
A I know. I just got scared. 我知道，我就是害怕了。

哦不

别这么说 ~~Oh not.~~

不是自然说法；英文里感叹要说 Oh no。

这样说 **Oh no!** 哦不！糟了！

朋友间最自然

Oh, no. 哎呀，不好了。

语气稍轻也可用

Oh dear. 哎呀，糟糕。

更温和，有礼貌

A I think I left my passport at the hotel. 我好像把护照落在酒店了。
B Oh no! Let's call them now. 哦不！我们现在打给他们吧。
A Do you have the hotel number? 你有酒店电话吗？

听到这个消息我很抱歉

别这么说 ~~I'm sorry for hearing that.~~

for hearing that 像是在为“听见”这件事道歉；表达同情要说 I'm sorry to hear that.

这样说 **Oh no, I'm so sorry.** 天哪，真难过

朋友说坏消息时

I'm sorry to hear that. 听到这个我很难过

最常用，安全自然

I'm very sorry to hear that. 听到这事我很遗憾

更正式、更真诚

A My flight got canceled again. 我的航班又被取消了。
B I'm sorry to hear that. Are you stuck at the airport? 听到这个真遗憾。你被困在机场了吗？
A Yeah, for at least five hours. 对，至少还要五个小时。

哦好吧

别这么说 ~~Oh good bar.~~

逐字翻译完全不通，bar 是酒吧或条状物。

这样说 **Oh, okay.** 哦，好吧。

朋友间，语气可轻可淡

All right, then. 那好吧。

接受安排或决定

I understand. 我明白了。

对上级客户更稳妥

A Sorry, I can't come tonight. 不好意思，我今晚来不了了。
B Oh, okay. Maybe next time. 哦，好吧。下次吧。
A Yeah, I'm really tired today. 嗯，我今天真的很累。

没救了

别这么说 ~~No save.~~

不是自然英语，像直译；要说 hopeless 或 can't be fixed。

这样说 **There's no hope.** 没希望了。

朋友间吐槽人或事

It's hopeless. 这没救了。

常说事情很难挽回

I don't think this can be fixed. 我觉得修不好了。

对客户或上级更委婉

A Did you see my presentation slides? 你看我那份演示了吗?
B Yeah... It's hopeless. 看了……这没救了。
A That bad? 有那么糟吗?

松了一口气

别这么说 ~~Hoosened a breath.~~

逐字翻译，英语里没有这个说法，别人会听不懂。

这样说 **What a relief.** 真是松口气了。

朋友间最自然

I'm so relieved. 我太安心了。

强调自己的感觉

That's a relief to hear. 听到这个就放心了。

听别人告知好消息

A Did your visa come through? 你的签证下来了吗?
B Yes, it was approved this morning. 下来了，今早批了。
A Oh, what a relief. 哦，真是松口气了。

原来如此

别这么说 ~~So it is.~~

像“所以它是”，不能表达“原来如此”。

这样说 **Oh, I see.** 哦，我明白了。

朋友聊天，最常用

That makes sense. 这样就说得通了。

听完解释后很自然

I understand now. 我现在明白了。

对上司客户更稳妥

A Why is the meeting so early today? 今天会议为什么这么早?
B The client is calling from London. 客户从伦敦打来电话。
A Oh, I see. That's why. 哦，原来如此。难怪。

我喜欢这种氛围

别这么说 ~~Hike this atmosphere.~~

能懂，也不算错，但单独说 this atmosphere 有点生硬；更自然说 I like the atmosphere here 或 I love this vibe.

这样说 **I love this vibe.** 我超喜欢这氛围。

朋友间，轻松自然

I like the atmosphere here. 我喜欢这里的氛围。

任何场合都稳妥

This place has a lovely atmosphere. 这里氛围很好。

对店员、客户也合适

A What do you think of this café? 你觉得这家咖啡馆怎么样?
B I like the atmosphere here. 我喜欢这里的氛围。
A Yeah, it's quiet but not too serious. 对，安静但不压抑。

释放压力

别这么说 ~~release pressure~~

更像释放气压，不像人在减压。

这样说 **I need to unwind.** 我得放松一下

朋友间说自己想缓缓

I need to relieve some stress. 我需要减减压

通用，清楚自然

I need a little time to decompress. 我需要时间缓缓

对同事或上司更柔和

A You've been working all day. Are you okay? 你忙了一整天，还好吗?
B Yeah, just tired. I need to unwind. 还好，就是累。我得放松一下。
A Want to take a short walk? 想出去走一小会儿吗?

有品味

别这么说 ~~You are very tasteful.~~

通常不这样夸人；tasteful多形容东西，不形容人。

这样说 **You have great taste.** 你很有品味。

夸朋友会选东西

You've got good taste. 你眼光不错。

自然、常用的夸法

You have excellent taste. 您很有品味。

更礼貌、更正式

A I finally chose this jacket. What do you think? 我最后选了这件夹克。你觉得呢?
B You've got good taste. It looks great on you. 你眼光不错。穿上很好看。
A Really? I wasn't sure about the color. 真的吗？我还不确定这个颜色。

很高兴

别这么说 ~~Very happy.~~

不是完整句子，单独说会像中式英语。

这样说 **I'm so happy.** 我太开心了。

朋友间表达开心

I'm really glad. 我真的很高兴。

自然表达高兴

I'm very pleased. 我感到很高兴。

更正式、礼貌

A I got the job! 我拿到那份工作了！
B That's great! I'm so happy for you. 太好了！我真为你开心。
A Thanks. I still can't believe it. 谢谢。我还不敢相信。

我很不高兴

别这么说 ~~I am very not happy.~~

very not happy 语序不自然，听起来像直译。

这样说 **I'm not happy about this.** 我对这事不满意。

朋友间直接表达不爽

I'm upset. 我有点难过/生气。

情绪受影响时常用

I'm not very pleased with this. 我对此不太满意。

对老板客户更委婉

A Did you see the email from the hotel? 你看到酒店的邮件了吗?
B Yes. They canceled our booking. 看到了。他们取消了我们的预订。
A Are you okay? 你还好吗?

不容易

别这么说 ~~It is not convenient.~~

convenient 是“方便”，不是“容易/辛苦”。

这样说 **That's rough.** 这挺难熬的

朋友吐槽时安慰

It's not easy. 这不容易

最通用，像中文原意

That must be difficult. 那一定很难

对不熟的人更体贴

A I'm working two jobs and taking classes at night. 我打两份工，晚上还上课。
B Wow, that must be difficult. 哇，那一定很难。
A Yeah, I'm pretty tired these days. 嗯，我最近挺累的。

糟糕透了

别这么说 ~~Too bad.~~

常像“可惜了”，语气没到“糟糕透了”。

这样说 **This is awful.** 这太糟了。

朋友间直接吐槽

That's really bad. 那真的很糟。

听到坏消息时

I'm sorry, that's very unfortunate. 真遗憾，太不巧了。

对客户或上级更稳妥

A How did your presentation go? 你的演讲怎么样?
B It was awful. My slides wouldn't open. 糟糕透了。我的幻灯片打不开。
A Oh no. Did you manage to explain it? 不会吧。你有办法讲下去吗?

我害怕

别这么说 ~~I fear.~~

不自然，像书面语；日常一般说 I'm scared/afraid。

这样说 **I'm scared.** 我害怕。

跟朋友直接说害怕

I'm afraid. 我有点怕。

更通用，也可表担心

I'm a little nervous. 我有点紧张。

更委婉，适合正式场合

A Do you want to try the roller coaster? 你想试试过山车吗?
B I'm scared. It looks really high. 我害怕。它看起来太高了。
A That's okay. We can skip it. 没关系，我们可以不坐。

我很害怕

别这么说 ~~I very afraid.~~

少了 am；afraid 是形容词，前面要有 be 动词。

这样说 **I'm really scared.** 我真的很害怕。

跟朋友直接说感受

I'm very scared. 我很害怕。

强调害怕程度，通用自然

I'm quite frightened. 我相当害怕。

更正式、委婉一些

A Are you okay? You look pale. 你还好吗？你脸色很白。
B I'm really scared. 我真的很害怕。
A Do you want to sit down? 你想坐下吗？

感到孤独

别这么说 ~~I feel solitude.~~

solitude 是名词，多指独处状态，不像日常口语。

这样说 **I feel lonely.** 我觉得孤单。

跟朋友说心情

I'm feeling lonely. 我现在有点孤单。

强调此刻感受

I've been feeling lonely lately. 我最近一直感到孤单。

较稳重，适合认真聊

A How are you settling in at school? 你在学校适应得怎么样？
B It's okay, but I'm feeling lonely. 还行，但我有点孤单。
A Do you want to grab dinner together? 要不要一起吃晚饭？

我们赢了

别这么说 ~~We are win.~~

win 是动词，不能这样用；要说 We won.

这样说 **We won!** 我们赢了！

朋友间最直接

We did it! 我们做到了！

强调一起成功

We've won. 我们已经赢了。

较稳重地宣布结果

A What happened? I heard everyone shouting. 怎么了？我听到大家在喊。
B We won! Last goal in the final minute! 我们赢了！最后一分钟进球！
A No way! That's amazing. 不会吧！太棒了。

鼓励、安慰和祝福

玩得开心

别这么说 ~~Play happily.~~

像在说“小孩快乐地玩”，不是自然祝福。

这样说 **Have fun!** 玩得开心！

朋友间最常用

Enjoy yourself! 好好享受！

一个人去玩也自然

I hope you have a great time. 祝你玩得很开心。

更完整、更客气

A I'm going to the beach this weekend. 我这周末要去海边。
B Nice! Have fun! 不错！玩得开心！
A Thanks! I really need a break. 谢谢！我真的需要休息一下。

加油

别这么说 ~~Add oil!~~

是中式直译；除非开玩笑，别人可能听不懂。

这样说 **You got this!** 你可以的！

朋友考试、面试前

Good luck! 祝你好运！

比赛、考试、出发前

I’m rooting for you. 我支持你。

温和鼓励对方

A I have my driving test tomorrow. 我明天考驾照。
B You got this! Just stay calm. 你可以的！保持冷静就好。
A Thanks. I’m still a bit nervous. 谢谢。我还是有点紧张。

恭喜

别这么说 ~~Congratulation!~~

少了复数 s；单独祝贺常说 Congratulations.

这样说 **Congrats!** 恭喜呀！

朋友间最自然

Congratulations! 恭喜！

大多数场合都能用

Congratulations on your new role. 恭喜您新职位。

正式写清楚喜事

A I got the job! 我拿到那份工作了！
B Congratulations! That's amazing. 恭喜！太棒了。
A Thank you. I'm still shaking. 谢谢。我现在还很激动。

你真棒

别这么说 ~~You are very good.~~

太笼统，像评价人"好不好"，不够自然。

这样说 **You're amazing!** 你太棒了！

朋友间热情夸奖

You did a great job. 你做得很好。

夸具体表现很稳

That was excellent. 那真的很出色。

适合老师、客户、上司

A I passed my driving test! 我驾照考试通过了！
B You're amazing! I knew you could do it. 你太棒了！我就知道你可以。
A I was so nervous this morning. 我今天早上紧张死了。

一路平安

别这么说 ~~Go all the way safely.~~

逐字翻译，英语里不这样祝福别人。

这样说 **Have a safe trip!** 一路平安！

朋友出门、旅行都能用

Safe travels! 旅途平安！

自然简短，英美都常见

I hope you have a safe journey. 祝您一路平安。

更正式，适合长辈客户

A My train leaves in an hour. 我的火车一小时后开。
B Safe travels! Text me when you arrive. 一路平安！到了给我发消息。
A I will. Thanks! 会的，谢谢！

放轻松

别这么说 ~~Put light loose.~~

逐字翻译，英文里完全不是这个意思。

这样说 **Relax.** 放松点。

朋友间，直接但不凶

Take it easy. 别太紧张。

安慰、劝人慢一点

Try not to worry. 尽量别担心。

更柔和，适合正式场合

A I'm so nervous about the presentation. 我对这个演讲好紧张。
B Take it easy. You know your topic well. 别太紧张。你很熟这个题目。
A What if I forget something? 要是我忘词怎么办？

注意安全

别这么说 ~~Pay attention to safety.~~

像标语或安全培训，不像日常关心。

这样说 **Be careful, okay?** 小心点，好吗？

朋友家人之间很自然

Stay safe. 注意安全。

出门、旅行、天气不好时

Please take care and stay safe. 请多保重，注意安全。

对客户、长辈更稳妥

A I'm heading home now. It's raining pretty hard. 我现在回家。雨下得挺大。
B Okay. Stay safe, and text me when you get home. 好。注意安全，到家给我发消息。
A I will. Thanks! 会的，谢谢！

祝你早日康复

别这么说 ~~I wish you recover soon.~~

语法生硬；英语通常说 get well 或 speedy recovery。

这样说 **Get well soon!** 快点好起来！

朋友同事都能用

I hope you feel better soon. 希望你快点舒服些。

自然又温柔

Wishing you a speedy recovery. 祝您早日康复。

写卡片或对客户

A I heard you've got the flu. How are you feeling? 听说你得流感了。现在感觉怎么样？
B Still tired, but better than yesterday. 还是累，但比昨天好多了。
A I hope you feel better soon. 希望你快点舒服些。

顺其自然

别这么说 ~~Let it be natural.~~

像在说“让它变自然”，不太像自然口语。

这样说 **Just go with the flow.** 就顺着来吧。

朋友间，轻松劝慰

Let's see how it goes. 看看会怎样吧。

最常用，不强求结果

Let's take things as they come. 遇到什么就应对什么吧。

语气成熟，适合正式些

A Are you going to ask her out? 你要约她出去吗?
B I'm not sure. We're still getting to know each other. 还不确定。我们还在互相了解。
A So what's your plan? 那你打算怎么办?

冲啊

别这么说 ~~Rush!~~

更像“快点”或“冲过去”，不自然也可能太命令。

这样说 **Let's go!** 冲啊！走起！

朋友、队友一起行动

Go for it! 大胆去做吧！

鼓励对方开始尝试

Give it your best shot. 尽力试试看。

更稳重、适合长辈上司

A The doors just opened. Ready? 门刚开了。准备好了吗?
B Ready. Let's go! 准备好了。冲啊！
A Wait, grab your bag first! 等等，先拿包！

别生气

别这么说 ~~Don't be angry.~~

能懂，但听起来有点命令式，容易更像在指责对方。

这样说 **Don't be mad.** 别生气嘛。

朋友、恋人之间

Please don't be upset. 请别难过生气。

更温和，不太冲

I hope I didn't upset you. 希望没惹您不快。

对客户、上司更稳

A You forgot our dinner again. 你又忘了我们的晚饭。
B I know. I'm really sorry. 我知道，真的对不起。
A I'm not happy about it. 我很不高兴。

我相信你可以

别这么说 ~~I believe you can do.~~

do 这里需要宾语；自然说 I believe you can do it 或 I know you can do it.

这样说 **I know you can do it.** 我知道你能做到

朋友间打气，很自然

I believe in you. 我相信你

强调对这个人有信心

I'm confident you can handle it. 我相信你能应付

对同事、客户也合适

A I'm really nervous about the presentation tomorrow. 我明天演讲真的很紧张。
B I know you can do it. You practiced a lot. 我知道你能做到。你练了很多。
A Thanks. I needed to hear that. 谢谢，我正需要听到这个。

多喝水

别这么说 ~~You should drink more water.~~

不是错，但容易像说教或责备，语气偏硬。

这样说 **Drink lots of water.** 多喝点水。

朋友间很自然

Drink plenty of water. 多喝水，补足水分。

生病、天气热都可用

Please stay hydrated. 请注意补水。

对客人、同事更得体

A I think I'm getting a cold. 我好像要感冒了。
B Oh no. Drink plenty of water and get some rest. 哎呀。多喝水，好好休息。
A Thanks. I'll go to bed early tonight. 谢谢。我今晚早点睡。

祝你过得愉快

别这么说 ~~Wish you live happily.~~

像直译，听起来像祝对方一辈子幸福，不像日常告别。

这样说 **Have a good one!** 祝你愉快！

朋友、同事间告别，很自然

Have a great day! 祝你今天愉快！

日常告别最常用

I hope you have a lovely day. 祝您度过美好的一天。

对客人、长辈、客户

A I'm heading to the museum now. 我现在去博物馆了。
B Nice! Have a great day! 不错！祝你今天愉快！
A Thanks. See you tonight. 谢谢，今晚见。

别担心

别这么说 ~~Don't be worried.~~

语法可以，但日常安慰别人不如 Don't worry 自然。

这样说 **Don't worry.** 别担心。

朋友间最常用

No worries. 没事，别担心。

也可回应道歉或请求

Please don't worry. 请别担心。

更温和、正式

A I'm nervous about tomorrow's interview. 我对明天的面试很紧张。
B Don't worry. You've prepared a lot. 别担心。你准备了很多了。
A What if I forget my answers? 万一我忘了怎么回答呢？

天天开心

别这么说 ~~Every day happy.~~

像中文直译，英文句子不完整，不自然

这样说 **Hope you're happy every day.** 希望你每天开心

朋友间温柔祝福

Wishing you happiness every day. 祝你每天都幸福开心

生日、卡片都合适

I wish you joy and happiness every day. 祝您天天喜乐幸福

更正式、对长辈客户

A Happy birthday! I got you a small gift. 生日快乐！我给你准备了小礼物。
B Aww, thank you! That's so sweet. 哇，谢谢！你太贴心了。
A Wishing you happiness every day. 祝你每天都幸福开心。

你再试试

别这么说 ~~You try try again.~~

中文直译，英语不能用 try try 表示“试试”。

这样说 **Try again.** 再试一次。

朋友间直接鼓励

Give it another try. 再试试看。

温和、很常用

Please give it another try. 请再试一次。

对客人或同事

A It still won't connect to the Wi-Fi. 它还是连不上 Wi-Fi。
B Give it another try. I just restarted the router. 再试试看。我刚重启了路由器。
A Oh, it's working now. 哦，现在可以了。

再试一次

别这么说 ~~Try one more time again.~~

again和one more time重复，听起来啰嗦不自然。

这样说 **Try again.** 再试一次。

朋友间直接鼓励

Give it another try. 再试试看。

温和、很常用

Could you try that again? 您能再试一次吗?

请别人重试

A I can't get this app to work. 这个App我弄不好。
B Give it another try. It may load now. 再试试看。现在可能能加载了。
A Okay, I'll tap it again. 好，我再点一次。

梦想成真

别这么说 ~~Dream come true!~~

像在说“这是美梦成真”，不太像对人的祝愿。

这样说 **Hope your dream comes true.** 希望你梦想成真。

朋友间真诚祝福

I hope it all works out for you. 希望一切顺利。

更自然、适用面广

I wish you every success. 祝你一切成功。

正式祝福、工作场合

A I'm applying to my dream school tomorrow. 我明天要申请梦想学校了。
B That's exciting! Hope your dream comes true. 太棒了！希望你梦想成真。
A Thanks. I'm really nervous. 谢谢。我真的有点紧张。

祝你的愿望都能实现

别这么说 ~~Wish your wishes can all realize.~~

realize不能这样用，整句像中文直译

这样说 **Hope all your wishes come true.** 愿你心想事成。

朋友生日、新年都能用

I hope all your wishes come true. 希望你的愿望都能实现。

最通用、自然

May all your dreams come true. 愿你的梦想都能成真。

写卡片或正式祝福更自然

A Happy birthday! Any big wish this year? 生日快乐！今年有什么大愿望吗？
B I want to start my own studio. 我想开自己的工作室。
A That sounds amazing. I hope all your wishes come true. 听起来太棒了。希望你的愿望都能实现。

别紧张

别这么说 ~~Don't be tension.~~

tension 是名词，不能形容人紧张。

这样说 **Don't be nervous.** 别紧张。

朋友间直接安慰

Try to relax. 试着放松点。

更温和，任何场合都可用

Take your time. 慢慢来，别急。

对客人或下属很友好

A My interview starts in five minutes. 我的面试五分钟后开始。
B Try to relax. You prepared really well. 试着放松点。你准备得很好。
A I'm just scared I'll forget everything. 我就是怕自己全忘了。

送你一朵小红花

别这么说 ~~Send you a little red flower.~~

像在寄一朵花，不像自然的表扬或鼓励。

这样说 **You deserve a little gold star.** 你值得一颗小星星

朋友间可爱地夸人

I'm proud of you. 我为你骄傲

真诚鼓励、表扬

You did a really great job. 你做得真的很好

对同事客户也自然

A I finally finished the whole report. 我终于把整个报告写完了。
B Wow, you did a really great job. 哇，你做得真的很好。
A Thanks. I was so nervous about it. 谢谢。我之前超紧张。

我一直都在

别这么说 ~~I am always all in.~~

听起来像“全力投入”，不是“我一直都在”。

这样说 **I'm always here for you.** 我一直都在你身边。

朋友难过时很自然

I'm here for you. 我在，有事找我。

最常用、最安全

Please know I'm here for you. 请记得我会支持你。

更温柔正式一点

A I don't know if I can handle this. 我不知道我能不能撑过去。
B Hey, I'm here for you. 嘿，我在，有事找我。
A Thanks. I really needed to hear that. 谢谢，我真的需要听到这句话。

让我们一起努力吧

别这么说 ~~Let us together hard work.~~

直译不自然，hard work 不能这样作动词用。

这样说 **Let's do this together.** 我们一起把它做好。

朋友、同学间很自然

Let's work on this together. 我们一起努力做这事。

适合学习、项目、任务

Let's give it our best effort. 我们一起尽最大努力吧。

团队或正式场合可用

A This project is bigger than I expected. 这个项目比我想的更大。
B I know. Let's work on this together. 我知道。我们一起努力做吧。
A Sounds good. I'll start with the slides. 好。我先做幻灯片。

加油兄弟们

别这么说 ~~Add oil, brothers!~~

这是直译，英语母语者多半会觉得莫名其妙。

这样说 **Come on, guys!** 加油，兄弟们！

朋友、队友间很自然

Let's keep going, everyone. 大家继续加油。

小组、同学、同事都可用

Let's give it our best, everyone. 大家尽力做到最好。

对客户、上司更稳妥

A Only ten minutes left. We're almost done. 只剩十分钟了。快完成了。
B Come on, guys! We can do this! 加油，兄弟们！我们能行！
A Okay, one last push. 好，最后冲一把。

放心吧

别这么说 ~~Put your heart down.~~

直译很奇怪，英语里不这样表达“放心”。

这样说 **Don't worry.** 别担心。

朋友间最常用

No worries. 没事，放心。

轻松安抚对方

You can rest assured. 您可以放心。

对客户或上级

A Are you sure the tickets are booked? 你确定票订好了吗？
B Don't worry. I've got the confirmation email. 别担心，我收到确认邮件了。
A Great, I was getting nervous. 太好了，我刚才有点紧张。

继续加油

别这么说 ~~Continue add oil.~~

这是直译，英语里不这样说，听起来像往车里加油。

这样说 **Keep it up!** 继续保持！

朋友表现不错时

Keep going! 继续加油！

鼓励对方别停

You're doing great. Keep it up. 你做得很好，继续保持。

对同事学生更稳妥

A I passed the first round! 我通过第一轮了！
B That's awesome. Keep it up! 太棒了，继续加油！
A I still have two more interviews. 我还有两轮面试。

让我们一起加油

别这么说 ~~Let us add oil together.~~

直译"加油"，英语里听起来像真的倒油。

这样说 **Let's give it our best!** 我们尽全力吧！

朋友间打气，很自然

Let's do our best together. 我们一起尽力吧。

通用，温和稳妥

Let's work on this together. 我们一起把它做好。

工作中更成熟

A The presentation is tomorrow. I'm a little nervous. 明天就要展示了，我有点紧张。
B Same here, but let's do our best together. 我也是，但我们一起尽力吧。
A Deal. I'll finish the slides tonight. 好。我今晚把幻灯片做完。

冷静点，慢点来

别这么说 ~~Calm down and come slowly.~~

直译很怪；come slowly像“慢慢走过来”。

这样说 **Take it easy.** 别急，放轻松。

朋友紧张、慌的时候

Take a breath. Take your time. 吸口气，慢慢来。

温和安抚，适合多数场合

Please take your time. 您慢慢来。

对客人、上司更礼貌

A I messed up the booking. What should I do? 我把预订弄错了，怎么办?
B Take a breath. Take your time. 吸口气，慢慢来。
A But the train leaves in twenty minutes. 可是火车二十分钟后就开了。

我很理解你的感受

别这么说 ~~I very understand your feeling.~~

very 不能修饰 understand；feeling 通常要用复数或换说法。

这样说 **I totally get how you feel.** 我完全懂你的感受

朋友间安慰，很自然

I understand how you feel. 我理解你的感受

通用、安全、不夸张

I can understand how you feel. 我能理解您的感受

更柔和，适合正式场合

A I didn't get the job after three interviews. 我面了三轮，最后还是没拿到工作。
B I understand how you feel. That must be really disappointing. 我理解你的感受。那一定很失望。
A Yeah, I feel like I wasted so much time. 是啊，我觉得浪费了好多时间。

我知道你很难受

别这么说 ~~I know you are very uncomfortable.~~

像身体不舒服，不像在安慰情绪痛苦。

这样说 **I know this is really hard.** 我知道这很难熬

朋友难过时很自然

I know you're hurting. 我知道你很难受

直接表达理解和心疼

I'm sorry you're going through this. 很遗憾你在经历这些

更委婉，适合不太熟

A I can't believe she said that to me. 我真不敢相信她那样说我。
B I know you're hurting. 我知道你很难受。
A I just don't know what to do now. 我现在真的不知道该怎么办。

做自己

别这么说 ~~Do yourself.~~

像"自己做某事"，不是"做自己"。

这样说 **Just be yourself.** 做你自己就好。

最常用，安慰朋友

Be yourself. 做自己。

简短有力，像建议

Just be true to yourself. 忠于你自己。

更温和，也更成熟

A I'm nervous about the interview tomorrow. 我明天面试有点紧张。
B You'll be fine. Just be yourself. 没事的，做你自己就好。
A What if they don't like me? 万一他们不喜欢我呢?

爱自己

别这么说 ~~Love own self.~~

中文直译，不是自然英文；直接说 Love yourself 可以，但日常安慰常说 Be kind to yourself。

这样说 **Take care of yourself.** 好好照顾自己。

朋友间温柔提醒

Be kind to yourself. 对自己好一点。

安慰、鼓励都适合

Please remember to take care of yourself. 请记得照顾好自己。

对不太熟或正式些

A I feel guilty taking a day off. 我请一天假都觉得内疚。
B You're exhausted. Be kind to yourself. 你都累坏了。对自己好一点。
A Maybe I really need a break. 也许我真的需要休息一下。

相信自己

别这么说 ~~Believe yourself.~~

意思像“相信你说的话”，不是“相信自己”。

这样说 **Believe in yourself.** 相信你自己。

直接鼓励朋友

You can do this. 你能做到的。

最自然、很常用

Have confidence in yourself. 对自己有信心。

稍正式、适合工作

A I'm so nervous about the interview tomorrow. 我明天面试好紧张。
B You can do this. Just be yourself. 你能做到的。做你自己就好。
A What if I forget my answers? 万一我忘词怎么办?

祝你开心

别这么说 ~~Wish you happy.~~

像直译，英语里一般不这样祝福别人。

这样说 **Have fun!** 玩得开心！

朋友去玩、旅行前

Hope you have a great time. 希望你玩得开心。

通用、自然一点

I hope you enjoy yourself. 希望您过得愉快。

对客人、长辈、客户

A I'm going to the concert tonight. 我今晚要去听演唱会。
B Nice! Have fun! 不错！玩得开心！
A Thanks. I'll send you some photos. 谢谢。我发照片给你。

祝你好运

别这么说 ~~Wish you good luck.~~

能懂，但少了 I，听起来像中式直译。

这样说 **Good luck!** 祝你好运！

最常用，朋友间很自然

Best of luck. 祝你一切顺利。

更完整，任何场合都行

I wish you the best of luck. 真心祝你好运。

更正式、诚恳

A My driving test is this afternoon. 我今天下午考驾照。
B Good luck! You've practiced a lot. 祝你好运！你练了很久了。
A Thanks. I'm still nervous. 谢谢。我还是有点紧张。

祝你假期愉快

别这么说 ~~Wish you have a happy holiday.~~

少了主语，搭配也不自然；说 I hope you have... 更顺。

这样说 **Have a great holiday!** 假期愉快！

朋友同事都自然

Enjoy your holiday! 好好享受假期！

最通用的一句

I hope you have a lovely holiday. 祝您假期愉快。

更温和、有礼貌

A Are you leaving for Thailand tomorrow? 你明天去泰国吗？
B Yes, early in the morning. 对，一大早出发。
A Nice. Enjoy your holiday! 真好。假期愉快！

干得漂亮

别这么说 ~~You did beautiful.~~

beautiful不能这样修饰did，听起来像中式直译。

这样说 **Nice job!** 干得不错！

朋友同事都自然

Well done! 做得很好！

夸完成得好

Great work! 工作做得很棒！

适合职场表扬

A I finished the slides and sent them to the team. 我把幻灯片做完，也发给团队了。
B Great work! They look really clear. 干得漂亮！看起来很清楚。
A Thanks. I was worried they were too simple. 谢谢。我还担心太简单了。

过好每一天

别这么说 ~~Live a good every day.~~

语法不对，native speaker 听不懂你想说什么。

这样说 **Make each day count.** 把每天过得有意义。

鼓励朋友行动起来

Make the most of each day. 好好把握每一天。

最通用、自然

I hope you enjoy each day. 希望你每天都开心。

温和祝福别人

A I'm nervous about starting over in a new city. 我要去新城市重新开始，有点紧张。
B That's normal. Just take it one day at a time. 很正常。就一天一天慢慢来。
A Thanks. That makes me feel better. 谢谢，听你这么说我好多了。

活下去

别这么说 ~~Live down.~~

不是"活下去"，live down 是"让丢脸的事被淡忘"。

这样说 **Hang in there.** 撑住，别放弃。

朋友低落时安慰

Keep going. 继续往前走。

鼓励对方坚持

Please don't give up. 请不要放弃。

语气更认真温柔

A I don't know how to deal with all this. 我不知道怎么面对这一切。
B Hang in there. You don't have to do it alone. 撑住。你不是一个人扛。
A Thanks. I really needed to hear that. 谢谢，我真的需要听到这个。

活在当下

别这么说 ~~Live at the present.~~

介词不自然；通常说 in the moment 或 focus on the present。

这样说 **Just enjoy the moment.** 就享受这一刻吧

朋友间轻松劝说

Live in the moment. 活在当下

最接近原意

Try to focus on the present. 试着关注现在

温和、适合安慰人

A I keep worrying about next year. 我老是担心明年的事。
B I get it. Try to focus on the present. 我懂。试着关注现在。
A That's hard, but I'll try. 挺难的，但我会试试。

一切顺利

别这么说 ~~Everything is smooth.~~

像在描述状态，不像一句祝福。

这样说 **Hope everything goes well!** 希望一切顺利！

朋友考试、搬家前

All the best! 祝你一切都好！

告别、祝福都自然

I hope everything goes smoothly. 祝一切顺利进行。

对客户、老师、上司

A My visa interview is tomorrow morning. 我明早签证面试。
B You'll be fine. Hope everything goes well! 没问题的。希望一切顺利！
A Thanks. I'm a bit nervous. 谢谢，我有点紧张。

早日康复

别这么说 ~~Recover soon.~~

能懂，但不像自然祝福，更像命令或说明。

这样说 **Get well soon.** 快点好起来。

最常用，朋友家人都行

I hope you feel better soon. 希望你快点舒服些。

温柔自然，适合多数场合

Wishing you a speedy recovery. 祝您早日康复。

较正式，给同事客户长辈

A I heard you caught the flu. 我听说你得流感了。
B Yeah, I've been in bed all day. 对，我一整天都躺着。
A I hope you feel better soon. 希望你快点好起来。

多休息

别这么说 ~~Rest more.~~

能懂，但不太像自然叮嘱，像直译。

这样说 **Get some rest.** 去休息一下吧。

朋友、同事都自然

Make sure you get some rest. 一定要多休息。

关心但不太随便

Please try to get some rest. 请尽量休息一下。

对长辈、客户更柔和

A You still sound really tired. 你听起来还是很累。
B Yeah, I didn't sleep much last night. 是啊，昨晚没怎么睡。
A Make sure you get some rest today. 今天一定要多休息。

保持冷静

别这么说 ~~Keep your calm.~~

不太自然，像逐字翻译；常说 stay/keep calm。

这样说 **Stay calm.** 保持冷静。

朋友急了，你安抚他

Keep calm. 冷静点。

简单直接，很多场合能用

Please stay calm. 请保持冷静。

对陌生人或正式场合

A I can't find my passport! 我找不到护照了！
B Stay calm. When did you last see it? 先冷静。你最后一次看到它是什么时候？
A Maybe at the hotel desk. 可能在酒店前台。

万圣节快乐

别这么说 ~~Merry Halloween~~

Merry 多用于 Christmas；Halloween 通常说 Happy。

这样说 **Happy Halloween!** 万圣节快乐！

朋友之间最常用

Have a fun Halloween! 万圣节玩开心！

更像一句祝福

Hope you have a great Halloween. 祝你万圣节愉快。

对同事、客户也自然

A Are you dressing up tonight? 你今晚要扮装吗？
B Yeah, I'm going as a witch. 要，我扮女巫。
A Nice! Happy Halloween! 不错！万圣节快乐！

坚持到底

别这么说 ~~Persist to the end.~~

意思能懂，但太书面，不像日常鼓励别人。

这样说 **Hang in there.** 再坚持一下。

朋友累了想放弃时

Keep going. 继续坚持。

最常用，简单有力

Please see it through. 请把它坚持做完。

对下属或合作方

A I'm so tired. I can't finish this report. 我太累了，这报告写不完了。
B Keep going. You're almost done. 继续坚持，你快写完了。
A Really? It still feels like a lot. 真的吗？感觉还有好多。

圣诞节快乐

别这么说 ~~Christmas happy!~~

英语语序不对，听起来像逐词翻译。

这样说 **Merry Christmas!** 圣诞快乐！

朋友家人最常用

Have a great Christmas! 圣诞过得开心！

轻松自然，适合多数人

Wishing you a wonderful Christmas. 祝您圣诞愉快。

给客户、老师、上司

A Are you flying home tomorrow? 你明天飞回家吗？
B Yes, early morning. Merry Christmas! 对，一大早。圣诞快乐！
A Merry Christmas! Have a safe flight. 圣诞快乐！一路平安。

玩得高兴

别这么说 ~~Play happily.~~

像直译中文，不像自然祝福；play 也不等于“玩”。

这样说 **Have fun!** 玩得开心！

朋友去玩时最常用

Enjoy yourself! 好好享受！

活动、旅行都能用

I hope you have a great time. 祝你玩得愉快。

对客户、长辈更完整

A I'm going to Lily's birthday party tonight. 我今晚要去 Lily 的生日派对。
B Nice! Have fun! 不错！玩得开心！
A Thanks. I'll tell you about it tomorrow. 谢谢，明天跟你说。

祝你成功

别这么说 ~~Wish you success.~~

少了 I，听起来像直译；正式时可说 I wish you every success。

这样说 **Good luck!** 祝你好运！

朋友间最常用

I hope it goes well. 希望一切顺利。

自然、适用面广

I wish you every success. 祝您一切成功。

正式邮件或场合

A My interview is tomorrow morning. 我明天早上面试。
B Good luck! You've prepared a lot. 祝你好运！你准备很多了。
A Thanks. I'm still a bit nervous. 谢谢。我还是有点紧张。

稳住

别这么说 ~~Stable.~~

这是形容词，不是对别人说“稳住”的句子。

这样说 **Stay calm.** 别慌，稳住。

朋友紧张时最常用

Keep it together. 撑住，别乱。

有压力但要稳住

Please stay calm. 请保持冷静。

对陌生人或正式场合

A I'm so nervous about the interview. 我面试好紧张。
B Stay calm. Take a deep breath first. 稳住。先深呼吸一下。
A What if I forget everything? 万一我全忘了怎么办？

撑住

别这么说 ~~Support it.~~

像是在说“支撑某个东西”，不是鼓励人坚持。

这样说 **Hang in there.** 撑住，坚持一下

朋友遇到难事时

Stay strong. 坚强点，撑住

安慰或鼓励都可以

Please hold on a little longer. 请再坚持一会儿

对客户、病人、长辈

A I'm so tired. I don't think I can finish this. 我太累了，感觉做不完了。
B Hang in there. You're almost done. 撑住，你快完成了。
A Really? Only two pages left? 真的吗？只剩两页了？

别害怕

别这么说 ~~Don't fear.~~

语法不一定错，但口语里生硬，像书面翻译。

这样说 **Don't be scared.** 别害怕。

朋友间直接安慰

Don't worry. You're safe. 别担心，你很安全。

让人安心，很自然

There's no need to be afraid. 不用害怕。

更温和，适合正式场合

A I don't want to get on the plane. 我不想上飞机。
B Don't worry. You're safe. 别担心，你很安全。
A What if something goes wrong? 万一出事怎么办？

愿上帝保佑你

别这么说 ~~Wish God protect you.~~

语法不自然；英语一般说 God bless you。

这样说 **God bless you.** 愿上帝保佑你。

信仰语境或真诚祝福

Bless you. 保佑你；没事吧。

常用于别人打喷嚏后

May God bless you. 愿上帝保佑您。

更正式、带宗教感

A I'm flying home tonight. The weather looks bad. 我今晚飞回家。天气看起来很差。
B Oh no. Stay safe, okay? 哎呀。注意安全，好吗？
A Thanks. I'll message you when I land. 谢谢。我落地后给你发消息。

能赢

别这么说 ~~Can win.~~

少了主语，英语里听起来不完整。

这样说 **You've got this.** 你能行。

朋友间打气，很自然

You can win this. 这场你能赢。

适合比赛或竞争，不适合面试

I believe you can win. 我相信你能赢。

更认真、尊重

A I'm so nervous about the final. 我对决赛好紧张。
B You've got this. Just play your game. 你能行。按你的节奏打就好。
A Thanks. I needed that. 谢谢，我正需要这句话。

网络流行语

吐槽

别这么说 ~~I want to roast it.~~

roast 更像公开调侃或狠损人，不一定是普通吐槽。

这样说 **I need to vent.** 我得吐槽一下。

朋友间抱怨一下

I have a complaint about this. 我对这个有点意见。

清楚表达不满

Could I share some feedback? 我能提点反馈吗?

对上级或客户更稳

A How was the new app? 那个新 app 怎么样?
B Honestly, I need to vent. 说真的，我得吐槽一下。
A That bad? 有那么糟吗?

开麦

别这么说 ~~Open the mic.~~

中文直译；英语里通常说 turn on your mic 或 unmute。

这样说 **Turn your mic on.** 把麦打开。

朋友打游戏、语音

Can you unmute yourself? 你能取消静音吗?

会议、网课都自然

Could you please unmute yourself? 麻烦您取消静音。

对老师、客户、上司

A I can't hear you. 我听不见你。
B Oh, sorry. 哦，不好意思。
A Can you unmute yourself? 你能取消静音吗?

哈哈哈

别这么说 ~~Ha ha ha ha~~

可以懂，但字母分开太多像机械笑，不太自然。

这样说 **Haha, that's so funny.** 哈哈，太好笑了

朋友聊天最自然

That's funny. 这挺好笑的

当面或文字都能用

Haha, that's really funny. 哈哈，真的很好笑

对不太熟的人也安全

A I tried to cook noodles and burned the pot. 我想煮面，结果把锅烧糊了。
B Haha, that's so funny. Are you okay? 哈哈，太好笑了。你没事吧？
A I'm okay, but the pot isn't. 我没事，但锅不太行。

我是神

别这么说 ~~I am God.~~

听起来像宗教宣称或很怪，不像中文玩笑梗。

这样说 **I'm a legend.** 我太牛了。

朋友间自夸，玩笑感强

I'm amazing. 我真厉害。

轻松夸自己，比较安全

I'm quite proud of that. 我挺为这个骄傲。

对上司客户更自然

A You finished the whole thing in one hour? 你一小时就全做完了？
B Yep. I'm a legend. 对啊，我太牛了。
A Okay, legend, help me with mine. 行吧大神，帮我看看我的。

晕

别这么说 ~~I'm faint.~~

不自然。faint 常作形容词表示“要昏倒的/虚弱的”，但一般说 I feel faint；而且不等于中文吐槽的“晕”。

这样说 **Oh man.** 哎呀，真服了

朋友间吐槽、无语

Seriously? 真的假的?

听到离谱事时

I'm a bit confused. 我有点没懂

礼貌说自己没跟上

A They changed the meeting time again. 他们又改会议时间了。
B Seriously? I just moved another appointment. 真的假的？我刚把另一个约改了。
A Yeah, now it's at three. 对，现在改到三点。

破防了

别这么说 ~~My defense is broken.~~

像游戏防御被打破，不像人在表达情绪

这样说 **I'm losing it.** 我绷不住了

朋友间，情绪上来了

That really got to me. 这真戳到我了

感动、难过都能用

That was really upsetting. 那真的让我难受

正式说被影响到了

A Did you watch the ending last night? 你昨晚看结局了吗?
B Yes. That really got to me. 看了，真的戳到我了。
A Same. I didn't expect to cry. 我也是，没想到会哭。

笑死了

别这么说 ~~Laugh to death.~~

直译很奇怪，像真的“笑到死亡”。

这样说 **I'm dying.** 笑死我了。

朋友间夸张说法

That's so funny. 太好笑了。

安全、自然、通用

That really made me laugh. 真的把我逗笑了。

对不太熟的人也合适

A Did you see Tom's dog wearing sunglasses? 你看到 Tom 的狗戴墨镜了吗?
B Yes! I'm dying. It looked so serious. 看到了！笑死我了。它看起来超严肃。
A He even walked like a little boss. 它走路还像个小老板。

菜就多练

别这么说 ~~If you are bad, practice more.~~

太直译，bad 像骂人，听起来很生硬。

这样说 **Get good.** 练强点吧。

游戏里吐槽，偏冲；更常见写作 git gud

You just need more practice. 你只是需要多练。

温和指出还不熟

Keep practicing, and you'll improve. 继续练会进步的。

鼓励型，不伤人

A I lost again in the first round. 我第一轮又输了。
B Don’t worry. You just need more practice. 别担心，你只是需要多练。
A So you’re saying I’m bad? 所以你是说我很菜?

老铁

别这么说 ~~old iron~~

直译会让人以为是“旧铁块”，不是称呼。

这样说 **Bro** 兄弟，哥们儿

很熟的朋友间

Buddy 老兄，朋友

友好但别太正式；有时也可对小孩说

My friend 朋友，老兄

比 bro 稳一点，但正式场合仍建议直接叫名字

A Can you help me move this box? 你能帮我搬这个箱子吗?
B Sure, bro. Where do you want it? 当然，老铁。放哪儿?
A By the door, thanks! 放门边，谢谢!

已读不回

别这么说 ~~already read but not reply~~

像中文直译，语法不自然；read 后面要接人或消息。

这样说 **They left me on read.** 他已读不回我。

朋友间吐槽很自然

They read my message but didn't reply. 他看了但没回。

清楚说明情况

I haven't heard back yet. 我还没收到回复。

对客户老板更稳妥

A Did Sam reply about dinner? Sam 回晚饭的事了吗?
B No, he left me on read. 没有，他已读不回我。
A Maybe he's driving. 也许他在开车。

我很卡

别这么说 ~~I'm very stuck.~~

听起来像“我被困住/做不下去”，不是网络卡

这样说 **I'm lagging really badly.** 我卡得很厉害

打游戏、朋友语音

My connection is really laggy. 我网络很卡

视频会议也能用

Sorry, my connection is lagging. 不好意思，我网络卡

对老师、客户、同事

A Can you hear me clearly? 你能听清我说话吗?
B Not really. My connection is really laggy. 不太行。我网络很卡。
A No worries. Try turning off your camera. 没事。你试试关掉摄像头。

打完这把不打了

别这么说 ~~After playing this one, I don't play anymore.~~

太直译，像永久不玩了，不像口语。

这样说 **I'm done after this game.** 这局后我就不玩了

和朋友打游戏最自然

This is my last game. 这是我最后一局

简单清楚，最常用

I'll stop after this round. 这轮后我就停了

语气更温和克制

A Want to queue again after this? 这局后还排吗?
B Nah, this is my last game. 不了，这是我最后一局。
A Okay, let's try to win it. 好，那这局争取赢。

我带飞

别这么说 ~~I take you fly.~~

直译很怪，像真的带人飞起来。

这样说 **I'll carry you.** 我带你赢。

游戏里最自然

I'll help you win. 我帮你赢。

不懂游戏的人也懂

Leave it to me. I'll help us win. 交给我，我来帮我们赢。

对不熟的人更稳

A I'm terrible at this game. 我这个游戏玩得很菜。
B No worries. I'll carry you. 没事，我带你赢。
A Really? Then I'm following you. 真的？那我跟着你。

退游

别这么说 ~~retire from the game~~

像职业选手退役；普通玩家退游不太自然。

这样说 **I'm done with this game.** 我不玩这个了。

有点烦了，不想玩了

I'm quitting the game. 我要退游了。

最直接、最常用

I'm going to stop playing this game. 我打算不玩了。

语气更温和清楚

A Are you joining the raid tonight? 你今晚来打团吗？
B No, I'm quitting the game. 不了，我要退游了。
A Really? What happened? 真的吗？怎么了？

笑死我了

别这么说 ~~Laugh die me.~~

逐字翻译，英文不这么说，听起来很怪。

这样说 **I'm dying.** 笑死我了。

朋友间，夸张说法

That's so funny. 太好笑了。

安全自然，谁都能说

That really made me laugh. 这真把我逗笑了。

礼貌，不太夸张

A Did you see Tom's dance in the video? 你看了Tom视频里的舞吗?
B Yes! I'm dying. He's so serious! 看了！笑死我了，他还特别认真！
A I watched it three times. 我看了三遍。

摸鱼

别这么说 ~~touch fish~~

这是直译，英文里只表示真的去摸鱼。

这样说 **I'm just slacking off.** 我就是在偷懒。

朋友间自嘲或开玩笑

I'm taking a quick break. 我休息一下。

更自然，也不太负面

I'm taking a short break between tasks. 我在任务间休息会儿。

对老板客户更稳妥

A Are you working on the report? 你在写报告吗?
B Not really. I'm taking a quick break. 没有。我在休息一下。
A Okay, but the meeting starts in ten minutes. 好吧，但会议十分钟后开始。

闹麻了

别这么说 ~~noisy numb / make numb~~

按字翻译完全不自然，别人听不懂这个梗。

这样说 **You're being so dramatic.** 你也太戏多了

朋友间吐槽夸张反应

This is getting out of hand. 这事有点失控了

事态闹大时用

Let's not make a big deal of it. 别把事闹大吧

委婉劝对方冷静

A Did you see the group chat last night? 你昨晚看群聊了吗？
B Yeah, it was a bit much. 看了，真的有点闹过头了。
A They argued for two hours over one emoji. 他们为一个表情吵了两小时。

奥利给

别这么说 ~~Oli gei!~~

只是音译，外国人一般听不懂这个梗。

这样说 **Let's go!** 冲啊！加油！

朋友间打气，很有劲

You've got this. 你可以的。

鼓励别人做事

Good luck. I'm rooting for you. 祝你好运，我支持你。

更稳妥、礼貌

A My driving test is tomorrow. I'm so nervous. 我明天考驾照，好紧张。
B You've got this. Just take it slow. 你可以的。慢慢来就好。
A Thanks. I really needed to hear that. 谢谢，我正需要听到这句话。

开挂

别这么说 ~~You opened a cheat.~~

直译不自然；English 不这样说“开挂”。

这样说 **You're on fire!** 你状态太猛了！

朋友间夸表现爆棚

You're doing amazingly well. 你做得太好了。

安全、自然的夸法

You're really impressive. 你真的很厉害。

对同事客户也合适

A How did you finish the report already? 你怎么已经写完报告了？
B I started at six this morning. 我早上六点就开始了。
A Wow, you're on fire today. 哇，你今天简直开挂了。

FBI开门

别这么说 ~~FBI, open the door!~~

能懂，但不是这个梗的固定说法；open up 更地道。

这样说 **FBI, open up!** FBI，开门！

原梗，朋友间玩笑

Open the door, please. 请开一下门。

真要别人开门

Could you open the door, please? 可以请你开门吗？

对陌生人更礼貌

A I finished all your chips. 我把你的薯片全吃了。
B What? FBI, open up! 什么？FBI，开门！
A Okay, okay, I'll buy you another bag. 好啦好啦，我再给你买一包。

我是谁我在哪

别这么说 ~~Who am I? Where am I?~~

像失忆或哲学问题，不像中文里的“懵了”。

这样说 **What is happening?** 这是啥情况?

朋友间吐槽很自然

I'm so confused. 我完全懵了。

任何场合都能用

Sorry, I'm a bit lost. 不好意思，我有点没跟上。

会议、课堂更礼貌

A Did you see the new assignment? It's due tomorrow. 你看到新作业了吗？明天就要交。
B Wait, what? 等等，啥?
A Yeah, the teacher posted it last night. 对，老师昨晚发的。

家人们

别这么说 ~~Family members~~

只指真正的家庭成员，不像中文网络称呼。

这样说 **Guys, listen to this.** 家人们，听我说。

朋友、粉丝、视频开头

Everyone, listen to this. 大家听我说。

最稳妥，谁都能用

Could I have your attention, please? 请大家注意一下。

会议、课堂、正式场合

A You look excited. What happened? 你看起来很兴奋，怎么了?
B Guys, listen to this. I got the job! 家人们，听我说。我拿到工作了！
A No way! Congratulations! 不会吧！恭喜！

说人话

别这么说 ~~Speak human language.~~

直译像在骂人，不是自然请求。

这样说 **Say it in plain English.** 用大白话说吧。

朋友间吐槽很自然

Could you put that more simply? 能说简单点吗?

多数场合都安全

Could you explain that in simpler terms? 能用更简单的话解释吗?

对老师客户上司

A The system uses asynchronous token validation. 这个系统使用异步令牌验证。
B Could you put that more simply? 能说简单点吗?
A Sure. It checks your login in the background. 当然。它会在后台检查你的登录。

比心

别这么说 ~~Compare heart~~

这是直译，英语里不表示“比心”这个动作。

这样说 **Sending you love!** 给你比心！

朋友间可爱表达

Much love! 满满的爱！

评论、留言常用

Thank you so much. I really appreciate it. 太感谢你了。

对客户长辈更自然

A I brought you coffee. Big meeting today, right? 我给你带了咖啡。今天有重要会议吧?
B Yes! Sending you love! 对！给你比心！
A You'll do great. 你会表现很好的。

收到，女长官

别这么说 ~~Received, female officer.~~

太直译，像翻译腔，也不符合日常口语

这样说 **Yes, ma'am!** 是，长官！

朋友间搞笑服从

Got it. 收到，明白

日常最安全

Understood. I'll take care of it. 明白，我来处理

对上司客户合适

A Can you send me the photos before dinner? 晚饭前能把照片发我吗？
B Yes, ma'am! 是，女长官！
A Wow, so obedient today. 哇，今天这么听话。

气不气

别这么说 ~~Angry or not?~~

像直译，英语里不这样逗人，语气很怪。

这样说 **Mad yet?** 气了吗？

朋友间开玩笑、带点欠

Does that annoy you? 这让你烦吗？

认真问感受

Is that frustrating for you? 这让您困扰吗？

对客户或上司更稳妥

A I got the last slice of cake. 我拿到最后一块蛋糕了。
B Mad yet? 气不气？
A Very. Give me one bite. 气。给我咬一口。

没绷住

别这么说 ~~I didn't stretch tight.~~

按字面翻译，英文听不懂“绷住”的意思。

这样说 **I couldn't hold it in.** 我没忍住。

笑、哭、话都可用

I couldn't help it. 我控制不住。

解释自己没忍住

I couldn't keep a straight face. 我没法憋住笑。

正式场合说差点笑场，但只适用于憋笑

A Did you see Tom's serious face in the meeting? 你看到Tom开会时那张严肃脸了吗?
B Yes. I couldn't keep a straight face. 看到了。我差点没憋住笑。
A Same here. I had to look down. 我也是，只好低头。

约吗

别这么说 ~~Appointment?~~

appointment 是正式预约，不像聊天约人出去。

这样说 **Wanna hang out?** 想出来玩吗?

朋友间很自然

Do you want to meet up? 你想见个面吗?

语气清楚不暧昧

Would you like to get together sometime? 您想找时间聚聚吗?

更礼貌、留余地

A I haven't seen you in ages. 好久没见你了。
B I know! Wanna hang out this weekend? 是啊！这周末想出来玩吗?
A Sure. Saturday afternoon? 好啊。周六下午?

五杀

别这么说 ~~five kills~~

可能只是杀了五次，不一定是游戏里的“五杀”成就。

这样说 **Pentakill!** 五杀！

游戏里最常用喊法

You got a pentakill. 你拿到五杀了。

陈述结果，很自然

Nice pentakill. 漂亮的五杀。

夸不太熟的队友也自然

A Did you see that team fight? 你看到那波团战了吗?
B Yeah, you got a pentakill! 看到了，你拿五杀了！
A I can't believe it. 我都不敢相信。

我真的服了

别这么说 ~~I really served.~~

serve 不是“服了”，听起来像“我服务了”。

这样说 **I can't even.** 我真无语了

朋友间吐槽，很口语

I give up. 我服了，算了

无奈、被搞崩了

I'm honestly at a loss. 我真不知道怎么办了

对上司客户也安全

A He missed the train again. 他又错过火车了。
B Again? I can't even. 又来？我真的服了。
A He said his alarm didn't ring. 他说闹钟没响。

装死

别这么说 ~~pretend dead~~

字面不自然；真装死说 play dead，消息不回说 ghost/ignore

这样说 **Don't ghost me.** 别不回我啊。

朋友聊天催回复

Stop pretending you didn't see this. 别装没看见。

直接但不太粗鲁

Could you please reply when you get a chance? 有空请回复一下。

催同事、客户更安全

A Did Tom reply about dinner? Tom 回晚饭的事了吗?
B Nope. Tom, stop pretending you didn't see this. 没有。Tom，别装没看见。
A Haha, okay, I'm here. 哈哈，好吧，我在。

没苦硬吃

别这么说 ~~eat bitterness when there is no bitterness~~

直译很怪，native speaker 听不懂这个梗。

这样说 **You're making life hard for yourself.** 你在自找麻烦

朋友间吐槽，很自然

You don't have to make it so hard. 不用搞这么难

温和提醒，少点嘲讽

Maybe there's an easier way to do this. 也许有更简单的办法

对同事客户更安全

A I rewrote the whole report by hand last night. 我昨晚把整份报告手写重写了。
B Wait, why? You had the file. 等等，为什么？你有电子版啊。
A I thought it would help me remember it. 我以为这样能帮我记住。

红温

别这么说 ~~red temperature~~

直译听不懂，像在说体温或天气。

这样说 **You're getting tilted.** 你有点上头了

游戏里调侃朋友

I'm getting really frustrated. 我真的有点恼了

说自己情绪上来了

I'm getting a bit frustrated. 我有点受挫了

对同事客户更稳

A We lost again? No way. 又输了？不会吧。
B You're getting tilted. Take a short break. 你有点上头了，休息一下。
A Yeah, I need five minutes. 嗯，我需要五分钟。

意难平

别这么说 ~~My feeling is hard to calm down.~~

像直译，英文不这样表达“意难平”。

这样说 **I still can't get over it.** 我还是过不去

朋友间说放不下

It still bothers me. 这事我还介意

日常最稳妥

It's still hard for me to accept. 我还是难以接受

更克制、正式

A You finished that drama, right? 你看完那部剧了吧？
B Yeah. I still can't get over it. 看完了。我还是意难平。
A The ending was really unfair. 那个结局真的不公平。

吃瓜

别这么说 ~~eat melon~~

英文里不表示围观八卦，只会让人想到真的吃瓜。

这样说 **I'm just here for the drama.** 我就是来看热闹的

朋友间，带点好玩

I'm just watching it unfold. 我在看事情发展

不站队，比较稳

I'm just following what happened. 我只是了解一下情况

工作或正式场合

A Did you see the group chat last night? 你昨晚看到群聊了吗?
B Yeah. I'm just here for the drama. 看到了。我就是来看热闹的。
A So you're not going to say anything? 所以你不打算说什么?

我在摸鱼

别这么说 ~~I'm touching fish.~~

这是直译，英文里没有“摸鱼=偷懒”的意思。

这样说 **I'm just slacking off.** 我就是在偷懒

熟人间自嘲

I'm taking a quick break. 我休息一下

更自然也更安全

I'm between tasks right now. 我现在任务间隙

对同事或老板更稳

A Are you working on the report? 你在写报告吗?
B Not really. I'm taking a quick break. 还没，我休息一下。
A Lucky you. My meeting starts in five minutes. 真羡慕你。我五分钟后开会。

上班摸鱼

别这么说 ~~touch fish at work~~

这是直译，英语里听不懂这个梗。

这样说 **I'm just goofing off at work.** 我在上班摸鱼呢。

朋友间开玩笑说

I'm slacking off at work. 我上班在偷懒。

直白承认没认真干活

I'm having a quiet moment at work. 我工作上正好闲着。

对外人更委婉

A Why are you replying so fast? 你怎么回得这么快?
B I'm just goofing off at work. 我在上班摸鱼呢。
A Lucky you. I'm in meetings all day. 你真好。我一天都在开会。

高冷

别这么说 ~~high cold~~

这是直译，英语里不表示“高冷”。

这样说 **You're so hard to read.** 你真让人看不透。

朋友间调侃，不太刺耳

She seems a bit distant. 她看起来有点疏离。

描述别人比较自然

He comes across as quite reserved. 他给人感觉挺内敛。

对客户、同事更委婉

A Do you think Mia likes us? 你觉得Mia喜欢我们吗?
B I don't know. She seems a bit distant. 不知道。她看起来有点疏离。
A Maybe she's just shy. 也许她只是害羞。

看招

别这么说 ~~Look at my trick!~~

像“看我的把戏”，没有“接招”的感觉。

这样说 **Take this!** 接招吧！

玩闹、游戏、打斗感

Here it comes! 来了啊！

出手前提醒对方

Watch out—here it comes. 小心，来了。

更温和，不像挑衅

A Are you ready for my secret move? 准备好接我的秘密招了吗？
B Take this! 接招吧！
A Whoa, that was fast! 哇，好快！

团灭

别这么说 ~~group destroy~~

直译不自然，英语玩家不会这样说“团灭”。

这样说 **We got wiped.** 我们被团灭了。

打游戏时最常用

Our team got wiped out. 我们队被团灭了。

清楚自然，谁都懂

Our whole team went down. 我们全队倒了。

不太游戏黑话，更温和

A How did the last round go? 上一局怎么样？
B Not great. Our team got wiped out in ten seconds. 不太好。我们队十秒就被团灭了。
A Ouch. Want to try one more? 惨。要不要再来一局？

嗯哼

别这么说 ~~En heng.~~

这是中文发音拼出来的，英语里看不懂也不自然。

这样说 **Mm-hmm.** 嗯，我在听。

聊天中最常用

Uh-huh. 嗯，对/继续说。

表示听到了或同意

I see. 我明白了。

更清楚、礼貌

A I talked to Sam today. 我今天跟 Sam 聊了。
B Mm-hmm. 嗯哼。
A He might join us for dinner. 他可能会来一起吃晚饭。

哭了

别这么说 ~~I am cried.~~

cry 不能这样用被动形式；要说 I'm crying 或 I cried。

这样说 **I'm crying.** 我哭了

朋友间，可真可夸张

That makes me want to cry. 这让我想哭

难过或感动都能用

That's really upsetting. 这真的让人难受

更稳重，适合正式场合

A They canceled my flight again. 他们又取消我的航班了。
B Oh no, that's really upsetting. 天啊，这真的让人难受。
A And the next one is tomorrow morning. 而且下一班是明早。

很卷

别这么说 ~~It's very roll.~~

“卷”不能直译成 roll，英语听不懂这个意思。

这样说 **It's so competitive.** 竞争太激烈了。

朋友聊学校或工作

It's really competitive. 竞争真的很激烈。

最稳、各种场合

It's a very competitive environment. 这是一个竞争很激烈的环境。

对上司、面试可用

A How's your new company? 新公司怎么样?
B It's really competitive. 真的很卷。
A Like, long hours? 比如经常加班?

太卷了

别这么说 ~~It's too rolled.~~

roll 不表示“内卷”，外国人会听不懂。

这样说 **It's so intense.** 太激烈了。

朋友吐槽学习或工作

It's very competitive. 竞争很激烈。

通用、比较稳妥

The competition is really tough. 竞争真的很激烈。

对上司客户也自然

A How's your new company? 你新公司怎么样?
B It's very competitive. 竞争很激烈。
A Really? In what way? 真的吗？怎么说?

牛掰

别这么说 ~~You are very cow.~~

cow 是“奶牛”，不能表示“牛掰/厉害”。

这样说 **That's awesome!** 太牛了！

朋友间夸事或表现

That's amazing. 真厉害。

大多数场合都自然

That's really impressive. 真的很让人佩服。

对客户、老师、上司

A I finished the whole project in two days. 我两天就把整个项目做完了。
B That's really impressive. 真的很让人佩服。
A I barely slept, though. 不过我几乎没睡。

急了

别这么说 ~~You are anxious.~~

像在说焦虑症状，不像中文梗“急了”。

这样说 **You're getting worked up.** 你有点上头了。

朋友间提醒或调侃

You're overreacting a bit. 你反应有点大。

较直接，适合讲道理

Let's not get too upset. 我们别太激动。

降温，适合正式场合

A I only said the movie was okay. 我只是说这电影一般。
B No, you just didn't get it! 不，你根本没看懂！
A Whoa, you're getting worked up. 哇，你有点急了。

吃鸡

别这么说 ~~eat chicken~~

只会让人以为真的吃鸡肉，不是玩游戏。

这样说 **Want to play PUBG?** 想玩PUBG吗?

约朋友开黑最自然

Let's play PUBG. 我们玩PUBG吧。

直接说玩这个游戏

Would you like to play PUBG with us? 要和我们玩PUBG吗?

问不太熟的人

A Are you free tonight? 你今晚有空吗?
B Yeah. Want to play PUBG? 有啊。想玩PUBG吗?
A Sure. I haven't played in ages. 好啊。我好久没玩了。

火了

别这么说 ~~It is fire.~~

fire 多是"很酷、很棒"，不等于"火了、走红了"。

这样说 **It blew up.** 它突然火了。

视频、帖子突然爆红

It's really popular now. 现在很火。

最稳，谁都能懂

It's getting a lot of attention. 它受到很多关注。

工作、客户场合更自然

A Did you see Mia's travel video? 你看Mia的旅行视频了吗?
B Yeah, it blew up overnight. 看了，一晚上就火了。
A No wonder she has so many new followers. 难怪她多了那么多粉丝。

很火

别这么说 ~~It's very fire.~~

fire 不能直接这样形容“很火”，听起来像着火了。

这样说 **It's really popular.** 它真的很受欢迎。

朋友聊天最常用

It's very popular. 它很受欢迎。

安全、通用说法

It's quite popular right now. 它现在挺受欢迎。

更委婉、适合工作

A Have you tried that new noodle place? 你试过那家新开的面馆吗?
B Not yet. Is it good? 还没。好吃吗?
A Yeah, it's really popular near campus. 嗯，它在学校附近很火。

躺平

别这么说 ~~lie flat~~

直译多半像真的躺在地上，除非解释中国网络语。

这样说 **I'm just taking it easy.** 我就轻松点过。

朋友间说自己不想拼

I'm slowing down a bit. 我想放慢一点。

温和、好懂，不太丧

I'm trying to keep a better balance. 我想更平衡一点。

对上司客户更稳妥

A Are you applying for three more jobs? 你还要再投三个工作吗?
B No, I'm just taking it easy for a while. 不了，我想先轻松一阵子。
A Fair enough. You looked really tired last week. 也行。你上周看起来真的很累。

逆风翻盘

别这么说 ~~against the wind turn the plate~~

逐字翻译没人懂；英语要说 comeback 或 turn it around。

这样说 **What a comeback!** 太精彩的逆转了！

看比赛、游戏最自然

They turned it around. 他们扭转局面了。

比赛、工作都能用

It was an impressive turnaround. 这次翻身很厉害。

汇报或正式评价

A I thought your team was going to lose. 我以为你们队要输了。
B Same here. But we turned it around in the last five minutes. 我也以为。可最后五分钟我们逆转了。
A That was crazy to watch. 看得太刺激了。

哈

别这么说 ~~Ha.~~

单独发Ha常像冷笑或尴尬，不一定友好。

这样说 **Haha.** 哈哈。

朋友聊天，轻轻一笑

Sure. 好呀。

表示答应，别翻成ha

Got it, thank you. 明白了，谢谢。

对客户或上级更稳妥

A The meeting moved to three o'clock. 会议改到三点了。
B Sure. I'll be there. 好呀。我会到。
A Thanks for being flexible. 谢谢你这么配合。

麻了

别这么说 ~~I'm hemp.~~

hemp 是“麻类植物”，不是“麻了”的感觉。

这样说 **I'm numb.** 我麻了。

最贴近“麻了”

I don't even know what to say. 我都不知道说啥。

无语但不太夸张

I'm a bit overwhelmed. 我有点招架不住。

工作或正式场合更稳

A They changed the deadline to tomorrow morning. 他们把截止日期改到明早了。
B I don't even know what to say. 我都不知道说啥。
A Can you still finish your part? 你那部分还能做完吗？

有麦

别这么说 ~~Do you have wheat?~~

mic 才是麦克风；wheat 是小麦，意思完全错了。

这样说 **Do you have a mic?** 你有麦吗？

游戏、群聊最常用

Can you use your mic? 你能开麦说吗？

会议或语音聊天

Would you be able to use a microphone? 您方便用麦吗？

对客户、老师更礼貌

A We're starting the game. Do we need voice chat? 我们要开局了。需要语音吗？
B Yeah. Do you have a mic? 要。你有麦吗？
A I do, but there's some noise here. 我有，不过这边有点吵。

我就是神

别这么说 ~~I am a god.~~

直译太重，像宗教宣称；日常开玩笑说自己很强不自然。

这样说 **I'm a legend.** 我太牛了。

朋友间开玩笑自夸

I'm unstoppable. 我挡不住了。

做得很顺时的自信

I'm feeling very confident about this. 我对此很有信心。

正式场合表达自信，别太狂

A How did the presentation go? 演讲怎么样?
B I'm a legend. They loved it. 我太牛了。他们超喜欢。
A Nice! Dinner's on you then. 厉害！那晚饭你请。

谁怕谁

别这么说 ~~Who is afraid of whom?~~

语法上像真的在问"谁怕谁"，不表达中文里"不怂、敢试"的语气；口语里也很少这么说。

这样说 **Bring it on.** 来吧，谁怕谁

朋友间开玩笑挑战

I'm not afraid. 我不怕

直接说不害怕

I'm happy to give it a try. 我愿意试试看

礼貌版，不顶撞

A You really think you can beat me at ping-pong? 你真觉得乒乓球能赢我?
B Bring it on. Winner buys bubble tea. 来啊，谁怕谁。输的人买奶茶。
A Deal. Don't cry later. 成交。等会儿别哭。

偏不

别这么说 ~~I just don't.~~

不像“偏不”，更像没理由地“不做/不是”。

这样说 **I won't.** 我就不。

朋友间赌气、顶嘴

I'm not going to. 我不会这么做。

直接拒绝，较平静

I'd rather not. 我还是不想。

委婉拒绝别人要求

A Come on, delete that photo. I look terrible. 拜托，删了那张照片。我太丑了。
B Nope. I won't. It's too funny. 不，我偏不。太好笑了。
A You're so annoying. 你真烦。

日常生活

稍等

别这么说 ~~Wait me a moment.~~

这是中文直译；英语要说 Wait a moment, please / One moment, please，不能说 wait me。

这样说 **Hang on a sec.** 等一下哈。

朋友间很自然

One moment, please. 请稍等一下。

通用、稳妥

Could you hold on for a moment, please? 您能稍等一下吗?

电话或客户场景

A Hi, can I pick up my order? 你好，我可以取我的订单吗?
B Sure. One moment, please. 可以，请稍等一下。
A No problem. 没问题。

这是什么

别这么说 ~~This is what?~~

像中文直译；英语一般把 what 放前面问。

这样说 **What's this?** 这是什么?

最常用，指近处东西

What is this? 这是什么?

更清楚，也可表示惊讶

Could you tell me what this is? 您能说下这是什么吗?

问陌生人或工作人员

A I found this in the kitchen. 我在厨房发现了这个。
B What's this? 这是什么?
A It's a garlic press. 这是压蒜器。

你多大了

别这么说 ~~How big are you?~~

big 问体型大小，不是年龄，听起来很怪。

这样说 **How old are you?** 你几岁了？

熟人、孩子可用

May I ask your age? 方便问年龄吗？

比较委婉直接

Would you mind sharing your age? 介意说下年龄吗？

更客气，适合正式场合

A Your son speaks English really well. 你儿子英语说得真好。
B Thanks! 谢谢！
A How old is he? 他几岁了？

没问题

别这么说 ~~No question.~~

question 是“问题/疑问”，不是“没问题/可以”。

这样说 **No problem.** 没问题。

朋友间最常用

Sure, no problem. 当然，没问题。

答应请求很自然

Of course, I can help with that. 当然，我可以帮忙。

对客户或上级更稳妥

A Can you send me the file tonight? 你今晚能把文件发给我吗？
B Sure, no problem. 当然，没问题。
A Thanks, that helps a lot. 谢谢，太帮忙了。

哦

别这么说 ~~Oh.~~

单独说 Oh 可能像惊讶，也可能听起来冷淡或敷衍。

这样说 **Oh, I see.** 哦，我明白了。
朋友间，语气轻松

Got it. 明白了。
日常、工作都能用

I understand. 我明白了。
更正式、认真

A The meeting starts at ten, not nine. 会议十点开始，不是九点。
B Oh, I see. Thanks for telling me. 哦，我明白了。谢谢你告诉我。
A No problem. See you there. 没问题，到时候见。

你在干什么

别这么说 ~~You are doing what?~~

语序像中文直翻，听起来像惊讶或质问。

这样说 **What are you up to?** 你在忙什么呢？
朋友间最自然、轻松

What are you doing? 你在做什么？
语气轻一点就可以

May I ask what you're working on? 方便问下你在忙什么吗？
问同事、客户更礼貌

A Hey, are you free? 嘿，你有空吗？
B Kind of. What are you up to? 算是有空。你有什么事吗？
A I'm making dinner. Want to join? 我在做晚饭。要一起吗？

你在干嘛

别这么说 ~~What you are doing?~~

疑问句语序不对；应说 What are you doing?

这样说 **What are you up to?** 你在忙什么呢?

朋友聊天最自然

What are you doing? 你在做什么?

普通直接，语气要轻

May I ask what you're working on? 方便问你在忙什么吗?

问同事或不太熟的人

A Hey, are you home? 嘿，你在家吗?
B Yeah. What are you up to? 在啊。你在干嘛呢?
A Just making dinner. Want to video chat later? 正做晚饭呢。晚点视频吗?

关灯

别这么说 ~~Close the light.~~

light 不能用 close，灯是 turn off 或 switch off。

这样说 **Turn off the light.** 把灯关掉。

朋友家人间很自然

Could you turn off the light? 你能关下灯吗?

任何场合都好用

Would you mind turning off the light? 麻烦您关下灯好吗?

更客气，适合不熟的人

A I'm going to bed. It's still bright in here. 我要睡了。这里还是很亮。
B Could you turn off the light? 你能关下灯吗?
A Sure, one second. 当然，等一下。

今天是星期几

别这么说 ~~Today is what week?~~

week 是一整周，不是星期几；语序也不自然。

这样说 **What day is it today?** 今天星期几?

朋友间很自然

What day is it? 今天周几?

最常用，语境清楚

Could you tell me what day it is? 请问今天星期几?

问陌生人或前台

A Wait, is the meeting tomorrow? 等等，会议是明天吗?
B I'm not sure. What day is it today? 我不确定。今天星期几?
A It's Wednesday. 今天星期三。

赢

别这么说 ~~I won him.~~

win 后面通常接比赛、奖项等；打败某人要说 I beat him。

这样说 **I won!** 我赢了!

游戏、比赛刚赢时

We won. 我们赢了。

团队比赛或项目胜出

Congratulations on your win. 恭喜你获胜。

祝贺别人赢了

A How did the match go? 比赛怎么样?
B We won! It was so close. 我们赢了！差点就输了。
A Nice! What was the score? 太好了！比分多少?

等一下

别这么说 ~~Wait me a moment.~~

英语里 wait 后面不能直接接 me；要说 wait for me。

这样说 **Hold on a second.** 等一下啊

朋友间很自然

Just a second. 稍等一下

日常最常用

Could you give me a moment? 能稍等一下吗?

对陌生人或客户

A Are you ready to order? 你准备好点餐了吗?
B Just a second. I'm still deciding. 稍等一下，我还在看。
A No problem. 没问题。

怎么了

别这么说 ~~How are you?~~

这是普通问候，不等于“出什么事了”。

这样说 **What's up?** 怎么啦?

朋友间，语气轻松

What happened? 发生什么事了?

想知道具体情况

Is everything okay? 一切还好吗?

更温和，不冒犯

A You look upset. What's wrong? 你看起来不太开心。怎么了?
B I just got some bad news. 我刚收到一个坏消息。
A I'm sorry. Do you want to talk? 抱歉。你想聊聊吗?

我听不懂英语

别这么说 ~~I can't listen English.~~

listen 后面通常要加 to，而且意思像“不能听英语”。

这样说 **I don't really understand English.** 我不太懂英语。

语气软一点，不尴尬

I don't understand English very well. 我英语听不太懂。

最通用，旅行也能用

Sorry, I don't understand English very well. 不好意思，我英语不太懂。

对陌生人或服务人员

A Do you need help finding your gate? 你需要帮忙找登机口吗?
B Sorry, I don't understand English very well. 不好意思，我英语不太懂。
A No problem. I can speak slowly. 没关系。我可以说慢一点。

说中文

别这么说 ~~Speak Chinese language.~~

多了 language，不自然；一般直接说 Chinese。

这样说 **Say it in Chinese.** 用中文说吧。

让朋友换成中文说

Can we speak Chinese? 我们能说中文吗?

想改用中文聊天

Could we speak in Chinese? 可以用中文交流吗?

对老师、客户更客气

A I didn't understand the instructions. 我没听懂说明。
B Can we speak Chinese? 我们能说中文吗?
A Sure, that's easier for me too. 当然，我也觉得这样更方便。

嗯

别这么说 ~~En.~~

英语里没有这个回应，别人可能听不懂。

这样说 **Mm-hmm.** 嗯，听着呢

随口回应、表示在听

Yeah. 嗯，对

表示同意或确认

I see. 明白了

对陌生人或上级更稳妥

A Are you still there? 你还在吗？
B Mm-hmm. Go on. 嗯，在听呢。继续说。
A So the meeting starts at nine. 所以会议九点开始。

我不知道

别这么说 ~~I no know.~~

语法不对；否定要用 don't。

这样说 **I don't know.** 我不知道。

朋友间直接说

I'm not sure. 我不太确定。

更柔和、常用

I'm afraid I don't know. 恐怕我不知道。

礼貌回应别人

A Do you know when the meeting starts? 你知道会议几点开始吗？
B I'm not sure. Let me check the calendar. 我不太确定。我看一下日历。
A Thanks. I forgot to save the invite. 谢谢。我忘了保存邀请了。

怎么样

别这么说 ~~How about?~~

后面要接具体内容，不能单独当“怎么样？”

这样说 **How is it?** 它怎么样？

问东西或体验好不好

What do you think? 你觉得怎么样？

问对方意见

How does that sound? 你看这样可以吗？

提建议，礼貌确认

A I found a small Italian place near the station. 我在车站附近找到一家小意大利餐厅。
B Nice. What do you think? 不错。你觉得怎么样？
A The reviews look good, and it's not expensive. 评价挺好，而且不贵。

好的，稍等

别这么说 ~~Good, wait a moment.~~

Good 不表示“好的”，wait 听起来像命令。

这样说 **Sure, one sec.** 好，等我一下

朋友间很自然

Sure, just a moment. 好的，稍等

日常和工作都能用

Certainly, please give me a moment. 当然，请稍等一下

对客户或上司

A Can you send me the file now? 你现在能把文件发我吗？
B Sure, just a moment. 好的，稍等。
A Thanks, no rush. 谢谢，不急。

你觉得呢

别这么说 ~~How do you think?~~

通常是在问“你怎么思考”，不是问看法。

这样说 **What do you think?** 你怎么想?

朋友间最常用

What do you think about it? 你对这事怎么看?

话题已明确时用

What are your thoughts? 您有什么看法?

会议、客户、上级

A I'm thinking of getting the blue one. 我在想买蓝色那个。
B What do you think? 你觉得呢?
A I like it. It looks good on you. 我喜欢，挺适合你的。

你在哪

别这么说 ~~You are where?~~

英文疑问句语序不对，听起来像直译。

这样说 **Where are you?** 你在哪儿?

朋友间最自然

Where are you now? 你现在在哪?

加 now 更明确

Where are you at the moment? 您现在在哪里?

语气更温和

A I'm at the station. Where are you? 我在车站。你在哪儿?
B I'm outside the coffee shop. 我在咖啡店外面。
A Great, I'll be there in two minutes. 好，我两分钟到。

发朋友圈

别这么说 ~~send friend circle~~

英文里不这样说，WeChat Moments 才是朋友圈功能名。

这样说 **I'm posting it on WeChat Moments.** 我要发朋友圈。

朋友间说最自然

I'll share it on WeChat Moments. 我会发到朋友圈。

普通、安全的说法

Would it be okay if I shared this on WeChat Moments? 我能发朋友圈吗?

发别人照片前先问

A This photo is so cute. 这张照片太可爱了。
B I'm posting it on WeChat Moments. 我要发朋友圈。
A Wait, let me check my face first. 等等，我先看看我的脸。

这是谁

别这么说 ~~This is who?~~

像中文顺序，英语一般要把 who 放前面。

这样说 **Who is this?** 这是谁?

看照片或陌生来电

Who's this? 这是谁?

最常用，口语自然

May I ask who this is? 请问您是哪位?

电话里更礼貌

A Hello? May I ask who this is? 喂？请问您是哪位?
B It's Daniel from your English class. 我是你英语课上的 Daniel。
A Oh, hi, Daniel. Sorry, I didn't recognise the number. 哦，你好，Daniel。不好意思，我没认出这个号码。

现在几点了

别这么说 ~~Now what time?~~

直译中文，英语里缺少完整句型。

这样说 **What time is it?** 现在几点?

朋友之间最自然

Do you know what time it is? 你知道几点了吗?

语气更柔和

Excuse me, do you have the time? 打扰一下，现在几点?

问陌生人很礼貌

A My phone just died. 我手机刚没电了。
B Do you know what time it is? 你知道现在几点了吗?
A Yeah, it's ten thirty. 嗯，十点半。

我想要

别这么说 ~~I want...~~

不是错，但对店员或上司可能太直接、像命令。

这样说 **I want this one.** 我想要这个。

朋友间，直接不客气

I'd like this one, please. 我想要这个，谢谢。

点餐购物最常用

Could I have this one, please? 可以给我这个吗?

对店员、客户更柔和

A Are you ready to order? 可以点餐了吗?
B Yes. I'd like the chicken noodles, please. 可以。我想要鸡肉面，谢谢。
A Sure. Anything to drink? 好的。要喝点什么吗?

快点

别这么说 ~~Quickly!~~

只喊副词很生硬，像命令或警告。

这样说 **Hurry up.** 快点。

熟人间直接催促

Could you hurry up a bit? 你能稍微快点吗?

比命令柔和一点

We're in a bit of a rush. 我们有点赶时间。

对服务员、司机等更委婉

A The taxi is downstairs already. 出租车已经在楼下了。
B Okay, okay. I'm putting on my shoes. 好啦好啦。我在穿鞋。
A Can you hurry? We're late. 你能快点吗？我们要迟到了。

你先忙

别这么说 ~~You first busy.~~

逐字翻译，英语里不这样说。

这样说 **I'll let you get back to it.** 我不打扰你了

朋友正忙时很自然

I'll let you get back to work. 你先继续忙工作吧

对方在工作或学习

Please go ahead. I don't want to keep you. 您先忙，我不耽误您

对客户、上司很礼貌

A Sorry, I need to answer this email. 不好意思，我得回这封邮件。
B No worries. I'll let you get back to work. 没事，你先忙工作吧。
A Thanks. I'll message you later. 谢谢。我晚点给你发消息。

做家务

别这么说 ~~do housework things~~

things 多余，英语会直接说 chores 或 housework。

这样说 **I need to do some chores.** 我得做点家务。

朋友间很自然

I need to do some housework. 我得做些家务。

通用说法

I have some chores to take care of. 我有些家务要处理。

更委婉得体

A Want to grab coffee this afternoon? 今天下午想去喝咖啡吗?
B I'd love to, but I need to do some chores. 我想去，但我得做点家务。
A No worries. Maybe after dinner? 没事。晚饭后呢?

听音乐

别这么说 ~~hear music~~

hear 是“听见”，不是主动听；这里要用 listen to。

这样说 **I'm listening to music.** 我在听音乐。

朋友问你在干嘛

I listen to music a lot. 我常听音乐。

说自己的习惯爱好

I'm just listening to some music. 我只是在听点音乐。

语气更轻松客气

A Hey, what are you doing? 嘿，你在干嘛?
B I'm listening to music. 我在听音乐。
A Anything good? 有什么好听的吗?

讲故事

别这么说 ~~speak a story~~

story 要用 tell，不用 speak。speak 强调说话能力或语言。

这样说 **Tell me a story.** 给我讲个故事吧。

朋友、孩子对大人说

tell a story 讲故事

最常用的动词搭配

Could you tell us a story? 您能给我们讲个故事吗?

请别人讲时更礼貌

A I can't sleep yet. 我还睡不着。
B Okay. Would you like me to tell you a story? 好吧。要我给你讲个故事吗?
A Yes, please. A funny one. 好呀。讲个搞笑的。

刷抖音

别这么说 ~~brush Douyin~~

brush 是刷牙刷墙的刷，不表示刷手机内容。

这样说 **I'm scrolling through TikTok.** 我在刷 TikTok。

朋友间最自然

I'm watching TikToks. 我在看 TikTok 短视频。

强调一条条视频

I'm just checking TikTok for a minute. 我就看会儿 TikTok。

解释一下自己在做什么

A What are you doing? 你在干嘛?
B I'm scrolling through TikTok. 我在刷 TikTok。
A Again? We need to leave soon. 又刷？我们快得走了。

刷短视频

别这么说 ~~brush short videos~~

brush 是刷牙刷墙的“刷”，不是滑手机看视频。

这样说 **I'm scrolling through short videos.** 我在刷短视频。

跟朋友聊天最自然

I'm watching short videos. 我在看短视频。

普通说法，任何人都懂

I'm just taking a quick break with some videos. 我看会儿视频休息下。

对同事上司更得体

A What are you doing? 你在干嘛?
B I'm scrolling through short videos. 我在刷短视频。
A Again? You said five minutes. 又来？你说只看五分钟。

这句话是什么意思

别这么说 ~~What is this sentence meaning?~~

语法不自然；通常说 What does ... mean?

这样说 **What does that mean?** 那是什么意思?

朋友聊天最常用

What does this sentence mean? 这句话是什么意思?

指着文字或句子问

Could you explain what this means? 能解释一下吗?

问老师、同事、客户

A I saw this comment online, but I'm confused. 我在网上看到这条评论，但没看懂。
B What does this sentence mean? 这句话是什么意思?
A It means she can't come tonight. 意思是她今晚来不了。

如你所愿

别这么说 ~~Like your wish.~~

逐字翻译，英语里不这样表达“如你所愿”。

这样说 **As you wish.** 如你所愿。

可温柔，也可有点戏谑

Whatever you want. 随你想要的来。

日常口语，语气看表情

I'll do it your way. 我按你的方式来。

对客户或上级更自然

A Can we take the earlier train instead? 我们能改坐早一点的火车吗?
B As you wish. I'll change the tickets now. 如你所愿。我现在改票。
A Thanks. I just don't want to arrive too late. 谢谢。我只是不想太晚到。

我看不懂

别这么说 ~~I can't see understand.~~

按中文直译，英语语法不对，也不自然。

这样说 **I don't get it.** 我没懂。

朋友间最自然

I don't understand it. 我不理解这个。

通用、清楚

I'm not sure I understand this. 我不太确定我懂了。

礼貌地请对方解释

A Did you read the email from the landlord? 你看房东发的邮件了吗?
B Yes, but I don't understand it. 看了，但我看不懂。
A Which part is confusing? 哪一部分让你困惑?

穿衣服

别这么说 ~~Wear your clothes.~~

wear 多指“穿着的状态”，不是“穿上”的动作。

这样说 **Get dressed.** 把衣服穿好。

催朋友、家人出门

Put on your clothes. 把衣服穿上。

强调动作：穿上

Could you get dressed, please? 请你穿好衣服好吗？

对孩子、客人更柔和

A We're leaving in ten minutes. 我们十分钟后出门。
B Okay, I'll get dressed now. 好，我现在去穿衣服。
A Don't forget your jacket. It's cold. 别忘了外套，外面冷。

找不到

别这么说 ~~I can't find.~~

英文里 find 通常要接宾语：find it / find my phone。

这样说 **I can't find it anywhere.** 我哪儿都找不到

朋友间，有点着急

I can't find it. 我找不到它

最常用，适合多数场合

I'm having trouble finding it. 我不太找得到

问路、问店员更委婉

A Are you at the station yet? 你到车站了吗？
B Yes, but I can't find the entrance. 到了，但我找不到入口。
A Look for the blue sign on the left. 找左边那个蓝色标志。

看医生

别这么说 ~~look doctor~~

see a doctor 才是“看医生”，look 是用眼睛看。

这样说 **I'm going to see a doctor.** 我要去看医生。

跟朋友说自己的安排

I need to see a doctor. 我得看医生。

身体不舒服时常用

I'd like to see a doctor, please. 我想看医生。

在诊所或前台说

A You still have a fever? 你还在发烧吗?
B Yeah. I need to see a doctor. 嗯，我得去看医生。
A Do you want me to go with you? 要我陪你去吗?

来吧

别这么说 ~~Come here.~~

只表示“到我这里来”，不能表示“开始吧/你来吧”。

这样说 **Come on.** 来吧；快点吧

朋友间催促或鼓励

Go ahead. 来吧；你先来

让对方开始做

Please come in. 请进来吧

请人进门或进房间

A Should I start now? 我现在开始吗?
B Go ahead. I'm listening. 来吧，我在听。
A Okay, it's just a quick question. 好，就是一个小问题。

行

别这么说 ~~Can.~~

把“可以/行”直译成 Can 不自然；表示同意要说 Sure、Okay 或 That works.

这样说 **Sure, sounds good.** 行，挺好的。

朋友约你做什么时

Okay, that works. 可以，这样行。

安排、时间都合适

Yes, that would be fine. 好的，那样可以。

对客户或上级更稳妥

A Can we meet at three instead? 我们改成三点见可以吗?
B Okay, that works. 行，这样可以。
A Great, I'll see you then. 太好了，到时候见。

打开门

别这么说 ~~Open door.~~

少了 the，听起来像机器指令，不像正常请求。

这样说 **Open the door.** 把门打开。

熟人间，直接一点

Can you open the door? 你能开下门吗?

日常最安全自然

Could you open the door, please? 请您开一下门好吗?

对陌生人或上级

A Someone's at the door. 有人在门口。
B Can you open the door? 你能开下门吗?
A Sure, one second. 好，等一下。

我不懂

别这么说 ~~I don't know.~~

这是“不知道”，不一定是“没听懂”。

这样说 **I don't get it.** 我没明白。

朋友间，很自然

I don't understand. 我不明白。

通用，清楚直接

I'm not sure I understand. 我可能没太懂。

更委婉，适合工作

A So we meet by Gate 3 after check-in. 所以我们办完登机后在3号门见。
B Sorry, I don't understand. Which gate? 不好意思，我没听懂。哪个门?
A Gate 3, near the coffee shop. 3号门，咖啡店旁边。

一起走

别这么说 ~~Together walk.~~

英语不能这样省主语和动词，听起来像碎片。

这样说 **Let's go together.** 我们一起走吧。

朋友间最自然

Shall we go together? 我们一起走好吗?

温和询问对方

Would you like to go together? 您想一起走吗?

对陌生人或上级

A Are you leaving now? 你现在要走了吗?
B Yeah. Shall we go together? 嗯。我们一起走好吗?
A Sure, I was just about to leave. 当然，我也正要走。

我不会

别这么说 ~~I won't.~~

这通常是“我不愿意/我不会去做”，像是在拒绝。

这样说 **I can't do it.** 我做不了。

朋友间，直接说能力不够

I don't know how. 我不知道怎么弄。

最常用，适合大多数情况

I'm not sure how to do that. 我不太会做那个。

更委婉，适合求助

A Can you set up the printer? 你会设置打印机吗?
B I'm not sure how to do that. 我不太会弄那个。
A No worries. I'll show you. 没事，我教你。

我们走吧

别这么说 ~~We go.~~

像在陈述事实，不像提议“走吧”。

这样说 **Let's go.** 我们走吧。

朋友间最自然

Shall we go? 我们可以走了吗?

温和地提议出发

Shall we get going? 我们该动身了吗?

对同事或长辈更柔和

A The movie starts in twenty minutes. 电影还有二十分钟开始。
B Okay, let's go. 好，我们走吧。
A Do you have the tickets? 票你带了吗?

一起玩

别这么说 ~~Let's play together.~~

像小朋友玩玩具或游戏，不太像成年人约出去玩。

这样说 **Want to hang out?** 想一起玩儿吗?

朋友间最自然

Do you want to join us? 你想加入我们吗?

有人在做活动时邀请

Would you like to join us? 您想一起参加吗?

对不熟或更礼貌

A What are you doing this afternoon? 你今天下午干嘛?
B Not much. Want to hang out? 没什么。想一起玩儿吗?
A Sure. Maybe coffee and a walk? 好啊。喝咖啡再散步?

安静

别这么说 ~~Please quiet.~~

quiet 作形容词时前面要有 be；可以说 Please be quiet 或 Quiet, please。

这样说 **Quiet, please.** 请安静。

简短直接，加 please 稍柔和

Could you keep it down? 能小声点吗?

常用于邻居、公共场合

Would you mind keeping your voice down? 您能小声一点吗?

对陌生人、客户更礼貌

A Sorry, is my music too loud? 不好意思，我音乐太大声了吗?
B A little. Could you keep it down? 有一点。能小声点吗?
A Sure, I'll turn it down. 当然，我把声音调小。

什么事

别这么说 ~~What thing?~~

这是逐字翻译，英语里不像在问“什么事”。

这样说 **What's up?** 怎么了？

朋友找你时，很自然

What happened? 发生什么了？

看出有状况时用

How can I help? 我能帮什么忙？

对客户、上司更稳妥

A Hey, Lin, do you have a minute? 嘿，Lin，你有空吗？
B Sure. What's up? 当然，怎么了？
A I can't open this file. 我打不开这个文件。

喝啤酒

别这么说 ~~drink beer wine~~

beer 是啤酒，wine 是葡萄酒；如果想说“喝啤酒”，直接说 drink beer。

这样说 **Let's grab a beer.** 咱们去喝杯啤酒吧

约朋友最自然

I'm having a beer. 我在喝啤酒

说明自己在喝什么

Would you like a beer? 您要喝啤酒吗

招待别人时

A Are you free after work? 下班后有空吗？
B Yeah, why? 有啊，怎么了？
A Let's grab a beer. 咱们去喝杯啤酒吧。

刷视频

别这么说 ~~brush videos~~

brush 是刷牙、刷墙，不表示滑手机看视频。

这样说 **I'm watching videos.** 我在看视频。

朋友问你在干嘛

I'm scrolling through videos. 我在刷视频。

强调一直往下刷

I was watching some videos on my phone. 我刚在手机上看视频。

解释刚才在做什么

A What are you doing? 你在干嘛?
B I'm scrolling through videos. 我在刷视频。
A Anything good? 有好看的吗?

当然

别这么说 ~~Of course can.~~

中文直译，少了主语。要说 Of course I can / Sure / Of course。

这样说 **Sure.** 当然可以。

朋友间答应请求

Of course. 当然。

最常用，很多场合

Certainly. 当然可以。

更礼貌，服务或工作

A Can I sit here? 我可以坐这儿吗?
B Of course. 当然可以。
A Thanks. I'll just be a minute. 谢谢，我就坐一会儿。

我很忙

别这么说 ~~I very busy.~~

少了 be 动词；要说 I'm busy / I'm really busy。

这样说 **I'm really busy.** 我真的很忙。

朋友间直接说

I'm busy right now. 我现在忙。

说明此刻没空

I'm a bit tied up at the moment. 我这会儿有点忙。

更委婉礼貌

A Do you want to grab coffee now? 你现在想去喝咖啡吗？
B Sorry, I'm busy right now. 不好意思，我现在忙。
A No worries. Maybe later? 没事。晚点呢？

然后呢

别这么说 ~~How about then?~~

这是中文直译，不能用来追问故事后续；要说 And then? 或 What happened next?

这样说 **And then?** 然后呢？

朋友聊天最自然

What happened next? 后来发生了什么？

想听后续故事

What happened after that? 那之后怎么样？

语气更完整礼貌

A I ran into my old classmate at the station. 我在车站碰到老同学了。
B Really? What happened next? 真的？后来呢？
A We grabbed coffee and talked for an hour. 我们喝了咖啡，聊了一个小时。

从今天开始

别这么说 ~~From today start~~

英语语序不对，少了 on 或 starting 的结构

这样说 **Starting today, I'll do it differently.** 从今天起我会换个做法

朋友间说新决定

From today on, I'll be more careful. 从今天起我会更小心

日常和工作都自然

Beginning today, we'll follow the new process. 从今天起按新流程来

正式通知或工作场合

A You look serious. What's going on? 你看起来很认真，怎么了？
B Starting today, I'll go to bed before midnight. 从今天开始，我要十二点前睡。
A Really? What changed? 真的？怎么突然改了？

从现在开始

别这么说 ~~From now begin~~

英语不这样搭配；要说 From now on 或 Starting now。

这样说 **From now on, I'll do it.** 以后我来做。

朋友间说新决定

Starting now, we need to be careful. 现在起要小心。

任何场合都自然

From this point on, we'll follow the plan. 从此按计划来。

更正式、适合工作

A Are you still taking the bus to work? 你还坐公交上班吗？
B No. From now on, I'll ride my bike. 不了。从现在开始我骑车。
A Nice. That's healthier. 不错，更健康。

肚子疼

别这么说 ~~My belly is painful.~~

能懂，但不自然；像直译，不像日常口语。

这样说 **My stomach hurts.** 我肚子疼。

最常用，朋友家人都行

I have a stomachache. 我肚子疼。

清楚自然，适合大多数场合

I'm having stomach pain. 我现在肚子疼。

跟医生、同事说明情况

A Are you coming to lunch? 你来吃午饭吗?
B Maybe later. My stomach hurts. 晚点吧。我肚子疼。
A Do you need some water? 你要喝点水吗?

玩游戏

别这么说 ~~play game~~

少了 a 或复数，听起来像中式英语

这样说 **I'm playing a game.** 我在玩游戏。

朋友问你在干嘛

I play video games. 我玩电子游戏。

说自己的爱好

I enjoy playing games. 我喜欢玩游戏。

更温和，不像太沉迷

A What are you doing? 你在干嘛?
B I'm playing a game. Want to join? 我在玩游戏。要一起吗?
A Sure. What game is it? 好啊。是什么游戏?

寄快递

别这么说 ~~send express delivery~~

像在“发送快递服务”，不自然；说 send a package。

这样说 **I need to send a package.** 我得寄个包裹。

跟朋友说自己的事

I'd like to send this package. 我想寄这个包裹。

柜台最常用

Could I send this parcel, please? 我可以寄这个包裹吗?

英式或更客气

A Hi, what can I help you with? 你好，需要帮忙吗?
B I'd like to send this package. 我想寄这个包裹。
A Sure. Where is it going? 好的。寄到哪里?

开灯

别这么说 ~~Open the light.~~

中文直译；英语说 turn on the light。

这样说 **Can you turn on the light?** 你能开灯吗?

朋友家人都自然

Could you turn on the light? 能开一下灯吗?

更柔和，通用

Would you mind turning on the light? 介意开下灯吗?

对客人、上司更客气

A It's getting dark in here. 这里有点暗了。
B Could you turn on the light? 能开一下灯吗?
A Sure. Is this better? 当然。这样好点吗?

合适吗

别这么说 ~~Is it fit?~~

fit 作动词问衣服合不合身时说 Does it fit?；Is it fit? 不自然。

这样说 **Does that work?** 这样行吗?

问朋友安排是否OK

Is that okay? 这样可以吗?

通用，简单自然

Would that be okay? 这样可以吗?

更客气，适合正式场合

A Can we meet at three tomorrow? Would that be okay? 我们明天三点见可以吗？这样合适吗?

B Yes, three works for me. 可以，三点我方便。

A Great. I'll see you then. 太好了。到时候见。

我是中国人

别这么说 ~~I am a Chinese.~~

听起来不自然，像把 Chinese 当名词用得太硬。

这样说 **I'm Chinese.** 我是中国人。

最自然、最常用

I'm from China. 我来自中国。

强调来自哪里

I'm a Chinese national. 我是中国籍/中国公民。

更正式，适合填表、签证或官方场合

A Where are you from? 你来自哪里?

B I'm Chinese. I grew up in Shanghai. 我是中国人，在上海长大。

A Oh, nice. Is this your first time here? 哦，不错。你是第一次来这里吗?

等我一会

别这么说 ~~Wait me a while.~~

少了 for，且 a while 听起来不一定短。

这样说 **Wait for me a sec.** 等我一下。

朋友之间很自然

Give me a minute. 给我一分钟。

通用，表示很快

Could you wait a moment, please? 请稍等一下好吗?

对陌生人或上级

A Are you ready to leave? 你准备好走了吗?
B Almost. Give me a minute. 快了，等我一下。
A Sure, I'll be by the door. 好，我在门口等你。

了解

别这么说 ~~I know.~~

容易像“我早就知道”，有点不耐烦。

这样说 **Got it.** 明白了。

朋友同事都常用

I understand. 我理解了。

更完整、清楚

Understood. 明白了。

对上级客户简洁

A Please send the file before noon. 请中午前把文件发来。
B Got it. I'll send it by eleven. 了解。我十一点前发。
A Great, thank you. 太好了，谢谢。

我在学英语

别这么说 ~~I study English now.~~

now位置别扭，像临时硬翻；说I'm learning更自然。

这样说 **I'm working on my English.** 我在练英语

朋友聊天很自然

I'm learning English. 我在学英语

最通用、最稳

I'm still learning English. 我还在学英语

请对方多包涵

A Your English is pretty good! 你的英语挺好的！
B Thanks. I'm still learning English. 谢谢，我还在学英语。
A No worries. Take your time. 没事，慢慢说。

一分钱一分货

别这么说 ~~One cent one goods.~~

直译不通，native speaker 听不懂这个意思。

这样说 **You get what you pay for.** 一分钱一分货。

最常用，朋友间自然

Quality usually costs more. 质量通常更贵。

解释价格和质量

It may be worth paying a bit more. 多花点可能值得。

给建议更委婉

A This suitcase is half the price of that one. 这个行李箱是那个的一半价钱。
B True, but you get what you pay for. 是啊，但一分钱一分货。
A So you think the expensive one will last longer? 所以你觉得贵的那个更耐用？

我英语不太好

别这么说 ~~My English is very poor.~~

太贬低自己，听起来有点沉重、不自然。

这样说 **My English isn't great.** 我英语不算好。

自然、不太自卑

My English isn't very good. 我英语不太好。

最直接，哪里都能用

Sorry, my English isn't very strong. 不好意思，我英语不太好。

对陌生人或工作场合

A Do you need help with the form? 你需要帮忙填这个表吗?
B Yes, please. My English isn't very good. 需要，谢谢。我英语不太好。
A No problem. I'll go slowly. 没问题。我慢慢说。

我听不懂

别这么说 ~~I can't hear understand.~~

hear 和 understand 不能这样连用，听起来不自然。

这样说 **I don't understand.** 我不明白。

朋友间直接说

I didn't catch that. 我没听清。

没听到或没听懂

Sorry, I don't quite understand. 不好意思，我不太懂。

对陌生人或上级

A The train leaves from platform six, not platform four. 火车从6号站台发车，不是4号。
B Sorry, I didn't catch that. 不好意思，我没听清。
A Platform six. You still have ten minutes. 6号站台。你还有十分钟。

随你便

别这么说 ~~As you like.~~

能懂但偏书面/旧式，日常听起来不太自然。

这样说 **Up to you.** 你决定吧。

朋友间最常用

It's your call. 这事你定。

让对方做决定

Whatever you prefer. 看您喜欢哪种。

更客气柔和

A Pizza or noodles tonight? 今晚吃披萨还是面?
B Up to you. I'm not too hungry. 随你便。我不太饿。
A Okay, let's get noodles. 好，那吃面吧。

我可以加你的微信吗

别这么说 ~~Can I add your WeChat?~~

听起来像“加这个软件”，自然说 add you on WeChat。

这样说 **Can I add you on WeChat?** 我能加你微信吗?

朋友、同学、刚认识的人

Could I add you on WeChat? 我可以加你微信吗?

最稳妥，语气更柔和

Would it be okay to add you on WeChat? 方便加你微信吗?

客户、前辈、较正式场合

A It was great meeting you at the event. 今天活动上认识你很开心。
B Same here. Could I add you on WeChat? 我也是。我可以加你微信吗?
A Sure, let me scan your code. 当然，我扫你的码吧。

我能加你微信吗

别这么说 ~~Can I add your WeChat?~~

像是在“添加微信这个东西”，少了 you，不自然。

这样说 **Can I add you on WeChat?** 我能加你微信吗?

朋友、同学之间自然

Could I add you on WeChat? 可以加你微信吗?

初次见面也合适

Would it be okay if I added you on WeChat? 我加您微信方便吗?

更客气，适合客户

A It was really nice meeting you. 很高兴认识你。
B You too. Could I add you on WeChat? 我也是。可以加你微信吗?
A Sure, let me show you my QR code. 当然，我给你看二维码。

扫二维码

别这么说 ~~Sweep the QR code.~~

sweep 是扫地的“扫”，不是手机扫描。

这样说 **Scan the QR code.** 扫一下二维码。

朋友间直接说

Please scan the QR code. 请扫一下二维码。

通用、自然

Could you scan the QR code, please? 您能扫一下二维码吗?

对客人或陌生人

A How do I pay? 我怎么付款?
B Please scan the QR code. 请扫一下二维码。
A Got it. Is WeChat Pay okay? 好。微信支付可以吗?

你可以说中文吗

别这么说 ~~Can you say Chinese?~~

say Chinese 像“说出中文这个词”，不是“讲中文”。

这样说 **Do you speak Chinese?** 你会说中文吗?

最常用，直接自然

Can you speak Chinese? 你能说中文吗?

也自然，稍强调能力

Would you be comfortable speaking Chinese? 方便说中文吗?

更礼貌，不给压力

A Sorry, my English is a bit slow. 不好意思，我英语有点慢。
B No worries. Do you speak Chinese? 没关系。你会说中文吗?
A Yes, Mandarin is much easier for me. 会，普通话对我容易多了。

你能听懂中文吗

别这么说 ~~Can you listen to Chinese?~~

像问“能不能听中文声音”，不是听懂意思。

这样说 **Do you understand Chinese?** 你听得懂中文吗?

朋友间直接问

Can you understand Chinese? 你能听懂中文吗?

清楚、通用

Do you happen to understand Chinese? 请问你会听中文吗?

更委婉客气

A Sorry, my English is a bit slow. 不好意思，我英语有点慢。
B No worries. Can you understand Chinese? 没事。你能听懂中文吗?
A Yes, Mandarin is fine. 可以，普通话没问题。

我要去吃饭了

别这么说 ~~I want to go to eat rice.~~

把“饭”直译成 rice，会像只去吃米饭。

这样说 **I'm going to grab some food.** 我去弄点吃的。

朋友聊天，很自然

I'm going to get something to eat. 我去吃点东西。

任何场合都能用

I'll be heading out for lunch now. 我现在去吃午饭。

跟同事、上司说

A Are you still online? 你还在线吗?
B Yeah, but I'm going to grab some food. 在，但我去弄点吃的。
A Okay, talk later! 好，待会儿聊！

不用了谢谢

别这么说 ~~No need, thank you.~~

能懂，但不像口语拒绝；更像在评论“没必要”。

这样说 **No, thanks.** 不用了，谢谢。

朋友间轻松拒绝

No, thank you. 不用了，谢谢您。

最通用、很自然

That’s very kind, but I’m okay. 您真好，但不用了。

拒绝好意更柔和

A Would you like a bag? 您需要袋子吗?
B No, thank you. 不用了，谢谢。
A Okay, your total is twelve dollars. 好的，一共十二美元。

你想吃什么

别这么说 ~~What do you want eat?~~

少了 to；应说 want to eat。

这样说 **What do you feel like eating?** 你想吃点什么？

朋友间很自然

What would you like to eat? 你想吃什么？

通用、礼貌不生硬

Is there anything you'd like to eat? 您有什么想吃的吗？

对客人或长辈

A I'm starving. Should we order something? 我饿死了。我们点点吃的？
B Sure. What do you feel like eating? 好啊。你想吃点什么？
A Maybe noodles. Something warm. 可能吃面吧，想吃点热的。

我要下线了

别这么说 ~~I will down line.~~

down line 不是“下线”，英语里不这样说。

这样说 **I’m gonna log off.** 我先下线啦。

朋友网聊、打游戏

I’m going to log off now. 我现在要下线了。

视频会、群聊都可以

I need to sign off now. 我得先下线了。

对客户、老师、同事

A Are you staying for another game? 你还再玩一局吗？
B No, I’m gonna log off. 不了，我先下线啦。
A Okay, see you tomorrow. 好，明天见。

你在说什么

别这么说 ~~What are you saying?~~

语法对，但常像质疑内容，不是自然的“没听清”。

这样说 **What are you talking about?** 你在说什么啊?

熟人间，带点惊讶

What do you mean? 你是什么意思?

没懂对方意思时

Sorry, could you say that again? 不好意思，能再说一遍吗?

没听清，礼貌请对方重复

A You need to bring three forms to the office. 你需要带三张表去办公室。
B Sorry, could you say that again? 不好意思，能再说一遍吗?
A Sure. Three forms, and your ID. 当然。三张表，还有你的身份证件。

请说中文

别这么说 ~~Please say Chinese.~~

say 后面要接具体内容；这里应说 speak Chinese。

这样说 **Can you say it in Chinese?** 你能用中文说吗?

朋友间，指某句话

Could we speak in Chinese, please? 我们可以用中文说吗?

通用，语气温和

Would it be possible to speak in Chinese? 可以用中文谈吗?

更客气，适合正式场合

A Do you want me to explain this in English? 你想让我用英语解释吗?
B Could we speak in Chinese, please? 我们可以用中文说吗?
A Sure, no problem. 当然，没问题。

你听得懂中文吗

别这么说 ~~Can you listen understand Chinese?~~

把“听得懂”逐字翻译了，英文不这样说。

这样说 **Do you understand Chinese?** 你听得懂中文吗?

朋友间直接问

Can you understand Chinese? 你能听懂中文吗?

最通用、安全

Do you happen to understand Chinese? 请问你会听中文吗?

更委婉有礼貌

A Sorry, my English is not very good. 不好意思，我英语不太好。
B That's okay. Can you understand Chinese? 没关系。你能听懂中文吗?
A Yes, a little. 可以，懂一点。

拍X光片

别这么说 ~~take an X-ray photo~~

不自然；医院检查通常说 get/have an X-ray。

这样说 **I need an X-ray.** 我需要拍X光。

跟朋友说病情

I need to get an X-ray. 我得去拍X光。

最常用、自然

Could I get an X-ray, please? 能给我拍X光吗?

问医生或前台

A What did the doctor say about your cough? 医生怎么说你的咳嗽?
B He wants me to get an X-ray. 他让我去拍个X光。
A Are you going today? 你今天去吗?

有什么用

别这么说 ~~What use?~~

不完整，听起来像硬翻译，意思也不清楚。

这样说 **What's the point?** 这有什么意义?

朋友间，带点不耐烦

What is it for? 这是干什么用的?

问物品或功能

How would that help? 那会有什么帮助?

委婉质疑建议

A Should we email the manager again? 我们要不要再给经理发封邮件?
B How would that help? He already said no. 那会有什么帮助？他已经说不行了。
A Maybe he'll change his mind. 也许他会改变主意。

我来了

别这么说 ~~I came.~~

像在说过去发生了，不像“我到了/我来啦”。

这样说 **I'm here!** 我到啦!

到门口或到现场

I'm coming. 我这就来。

别人叫你时回应

I'm on my way. 我正在路上。

对上司客户更稳

A Are you downstairs already? 你已经到楼下了吗?
B I'm here! I'm by the front door. 我到啦！我在正门口。
A Great, I'll come down now. 太好了，我现在下去。

你还在吗

别这么说 ~~Are you still here?~~

面对面可用；电话聊天里通常说 there 更自然。

这样说 **You still there?** 你还在吗?

朋友聊天很自然

Are you still there? 你还在吗?

电话、视频都能用

Are you still on the line? 您还在线上吗?

客服或正式电话

A Sorry, my screen froze for a second. 不好意思，我屏幕刚卡了一下。
B Can you hear me? Are you still there? 你能听见我吗？你还在吗?
A Yes, I can hear you now. 在，我现在能听见你了。

别

别这么说 ~~No do it.~~

英语不能这样直译；要说 Don't do it.

这样说 **Don't.** 别这样。

很短，熟人间用

Please don't do that. 请别那么做。

清楚但不太冲

I'd rather you didn't. 我希望您别这样。

委婉地表示反对

A Can I post this photo of you? 我能发这张你的照片吗?
B Please don't do that. I look terrible. 请别发。我看起来太糟了。
A Oh, sorry. I'll delete it. 哦，对不起。我删掉。

很简单

别这么说 ~~It very simple.~~

少了 be 动词。要说 It's very simple 或 It's pretty simple。

这样说 **It's easy.** 这很容易。

朋友间最直接

It's pretty simple. 这个挺简单。

日常、工作都自然

It's quite straightforward. 这很清楚简单。

对客户或上级更稳

A Do you know how to use this app? 你知道这个 app 怎么用吗?
B Yeah, it's pretty simple. 知道，这个挺简单。
A Can you show me? 你能教我一下吗?

小意思

别这么说 ~~Small meaning.~~

直译不通，native speaker 听不懂你想说什么。

这样说 **No big deal.** 没什么大不了

朋友间最常用

It's not a big deal. 这不算什么

任何场合都自然

It was no trouble at all. 一点也不麻烦

回别人感谢

A Thanks for helping me move the boxes. 谢谢你帮我搬箱子。
B No big deal. They weren't that heavy. 小意思。它们也没那么重。
A Still, I really appreciate it. 但我还是很感激。

都可以

别这么说 ~~All can.~~

像中文直译，英语里不这样表示“都可以”。

这样说 **Either is fine.** 两个都可以。

二选一最常用

Any is fine. 哪个都行。

多个选择都可以

Whatever works for you. 你方便就好。

照顾对方安排

A Do you want noodles or rice? 你想吃面还是米饭?
B Either is fine. I'm not that hungry. 都可以。我不是很饿。
A Okay, let's get noodles then. 好，那我们吃面吧。

你喜欢什么

别这么说 ~~What you like?~~

少了 do，听起来像不完整的句子。

这样说 **What do you like?** 你喜欢什么?

直接问朋友喜好

What kind of things do you like? 你喜欢哪类东西?

更自然地展开聊天

What do you enjoy? 您喜欢做什么?

语气更温和成熟

A It's your first weekend here. Any plans? 这是你来这儿的第一个周末。有安排吗?
B Not yet. What do you like to do? 还没有。你平时喜欢做什么?
A I like trying small coffee shops. 我喜欢去试小咖啡店。

慢点

别这么说 ~~Slowly a little.~~

词序不自然；英语会说 slow down a little。

这样说 **Slow down.** 慢一点。

朋友开太快、走太快

Take it slow. 慢慢来。

别着急，动作放慢

Could you slow down a little? 您能慢一点吗?

对陌生人或老师

A Wait, you're walking so fast! 等等，你走得太快了！
B Sorry! Do you want me to slow down? 不好意思！要我慢点吗?
A Yes, please. These shoes hurt. 嗯，拜托。这双鞋有点磨脚。

我只会一点英语

别这么说 ~~I only can a little English.~~

缺少 speak，说法不完整，听起来像直译。

这样说 **I only speak a little English.** 我只会一点英语。

朋友、同龄人都可以

I speak a little English. 我会说一点英语。

最自然、最常用

My English is limited. 我英语有限。

更客气，适合正式场合

A Do you need help with the form? 你需要填表帮助吗?
B Yes, please. I speak a little English. 需要，谢谢。我会说一点英语。
A No problem. I'll go slowly. 没问题。我慢慢说。

租房

别这么说 ~~hire a house~~

hire 通常用于雇人或短期租用车辆、设备等；租房一般用 rent。

这样说 **I'm looking for a place to rent.** 我在找房子租。

跟朋友说找房

I want to rent an apartment. 我想租套公寓。

清楚表达需求

I'm interested in renting this apartment. 我想租这套公寓。

对中介或房东说

A Are you staying on campus this year? 你今年住校吗?
B No, I'm looking for a place to rent. 不，我在找房子租。
A Near the subway? 靠近地铁吗?

别熬夜

别这么说 ~~Don't boil the night.~~

熬夜不能直译 boil；英语说 stay up late。

这样说 **Don't stay up too late.** 别熬太晚。

朋友家人最自然

Try not to stay up too late. 尽量别熬太晚。

语气更柔和

Please get some rest tonight. 今晚请早点休息。

关心又不命令

A I still have two episodes left. 我还剩两集没看。
B Don't stay up too late. You have work tomorrow. 别熬太晚。你明天还上班呢。
A Okay, I'll stop after this one. 好吧，看完这一集就停。

不给糖就捣蛋

别这么说 ~~If you don't give me candy, I'll make trouble.~~

太直译，像真的威胁别人，不像节日口号。

这样说 **Trick or treat!** 不给糖就捣蛋！

最标准、最自然

Happy Halloween! 万圣节快乐！

不一定是在要糖

Trick or treat, please! 请给糖吧！

小朋友更乖一点

A Wow, look at your costume! 哇，你的装扮真酷！
B Trick or treat! 不给糖就捣蛋！
A Here you go. Happy Halloween! 给你。万圣节快乐！

睡过头了

别这么说 ~~I slept over.~~

意思是“在别人家过夜”，不是睡过头。

这样说 **I overslept.** 我睡过头了。

朋友间最自然

I slept in by accident. 我不小心睡晚了。

语气更轻一点

I'm sorry, I overslept. 抱歉，我睡过头了。

对老师老板解释

A Where are you? The meeting starts in ten minutes. 你在哪儿？会议十分钟后开始。
B I'm so sorry, I overslept. 真的抱歉，我睡过头了。
A Can you join online first? 你能先线上加入吗？

别催我

别这么说 ~~Don't urge me.~~

urge 太书面，日常听起来不自然。

这样说 **Don't rush me.** 别催我。

朋友间直接说

I'm on it. 我正在弄。

少点火药味

I'll get it done as soon as I can. 我会尽快完成。

对老板客户更稳

A Are you done with the form yet? 表格填好了吗?
B Not yet. Give me a minute. 还没，给我一分钟。
A Sorry, I just need it soon. 不好意思，我就是有点急。

再说一遍

别这么说 ~~Repeat again.~~

repeat 已经有"再说一遍"的意思，again 多余；请求别人时也更自然说 Could you repeat that?

这样说 **Say that again?** 再说一遍?

朋友间，语气轻松

Could you say that again? 能再说一遍吗?

最安全常用

Could you please repeat that? 能请您重复一下吗?

对客户、老师、上司

A The meeting starts at 8:15, not 8:50. 会议八点十五开始，不是八点五十。
B Sorry, could you say that again? 不好意思，能再说一遍吗?
A Sure. It starts at 8:15. 当然。是八点十五开始。

今天很冷

别这么说 ~~Today very cold.~~

缺少主语和 be 动词；要说 It's cold today 或 Today is very cold。

这样说 **It's really cold today.** 今天真的很冷。

朋友间随口说天气

It's cold today. 今天很冷。

最通用、自然

It's rather cold today. 今天有点冷。

寒暄时语气更委婉

A Are you walking to work? 你要走路去上班吗?
B Yeah. It's really cold today, though. 是啊。不过今天真的很冷。
A Take your scarf, then. 那把围巾带上吧。

我忘了

别这么说 ~~I forgot it.~~

不是一定错，但常像"忘了某个物品/知识"，不如 I forgot 自然。

这样说 **I forgot.** 我忘了。

朋友间最常用

I forgot about it. 我把这事忘了。

忘了某件事

I'm sorry, I forgot. 不好意思，我忘了。

承认疏忽并道歉

A Did you bring the tickets? 你带票了吗?
B Oh no, I forgot. 糟了，我忘了。
A It's okay. Can we use the e-tickets? 没事。能用电子票吗?

太吵了

别这么说 ~~Too noisy.~~

少了主语，像碎片；可懂但不太自然。

这样说 **It's so loud.** 太大声了。

朋友间随口抱怨

It's too noisy here. 这里太吵了。

说明环境不舒服

Could we keep it down a bit? 能小声一点吗?

请别人降低音量

A Do you want to sit by the window? 你想坐窗边吗?
B Maybe not. It's too noisy here. 还是不了。这里太吵了。
A Good point. Let's find another table. 也是。我们找别的桌吧。

我喜欢打羽毛球

别这么说 ~~Hike play badminton.~~

like 后面要接 playing 或 to play，不能直接接 play。

这样说 **I'm into badminton.** 我挺喜欢羽毛球

朋友闲聊，很自然

I like playing badminton. 我喜欢打羽毛球

最通用、最安全

I enjoy playing badminton. 我喜欢打羽毛球

稍正式，语气稳

A What do you usually do after work? 你下班后通常做什么?
B I like playing badminton. 我喜欢打羽毛球。
A Nice. Do you play every week? 不错。你每周都打吗?

扫一扫

别这么说 ~~Sweep it.~~

sweep 是扫地，不是扫码。

这样说 **Scan this.** 扫一下这个。

给朋友看二维码

Please scan the code. 请扫这个码。

店里、活动都能用

Could you scan this for me? 您能帮我扫一下吗?

请陌生人帮忙

A How do I pay? 我怎么付款?
B Please scan the code on the counter. 请扫柜台上的码。
A This one? 这个吗?

我没听懂

别这么说 ~~I didn't listen understand.~~

这是中文直译，英语里 listen 和 understand 不能这样连用。

这样说 **I didn't get that.** 我没听懂。

朋友间很自然

I didn't quite catch that. 我没太听清。

没听清或没听懂都可

Sorry, I didn't quite understand. 不好意思，我没太懂。

对陌生人、上司更稳

A The meeting has been moved to the annex. 会议改到附楼了。
B Sorry, I didn't quite understand. 不好意思，我没太懂。
A Sure. It's in the smaller building next door. 没问题。就在隔壁那栋小楼。

戴眼镜

别这么说 ~~I wear a glasses.~~

glasses 是复数，不能说 a glasses。

这样说 **I wear glasses.** 我戴眼镜。

说自己平时戴

He wears glasses. 他戴眼镜。

描述别人很自然

Do you wear glasses? 您戴眼镜吗？

礼貌询问对方

A Can you read this menu? 你能看清这份菜单吗？
B Not really. I need my glasses. 不太行。我需要眼镜。
A Where are they? 眼镜在哪儿？

收到

别这么说 ~~I received it.~~

像在说“我收到这个东西了”，不太像口头确认。

这样说 **Got it.** 收到，明白了。

朋友同事都常用

Okay, I got it. 好的，我明白了。

更完整一点

Understood. Thank you. 明白了，谢谢。

对上级客户更稳

A Can you send the file before five? 你能五点前发文件吗？
B Got it. I'll send it by four. 收到。我四点前发。
A Great, thanks. 太好了，谢谢。

我要下了

别这么说 ~~I want to down.~~

按中文直译不通，down 不能这样表示下线。

这样说 **I'm gonna log off.** 我准备下线了

朋友聊天、打游戏

I need to go now. 我得先走了

线上线下都能用

I have to sign off now. 我现在得下线了

会议、客户聊天

A Are you staying for one more game? 你还再玩一局吗?
B No, I'm gonna log off. 不了，我准备下线了。
A Okay, see you tomorrow. 好，明天见。

我要去睡觉了

别这么说 ~~I want to go sleep.~~

像直译，不自然；少了 to bed 或 get some sleep。

这样说 **I'm going to bed.** 我要去睡了

最自然，结束聊天

I'm heading to bed. 我准备去睡了

口语温和，谁都能说

I'm going to turn in for the night. 我今晚先休息了

更委婉，适合客气场合

A Are you still watching that show? 你还在看那个剧吗?
B Yeah, but I'm getting tired. 嗯，但我有点困了。
A Same here. Big day tomorrow. 我也是。明天还挺忙的。

回答我的问题

别这么说 ~~Reply my question.~~

reply 不能直接接 question，要说 reply to 或 answer。

这样说 **Answer my question.** 回答我的问题。

直接，有点强硬

Can you answer my question? 你能回答一下吗?

日常最稳妥

Could you please answer my question? 能请您回答吗?

对老师、客户、上司

A Sorry, I didn't catch the price. I have a question about that. 不好意思，我没听清价格。我想问一下这个。

B Sure. What would you like to know? 当然。你想了解什么?

A Can you answer my question? How much is it? 你能回答一下我的问题吗？它多少钱?

我看不懂英文

别这么说 ~~I can't understand English words.~~

太像逐字翻译；看文字更自然说 read English。

这样说 **I can't read English.** 我看不懂英文

看菜单、说明、消息

I don't understand English. 我不懂英文

听说读都可泛指

Sorry, I don't understand English. 不好意思，我不懂英文

对陌生人更礼貌

A Can you fill out this form? 你能填一下这张表吗?

B Sorry, I don't understand English. 不好意思，我不懂英文。

A No problem. I can help you. 没关系，我可以帮你。

我叫什么名字

别这么说 ~~What do I call name?~~

语法不对，像在问“我叫名字这个东西吗”。

这样说 **What's my name?** 我叫什么名字?

朋友间开玩笑或测试

Do you remember my name? 你记得我名字吗?

更自然，也不突然

May I ask if you remember my name? 请问你还记得我名字吗?

对不熟的人更委婉

A Wait, we've met before, right? 等等，我们以前见过吧?
B Yes! Do you remember my name? 对！你记得我名字吗?
A Of course. You're Lin. 当然，你是Lin。

你明白吗

别这么说 ~~You understand?~~

少了助动词，听起来生硬，像不耐烦。

这样说 **Does that make sense?** 这样说得通吗?

朋友间解释完用

Do you understand? 你明白了吗?

直接确认，语气要柔和

Is everything clear? 都清楚了吗?

工作说明后较稳妥

A Take bus 12, then get off at the bank. 坐12路车，然后在银行下车。
B Sorry, can you say that again? 不好意思，你能再说一遍吗?
A Sure. Take bus 12 and get off at the bank. Does that make sense? 当然。坐12路车，在银行下车。这样说清楚吗?

有人吗

别这么说 ~~Have people?~~

中文直译；英语要用 Is anyone...

这样说 **Is anyone here?** 这里有人吗?

进房间、找人时

Is anyone there? 有人在吗?

电话、门口、线上都可

Excuse me, is anyone available? 请问有人能帮忙吗?

店里、前台、客服

A The shop looks open, but I don't see staff. 店看起来开着，但我没看到店员。
B Excuse me, is anyone available? 请问，有人能帮忙吗?
A I think someone is coming from the back. 我觉得有人从后面来了。

有中国人吗

别这么说 ~~Have Chinese people?~~

英文不能这样省略，听起来像中式直译。

这样说 **Any Chinese people here?** 这里有中国人吗?

群聊、活动现场都能用

Are there any Chinese people here? 这里有没有中国人?

完整自然，适合多数场合

Excuse me, are there any Chinese guests here? 请问这里有中国客人吗?

问工作人员或正式场合

A This group is huge. I feel a bit lost. 这个群人好多，我有点懵。
B Any Chinese people here? 这里有中国人吗?
A I think I saw someone from Shanghai earlier. 我刚才好像看到一个上海来的。

你是日本人吗

别这么说 ~~Are you Japan person?~~

Japan 是国家名，不能直接当形容词修饰人。

这样说 **Are you Japanese?** 你是日本人吗?

朋友间直接问可以

Are you from Japan? 你来自日本吗?

更自然，也少冒犯

May I ask if you're from Japan? 请问你来自日本吗?

对陌生人更客气

A Your accent sounds familiar. 你的口音听起来有点熟悉。
B Oh, really? 哦，真的吗?
A Are you from Japan? 你来自日本吗?

你说什么

别这么说 ~~You say what?~~

像逐字翻译，语序不自然，听起来很生硬。

这样说 **What did you say?** 你刚说什么?

朋友间，直接但不粗鲁

Sorry, what was that? 不好意思，刚说什么?

没听清，最常用

Could you say that again, please? 能再说一遍吗?

对陌生人或上级

A The meeting starts at eight tomorrow. 明天会议八点开始。
B Sorry, what was that? 不好意思，你刚说什么?
A Eight tomorrow morning. 明天早上八点。

能开麦吗

别这么说 ~~Can you open the wheat?~~

mic 不是 wheat，open 也不搭配麦克风。

这样说 **Can you turn on your mic?** 你能开麦吗？

朋友、游戏队友

Can you use your mic? 你能用麦说吗？

线上会议也可以

Would you mind turning on your microphone? 方便开一下麦吗？

更客气、正式

A I can't type right now. I'm driving. 我现在没法打字，在开车。
B No worries. Can you use your mic? 没事。你能用麦说吗？
A Sure, give me a second. 可以，等我一下。

我是新手

别这么说 ~~I'm a fresh hand.~~

不是常用说法，听起来像直译。

这样说 **I'm new to this.** 我刚开始接触这个。

朋友间轻松说明

I'm a beginner. 我是初学者。

通用，简单直接

I'm still learning. 我还在学习中。

委婉，适合工作场合

A Have you used this software before? 你以前用过这个软件吗？
B Not really. I'm new to this. 不太会。我刚开始接触这个。
A No worries. I'll show you the basics. 没事，我教你基础操作。

一起玩吗

别这么说 ~~Together play?~~

中文语序直译；英语里要说 Want to play together? 或 Do you want to join us?

这样说 **Wanna hang out?** 想一起出去玩吗?

朋友间约见面、逛逛

Do you want to join us? 你想加入我们吗?

邀请对方一起参加

Would you like to come with us? 您想和我们一起吗?

对不太熟的人更礼貌

A We're going to the mall after lunch. 我们午饭后要去商场。
B Sounds fun. 听起来不错。
A Do you want to join us? 你想加入我们吗?

你什么意思

别这么说 ~~What meaning are you?~~

这是中文直译，英文语法不对，别人会听不懂。

这样说 **What do you mean?** 你什么意思?

朋友间，语气看上下文

What do you mean by that? 你那话什么意思?

想问清具体一句话

Could you clarify what you mean? 能说明一下意思吗?

工作、客户、老师都可用

A I don't think this plan will work. 我觉得这个计划行不通。
B What do you mean by that? 你这话什么意思?
A The timeline is too tight. 时间安排太紧了。

我只会一点点英语

别这么说 ~~I only can speak a little English.~~

语序有点中式，only speak 更自然。

这样说 **I only speak a little English.** 我只会一点英语

朋友、同龄人都自然

I speak a little English. 我会一点英语

最常用，不显得太紧张

My English is limited. 我英语有限

对客服、老师、同事

A Do you need help with the form? 你需要帮忙填表吗?
B Yes, please. I speak a little English. 需要，谢谢。我会一点英语。
A No problem. I'll go slowly. 没问题。我会慢慢说。

听播客

别这么说 ~~I hear podcast.~~

hear 是“听见”，不是主动听；podcast 可数要加 a 或复数。

这样说 **I'm listening to a podcast.** 我在听播客。

正在听的时候说

I listen to podcasts. 我平时听播客。

说习惯或爱好

I enjoy listening to podcasts. 我喜欢听播客。

更完整、礼貌

A What are you doing? 你在干嘛?
B I'm listening to a podcast. 我在听播客。
A Oh, what's it about? 哦，讲什么的?

我听不懂中文

别这么说 ~~I can't listen understand Chinese.~~

listen和understand不能这样连用，听起来像直译。

这样说 **I don't understand Chinese.** 我听不懂中文。

朋友间也很自然

I don't understand Chinese. 我不懂中文。

最通用、安全

Sorry, I don't understand Chinese. 抱歉，我听不懂中文。

对陌生人更礼貌

A Excuse me, can you help me with this form? 不好意思，你能帮我看一下这个表吗?
B Sorry, I don't understand Chinese. 抱歉，我听不懂中文。
A No problem. I can explain it in English. 没问题。我可以用英语解释。

我得走了

别这么说 ~~I must go.~~

语气偏硬、像命令或老式台词，日常少这样说。

这样说 **I've got to go.** 我得走了。

朋友间很自然

I have to go now. 我现在得走了。

任何场合都能用

I'm afraid I need to leave. 不好意思，我得离开了。

对客户、上司更礼貌

A Do you want another coffee? 你还想再来杯咖啡吗?
B Thanks, but I've got to go. 谢谢，不过我得走了。
A No worries. See you tomorrow. 没事，明天见。

都行

别这么说 ~~All can.~~

像中文直译，英语里不这样表达“都行”。

这样说 **Either is fine.** 两个都行。

两个选择时很自然

Anything is fine. 什么都可以。

不挑，随便安排

Whatever works for you. 你方便就行。

让对方决定，客气

A Do you want coffee or tea? 你想喝咖啡还是茶?
B Either is fine. 两个都行。
A Okay, I'll make tea then. 好，那我泡茶。

你去哪了

别这么说 ~~Where you went?~~

疑问句语序不对。应说 Where did you go? 或更口语地说 Where have you been?

这样说 **Where have you been?** 你刚才去哪儿了?

熟人间，带一点关心

Where did you go? 你去哪儿了?

直接问去过哪里

May I ask where you went? 方便问你去哪了吗?

更客气，不像审问

A Hey, I called you twice. 嘿，我给你打了两次电话。
B Sorry, my phone was on silent. 不好意思，我手机静音了。
A Where have you been? 你刚才去哪儿了?

我太卡了

别这么说 ~~I'm too stuck.~~

stuck 是“被困住”，不是网络卡顿。

这样说 **I'm lagging really badly.** 我卡得不行。

游戏、语音里很自然

My connection is really laggy. 我网络真的很卡。

视频会议也能用

Sorry, my connection is a bit unstable. 不好意思，我网络不太稳。

对老师、客户、同事

A Why did you stop moving? 你怎么不动了？
B I'm lagging really badly. 我卡得不行。
A No worries. We'll wait here. 没事，我们在这等你。

扫码

别这么说 ~~Sweep the code.~~

scan 才是“扫码”；sweep 是扫地那种扫。

这样说 **Scan the QR code.** 扫一下二维码。

朋友间直接说

Please scan the QR code. 请扫二维码。

店里、柜台常用

Could you scan the QR code, please? 您能扫码吗？

对客人或陌生人

A How do I order here? 这里怎么点餐？
B Please scan the QR code on the table. 请扫桌上的二维码。
A Got it. Do I pay there too? 明白了。也在那里付款吗？

我要洗碗

别这么说 ~~I want to wash bowls.~~

wash bowls 只像“洗几个碗”，没包含盘子餐具；want to 也像表达愿望，不像说饭后要去洗碗。

这样说 **I'm going to do the dishes.** 我去洗碗了。

家里最自然的说法

I'll do the dishes. 我来洗碗吧。

主动承担这件事

I'll take care of the dishes. 碗我来处理。

更客气、稳妥

A Thanks for cooking dinner. 谢谢你做晚饭。
B No problem. I'm going to do the dishes. 没事。我去洗碗了。
A You sure? I can help. 你确定吗？我可以帮忙。

牙疼

别这么说 ~~My teeth are painful.~~

能懂，但不自然；人更常说 hurt 或 toothache。

这样说 **My tooth hurts.** 我牙疼。

最常用，像某颗牙痛

I have a toothache. 我牙疼。

通用说法，适合看牙医

I’m having some tooth pain. 我有些牙痛。

更委婉，适合说明情况

A Are you okay? You look uncomfortable. 你还好吗？你看起来不太舒服。
B My tooth hurts. I couldn’t sleep last night. 我牙疼，昨晚都没睡好。
A Do you want me to call a dentist? 要我帮你打电话给牙医吗？

请帮忙

别这么说 ~~Please help busy.~~

这是直译；busy不能这样当“忙”用。

这样说 **Can you help me out?** 你能帮我一下吗?

朋友间很自然

Could you help me with this? 你能帮我处理这个吗?

日常、工作都可用

Would you mind helping me with this? 您介意帮我一下吗?

对客户、上司更客气

A This form is all in English. I'm stuck. 这个表全是英文，我卡住了。
B Which part are you having trouble with? 哪一部分让你卡住了?
A Could you help me with this section? 你能帮我看一下这一部分吗?

你想干嘛

别这么说 ~~What do you want to dry?~~

把“干嘛”听成 dry，会变成“你想烘干什么”。

这样说 **What are you trying to do?** 你想做什么?

朋友间，带一点追问

What do you want to do? 你想做什么?

普通询问计划或选择

May I ask what you're trying to do? 请问您想做什么?

对陌生人或客户

A Why are you opening my bag? 你为什么在打开我的包?
B Relax. I'm looking for your charger. 别紧张，我在找你的充电器。
A What are you trying to do? 你到底想干嘛?

把音量调低

别这么说 ~~Adjust the volume lower.~~

像说明书，不像日常请求；turn down 更自然。

这样说 **Can you turn it down?** 你能调小点吗？

朋友家人间很自然

Could you turn the volume down? 能把音量调低吗？

清楚、适合多数场合

Would you mind lowering the volume? 介意把音量调低吗？

对陌生人或上级更客气

A Is the movie too loud? 电影声音太大了吗？
B Yeah, could you turn the volume down? 嗯，能把音量调低吗？
A Sure, is this better? 当然，这样好点吗？

已经卖掉了

别这么说 ~~It's already sold out.~~

sold out 多指商品售罄，不适合单个二手物品。

这样说 **It's already gone.** 已经没了。

朋友间，口语很自然

It's already been sold. 已经卖掉了。

最通用、最准确

I'm sorry, it's no longer available. 抱歉，已经没有了。

对客户或陌生人

A Hi, is the bike still available? 你好，那辆自行车还在吗？
B Sorry, it's already been sold. 不好意思，已经卖掉了。
A No worries. Thanks for letting me know. 没关系，谢谢你告诉我。

脱衣服

别这么说 ~~Take off your clothes.~~

太像“脱光衣服”，除非真的是全身换衣或体检。

这样说 **Take your jacket off.** 把外套脱了吧

朋友间，很自然

You can take off your coat. 你可以脱外套

到室内、看医生等

Would you like to take your coat off? 您要脱外套吗

对客人很礼貌

A Come in! It's warm inside. 进来吧！里面很暖和。
B Thanks. My coat is wet. 谢谢。我的外套湿了。
A You can take off your coat. 你可以把外套脱了。

脱鞋

别这么说 ~~Put off your shoes.~~

put off 是“推迟”，脱鞋要说 take off 或 remove。

这样说 **Take your shoes off.** 把鞋脱了吧。

家人朋友之间很自然

Please take off your shoes. 请把鞋脱下来。

家里、瑜伽课、诊所都可用

Would you mind taking off your shoes? 您介意脱鞋吗?

对客人更委婉

A Is it okay if I come in? 我可以进来吗?
B Sure. Please take off your shoes. 当然。请把鞋脱下来。
A No problem. Should I leave them here? 没问题。我放这儿吗?

我想想办法

别这么说 ~~I think of a way.~~

不太自然；表示“我来想办法”要说 I'll try to figure something out 或 I'll see what I can do。

这样说 **I'll see what I can do.** 我看看能怎么帮

最自然，带点帮忙感

I'll try to figure something out. 我想办法解决

适合一般问题

Let me see what I can do. 我看看能否处理

对客户、上司更稳

A Can you still get us tickets? 你还能帮我们弄到票吗?
B I'll see what I can do. 我看看能怎么帮。
A Thanks. Even one ticket would help. 谢谢，一张也行。

离我远点

别这么说 ~~Leave me far away.~~

这是直译，意思不对，像“把我留在远处”。

这样说 **Back off.** 离远点。

直接，有点冲

Please give me some space. 请给我点空间。

最安全、自然

Could you please step back a little? 能请你退后点吗?

对陌生人更礼貌

A You're standing really close. 你站得有点太近了。
B Oh, sorry. 哦，不好意思。
A Could you please step back a little? 能请你退后点吗?

你能看懂中文吗

别这么说 ~~Can you see Chinese?~~

see 是“看见”，不是“看懂内容”。

这样说 **Can you read Chinese?** 你能读中文吗?

朋友间自然问法

Do you understand Chinese? 你懂中文吗?

可问听说读都行

Are you able to read Chinese? 您能看中文吗?

更客气、正式一点

A I found the instructions, but they're in Chinese. 我找到说明了，但它是中文的。
B Can you read Chinese? 你能读中文吗?
A A little. I can understand the main idea. 一点点。我能看懂大概意思。

我能帮助你吗

别这么说 ~~Can I help you anything?~~

少了 with。要说 Can I help you with anything?；日常更自然的是 Can I help? 或 Do you need any help?

这样说 **Can I help?** 我能帮忙吗?

朋友同事间很自然

Do you need any help? 你需要帮忙吗?

日常最稳妥

Is there anything I can do to help? 有什么我能帮的吗?

对客户、上司更体贴

A This box is heavier than I thought. 这个箱子比我想的重。
B Do you need any help? 你需要帮忙吗?
A Yes, could you grab that side? 好，你能扶那一边吗?

我在这

别这么说 ~~I am at here.~~

here 前不用 at，直接说 I'm here。

这样说 **I'm over here.** 我在这边

朋友找你时很自然

I'm here. 我在这里

最通用，简单直接

I'm right here. 我就在这里

帮对方找你时更清楚

A I can't see you. Where are you? 我看不到你。你在哪?
B I'm over here, by the coffee shop. 我在这边，咖啡店旁边。
A Oh, I see you now. 哦，我现在看到你了。

时间到了

别这么说 ~~The time has arrived.~~

太书面，像翻译腔；日常不这样提醒别人。

这样说 **Time's up.** 时间到。

游戏、练习、倒计时结束

It's time. 到时间了。

提醒该出发或开始了

I'm afraid we're out of time. 恐怕时间到了。

会议、客户、课堂更委婉

A Can I have five more minutes? 我能再要五分钟吗?
B Sorry, time's up. 不好意思，时间到了。
A Okay, I'll hand it in now. 好，我现在交。

不需要

别这么说 ~~No need it.~~

少了主语或结构，听起来像中式英语。

这样说 **No need.** 不用了。

朋友间，简短自然

You don't need to. 你不用这样做。

告诉对方没必要

That's not necessary, thank you. 不用了，谢谢。

拒绝帮助或服务

A Do you want me to print this for you? 要我帮你打印这个吗？
B That's not necessary, thank you. 不用了，谢谢。
A Are you sure? It only takes a minute. 确定吗？只要一分钟。

你的外卖到了

别这么说 ~~Your takeout is arrived.~~

is arrived 语法不对；自然说 Your food's here 或 Your delivery has arrived。

这样说 **Your food's here.** 你的吃的到了。

家人朋友最自然

Your delivery is here. 你的外卖到了。

外卖、包裹都能用

Your food delivery has arrived. 您的外卖已送到。

更正式、适合通知

A Did the doorbell just ring? 刚才门铃响了吗？
B Yeah, your food's here. 嗯，你的外卖到了。
A Great, can you grab it? 太好了，你能去拿一下吗？

没必要

别这么说 ~~No necessary.~~

少了 be 动词，英语里不这样说。

这样说 **No need.** 不用啦。

朋友间，短而自然

You don't have to. 你不用这样。

劝对方不用做

That's not necessary. 那没必要。

更客气、正式一点

A I can drive across town to drop it off. 我可以开车穿城给你送过去。
B No need. I can pick it up tomorrow. 不用啦。我明天可以去拿。
A Are you sure? 你确定吗？

我需要

别这么说 ~~I am need~~

need 作动词时不加 am，应说 I need。

这样说 **I need it.** 我需要它。

朋友间接着上文说

I need some help. 我需要点帮助。

最常用，清楚自然

I'd like some assistance, please. 我想请您帮忙。

对客服、工作人员

A Are you okay with the form? 这个表格你填得顺利吗？
B Not really. I need some help. 不太顺利。我需要点帮助。
A Sure. Which part is confusing? 当然。哪一部分不明白？

我马上来

别这么说 ~~I immediately come.~~

像直译，时态和搭配都不自然。

这样说 **I'm coming.** 我这就来。

朋友家人叫你时

I'll be right there. 我马上到。

最通用、自然

I'll be with you shortly. 我马上来帮您。

对客人或客户

A Can you help me with this box? 你能帮我搬这个箱子吗?
B Sure, I'll be right there. 当然，我马上来。
A Thanks! It's pretty heavy. 谢谢！它挺重的。

举起手来

别这么说 ~~Lift your hands up.~~

能懂，但不像口头指令；课堂一般说 raise your hand。

这样说 **Hands up!** 手举起来！

游戏、玩笑口气，也可用于命令

Raise your hand. 请举手。

课堂、会议最常用

Could you raise your hand, please? 可以请你举手吗?

对陌生人或正式场合

A How should we vote on this? 这件事我们怎么投票?
B Raise your hand if you agree. 同意的人请举手。
A Okay, I see six hands. 好，我看到六个人举手。

我可以

别这么说 ~~I may?~~

单独这样问不自然。问允许通常说 May I? 或 Can I?

这样说 **Can I?** 我可以吗?

朋友间，接前文用

Can I do it? 我能来做吗?

主动提出做某事

May I? 我可以吗?

更礼貌，问允许

A We need someone to take photos today. 今天需要有人拍照。
B Can I do it? 我能来做吗?
A Sure. Do you have your camera? 当然。你带相机了吗?

就这样

别这么说 ~~Just like this.~~

只表示“像这样”，不能自然表达“就这样定了”

这样说 **Let's leave it at that.** 就先这样吧。

朋友间结束话题

Let's do it this way. 就按这样办。

决定做法时

That sounds good to me. 我觉得这样可以。

礼貌表示同意

A Should we meet at the station at nine? 我们九点在车站见吗?
B Yes, let's do that. 可以，就这么办。
A Great, I'll book the tickets tonight. 好，我今晚订票。

就在刚刚

别这么说 ~~Just at just now.~~

逐字翻译不自然；just now 已经表示刚刚。

这样说 **Just now.** 就在刚刚。

朋友间补充时间

It just happened. 它刚刚发生。

说明事情刚发生

It happened just a moment ago. 刚刚才发生。

更完整、较正式

A Did you hear that noise? 你听到那个声音了吗?
B Yes, it just happened. 听到了，就是刚刚发生的。
A Was it outside? 是在外面吗?

就我一个

别这么说 ~~Only me one.~~

中式直译，英文语序不对，听起来不自然。

这样说 **It's just me.** 就我一个。

朋友间，很自然

I'm the only one. 我是唯一一个。

强调没有别人

It's only me here. 这里就我一个。

跟陌生人说明情况

A Did anyone else come with you? 还有别人跟你一起来吗?
B No, it's just me. 没有，就我一个。
A Okay, this table is fine then. 好，那这张桌子就可以。

为什么这么问

别这么说 ~~Why ask so?~~

不自然，像直译；英语通常说 Why do you ask?

这样说 **What makes you ask?** 你怎么想到问这个?

朋友间，语气轻松

Why do you ask? 你为什么问这个?

最常用，语气看上下文

May I ask why you're asking? 我能问问原因吗?

更客气，适合工作场合

A Do you still keep in touch with your old boss? 你还跟以前的老板联系吗?
B Why do you ask? 你为什么问这个?
A My company is hiring, and I wondered if you knew anyone. 我公司在招人，想问你认不认识人。

我想喝水

别这么说 ~~I want to drink water.~~

语法对，但像说明生活习惯，不像当下要水。

这样说 **I want some water.** 我想喝点水。

熟人间很自然

I'd like some water. 我想要点水。

通用、比want柔和

Could I have some water, please? 可以给我点水吗?

对服务员或陌生人

A You look tired. Are you okay? 你看起来有点累。还好吗?
B I'm just thirsty. I'd like some water. 我就是口渴。想喝点水。
A Sure, I'll get you a glass. 当然，我去给你倒一杯。

我想拉屎

别这么说 ~~I want to shit.~~

shit很粗鲁，want也不像自然表达

这样说 **I need to poop.** 我想拉粑粑。

只跟熟人或孩子说

I need to use the bathroom. 我得去洗手间。

最安全、最常用

Excuse me, I need to use the restroom. 不好意思，我去下洗手间。

对陌生人或上级

A Are you coming back to the table? 你还回餐桌吗?
B Yeah, I just need to use the bathroom. 回，我去下洗手间。
A No worries. I'll wait here. 没事，我在这儿等你。

进不去

别这么说 ~~I can't enter.~~

语法没错，但口语里听起来偏书面，像翻译句。

这样说 **I can't get in.** 我进不去。

门、房间、账号都可用

I can't access it. 我访问不了。

网站、文件、系统

I'm not able to get in. 我现在无法进入。

更客气、适合求助

A Are you in the meeting room yet? 你进会议室了吗?
B No, I can't get in. 还没，我进不去。
A Try the code I sent you. 试试我发你的密码。

进来

别这么说 ~~Enter.~~

像命令或按钮文字，日常对人说太生硬。

这样说 **Come in.** 进来吧。

朋友、家人都能用

Come on in. 快进来吧。

更热情、更自然

Please come in. 请进。

对客人、上司更礼貌

A Sorry, am I too early? 不好意思，我来早了吗?
B No, you're fine. Come on in. 没有，没事。快进来吧。
A Thanks. Should I take off my shoes? 谢谢。我要脱鞋吗?

给我

别这么说 ~~Give me.~~

后面少了东西，听起来像命令，比较冲。

这样说 **Give it to me.** 把它给我。

熟人之间，稍直接

Can I have it? 可以给我吗?

更自然，不命令人

Could you give it to me, please? 能请你给我吗?

对陌生人或上级

A Is this your charger? 这是你的充电器吗?
B Yes, can I have it? 是的，可以给我吗?
A Sure. Here you go. 当然。给你。

我很饿

别这么说 ~~I'm hunger.~~

hunger 是名词，不能这样用。要说 I'm hungry。

这样说 **I'm starving.** 我饿坏了。

朋友间很自然

I'm really hungry. 我真的很饿。

任何场合都能用

I'm quite hungry. 我挺饿的。

语气更克制

A Do you want to get dinner now? 你想现在去吃晚饭吗？
B Yes, I'm starving. 想，我饿坏了。
A Pizza or noodles? 披萨还是面条？

我同意

别这么说 ~~I am agree.~~

agree 是动词，不能说 am agree。要说 I agree。

这样说 **Yeah, I'm with you.** 嗯，我同意你。

朋友聊天，很自然

I agree. 我同意。

最通用、最安全

I agree with you. 我同意您的看法。

更明确，也更礼貌

A Should we leave a bit earlier tomorrow? 我们明天早点出发好吗？
B I agree. Traffic is usually bad in the morning. 我同意。早上通常很堵。
A Great, let's meet at eight. 好，那我们八点见。

我不同意

别这么说 ~~I am not agree.~~

agree 是动词，不能说 am agree。

这样说 **I don't agree.** 我不同意。

直接，适合熟人讨论

I see it differently. 我看法不一样。

更柔和，不容易顶撞

I'm afraid I don't quite agree. 恐怕我不太同意。

对上司客户更稳妥

A Should we cancel the trip because of the rain? 因为下雨，我们要取消旅行吗？
B I see it differently. It may stop by noon. 我看法不一样。中午前可能会停。
A Okay, let's check the weather again later. 好，那我们晚点再看天气。

我回来了

别这么说 ~~I came back.~~

像在讲过去经历，不像进门时打招呼。

这样说 **I'm back!** 我回来了！

朋友家人间最自然

I'm home. 我到家了。

回到自己家时用

I've just got back. 我刚回来。

向同事上级说明

A Hey, where are you? 嘿，你在哪儿？
B I'm home. Did the package arrive? 我到家了。包裹到了吗？
A Yes, it's by the door. 到了，在门边。

感冒了

别这么说 ~~I am cold.~~

I am cold 是“我觉得冷”，不是“我感冒了”。感冒要说 I have a cold。

这样说 **I have a cold.** 我感冒了。

朋友间最常用

I've got a cold. 我感冒了。

英式英语很常见，美式英语也自然

I'm sorry, but I'm not feeling well today. 不好意思，我今天不太舒服。

请假或改约时用，语气委婉

A Are you coming to dinner tonight? 你今晚来吃饭吗?
B Sorry, I have a cold. 抱歉，我感冒了。
A Oh no. Get some rest. 哎呀，那你好好休息。

我饿了

别这么说 ~~My stomach is hungry.~~

英语一般说人 hungry，不说 stomach hungry。

这样说 **I'm hungry.** 我饿了。

最直接，朋友家人都行

I'm getting hungry. 我有点饿了。

语气更轻，不太突然

I could use something to eat. 我想吃点东西。

委婉，适合不太熟的人

A Do you want to keep shopping? 你还想继续逛吗?
B Maybe later. I'm getting hungry. 等会儿吧。我有点饿了。
A Same. Let's find a café. 我也是。找个咖啡店吧。

生病了

别这么说 ~~I have sick.~~

sick 是形容词，不能这样当名词用。

这样说 **I'm sick.** 我生病了。

朋友间直接说

I'm not feeling well. 我不太舒服。

最安全、最常用

I'm afraid I'm unwell. 恐怕我身体不适。

请假或跟客户说

A You look tired. Are you okay? 你看起来很累。还好吗？
B I'm not feeling well. 我不太舒服。
A Do you want to go home? 你想回家吗？

你会中文吗

别这么说 ~~Can you Chinese?~~

Chinese 前少了 speak，听起来像句子没说完。

这样说 **You speak Chinese?** 你会说中文吗？

朋友间很随意

Do you speak Chinese? 你会说中文吗？

最常用，安全

Do you happen to speak Chinese? 请问你会中文吗？

更客气，像请求帮助

A Sorry, my English is not great. 不好意思，我英语不太好。
B No worries. Do you speak Chinese? 没事。你会说中文吗？
A Yes, a little. 会一点点。

你知道吗

别这么说 ~~You know?~~

更像“你懂吧？”不是在问“你知道吗？”

这样说 **Guess what?** 你猜怎么着？

朋友间引出新消息

Did you know? 你知道吗？

引出一个事实或消息

Do you happen to know about this? 请问您了解这件事吗？

礼貌询问对方是否了解某事

A You look excited. What happened? 你看起来很兴奋，怎么了？
B Guess what? I got the internship! 你猜怎么着？我拿到实习了！
A No way! That's amazing. 不会吧！太棒了。

那是什么

别这么说 ~~That is what?~~

语序像中文，英语疑问句要把 what 放前面。

这样说 **What's that?** 那是什么？

朋友间最常用

What is that? 那是什么？

更清楚、稍正式

Could you tell me what that is? 能告诉我那是什么吗？

问陌生人或店员

A Look over there by the window. 你看窗边那儿。
B What's that? 那是什么？
A It's a little robot vacuum. 是一个小扫地机器人。

还没有

别这么说 ~~Still not have.~~

英语不能这样拼；still not have 听起来不自然。

这样说 **Not yet.** 还没有。

最常用，回答问题

I haven't yet. 我还没做。

省略了前面提到的事

I haven't had a chance yet. 我还没来得及。

更委婉，适合工作

A Have you booked the hotel? 你订酒店了吗?
B Not yet. I'll do it tonight. 还没有。我今晚订。
A Okay, prices may go up soon. 好，价格可能快涨了。

别叫

别这么说 ~~Don't shout me.~~

shout 是“大声喊”，不是“称呼我”。

这样说 **Don't call me that.** 别那样叫我。

朋友间直接说

Please don't call me that. 请别那样叫我。

更稳妥，不太冲

I'd rather you didn't call me that. 我希望你别那样叫我。

委婉但表达清楚

A Hey, little boss, can you check this? 嘿，小老板，能看一下这个吗?
B Please don't call me that. 请别那样叫我。
A Oh, sorry. What should I call you? 哦，抱歉。那我该怎么叫你?

好了没

别这么说 ~~Good yet?~~

按中文直译，英文里听起来不自然，也不清楚。

这样说 **Are you done?** 你弄好了吗?

朋友间直接问进度

Is it ready? 准备好了吗?

问东西或安排是否好了

Are you ready? 您准备好了吗?

对人问，语气更柔和

A The taxi is downstairs. 出租车在楼下了。
B Are you ready? 你准备好了吗?
A Almost. I just need my jacket. 快了，我拿一下外套。

不行

别这么说 ~~Not good.~~

多指质量不好，不等于“不可以/做不到”。

这样说 **No way.** 不可能，不行。

朋友间，语气较强

I can't. 我做不到。

说自己不能做

I'm afraid I can't. 恐怕我不行。

礼貌拒绝请求

A Can you cover my shift tonight? 你今晚能帮我代班吗?
B I'm afraid I can't. I have a family dinner. 恐怕不行。我有家庭聚餐。
A No worries. I'll ask Jenny. 没事。我去问 Jenny。

好

别这么说 ~~Good.~~

Good 常夸“好/不错”，不等于答应“好”。

这样说 **Okay.** 好，行。

朋友间最常用

Sure. 可以，没问题。

自然答应请求

Yes, that works for me. 可以，我这边行。

确认安排很礼貌

A Can we meet at ten tomorrow? 我们明天十点见可以吗？
B Yes, that works for me. 可以，我这边行。
A Great. I'll send you the address. 太好了。我把地址发给你。

好哇

别这么说 ~~Good wow.~~

逐字翻译很奇怪，听不出是在答应。

这样说 **Sure!** 当然可以！

朋友间爽快答应

Sounds good. 听起来不错。

约时间、定计划常用

That works for me. 我这边可以。

对同事客户更稳妥

A Do you want to grab coffee after class? 下课后想去喝咖啡吗？
B Sure! There's a nice place nearby. 好哇！附近有家不错的店。
A Great, let's go at three. 太好了，我们三点去。

好吃

别这么说 ~~It is good to eat.~~

听起来像“适合吃”，不是在夸好吃。

这样说 **This is so good.** 这个太好吃了。

朋友间自然夸饭菜

It tastes great. 味道很不错。

通用，夸味道

This is delicious. 这道很好吃。

对主人或店员很合适

A How do you like the dumplings? 你觉得饺子怎么样?
B They're delicious. 很好吃。
A Really? My mom made them. 真的吗？我妈妈做的。

一点点

别这么说 ~~a little little~~

英文不这样叠词；听起来像直译，不自然。

这样说 **Just a little.** 就一点点。

朋友间最自然

A little bit. 一点点。

回答数量或程度

Just a small amount, please. 请少放一点。

点餐、购物时用

A Do you want sugar in your coffee? 你咖啡里要加糖吗?
B Yes, just a little. 要，就一点点。
A Like half a spoon? 半勺这样?

明白

别这么说 ~~I know.~~

常像“我早知道了”，可能显得不耐烦。

这样说 **Got it.** 懂了，收到

朋友同事间很自然

I understand. 我明白了

任何场合都稳妥

I see what you mean. 我懂你的意思

显得认真在听

A Please send the report before five. 请五点前把报告发给我。
B Got it. I'll send it this afternoon. 收到。我下午发。
A Thanks. Let me know if you need anything. 谢谢。需要什么跟我说。

你在哪里

别这么说 ~~Where you are?~~

直接问句要用 Where are you?；Where you are 只能放在从句里，如 I know where you are.

这样说 **Where are you?** 你在哪儿?

朋友家人最常用

Where are you now? 你现在在哪里?

确认当前位置

May I ask where you are? 请问您在哪里?

对客人或不熟的人

A Where are you now? 你现在在哪里?
B I'm at the station entrance. 我在车站入口。
A Near the coffee shop, next to Gate 2? 在咖啡店旁边，2号门附近吗?

你先还是我先

别这么说 ~~You first or I first?~~

能懂，但少了助动词，听起来像中式英语。

这样说 **Do you want to go first, or should I?** 你先来，还是我先?

朋友间很自然

Would you like to go first, or shall I? 你先，还是我先?

通用，语气温和

Would you prefer to go first? 您想先来吗?

给对方优先权

A We both need to present today. 我们今天都要做展示。
B Yeah. Would you like to go first, or shall I? 嗯。你先来，还是我先?
A Could you go first? I need two more minutes. 你能先来吗？我还需要两分钟。

我先不玩了

别这么说 ~~I first don't play.~~

按中文直译，英文语序和意思都不自然。

这样说 **I'm going to sit this one out.** 这轮我先不参加了。

朋友玩游戏或活动时

I'll pass for now. 我这次先不了。

任何轻松场合都能用

I'll step away for now. 我先离开一下。

对不熟的人更稳妥

A Another round? We need one more player. 再来一局吗？我们还差一个人。
B I'll pass for now. You guys go ahead. 我这次先不了。你们先玩吧。
A No worries. Join us later if you want. 没事。想玩的话等会儿再来。

我先下了

别这么说 ~~I go down first.~~

这是直译，英语里不像“下线/下了”的意思。

这样说 **I’m gonna hop off now.** 我先下了。

朋友聊天、打游戏

I’m going to log off now. 我现在下线了。

线上聊天或系统

I’ll sign off now. 我先退出了。

会议、客户、同事

A Are you staying for another game? 你还再打一局吗?
B No, I’m gonna hop off now. 不了，我先下了。
A Cool. See you tomorrow! 好，明天见！

跟我走

别这么说 ~~Go with me.~~

常像“陪我去”，不太像“跟着我走”

这样说 **Come with me.** 跟我来。

朋友、家人最自然

Follow me. 跟着我。

带路或指引路线

Please come this way. 请这边走。

服务、接待很合适

A Where's the meeting room? 会议室在哪儿?
B Follow me. It's just down the hall. 跟我来，就在走廊那边。
A Thanks, I always get lost here. 谢谢，我在这儿老迷路。

几点走

别这么说 ~~What time go?~~

少了主语和动词，听起来像没说完整。

这样说 **What time are you leaving?** 你几点走？

问朋友出发时间

What time do we leave? 我们几点走？

一起出发时用

What time should we leave? 我们几点出发合适？

更客气，像在商量

A The movie starts at seven thirty. 电影七点半开始。
B Okay. What time should we leave? 好，那我们几点出发合适？
A Maybe around six forty-five. 大概六点四十五吧。

买得起

别这么说 ~~I can buy it.~~

只表示“能买到/会买”，不一定说明钱够。

这样说 **I can afford it.** 我买得起。

朋友间直接说

It’s within my budget. 在我预算内。

更自然地谈预算

I can manage the cost. 这个费用我能承担。

对客户或上级

A That jacket looks great, but it’s pricey. 那件夹克很好看，但挺贵的。
B Yeah, but it’s within my budget. 是啊，不过在我预算内。
A Are you going to get it? 你要买吗？

对我来说很简单

别这么说 ~~For me, it is very simple.~~

语法能懂，但偏中式，听起来有点硬或自夸。

这样说 **I can do that easily.** 我做这个很轻松

朋友间，自然不显摆

It's easy for me. 这对我来说简单

直接说明难度

That should be straightforward for me. 这对我应该不难

对上级客户更稳妥

A Can you make a short video for the meeting? 你能为会议做个短视频吗？
B Sure. I can do that easily. 当然，我做这个很轻松。
A Great. We need it by Friday. 太好了。我们周五前要。

我也是

别这么说 ~~Ialso.~~

单独说不完整，像中式直译；后面通常要接动词或内容。

这样说 **Me too.** 我也是。

朋友间最自然

Same here. 我也一样。

轻松地表示相同

I feel the same way. 我也有同感。

更完整、更稳妥

A I'm really tired after that meeting. 那个会开完我真的好累。
B Me too. Let's get some coffee. 我也是。我们去买杯咖啡吧。
A Good idea. I need a break. 好主意。我需要休息一下。

我也这样认为

别这么说 ~~I also think so.~~

语法可以，但日常口语里有点硬，不如 I think so too。

这样说 **Yeah, I think so too.** 嗯，我也这么想。

朋友聊天最自然

I agree. 我同意。

简单直接，哪里都能用

I feel the same way. 我也有同感。

更柔和，适合正式场合

A I think we should leave earlier tomorrow. 我觉得我们明天应该早点走。
B Yeah, I think so too. 嗯，我也这么想。
A Traffic was terrible this morning. 今天早上堵车太严重了。

快一点

别这么说 ~~Quickly a little.~~

像把中文逐字翻译了，英语里不这样催人。

这样说 **Hurry up.** 快点。

朋友间直接催

Can you be a bit quicker? 能快一点吗?

语气比较软

Could you please hurry a little? 麻烦您稍快一点。

对陌生人或服务人员

A Are you ready yet? 你准备好了吗?
B Almost. I just need my keys. 快好了。我拿下钥匙。
A Can you be a bit quicker? The taxi's here. 能快一点吗？出租车到了。

我们俩

别这么说 ~~we two~~

能懂但不自然，日常更常说 the two of us。

这样说 **just us two** 就我们俩

很口语，熟人之间自然

the two of us 我们两个人

最通用，可作主语或宾语的一部分

the two of us 我们两位 / 我们俩

礼貌程度主要靠整句表达，比如 The two of us would like to...

A Are more people coming tonight? 今晚还有别人来吗?
B No, just the two of us. 没有，就我们俩。
A Great, then I'll book a small table. 好，那我订个小桌。

我听不懂你说的话

别这么说 ~~I can't understand your words.~~

能懂但不自然，像在评价对方“说话有问题”。

这样说 **I don't get what you're saying.** 我没懂你在说什么。

朋友间，比较直接

I don't understand what you mean. 我不明白你的意思。

最通用、自然

Sorry, I don't quite understand. 不好意思，我没太懂。

对陌生人或上级

A So we need to move the deadline up by two days. 所以我们要把截止日期提前两天。
B Sorry, I don't quite understand. 不好意思，我没太懂。
A No problem. I mean Friday, not next Monday. 没事。我是说周五，不是下周一。

试一试

别这么说 ~~Try one try.~~

按中文直译，英语里不这样说。

这样说 **Give it a try.** 试试看吧。

朋友间鼓励对方试

Try it. 试一下。

最直接，任何场合

Would you like to try it? 您想试一下吗？

店员或礼貌询问

A This jacket looks nice, but I'm not sure. 这件夹克挺好看，但我不确定。
B Try it. The fitting room is over there. 试一下吧。试衣间在那边。
A Okay, I'll see how it looks. 好，我看看穿起来怎么样。

让我试一试

别这么说 ~~Let me try a try.~~

try 不能这样重复；直接说 Let me try。

这样说 **Let me try.** 让我试试。

朋友间最自然

Can I try? 我可以试试吗？

先征求对方同意

May I give it a try? 我能试一下吗？

对陌生人或上级

A This app won't let me log in. 这个应用不让我登录。
B Let me try. 让我试试。
A Sure, here's my phone. 好，手机给你。

你的电话号码是多少

别这么说 ~~How much is your telephone number?~~

how much 问价格，不问号码。telephone 也偏正式老派。

这样说 **What's your number?** 你号码多少?

熟人、朋友间很自然

What's your phone number? 你的电话多少?

清楚直接，日常通用

Could I have your phone number? 可以给我电话吗?

更客气，适合陌生人

A I'll send you the address later. 我晚点把地址发你。
B Sure. What's your phone number? 好的。你的电话多少?
A It's 555-0189. 是 555-0189。

需要多少

别这么说 ~~Need how much?~~

英文语序不自然；疑问句要用 How much do you need?

这样说 **How much do you need?** 你需要多少?

问钱、时间、量都可以

How many do you need? 你需要几个?

问可数的东西

How much would you need? 您大概需要多少?

更委婉，适合客户

A Can you print these for the meeting? 你能把这些打印出来开会用吗?
B Sure. How many do you need? 可以。你需要几份?
A Ten copies, please. 请打印十份。

现在的比分是多少

别这么说 ~~How much is the score now?~~

score不是价格，不能用how much问。

这样说 **What's the score now?** 现在比分多少?

朋友间看比赛

What's the score? 比分多少?

最自然通用

Could you tell me the score? 能告诉我比分吗?

问陌生人更客气

A I just got here. Did I miss anything? 我刚到，错过什么了吗?
B Not much. It's been quiet so far. 没什么。到现在都挺平静的。
A What's the score? 比分多少?

太少了

别这么说 ~~Too less.~~

英语里不用 too less；little 或 few 要看名词。

这样说 **That's too little.** 那太少了。

朋友间直接说不够

That's not enough. 那不够。

最常用，场景很广

I'm afraid that's not enough. 恐怕这不够。

委婉对客户或上级

A Can we finish it with two people? 两个人能做完吗?
B I'm afraid that's not enough. 恐怕不够。
A How many do we need? 我们需要多少人?

试一下

别这么说 ~~Try a try.~~

英语不这样重复说，直接说 try it 或 give it a try。

这样说 **Give it a try.** 试试看。

朋友间很自然

Let me try it. 我来试一下。

自己想试时用

Could I try it? 我可以试试吗?

问店员或陌生人

A This app can remove the background. 这个 app 可以去背景。
B Really? Let me try it. 真的吗？我试一下。
A Sure. Upload a photo here. 可以。在这里上传照片。

等一会儿

别这么说 ~~Wait a while.~~

听起来像要等很久，不像“稍等一下”。

这样说 **Hang on a second.** 等一下哈。

朋友间很自然

Just a moment. 请稍等一下。

通用、简短

Could you wait a moment, please? 您能稍等吗?

对客户或陌生人

A Are you ready to order? 您准备好点餐了吗?
B Just a moment, please. 请稍等一下。
A No problem. Take your time. 没问题，慢慢来。

发烧

别这么说 ~~I am fever.~~

fever 是名词，不能直接说 am fever。

这样说 **I have a fever.** 我发烧了。

跟朋友说自己不舒服

I've got a fever. 我发烧了。

英美都能懂，口语自然

I'm running a fever. 我在发烧。

对医生或上司也自然

A You look really tired. Are you okay? 你看起来很累。还好吗?
B I've got a fever and a sore throat. 我发烧了，还嗓子疼。
A Do you want me to call a doctor? 要我帮你叫医生吗?

我也喜欢它

别这么说 ~~Hike too it.~~

too 表示"也"通常放句尾：I like it too。

这样说 **I like it too.** 我也喜欢它。

朋友聊天最自然

I like it as well. 我也挺喜欢。

稍微更完整

I like it too, actually. 其实我也喜欢。

语气柔和，不突兀

A I really like this song. 我真的很喜欢这首歌。
B Yeah, I like it too. 嗯，我也喜欢。
A It's so relaxing. 听起来很放松。

你真没素质

别这么说 ~~You have no quality.~~

quality不这样形容人，听起来像机器翻译

这样说 **That was really rude.** 那样真的很没礼貌

对朋友或同龄人直说

That was inappropriate. 那样不太合适

更克制，适合多数场合

Please be respectful. 请尊重一点

提醒陌生人或同事

A Excuse me, you just cut in line. 不好意思，你刚才插队了。
B Oh, sorry. I didn't realize. 哦，抱歉。我没注意。
A That was really rude. Please don't do that. 那样真的很没礼貌。请别这样做。

是的，我很喜欢它

别这么说 ~~Yes, I very like it.~~

very 不能直接修饰 like；要说 really like。

这样说 **Yeah, I really like it.** 嗯，我真的很喜欢。

朋友间最自然

Yes, I like it a lot. 是的，我很喜欢。

通用、清楚

Yes, I really like it, thank you. 是的，很喜欢，谢谢。

对服务、礼物更礼貌

A Do you like the new apartment? 你喜欢这个新公寓吗?
B Yes, I like it a lot. 是的，我很喜欢。
A Great. The kitchen is bigger too. 太好了。厨房也更大。

想和你聊聊

别这么说 ~~I want to talk you.~~

talk 后面接人通常要加 to/with；应说 I want to talk to you 或 I'd like to talk with you.

这样说 **Can we talk?** 我们能聊聊吗?

朋友间，可能有点认真

I'd like to talk with you. 我想和你谈谈。

清楚直接，适合多数场合

Could we have a quick chat? 能简短聊一下吗?

对同事、上司更柔和

A Hey, are you free after lunch? 嘿，你午饭后有空吗?
B Yes, why? 有，怎么了?
A I'd like to talk with you. 我想和你谈谈。

聊聊天

别这么说 ~~Let's chat chat.~~

English 不重复 chat；听起来像直译。

这样说 **Let's chat.** 咱们聊聊吧。

朋友间轻松开口

Can we talk for a bit? 我们能聊会儿吗?

可轻松也可认真

Could we have a quick chat? 能简短聊一下吗?

同事、客户、上级

A You seem quiet today. Everything okay? 你今天有点安静。还好吗?
B Yeah, I'm okay. Can we talk for a bit? 还好。我们能聊会儿吗?
A Of course. Want to get coffee? 当然。要不要去喝咖啡?

聊八卦

别这么说 ~~Let's talk about gossips.~~

gossip 作“八卦消息”时通常不可数，不说 gossips；可说 gossip 或 the latest gossip。

这样说 **Let's gossip.** 来聊点八卦吧。

朋友间，轻松直接

Let's chat about the latest gossip. 聊聊最近的八卦吧。

语气不太尖锐

Let's catch up on what's been going on. 聊聊最近的事吧。

更得体，不显得八卦

A You look like you know something. 你看起来像知道点什么。
B Maybe. Let's gossip after lunch. 也许吧。午饭后聊八卦。
A Deal. I need the full story. 说定了。我得听完整版。

来找我

别这么说 ~~Come to find me.~~

语法不太自然；口语通常说 come find me。

这样说 **Come find me.** 过来找我。

朋友间很自然

Come see me. 来见我吧。

更像约见面

Please come and see me. 请过来见我。

对长辈或客人

A Where should I go after class? 下课后我该去哪儿？
B Come find me by the library. 来图书馆旁边找我。
A Okay, around three? 好，三点左右？

请

别这么说 ~~Please you help me.~~

please 不能直接放在 you 前面当“请你”。

这样说 **Please.** 请。

补在请求后更自然

Could you please help me? 你能帮我一下吗?

一般请求，很安全

Would you mind helping me? 您介意帮我一下吗?

更客气、委婉

A Excuse me, is this seat taken? 不好意思，这个座位有人吗?
B No, please have a seat. 没有，请坐。
A Thanks, that's kind of you. 谢谢，你真好。

他长什么样

别这么说 ~~How does he look like?~~

混用了 how 和 look like；要说 What does he look like?

这样说 **What's he look like?** 他长什么样?

朋友间，美式口语

What does he look like? 他长什么样?

最通用、最安全

Could you describe what he looks like? 您能描述他的长相吗?

更礼貌，适合问陌生人

A I'm meeting your brother at the station. What does he look like? 我要去车站接你哥哥。他长什么样?
B He's tall, with short black hair and glasses. 他很高，短黑发，戴眼镜。
A Great, that helps. I'll look for him near the exit. 太好了，这有帮助。我会在出口附近找他。

你觉得怎么样

别这么说 ~~How do you think?~~

像在问“你怎么思考”，不是问意见。

这样说 **What do you think?** 你觉得呢?

朋友间最常用

How do you feel about it? 你对这事感觉如何?

问感受和态度

What are your thoughts? 您有什么想法?

工作或较正式

A I found a new apartment near the station. 我找到一套车站附近的新公寓。
B Nice. How does it look? 不错。看起来怎么样?
A Small, but bright and quiet. 有点小，但明亮安静。

今天星期几

别这么说 ~~Today is week what?~~

按中文硬翻，英语语序和用词都不对。

这样说 **What day is it today?** 今天星期几?

朋友间最自然

What day is it? 今天星期几?

上下文清楚时用

Could you tell me what day it is today? 能告诉我今天星期几吗?

问陌生人或同事

A I think the meeting is tomorrow. 我记得会议是明天。
B Wait, what day is it today? 等等，今天星期几?
A It's Thursday. 今天星期四。

生病

别这么说 ~~My body is uncomfortable.~~

像直译，英文通常说 not feeling well。

这样说 **I'm sick.** 我生病了。

朋友间直接说

I'm not feeling well. 我不太舒服。

最常用、很自然

I'm feeling unwell. 我身体不适。

邮件或对上级

A Are you coming to class today? 你今天来上课吗?
B Sorry, I'm not feeling well. 不好意思，我不太舒服。
A Oh no. Get some rest. 哎呀，好好休息。

接地气

别这么说 ~~It has ground air.~~

直译听不懂；ground air不是英语表达。

这样说 **It feels very real.** 感觉很真实

聊内容、故事、视频

It's very down-to-earth. 很接地气

形容人、风格、想法

It feels relatable and practical. 亲切又实用

工作评价更稳妥

A What did you think of her talk? 你觉得她的分享怎么样?
B It's very down-to-earth. 很接地气。
A Yeah, no big words, just useful examples. 对，没有大词，都是有用的例子。

我听不懂你们说话

别这么说 ~~I don't understand you speak.~~

少了 what，句子结构不自然。

这样说 **I can't understand what you guys are saying.** 我听不懂你们说什么。

朋友、一群人聊天时

I don't understand what you're saying. 我听不懂你说什么。

通用，直接但不失礼

Sorry, I'm having trouble following you. 不好意思，我有点跟不上。

更委婉，适合正式场合

A We're talking about tomorrow's plan. 我们在说明天的计划。
B Sorry, I'm having trouble following you. 不好意思，我有点跟不上。
A No problem. I'll say it more slowly. 没关系。我说慢一点。

能吃辣

别这么说 ~~Can you eat hot?~~

hot常像“热的”，不像在问辣不辣。

这样说 **Can you handle spicy food?** 你能吃辣吗?

朋友点菜前问

Do you eat spicy food? 你吃辣吗?

最通用、自然

Would you be okay with spicy food? 您能接受辣的吗?

照顾对方口味

A This place is famous for Sichuan food. 这家店川菜很有名。
B Nice. Do you eat spicy food? 不错。你吃辣吗?
A A little, but not too spicy. 吃一点，但别太辣。

听英文播客

别这么说 ~~listen English podcast~~

listen 后面要加 to；泛指常用 podcasts 复数。

这样说 **I listen to English podcasts.** 我听英文播客。

习惯性收听

I listen to podcasts in English. 我听英语播客。

自然、通用

I tend to listen to podcasts in English. 我一般听英语播客。

说法稍委婉，适合和老师、同事交流

A How do you practice your listening? 你怎么练听力？
B I listen to podcasts in English. 我听英语播客。
A Nice. Any good ones? 不错。有推荐的吗？

跟上

别这么说 ~~Follow up.~~

它多指后续跟进，不是走路或进度上的“跟上”。

这样说 **Keep up!** 跟上，别掉队！

朋友间催一下

Stay with me. 跟着我走。

带路时很自然

Please try to keep up. 请尽量跟上。

对学生或下属

A The subway station is just across the street. 地铁站就在马路对面。
B Okay, I'm coming. 好，我来了。
A Stay with me. This crossing is busy. 跟着我走，这个路口很乱。

跟我说

别这么说 ~~Say to me.~~

像逐字翻译，通常不是“把事情告诉我”的说法。

这样说 **Tell me.** 跟我说。

朋友间直接说

Let me know. 告诉我一声。

自然、不催人

Please let me know. 请告诉我。

对客户上司合适

A I don't know what to do about the email. 我不知道那封邮件该怎么办。
B Tell me. What happened? 跟我说，发生什么了？
A The client wants changes by tonight. 客户想今晚前改完。

一起住

别这么说 ~~We live together together.~~

重复了；live together 已经是“一起住”。

这样说 **We live together.** 我们一起住。

朋友间自然说法

We share a place. 我们合租一套房。

偏室友、合租

We live in the same apartment. 我们住同一套公寓。

对不熟的人更清楚

A Are you still looking for an apartment? 你还在找公寓吗？
B No, I share a place with Mia now. 不了，我现在和 Mia 合租。
A Nice. Is it close to work? 不错。离上班近吗？

你住在哪里

别这么说 ~~Where do you stay?~~

美式英语常像问临时住处，不等于长期居住。

这样说 **Where do you live?** 你住在哪里?

朋友间直接问

Where are you based? 你常住哪里?

不那么像查住址

May I ask where you live? 方便问你住哪吗?

更客气，给对方余地

A Are you new to the city? 你刚来这个城市吗?
B Yeah, I moved here last month. 对，我上个月搬来的。
A Where are you based? 你常住哪个区?

卡住了

别这么说 ~~I am blocked.~~

像“被封锁/被拉黑”，不太像中文的“卡住了”。

这样说 **I'm stuck.** 我卡住了。

做题、工作、想不出时

It's stuck. 它卡住了。

门、拉链、机器卡住

I'm having trouble with this. 这个我有点弄不动。

问同事或客服更委婉

A How's the report going? 报告写得怎么样了?
B I'm stuck on the last part. 最后一部分我卡住了。
A Want me to take a look? 要我帮你看一下吗?

拿着

别这么说 ~~Take it.~~

更像“拿走/接受”，不一定是“先拿着”。

这样说 **Here, hold this.** 来，拿着这个。

递东西给朋友时

Can you hold this? 你能拿一下吗?

最常用，语气自然

Could you hold this for me, please? 能帮我拿一下吗?

对陌生人或上司

A My hands are full. 我手上拿满了。
B Can you hold this? 你能拿一下吗?
A Sure. Is it heavy? 当然。重吗?

拿走

别这么说 ~~Take away it.~~

take away 是动词短语，代词 it 要放中间：take it away。

这样说 **Take it with you.** 你把它带走吧。

让朋友顺手带走

You can take it. 你可以拿走。

给别人许可

Please feel free to take it with you. 您可以带走。

对客人或客户

A Do you still need this umbrella? 你还需要这把伞吗?
B No, you can take it. 不用了，你可以拿走。
A Really? Thanks, I'll bring it back tomorrow. 真的吗？谢谢，我明天带回来。

拿出来

别这么说 ~~Take out it.~~

代词 it 要放中间：take it out。

这样说 **Take it out.** 把它拿出来。

朋友间直接说

Can you take it out? 你能拿出来吗?

日常最常用

Could you take it out, please? 麻烦拿出来一下。

对陌生人更客气

A Is your passport in your bag? 你的护照在包里吗?
B Yes, I think so. 在，我觉得是。
A Can you take it out? 你能拿出来吗?

多久一次

别这么说 ~~How long one time?~~

像在问“每次多长时间”，不是频率。

这样说 **How often?** 多久一次?

上下文很清楚时用

How often do you do it? 你多久做一次?

通用问频率

How often do you usually go? 您通常多久去一次?

问陌生人也自然

A I started going to the gym. 我开始去健身房了。
B Nice! How often do you go? 不错！你多久去一次?
A About three times a week. 大概一周三次。

我姓张

别这么说 ~~I am family name Zhang.~~

语法不自然；family name 不是身份，不能这样接 I am。

这样说 **I'm Zhang.** 我是张。/ 我叫 Zhang。

可用于简单自我介绍，但不一定只表示姓

My last name is Zhang. 我的姓是张。

最通用、最清楚

My surname is Zhang. 我姓张。

较正式，填表也可用

A Sorry, could I have your last name? 不好意思，能告诉我您的姓吗?
B My last name is Zhang. 我姓张。
A And your first name? 那您的名字呢?

回来

别这么说 ~~return back~~

return 已有“回来”意思，back 多余；口语也偏生硬。

这样说 **Come back.** 回来吧。

朋友、家人直接说

Please come back. 请回来一下。

语气更柔和

Could you come back, please? 您能回来一下吗?

对客人、上司更合适

A I left my charger in the meeting room. 我把充电器落在会议室了。
B Please come back. The door is still open. 请回来一下，门还开着。
A Okay, I'll be there in two minutes. 好，我两分钟后到。

是什么意思

别这么说 ~~What meaning?~~

少了动词，听起来像中式英语。要说 What does it mean?

这样说 **What does that mean?** 那是什么意思?

朋友聊天最常用

What does this mean? 这是什么意思?

指着文字或图片问

Could you explain what this means? 您能解释一下吗?

问老师、同事、客服

A I saw this sign at the station. 我在车站看到这个牌子。
B What does this mean? 这是什么意思?
A It means the platform is closed today. 意思是站台今天关闭。

我可以帮你预约

别这么说 ~~I can help you appointment.~~

appointment 是名词，前面要用 make/book an appointment。

这样说 **I can book it for you.** 我可以帮你订。

朋友间很自然

I can make an appointment for you. 我可以帮你预约。

医生、服务、见面都可

I'd be happy to arrange that for you. 我很乐意帮您安排。

对客户、上司更礼貌

A I need to see a doctor this week. 我这周需要看医生。
B I can make an appointment for you. 我可以帮你预约。
A That would be great. Thank you! 太好了，谢谢!

喝白酒

别这么说 ~~drink white wine~~

white wine 是白葡萄酒，不是中国白酒。

这样说 **Let's have some baijiu.** 咱们喝点白酒吧

朋友聚餐时提议

I drink baijiu sometimes. 我有时喝白酒

说自己的习惯

Would you like some baijiu? 您要来点白酒吗

招待客人更自然

A What are people drinking at that table? 那桌的人在喝什么？
B They're having baijiu. 他们在喝白酒。
A Is it strong? 度数高吗？

我请客

别这么说 ~~I invite you.~~

invite 是“邀请”，不是“我付钱”。

这样说 **It's on me.** 这次我请。

朋友间最自然

I'll get this. 这次我来付。

餐厅、咖啡都能用

Please let me treat you. 请让我请你。

对客户、长辈更客气

A That was a great dinner. How much do I owe you? 晚饭真好吃。我该给你多少钱？
B Nothing. It's on me. 不用。这次我请。
A Are you sure? 你确定吗？

你确定

别这么说 ~~Are you confirm?~~

confirm 是动词，不能这样接在 Are you 后面；要说 Are you sure? 或 Could you confirm that?

这样说 **Are you sure?** 你确定吗?

朋友间最常用

Are you sure about that? 这事你确定吗?

确认某个说法或决定

Could you confirm that? 能确认一下吗?

工作、客服、陌生人

A The train leaves at 6:10, not 6:30. 火车6:10开，不是6:30。
B Are you sure? 你确定吗?
A Yes, I just checked the app. 确定，我刚查了软件。

不一定

别这么说 ~~Not certain.~~

像在说“某事不确定”，不太像自然回应“不一定”。

这样说 **Not necessarily.** 不一定。

最常用，直接自然

It depends. 看情况。

取决于条件时用

That may not be the case. 情况未必如此。

更委婉，适合正式场合

A Is it cheaper to book early? 早点订会更便宜吗?
B Not necessarily. It depends on the season. 不一定。要看季节。
A So I should compare prices first? 那我应该先比价?

欢迎来我家做客

别这么说 ~~Welcome to my home as a guest.~~

像翻译腔，不像日常口语邀请。

这样说 **Come over sometime.** 有空来我家玩

朋友间轻松邀请

You're welcome to come to my place. 欢迎来我家

自然、适合大多数人

We'd be happy to have you over. 很欢迎您来做客

对长辈、客户更客气

A Your new apartment looks really nice. 你的新公寓看起来真不错。
B Thanks! You're welcome to come to my place. 谢谢！欢迎来我家。
A I'd love to. Maybe this weekend? 好啊。这个周末可以吗？

再来一次

别这么说 ~~Again one time.~~

词序不自然，听起来像逐字翻译。

这样说 **Do it again.** 再做一遍。

朋友间，直接一点

Can we try that again? 我们能再试一次吗？

练习、拍摄、工作都可用

Could you say that again, please? 请你再说一遍好吗？

没听清时很礼貌

A The meeting starts at nine. 会议九点开始。
B Sorry, I missed the last sentence. Could you say that again, please? 不好意思，我没听清最后一句。请你再说一遍好吗？
A Sure. I said the meeting starts at nine. 当然。我说会议九点开始。

不知道

别这么说 ~~I don't know it.~~

通常多余；回答问题直接说 I don't know 更自然。

这样说 **I don't know.** 我不知道。

朋友间最直接

I'm not sure. 我不太确定。

更柔和，常用

I'm afraid I don't know. 不好意思，我不知道。

对陌生人或客户

A Do you know where the nearest bank is? 你知道最近的银行在哪儿吗?
B I'm not sure. Maybe ask at the front desk? 我不太确定。要不要问前台?
A Good idea, thanks. 好主意，谢谢。

你知道

别这么说 ~~You know this?~~

直译语气容易显得生硬；问对方是否知道某件事，通常说 Do you know about this? 或 Have you heard about this?

这样说 **Do you know?** 你知道吗?

朋友间直接问；通常后面要接具体内容

Do you know about this? 你知道这事吗?

问某件事

Would you happen to know? 您是否知道?

礼貌打听信息；通常后面要接具体内容

A There's a new cafe near the station. Have you heard about it? 车站附近开了家新咖啡店。你听说了吗?
B Yeah, I saw it yesterday. 嗯，我昨天看到了。
A Do you know if it's any good? 你知道它怎么样吗?

我知道

别这么说 ~~I am know.~~

know 是动词，不能和 am 这样连用。

这样说 **I know.** 我知道

朋友间，语气别太硬

Got it. 明白了

收到信息或指示

I understand. 我明白

对上级、客户更稳

A Please send the form before Friday. 请在周五前把表格发来。
B Got it. I'll send it tomorrow morning. 明白了。我明早发。
A Great, thanks. 太好了，谢谢。

没错

别这么说 ~~No wrong.~~

这是直译，英语里不这样表示“没错”。

这样说 **That's right.** 对，就是这样。

朋友间确认对方说法

Exactly. 没错，正是。

同意得很干脆

Yes, that's correct. 是的，这是对的。

对客户或正式场合

A So the meeting is at nine tomorrow? 所以会议是明天九点？
B Exactly. I'll send you the link tonight. 没错。我今晚把链接发你。
A Great, thanks! 太好了，谢谢！

我看错了

别这么说 ~~I saw wrong.~~

不自然；英语通常说 read it wrong 或 got it wrong。

这样说 **I read it wrong.** 我看错文字了。

看错消息、数字、时间

I got it wrong. 我弄错了。

通用，轻轻承认错误

Sorry, I misread it. 抱歉，我看错了。

对同事、客户更稳妥

A Why are you here at nine? The meeting is at ten. 你怎么九点来了？会议是十点。
B Oh, sorry, I misread it. 哦，抱歉，我看错了。
A No worries. Grab a coffee first. 没事。先去喝杯咖啡吧。

打卡

别这么说 ~~punch card~~

多指“打孔卡”这个东西，不像一句自然表达。

这样说 **I checked in.** 我打卡了。

到店、酒店、地点打卡

I clocked in. 我上班打卡了。

上班刷卡/签到

I’ve signed in. 我已经签到。

会议、课程、活动

A Did you get to the office on time? 你准时到办公室了吗？
B Yes, I clocked in at nine. 到了，我九点打卡了。
A Great. The meeting starts in five minutes. 太好了，会议五分钟后开始。

请再说一遍

别这么说 ~~Please say again.~~

少了宾语，听起来像中式英语，不太自然。

这样说 **Sorry, could you say that again?** 不好意思，能再说一遍吗？

朋友间也很自然

Could you say that again? 能再说一遍吗？

通用、安全

Sorry, could you repeat that, please? 不好意思，请您重复一下？

对陌生人、客户、上司

A The bus leaves from gate twelve. 公交从12号口发车。
B Sorry, could you say that again? 不好意思，能再说一遍吗？
A Sure. Gate twelve. 当然，12号口。

我记得

别这么说 ~~I have memory.~~

像在说“我有记忆能力”，不是“我记得这件事”。

这样说 **I remember.** 我记得。

朋友间直接回答

I remember that. 那件事我记得。

接前面提到的事

I do remember. 我确实记得。

强调没有忘记

A Do you remember this café? 你还记得这家咖啡馆吗？
B I remember. We came here last winter. 我记得。我们去年冬天来过。
A Yes, and it was snowing. 对，而且那天在下雪。

我觉得

别这么说 ~~I feel~~

单独说不完整；谈观点常要说 I think 或 I feel like。

这样说 **I feel like it's a bit too expensive.** 我觉得有点贵。

朋友间随口说看法

I think we should leave now. 我觉得该走了。

最常用、最安全

I'd say this option works better. 我觉得这个更合适。

委婉给建议

A Do you want to try this restaurant? 你想试试这家餐厅吗?
B I think it's a little pricey. 我觉得有点贵。
A Okay, let's find another one nearby. 好，那我们找附近另一家吧。

你看得懂中文吗

别这么说 ~~Can you see Chinese?~~

see 是“看见”，不是“看懂语言”。

这样说 **Can you read Chinese?** 你能读中文吗?

朋友聊天最自然

Do you understand written Chinese? 你看得懂书面中文吗?

更明确是“看懂”

Would you be able to read Chinese? 您能读中文吗?

问客户或陌生人

A I can send you the address now. 我现在可以把地址发给你。
B Can you read Chinese? 你能读中文吗?
A A little, but English is easier. 会一点，但英文更方便。

你说得对

别这么说 ~~You say right.~~

英文不能这样直译，要说 You're right 或 That's right。

这样说 **You're right.** 你说得对。

朋友间直接同意

That's right. 没错，是这样。

确认事实或观点

You're absolutely right. 您说得完全对。

更郑重、尊重

A Maybe we should leave earlier. Traffic is bad today. 也许我们该早点出发。今天堵车。
B You're right. Let's go in ten minutes. 你说得对。我们十分钟后走吧。
A I'll grab the keys. 我去拿钥匙。

对不对

别这么说 ~~Right or not?~~

像中文直译，英语里一般不这样问。

这样说 **Right?** 对吧?

朋友间快速确认

Is that right? 是这样吗?

确认信息是否正确

Is that correct? 这样对吗?

更正式、适合工作

A The meeting starts at ten tomorrow, right? 明天会议十点开始，对吧?
B Is that right? I thought it was nine thirty. 是这样吗？我以为是九点半。
A Let me check the calendar. 我看一下日历。

帮我

别这么说 ~~Help me.~~

不是错，但像命令或紧急求救，日常请求太硬。

这样说 **Help me out?** 帮我一下?

朋友之间，很自然

Can you help me? 你能帮我吗?

通用，简单直接

Could you help me, please? 能请你帮忙吗?

对陌生人或上级

A This form is all in English. 这张表全是英文。
B Can you help me? 你能帮我吗?
A Sure. Which part is confusing? 当然。哪部分看不懂?

看着我的眼睛

别这么说 ~~Look at my eyes.~~

像在说观察眼睛本身，不像要求对视。

这样说 **Look me in the eye.** 看着我的眼睛

朋友间，直接一点

Look at me. 看着我

更自然，语气可轻可重

Could you look at me, please? 请看着我好吗

对孩子、客户更柔和

A Are you sure you're okay? 你确定你没事吗?
B I'm fine. Really. 我没事，真的。
A Look me in the eye and say that. 看着我的眼睛再说一遍。

卡了

别这么说 ~~It's very card.~~

把中文“卡”直译成 card 是错的；说画面不动用 frozen，网络延迟用 lagging。

这样说 **It's frozen.** 它卡住了。

屏幕、视频不动了

It's lagging. 它有点卡。

网课、游戏、视频延迟

The connection seems to be unstable. 网络好像不稳定。

开会或跟客户说

A Can you still hear me? 你还能听见我吗?
B Yes, but your video is lagging. 能，但你的视频有点卡。
A Let me turn off my camera. 我把摄像头关掉试试。

你等着

别这么说 ~~You wait.~~

听起来生硬，像没说完，也可能像威胁。

这样说 **Just you wait.** 你给我等着。

玩笑或轻微放狠话

Wait right there. 就在那儿等。

让对方别走开

Please wait there for a moment. 请在那儿稍等。

对陌生人或客户

A Should I come to the front desk now? 我现在去前台吗?
B Please wait there for a moment. 请在那儿稍等一下。
A Sure, no problem. 好的，没问题。

我的网络卡了

别这么说 ~~My network is stuck.~~

network 不常这样说；stuck 像物体卡住了。

这样说 **My internet is lagging.** 我网有点卡

视频、游戏都能用

My connection is bad. 我网络不好

通话、会议很自然

Sorry, my internet is acting up. 不好意思，我网不稳

跟同事客户解释

A Can you hear me okay? 你能听清我吗?
B Sorry, my internet is acting up. 不好意思，我网不太稳。
A No worries. Try turning off your video. 没事。你试试关掉视频。

什么都没有

别这么说 ~~What all no have.~~

按中文硬翻，英文语序和表达都不自然。

这样说 **There's nothing here.** 这里什么都没有。

看了之后告诉朋友

There isn't anything. 什么也没有。

通用、很自然

I'm afraid there's nothing available. 恐怕没有了。

对客人或上级说

A Did you find my keys in the drawer? 你在抽屉里找到我的钥匙了吗?
B No, there's nothing here. 没有，这里什么都没有。
A Can you check the table too? 也能看看桌子吗?

来都来了

别这么说 ~~Come all come.~~

逐字翻译，英语里完全不表达这个意思。

这样说 **We're already here, so why not?** 来都来了，何不呢?

朋友间临时决定

Since we're here, let's take a look. 既然来了就看看吧。

逛店、景点都自然

Since we're already here, shall we have a look? 既然都来了，要不要看看?

对客户或长辈更柔和

A The line is kind of long. 队伍有点长。
B We're already here, so why not? 来都来了，排吧。
A Fine, but I'm getting coffee first. 好吧，但我先买咖啡。

你要去哪里

别这么说 ~~Where do you want to go?~~

更像问"你想去哪儿"，不是问正在去哪里。

这样说 **Where are you headed?** 你要去哪儿?

熟人路上碰到时

Where are you going? 你要去哪里?

直接、清楚

May I ask where you're headed? 方便问您去哪儿吗?

更客气，少冒犯

A Hey, you're leaving early today? 嘿，你今天走得挺早啊?
B Yeah, I have a dentist appointment. 嗯，我要去看牙医。
A Where are you headed? 你要去哪儿?

看这里

别这么说 ~~Look here.~~

容易像在训人，或要严肃提醒，不像拍照时说的“看这里”。

这样说 **Look over here.** 看这边。

朋友间拍照、叫人看

Look this way. 往这边看。

拍照最自然

Could you look this way, please? 请您往这边看。

对客人、陌生人

A Ready for the photo? 准备好拍照了吗？
B Wait, where should I look? 等等，我看哪里？
A Look this way. 往这边看。

等等

别这么说 ~~Wait wait.~~

英语里通常不这样重复；更自然说 Wait a second 或 Hold on. 不过着急时也可能有人连说 wait，所以别当固定表达学。

这样说 **Wait a second.** 等一下。

朋友间很自然

One moment. 稍等一下。

通用、简短

Could you wait a moment? 您能稍等吗？

对客户或陌生人

A Are you ready to leave? 你准备好出门了吗？
B One moment. I need to grab my keys. 稍等一下。我去拿钥匙。
A Sure, I'll wait by the door. 好，我在门口等你。

等你

别这么说 ~~I wait you.~~

wait 后面要加 for；不能直接接人。

这样说 **I'll wait for you.** 我等你。

朋友间最常用

I'm waiting for you. 我正在等你。

说明现在在等

I'll wait here for you. 我在这儿等您。

对陌生人更清楚

A I'm still getting ready. Sorry! 我还在准备，不好意思！
B No worries. I'll wait for you. 没事，我等你。
A I'll be down in five minutes. 我五分钟后下来。

收红包

别这么说 ~~I received red envelope.~~

缺少冠词。应说 I received a red envelope 或 I got a red envelope.

这样说 **I got a red envelope!** 我收到红包啦！

开心告诉朋友

I received a red envelope. 我收到了一个红包。

普通说明事实

Thank you for the red envelope. 谢谢您的红包。

当面收下时说

A Happy Lunar New Year! This is for you. 农历新年快乐！这个给你。
B Thank you for the red envelope. 谢谢您的红包。
A Hope it brings you good luck. 希望它给你带来好运。

带我

别这么说 ~~Bring me.~~

像“把我带来”，方向不对，也不像自然请求。

这样说 **Take me with you.** 带我一起去。

朋友、熟人之间

Can you take me with you? 你能带我一起吗？

更像请求，不生硬

Could you take me with you? 您能带我一起吗？

对不太熟的人

A We're going to the night market after class. 我们下课后去夜市。
B Really? Can I come with you? 真的吗？我能一起去吗？
A Sure. Meet us at the gate. 当然。校门口见。

请自行取用

别这么说 ~~Please take by yourself.~~

听起来像“没人帮你，你自己拿”，不自然也不够友好。

这样说 **Help yourself.** 自己拿吧。

朋友来家里吃喝时

Please help yourself. 请自己取用。

桌上食物或用品

Please feel free to help yourself. 请随意取用。

对客人、客户更客气

A Are these brochures for visitors? 这些小册子是给访客的吗？
B Yes, please help yourself. 是的，请自行取用。
A Great, I'll take one for my friend too. 太好了，我也给朋友拿一份。

什么意思

别这么说 ~~What meaning?~~

少了动词，听起来像中式英语，不自然。

这样说 **What does that mean?** 那是什么意思？

朋友聊天最常用

What do you mean? 你是什么意思？

问对方刚才的话

Could you explain what you mean? 能解释一下吗？

更客气，适合工作

A She said the meeting was “pushed back.” 她说会议被“pushed back”了。
B What does that mean? 那是什么意思？
A It means the meeting is later now. 意思是会议改晚了。

请注意

别这么说 ~~Please pay attention to notice.~~

把“注意”和“通知”混在一起了，英文不自然。

这样说 **Heads up.** 提醒你一下。

朋友间提前提醒

Please note that… 请注意……

通知、说明里常用

Please be aware that… 请知悉……

更正式、更客气

A Are we still meeting at nine tomorrow? 我们明天还是九点见吗？
B Yes. Please note that the room has changed. 是的。请注意，房间换了。
A Oh, which room is it now? 哦，现在是哪个房间？

小心

别这么说 ~~Little heart.~~

这是逐字翻译，听起来像“小小的心”。

这样说 **Careful!** 小心！

朋友间突然提醒

Be careful. 小心点。

最通用、最稳

Please be careful. 请小心一点。

对陌生人或客户

A This floor is wet. 地板是湿的。
B Be careful. 小心点。
A Oh, thanks. I almost slipped. 哦谢谢，我差点滑倒。

我想吃

别这么说 ~~I want eat.~~

少了 to；应说 I want to eat 或更自然的表达。

这样说 **I feel like eating something.** 我想吃点东西。

朋友间随口说饿了

I'd like something to eat. 我想吃点东西。

自然、场合通用

Could I get something to eat? 我能要点吃的吗？

对店员或主人说

A Are you hungry? 你饿了吗？
B Yeah, I feel like eating something. 嗯，我想吃点东西。
A What do you feel like? 你想吃什么？

你看看你一天天就知道吃吃吃

别这么说 ~~Look at you, every day only know eat eat eat.~~

直译很不自然，only know do也不像日常英语。

这样说 **All you ever think about is food.** 你满脑子都是吃。

朋友间吐槽，很自然

You're always thinking about food. 你老想着吃。

语气轻一点，较安全

You do seem to love your food. 你还真爱吃啊。

委婉打趣，不太冒犯

A Can we get bubble tea after lunch? 午饭后能买奶茶吗?
B All you ever think about is food. 你满脑子都是吃。
A Not true. I also think about dessert. 才不是。我还想着甜点。

不好吃

别这么说 ~~It's not delicious.~~

语法可以，但听起来像课本翻译，不太自然。

这样说 **It doesn't taste good.** 它味道不好。

朋友间直接说

I don't really like it. 我不太喜欢。

更委婉，不伤人

It's not quite to my taste. 不太合我口味。

对店员或主人客气说

A How's the pasta? 意面怎么样?
B I don't really like it. 我不太喜欢。
A Too salty? 太咸了吗?

你中午吃什么

别这么说 ~~What do you eat at noon?~~

像问习惯或调查，不像在问今天午饭。

这样说 **What are you having for lunch?** 你午饭吃什么？

朋友同事都自然

What are you having for lunch today? 你今天午饭吃什么？

清楚又不突兀

Do you have lunch plans? 你午餐有安排吗？

适合邀约或问上级

A I'm starving. Are you free soon? 我饿死了。你一会儿有空吗？
B Yeah. What are you having for lunch? 有啊。你午饭吃什么？
A Maybe noodles. Want to come? 可能吃面。一起吗？

非常好吃

别这么说 ~~It's very delicious.~~

语法可以，但口语里有点像课本；really delicious更自然。

这样说 **It's so good!** 太好吃了！

朋友间最自然

This is really good. 这个真的很好吃。

任何场合都能用

This is delicious, thank you. 很好吃，谢谢你。

夸主人或服务方

A How are the noodles? Too spicy? 面怎么样？会太辣吗？
B No, they're really good. 不会，真的很好吃。
A Want to try the dumplings too? 也想尝尝饺子吗？

延迟太高了

别这么说 ~~The delay is too high.~~

能懂，但不像日常说网络卡；更像技术报告。

这样说 **The ping is so high.** 这个 ping 太高了

打游戏最常用

There's a lot of lag. 卡得很厉害

游戏、通话都能用

The connection seems a bit slow. 网络好像有点慢

对客户或同事委婉说

A Can you hear me okay? 你能听清我吗?
B Not really. There's a lot of lag. 不太行，卡得很厉害。
A Should I turn off my camera? 我要关掉摄像头吗?

算是吧

别这么说 ~~Count as it.~~

直译不自然；英语不这样表达“算是吧”。

这样说 **Kind of.** 算是吧。

朋友间最常用

I guess so. 我想算是吧。

不太确定地同意

Yes, in a way. 是的，某种程度上。

更委婉、适合正式场合

A Are you two roommates now? 你们现在算室友了吗?
B Kind of. I stay at her place most nights. 算是吧。我大多数晚上住她那儿。
A Oh, that sounds convenient. 哦，那听起来挺方便。

可能吧

别这么说 ~~Maybe right.~~

像中式直译，英语里不会这样接“吧”的语气。

这样说 **Maybe.** 可能吧。

朋友间最简单

I guess so. 我想是吧。

像是在勉强同意

That’s possible. 那是有可能的。

更稳妥、客气

A Do you think the shop is still open? 你觉得那家店还开着吗?
B Maybe. It usually closes around nine. 可能吧。它一般九点左右关门。
A Let’s go check, then. 那我们去看看吧。

快点，来吧

别这么说 ~~Quickly, come.~~

像命令或翻译腔，不像日常口语。

这样说 **Come on, hurry up!** 快点啦!

朋友间催促，语气较急

Come on, let's go. 来吧，我们走。

叫人一起出发

Could you come over when you have a moment? 你方便的时候能过来一下吗?

礼貌地请人过来，不直接催促

A The movie starts in ten minutes. 电影十分钟后开始。
B Come on, hurry up! 快点啦!
A I'm putting on my shoes. 我在穿鞋呢。

让我来告诉你吧

别这么说 ~~Let me come to tell you.~~

come 不是“来”的直译用法，听起来像真的走过来。

这样说 **Here, let me tell you.** 来，我告诉你。

朋友间，带点主动

Let me explain. 我来解释一下。

最安全、最常用

I'd be happy to explain. 我很乐意说明。

对客户、上级更柔和

A I don't understand why my card was declined. 我不明白为什么我的卡被拒了。
B Let me explain. The bank needs to verify this payment. 我来解释一下。银行需要验证这笔付款。
A Oh, so it's not a problem with the card? 哦，所以不是卡的问题？

开始吧

别这么说 ~~Let's begin it.~~

begin后面不常加it，听起来像硬翻译。

这样说 **Let's start.** 开始吧。

朋友间最自然

Let's get started. 我们开始吧。

会议、课堂都能用

Shall we begin? 可以开始了吗？

礼貌地带大家开始

A Everyone's here now. 大家都到了。
B Great. Let's get started. 太好了。我们开始吧。
A Do you want me to share the screen? 要我共享屏幕吗？

好吧

别这么说 ~~Good bar.~~

这是逐字翻译，bar 是酒吧，完全不是“好吧”。

这样说 **Okay, fine.** 好吧，行吧。

有点让步或无奈

Okay. 好的。

最安全，语气平

All right, that works. 好的，这样可以。

对安排表示接受

A Can we meet at nine instead? 我们改成九点见可以吗?
B Okay, fine. I'll set my alarm. 好吧，行吧。我设个闹钟。
A Thanks. I know it's early. 谢谢。我知道有点早。

投降吧

别这么说 ~~I surrender you.~~

这是按中文硬套出来的说法；surrender 不能这样接人作宾语。让对方投降可说 Surrender. 或 Give up.

这样说 **Just give up already.** 快认输吧

朋友间开玩笑或催促

Give up. 认输吧

简单直接，略强硬

Maybe it's time to give up. 也许该放弃了

委婉劝对方别硬撑

A I'm still trying to beat this level. 我还在试着过这一关。
B Just give up already. You've tried for an hour. 快认输吧，你都试一小时了。
A No way. One more try. 不行，再试一次。

我去上个卫生间

别这么说 ~~I go to WC.~~

WC不常口语这样说；少了am going to也不自然。

这样说 **I'm gonna go to the bathroom.** 我去下洗手间

朋友间很自然

I need to use the restroom. 我需要用下洗手间

通用、得体

Excuse me, I need to use the restroom. 不好意思，我去下洗手间

对陌生人或上级

A Do you want to order first? 你想先点餐吗?
B Give me a minute. I need to use the restroom. 等我一下，我去下洗手间。
A Sure, I'll save the table. 好，我帮你占位。

记错了时间

别这么说 ~~I remembered the time wrong.~~

能懂，但不太自然；英语更常说 got the time wrong。

这样说 **I got the time wrong.** 我把时间记错了。

最常用，朋友同事都行

I mixed up the time. 我弄混时间了。

听起来更像误会

I'm sorry, I had the wrong time. 抱歉，我记错时间了。

适合客户、老师、上司

A Hey, the call started twenty minutes ago. 嘿，电话会议二十分钟前就开始了。
B Oh no, I'm sorry, I had the wrong time. 糟了，抱歉，我记错时间了。
A Can you join now? 你现在能进来吗?

我已经买到了

别这么说 ~~I have bought to it.~~

buy 后面不能直接翻译“到”；English 里用 get 表示到手。

这样说 **I got it already.** 我已经买到了。

朋友间，轻松直接

I've already bought it. 我已经买了。

说明购买已完成

I've managed to get it. 我已经设法买到了。

强调顺利买到

A Did you still need that train ticket? 你还需要那张火车票吗?
B No, I've already bought it. 不用，我已经买到了。
A Great. Was it expensive? 太好了。贵吗?

给我买

别这么说 ~~Buy me it.~~

英语里双宾语代词不能这样放。要说 Buy it for me 或 Can you get me one?

这样说 **Can you get me one?** 能帮我买一个吗?

朋友间，很自然

Could you buy this for me? 你能帮我买这个吗?

清楚、通用

Would you mind picking this up for me? 麻烦你帮我买下这个?

更客气，适合麻烦别人

A I'm going to the store. Need anything? 我要去商店。要带什么吗?
B Can you get me one bottle of water? 能帮我买一瓶水吗?
A Sure. Still or sparkling? 可以。普通水还是气泡水?

打开摄像头

别这么说 ~~Open your camera.~~

像“打开相机设备”，不太像视频会议里的说法。

这样说 **Can you turn on your camera?** 你能打开摄像头吗?

朋友、同学间很自然

Could you turn your camera on? 可以开一下摄像头吗?

会议、网课都合适

Would you mind turning on your camera? 方便打开摄像头吗?

对老师、客户更委婉

A I'm here. Can you hear me? 我来了。你能听到我吗?
B Yes. Could you turn your camera on? 能听到。可以开一下摄像头吗?
A Sure, one second. 当然，等一下。

一人一份

别这么说 ~~One person one share.~~

像直译，native speakers 一般不这样说。

这样说 **One each.** 每人一个/一份。

分零食、票、材料

Everyone gets one. 每个人都有一份。

清楚说明规则

There's one for each person. 每人都有一份。

对客人或同事说；注意 one 要指代前面说过的东西

A Are these sandwiches for the meeting? 这些三明治是给会议的吗?
B Yes. Everyone gets one. 是的，每人一份。
A Great, I'll put them on the table. 好，我把它们放桌上。

没钱

别这么说 ~~I am no money.~~

这是中文直译。英语要说 I'm broke、I don't have enough money 或 I'm short on money。

这样说 **I'm broke.** 我没钱了。

朋友间常用，带点自嘲

I don't have enough money. 我钱不够。

事实说明，任何场合

I'm a bit short on money right now. 我现在手头有点紧。

更委婉，适合开口解释

A Do you want to go out for dinner tonight? 今晚想出去吃饭吗?
B I'd love to, but I'm broke. 我想去，但我没钱了。
A No worries. We can cook at home. 没事，我们可以在家做饭。

我没空

别这么说 ~~I have no free.~~

free 不能这样当名词用；应说 free time 或 available。

这样说 **I'm busy.** 我在忙。

朋友间简单拒绝

I don't have time. 我没时间。

直接说明没空

I'm not available then. 那时我没空。

约时间时更礼貌

A Can you join the call at three? 你三点能参加电话会议吗?
B Sorry, I'm not available then. 不好意思，那时我没空。
A How about four thirty? 四点半怎么样?

有空

别这么说 ~~Do you have empty?~~

empty 形容东西空，不表示人有时间。

这样说 **Are you free?** 你有空吗?

问朋友现在或某时有空

Do you have time? 你有时间吗?

问任何人是否方便

Would you have some time? 您有时间吗?

更客气，适合工作场合

A Do you want to watch a movie tonight? 你今晚想看电影吗?
B Sure. Are you free after dinner? 好啊。你晚饭后有空吗?
A Yes, around eight works for me. 有，八点左右可以。

我只会中文

别这么说 ~~I only can speak Chinese.~~

词序不自然；一般说 can only speak。

这样说 **I can only speak Chinese.** 我只会说中文。

朋友间很自然

I only speak Chinese. 我只说中文。

简单直接，通用

Sorry, I only speak Chinese. 不好意思，我只会中文。

对陌生人更礼貌

A Hi, do you speak English? 你好，你会说英语吗?
B Sorry, I only speak Chinese. 不好意思，我只会中文。
A No problem. I'll use a translation app. 没关系，我用翻译软件。

请讲

别这么说 ~~Please speak.~~

像命令别人开口，不像自然的“请讲”。

这样说 **Go ahead.** 你说吧。

朋友间很自然

Please go ahead. 请说。

通用、不生硬

How can I help you? 有什么可以帮您?

电话或服务场景

A Hi, is this Lin? 你好，是 Lin 吗?
B Yes, speaking. Please go ahead. 是我，请讲。
A I'm calling about tomorrow's class. 我想问明天的课。

请说英语

别这么说 ~~Please say English.~~

say 后面不能这样接语言，听起来像“说出English这个词”。

这样说 **Can you say that in English?** 你能用英语说吗?

朋友间请求把刚才的话换成英语

Can we speak English? 我们说英语好吗?

想把对话切到英语

Could you say that in English, please? 请您用英语说一遍好吗?

礼貌地请对方把刚才的话换成英语

A Sorry, I didn't catch that. 不好意思，我没听懂。
B Can you say that in English? 你能用英语说吗?
A Sure. I said the train leaves at nine. 当然。我说火车九点开。

你想喝咖啡吗

别这么说 ~~Do you want to drink coffee?~~

语法没错，但像翻译腔，太强调“喝”这个动作

这样说 **Do you want some coffee?** 你想喝点咖啡吗？

朋友间很自然

Would you like some coffee? 你要来点咖啡吗？

最通用、最安全

May I get you some coffee? 我给您倒杯咖啡吗？

招待客人或客户

A I’m making breakfast. Would you like some coffee? 我在做早餐。你要来点咖啡吗？
B Yes, please. Just a little milk. 好呀，谢谢。加一点牛奶就行。
A Sure, I’ll make it now. 好，我现在弄。

我想喝咖啡

别这么说 ~~I want to drink coffee.~~

语法没错，但点单时太直译、不太自然。

这样说 **I want coffee.** 我想喝咖啡。

朋友间直接说可以

I'd like some coffee. 我想来点咖啡。

点单和日常都自然

Could I have a coffee, please? 请给我一杯咖啡好吗？

对店员更礼貌

A Do you want tea or juice? 你想喝茶还是果汁？
B I'd like some coffee, actually. 其实我想喝点咖啡。
A Sure. Hot or iced? 好。热的还是冰的？

像这样

别这么说 ~~Like this way.~~

like this 和 this way 重复，听起来不自然。

这样说 **Like this.** 像这样。

边做边示范，很自然

Do it this way. 按这个方法做。

教别人步骤时用

Could you do it like this? 可以这样做吗？

提建议，不显得命令

A How should I fold this shirt? 这件衬衫该怎么叠？
B Like this. Bring the sleeves in first. 像这样。先把袖子折进去。
A Oh, that's much neater. 哦，这样整齐多了。

今天是几号

别这么说 ~~Today is what number?~~

像逐字翻译，number 不这样问日期。

这样说 **What's the date today?** 今天几号？

朋友间随口问

What's today's date? 今天日期是？

最常用、很自然

Could you tell me today's date? 能告诉我今天几号吗？

问陌生人或正式场合

A I need to fill out this form. 我得填这张表。
B What's today's date? 今天几号？
A I think it's the 8th. 我记得是8号。

退出

别这么说 ~~I exit.~~

像按钮或路标，不像人在说退出某事。

这样说 **I'm out.** 我不参加了

朋友间，简短直接

I'll leave the group. 我会退出这个群

退出群聊或团队

I'd like to withdraw. 我想退出

正式活动、申请、项目

A Are you still in the study group? 你还在那个学习小组吗?
B No, I'll leave the group this week. 不了，我这周会退出。
A Too busy with work? 工作太忙了吗?

合租

别这么说 ~~co-rent~~

不常用，听起来像硬翻；说 share an apartment 更自然。

这样说 **I share an apartment with two roommates.** 我和两个室友合租。

跟朋友聊住处

I share a flat with another person. 我和另一个人合租。

英式常用 flat

I'm currently sharing a place with others. 我现在和别人合租。

说法更委婉自然

A Do you live alone in London? 你在伦敦一个人住吗?
B No, I share a flat with another person. 不是，我和另一个人合租。
A Is your roommate nice? 你的室友好相处吗?

刷手机

别这么说 ~~brush my phone~~

brush 是“刷牙/刷子刷”，不是滑屏幕。

这样说 **I'm just scrolling on my phone.** 我就刷会儿手机

朋友间最自然

I'm on my phone. 我在看手机

泛指用手机

I was checking my phone. 我刚在看手机

解释自己刚才在做什么

A What are you doing? You've been quiet. 你在干嘛？一直没说话。
B I'm just scrolling on my phone. 我就刷会儿手机。
A Anything interesting? 有什么好玩的吗？

今天是几月几号

别这么说 ~~Today is what month what day?~~

按中文直译，英语里不自然。

这样说 **What's the date today?** 今天几号？

朋友间最自然

What date is it today? 今天是几月几号？

清楚问完整日期

Could you tell me today's date? 能告诉我今天日期吗？

问陌生人或同事

A I need to fill out this form. 我需要填这张表。
B What's the date today? 今天几号？
A It's May 8th. 是5月8号。

输密码

别这么说 ~~Put your password.~~

put 不能直接接 password 表示“输入”；要说 put in your password 或 enter your password。

这样说 **Put in your password.** 把密码输进去。

朋友间很自然

Enter your password. 输入你的密码。

界面和口语都常用

Please enter your password. 请您输入密码。

客服、同事、陌生人

A Why won't the app open? 这个应用怎么打不开?
B It's asking for your password. 它要你输密码。
A Oh, I forgot I logged out. 哦，我忘了我退出登录了。

微信扫码

别这么说 ~~WeChat scan code.~~

像机器翻译；英文要说scan the QR code。

这样说 **Scan my WeChat QR code.** 扫一下我的微信二维码。

给朋友加微信时

Scan this QR code with WeChat. 用微信扫这个二维码。

最通用说法

Could you scan this QR code with WeChat? 您能用微信扫这个二维码吗?

对客户或陌生人

A How do I add you? 我怎么加你?
B Scan my WeChat QR code. 扫一下我的微信二维码。
A Got it. Is this you? 好了，这是你吗?

我刚忙完

别这么说 ~~I just busy finished.~~

按中文词序硬翻，英文语法不对。

这样说 **I just finished up.** 我刚忙完。

朋友聊天最自然

I just got done. 我刚弄完。

日常通用，偏美式

I've just finished what I was working on. 我刚完成手头事。

对同事、客户更清楚

A Hey, are you free to talk now? 嘿，你现在方便聊吗？
B Yeah, I just finished up. 方便，我刚忙完。
A Great. I'll call you in a minute. 太好了。我一分钟后打给你。

我承认

别这么说 ~~I recognize.~~

recognize 多是"认出、认可"，不等于"承认错误或事实"。

这样说 **I admit it.** 我承认。

朋友间认输或承认刚说的事

I admit that. 这一点我承认。

承认对方说的事

I have to admit, you're right. 我不得不承认，你是对的。

更委婉、适合正式场合

A You forgot to send the file, didn't you? 你忘了发文件，对吧？
B Yeah, I admit it. I'm sorry. 嗯，我承认。对不起。
A Please send it before lunch. 午饭前发给我吧。

有什么要求

别这么说 ~~What requirements do you have?~~

语法没错，但日常口语有点硬，像表格问题。

这样说 **What do you need?** 你需要什么？

朋友间直接问需求

What are the requirements? 有什么要求？

问条件、规定、标准

Do you have any specific requirements? 您有什么具体要求吗？

对客户、上司更礼貌

A I'd like to book a table for tonight. 我想订今晚的位子。
B Sure. Do you have any specific requirements? 好的，您有什么具体要求吗？
A A quiet table by the window, if possible. 如果可以，想要靠窗安静一点。

求你了

别这么说 ~~I beg you.~~

语法没错，但日常口语太戏剧化，像电影台词。

这样说 **Please?** 求你了，好吗？

朋友间撒娇或央求

Please, I really need your help. 拜托，我真需要你帮忙。

认真请求帮忙

Could you please help me with this? 能请你帮我一下吗？

对陌生人或上级更自然

A Can you cover my shift tomorrow? 你明天能帮我顶班吗？
B I already have plans. 我已经有安排了。
A Please, I really need your help. 拜托，我真的需要你帮忙。

做好准备

别这么说 ~~Do good preparation.~~

像逐字翻译，英语里不这样提醒别人。

这样说 **Get ready.** 准备好。

朋友间直接提醒

Be prepared. 要有准备。

提醒有困难或风险

Please get everything ready. 请把东西都准备好。

对同事或服务人员

A We need to leave in ten minutes. 我们十分钟后得出发。
B Okay, I'll get ready now. 好，我现在就准备。
A Don't forget your passport. 别忘了护照。

我近视

别这么说 ~~My eyes are near.~~

near 不能这样说视力，听起来像眼睛位置很近。

这样说 **I'm nearsighted.** 我近视。

美式常用，朋友间自然

I'm short-sighted. 我近视。

英式更常见，也很自然

I have trouble seeing things far away. 我看远处不清楚。

不想用专业词时

A Can you read that sign over there? 你能看清那边的牌子吗?
B Not really. I'm nearsighted. 不太行。我近视。
A Oh, do you have your glasses? 哦，你带眼镜了吗?

我下班回来了

别这么说 ~~I got off work and came back.~~

像逐字翻译，听着不太像进门打招呼。

这样说 **I'm home!** 我回来了！

到家进门最自然

I'm back from work. 我下班回来了。

说明刚从公司回来

I just got back from work. 我刚下班回来。

对不太熟的人也自然

A Hey, are you still at the office? 嘿，你还在办公室吗？
B No, I'm back from work. 没有，我下班回来了。
A Great. Dinner is almost ready. 太好了，晚饭快好了。

说句话

别这么说 ~~Say a sentence.~~

太字面，像“说一个句子”，不像自然请求。

这样说 **Say something.** 说点什么吧。

朋友间，直接自然

Could you say a few words? 你能说几句吗？

请人简单发言

Would you like to say a few words? 您要不要说几句？

礼貌邀请发言

A Everyone's waiting for your reaction. 大家都在等你的反应呢。
B Really? I don't know what to say. 真的吗？我不知道说什么。
A Come on, say something. 来嘛，说点什么吧。

你在忙吗

别这么说 ~~Are you in busy?~~

busy是形容词，不说in busy。

这样说 **Are you busy?** 你在忙吗?

朋友间直接问

Do you have a minute? 你有空一下吗?

想开口说事

Do you have a moment? 您现在方便吗?

问同事客户老板

A Hey, do you have a minute? 嘿，你有空一下吗?
B Sure. What's up? 有啊，怎么了?
A I need help with this form. 我需要填这个表，想请你帮忙。

忙你的吧

别这么说 ~~Busy yours.~~

逐字翻译，英文不这样说，听不懂。

这样说 **Go do your thing.** 你忙你的吧。

朋友间很自然

Don't worry about me. 不用管我。

让对方放心去忙

Please go ahead. I'll be fine. 您先忙，我没事。

对客人、上司更稳

A I need to finish this report soon. 我得赶紧把这份报告做完。
B No problem. Go do your thing. 没事，你忙你的吧。
A Are you sure? 你确定吗?

分不清

别这么说 ~~I can't distinguish clearly.~~

太书面，也不像日常口语；clearly 放这里不自然。

这样说 **I can't tell them apart.** 我分不清它们。

两个人或东西很像

I can't tell the difference. 我看不出区别。

最通用、安全

I'm not sure I can tell the difference. 我不太确定能分清。

语气更委婉

A Are these two subway lines different? 这两条地铁线不一样吗？
B Yeah, but I can't tell the difference either. 是啊，但我也分不清。
A Let's ask someone before we get on. 上车前问个人吧。

我听不清

别这么说 ~~I can't listen clearly.~~

listen 强调“主动听”，这里要说 hear，表示“听见”。

这样说 **I can't hear you clearly.** 我听不清你说话。

朋友、电话里很自然

I can't hear you very well. 我听得不太清。

最常用，适合多数场合

Sorry, I can't hear you very well. 不好意思，我听不太清。

对陌生人或工作场合

A Can you hear me now? 你现在听得到我吗？
B Sorry, I can't hear you very well. 不好意思，我听不太清。
A Let me move closer to the Wi-Fi. 我靠近 Wi-Fi 一点。

没听清

别这么说 ~~I didn't hear clearly.~~

能懂，但不如 I didn't catch that 自然口语。

这样说 **Sorry, I didn't catch that.** 不好意思，我没听清。

朋友、同事都自然

Could you say that again? 你能再说一遍吗?

最通用、很安全

Sorry, could you repeat that, please? 不好意思，能重复一下吗?

对陌生人或上级

A The meeting starts at 8:15 tomorrow. 明天会议8点15开始。
B Sorry, I didn't catch that. 不好意思，我没听清。
A 8:15 tomorrow morning. 明天早上8点15。

听不清

别这么说 ~~I can't hear clearly.~~

能懂，但更像描述听力或环境，不像自然请对方重复。

这样说 **I didn't catch that.** 我没听清。

朋友间很自然

Sorry, I didn't catch that. 不好意思，我没听清。

通用又礼貌

Could you say that again, please? 能请你再说一遍吗?

对陌生人或上级

A The meeting starts at nine fifteen. 会议九点十五开始。
B Sorry, I didn't catch that. 不好意思，我没听清。
A Nine fifteen. Don't be late. 九点十五，别迟到哦。

算了

别这么说 ~~Calculate it.~~

calculate 是“计算”，不是放弃或不追究。

这样说 **Forget it.** 算了，别提了。

有点不耐烦也可用

Never mind. 没事，算了。

轻轻带过，不麻烦别人

Don’t worry about it. 别放在心上。

安慰对方，不追究

A I’m sorry, I forgot to bring your book. 对不起，我忘了带你的书。
B Never mind. Just bring it tomorrow. 没事，明天带来就好。
A Are you sure? 你确定吗？

算了吧

别这么说 ~~Calculate it.~~

这是“计算它”，不是“算了吧”的放弃或劝停。

这样说 **Forget it.** 算了，别管了。

朋友间，想放弃或不说了

Never mind. 没事，算了。

温和地收回请求或解释

Let’s just leave it. 我们就到这儿吧。

避免争执，语气克制

A I can ask the manager again if you want. 如果你想，我可以再问经理一次。
B Never mind. It’s probably too late now. 算了吧，现在可能太晚了。
A Are you sure? 你确定吗？

有问题

别这么说 ~~Have problem.~~

少了主语和冠词，听起来像中式英语。

这样说 **Something's wrong.** 有点不对劲。

朋友间，很自然

There's a problem. 有个问题。

通用，直接说明

There seems to be a problem. 好像有个问题。

更委婉，适合工作

A Why isn't the app loading? 这个应用怎么打不开?
B There's a problem with the internet. 网络有个问题。
A Should we restart the router? 要不要重启路由器?

我接个电话

别这么说 ~~I answer a phone.~~

像在描述动作，不像临时说“我接个电话”。

这样说 **I need to take this.** 我得接一下。

朋友间很自然

I have to take this call. 我得接这个电话。

任何场合都能用

Excuse me, I need to take this call. 不好意思，我得接个电话。

对客户、上司更礼貌

A So, what did she say after the meeting? 那会议后她说什么了?
B Oh, sorry. I need to take this call. 哦，不好意思。我得接个电话。
A Sure, no problem. 当然，没问题。

不然呢

别这么说 ~~Otherwise?~~

单独说像“否则呢？”，不等于中文的反问语气。

这样说 **What else?** 不然还能怎样？

朋友间，略带反问

What else can we do? 我们还能怎么办？

无奈但不冲

I don’t see another option. 我看没有别的选择。

对上级客户更稳妥

A Are you really taking the bus in this rain? 下这么大雨你真要坐公交？
B What else can we do? The taxis are all booked. 不然呢？出租车都约满了。
A Fair point. Let’s go now, then. 有道理。那我们现在走吧。

还有呢

别这么说 ~~And still?~~

这是直译，英语里不这样问“还有呢”。

这样说 **What else?** 还有什么？

朋友聊天，很直接

Anything else? 还有别的吗？

点餐、确认都能用

Is there anything else? 还有其他事吗？

对客户、上级更客气

A I need bread, milk, and eggs. 我要面包、牛奶和鸡蛋。
B Anything else? 还有别的吗？
A Maybe some coffee too. 可能还要点咖啡。

人呢

别这么说 ~~Where is the person?~~

太像逐字翻译，听着像在找某个“人员”。

这样说 **Where are you?** 你在哪儿?

发消息找朋友

Where is he? 他在哪儿?

问第三个人在哪

Do you know where he is? 您知道他在哪吗?

问同事、前台、长辈

A Hey, I'm at the cafe already. 嘿，我已经到咖啡馆了。
B Where are you? 你人呢?
A Sorry, I'm parking. Two minutes. 不好意思，我在停车，两分钟。

所以呢

别这么说 ~~So then?~~

不太像自然追问，意思也不清楚。

这样说 **So?** 所以呢?

很短，可能显得不耐烦

So what happened? 所以后来怎样?

追问事情结果

What does that mean for us? 那对我们意味着什么?

会议或正式讨论

A I heard the manager called everyone in. 我听说经理把大家都叫去了。
B So what happened? 所以后来怎样?
A They moved the deadline to Friday. 他们把截止日期改到周五。

我正在健身

别这么说 ~~I'm bodybuilding.~~

听起来像在练健美，不是普通“健身”。

这样说 **I'm working out.** 我在健身呢。

朋友间最自然

I'm exercising right now. 我现在在运动。

任何场合都能用

I'm in the middle of a workout. 我正在锻炼中。

礼貌说明现在不方便

A Hey, can you talk now? 嘿，你现在能说话吗？
B Not really. I'm working out. 不太行。我在健身呢。
A No worries. Call me later? 没事。晚点打给我？

转人工

别这么说 ~~Turn to manual service.~~

manual是“手动的”，不是“人工客服”，很不自然。

这样说 **Can I speak to a real person?** 能接真人客服吗？

口语自然，遇到机器人客服时常用

Can I speak to an agent? 能转客服吗？

客服电话最常用

Could I speak to a representative, please? 请问能帮我转人工客服吗？

更客气，适合正式通话

A Thanks for calling. Please tell me what you need. 感谢来电。请说您需要什么。
B Can I speak to an agent? 能帮我转人工客服吗？
A Sure. What is your call about? 可以。您来电是关于什么？

转钱

别这么说 ~~turn money to you~~

turn是“转动”，不是转账；听起来像把钱翻个面。

这样说 **I'll send it over.** 我这就转过去。

朋友间，省略money也自然

I'll send you the money. 我会把钱转给你。

最常用，转账也可说

I'll transfer the payment today. 我今天把款转过去。

对客户、老板较稳妥

A How much do I owe you for dinner? 晚饭我该给你多少钱?
B Thirty dollars is fine. 30美元就行。
A Cool, I'll send it over now. 好，我现在转过去。

我需要你的帮助

别这么说 ~~I need your help very much.~~

语气太重，像紧急求救；日常不自然。

这样说 **I need your help.** 我需要你帮忙。

直接，适合熟人

Can you help me? 你能帮我吗?

最常用，任何场合

Could you help me, please? 能请你帮我吗?

更客气，适合陌生人

A What's wrong? You look stressed. 怎么了？你看起来很紧张。
B Can you help me? I can't find my passport. 你能帮我吗？我找不到护照了。
A Of course. When did you last see it? 当然。你最后一次看到它是什么时候?

你自己选

别这么说 ~~You yourself choose.~~

逐字翻译，听起来生硬、不像日常英语。

这样说 **You pick.** 你来选吧。

朋友间最自然

It's up to you. 由你决定。

选择权交给对方

Please feel free to choose. 您可以自行选择。

对客人或客户

A Should we get pizza or noodles? 我们吃披萨还是面条?
B You pick. I'm fine with either. 你来选吧。我都可以。
A Okay, pizza then. 好，那就披萨吧。

太甜了

别这么说 ~~Very sweet.~~

只表示“很甜”，不等于“甜过头了”。

这样说 **It's too sweet.** 太甜了。

朋友间直接评价味道

It's a bit too sweet for me. 对我来说有点太甜。

更自然、更不冒犯

This is a little too sweet for my taste. 这个有点太甜了。

对店员或主人更委婉

A How's the milk tea? 奶茶怎么样?
B It's a bit too sweet for me. 对我来说有点太甜。
A Want to add some ice? 要不要加点冰?

有点甜

别这么说 ~~It has a little sweet.~~

sweet作形容词时不能这样用；直接说It's sweet。

这样说 **It's kind of sweet.** 有点甜。

朋友间随口说味道

It's a little sweet. 有一点甜。

最通用，描述味道

It's a bit sweet for me. 对我来说有点甜。

委婉说不太合口味

A How's the milk tea? 奶茶怎么样?
B It's a bit sweet for me, but I like it. 对我来说有点甜，不过我喜欢。
A Want me to order less sugar next time? 下次我点少糖?

我刚起床

别这么说 ~~I just rise from bed.~~

不自然，像直译；口语说 got up 或 woke up。

这样说 **I just got up.** 我刚起床。

朋友聊天最自然

I just woke up. 我刚醒。

还没完全起床也可

I've just gotten up. 我刚刚起床了。

美式，语气稍完整

A Hey, are you coming to breakfast? 嘿，你来吃早餐吗?
B Give me ten minutes. I just got up. 给我十分钟。我刚起床。
A No rush. We're still at the hotel. 不急。我们还在酒店。

这个字母发什么音

别这么说 ~~What sound does this letter pronounce?~~

letter 不会“pronounce”；人 pronounce 字母。

这样说 **How do you say this letter?** 这个字母怎么说?

问朋友最自然

How is this letter pronounced? 这个字母怎么发音?

课堂、学习都可用

Could you tell me how to pronounce this letter? 能告诉我怎么读吗?

问老师或陌生人

A I always mix up these two letters. 我总是把这两个字母搞混。
B How is this letter pronounced? 这个字母怎么发音?
A That one is pronounced “double-u.” 那个读作 double-u。

你刚玩这个游戏吗

别这么说 ~~Did you just play this game?~~

像问“你刚才玩了吗”，不是“刚开始玩”。

这样说 **Did you just start playing this game?** 你刚开始玩这游戏吗?

朋友间很自然

Are you new to this game? 你是新手吗?

语气更稳妥

Have you played this game before? 你以前玩过吗?

更委婉，不像质问

A Sorry, I keep pressing the wrong button. 不好意思，我老按错键。
B No worries. Are you new to this game? 没事。你是新手吗?
A Yeah, I started yesterday. 对，我昨天才开始玩。

我刚看到

别这么说 ~~I just look at it.~~

look at 是“看着”，不是“看到/看见”的结果。

这样说 **I just saw it.** 我刚看到了。

朋友间，it指前面那件事

I just saw your message. 我刚看到你的消息。

回复消息最常用

I just noticed this. 我刚注意到这个。

工作里说明刚发现

A Did you see my message about dinner? 你看到我说晚饭的消息了吗?
B Sorry, I just saw your message. 不好意思，我刚看到你的消息。
A No worries. Are you free tonight? 没事。你今晚有空吗?

我刚玩这个游戏

别这么说 ~~I just play this game.~~

容易听成“我只玩这个游戏”，不是刚开始玩。

这样说 **I'm new to this game.** 我刚玩这个游戏

队友间最自然

I just started playing this game. 我刚开始玩这游戏

清楚说明刚入坑

I'm still new to this game. 我还不太会玩

显得谦虚客气

A Why are you using that weapon? 你为什么用那把武器?
B I'm new to this game. 我刚玩这个游戏。
A Oh, no worries. I'll show you. 哦没事，我教你。

请稍等，别挂断

别这么说 ~~Please wait, don't close the phone.~~

close the phone 不地道；电话是 hang up。

这样说 **Hang on, don't hang up.** 等下，别挂

熟人电话里很自然

Please hold for a moment. 请稍等一下

客服、办公室都能用

Could you please hold for a moment? 您能稍等一下吗?

对客户或上级更礼貌

A Hi, can I speak to Ms. Lee? 你好，我可以找李女士吗?
B Sure. Please hold for a moment. 可以，请稍等一下。
A No problem. 没问题。

可以啊

别这么说 ~~Can can.~~

中式重复，英文不会这样表示“可以啊”。

这样说 **Sure, sounds good.** 可以，挺好。

朋友提议时答应

Yes, that works. 可以，这样行。

安排、时间都适合

That would be fine. 那样可以的。

对客户或上司更稳

A Do you want to grab dinner at seven? 你想七点去吃晚饭吗?
B Sure, sounds good. 可以啊，挺好。
A Great. I'll book a table. 太好了。我来订位。

你好漂亮啊

别这么说 ~~You are so beautiful ah.~~

ah 不这样用；直说 beautiful 有时太强、太暧昧。

这样说 **You look so pretty!** 你看起来好漂亮！

朋友、同龄人，很亲近

You look really nice. 你今天看着真不错。

安全自然，男女都可用

You look lovely today. 你今天看起来很美。

更柔和，适合正式一点

A Are you ready for the party? 你准备好去派对了吗？
B Almost. Does this dress look okay? 快好了。这条裙子还行吗？
A You look so pretty! 你看起来好漂亮！

马上

别这么说 ~~I will immediately.~~

句子不完整；immediately 后面要接具体动作，如 I'll send it immediately，口语更常说 I'll do it right away。

这样说 **In a minute.** 马上就好。

朋友间回应催促

Right away. 立刻去做。

干脆、常用

I'll do it right away. 我马上处理。

对上司客户更完整

A Can you send me the file? 你能把文件发我吗？
B Sure, I'll do it right away. 当然，我马上发。
A Thanks. I need it before the meeting. 谢谢。开会前要用。

我认为

别这么说 ~~I consider...~~

后面常接名词或宾补，不像中文“我认为”万能。

这样说 **I guess...** 我觉得……

语气轻松，表示不太强硬的看法

I think... 我认为……

说出自己的看法

In my opinion,... 依我看，……

更正式、客气

A Do you like this apartment? 你喜欢这套公寓吗?
B I think it's a bit too small. 我觉得它有点太小了。
A Yeah, the bedroom is tiny. 对，卧室很小。

买饮料

别这么说 ~~buy beverage~~

beverage 太书面；日常多说 drink 或 something to drink。

这样说 **I'm gonna grab a drink.** 我去买杯喝的。

朋友间很自然

I'm going to get a drink. 我去买杯喝的。

任何场合都能用

Could I get a drink, please? 我可以买杯饮料吗?

对店员点饮料

A I'm heading downstairs. Need anything? 我下楼一趟。要带什么吗?
B Yeah, could you get me a drink? 嗯，能帮我买杯喝的吗?
A Sure. Iced tea okay? 好。冰红茶可以吗?

保持清醒

别这么说 ~~Keep sober.~~

sober主要是“不醉”，不是普通的别睡着。

这样说 **Stay awake.** 别睡着。

困了但还要撑住

Stay alert. 保持警觉。

开车、值班、看情况

Please stay focused. 请保持专注。

工作或正式提醒

A I'm so tired. I can barely keep my eyes open. 我好累，眼睛都快睁不开了。
B Stay awake. We're almost at the hotel. 别睡着。我们快到酒店了。
A Okay, talk to me so I don't fall asleep. 好，你跟我说说话，别让我睡着。

被噪音吵醒

别这么说 ~~The noise woke up me.~~

代词 me 要放在 woke 和 up 中间；应说 The noise woke me up。

这样说 **The noise woke me up.** 噪音把我吵醒了。

最自然，朋友间抱怨

I got woken up by the noise. 我被噪音吵醒了。

口语常用，强调被吵醒

I was woken up by the noise. 我被噪音吵醒了。

更平稳，适合投诉

A You look tired. Did you sleep okay? 你看起来很累。睡得还好吗?
B Not really. The noise woke me up at 3 a.m. 不太好。凌晨三点被噪音吵醒了。
A Was it from the street? 是街上的声音吗?

被吵醒

别这么说 ~~I was quarreled awake.~~

吵醒的“吵”是noise，不是quarrel吵架。

这样说 **I got woken up by the noise.** 我被噪音吵醒了。

朋友间抱怨很自然

The noise woke me up. 那声音把我吵醒了。

最直接、最常用

I was woken up by some noise. 我被一些噪音吵醒了。

更客气、少指责

A You look tired. Did you sleep okay? 你看起来很累。睡得好吗?
B Not really. The noise woke me up at 3 a.m. 不太好。凌晨三点被噪音吵醒了。
A Oh no, was it from upstairs? 不会吧，是楼上传来的吗?

我醒了

别这么说 ~~I woke.~~

少了 up，听起来不自然；通常说 I woke up。

这样说 **I'm awake.** 我醒了。

刚睡醒，发消息常用

I'm up. 我起来了。

表示已起床或准备起床

I'm awake now. 我现在醒了。

语气更完整、温和

A Hey, are you still sleeping? 嘿，你还在睡吗?
B I'm awake. Give me five minutes. 我醒了。给我五分钟。
A Okay, breakfast is ready. 好，早餐好了。

你醒了

别这么说 ~~You wake up.~~

像在陈述习惯或命令，不是“你醒了”。

这样说 **You’re awake.** 你醒了呀。

朋友、家人间很自然

Are you awake? 你醒了吗?

不确定对方醒没醒

Oh, you’re awake. 哦，您醒了。

语气更轻，更客气

A I made some coffee. 我煮了点咖啡。
B Oh, you’re awake. 哦，你醒了。
A Yeah, I just got up. 嗯，我刚起床。

你醒了吗

别这么说 ~~Did you wake up?~~

像在问“你刚才醒来了吗”，不太像现在问候。

这样说 **Are you awake?** 你醒了吗?

朋友、家人发消息常用

Are you up? 你起了吗?

更像问起床没

Are you awake yet? 您醒了吗?

加 yet 更轻一点

A Morning! Are you awake? 早呀！你醒了吗?
B Yeah, I'm awake. What's up? 醒了，怎么啦?
A We're leaving in twenty minutes. 我们二十分钟后出发。

还有多久

别这么说 ~~Still have how long?~~

按中文直译，英语里不这样问时间剩余。

这样说 **How much longer?** 还要多久？

朋友间，等得有点急

How long will it take? 要花多久？

问事情需要的时间

Do you know how much longer it will be? 您知道还要多久吗？

问服务人员或上级

A The line is moving so slowly. 这个队走得好慢。
B Yeah. How much longer? 是啊，还要多久？
A Maybe ten more minutes. 可能还要十分钟。

这是啥

别这么说 ~~This is what?~~

像中文直译，英语里一般不这样问。

这样说 **What's this?** 这是什么？

最常用，朋友也可用

What is this? 这是什么？

清楚一点，任何场合

Could you tell me what this is? 您能说说这是什么吗？

问陌生人或服务人员

A Look at this on the menu. 你看菜单上这个。
B What's this? 这是啥？
A I think it's a kind of soup. 我觉得是一种汤。

大点声

别这么说 ~~Speak in a big voice.~~

这是按中文“大声”直译，英语不自然；应说 speak up 或 speak louder。

这样说 **Speak up a bit.** 大点声说。

朋友间很自然

Could you speak up a little? 能大点声吗?

通用、温和

Sorry, could you speak a little louder? 不好意思，能大声点吗?

对陌生人或上级

A Can you hear me at the back? 后面能听到吗?
B Sorry, could you speak a little louder? 不好意思，能大声点吗?
A Of course. Is this better? 当然。这样好点吗?

弄清楚

别这么说 ~~make it clear~~

多指“说明清楚”，不等于自己把事情弄明白。

这样说 **I'll figure it out.** 我会弄明白的。

朋友间，自己去想办法

Let's find out. 我们来查清楚。

一起确认事实

I'll look into it. 我会去了解清楚。

对客户、老板很自然

A The bill looks higher than last month. 账单看起来比上个月高。
B You're right. Let me check. 你说得对。我来确认一下。
A Do you think they charged us twice? 你觉得他们是不是收了两次?

这是我的微信号

别这么说 ~~This is my WeChat number.~~

WeChat 通常说 ID 或直接说 WeChat，不太说 number。

这样说 **Here's my WeChat.** 这是我的微信。

朋友间最自然

This is my WeChat ID. 这是我的微信号。

强调"号/ID"

Here's my WeChat if you'd like to add me. 想加的话这是我的微信。

不强迫对方添加

A Can I send you the photos later? 我晚点把照片发给你可以吗?
B Sure. Here's my WeChat. 可以。这是我的微信。
A Great, I'll add you now. 好，我现在加你。

点外卖

别这么说 ~~order takeaway~~

英式可用，但常指外带；在美国容易让人想到自取。

这样说 **Let's order delivery.** 我们点外卖吧。

和朋友在家最自然

I'll order some food. 我来点些吃的。

不强调送餐也可以

Would you like me to order delivery? 需要我点外卖吗?

对同事、客人都礼貌

A I'm too tired to cook tonight. 我今晚太累了，不想做饭。
B Let's order delivery. 我们点外卖吧。
A Good idea. What do you want? 好主意。你想吃什么?

我喜欢吃火锅

别这么说 ~~Hike eat hot pot.~~

like 后面要接 to eat 或 eating，不能直接接动词原形。

这样说 **I love hot pot.** 我超爱火锅。

朋友聊天，很自然

I like hot pot. 我喜欢火锅。

简单直接，哪里都能用

I really enjoy hot pot. 我很喜欢吃火锅。

更礼貌、稍正式

A What do you want for dinner? 晚饭你想吃什么？
B I really enjoy hot pot. 我很喜欢吃火锅。
A Great. There's a good place nearby. 太好了，附近有家不错的。

你好，你的外卖到了

别这么说 ~~Hello, your takeaway has arrived.~~

takeaway多指自取外带，不太像送餐员口语。

这样说 **Hey, your food's here.** 嘿，你的外卖到了。

熟人或语气轻松

Hi, your delivery is here. 你好，你的外送到了。

最通用，外卖快递都可

Hello, I have your order. 您好，我送您的订单。

对客户更礼貌

A Hello? 喂？
B Hi, your delivery is here. 你好，你的外卖到了。
A Great, I'll be right down. 好的，我马上下来。

吃点药

别这么说 ~~Eat some medicine.~~

medicine 通常说 take，不说 eat，听起来像直译。

这样说 **Take some medicine.** 吃点药吧。

熟人之间，直接关心

You should take some medicine. 你应该吃点药。

普通建议，最常用

Maybe you should take some medicine. 也许你该吃点药。

更柔和，不像命令

A You sound really congested today. 你今天听起来鼻塞很严重。
B Yeah, I think I caught a cold. 是啊，我好像感冒了。
A Maybe you should take some medicine. 也许你该吃点药。

我想看电影

别这么说 ~~I want to look movie.~~

look 不能直接接 movie；看电影用 watch 或 see。

这样说 **I feel like watching a movie.** 我想看个电影。

朋友间最自然

I'd like to watch a movie. 我想看电影。

直接表达想法

I'd like to see a movie. 我想看电影。

更礼貌地表达自己的想法

A What do you want to do tonight? 今晚你想做什么？
B I feel like watching a movie. 我想看个电影。
A At home or at the theater? 在家看还是去电影院？

你在笑什么

别这么说 ~~What are you smiling?~~

smile 不是 laugh；后面不能这样接宾语。

这样说 **What are you laughing at?** 你在笑什么？

朋友间，直接自然

What's so funny? 什么这么好笑？

好奇，也可能带情绪

May I ask what you're laughing at? 我能问你笑什么吗？

礼貌但仍略敏感

A You keep looking at your phone and laughing. 你一直看手机在笑。
B What are you laughing at? 你在笑什么？
A This dog video. It's ridiculous. 这个狗狗视频，太搞笑了。

开玩笑

别这么说 ~~Open joke.~~

这是逐字翻译，英语里没有这个说法。

这样说 **Just kidding.** 开个玩笑。

朋友间最常用

I'm joking. 我是在开玩笑。

说明自己不是认真的

I was only joking. 我只是开个玩笑。

怕对方误会时

A Wait, you ate my last slice of cake? 等等，你吃了我最后一块蛋糕？
B Just kidding. It's still in the fridge. 开玩笑啦。还在冰箱里。
A You scared me for a second. 你刚才吓我一跳。

你笑什么

别这么说 ~~What do you laugh?~~

laugh 不能这样接宾语，听起来像中式英语。

这样说 **What are you laughing at?** 你在笑什么？

朋友间，可能带点冲

What's so funny? 有什么好笑的？

好奇或轻微不满

May I ask what's funny? 我能问下哪里好笑吗？

更克制，适合正式场合

A You keep smiling at your phone. 你一直对着手机笑。
B What's so funny? 有什么好笑的？
A My dad just sent me a weird selfie. 我爸刚发了张奇怪自拍。

我手疼

别这么说 ~~My hand is painful.~~

能懂，但不太像口语；通常说 My hand hurts.

这样说 **My hand hurts.** 我手疼。

最自然，朋友间常用

My hand is sore. 我手有点疼。

酸痛、隐隐疼都可以

My hand is hurting. 我手现在疼。

向医生或同事说明

A Are you okay? You look uncomfortable. 你还好吗？看起来不太舒服。
B My hand hurts. I think I hit it. 我手疼，好像撞到了。
A Do you need some ice? 要不要冰敷一下？

腰疼

别这么说 ~~My waist hurts.~~

waist 多指腰围位置，不常用来说腰疼。

这样说 **My back hurts.** 我背疼。

日常最常说，包含腰

I have lower back pain. 我腰疼。

更准确说“腰部”

My lower back is hurting. 我腰现在疼。

跟医生或同事说明

A Are you coming hiking with us tomorrow? 你明天和我们去徒步吗?
B I don't think so. My back hurts. 我可能不去了。我腰疼。
A Oh no. Did you lift something heavy? 哎呀。你是不是搬重东西了?

膝盖疼

别这么说 ~~My knee is painful.~~

语法可以，但日常口语不如 My knee hurts 自然。

这样说 **My knee hurts.** 我膝盖疼。

最自然，朋友家人都能说

I have knee pain. 我有膝盖疼痛。

看病、描述症状常用

My knee is hurting. 我的膝盖正疼。

跟医生或同事说明现状

A Are you okay? You're walking slowly. 你还好吗？你走得有点慢。
B My knee hurts. I think I walked too much. 我膝盖疼。我觉得走太多了。
A Do you want to sit down for a bit? 你想坐一会儿吗?

嗓子疼

别这么说 ~~My voice hurts.~~

voice 是“声音”，不是嗓子；听起来像声音会疼。

这样说 **My throat hurts.** 我嗓子疼。

跟朋友说最自然

I have a sore throat. 我喉咙痛。

最通用，医生也能说

I'm not feeling well. My throat is sore. 我不太舒服，喉咙疼。

跟上司或客户解释

A You sound a bit different today. 你今天声音听起来有点不一样。
B Yeah, I have a sore throat. 嗯，我喉咙痛。
A Do you want some hot water? 你要点热水吗？

不合适

别这么说 ~~It's not suitable for me.~~

能懂，但很多日常场景听起来偏硬、像翻译。

这样说 **It's not a good fit.** 不太适合。

衣服、工作、关系都能用

It doesn't work for me. 这对我不合适。

时间、安排、方案不行

I'm afraid it's not suitable. 恐怕不太合适。

正式拒绝或评价

A Do you want to meet at 7 tomorrow? 明天七点见可以吗？
B Sorry, that doesn't work for me. 不好意思，那个时间我不行。
A How about 8:30? 八点半怎么样？

让我数数

别这么说 ~~Let me number number.~~

count 才是“数数量”；number 是“编号”或“数字”。

这样说 **Let me count.** 我来数一下。

朋友间很自然

Let me count them. 我数数这些。

有具体东西要数

Let me just count them first. 我先数一下。

对客人或同事更柔和

A Do we have enough plates for everyone? 盘子够每个人用吗?
B Let me count them. 我数数这些。
A I think we need eight. 我觉得我们需要八个。

发高烧

别这么说 ~~I have a high burn.~~

burn 是烧伤，不是发烧；fever 才是发烧。

这样说 **I have a high fever.** 我发高烧了。

跟朋友说明情况

I’m running a high fever. 我正在发高烧。

常见自然说法

I have a very high temperature. 我体温很高。

跟医生或正式场合

A You look awful. What’s wrong? 你看起来很难受，怎么了?
B I’m running a high fever. 我在发高烧。
A Do you want me to call a doctor? 要我帮你叫医生吗?

现在轮到你了

别这么说 ~~Now turn to you.~~

像“转向你”，不是“轮到你”。

这样说 **Your turn.** 轮到你了。

朋友、游戏里很自然

It's your turn now. 现在该你了。

大多数场合都能用

It's your turn, whenever you're ready. 准备好就轮到您了。

给对方空间，更客气

A I finished my part of the presentation. 我这部分讲完了。
B Great. It's your turn now, Mia. 好。Mia，现在轮到你了。
A Okay, I'll talk about the budget. 好的，我来讲预算。

很明显

别这么说 ~~very obvious~~

能懂，但单独说不自然；常说 It's very obvious.

这样说 **It's pretty obvious.** 这挺明显的。

朋友间，语气直接

It's clear. 很清楚。

通用、简洁

That's quite clear. 这很清楚。

更温和，适合正式场合

A Do you think she's upset? 你觉得她不高兴吗?
B It's pretty obvious. She hasn't said a word. 很明显啊。她一句话都没说。
A Maybe I should check on her. 也许我该去问问她。

不认识

别这么说 ~~I don't know this word.~~

如果想说“不认识某人”，不能用 this word；要说 I don't know him/her/them。

这样说 **I don't know him.** 我不认识他。

朋友间说某个人

I don't know them. 我不认识那个人。

性别不明也好用

I'm afraid I don't know them. 不好意思，我不认识。

对陌生人或上级

A Is that your new neighbor? 那是你的新邻居吗?
B I don't know them. I just saw them downstairs. 我不认识。刚在楼下看到的。
A Oh, I thought you two knew each other. 哦，我还以为你们认识呢。

她是谁

别这么说 ~~She is who?~~

语序像中文，英语疑问句要把 who 放前面。

这样说 **Who is she?** 她是谁?

朋友间直接问

Do you know who she is? 你知道她是谁吗?

更自然地向人打听

May I ask who she is? 请问她是哪位?

礼貌问身份

A I saw a woman talking to Tom outside. 我看到一个女生在外面跟Tom说话。
B Do you know who she is? 你知道她是谁吗?
A I think she's his sister. 我觉得她是他姐姐。

网卡了

别这么说 ~~The net is stuck.~~

stuck一般说物体卡住，网络卡更常说lagging或slow。

这样说 **My internet is lagging.** 我网有点卡。

聊天、游戏、视频都能用

The connection is slow. 网络连接很慢。

更清楚、适合说明情况

Sorry, my connection is a bit unstable. 不好意思，我网络不太稳。

会议、客户通话用

A Can you hear me okay? 你能听清我说话吗?
B Sorry, my connection is a bit unstable. 不好意思，我网络不太稳。
A No worries. Try turning off your video. 没事。你试试关掉视频。

他们是谁

别这么说 ~~They are who?~~

语序不自然；疑问句要说 Who are they?

这样说 **Who are they?** 他们是谁?

最直接，朋友间常用

Who are those people? 那些人是谁?

指远处或刚提到的人

May I ask who they are? 请问他们是哪几位?

更客气，适合正式场合

A I saw some people waiting outside your office. 我看到有人在你办公室外面等。
B Who are they? 他们是谁?
A They're here for the training session. 他们是来参加培训的。

你是谁

别这么说 ~~You are who?~~

按中文顺序翻译，英语里很不自然。

这样说 **Who are you?** 你是谁?

熟人玩笑或惊讶时

Sorry, who is this? 不好意思，您是哪位?

电话、消息里最常用

May I ask who's speaking? 请问您是哪位?

电话里更礼貌

A Hi, I got your message about the apartment. 你好，我看到你关于公寓的消息了。
B Sorry, who is this? 不好意思，您是哪位?
A It's Mark. We met at the viewing yesterday. 我是Mark。昨天看房时见过。

睡吧

别这么说 ~~Sleep.~~

像命令，太硬；一般要说 Go to sleep 或 Get some sleep.

这样说 **Go to sleep.** 睡觉吧。

对朋友、家人、小孩

Get some sleep. 去睡会儿吧。

自然又关心

Please get some rest. 请好好休息。

对不太熟或上级

A I still have two emails to send. 我还有两封邮件要发。
B You look exhausted. Get some sleep. 你看起来累坏了。去睡会儿吧。
A Maybe you're right. I'll do them tomorrow. 也许你说得对。我明天再弄。

睡懒觉

别这么说 ~~sleep lazy sleep~~

直译不通；English 用 sleep in 或 sleep late。

这样说 **I slept in.** 我睡了个懒觉。

朋友聊天，最常用

I slept late today. 我今天起晚了。

可说懒觉，也可说起晚

I had a lie-in this morning. 我今早睡了个懒觉。

英式自然说法；美式更常说 I slept in

A Did you go running this morning? 你今天早上去跑步了吗?
B No, I slept in. 没有，我睡了个懒觉。
A Nice. You needed that. 不错，你是该多睡会儿。

我是谁

别这么说 ~~Who I am?~~

疑问句语序错；要说 Who am I?

这样说 **Guess who?** 猜猜我是谁?

电话、聊天开玩笑

Do you remember me? 你还记得我吗?

见过面的人更自然

Do you know who I am? 您知道我是谁吗?

小心，可能显得强势

A Hello? Sorry, who is this? 喂？不好意思，哪位?
B Guess who? 猜猜我是谁?
A Wait... Lin? 等等……Lin?

没睡好

别这么说 ~~I didn't sleep good.~~

口语有人说，但语法不标准；学习者用 well 更稳。

这样说 **I didn't sleep well.** 我没睡好。

朋友间最自然

I didn't sleep very well. 我睡得不太好。

语气更柔和

I didn't get much sleep last night. 昨晚没睡多少。

对同事老板也合适

A You look a bit tired today. 你今天看起来有点累。
B Yeah, I didn't sleep very well. 嗯，我睡得不太好。
A Want some coffee? 要来点咖啡吗?

赶时间

别这么说 ~~I am catching time.~~

catch time 不是英语里的说法，别人会听不懂。

这样说 **I'm in a hurry.** 我赶时间。

朋友间最常用

I'm running late. 我要迟到了。

快迟到时用

I'm a bit pressed for time. 我时间有点紧。

对客户或同事委婉

A Do you want to grab a coffee? 你想去喝杯咖啡吗?
B Sorry, I'm in a hurry. 不好意思，我赶时间。
A No worries. Maybe later? 没事。晚点再说?

催我

别这么说 ~~Don't hurry me.~~

能懂，但不如 Don't rush me / Stop rushing me 自然常用。

这样说 **Stop rushing me.** 别催我了。

朋友催你快点时

Please give me a bit more time. 请多给我点时间。

更温和，不顶撞

I'll get it to you as soon as I can. 我会尽快给您。

对客户或老板

A Are you done yet? We need to leave. 你好了吗？我们得走了。
B Almost. Stop rushing me. 快好了。别催我了。
A Okay, but the taxi is downstairs. 好吧，但出租车在楼下了。

搞快点

别这么说 ~~Make quick point.~~

逐字翻译不成句，别人听不懂你在催他。

这样说 **Hurry up!** 快点！

朋友间催促，较直接

Can you be a bit quicker? 你能快一点吗？

日常催人，没那么冲

Could you please hurry a little? 能麻烦您快一点吗？

对陌生人或上级

A The movie starts in ten minutes. 电影十分钟后开始。
B I'm looking for my keys. 我在找钥匙。
A Hurry up! We'll miss the beginning. 快点！不然开头就错过了。

大概多久

别这么说 ~~Probably how long?~~

这是中文直译，英语里问题结构不自然。

这样说 **How long will it take?** 要花多长时间?

问等待或办事时长

About how long will it take? 大概要多久?

最贴近“大概多久”

Do you know roughly how long it will take? 您知道大概要多久吗?

问陌生人或客服

A Hi, I'm here to pick up my order. 你好，我来取我的订单。
B Sure. Let me check. 好的，我查一下。
A Do you know roughly how long it will take? 您知道大概要多久吗?

无可奉告

别这么说 ~~Nothing can tell you.~~

像直译，英语里不这样表达“无可奉告”。

这样说 **I'd rather not say.** 我不太想说。

朋友问私事时

No comment. 无可奉告。

媒体、正式提问

I'm not able to comment on that. 这个我不方便评论。

客户、老板、公开场合

A Did the company decide to cut jobs? 公司决定裁员了吗?
B I'm not able to comment on that. 这个我不方便评论。
A So we should wait for the official email? 所以我们等正式邮件吗?

我在夸你

别这么说 ~~I'm praising you.~~

语法可以，但日常对话里太正式、像评价下属。

这样说 **I'm giving you a compliment.** 我是在夸你呢。

朋友间澄清语气

I mean that as a compliment. 我是当夸奖说的。

怕对方误会时

Please take it as a compliment. 请把它当作夸奖。

更客气、更委婉

A Wait, are you saying my accent sounds funny? 等等，你是说我口音好笑吗?
B No, I mean that as a compliment. 不是，我是当夸奖说的。
A Oh! Thanks, I was confused. 哦！谢谢，我刚才有点懵。

让我看看

别这么说 ~~Let me look look.~~

中文直译，英语不会重复 look 表示“看看”。

这样说 **Let me see.** 让我看看。

朋友间很自然

Can I take a look? 我能看一下吗?

通用，不太直接

May I have a look? 我可以看一下吗?

更礼貌，适合客人

A My phone is acting weird again. 我的手机又不对劲了。
B Let me see. 让我看看。
A It keeps turning off by itself. 它老是自己关机。

重新开始

别这么说 ~~restart my life~~

机器、程序可 restart；人生更常说 start over 或 fresh start。

这样说 **Let's start over.** 我们重新来吧。

朋友间，语气直接

Let's start again. 我们再开始一次。

通用、自然

Could we start over, please? 可以重新来吗？

对客户、老师、上司

A I messed up the form. 我把表格填错了。
B No worries. Let's start over. 没事，我们重新来吧。
A Do I need a new copy? 我需要一份新的表吗？

加微信

别这么说 ~~Add WeChat.~~

像命令，也少了you/me，不像自然请求。

这样说 **Can I add you on WeChat?** 我能加你微信吗？

朋友、同学刚认识

Could we connect on WeChat? 我们能加微信吗？

自然，也比较稳妥

Would it be okay if I added you on WeChat? 我加您微信方便吗？

对客户、老师、前辈

A This was really helpful. Thanks for explaining it. 这个真的很有用，谢谢你解释。
B No problem. Could we connect on WeChat? 没问题。我们能加微信吗？
A Sure. Can I scan your QR code? 当然。我能扫你的二维码吗？

关空调

别这么说 ~~Close the air conditioner.~~

close 多用于门窗；空调要说 turn off。

这样说 **Can you turn off the AC?** 你能关下空调吗?

朋友、室友之间很自然

Could you turn off the air conditioning? 可以关掉空调吗?

任何场合都稳妥

Would you mind turning off the air conditioning? 您介意关空调吗?

对陌生人或客户更客气

A It's getting pretty cold in here. 这里越来越冷了。
B Yeah. Can you turn off the AC? 是啊。你能关下空调吗?
A Sure, no problem. 当然，没问题。

我们继续吧

别这么说 ~~We continue.~~

像在陈述“我们在继续”，不是邀请一起继续。

这样说 **Let's keep going.** 我们继续吧。

朋友间自然轻松

Let's continue. 我们继续吧。

通用，稍正式一点

Shall we continue? 我们继续好吗?

礼貌询问对方

A Do you want a five-minute break? 你想休息五分钟吗?
B I'm okay. Let's keep going. 我还好。我们继续吧。
A Great, I'll share the next slide. 好，我放下一页。

开空调

别这么说 ~~Open the air conditioner.~~

open 多用于开门窗；空调要说 turn on。

这样说 **Can you turn on the AC?** 你能开下空调吗？

朋友、家人间很自然

Let's turn on the air conditioning. 我们开空调吧。

提出建议，不像命令

Could you turn on the air conditioning, please? 可以请你开空调吗？

对陌生人、前台、同事

A It's getting really warm in here. 这里越来越热了。
B Yeah. Can we turn on the AC? 是啊。我们能开空调吗？
A Sure, go ahead. 当然，可以开。

方便留个联系方式吗

别这么说 ~~Is it convenient to leave a contact way?~~

逐字翻译，contact way 不自然，像机器翻译。

这样说 **Can I get your number?** 能给我你的号码吗？

朋友、同学间很自然

Can I get your contact info? 能留个联系方式吗？

不只限手机号

Would you mind sharing your contact details? 方便留联系方式吗？

对客户或不太熟的人

A It was great talking with you today. 今天跟你聊得很开心。
B Same here. 我也是。
A Can I get your contact info? 能留个联系方式吗？

该吃饭了

别这么说 ~~Should eat rice now.~~

eat rice 不是“吃饭”的通用说法，听着像只吃米饭。

这样说 **Time to eat.** 该吃饭了。

家人朋友间很自然

It's time for dinner. 到晚饭时间了。

说具体一餐更清楚

Shall we have lunch now? 我们现在吃午饭吗?

礼貌提议去吃饭

A Are you still working? 你还在忙工作吗?
B Yeah, just finishing this email. 嗯，我在写完这封邮件。
A Time to eat. You can do it after dinner. 该吃饭了，晚饭后再做吧。

该吃午饭了

别这么说 ~~Should eat lunch now.~~

少了主语，像命令或机器翻译。

这样说 **Time for lunch.** 该吃午饭了。

朋友同事间很自然

It's time for lunch. 到午饭时间了。

通用、清楚

Shall we break for lunch? 我们午休吃饭吧?

对同事或客户更委婉

A We've been working all morning. 我们忙了一整个上午。
B Yeah. It's time for lunch. 是啊，到午饭时间了。
A Good idea. Where should we go? 好主意。我们去哪儿?

我不理解

别这么说 ~~I don't comprehend.~~

太书面、太硬，日常聊天很少这样说。

这样说 **I don't get it.** 我没懂。

朋友间很自然

I don't understand. 我不明白。

通用，直接清楚

I'm not sure I understand. 我不太明白。

更委婉，适合工作

A Can you submit the form before lunch? 你能午饭前交表格吗?
B I'm not sure I understand. 我不太明白。
A I mean the travel expense form. 我是说差旅报销表。

不理解

别这么说 ~~I can't understand.~~

多像“我能力上听不懂”，语气可能太重。

这样说 **I don't get it.** 我没懂。

朋友间，很自然

I don't understand. 我不明白。

通用，直接清楚

I'm not sure I understand. 我不太确定我懂了。

委婉，不显得冲

A Can you fill out this form before Friday? 你能周五前填好这个表吗?
B I'm not sure I understand. Which part should I fill in? 我不太确定我懂了。我要填哪一部分?
A Just the first page and your contact details. 只填第一页和联系方式。

该吃晚饭了

别这么说 ~~Should eat dinner now.~~

少了主语，像命令，也不自然。

这样说 **Time for dinner.** 该吃晚饭了。

家人朋友间很自然

It's time for dinner. 到吃晚饭时间了。

最通用的说法

Dinner is ready, if you'd like to eat. 晚饭好了，可以吃了。

对客人更客气

A What time is it? 几点了?
B Almost seven. 快七点了。
A I'm getting hungry. 我有点饿了。

该起床了

别这么说 ~~Should get up.~~

少了主语，听起来像不完整的句子。

这样说 **Time to get up.** 该起床了。

最自然，家里常用

It's time to get up. 到起床时间了。

清楚直接，任何人都行

You might want to get up now. 你现在差不多该起床了。

比直接命令更委婉

A Is it morning already? 已经早上了吗?
B Yes. Time to get up. 是啊，该起床了。
A Five more minutes, please. 再睡五分钟嘛。

我该怎么做

别这么说 ~~How should I do?~~

缺少宾语，听起来像“我该怎样做某事”，不完整。

这样说 **What should I do?** 我该怎么办?

朋友间求建议

What do I do now? 我现在怎么办?

事情卡住了

What would you suggest I do? 您建议我怎么做?

问上级或客户

A The website won't accept my payment. 这个网站不接受我的付款。
B What do I do now? 我现在怎么办?
A Try another card, or call your bank. 换张卡试试，或者打给银行。

闻起来很香

别这么说 ~~It smells very fragrant.~~

fragrant偏书面，日常夸饭菜不太自然。

这样说 **It smells so good.** 闻起来好香啊。

朋友间很自然

That smells really good. 那个闻起来真香。

日常任何场合

It smells wonderful. 闻起来特别香。

夸主人或店家

A I just took the bread out of the oven. 我刚把面包从烤箱拿出来。
B It smells so good. 闻起来好香啊。
A Do you want a slice? 你想来一片吗?

干什么

别这么说 ~~Do what?~~

不像“干什么”，更像没听清：你说做什么？

这样说 **What are you doing?** 你在干什么？

朋友间直接问

What are you up to? 你在忙什么呢？

更轻松自然

May I ask what you're doing? 请问你在做什么？

对陌生人更客气

A Hey, you're still online? 嘿，你还在线啊？
B Yeah, I'm just finishing a video. 嗯，我在看完一个视频。
A What are you up to tomorrow? 你明天忙什么呢？

要不我直接自己转账给您

别这么说 ~~Or I directly transfer money to you myself.~~

逐字翻译，语序和“myself”都不自然。

这样说 **I can just transfer it to you.** 我直接转给你吧。

朋友间分账很自然

I can transfer the money to you directly. 我可以直接转给您。

清楚说明付款方式

Would it be easier if I transferred it to you directly? 我直接转给您方便吗？

礼貌征求对方意见

A The online payment page isn't working for me. 这个在线付款页面我这边打不开。
B Would it be easier if I transferred it to you directly? 我直接转给您方便吗？
A Yes, that's fine. I'll send you the details. 可以的，我把信息发给你。

我又来了

别这么说 ~~I come again.~~

时态不对，像直译；应说 I'm back again 或 Here I am again.

这样说 **I'm back again!** 我又回来啦！

熟人间，轻松可爱

Here I am again. 我又来啦。

自然，有点自嘲

I'm back again. Thanks for seeing me. 我又来了，谢谢你见我。

见医生、老师、客户

A Need help with the printer again? 打印机又需要帮忙了？
B Yeah, here I am again. 是啊，我又来啦。
A No worries. What happened this time? 没事。这次怎么了？

我想吃西瓜

别这么说 ~~I want eat watermelon.~~

少了 to，应该说 want to eat 或 want some。

这样说 **I want some watermelon.** 我想吃点西瓜。

跟朋友、家人说很自然

I'd like some watermelon. 我想要点西瓜。

点单或一般表达都行

Could I have some watermelon, please? 可以给我点西瓜吗？

对服务员、主人更礼貌

A It's so hot today. 今天好热啊。
B Yeah. I want some watermelon. 是啊。我想吃点西瓜。
A Good idea. Let's buy one on the way home. 好主意。回家路上买一个吧。

度过一段美好的时光

别这么说 ~~Spend a beautiful time~~

这是直译，英语里不自然，不这样表达“玩得开心”。

这样说 **Have a great time!** 玩得开心！

朋友去玩、旅行前

Enjoy yourself! 好好享受吧！

各种轻松场合

I hope you have a wonderful time. 祝您过得愉快。

对客人、客户更礼貌

A I'm going to Bali next week. 我下周要去巴厘岛。
B Wow, have a great time! 哇，玩得开心！
A Thanks! I really need a break. 谢谢！我真的需要休息一下。

你的名字怎么拼写

别这么说 ~~How to spell your name?~~

少了 do you，听起来像中文直译，不像完整问句。

这样说 **How do you spell your name?** 你的名字怎么拼?

朋友间也自然

Could you spell your name for me? 能拼一下名字吗?

登记信息常用

Would you mind spelling your name, please? 麻烦您拼一下名字?

更客气，适合客户

A Hi, I have a booking under Lin. 你好，我订了位，名字是 Lin。
B Could you spell your name for me? 能拼一下你的名字吗?
A Sure. L-I-N. 当然，L-I-N。

我拒绝

别这么说 ~~I refuse.~~

太硬，像正式对抗；日常拒绝会显得生气。

这样说 **No, thanks.** 不了，谢谢。

轻松拒绝邀请或东西

I'd rather not. 我不太想。

温和表达不愿意

I'm afraid I can't. 恐怕我不行。

礼貌拒绝请求或安排

A Want to try the spicy noodles? 想试试这个辣面吗?
B I'd rather not. It looks too hot for me. 我不太想。看起来太辣了。
A Fair enough. We can get dumplings instead. 也行。那我们吃饺子吧。

眼神交流

别这么说 ~~eye communication~~

直译了“交流”，英语里通常说 eye contact。

这样说 **Make eye contact.** 看着对方眼睛。

提醒朋友别低头

Maintain eye contact. 保持眼神交流。

面试、演讲都能用

Try to maintain eye contact. 尽量保持眼神交流。

给建议更委婉

A I'm nervous about the interview tomorrow. 我明天面试有点紧张。
B You'll be fine. Try to maintain eye contact. 没事的，尽量保持眼神交流。
A Not too much, right? 也不能一直盯着吧?

流口水

别这么说 ~~I flow mouth water.~~

逐字翻译，英语里完全不这样说。

这样说 **I'm drooling.** 我都流口水了。

朋友间说很馋

That looks delicious. 看起来真好吃。

看到食物最自然

That looks really appetizing. 看着很有食欲。

稍正式夸食物

A Look at this chocolate cake. 看这个巧克力蛋糕。
B Wow, that looks delicious. 哇，看起来真好吃。
A Want to split one? 要不要分一个?

坦诚交流

别这么说 ~~frankly communicate~~

像直译，英语里不太这样搭配；用 talk openly 更自然。

这样说 **Let's talk openly.** 我们敞开聊聊吧

朋友、伴侣间很自然

Let's have an honest conversation. 我们坦诚谈一谈

认真但不生硬

I'd like to discuss this openly with you. 我想和您坦诚讨论

对上司、客户更稳妥

A You seemed upset after the meeting. 会后你好像不太开心。
B Yeah, I think we need to talk openly. 嗯，我觉得我们需要敞开聊聊。
A Sure. I want to understand what happened. 当然。我想弄清楚发生了什么。

穿上鞋子

别这么说 ~~Wear your shoes.~~

更像“保持穿着鞋”，不像“现在穿上”这个动作。

这样说 **Put your shoes on.** 把鞋穿上。

家人朋友间最常用

Please put on your shoes. 请把鞋穿上。

自然、清楚、不生硬

Could you please put your shoes on? 麻烦您穿上鞋。

对客人或孩子家长

A Are we leaving now? 我们现在出门吗?
B Yes. Put your shoes on. 对。把鞋穿上。
A Okay, I'll be ready in a minute. 好，我马上好。

没穿衣服

别这么说 ~~You didn't wear clothes.~~

像在说过去某次没穿，不像提醒现在的状态。

这样说 **You're not wearing any clothes.** 你没穿衣服。

熟人间直接说

He's not wearing anything. 他什么都没穿。

描述别人没穿衣服

You might want to get dressed. 你最好穿上衣服。

委婉提醒对方

A Is the baby ready for the bath? 宝宝准备好洗澡了吗?
B Yes, he's not wearing anything now. 好了，他现在什么都没穿。
A Great, I'll get the towel. 好，我去拿毛巾。

请回答

别这么说 ~~Please answer me.~~

像在逼对方回应你本人，语气容易显得急或强硬。

这样说 **Can you answer this?** 你能回答这个吗？

朋友间问问题

Please answer the question. 请回答这个问题。

课堂、表格、说明

Could you please answer this? 您能回答这个吗？

更客气，适合陌生人

A I'm not sure which option to choose. 我不确定该选哪个选项。
B Can you answer this? 你能回答这个吗？
A I think it's B. 我觉得是B。

我喜欢轮滑

别这么说 ~~Hike pulley.~~

pulley 是"滑轮/滑车"，不是轮滑运动。

这样说 **I like roller skating.** 我喜欢轮滑。

最自然，朋友聊天

I enjoy roller skating. 我挺喜欢轮滑。

稍微更正式一点

I'm interested in roller skating. 我对轮滑感兴趣。

更客气、稳妥，适合不太熟的人

A What do you usually do on weekends? 你周末一般做什么？
B I like roller skating. 我喜欢轮滑。
A Nice! Where do you skate? 不错！你在哪儿滑？

我想玩轮滑

别这么说 ~~I want to play roller skating.~~

roller skating 不是球类游戏，通常不说 play。

这样说 **I wanna go roller skating.** 我想去轮滑。

朋友间最自然

I'd like to go roller skating. 我想去轮滑。

任何场合都能用

I'd love to try roller skating. 我很想试试轮滑。

对不熟的人更柔和

A What do you want to do this weekend? 这周末你想做什么？
B I wanna go roller skating. 我想去轮滑。
A Nice! There's a rink near the mall. 不错！商场附近有个轮滑场。

藏起来

别这么说 ~~Hide up.~~

英语里不这样说；hide 本身就有"藏"的意思。

这样说 **Hide it.** 把它藏起来。

朋友间，直接简单

Put it somewhere safe. 放到安全的地方。

不强调"躲藏"

Please keep it out of sight. 请别让人看见。

对客人或同事更礼貌

A My mom is coming. Where should I put the gift? 我妈来了。礼物放哪儿？
B Hide it in the closet. 把它藏到衣柜里。
A Good idea. She won't look there. 好主意。她不会看那儿。

流鼻涕

别这么说 ~~I flow nose water.~~

逐字翻译，英文里不这样说鼻涕。

这样说 **My nose is runny.** 我流鼻涕。

跟朋友说自己不舒服

I have a runny nose. 我流鼻涕。

最常用，任何场合都行

I'm dealing with a runny nose. 我有点流鼻涕。

跟医生、同事说较委婉

A Are you okay? You sound a bit stuffed up. 你还好吗？听起来有点鼻塞。
B Yeah, I have a runny nose. 嗯，我流鼻涕。
A Do you need a tissue? 你需要纸巾吗？

稍等，我看看

别这么说 ~~Wait a little, I look look.~~

逐字翻译；look look 不自然，像中式英语。

这样说 **Hang on, let me check.** 等下，我查一下。

朋友间很自然

One moment, let me check. 稍等，我查一下。

通用，安全

Just a moment, please. Let me check. 请稍等，我查一下。

服务、客户、上级

A Do you know what time the bus leaves? 你知道公交几点发车吗？
B One moment, let me check. 稍等，我查一下。
A Thanks. I don't want to miss it. 谢谢，我不想错过。

嗯嗯

别这么说 ~~En en.~~

英语里不这样拼，别人可能看不懂你在回应什么。

这样说 **Uh-huh.** 嗯，我在听

朋友聊天，轻松回应

Mm-hmm. 嗯嗯，知道了

最像中文“嗯嗯”

I see. 明白了

更清楚、更礼貌

A Can you send me the file before lunch? 午饭前能把文件发我吗？
B Mm-hmm, I'll send it in ten minutes. 嗯嗯，我十分钟后发。
A Great, thanks. 太好了，谢谢。

看不懂中文

别这么说 ~~I can't see Chinese.~~

see 是“看见”，不是“看懂”。听起来像眼睛看不到。

这样说 **I can't read Chinese.** 我看不懂中文。

最自然，朋友间也能用

I don't understand Chinese. 我不懂中文。

可指读不懂或听不懂

Sorry, I can't read Chinese. 不好意思，我看不懂中文。

问陌生人或店员时用

A Do you know what this sign says? 你知道这个牌子写什么吗？
B Sorry, I can't read Chinese. 不好意思，我看不懂中文。
A No worries. I'll ask someone. 没事。我去问别人。

看情况

别这么说 ~~Look at the situation.~~

像是在叫别人“看那个情况”，不是“视情况而定”。

这样说 **It depends.** 看情况。

最常用，朋友间很自然

It depends on the situation. 要看具体情况。

更完整，任何场合都行

I'll have to see how things go. 我得看后面情况。

委婉，不把话说死

A Are you coming to dinner tonight? 你今晚来吃饭吗?
B It depends. I might have to work late. 看情况。我可能要加班。
A No worries, just text me later. 没事，晚点发我消息就行。

什么情况

别这么说 ~~What situation?~~

听起来像在问“哪个情况”，不等于“怎么回事”。

这样说 **What's going on?** 发生什么了?

朋友间很自然

What happened? 怎么了?

想知道具体事情

Could you tell me what's going on? 能说下情况吗?

对陌生人或上级

A Everyone is standing outside the office. 大家都站在办公室外面。
B What's going on? 发生什么了?
A The fire alarm went off. 火警响了。

到此为止

别这么说 ~~Until here.~~

像直译，不能自然表达“到此为止”。

这样说 **Let's leave it there.** 就到这里吧。

朋友间结束话题

Let's stop here. 我们先停这里。

会议、练习都可用

Perhaps we should leave it there for now. 也许我们现在先谈到这里。

更委婉地结束话题或讨论

A Should we keep talking about the budget? 我们还要继续聊预算吗？
B No, let's stop here for today. 不了，今天先到这里吧。
A Okay, we can continue tomorrow. 好，明天再继续。

好吵

别这么说 ~~Very noisy.~~

不是完整句子，听起来像标签，不像自然抱怨。

这样说 **It's so noisy.** 太吵了。

朋友间直接抱怨

It's really loud in here. 这里真的很吵。

室内环境很吵

It's a bit noisy here. 这里有点吵。

语气更委婉

A Do you want to sit near the window? 你想坐窗边吗？
B It's really loud in here. 这里真的很吵。
A Yeah, the music is too much. 是啊，音乐声太大了。

很吵

别这么说 ~~It's very noisy sound.~~

sound 多余又不自然；直接说 noisy/loud。

这样说 **It's so loud in here.** 这里好吵啊。

朋友间随口抱怨

It's really noisy here. 这里真的很吵。

通用、自然

Could we keep it down a little? 能小声一点吗?

礼貌请别人安静

A Do you want to sit near the stage? 你想坐舞台旁边吗?
B Maybe not. It's really noisy here. 还是不了，这里真的很吵。
A Good point. Let's move to the back. 有道理。我们去后面吧。

不欢迎

别这么说 ~~Not welcome.~~

少了主语，像牌子或标签，不像当面对人说。

这样说 **You're not invited.** 没邀请你。

朋友间直说，较冷

You're not welcome here. 这里不欢迎你。

很直接，带明显拒绝

I'm afraid this is a private event. 不好意思，这是私人活动。

委婉拒绝陌生人

A Can I bring my friend to the dinner? 我能带朋友来吃饭吗?
B Sorry, it's just for invited guests. 不好意思，这次只限受邀客人。
A Oh, okay. I understand. 哦，好吧，我理解。

游戏结束

别这么说 ~~The game ends.~~

像在讲规则或时间表，不像宣布现在结束。

这样说 **Game over.** 游戏结束了。

打游戏最常用

The game is over. 比赛结束了。

游戏或比赛都行

That's the end of the game. 这场比赛到此结束。

较正式、说明情况

A Can I try one more round? 我能再来一局吗？
B Sorry, game over. 抱歉，游戏结束了。
A Already? I was so close! 这么快？我差点就赢了！

你不必带伞

别这么说 ~~You needn't bring an umbrella.~~

语法没错，但日常口语偏老派，不够自然。

这样说 **You don't need to bring an umbrella.** 你不用带伞。

朋友间很自然

You don't have to bring an umbrella. 你不必带伞。

任何场合都能用

You probably won't need an umbrella. 您大概用不上伞。

语气更委婉

A Should I bring an umbrella today? 我今天要带伞吗？
B You don't need to bring an umbrella. 你不用带伞。
A Really? The sky looks a bit grey. 真的吗？天看起来有点灰。

差不多

别这么说 ~~It's almost.~~

almost 后面通常需要补全内容；单独回答“差不多了”直接说 Almost. 更自然。

这样说 **Almost.** 差不多了。

进度快完成时

Pretty much. 基本上是。

同意或确认时

More or less. 大致差不多。

不想说太绝对

A Are you done packing? 你行李收拾好了吗?
B Almost. I just need to zip this bag. 差不多了，就差拉上这个包。
A Great, the taxi is downstairs. 太好了，出租车在楼下了。

我们没有时差

别这么说 ~~We don't have jet lag.~~

jet lag 是倒时差的不舒服，不是两地时差。

这样说 **We're in the same time zone.** 我们在同一时区。

朋友聊天最自然

There's no time difference between us. 我们之间没有时差。

解释两地时间

We're in the same time zone, so that works for me. 同一时区，我可以。

约会议更完整

A Can we call at 8 tonight? 我们今晚8点能通话吗?
B Sure. We're in the same time zone. 可以，我们在同一时区。
A Great, I'll send you the link later. 太好了，我晚点发链接给你。

请保持安静

别这么说 ~~Please keep silent.~~

能懂，但像规章牌子，不太像日常开口说。

这样说 **Please keep it down.** 请小声一点。

熟人或不太正式场合

Please be quiet. 请安静。

直接清楚，公共场合可用

Would you mind keeping your voice down? 能麻烦您小声点吗?

更委婉，适合陌生人

A Sorry, we're trying to study here. 不好意思，我们在这儿学习。
B Oh, are we being too loud? 哦，我们太吵了吗?
A Yeah. Please keep it down. 嗯。请小声一点。

请安静

别这么说 ~~Please be silent.~~

听起来像命令别人完全不许说话，比较硬。

这样说 **Please be quiet.** 请安静一点。

直接，熟人或课堂可用

Could you keep it down? 能小声点吗?

提醒别人降低音量

Would you mind keeping it down? 麻烦您小声点好吗?

对陌生人更委婉

A Sorry, I'm trying to take a call here. 不好意思，我在这儿接电话。
B Oh, sorry. I'll keep it down. 哦，不好意思。我会小声点。
A Thanks, I appreciate it. 谢谢，麻烦你了。

救我

别这么说 ~~Save me!~~

多像电影里的“拯救我”，日常求助不常用。

这样说 **Help me!** 救救我！

真急或玩笑都可

I need help. 我需要帮忙。

清楚说明求助

Could you help me, please? 您能帮我吗?

普通求助时对陌生人更礼貌

A This form is all in English. 这个表全是英文。
B I'm stuck. Could you help me, please? 我卡住了，您能帮我吗?
A Sure. Which part is confusing? 当然。哪一部分不懂?

不着急

别这么说 ~~Don't be hurry.~~

hurry 不是形容词；要说 No rush 或 Don't hurry.

这样说 **No rush.** 不急，慢慢来。

朋友、同事都自然

There's no hurry. 没那么赶。

说明时间不紧

Please take your time. 您慢慢来。

对客人、上级更礼貌

A I'm sorry, I haven't finished the report yet. 不好意思，我报告还没写完。
B No rush. Just send it to me tomorrow. 不着急，明天发我就行。
A Thanks, that helps a lot. 谢谢，这样我轻松多了。

我不着急

别这么说 ~~I'm not anxious.~~

anxious 是焦虑，不是“不赶时间”。

这样说 **I'm not in a hurry.** 我不赶时间。

朋友间最自然

There's no rush. 不用急。

安抚对方慢慢来

Please take your time. 您慢慢来。

对客人或同事

A Sorry, this might take a few minutes. 不好意思，这可能要几分钟。
B No worries. I'm not in a hurry. 没事，我不赶时间。
A Thanks for waiting. 谢谢你等。

穿上外套

别这么说 ~~Wear your coat.~~

不是错，但更像“穿着它”；动作“穿上”用 put on 更准。

这样说 **Put on your coat.** 把外套穿上。

家人朋友间很自然

You should put on a coat. 你该穿件外套。

温和提醒对方冷

Please put on your coat. 请把外套穿上。

对孩子、客人也可用

A Are we leaving now? 我们现在走吗?
B Yes. Put on your coat. 对，把外套穿上。
A Is it that cold? 有那么冷吗?

不必

别这么说 ~~No must.~~

英语不这样说；must不能直接当名词用。

这样说 **No need.** 不用了。

朋友间简单说不用

You don't have to. 你不用这么做。

说明对方没必要做

There's no need to do that. 不必那样做。

对陌生人或客户更柔和

A Should I print all the documents for you? 我要帮你把文件都打印出来吗?
B No need. I can read them on my laptop. 不用了。我可以在电脑上看。
A Okay, I'll just send you the files. 好，那我只把文件发给你。

免费

别这么说 ~~free fee~~

fee本来是“费用”，free fee听起来像“免费的费用”。

这样说 **It's free.** 这是免费的。

朋友间最自然

It's free of charge. 这是免费的。

清楚说明不用付钱

There's no charge. 不收费。

客服、店员常用

A Do I need to pay for the museum ticket? 博物馆门票要付钱吗?
B No, admission is free today. 不用，今天免费入场。
A Great! Let's go in. 太好了！我们进去吧。

两百打底

别这么说 ~~Two hundred bottom.~~

bottom 不能这样表示“打底”，听起来像直译。

这样说 **At least two hundred.** 至少两百

朋友间随口说

It starts at two hundred. 两百起

说价格起步

It would be at least two hundred. 至少得两百

更委婉正式

A How much is a taxi to the airport? 打车去机场多少钱?
B At least two hundred, I think. 我觉得至少两百。
A Wow, that's more than I expected. 哇，比我想的贵。

懂

别这么说 ~~I know.~~

有时像“我早知道了”，不一定是“我懂了”。

这样说 **Got it.** 懂了，收到

朋友、同事都常用

I understand. 我明白了

清楚、直接

I see what you mean. 我懂你的意思

听懂对方观点

A Take the blue line, then change at Central. 坐蓝线，然后在Central换乘。
B Got it. Blue line, then Central. 懂了。蓝线，然后Central。
A Yes, and call me if you get lost. 对，迷路了就给我打电话。

吃烧烤

别这么说 ~~eat barbecue~~

单独说像翻译练习；约人时要说 Let's get/have...

这样说 **Let's get barbecue.** 我们去吃烧烤吧。

朋友随口约饭

Let's have some barbecue. 咱们吃点烧烤吧。

自然，场景很广

Would you like to have barbecue? 您想吃烧烤吗？

问客人或不太熟的人

A Are you free tonight? 你今晚有空吗？
B Yeah. What's up? 有啊，怎么了？
A Let's have some barbecue near the station. 咱们去车站附近吃点烧烤吧。

少吃糖

别这么说 ~~Eat fewer sugar.~~

sugar 表示“糖分”时通常不可数，不能用 fewer。应说 cut back on sugar 或 have less sugar。

这样说 **Go easy on the sugar.** 糖少吃点。

朋友间自然提醒

Try to cut back on sugar. 试着少吃糖。

健康建议，很常用

You might want to limit your sugar intake. 您可以少摄入糖。

对客户或长辈

A I'm getting bubble tea again. 我又要买奶茶了。
B Again? Go easy on the sugar. 又买？糖少吃点。
A Fine, I'll get half sugar. 好吧，我点半糖。

吃了太多糖

别这么说 ~~I ate too many sugars.~~

sugar 当“糖分”通常不可数，不说 many sugars。

这样说 **I had way too much sugar.** 我糖吃太多了。

跟朋友吐槽最自然

I ate too much sugar. 我吃了太多糖。

直接、通用

I think I've had too much sugar. 我可能糖吃多了。

语气更委婉

A Do you want another slice of cake? 你还要一块蛋糕吗?
B No thanks. I had way too much sugar. 不了谢谢，我糖吃太多了。
A Fair enough. Want some water? 也是。要喝点水吗?

出去玩

别这么说 ~~Go out to play~~

像小孩子去玩耍；成人约人不太自然。

这样说 **Let's go out.** 我们出去吧。

朋友间最自然

Do you want to go out? 你想出去吗?

轻松邀请别人

Would you like to go out? 您想出去走走吗?

更礼貌、客气

A I'm so bored at home. 我在家好无聊。
B Same. Let's go out. 我也是。我们出去吧。
A Where do you want to go? 你想去哪儿?

玩手机

别这么说 ~~play phone~~

英文里一般不说 play phone，像在玩“电话”这个物品。

这样说 **I'm on my phone.** 我在看手机。

最日常，朋友间自然

I'm using my phone. 我在用手机。

普通说明你在用手机

I'm just checking my phone. 我只是看下手机。

对别人解释，不太失礼

A What are you doing? 你在干嘛?
B I'm on my phone. Give me one minute. 我在看手机。等我一分钟。
A Okay, but dinner is ready. 好，不过晚饭好了。

我们经常一起玩

别这么说 ~~We often play together.~~

像小孩子一起玩游戏，成年人听着有点幼稚。

这样说 **We hang out a lot.** 我们经常一起玩。

朋友间最自然

We spend a lot of time together. 我们常在一起。

朋友、同学、同事都可用

We often get together. 我们经常聚一聚。

更礼貌、像社交来往

A How do you know Mia? 你怎么认识 Mia 的?
B We hang out a lot. 我们经常一起玩。
A Oh, are you classmates? 哦，你们是同学吗?

我不太会玩

别这么说 ~~I can't play very well.~~

这句话本身没错，尤其可用于乐器、运动或游戏；若是第一次接触某个游戏，更自然说 I don't really know how to play.

这样说 **I'm not very good at this.** 我不太擅长这个。

朋友间最自然

I don't really know how to play. 我不太会玩。

说游戏、运动都行

I'm afraid I don't know how to play this. 不好意思，我不会玩这个。

对不熟的人更客气

A Want to join us for this board game? 要一起玩这个桌游吗?
B Sure, but I don't really know how to play. 好啊，不过我不太会玩。
A No worries. We'll teach you. 没事，我们教你。

食物熟了

别这么说 ~~The food is ripe.~~

ripe 是水果成熟，不是饭菜煮熟。

这样说 **It's ready.** 好了，可以吃了。

家里、朋友间最自然

The food is ready. 食物已经好了。

通用，说得更清楚

Dinner is ready. 晚饭好了。

招呼客人或家人

A Is the chicken okay now? 鸡肉现在可以了吗?
B Yes, it's cooked through. 可以，里面也熟了。
A Great. Should I bring the plates? 太好了。要我拿盘子吗?

熟了

别这么说 ~~It's mature.~~

mature多说人或想法成熟，不说饭菜熟了。

这样说 **It's done.** 好了，熟了

做饭时最常用

It's cooked. 已经煮熟了

强调不是生的

I think it's ready. 我觉得可以了

更委婉，不太硬

A Is the chicken ready yet? 鸡肉好了吗?
B Yeah, it's cooked. You can turn off the heat. 嗯，熟了。可以关火了。
A Great, I'll get the plates. 太好了，我去拿盘子。

我不想玩了

别这么说 ~~I don't want to play.~~

没错，但少了“anymore”就像一开始就不想玩。

这样说 **I don't want to play anymore.** 我不想再玩了

朋友间直接说

I'm done playing. 我玩够了

游戏或运动都能用

I think I'll sit this one out. 这轮我先不玩

礼貌退出一局

A Want to play another round? 还想再来一局吗?
B No, I'm done playing. 不了，我玩够了。
A Okay, want to grab a drink? 好，那去喝点东西?

转移注意力

别这么说 ~~transfer your attention~~

像机器翻译，英文里不这样安慰人。

这样说 **Take your mind off it.** 别老想着它

安慰朋友最自然

Distract yourself for a bit. 先分散一下注意力

给建议，直接清楚

Maybe take a break and think about something else. 或许先想点别的

更委婉，适合上级客户

A I can't stop thinking about tomorrow's interview. 我一直在想明天的面试。
B Let's go for a walk. Take your mind off it. 我们去散步吧，别老想着它。
A Good idea. I really need that. 好主意，我真的需要。

很美味

别这么说 ~~It is very delicious.~~

语法可以，但口语里偏生硬，delicious本身已很强。

这样说 **This is so good.** 这个太好吃了。

朋友吃饭时最自然

It’s delicious. 很好吃。

通用，简单直接

This is really lovely. 这个真的很好吃。

英式、客气夸菜

A How’s the pasta? 意面怎么样?
B It’s delicious. Did you make the sauce? 很好吃。酱是你做的吗?
A Yes, my mom taught me. 是的，我妈妈教我的。

拉肚子

别这么说 ~~I pull my stomach.~~

这是直译，像“拉扯肚子”，不是生病。

这样说 **I have diarrhea.** 我拉肚子了。

朋友间直接说

I have an upset stomach. 我肚子不舒服。

更委婉、常用

I'm not feeling well. I have some stomach issues. 我不太舒服，肠胃有点问题。

对老师、老板较合适

A Are you coming to lunch with us? 你要和我们一起去吃午饭吗?
B I'd better not. I have an upset stomach. 我还是不去了。我肚子不太舒服。
A Oh no. Do you need any medicine? 糟糕。你需要药吗?

小心别摔倒

别这么说 ~~Careful don't tumble down.~~

tumble down像书面或夸张，不像日常提醒。

这样说 **Careful, don't fall.** 小心，别摔倒。

对朋友、家人很自然

Be careful. Don't fall. 当心，别摔倒。

任何场合都能用

Please be careful not to fall. 请小心别摔倒。

对陌生人或长辈

A The stairs are really wet. 楼梯真的很湿。
B Be careful. Don't fall. 小心，别摔倒。
A Thanks, I'll hold the railing. 谢谢，我扶着栏杆走。

坏了

别这么说 ~~It's bad.~~

通常像“它很差”，不等于“坏掉/不能用”。

这样说 **Oh no, it's broken.** 糟了，它坏了。

朋友间，带点着急

It stopped working. 它不工作了。

机器、软件突然坏

I'm afraid it's not working. 恐怕它用不了了。

对客户、店员、上司

A Can you turn on the heater? 你能把暖气打开吗?
B I tried. I'm afraid it's not working. 我试了，恐怕它坏了。
A Should we call the front desk? 要不要打给前台?

晚上吃啥

别这么说 ~~Tonight eat what?~~

中文语序直译，听起来不自然。

这样说 **What are we having tonight?** 今晚吃什么?

一起吃饭的人之间

What should we eat tonight? 今晚吃点什么?

一起商量晚饭

What would you like for dinner? 您晚餐想吃什么?

问客人或长辈

A I'm starving. Are you hungry? 我饿死了。你饿吗?
B Yeah. What should we eat tonight? 饿。今晚吃点什么?
A Maybe noodles? There's a new place nearby. 要不吃面？附近有家新店。

啥

别这么说 ~~What thing?~~

像在问“哪个东西”，不是自然的反问“啥”。

这样说 **What?** 啥？什么？

熟人间，语气看场合

What do you mean? 你是什么意思？

没听懂对方意思

Sorry, could you repeat that? 不好意思，能再说一遍吗？

没听清，礼貌请人重复

A I'm moving to Canada next month. 我下个月要搬去加拿大。
B What? Really? 啥？真的吗？
A Yeah, I just got the job offer. 嗯，我刚拿到工作offer。

你想吃啥

别这么说 ~~What do you want to eat?~~

语法对，但有时听起来太直接，像催对方决定。

这样说 **What do you feel like eating?** 你想吃点什么？

朋友聊天最自然

What would you like to eat? 你想吃什么？

通用，语气清楚

Is there anything you'd like to eat? 您有什么想吃的吗？

更客气、给选择

A I'm getting hungry. 我有点饿了。
B Same. What do you feel like eating? 我也是。你想吃点什么？
A Maybe noodles or dumplings. 面条或者饺子吧。

关上窗户

别这么说 ~~Close the window.~~

像命令；除非对很熟的人或紧急情况。

这样说 **Can you close the window?** 你能关下窗户吗?

朋友、室友间自然

Could you close the window, please? 请把窗户关上好吗?

通用又礼貌

Would you mind closing the window? 麻烦您关下窗户好吗?

对陌生人或上级

A It's getting chilly in here. 这里有点冷了。
B Could you close the window, please? 请把窗户关上好吗?
A Sure, no problem. 当然，没问题。

做美甲

别这么说 ~~do nail beauty~~

不是英语常用说法，听起来像直译。

这样说 **I'm getting my nails done.** 我去做美甲。

朋友间最自然

I'm going to get a manicure. 我去做个美甲。

日常、预约都可用

I'd like to book a manicure. 我想预约美甲。

跟店员预约时

A What are you doing this afternoon? 你今天下午干嘛?
B I'm getting my nails done after work. 我下班后去做美甲。
A Nice. What color are you getting? 不错。你做什么颜色?

打开窗户

别这么说 ~~Open the window.~~

像命令；除非对孩子、机器指令或紧急情况。

这样说 **Can you open the window?** 你能开下窗吗?

朋友、室友之间很自然

Could you open the window? 可以开下窗吗?

更柔和，适合大多数场合

Would you mind opening the window? 您介意开下窗吗?

对陌生人、长辈、上司

A It's really warm in here. 这里真的有点热。
B Yeah. Could you open the window? 是啊。可以开下窗吗?
A Sure, no problem. 当然，没问题。

剪指甲

别这么说 ~~cut my fingernails short~~

能懂，但太字面；日常更常说 cut/trim my nails。

这样说 **I need to cut my nails.** 我得剪指甲了。

跟朋友随口说

I need to trim my nails. 我需要修剪指甲。

更自然、更通用

Could you trim my nails, please? 能帮我修剪指甲吗?

请别人帮忙时

A Do you want to play guitar now? 你现在想弹吉他吗?
B Wait a minute. I need to trim my nails. 等一下，我得剪指甲。
A Oh, right. They do look a bit long. 哦对，是有点长了。

管好你自己

别这么说 ~~Manage yourself well.~~

像在说管理身体或生活，不像让人别管闲事。

这样说 **Mind your own business.** 管好你自己的事。

很直接，朋友吵嘴可用

Please stay out of this. 请别掺和这事。

比直接骂人更清楚

I'd rather handle this myself, thanks. 我想自己处理，谢谢。

对上级客户更安全

A Why did you tell her about my plans? 你为什么把我的计划告诉她?
B I was just trying to help. 我只是想帮忙。
A Please stay out of this. 请别掺和这事。

插话

别这么说 ~~insert words~~

像把词塞进去，不表示打断别人说话。

这样说 **Can I jump in?** 我能插一句吗?

朋友聊天，轻松自然

Can I say something? 我能说句话吗?

通用，不太冒犯

May I add something? 我可以补充一下吗?

会议或对长辈客户

A So the plan is to leave at eight tomorrow. 所以计划是明天八点出发。
B Can I jump in? The train is at seven thirty. 我能插一句吗？火车是七点半。
A Oh, good catch. We should leave earlier. 哦，还好你发现了。我们得早点走。

够不够

别这么说 ~~Enough or not?~~

能懂但不自然，像中式直译。

这样说 **Is that enough?** 那够了吗?

朋友间确认数量

Is it enough? 够不够?

最通用的说法

Will that be enough? 这样够吗?

更委婉地确认

A I made some coffee. Want milk? 我煮了咖啡。要牛奶吗?
B Yes, just a little, please. 要，一点点就好。
A Is that enough? 那够了吗?

够

别这么说 ~~It is enough.~~

语法没错，但口语里常显得硬，不像自然反应。

这样说 **That's enough.** 够了。

朋友间，语气可轻可重

That should be enough. 应该够了。

数量、时间差不多够

That's plenty, thank you. 够多了，谢谢。

别人给你倒水、夹菜

A Do you want more rice? 你还要米饭吗?
B No, that's plenty, thank you. 不用，够多了，谢谢。
A Are you sure? 确定吗?

够了

别这么说 ~~Enough.~~

单独说很硬，像命令或不耐烦。

这样说 **That's enough.** 够了，就这样

朋友间，语气可轻可重

That should be enough. 这样应该够了

说数量、时间差不多

That's plenty, thank you. 够多了，谢谢

别人给你倒水夹菜时

A Do you want more rice? 你还要米饭吗?
B That's plenty, thank you. 够多了，谢谢。
A Are you sure? 确定吗?

钱够不够

别这么说 ~~Is the money enough or not?~~

太像逐字翻译，听起来生硬，还像在逼问。

这样说 **Got enough cash?** 现金够吗?

朋友间，很口语

Do you have enough money? 钱够不够?

直接问对方够不够

Will that be enough? 这些够吗?

给钱时更委婉

A The taxi should be about twenty dollars. 打车大概二十美元。
B Do you have enough money? 你钱够不够?
A I think so, but I only have cash. 应该够，但我只有现金。

咱俩

别这么说 ~~we two~~

能懂，但不像自然口语，更像直译。

这样说 **you and me** 你和我

口语里最常用

the two of us 我们俩

强调就两个人

you and I 你和我

作主语时更正式

A Who's going to the airport tomorrow? 明天谁去机场?
B Just the two of us. Tom can't come. 就咱俩。Tom 来不了。
A Okay, I'll book a car for 8. 好，那我订八点的车。

咱们

别这么说 ~~We two go.~~

像逐字翻译；英语提议通常说 Let's go.

这样说 **Let's go.** 咱们走吧。

朋友间提议做事

We should leave now. 咱们该走了。

包括说话双方

Shall we get started? 咱们开始好吗?

会议或较正式场合

A The movie starts in ten minutes. 电影十分钟后开始。
B Okay, let's go. 好，咱们走吧。
A Should we take a taxi? 咱们要打车吗?

太迟了

别这么说 ~~Too late.~~

可用作简短反应，但单独说常显得生硬、不完整。

这样说 **It's too late.** 太迟了。

朋友间直接说来不及

It's a bit too late now. 现在有点晚了。

语气更柔和

I'm afraid it's too late. 恐怕已经太迟了。

对客户或上级更委婉

A Can we still book tickets for tonight? 今晚的票还能订吗?
B I'm afraid it's too late. 恐怕已经太迟了。
A Oh no. When did booking close? 糟了。什么时候停止订票的?

无所谓

别这么说 ~~Whatever.~~

单独说常像不耐烦：随便你吧。

这样说 **I don't really care.** 我都行，不太在意

朋友间，语气放轻

I don't mind. 我不介意

最安全、最常用

Either is fine with me. 两个我都可以

选择时很礼貌

A Do you want coffee or tea? 你想喝咖啡还是茶?
B I don't mind. Tea is fine. 我都可以。茶就行。
A Great, I'll make some tea. 好，那我泡点茶。

你的麦很炸

别这么说 ~~Your mic is very fried.~~

fried 可说设备坏了，但不自然表示爆音失真。

这样说 **Your mic is really distorted.** 你麦克风失真很严重。

朋友开黑、语音聊天

Your mic is breaking up. 你的麦断断续续的。

通用，偏网络不稳

Your microphone sounds distorted. 您的麦克风听起来失真。

对客户、老师、同事

A Can you hear me okay? 你能听清我吗?
B Not really. Your mic is really distorted. 不太行。你的麦很炸。
A Oh, let me turn it down. 哦，我把音量调小点。

你能开麦吗

别这么说 ~~Can you open your mic?~~

open mic 听着像“打开设备”，不如 turn on 或 unmute 自然。

这样说 **Can you turn on your mic?** 你能开麦吗?

朋友打语音、游戏时

Could you unmute yourself? 你能取消静音吗?

线上会议最常用

Would you mind unmuting yourself? 方便取消静音吗?

对客户、老师、老板

A I think you're still on mute. 我觉得你还静音着。
B Oh, sorry. Could you hear me now? 哦，不好意思。现在听得到吗?
A Not yet. Could you unmute yourself? 还没有。你能取消静音吗?

有麦吗

别这么说 ~~Do you have wheat?~~

mic 才是麦克风；wheat 是小麦，会让人听不懂。

这样说 **Do you have a mic?** 你有麦吗？

朋友、游戏语音很自然

Do you have a microphone? 你有麦克风吗？

开会、网课都能用

Do you have a microphone you can use? 您方便用麦克风吗？

更客气，不像催人

A I can hear the game, but not you. 我听得到游戏声，但听不到你。
B Oh, do you have a mic? 哦，你有麦吗？
A Yes, wait. I'll plug it in. 有，等一下，我插上。

计划有变

别这么说 ~~The plan has change.~~

语法不对；要说 has changed 或 a change of plans。

这样说 **Change of plans.** 计划改了。

朋友间很自然

Plans have changed. 计划有变。

通用、清楚

There's been a change of plans. 计划有些变动。

更委婉正式

A Are we still meeting at seven? 我们还是七点见吗？
B Change of plans. Let's meet at eight instead. 计划改了。我们改成八点见吧。
A No problem. Same place? 没问题。还是老地方吗？

随手关灯

别这么说 ~~Close the light.~~

light 不能用 close，要说 turn off 或 switch off。

这样说 **Can you turn off the light?** 你能关一下灯吗?

朋友、室友间很自然

Please turn off the light. 请把灯关掉。

提醒任何人都可以

Would you mind turning off the light? 麻烦你关下灯好吗?

更客气，不像命令

A I'm heading out now. 我现在要出门了。
B Can you turn off the light? 你能关一下灯吗?
A Oh, sure. 哦，当然。

乱丢垃圾

别这么说 ~~Don't throw rubbish randomly.~~

听起来像直译，不像日常提醒。

这样说 **Don't litter.** 别乱扔垃圾。

直接提醒朋友或路人

Please don't litter. 请不要乱扔垃圾。

公共场合常用

Would you mind using the trash can, please? 麻烦您用一下垃圾桶好吗?

更客气，适合提醒陌生人

A Excuse me, you dropped your cup. 不好意思，你杯子掉了。
B Oh, I was leaving it there. 哦，我就放那儿。
A Please don't litter. There's a trash can over there. 请不要乱扔垃圾。那边有垃圾桶。

丢了

别这么说 ~~It lost.~~

lost 这里需要人作主语；东西不能自己“丢”自己。

这样说 **I lost it.** 我把它弄丢了。

朋友间，简单直接

It's gone. 它不见了。

不确定是不是丢了

I'm afraid I've lost it. 恐怕我弄丢了。

对工作人员或上级

A Do you still have the ticket? 票还在你那儿吗?
B No, I lost it. 不在了，我弄丢了。
A Okay, let's ask the staff for help. 好吧，我们去问工作人员。

这么贵

别这么说 ~~So expensive!~~

能懂，但单独说有点像突然抱怨，最好加 That's。

这样说 **That's so expensive.** 这也太贵了。

朋友间直接吐槽

That's quite expensive. 这个挺贵的。

语气更平和

That's a bit pricey. 这个有点贵。

委婉说价格高

A Do you like this jacket? 你喜欢这件夹克吗?
B I do, but that's a bit pricey. 喜欢，但有点贵。
A Want to check another store? 要不要看看别的店?

我的鞋丢了

别这么说 ~~My shoes lost.~~

lost 不能这样单独当动词；要说 I lost 或 are lost。

这样说 **My shoes are gone.** 我的鞋不见了。

朋友间，带点着急

I can't find my shoes. 我找不到鞋了。

最常用，也最自然

I can't seem to find my shoes. 我好像找不到鞋了。

更委婉，适合求助

A Are you ready to go? 你准备好走了吗?
B Not yet. I can't find my shoes. 还没。我找不到鞋了。
A Did you leave them by the door? 你是不是放门口了?

很容易

别这么说 ~~It very easy.~~

少了 be 动词；要说 It's very easy.

这样说 **It's super easy.** 这个超简单。

朋友间，轻松夸张

It's easy. 这很容易。

最通用，任何场合

It's quite straightforward. 这挺简单明了。

工作或正式一点

A Can you show me how to use this app? 你能教我用这个App吗?
B Sure. It's easy. 当然。很简单。
A Do I need to sign up first? 我需要先注册吗?

干嘛

别这么说 ~~Do what?~~

像没听懂上一句话，不像在问“干嘛”。

这样说 **What are you doing?** 你在干什么？

朋友间随口问

What are you up to? 你在忙什么？

自然、不太直接

May I ask what you're doing? 请问你在做什么？

更客气，语气轻

A Hey, you're still awake? 嘿，你还没睡？
B Yeah. What are you up to? 嗯。你在忙什么？
A Just packing for tomorrow's trip. 在收拾明天旅行的东西。

吃撑了

别这么说 ~~I ate too full.~~

full形容人，不太说eat too full；说I'm so full更自然。

这样说 **I'm stuffed.** 我吃撑了。

朋友间最自然

I'm so full. 我好饱。

任何饭后场合都能用

I've had plenty, thank you. 我吃得够多了，谢谢。

婉拒再添菜

A Do you want some more noodles? 你还要点面吗？
B No, thanks. I'm stuffed. 不了，谢谢。我吃撑了。
A Really? You barely touched the dumplings. 真的？你饺子都没怎么吃。

他们在干嘛

别这么说 ~~They are doing what?~~

语序像中文直译，除非表示惊讶反问。

这样说 **What are they doing?** 他们在做什么?

朋友间最自然

What are they up to? 他们在忙什么?

带一点好奇

Do you know what they're doing? 你知道他们在做什么吗?

更委婉地问别人

A Look at the people by the gate. 你看门口那几个人。
B What are they up to? 他们在忙什么呢?
A I think they're setting up a camera. 我觉得他们在架摄像机。

有什么症状

别这么说 ~~What symptom do you have?~~

通常有不止一种表现，用 symptoms 更自然。

这样说 **What symptoms do you have?** 你有什么症状?

朋友间直接问

What are your symptoms? 你的症状是什么?

最常用，诊所也可用

Could you tell me your symptoms? 能说说您的症状吗?

礼貌询问病人或客户

A I don't feel well today. 我今天不太舒服。
B Oh no. What symptoms do you have? 哎呀，你有什么症状?
A I have a sore throat and a fever. 我喉咙痛，还有点发烧。

找不到钥匙

别这么说 ~~I can't find the key.~~

如果是一串钥匙，英语通常说 keys；the key 像某一把特定钥匙。

这样说 **I can't find my keys.** 我找不到钥匙了。

最常用，跟朋友家人说

I can't find my keys anywhere. 我到处都找不到。

强调找了很多地方

I seem to have lost my keys. 我好像把钥匙弄丢了。

更委婉，适合求助

A Are you ready to go? 你准备好出门了吗?
B Not yet. I can't find my keys. 还没。我找不到钥匙了。
A Did you check your coat pocket? 你看过外套口袋了吗?

我戴着眼镜

别这么说 ~~I am wearing an eyeglass.~~

eyeglass 很少这样说；glasses 通常用复数。

这样说 **I've got my glasses on.** 我眼镜戴着呢。

朋友间，很自然

I'm wearing glasses. 我戴着眼镜。

描述现在的样子

I have my glasses on. 我现在戴着眼镜。

对谁都可以说；这里的 polite 指语气不随便，不是特别正式

A Can you read that sign from here? 你能从这儿看清那个牌子吗?
B Yeah, I'm wearing glasses today. 能，我今天戴着眼镜。
A Oh, good. What does it say? 太好了。上面写什么?

偏要

别这么说 ~~I must want to.~~

像“我必须想要”，英文不表达“偏要”的赌气感。

这样说 **I'm doing it anyway.** 我偏要这么做。

有点顶嘴、任性

I still want to. 我还是想要。

坚持但不太冲

I'd still like to, if that's okay. 可以的话我还是想。

委婉坚持自己的想法

A Don't buy that jacket. It's too expensive. 别买那件外套，太贵了。
B I know, but I still want to. 我知道，但我还是想买。
A You already have three black jackets. 你已经有三件黑外套了。

你赢了

别这么说 ~~You are win.~~

win 不能这样当形容词用；当场认输说 You win，比赛结果说 You won。

这样说 **You win.** 你赢了。

开玩笑认输

You got me. 你把我说服了。

被说中或说服

You're right. I'll go with that. 你说得对，就这样吧。

礼貌让步

A Come on, the blue one looks better. 拜托，蓝色那个更好看。
B But the black one goes with everything. 但黑色的什么都好搭。
A Okay, you got me. 好吧，你说服我了。

工作和学习

我英语很差

别这么说 ~~My English is very poor.~~

能懂，但太重、太自贬，日常不太自然。

这样说 **My English isn't very good.** 我英语不太好。

朋友间自然自谦

My English isn't great. 我英语一般。

轻松，不太负面

I'm still working on my English. 我还在练英语。

更积极，适合正式场合

A Do you want to join the meeting in English? 你想参加这个英文会议吗?
B Sure, but my English isn't great. 可以，不过我英语一般。
A No worries. I can help if you get stuck. 没事。你卡住的话我可以帮你。

找工作

别这么说 ~~I'm finding a job.~~

find 强调“找到结果”，不是“正在找”的过程。

这样说 **I'm job hunting.** 我在找工作

跟朋友聊近况

I'm looking for a job. 我正在找工作

最通用、最安全

I'm currently looking for a new role. 我目前在找新职位

面试或职场场合

A What are you doing these days? 你最近在忙什么?
B I'm looking for a job. 我正在找工作。
A What kind of job do you want? 你想找什么样的工作?

据我所知

别这么说 ~~According to me,~~

像“按我发布的规定”，不适合表达个人了解。

这样说 **As far as I know,** 据我所知

朋友聊天也自然

From what I know, 按我了解的情况

口语、邮件都能用

To the best of my knowledge, 就我所知

更正式，带谨慎感

A Is the meeting still at three? 会议还是三点吗?
B As far as I know, yes. 据我所知，是的。
A Great, I'll be there on time. 好，我会准时到。

涨薪

别这么说 ~~My salary rose.~~

能懂，但像说物价上涨，不像日常聊天。

这样说 **I got a raise.** 我涨薪了。

告诉朋友好消息

I got a pay rise. 我加薪了。

英式常用；美式更常说 a pay raise

My salary was increased. 我的薪水提高了。

正式汇报或邮件

A How was your meeting with your manager? 你和经理谈得怎么样?
B Pretty good. I got a pay raise. 挺好的。我加薪了。
A That's great! Drinks are on you, then. 太好了！那你请喝东西吧。

几点下班

别这么说 ~~What time do you go off work?~~

不常用来问下班时间；go off work 可表示因为生病等停止工作，不如 get off work / finish work 自然。

这样说 **What time do you get off work?** 你几点下班?

朋友同事间最自然

What time do you finish work? 你几点结束工作?

通用，英美都自然

What time will you be leaving work today? 您今天几点离开公司?

更客气，适合上级客户

A Want to grab dinner tonight? 今晚想一起吃饭吗?
B Sure. What time do you get off work? 好啊。你几点下班?
A Around six, if nothing comes up. 大概六点，如果没别的事。

下班

别这么说 ~~I go off work.~~

听起来像“离开工作状态”，不自然；说 get off/finish work。

这样说 **I'm off work!** 我下班啦!

跟朋友说很自然

I finish work at six. 我六点下班。

说固定下班时间

I'm leaving for the day. 我今天先下班了。

跟同事、上司说

A Are you still at the office? 你还在办公室吗?
B No, I'm off work! 没有，我下班啦!
A Nice. Want to grab dinner? 太好了。要一起吃晚饭吗?

走后门

别这么说 ~~walk through the back door~~

英语只像真的从后门走进去，不表示托关系。

这样说 **He pulled some strings.** 他托了关系。

朋友间说，口语自然

He used his connections. 他用了人脉关系。

直接说明靠关系

He went through unofficial channels. 他走了非正规渠道。

更委婉，适合正式场合

A How did he get the job so fast? 他怎么这么快拿到那份工作?
B I heard he used his connections. 我听说他用了人脉关系。
A Oh, so it wasn't a normal interview? 哦，所以不是正常面试?

换工作

别这么说 ~~I change work.~~

少了进行时或宾语，听起来像“改变工作内容”。

这样说 **I'm changing jobs.** 我在换工作。

朋友聊天，很自然

I'm switching jobs. 我在换工作。

通用，语气轻松

I'm moving to a new role. 我要去新岗位。

对同事、客户更稳妥

A You look busy these days. Everything okay? 你最近看起来很忙。还好吗?
B Yeah, I'm switching jobs next month. 还好，我下个月换工作。
A Oh, congrats! Is it still in marketing? 哦，恭喜！还是做市场吗?

一个月赚多少

别这么说 ~~How much money do you earn in one month?~~

语法上可以，但问收入时不够自然；通常说 How much do you make a month? 或 How much do you earn per month?

这样说 **How much do you make a month?** 你一个月赚多少?

熟人聊天，比较直接

How much do you earn per month? 你每月收入多少?

清楚但仍偏私人

Do you mind if I ask what your monthly salary is? 方便问月薪吗?

先征求同意，更礼貌

A Are you thinking about taking that job? 你在考虑接那份工作吗?
B Maybe. The hours are long, though. 可能吧。不过工时很长。
A Do you mind if I ask what your monthly salary is? 方便问下你的月薪吗?

词汇量太少

别这么说 ~~My vocabulary is too few.~~

vocabulary 不用 few；说 limited 或 not enough words 更自然。

这样说 **My vocabulary is pretty limited.** 我的词汇量挺有限。

跟朋友自嘲一下

I don't know enough words yet. 我会的词还不够。

简单直接，适合学习场景

I'm still building my vocabulary. 我还在积累词汇。

更积极，适合老师或面试

A Why did you stop in the middle of your story? 你讲到一半怎么停了?
B I don't know enough words yet. 我会的词还不够。
A That's okay. Try using simpler words first. 没关系，先用简单词说。

任务完成

别这么说 ~~Mission completed.~~

像游戏或军事口令，日常工作里有点夸张。

这样说 **All done.** 都弄好了。

朋友间，轻松自然

It's done. 已经完成了。

最通用，简洁

I've completed the task. 我已经完成任务了。

向老师、老板汇报

A Did you send the file to Jenny? 你把文件发给 Jenny 了吗?
B Yep, all done. 发了，都弄好了。
A Great, thanks for doing it so quickly. 太好了，谢谢你这么快处理。

这个词是什么意思

别这么说 ~~What means this word?~~

中式语序；英语要说 What does this word mean?

这样说 **What's this word mean?** 这个词啥意思?

朋友同学之间很自然

What does this word mean? 这个词是什么意思?

最通用，课堂也能用

Could you tell me what this word means? 您能告诉我意思吗?

问老师、同事、陌生人

A I'm reading this email. Can I ask you something? 我在看这封邮件，能问你个事吗?
B Sure. What is it? 当然，什么事?
A What does this word mean? 这个词是什么意思?

3到7个工作日出报告

别这么说 ~~3 to 7 work days out report~~

中文直译；英语要说 be ready/out/receive。

这样说 **It should be out in three to seven business days.** 应该3到7个工作日出

跟朋友随口说

The report will be ready in three to seven business days. 报告3到7个工作日好

最稳、最常用

You should receive the report within three to seven business days. 您会在3到7个工作日内收到

对客户、病人、上司

A When can I get the test report? 我什么时候能拿到检测报告?
B The report will be ready in three to seven business days. 报告3到7个工作日会出来。
A Will I get an email? 会发邮件给我吗?

问问题

别这么说 ~~Ask a problem~~

problem 是麻烦，不是“问题”；这里要用 question。

这样说 **Can I ask you something?** 我能问你点事吗?

朋友同事都自然

Can I ask a question? 我能问个问题吗?

课堂会议通用

May I ask you a question? 我可以请教您吗?

对老师客户上司

A Are you free for a minute? 你现在有一分钟吗?
B Sure. What's up? 当然，怎么了?
A Can I ask a question about the homework? 我能问个作业问题吗?

从现在开始我们全英交流

别这么说 ~~From now on we all English communicate.~~

中式语序，communicate 不能这样接 English。

这样说 **Let's speak only English from now on.** 从现在起只说英语吧

朋友练口语时自然

Let's use English from now on. 接下来用英语吧

适合课堂或群聊

Could we switch to English from now on? 我们能改用英语吗

对老师、同事更礼貌

A Your speaking is getting better. 你的口语越来越好了。
B Thanks! Let's speak only English from now on. 谢谢！从现在起只说英语吧。
A Sure. I'll help if you get stuck. 当然。你卡住我就帮你。

我刚到公司

别这么说 ~~I just arrived company.~~

arrive 后要加 at/in；company 也不等于办公室地点。

这样说 **I just got to the office.** 我刚到办公室。

同事、朋友间很自然

I just arrived at work. 我刚到上班地方。

不一定是办公室

I've just arrived at the office. 我刚到办公室。

更完整，适合上级客户

A Are you on your way? 你在路上了吗?
B I just got to the office. 我刚到办公室。
A Great. The meeting starts in ten minutes. 太好了，会议十分钟后开始。

查资料

别这么说 ~~check materials~~

像“检查材料”，不自然表达找信息。

这样说 **I'll look it up.** 我去查一下。

朋友间，轻松自然

Let me check. 我来确认一下。

任何场合都好用

I'll do some research and get back to you. 我查清楚后回复您。

对客户、上司更稳妥

A Do you know how to apply for the visa? 你知道怎么申请签证吗？
B Not exactly. Let me check. 不太确定。我来查一下。
A Thanks. The rules seem to change often. 谢谢。规定好像经常变。

我期待你的回信

别这么说 ~~I expect your reply.~~

expect 听起来像在要求对方回复，语气偏硬。

这样说 **Hope to hear from you soon.** 希望很快收到回复

朋友或熟人消息结尾

I look forward to hearing from you. 期待收到您的回复

邮件里最常用

I look forward to your reply. 期待您的回复

更正式，适合客户老板

A I sent you the details by email. 我把细节发邮件给你了。
B Great, I'll check it tonight. 太好了，我今晚看看。
A Thanks. I look forward to hearing from you. 谢谢。期待你的回复。

达成共识

别这么说 ~~We reached a consensus together.~~

consensus 已经包含“大家”的意思，together 多余；说 We reached a consensus 就够了。

这样说 **We're on the same page.** 我们想法一致了

朋友或同事间很自然

We've reached an agreement. 我们已经谈妥了

合作、安排都能用

We've come to a consensus. 我们达成了共识

会议、客户场合更正式

A So, should we launch the campaign next Monday? 那我们下周一上线这个活动吗?
B Yes, I think we've reached an agreement. 对，我觉得我们已经谈妥了。
A Great. I'll send a quick summary after the meeting. 好。我会后发个简短总结。

我保证

别这么说 ~~I assure.~~

assure 后面通常要接人：I assure you.

这样说 **I promise.** 我保证。

朋友间最常用

I guarantee it. 我敢保证。

对结果很有把握

You have my word. 我向你保证。

更郑重、可信

A Can you send the file before five? 你能五点前发文件吗?
B Yes, I promise. 可以，我保证。
A I really need it for the meeting. 开会真的要用。

从零开始

别这么说 ~~start from zero~~

能懂，但英语里更常说 from scratch 或 from the beginning。

这样说 **Let's start from scratch.** 我们从头开始吧。

朋友一起重新做

I'm starting from scratch. 我从零开始。

说自己没基础也开始

I'd like to start from the beginning. 我想从头开始。

对老师、客户更礼貌

A Do you already know any Spanish? 你已经会一点西班牙语吗?
B Not really. I'm starting from scratch. 不太会。我从零开始。
A That's okay. We'll begin with simple phrases. 没关系。我们从简单句子开始。

感谢你的辛勤工作

别这么说 ~~Thank you for your painstaking work.~~

painstaking 可以表示“细致认真的”，但这样感谢别人不自然，容易听起来像在强调过程艰难；更常说 hard work。

这样说 **Thanks for all your hard work.** 谢谢你这么努力。

同事朋友间很自然

Thank you for all your hard work. 感谢你的辛苦付出。

邮件、会议都能用

I really appreciate all your hard work. 我很感谢你的辛苦付出。

对上司、客户也合适

A The report looks great. It must have taken ages. 报告做得很好，肯定花了很久。
B Yeah, we had a lot of data to check. 是啊，我们查了很多数据。
A Thank you for all your hard work. 感谢你的辛苦付出。

该上课了

别这么说 ~~Should go to class now.~~

缺少主语，听起来像中式英语，不自然。

这样说 **Time for class.** 该上课了。

简单提醒同学或朋友

It's time for class. 到上课时间了。

最通用，任何场合都可

It's time to start class. 该开始上课了。

老师或正式一点的提醒

A Are you still in the cafeteria? 你还在食堂吗?
B Yeah, why? 嗯，怎么了?
A It's time for class. 该上课了。

您辛苦了

别这么说 ~~You are tired.~~

像在描述对方很累，不是在表达感谢或敬意。

这样说 **Thanks for all your hard work.** 谢谢您这么辛苦

熟人、同事都自然

Thank you for your hard work. 谢谢您的辛勤付出

工作和学习场合通用

I really appreciate all your hard work. 我很感谢您的付出

对上级、客户更礼貌

A The event went really well today. 今天活动办得很顺利。
B Thank you for your hard work. 谢谢您的辛勤付出。
A I'm glad I could help. 能帮上忙我很高兴。

请您过目

别这么说 ~~Please pass your eyes over it.~~

直译“过目”，英语里不这样说，听起来很怪。

这样说 **Please take a look.** 请看一下。

熟人同事也能用

Could you take a look? 您能看一下吗?

邮件和口头都自然

Could you please review this? 麻烦您审阅一下。

给上级、客户更合适

A I've updated the proposal. Could you please review it when you have a chance? 我已经更新了方案。您方便时能帮忙审阅一下吗?

B Sure, I'll take a look this afternoon. 可以，我今天下午看一下。

A Thank you. I'd appreciate any feedback. 谢谢。也欢迎您提出意见。

完全正确

别这么说 ~~Very correct.~~

语法上能懂，但英语里一般不说 very correct；更自然的是 Exactly 或 That's exactly right。

这样说 **Exactly.** 完全正确。

朋友聊天很自然

That's exactly right. 那完全正确。

通用，语气肯定

You're absolutely right. 您说得完全对。

对客户、上司更客气

A So the meeting is at ten, not nine? 所以会议是十点，不是九点?

B That's exactly right. 完全正确。

A Great, I'll update the calendar. 太好了，我来更新日历。

发邮件

别这么说 ~~send a mail~~

在美式英语里不太自然；电子邮件通常说 send an email 或 email someone。英式英语里 mail 可指电子邮件，但 an email 更通用。

这样说 **I'll email you.** 我会发邮件给你。

朋友同事都自然

I'll send you an email. 我给你发封邮件。

最稳、最常用

I'll send it to you by email. 我会用邮件发给您。

发文件给客户上司

A Do you have the meeting notes? 你有会议记录吗?
B Yes, I'll send you an email. 有，我给你发封邮件。
A Great, thanks! 太好了，谢谢！

期待你的回复

别这么说 ~~I expect your reply.~~

expect 像在催或要求，对方可能觉得有压力。

这样说 **Hope to hear from you soon.** 希望很快收到你回复

朋友或熟人消息结尾

I look forward to hearing from you. 期待收到您的回复

邮件里最常用

I look forward to your reply. 期待您的回复

更正式，适合客户老板

A I sent you the updated proposal just now. 我刚把更新后的方案发给你了。
B Great, thanks. I'll check it this afternoon. 太好了，谢谢。我今天下午看一下。
A Sounds good. I look forward to hearing from you. 好的。期待收到你的回复。

你有什么建议

别这么说 ~~What is your suggestion?~~

能懂，但像问卷题；聊天里不够自然。

这样说 **Any advice?** 有什么建议吗?

朋友间很自然

What do you suggest? 你建议怎么做?

适合大多数场合

Do you have any suggestions? 您有什么建议吗?

对客户、老师、上司

A I'm not sure which course to choose. 我不确定该选哪门课。
B What do you suggest? 你建议怎么做?
A Maybe the speaking class. It's more practical. 也许选口语课。更实用。

应聘

别这么说 ~~I want to interview this job.~~

interview 不是这样搭配；人面试人，不是面试工作。

这样说 **I'm applying for this job.** 我在应聘这份工作

和朋友说求职进展

I'd like to apply for this position. 我想申请这个职位

邮件、表格都自然

I'm here to interview for the role. 我是来面试这个岗位的

到公司前台可用

A What brings you here today? 你今天来这里是做什么的?
B I'm here to interview for the role. 我是来面试这个岗位的。
A Great. May I have your name, please? 好的。请问你叫什么名字?

我没看懂

别这么说 ~~I didn't see understand.~~

按中文硬翻不通；英文用 understand 或 get。

这样说 **I don't get it.** 我没明白。

朋友间，很自然

I don't understand this. 这个我没看懂。

指眼前内容

I'm not sure I understand this. 我不太确定我懂了。

委婉，适合工作学习

A Did you read the instructions? 你看说明了吗?
B Yes, but I don't understand this part. 看了，但这部分我没看懂。
A No problem. Let me show you. 没事，我给你演示一下。

我是一名中医

别这么说 ~~I'm a Chinese doctor.~~

容易被理解成“来自中国的医生”，不是“中医”。

这样说 **I do Chinese medicine.** 我是做中医的。

朋友闲聊，很自然

I'm a Chinese medicine practitioner. 我是一名中医从业者。

清楚介绍职业

I'm a practitioner of traditional Chinese medicine. 我是传统中医从业者。

正式、自我介绍

A What do you do for work? 你是做什么工作的?
B I'm a Chinese medicine practitioner. 我是一名中医从业者。
A Oh, like acupuncture and herbs? 哦，像针灸和草药那种?

集中注意力

别这么说 ~~Concentrate attention.~~

不自然；通常说 focus 或 pay attention。

这样说 **Focus.** 专心。

简短提醒朋友

Try to focus. 尽量专心点。

温和提醒，通用

Please stay focused. 请保持专注。

对同事、学生、客户

A I keep checking my phone while studying. 我学习时总看手机。
B Put it away and try to focus. 把它收起来，尽量专心点。
A Good idea. I'll leave it in my bag. 好主意。我放包里。

齐心协力

别这么说 ~~We should be of one heart and one force.~~

太直译，英文里不这样说，听起来不自然。

这样说 **Let's work together on this.** 我们一起把这事做了

朋友或同事间很自然

We need to work as a team. 我们要团队合作

会议、项目都能用

Let's all pull together. 大家一起出力吧

鼓励一群人配合

A This event is bigger than we expected. 这个活动比我们想的还大。
B I know. We need to work as a team. 我知道。我们要团队合作。
A I'll handle the guests. Can you do the schedule? 我来接待客人。你能做日程吗？

读博

别这么说 ~~I'm reading a doctor.~~

read a doctor 像在读“医生”。要说 read for a PhD（英式）、do a PhD 或 study for a PhD。

这样说 **I'm doing a PhD.** 我在读博。

朋友间最自然

I'm studying for a PhD. 我在攻读博士。

清楚、任何场合都能用

I'm pursuing a PhD. 我正在攻读博士学位。

简历、面试、正式介绍

A Are you working now or still in school? 你现在工作了还是还在上学?
B I'm doing a PhD in biology. 我在读生物博士。
A Wow, that sounds intense. 哇，听起来挺辛苦。

发工资

别这么说 ~~send salary~~

salary 不是这样“发送”；英语会说 pay 或 get paid。

这样说 **I got paid today!** 我今天发工资了!

跟朋友说，开心一点

It's payday today. 今天是发薪日。

自然、通用的说法

Salaries will be paid today. 工资今天会发。

通知员工时更正式

A Want to get dinner after work? 下班后想去吃饭吗?
B Yes! I got paid today! 好啊！我今天发工资了!
A Nice. Your treat? 不错哦。你请客?

什么时候发工资

别这么说 ~~When send salary?~~

少了主语和助动词，听起来像直译。

这样说 **When do we get paid?** 我们啥时候发工资?

问同事最自然

When is payday? 发薪日是哪天?

简洁，任何场合都能用

Could you tell me when payday is? 请问发薪日是哪天?

问HR、老板更客气

A I just started here. Can I ask something? 我刚入职。能问个事吗?
B Sure, what is it? 当然，什么事?
A When is payday? 发薪日是哪天?

面试官您好

别这么说 ~~Interviewer, hello.~~

英语里不这样称呼对方，听起来像直译。

这样说 **Hi, nice to meet you.** 你好，很高兴见到你

轻松面试或线上初见

Hello, nice to meet you. 您好，很高兴见到您

最稳妥，任何面试可用

Good morning. It's a pleasure to meet you. 早上好，很荣幸见到您

正式面试、资深面试官

A Hi, you must be Lin. Come on in. 你好，你一定是Lin。请进。
B Hello, nice to meet you. 您好，很高兴见到您。
A Nice to meet you too. Please have a seat. 我也很高兴见到你。请坐。

这个单词怎么拼

别这么说 ~~How to spell this word?~~

像标题或搜索句，不像直接问人。

这样说 **How do you spell this word?** 这个词怎么拼?

朋友同学间很自然

How do you spell that? 那个怎么拼?

最常用，指刚听到的词

Could you spell that for me, please? 能请你拼一下吗?

问陌生人或工作场合

A I need to write down your last name. 我需要写下你的姓。
B Sure. It's Wainwright. 好的，是 Wainwright。
A Could you spell that for me, please? 能请你拼一下吗?

朋友和感情

亲爱的

别这么说 ~~Dear, come here.~~

Dear 单独当称呼很不自然，像翻译腔或店客服

这样说 **Hey, babe.** 嗨，亲爱的

恋人之间很常见

Hi, honey. 嗨，亲爱的

伴侣或家人用

Dear Ms. Chen, 尊敬的陈女士：

正式邮件或信件开头用

A Are you still at work? 你还在上班吗？
B Yeah, but I'm leaving now, babe. 嗯，但我现在就走，亲爱的。
A Great. I'll wait downstairs. 太好了。我在楼下等你。

我爱你

别这么说 ~~I very love you.~~

very 不能直接修饰 love，要说 really love。

这样说 **Love you.** 爱你。

恋人、家人、很亲近的人之间随口说

I love you. 我爱你。

最标准、最直接的说法

I love you very much. 我非常爱你。

更完整、更郑重，但不是更礼貌

A Hey, I got home safely. 嘿，我安全到家了。
B Good. I was worried about you. 太好了。我刚才很担心你。
A Thanks for checking on me. 谢谢你惦记我。

我们交个朋友吧

别这么说 ~~Let's make a friend.~~

像“我们去制造一个朋友”，不是交朋友。

这样说 **Let's be friends.** 我们做朋友吧。

轻松直接，适合年轻人

I'd like to be friends. 我想和你做朋友。

真诚，不太唐突

It would be nice to stay in touch. 以后多联系就好了。

更自然含蓄

A I had fun talking with you today. 今天和你聊天很开心。
B Me too. I'd like to be friends. 我也是。我想和你做朋友。
A Sure, let's keep in touch. 当然，我们保持联系。

我想你了

别这么说 ~~I think you.~~

think 是“思考/认为”，不是“想念”。

这样说 **I miss you.** 我想你了。

最自然，关系亲近

I've been thinking about you. 我一直在想你。

温柔，不一定很暧昧

I hope you're doing well. I miss you. 希望你一切都好，我想你。

久未联系也合适

A How's life in London? 在伦敦过得怎么样?
B Pretty good, but I miss you. 挺好的，但我想你了。
A I miss you too. Let's video call tonight. 我也想你。今晚视频吧。

谈恋爱

别这么说 ~~talk love~~

这是直译，英语里不表示“谈恋爱”。

这样说 **We’re seeing each other.** 我们在交往。

口语，适合轻松地说两人在发展关系

They’re dating. 他们在谈恋爱。

最常用、最自然

They’re in a relationship. 他们在恋爱关系中。

较稳妥，不太八卦

A I saw you and Mia at the movies. 我看到你和 Mia 去看电影了。
B Yeah, we're dating now. 嗯，我们现在在谈恋爱。
A Really? That's great! 真的吗？太好了！

你为什么不理我

别这么说 ~~Why don’t you care me?~~

care 后面要加 about；而且意思变成“不关心我”。

这样说 **Why are you ignoring me?** 你为什么不理我?

朋友、恋人间直接问

Did you see my message? 你看到我消息了吗?

更自然，不太冲

I just wanted to follow up. 我想再跟进一下。

工作或正式场合

A You’ve been quiet all day. 你今天一整天都没怎么说话。
B Sorry, I was in meetings. 抱歉，我一直在开会。
A Did you see my message? 你看到我消息了吗?

你愿意嫁给我吗

别这么说 ~~Do you want to marry with me?~~

marry 后面直接接人，不加 with；也不像求婚台词。

这样说 **Will you marry me?** 你愿意嫁给我吗？

最直接、最常用的求婚

Would you marry me? 你愿意嫁给我吗？

更柔和，也很自然

Would you do me the honor of marrying me? 你愿意给我这个荣幸，和我结婚吗？

很正式、浪漫一点

A I've been nervous all day. 我今天一整天都很紧张。
B Why? What's going on? 怎么了？发生什么事了？
A Because I love you. Will you marry me? 因为我爱你。你愿意嫁给我吗？

我也爱你

别这么说 ~~I also love you.~~

语法没错，但日常表白回应里不自然，像翻译腔。

这样说 **Love you too.** 我也爱你。

亲密关系、家人朋友

I love you too. 我也爱你。

最直接、最稳妥

I love you too. 我也爱你。

完整、认真；语气放柔即可更温柔

A I love you, you know that? 我爱你，你知道吗？
B I love you too. 我也爱你。
A That makes me so happy. 这让我好开心。

下次再一起玩

别这么说 ~~Let's play together next time.~~

像小朋友玩游戏，不像成人约见面。

这样说 **Let's hang out again sometime.** 下次再约出来玩吧

朋友间最自然

Let's do this again sometime. 下次再这样聚吧

适合聚会、活动后

I hope we can meet up again soon. 希望很快再见面

更客气、更真诚

A I had a great time today. 我今天玩得很开心。
B Me too. Let's hang out again sometime. 我也是。下次再约出来玩吧。
A Definitely. Text me when you're free. 一定。你有空就给我发消息。

想你

别这么说 ~~I think you.~~

think 是“认为/思考”，不能表示想念一个人。

这样说 **Miss you.** 想你啦。

朋友、恋人都自然

I miss you. 我想你。

最直接，感情更清楚

I've been thinking of you. 我一直惦记着你。

更含蓄，适合长辈

A How's your first week in London? 你在伦敦第一周怎么样?
B Good, but I miss you. 挺好的，不过我想你。
A Aww, I miss you too. 哎呀，我也想你。

我好像喜欢你了

别这么说 ~~I seem to like you.~~

像在分析自己，听起来冷淡又不自然。

这样说 **I think I like you.** 我觉得我喜欢你

轻轻表白，不太压人

I think I'm starting to like you. 我好像开始喜欢你了

最贴近“喜欢上你了”

I've realized I have feelings for you. 我发现我对你有感觉

更认真、成熟一点

A Can I tell you something a little scary? 我能说件有点紧张的事吗?
B Of course. What is it? 当然，怎么了?
A I think I'm starting to like you. 我好像开始喜欢你了。

我想你

别这么说 ~~I think you.~~

think 是“认为/思考”，不能表示想念某人。

这样说 **I miss you.** 我想你了。

最常用，亲近的人

I've been thinking about you. 我一直在想你。

更含蓄，也可暧昧

I miss you a lot. 我很想你。

对家人长辈也自然

A How's life in London? 伦敦生活怎么样?
B Good, but I miss you a lot. 挺好的，但我很想你。
A I miss you too. Call me this weekend? 我也想你。周末给我打电话?

你想成为我的朋友吗

别这么说 ~~Do you want to become my friend?~~

太像儿童或正式申请，成年人听着有点怪。

这样说 **Want to be friends?** 想做朋友吗?

朋友间、同龄人很自然

Let's be friends. 我们做朋友吧。

简单直接，不太正式

I'd love to stay in touch. 我很想保持联系。

对不熟或工作场合更稳

A I had a great time talking with you. 跟你聊天很开心。
B Me too. Want to be friends? 我也是。想做朋友吗?
A Of course. Can I add you? 当然。可以加你吗?

在一起

别这么说 ~~We are in love.~~

常表示“我们相爱”，不等于已经是情侣；说关系用 We're together / We're a couple。

这样说 **We're together.** 我们在一起了。

告诉朋友恋爱关系

We're a couple. 我们是一对。

明确说是情侣

We're in a relationship. 我们在恋爱关系中。

较正式，适合不熟的人

A So, are you and Mia dating now? 所以你和Mia现在在约会吗?
B Yeah, we're together. 嗯，我们在一起了。
A That's sweet. I'm happy for you. 真好，我为你们开心。

我也想你了

别这么说 ~~I also think you.~~

think 是“思考/认为”，不能表示想念某人。

这样说 **I miss you too.** 我也想你。

最自然，关系亲近

I've missed you too. 我也一直想你。

强调这段时间都在想

I miss you too. It's lovely to hear from you. 我也想你，听到你真好。

更温柔完整

A I really miss you these days. 这几天我真的很想你。
B I miss you too. 我也想你。
A When can we meet again? 我们什么时候能再见？

我也想你

别这么说 ~~I also think you.~~

think 是“思考/认为”，不能表达“想念某人”。

这样说 **Miss you too.** 也想你。

朋友、恋人，很自然

I miss you too. 我也想你。

最通用、最安全

I miss you too. 我也想您。

完整说法；语气是否礼貌主要看关系和上下文

A I really miss you these days. 这几天我真的很想你。
B I miss you too. 我也想你。
A Let's video call tonight. 今晚视频吧。

为什么不和我聊

别这么说 ~~Why don't you chat with me?~~

像在邀请闲聊，不像在问“为什么不理我”。

这样说 **Why won't you talk to me?** 你为什么不理我?

熟人间，情绪更明显

Why aren't you talking to me? 你怎么不跟我说话?

直接问原因

Is there a reason you haven't replied? 你没回我是有原因吗?

更克制，不逼人

A You haven't answered my messages all day. 你一整天都没回我消息。
B Sorry, I was in meetings. 抱歉，我一直在开会。
A Oh, I was worried. I thought you weren't talking to me. 哦，我有点担心，还以为你不想理我。

找对象

别这么说 ~~find an object~~

object 是物品，不是恋爱对象，听起来很奇怪。

这样说 **I'm looking for someone.** 我在找合适的人。

朋友聊天，比较自然

I'm dating right now. 我现在在约会。

表示在接触人

I'm hoping to meet someone. 我希望遇到合适的人。

委婉，适合长辈同事

A Are you still single? 你还是单身吗?
B Yeah, but I'm hoping to meet someone. 嗯，不过我希望遇到合适的人。
A What kind of person are you looking for? 你想找什么样的人?

我喜欢你

别这么说 ~~I am liking you.~~

like 表状态，一般不用进行时这样表白。

这样说 **I like you.** 我喜欢你。

直接但不太重

I really like you. 我真的喜欢你。

更认真一点

I have feelings for you. 我对你有感觉。

成熟、委婉表白

A Can I tell you something? 我能跟你说件事吗?
B Sure. What is it? 当然，什么事?
A I really like you. 我真的喜欢你。

我永远都在

别这么说 ~~I will accompany you forever.~~

听起来很重、像誓言或翻译腔，日常安慰不自然。

这样说 **I'm always here for you.** 我一直在你身边

朋友间最自然

I'll always be here for you. 我会一直支持你

安慰、承诺都适合

Please know I'm here if you need anything. 需要什么我都在

对同事、客户更稳

A I don't know if I can handle all this. 我不知道我能不能扛过去。
B Hey, I'm always here for you. 嘿，我一直在你身边。
A Thanks. I really needed to hear that. 谢谢，我真的需要听到这句。

我愿意

别这么说 ~~I am willing.~~

语法没错，但日常单独说很生硬，像在表态。

这样说 **Sure, I can do that.** 当然，我可以。

答应帮忙或做某事

I'd love to. 我很愿意。

开心接受邀请

I'd be glad to. 我很乐意。

更正式、更客气地答应

A Can you help me move this weekend? 这个周末你能帮我搬家吗?
B Sure, I can do that. 当然，我可以。
A Really? That would help a lot. 真的吗？那太帮忙了。

我们分手吧

别这么说 ~~Let's divide hands.~~

按中文直译，英语里不是“分开手”的意思。

这样说 **I think we should break up.** 我觉得我们该分手了。

朋友/恋人间较自然

I want to end this relationship. 我想结束这段关系。

清楚、认真，不绕弯

I don't think we should continue this relationship. 我觉得我们不该继续了。

更克制，少一点伤人

A Can we talk for a minute? 我们能聊一分钟吗?
B Sure. What's going on? 当然。怎么了?
A I think we should break up. 我觉得我们该分手了。

你很可爱

别这么说 ~~You are very cutie.~~

cutie 是名词，不能直接跟 very；可以说 You're so cute 或 You're a cutie。

这样说 **You're so cute.** 你太可爱了。

朋友、恋人最自然

That's really sweet. 这点很暖很可爱。

夸行为，不冒犯外貌

You're very charming. 你很有魅力。

更成熟，适合正式些

A I brought you coffee. You said you had an early meeting. 我给你带了咖啡。你说早上有会。
B You're so cute. Thank you! 你太可爱了。谢谢！
A I guessed you'd need it. 我猜你会需要。

欢迎参加我们的婚礼

别这么说 ~~Welcome to attend our wedding.~~

像直译；welcome后不这样接attend邀请别人。

这样说 **We'd love you to come to our wedding.** 我们很想你来婚礼

给朋友亲戚，很亲切

You're invited to our wedding. 邀请你参加婚礼

请柬、口头都自然

We would be honored if you could join us. 您能来我们很荣幸

给长辈、客户更正式

A We finally set a date for the wedding! 我们终于定好婚礼日期了！
B That's wonderful! When is it? 太好了！什么时候？
A Next month. You're invited to our wedding. 下个月。邀请你来参加我们的婚礼。

我很爱你

别这么说 ~~I very love you.~~

very 不能直接修饰 love；要说 really 或 so much。

这样说 **I love you so much.** 我很爱你。

亲密、很有感情

I really love you. 我真的爱你。

真诚直接，最常用

You mean a lot to me. 你对我来说很重要。

更含蓄，但不是直接说“爱”

A You've been so quiet today. Is everything okay? 你今天一直很安静。还好吗?
B Yeah. I just wanted to say I really love you. 嗯。我只是想说，我真的爱你。
A I love you too. Thank you for telling me. 我也爱你。谢谢你告诉我。

我好想你啊

别这么说 ~~I very miss you.~~

very 不能直接修饰动词 miss，要说 really miss。

这样说 **I miss you so much.** 我好想你。

亲近的人，感情很满

I really miss you. 我真的想你。

自然直接，适合多数亲近关系

I've been thinking of you. 我一直惦记着你。

更含蓄，适合长辈或不想说得太直白时

A How's your first week in London? 你在伦敦第一周怎么样?
B It's good, but I really miss you. 挺好的，但我真的想你。
A I miss you too. Call me tonight? 我也想你。今晚给我打电话?

我喜欢她

别这么说 ~~I love her.~~

love 太重，像已经深爱或恋爱很久。

这样说 **I like her.** 我喜欢她。

最直接，朋友间说

I have feelings for her. 我对她有感觉。

更认真一点

I'm interested in her. 我对她感兴趣。

较含蓄，适合不熟的人

A Are you going to ask Mia out? 你要约 Mia 出去吗?
B Maybe. I really like her. 也许吧。我真的喜欢她。
A Then tell her how you feel. 那就告诉她你的感受。

我爱她

别这么说 ~~I very love her.~~

very 不能直接修饰 love；说 really love 更自然。

这样说 **I love her.** 我爱她。

最直接，朋友间说

I really love her. 我真的很爱她。

感情更强一点

I care about her very much. 我很在乎她。

更含蓄，适合正式场合

A Are you still thinking about Lily? 你还在想 Lily 吗?
B Yeah. I really love her. 嗯。我真的很爱她。
A Then maybe you should tell her. 那也许你该告诉她。

我非常喜欢她

别这么说 ~~I very like her.~~

英语里 very 不能直接放在 like 前面，要说 really like。

这样说 **I really like her.** 我真的很喜欢她。

朋友聊天最自然

I like her a lot. 我很喜欢她。

语气直接、不夸张

I think she's wonderful. 我觉得她很棒。

更含蓄得体

A So, what do you think of Emma? 所以，你觉得 Emma 怎么样?
B I really like her. She's so easy to talk to. 我真的很喜欢她。她特别好聊。
A Are you going to ask her out? 你会约她出去吗?

这是我和你之间的秘密

别这么说 ~~This is the secret between you and me.~~

语法可懂，但太直译，不像日常口语。

这样说 **This stays between us.** 这事别外传。

朋友间很自然

This is just between us. 这只限我们知道。

通用、语气平稳

Please keep this between us. 请替我保密。

更客气、有请求感

A Can I tell you something? 我能跟你说件事吗?
B Of course. What's up? 当然，怎么了?
A I'm thinking about changing jobs. Please keep this between us. 我在考虑换工作。请替我保密。

处对象吗

别这么说 ~~Do you have an object?~~

object 是“物体”，不能指恋爱对象，听着很奇怪。

这样说 **Are you dating anyone?** 你在跟谁谈恋爱吗?

朋友间直接问

Are you seeing anyone? 你有在交往的人吗?

自然，不太冒犯

May I ask, are you in a relationship? 可以问下你有对象吗?

更客气，但仍私密

A I'm going to the party alone tonight. 我今晚一个人去派对。
B Oh, are you seeing anyone? 哦，你有在交往的人吗?
A No, I'm single. 没有，我单身。

你笑起来真好看

别这么说 ~~You look good when you laugh.~~

laugh 是大笑，容易变成“你大笑时好看”。

这样说 **You look so cute when you smile.** 你笑起来好可爱

朋友、暧昧对象都能用

You have a really nice smile. 你的笑容很好看

自然安全，不太暧昧

You have a lovely smile. 您的笑容很亲切

更温和，适合不熟的人

A Why are you looking at me like that? 你干嘛那样看我?
B Nothing. You have a really nice smile. 没什么。你的笑容很好看。
A Really? That's sweet. 真的吗？你真会说话。

你喜欢谁

别这么说 ~~Who you like?~~

少了 do，语法不完整，听起来像刚学英语。

这样说 **Who do you like?** 你喜欢谁?

朋友八卦最自然

Is there someone you like? 你有喜欢的人吗?

更温和，不逼问

May I ask who you like? 我能问你喜欢谁吗?

先征求同意

A You keep smiling at your phone. 你一直对着手机笑。
B No, I'm not. 没有啦。
A Come on. Who do you like? 说嘛，你喜欢谁?

给我一个拥抱

别这么说 ~~Give me an embrace.~~

embrace 太书面，日常听起来像翻译腔。

这样说 **Give me a hug.** 抱我一下。

亲密朋友、家人、恋人

Can I have a hug? 可以抱抱我吗?

更柔和，也更常用

Would it be okay to hug you? 我可以抱你吗?

先征求同意，很安全

A You look really upset. What happened? 你看起来很难过，怎么了?
B I had a rough day. 我今天过得很糟。
A Do you want to talk about it? 你想聊聊吗?

我想要抱抱

别这么说 ~~I want a hug hug.~~

hug hug 不是英语叠词，听起来像小孩乱说。

这样说 **I need a hug.** 我需要抱抱。

委屈、累了时最自然

Can I have a hug? 可以抱我一下吗?

先问对方，安全自然

Could I have a hug? 能抱我一下吗?

更温柔、有礼貌

A You look upset. What happened? 你看起来不太开心。怎么了?
B Work was awful today. 今天工作太糟了。
A Do you want to talk about it? 你想聊聊吗?

抱一抱

别这么说 ~~Hug one hug.~~

逐字翻译，英语里不这样说，听起来不自然。

这样说 **Give me a hug.** 抱我一下嘛。

亲近的人，带撒娇感

Can I have a hug? 我可以抱一下吗?

温柔，也先征求同意

Would it be okay to give you a hug? 我可以抱你一下吗?

更尊重边界和场合

A You look really upset. What happened? 你看起来很难过。怎么了?
B I had a terrible day. 我今天糟透了。
A Can I do anything? 我能帮你做点什么吗?

我享受和家人在一起的时光

别这么说 ~~I enjoy the time together with my family.~~

能懂，但不够自然；spending time with 更地道。

这样说 **I love spending time with my family.** 我很喜欢和家人在一起。

自然温暖，最常用

I enjoy spending time with my family. 我享受陪伴家人的时间。

通用，适合聊天或写作

I really value time with my family. 我很珍惜和家人的时间。

更成熟，适合正式场合

A What do you usually do on weekends? 你周末通常做什么？
B I love spending time with my family. 我很喜欢和家人在一起。
A That sounds nice. Do you all live nearby? 听起来真好。你们都住得近吗？

我享受和他在一起的时光

别这么说 ~~I enjoy the time with him.~~

能懂，但不如 spending time with him 自然。

这样说 **I love spending time with him.** 我很喜欢和他相处。

朋友聊天最自然

I enjoy spending time with him. 我享受和他在一起。

温和、通用

I really value the time I spend with him. 我很珍惜和他的时间。

更认真、更有分寸

A You seem really happy these days. 你最近看起来很开心。
B Yeah, I love spending time with him. 嗯，我很喜欢和他相处。
A That's sweet. He seems kind too. 真好。他看起来也很温柔。

为你着迷

别这么说 ~~I'm fascinated for you.~~

介词不对，也不像表白；fascinated更像对事物感兴趣。

这样说 **I'm crazy about you.** 我特别迷恋你。

热烈、直接，适合恋人

I'm really into you. 我真的很喜欢你。

自然表白，不太夸张

I have strong feelings for you. 我对你很有感觉。

认真、克制地表达

A Can I tell you something kind of embarrassing? 我能说件有点不好意思的事吗?
B Sure. What is it? 当然。什么事?
A I'm really into you. 我真的很喜欢你。

遇见你是我的幸运

别这么说 ~~Meeting you is my luck.~~

直译味很重，luck一般不这样当“幸运”用。

这样说 **I'm lucky to have met you.** 遇见你我很幸运

对恋人或好朋友很自然

Meeting you was a real blessing. 遇见你真是福气

更走心，适合感谢

I feel very lucky to know you. 认识你我很幸运

温暖但不过分亲密

A I still remember our first coffee together. 我还记得我们第一次喝咖啡。
B Me too. I'm lucky to have met you. 我也是。遇见你我很幸运。
A That's really sweet. 你这么说真暖。

好有男人味

别这么说 ~~You have man taste.~~

taste 是味道/品味，不表示“男人味”。

这样说 **You're so manly.** 你真有男人味。

朋友或暧昧对象

You look really masculine. 你看起来很阳刚。

夸外表、穿搭

You have a very confident presence. 你气场很稳。

更含蓄，适合正式场合

A Do I look okay in this jacket? 我穿这件夹克还行吗?
B Yeah. You look really masculine. 嗯，你看起来很有男人味。
A Really? I wasn't sure about it. 真的吗？我还有点拿不准。

你很坏

别这么说 ~~You are very bad.~~

听起来像严肃批评人品，不像调情或玩笑。

这样说 **You're so bad.** 你真坏。

朋友或暧昧玩笑

You're naughty. 你真淘气。

轻松打趣，不太重

That's a bit cheeky of you. 你这有点皮哦。

较温和，适合不太熟

A Did you save me any cake? 你给我留蛋糕了吗?
B Maybe... if you say please. 也许吧……你说please才给。
A You're so bad. 你真坏。

我的女神

别这么说 ~~my female god~~

英文里不这么说，听起来像直译而且很怪。

这样说 **You're my goddess.** 你是我的女神。

甜一点，适合很熟的人

She's amazing. 她太棒了。

夸人自然安全

I really admire her. 我真的很佩服她。

尊重、不暧昧

A Did you see Mia's presentation? 你看 Mia 的展示了吗?
B Yes, she's amazing. 看了，她太棒了。
A Right? She made it look so easy. 对吧？她讲得太轻松了。

出门在外

我不会说英语

别这么说 ~~I can't speak English.~~

能用，但听起来像完全不会；很多时候太绝对。

这样说 **My English isn't great.** 我英语不太好

轻松承认，不尴尬

I don't speak much English. 我英语说得不多

最常用，清楚自然

Sorry, I don't speak English very well. 抱歉，我英语不太好

对陌生人更客气

A Do you need help finding the gate? 你需要帮忙找登机口吗?
B Yes, please. Sorry, I don't speak English very well. 需要，谢谢。抱歉，我英语不太好。
A No problem. Your gate is B12. 没关系。你的登机口是B12。

左转

别这么说 ~~Left turn.~~

像名词短语，不像在告诉别人“左转”。

这样说 **Turn left.** 左转。

给朋友指路，很直接

Take a left. 往左拐。

美式口语很自然，英式也能懂

Please turn left here. 请在这里左转。

对司机或陌生人更客气

A Are we close to the hotel? 我们快到酒店了吗?
B Yes. Take a left after the bank. 快了。过了银行往左拐。
A This street here? 是这条街吗?

多少钱

别这么说 ~~How much money?~~

太省略，听起来像在问“多少钱钱”，不自然。

这样说 **How much is it?** 这个多少钱?

朋友间或小店买东西

How much does this cost? 这个要多少钱?

最稳妥，哪里都能用

Could you tell me the price? 能告诉我价格吗?

问店员、客服更客气

A Excuse me, I like this scarf. 不好意思，我喜欢这条围巾。
B Sure. It's very soft. 当然。它很柔软。
A How much does this cost? 这个要多少钱?

欢迎下次光临

别这么说 ~~Welcome next time.~~

像中文直译，英文里 welcome 不能这样接 next time。

这样说 **Come back soon!** 有空再来呀!

小店、熟客，亲切

Hope to see you again. 希望再见到您。

店铺餐厅都自然

We hope to see you again soon. 期待您再次光临。

客户、酒店、正式服务

A Thanks, the coffee was really good. 谢谢，咖啡很好喝。
B Glad you liked it. Hope to see you again. 喜欢就好。希望再见到您。
A Sure, I'll come back next week. 当然，我下周再来。

茶加糖

别这么说 ~~Tea add sugar.~~

像中文直译，英文要说 with sugar 或 sugar in my tea。

这样说 **Sugar in mine, please.** 我的加糖，谢谢

朋友帮你倒茶时

With sugar, please. 请加糖

点茶最简单自然

Could I have it with sugar, please? 可以帮我加糖吗

对店员、服务员

A What would you like to drink? 你想喝点什么？
B Black tea, please. 红茶，谢谢。
A Any sugar? 要加糖吗？

请慢用

别这么说 ~~Please slowly use.~~

use 不是“享用饭菜”，slowly 也不自然。

这样说 **Enjoy your meal.** 请享用这顿饭。

朋友间也自然

Enjoy. 请享用。

服务员上菜常用

Please enjoy your meal. 请慢慢享用。

更客气、正式

A Here’s your pasta and salad. 这是您的意面和沙拉。
B Thanks. It looks great. 谢谢，看起来很好吃。
A Enjoy your meal. 请慢用。

向左转

别这么说 ~~Turn to left.~~

少了 the；自然说 Turn left 或 turn to the left。

这样说 **Turn left.** 向左转。

最直接，朋友间指路

Take a left. 往左拐一下。

口语自然，英美都常用

Please turn left here. 请在这里左转。

对司机或陌生人

A Are we close to the station? 我们快到车站了吗?
B Yes. Take a left at the next corner. 快了。下个路口左转。
A Then go straight? 然后直走吗?

请问有什么可以帮你

别这么说 ~~What can I help you?~~

help 后面缺 with，听起来不完整。

这样说 **Need a hand?** 要帮忙吗?

熟人或轻松店铺

How can I help? 我能怎么帮你?

最常用，客服也可用

How may I help you? 请问需要什么帮助?

更正式、更有礼貌

A Hi, welcome in. How can I help? 你好，欢迎光临。有什么可以帮您?
B Hi, I'm looking for a phone charger. 你好，我想找手机充电器。
A Sure. Do you need one for an iPhone? 好的。您需要 iPhone 用的吗?

你会讲英文吗

别这么说 ~~Can you say English?~~

say English 不自然；要用 speak English。

这样说 **You speak English?** 你会说英语吗?

很口语，朋友间可用

Do you speak English? 你会说英语吗?

最自然、最常用

Excuse me, do you speak English? 不好意思，您会英语吗?

问路、求助先这样说

A Excuse me, do you speak English? 不好意思，您会说英语吗?
B Yes, a little. How can I help? 会一点。需要帮忙吗?
A I'm a little lost. Could you help me find the station? 我有点迷路了。您能帮我找车站吗?

请问需要什么

别这么说 ~~May I ask what do you need?~~

语序和语气都不自然，听起来像直译。

这样说 **What can I get you?** 你想要点什么?

咖啡店、餐厅很自然

How can I help you? 我能帮你什么?

商店、客服都能用

How may I help you? 请问我能帮您什么?

更正式、更有服务感

A Hi, welcome in. How can I help you? 你好，欢迎光临。请问需要什么?
B Hi. I'm looking for a phone charger. 你好。我想找一个手机充电器。
A Sure, they're over here. 好的，在这边。

你们从哪里来的

别这么说 ~~Where do you come from?~~

语法没错，但常显得生硬，还可能像问族裔背景。

这样说 **Where are you guys from?** 你们是哪儿人？

朋友、同龄人之间

Where are you from? 你们来自哪里？

最通用，可问一个或多人

May I ask where you're from? 请问你们来自哪里？

更客气，适合陌生人

A Your English is great. Are you visiting? 你们英语很好。是来旅游的吗？
B Yes, just for a week. 对，就来一周。
A Nice. Where are you from? 真不错。你们来自哪里？

我想买一个打火机

别这么说 ~~I want to buy a fire machine.~~

lighter 才是打火机；fire machine 听不懂。

这样说 **I'd like to buy a lighter.** 我想买个打火机。

直接说需求，很自然

I'm looking for a lighter. 我在找打火机。

进店询问最常用

Do you have any lighters? 你们有打火机吗？

问店员更礼貌

A Hi, can I help you find anything? 你好，需要帮你找什么吗？
B Yes, I'm looking for a lighter. 嗯，我在找打火机。
A Sure. They're behind the counter. 当然。在柜台后面。

我不会英语

别这么说 ~~I can't English.~~

English 是名词，前面需要 speak 或 understand。

这样说 **I don't speak English.** 我不会说英语。

简单直接，熟人也能用

I don't speak much English. 我英语不太好。

最自然，不显得太绝对

I'm sorry, I don't speak much English. 不好意思，我英语不太好。

对陌生人更礼貌

A Excuse me, do you know where Gate 12 is? 不好意思，你知道12号登机口在哪吗?
B I'm sorry, I don't speak much English. 不好意思，我英语不太好。
A No problem. Gate 12 is that way. 没关系。12号登机口在那边。

辣不辣

别这么说 ~~Hot or not hot?~~

hot也指烫，听起来像问温度或评价人好不好看。

这样说 **Is it spicy?** 这个辣吗?

朋友间最自然

How spicy is it? 它有多辣?

想知道辣度

Could you tell me if it's spicy? 能告诉我辣不辣吗?

问服务员更客气

A What are you ordering? 你要点什么?
B Maybe the curry. Is it spicy? 可能点咖喱。它辣吗?
A A little, but you can ask for mild. 有一点，但你可以要微辣。

你能帮我拍张照片吗

别这么说 ~~Can you help me photo?~~

少了动词 take，属于中式直译；应说 take a photo/picture for me。

这样说 **Could you take a photo for me?** 能帮我拍张照吗？

友好自然，最常用

Could you take a picture of me? 能给我拍张照吗？

强调拍的是我

Would you mind taking a photo for me? 您介意帮我拍照吗？

更客气，适合陌生人；对方若同意，通常会说 No problem 或 Not at all

A Excuse me, could you take a photo for me? 不好意思，能帮我拍张照吗？
B Sure. Where would you like to stand? 当然。你想站在哪儿？
A Just here, with the tower behind me. 就这里，塔在我后面。

你想喝点什么

别这么说 ~~You want drink what?~~

英语语序不对，听起来像逐词翻译。

这样说 **What do you want to drink?** 你想喝什么？

朋友间直接自然

What would you like to drink? 你想喝点什么？

点单、招待都合适

Can I get you something to drink? 要我给您拿点喝的吗？

更客气，像主人或服务员

A Come in! Make yourself at home. 进来吧！别客气。
B Thanks, your place is lovely. 谢谢，你家真漂亮。
A What would you like to drink? 你想喝点什么？

坐公交

别这么说 ~~Sit the bus.~~

sit 是“坐下”，不是“乘坐交通工具”。

这样说 **Take the bus.** 坐公交车。

朋友间直接说法

Go by bus. 坐公交去。

强调出行方式

I'll take the bus. 我会坐公交去。

跟同事客户也自然

A How are you getting to the museum? 你怎么去博物馆?
B I'll take the bus. It's cheaper. 我坐公交去，便宜些。
A Good idea. Which bus do you need? 好主意。你要坐哪路?

我能和你拍照吗

别这么说 ~~Can I photo with you?~~

photo 是名词，不能直接当动词这样用。

这样说 **Can I get a photo with you?** 能和你合张影吗?

轻松，适合朋友或同龄人

Could I take a photo with you? 可以和你拍照吗?

最稳妥，谁都能用

Would it be okay to take a photo with you? 方便和你合影吗?

更客气，不给人压力

A Your cosplay is amazing! 你的角色扮演太棒了!
B Thank you! That means a lot. 谢谢！我很开心。
A Could I take a photo with you? 可以和你合张影吗?

这是哪里

别这么说 ~~This is where?~~

像直译，英语问句语序不自然。

这样说 **Where are we?** 我们在哪儿？

和朋友一起迷路时

Where is this? 这是哪里？

看地图或照片都能用

Excuse me, where am I? 不好意思，我在哪儿？

问路人时更礼貌

A This station looks different. 这个车站看起来不一样。
B Yeah, where are we? 对啊，我们在哪儿？
A Let me check the map. 我看一下地图。

我们要闭店了

别这么说 ~~We are close.~~

close 作形容词不是“关门了”；要说 We're closed 或 We're closing soon.

这样说 **We're closing soon.** 我们快打烊了。

语气轻松，提前提醒

We're about to close. 我们马上关门了。

通用，店里常听到

I'm sorry, we're closing now. 不好意思，我们打烊了。

对顾客更客气

A Can I still try this on? 我还能试穿这件吗？
B I'm sorry, we're closing now. 不好意思，我们打烊了。
A Oh, okay. I'll come back tomorrow. 哦，好的。我明天再来。

拍张照片

别这么说 ~~Help me make a photo.~~

make a photo 不自然；请人拍照用 take a photo。

这样说 **Can you take a picture?** 你能拍张照吗?

朋友间随口说；也可表示让对方拍一张照

Could you take a photo for me? 能帮我拍张照吗?

最常用、很自然

Would you mind taking a photo for me? 麻烦您帮我拍张照吗?

问陌生人更客气

A Excuse me, could you take a photo for us? 不好意思，能帮我们拍张照吗?
B Sure. Where do you want to stand? 当然。你们想站哪里?
A Right here, with the bridge behind us. 就这里，桥在我们后面。

续住

别这么说 ~~I want to continue living here.~~

听起来像长期住在这里，不像酒店续住。

这样说 **Can I stay another night?** 我能再住一晚吗?

简单直接，朋友式语气

I'd like to extend my stay. 我想续住。

最常用，酒店前台适合

Could I extend my stay, please? 请问我可以续住吗?

更礼貌，适合正式酒店

A Good morning. How can I help you? 早上好。有什么可以帮您?
B I'd like to extend my stay. 我想续住。
A Sure. How many more nights? 可以。您想多住几晚?

我想要一杯水

别这么说 ~~I want a cup of water.~~

语法对，也能懂，但点餐或麻烦别人时偏直接；更自然礼貌的是 I'd like 或 Could I have。

这样说 **Can I have some water?** 能给我点水吗?

朋友家、随口要水

I'd like a glass of water. 我想要一杯水。

餐厅、咖啡店都自然

Could I have a glass of water, please? 可以给我一杯水吗?

更客气，适合对服务员说

A Hi, what can I get you? 你好，想要点什么?
B Could I have a glass of water, please? 可以给我一杯水吗?
A Sure. Still or sparkling? 当然。普通水还是气泡水?

我想要一个靠窗的座位

别这么说 ~~I want a seat near the window.~~

能懂，但偏直接；飞机上“靠窗座位”更常说 window seat。

这样说 **Can I get a window seat?** 能给我靠窗座位吗?

口语自然，旅行常用

I'd like a window seat, please. 我想要靠窗座位。

最稳妥，柜台餐厅都可

Could I have a window seat, please? 可以给我靠窗座位吗?

更客气，适合服务人员

A Hi, are you checking in for Flight 218? 你好，是办理218航班值机吗?
B Yes. Could I have a window seat, please? 是的。可以给我靠窗座位吗?
A Let me check. Yes, we have one left. 我看一下。有，还剩一个。

几点到

别这么说 ~~What time to arrive?~~

少了主语和助动词，听起来像不完整的句子。

这样说 **What time will you get here?** 你几点到这儿?

问朋友到你这边

What time will you arrive? 你几点到?

通用，清楚自然

What time do you expect to arrive? 您预计几点到?

问客户、老板更客气

A I'm leaving the station now. 我现在从车站出发。
B Great. What time will you get here? 好，你几点到这儿?
A Around six, if traffic is okay. 如果不堵车，大概六点。

小心台阶

别这么说 ~~Be careful the stairs.~~

少了介词，也把step说成stairs；这里通常是一个台阶。

这样说 **Watch the step.** 小心台阶。

朋友间最自然

Mind the step. 留意脚下台阶。

英式常见，也很简洁

Please watch your step. 请小心脚下。

对客人、陌生人

A Is this the right way to the café? 去咖啡馆是走这边吗?
B Yes. Please watch your step here. 是的。这里请小心脚下。
A Oh, thanks. I didn't see that. 哦，谢谢。我没看到。

我想要热茶，谢谢

别这么说 ~~I want hot tea, thank you.~~

语法能懂，但点单时听起来有点硬、像命令。

这样说 **Can I get a hot tea, please?** 能给我杯热茶吗？

咖啡店点单很自然

I'd like a hot tea, please. 我想要一杯热茶。

餐厅、飞机上都适合

Could I have a hot tea, please? 可以给我杯热茶吗？

对服务员更客气

A Hi, what can I get for you? 你好，想点什么？
B I'd like a hot tea, please. 我想要一杯热茶。
A Sure. Anything else? 好的。还要别的吗？

我们在哪

别这么说 ~~We are where?~~

语序像直译，除非表示惊讶，一般不自然。

这样说 **Where are we?** 我们在哪儿？

最常用，直接问位置

Where are we now? 我们现在在哪儿？

看地图或车上很自然

Could you tell me where we are? 能告诉我我们在哪儿吗？

问司机、路人更礼貌

A This street doesn't look right. 这条街看起来不太对。
B Yeah, where are we now? 是啊，我们现在在哪儿？
A Let me check the map. 我看一下地图。

你想去哪

别这么说 ~~You want go where?~~

中文直译，少了 do/to，语序也不自然。

这样说 **Where do you want to go?** 你想去哪里?

朋友间最直接自然

Where would you like to go? 你想去哪里呢?

更柔和，通用

Where would you like to go first? 您想先去哪?

接待、带路时用

A We still have two hours before dinner. 晚饭前我们还有两个小时。
B Where would you like to go? 你想去哪里呢?
A Maybe the art museum? 要不去美术馆?

你们是哪国人

别这么说 ~~What country people are you?~~

按中文直译，英语里不这么问，听起来很别扭。

这样说 **Where are you guys from?** 你们从哪儿来?

朋友、同龄人很自然

Where are you from? 你们来自哪里?

最常用，也可问多人

May I ask where you're from? 方便问你们来自哪里吗?

更客气，适合陌生人

A Your English is great. Are you traveling here? 你们英语真好。是在这里旅行吗?
B Yes, just for a week. 对，就来一周。
A Nice. Where are you guys from? 真好。你们是哪国人?

我想去商店

别这么说 ~~I want go to store.~~

少了 to 和冠词。自然说 I want to go to a/the store。

这样说 **I want to go to the store.** 我想去商店。

跟朋友说计划

I'd like to go to a store. 我想去一家店。

更自然，不指定哪家

Could you take me to a store, please? 能带我去商店吗?

对司机或陌生人

A Do you need anything before we leave? 出发前你需要什么吗?
B Yes, I'd like to go to a store. 嗯，我想去一家店。
A Sure. There's one around the corner. 当然。拐角那边就有一家。

请问Wi-Fi密码是多少

别这么说 ~~How much is the Wi-Fi password?~~

how much是在问价格，不是问密码内容。

这样说 **What's the Wi-Fi password?** Wi-Fi密码是什么?

朋友家或轻松场合

Do you know the Wi-Fi password? 你知道Wi-Fi密码吗?

问同学、同事都自然

Could I have the Wi-Fi password, please? 能告诉我Wi-Fi密码吗?

问店员、前台更礼貌

A Hi, do you have Wi-Fi here? 你好，这里有Wi-Fi吗?
B Yes, we do. 有的。
A Could I have the Wi-Fi password, please? 能告诉我Wi-Fi密码吗?

少糖

别这么说 ~~little sugar~~

听起来像“有一点糖”，不像在点单要求少糖。

这样说 **Make it less sweet.** 做得不那么甜

熟悉小店、语气直接

Less sugar, please. 请少放糖

点饮料最常用

Could I have it with less sugar, please? 可以少糖吗

对店员更客气

A What would you like? 您想要什么？
B A large iced tea, please. 请给我一杯大杯冰茶。
A Sure. Any sugar? 好的。要加糖吗？

小杯中杯大杯

别这么说 ~~middle cup / big cup~~

中杯说 medium；大杯常说 large，不说 big cup。

这样说 **I'll get a small.** 我要小杯。

熟悉店里点单

Can I get a medium? 可以给我中杯吗？

最常用、自然

Could I have a large, please? 请给我大杯。

更客气，适合店员

A Hi, what can I get for you? 你好，要点什么？
B Can I get an iced latte? 我想要一杯冰拿铁。
A Sure. What size? 好的。什么杯型？

收到，警官

别这么说 ~~Received, police officer.~~

像电报或直译，称呼也不自然。

这样说 **Got it, officer.** 明白了，警官。

口语自然，稍随意

Yes, officer. 好的，警官。

最安全、最常用

Understood, officer. 明白，警官。

更正式、更尊重

A Please step over here and show me your ID. 请到这边来，给我看一下证件。
B Yes, officer. Here it is. 好的，警官。给您。
A Thank you. Just wait here for a moment. 谢谢。请在这里等一下。

欢迎你来到西安

别这么说 ~~Welcome you to Xi'an.~~

少了主语，听起来像中文直译；说 Welcome to Xi'an.

这样说 **Welcome to Xi'an!** 欢迎来到西安！

最自然，朋友游客都行

Welcome to Xi'an. It's great to have you here. 欢迎来西安，很高兴你来。

接待、见面很稳妥

We're delighted to welcome you to Xi'an. 我们很高兴欢迎您来西安。

正式接待、活动开场

A This is my first time in Xi'an. 这是我第一次来西安。
B Welcome to Xi'an! Let me show you around. 欢迎来到西安！我带你逛逛。
A That would be amazing. I've heard so much about the food. 太好了。我听说这里美食很多。

能不能吃辣

别这么说 ~~Can you eat hot?~~

hot 更像“烫”或“热”，少了 food 会很怪。

这样说 **Can you handle spicy food?** 你能吃辣吗？

朋友点菜前问

Do you eat spicy food? 你吃辣吗？

最自然、通用

Are you okay with spicy food? 您能接受辣的吗？

照顾对方口味

A This place has great Sichuan food. 这家川菜很好吃。
B Nice. Are you okay with spicy food? 不错。你能接受辣的吗？
A A little spicy is fine, but not too much. 微辣可以，但别太辣。

不要辣

别这么说 ~~Don't want spicy.~~

少了主语和语气，听起来像碎片句，不太自然。

这样说 **No spice, please.** 不要辣，谢谢。

简单直接，点餐常用

Can I get it not spicy? 可以做不辣吗？

自然、适合大多数店

Could you make it not spicy, please? 能麻烦做不辣吗？

对服务员更客气

A Hi, what would you like? 你好，想点什么？
B I'll have the noodles, please. 我要面，谢谢。
A Spicy or not spicy? 要辣还是不辣？

请跟我来

别这么说 ~~Please come after me.~~

像“在我之后来”，不是跟着我走。

这样说 **Come with me, please.** 请跟我来。

熟人间也自然

Please follow me. 请跟着我。

带路、排队都能用

Right this way, please. 请这边走。

服务场景很常见

A Hi, I have a reservation under Chen. 你好，我用陈这个名字订了位。
B Of course. Right this way, please. 好的，请这边走。
A Thank you. 谢谢。

办理入住

别这么说 ~~handle the stay~~

这是中式直译，英语里不这样说入住登记。

这样说 **I'd like to check in.** 我想办理入住。

到前台直接说

I'm here to check in. 我是来办理入住的。

酒店前台最自然

Could I check in, please? 请问可以办理入住吗?

更客气，适合陌生人

A Hi, welcome. How can I help you? 您好，欢迎光临。需要帮忙吗?
B I'm here to check in. 我是来办理入住的。
A Sure. May I see your passport, please? 好的。可以看一下您的护照吗?

我可以跟你合影吗

别这么说 ~~Can I take a photo with you together?~~

with you 已经表示一起，together 多余不自然。

这样说 **Can I get a photo with you?** 能和你拍张照吗？

轻松自然，适合朋友

Could I take a photo with you? 可以和你合影吗？

最稳妥，谁都能用

Would it be okay to take a photo with you? 方便和你拍照吗？

更客气，适合陌生人

A Excuse me, I really loved your talk. 不好意思，我很喜欢你的演讲。
B Thank you, that's so kind. 谢谢你，你太客气了。
A Could I take a photo with you? 我可以和你合影吗？

不能拍照

别这么说 ~~Cannot take photos.~~

像告示牌或机器翻译，口语里少了主语/场景。

这样说 **No photos here.** 这里不能拍照。

提醒朋友，很简短

You can't take photos here. 这里不能拍照。

直接说明规则

Sorry, photos aren't allowed here. 不好意思，这里不能拍照。

对客人、陌生人更柔和

A Can I take a picture of this painting? 我能拍一下这幅画吗？
B Sorry, photos aren't allowed here. 不好意思，这里不能拍照。
A Oh, okay. Thanks for telling me. 哦，好。谢谢提醒。

请出示您的护照

别这么说 ~~Please take out your passport.~~

像命令对方“拿出来”，不如“see your passport”自然。

这样说 **Can I see your passport?** 我能看下护照吗？

语气自然，稍随意

Please show me your passport. 请给我看您的护照。

清楚直接，适合办手续

May I see your passport, please? 可以看下您的护照吗？

更礼貌，服务场景常用

A Good evening. Checking in? 晚上好，办理入住吗？
B Yes, I have a reservation under Lin. 是的，我用 Lin 订了房。
A Great. May I see your passport, please? 好的。可以看下您的护照吗？

钱会原路返回

别这么说 ~~The money will return by the original road.~~

original road 是“原来的路”，不像在说退款。

这样说 **It’ll go back the same way you paid.** 会按原付款方式退回

朋友间解释退款

The money will go back to your original payment method. 钱会退回原支付方式

客服、日常都自然

The refund will be issued to your original payment method. 退款将退回原支付方式

更正式，适合客户

A I canceled my order. Where will the money go? 我取消订单了，钱会退到哪里？
B The money will go back to your original payment method. 钱会退回你的原支付方式。
A How long does it usually take? 一般要多久？

打包

别这么说 ~~pack it~~

像在说“收拾行李/包装”，不像餐厅打包。

这样说 **Let's take it to go.** 我们打包带走吧。

跟朋友决定打包

Can I get this to go? 这个能打包吗?

餐厅里最常用

Could I have a box for this, please? 能给我个打包盒吗?

对服务员更客气

A Are you done with the pasta? 你的意面吃完了吗?
B Not really. Can I get this to go? 还没。这个能打包吗?
A Sure. I'll bring you a box. 当然。我给你拿个盒子。

哪个是你的包

别这么说 ~~Which bag is you?~~

yours 才表示“你的东西”。应说 Which bag is yours?

这样说 **Which one is your bag?** 哪个是你的包?

朋友间很自然

Which bag is yours? 哪只包是你的?

最通用的问法

Could you show me which bag is yours? 能指一下哪只是您的吗?

对陌生人或客户

A We need to put the bags in the car. 我们得把包放到车里。
B Okay. Which bag is yours? 好。哪只包是你的?
A The black one by the door. 门边那个黑色的。

我们去哪里

别这么说 ~~We go where?~~

语序像中文，英语疑问句不自然。

这样说 **Where should we go?** 我们去哪儿好?

和朋友商量去处

Where are we going? 我们要去哪儿?

问已经决定的目的地

Where would you like to go? 您想去哪儿?

让对方决定更礼貌

A We have two hours before dinner. 晚饭前我们还有两个小时。
B Nice. Where should we go? 不错。我们去哪儿好?
A Maybe the park near the river. 要不去河边那个公园。

这边请

别这么说 ~~Please this side.~~

直译味很重，英语里不这样带路。

这样说 **This way.** 这边走。

朋友间也自然

This way, please. 这边请。

最常用的服务用语

Please follow me. 请跟我来。

接待客户或客人

A Hi, I have a reservation for two. 你好，我订了两位。
B Of course. This way, please. 好的，这边请。
A Thank you. 谢谢。

咱们往里走吧

别这么说 ~~Let's walk to inside.~~

介词和表达都不自然；inside前不用to这样说。

这样说 **Let's head in.** 咱们进去吧。

朋友间很自然

Let's go inside. 我们进去吧。

最通用、最稳

Shall we go in? 我们进去好吗？

更客气地提议

A It's a bit cold out here. 外面有点冷。
B Yeah. Let's head in. 嗯，咱们进去吧。
A Good idea. Is our table ready? 好主意。我们的桌子好了吗？

我想去卫生间

别这么说 ~~I want to go to the WC.~~

WC 在英式英语里能见到，尤其指厕所标识，但口语中这样说不太自然；want 也不如 need 自然。

这样说 **I need to pee.** 我想尿尿。

朋友间，很直接

I need to use the bathroom. 我想去洗手间。

最安全、最常用

May I use the restroom? 我可以用洗手间吗？

问店员、老师、客户

A Can we stop somewhere soon? 我们能快点找个地方停一下吗？
B Sure. What's wrong? 当然。怎么了？
A I need to use the bathroom. 我想去洗手间。

这里有卫生间

别这么说 ~~Here has a toilet?~~

英文不能这样说“这里有”，要用 Is there...

这样说 **There's a bathroom here.** 这里有厕所。

说明这里有厕所，日常说法

There's a restroom here. 这里有洗手间。

美国常用，比较稳

There is a restroom available here. 这里有可使用的洗手间。

更正式，适合告知客人

A Is there a restroom here? 这里有洗手间吗?
B Yes, there's a restroom here. It's at the back, on the left. 有，这里有洗手间。在后面左手边。
A Thank you! 谢谢!

那你退款重新买

别这么说 ~~Then you refund it and buy again.~~

对买家来说 refund it 容易变成“你给别人退款”；应说 get/request a refund。buy again 也最好带宾语：buy it again。

这样说 **Then get a refund and buy it again.** 那就退款再买一次

朋友间直接建议

You can get a refund and buy it again. 你可以退款再买

客服或日常都可用

You could request a refund and place a new order. 您可申请退款再下单

对客户更礼貌

A I used the wrong coupon on this order. 我这单用错优惠券了。
B You can get a refund and buy it again. 你可以退款再买。
A Will I lose the discount? 折扣会没了吗?

买单

别这么说 ~~I want to buy the bill.~~

buy 是买东西，不是结账；听起来像要买账单纸。

这样说 **I'll get this.** 这顿我来付

朋友间抢着付钱

Can I get the check? 我可以结账吗

美式，叫服务员结账

Could we have the bill, please? 麻烦给我们账单

英式或更礼貌

A Excuse me, could we have the bill, please? 不好意思，麻烦给我们账单。
B Of course. I'll bring it over. 当然。我这就拿过来。
A Thanks. I'll get this. 谢谢。这顿我来付。

我想买

别这么说 ~~I want buy.~~

少了 to，也没说买什么，听起来不完整。

这样说 **I want to buy this.** 我想买这个。

朋友陪你逛街时

I'd like to buy this. 我想买这个。

店里最常用

I'd like to purchase this, please. 我想购买这个。

更正式或大件商品

A Hi, do you need any help? 你好，需要帮忙吗?
B Yes, I'd like to buy this. 嗯，我想买这个。
A Sure. Would you like a bag? 好的。需要袋子吗?

拍照

别这么说 ~~make a photo~~

英语里通常说 take a photo，不说 make。

这样说 **Can I take a photo?** 我能拍张照吗?

问朋友或普通场合

Could you take a picture of us? 能帮我们拍张照吗?

请别人帮忙拍

Would it be okay if I took a photo? 我拍照可以吗?

问陌生人或店员

A This place is beautiful. 这里好漂亮。
B Yeah. Can I take a photo? 是啊。我能拍张照吗?
A Sure, go ahead. 当然，拍吧。

保管好你的东西

别这么说 ~~Protect your things well.~~

像在说保护物品不受伤，不像提醒防丢。

这样说 **Keep an eye on your things.** 看好你的东西。

朋友间最自然

Watch your belongings. 注意你的随身物品。

公共场合提醒

Please keep your belongings with you. 请随身保管好物品。

告示或礼貌提醒

A This station is really crowded. 这个车站人真多。
B Yeah. Keep an eye on your things. 是啊。看好你的东西。
A Good point. I'll zip my bag. 对。我把包拉上。

这条裤子多少钱

别这么说 ~~How much is this pants?~~

pants/trousers 常用复数形式，要说 How much are these pants? 或 How much is this pair?

这样说 **How much are these pants?** 这条裤子多少钱?

美式；和店员说很自然

How much are these trousers? 这条裤子多少钱?

英式常用；语气中性

Could you tell me how much these are? 能告诉我多少钱吗?

更客气，适合问店员

A Excuse me, I can't find the price tag. 不好意思，我找不到价签。
B Sure. Which one? 当然。哪一条?
A This pair. How much are these pants? 这条。这条裤子多少钱?

给汽车加油

别这么说 ~~add oil to the car~~

像是给发动机加机油，不是加汽油。

这样说 **I need to get gas.** 我得去加油。

美式，朋友间很自然

I need to fill up the car. 我得把车加满油。

美英都能懂

Could you fill it up, please? 请帮我加满，好吗?

加油站请工作人员

A Are we okay on fuel? 我们的油还够吗?
B Not really. I need to fill up the car. 不太够。我得把车加满油。
A There's a gas station near the next exit. 下个出口附近有加油站。

结账

别这么说 ~~I want to check out.~~

多指酒店退房或网购付款，不是餐厅结账。

这样说 **Can we get the check?** 我们能结账吗?

美式，和朋友在餐厅

Could I pay, please? 我可以付款吗?

餐厅或小店都自然

Could I have the bill, please? 能给我账单吗?

英式或更客气

A How was everything? 吃得怎么样?
B Great, thanks. Could I have the bill, please? 很好，谢谢。能给我账单吗?
A Of course. Cash or card? 当然。现金还是刷卡?

寄存行李

别这么说 ~~deposit my luggage~~

deposit多用于存钱或押金，听起来不自然。

这样说 **Can I leave my bags here?** 我能把包放这儿吗?

店里、酒店都能用

Do you have luggage storage? 你们有行李寄存吗?

先问有没有服务

Could I store my luggage here, please? 我可以寄存行李吗?

对前台或工作人员

A Hi, our train leaves at six. 你好，我们的火车六点才走。
B Do you have luggage storage? 你们有行李寄存吗?
A Yes, it's behind the ticket office. 有，在售票处后面。

打包行李

别这么说 ~~package my luggage~~

package 像“包装商品”，luggage 不太说被打包。

这样说 **I need to pack my bags.** 我得收拾行李了。

跟朋友说很自然

I need to pack. 我得打包行李。

最常用，简单自然

I should go and pack my suitcase. 我该去收拾箱子了。

较委婉地结束聊天；美式也常说 go pack

A What are you doing tonight? 你今晚干嘛?
B I need to pack. My flight is tomorrow morning. 我得收拾行李。明早的飞机。
A Need help checking your list? 要我帮你看清单吗?

托运行李

别这么说 ~~consign my luggage~~

太书面，机场口语里不这么说。说 check a bag 更自然。

这样说 **I need to check a bag.** 我要托运一个包。

跟朋友或柜台都自然

I'd like to check this bag. 我想托运这个包。

机场柜台最常用

Could I check this bag, please? 请问能托运这个包吗?

更客气，适合柜台

A Hi, are you checking any bags today? 你好，今天有行李要托运吗?
B Yes, I'd like to check this bag. 有，我想托运这个包。
A Great. Please put it on the scale. 好的，请放到秤上。

右转

别这么说 ~~Right turn.~~

像路牌标题，不像一句完整指令。

这样说 **Turn right.** 向右转。

最常用，直接指路

Take a right. 右拐一下。

美式口语很自然

Please turn right here. 请在这里右转。

对司机或陌生人

A How do I get to the station? 去车站怎么走？
B Go straight for two blocks. 直走两个街区。
A Then what? 然后呢？

带某人四处转转

别这么说 ~~I'll take you to look around everywhere.~~

太直译，听起来啰嗦不自然；show you around 更地道。

这样说 **I'll show you around.** 我带你四处看看。

朋友来你家或学校

Let me show you around. 我来带你看看。

自然又好用

I'd be happy to show you around. 我很乐意带您参观。

对客户、上司、客人

A Is this your first time here? 你是第一次来这里吗？
B Yes, I just arrived this morning. 是的，我今天早上刚到。
A Great. Let me show you around after lunch. 太好了。午饭后我带你四处看看。

直走然后右转

别这么说 ~~Go straight and then right turn.~~

right turn 是名词；这里要说 turn right。

这样说 **Go straight, then turn right.** 直走，然后右转。

朋友间简单指路

Go straight ahead, then turn right. 一直往前走，再右转。

最通用、清楚

Please go straight ahead, then turn right. 请一直往前走，再右转。

对客人或陌生人

A Excuse me, how do I get to the subway? 不好意思，地铁站怎么走？
B Go straight ahead, then turn right. 一直往前走，然后右转。
A Is it far from here? 离这里远吗？

直走然后左转

别这么说 ~~Go straight and then left turn.~~

left turn 不能这样当动作说，turn left 更自然。

这样说 **Go straight, then turn left.** 直走，然后左转。

给朋友指路，很自然

Go straight ahead, then turn left. 一直往前走，再左转。

最稳妥，路上常用

Please go straight ahead, then turn left. 请直走，再左转。

对客人或陌生人

A Excuse me, how do I get to the station? 不好意思，车站怎么走？
B Go straight ahead, then turn left. 一直往前走，然后左转。
A Is it far from here? 离这里远吗？

向右转

别这么说 ~~Turn to right.~~

少了 the；指路通常直接说 turn right。

这样说 **Turn right.** 向右转。

最直接，朋友也能用

Take a right. 往右拐。

口语指路很自然

Please turn right here. 请在这里右转。

对司机或陌生人

A Excuse me, how do I get to the station? 不好意思，去车站怎么走?
B Go straight, then take a right at the bank. 一直走，然后在银行那儿右拐。
A Is it far from here? 离这里远吗?

借过一下

别这么说 ~~Borrow over a little.~~

逐字翻译，英语里不表示“借过”。

这样说 **Excuse me.** 不好意思，让一下。

最常用，轻轻开口

Could I get past, please? 我能过去一下吗?

人多或通道窄时

Would you mind letting me through? 能麻烦您让我过一下吗?

更客气，适合陌生人

A This aisle is really crowded. 这条过道好挤啊。
B Excuse me. Could I get past, please? 不好意思，我能过去一下吗?
A Oh, sure. Sorry about that. 哦，当然，不好意思。

借过

别这么说 ~~Borrow over.~~

这是按字面翻译，英语里没有这个说法。

这样说 **Excuse me.** 不好意思，借过。

最常用，轻轻打断别人

Can I get through? 我能过去一下吗？

人挡着路时很自然

Could I get past, please? 请让我过去一下。

对陌生人更礼貌

A This train is packed. 这趟车好挤。
B Yeah. Excuse me, can I get through? 是啊。不好意思，我能过去一下吗？
A Sure, go ahead. 当然，你过吧。

你想吃些什么

别这么说 ~~What do you want to eat?~~

语法对，但直接；对客人或服务场景不够柔和。

这样说 **What would you like to eat?** 你想吃什么？

朋友间也很自然

What would you like? 你想要点什么？

餐厅点餐常用

What would you like to have? 您想吃点什么？

招待客人更客气

A I'm starving. Is there a menu? 我饿坏了。有菜单吗？
B Sure. What would you like to eat? 有啊。你想吃什么？
A Maybe noodles. What do you recommend? 可能吃面吧。你推荐什么？

卖完了

别这么说 ~~It is sold finished.~~

按中文直译，英语里不这样搭配。

这样说 **It's all gone.** 都没了。

朋友间，语气轻松

It's sold out. 卖完了。

最通用，买东西时

I'm sorry, we're sold out. 不好意思，卖完了。

店员对顾客说

A Do you still have the blueberry muffins? 你们还有蓝莓松饼吗?
B I'm sorry, we're sold out. 不好意思，卖完了。
A Oh, okay. What do you recommend instead? 哦，好吧。那你推荐什么?

抹个零头

别这么说 ~~Can you wipe the small change?~~

wipe 不这样用；small change 是零钱，不是零头。

这样说 **Can you round it down for me?** 能给我抹个零吗?

熟人小店讲价

Could you round it down a bit? 能稍微抹点零吗?

最通用、自然

Would you be able to make it a round number? 能凑个整数吗?

对店员、客户更客气

A How much is the scarf? 这条围巾多少钱?
B It's 68 yuan. 68元。
A Could you round it down a bit? 能稍微抹点零吗?

补差价

别这么说 ~~make up the price~~

听起来像“编造价格”，不是补差价。

这样说 **I'll pay the difference.** 我来补差价。

朋友间，自己要补钱

You just need to pay the difference. 你只要补差价。

店员说明规则

Could you please pay the difference? 麻烦您补差价。

对客人更客气

A Can I switch to the bigger size? 我能换大一号吗?
B Sure. You just need to pay the difference. 可以。你只要补差价。
A How much is it? 要补多少?

几楼

别这么说 ~~How many floor?~~

像在问“多少个楼层”，不自然，也少了复数 floors。

这样说 **What floor?** 几楼?

朋友间、很口语

Which floor? 哪一层?

电梯里最常用

Which floor would you like? 您要去几楼?

帮人按电梯时

A Hold the elevator, please! 请帮我按一下电梯!
B Sure. Which floor? 当然。几楼?
A Sixth floor, thanks. 六楼，谢谢。

要葱

别这么说 ~~I want onion.~~

onion 常指洋葱；I want 听起来偏生硬

这样说 **Green onions, please.** 请加点葱。

简短点单很自然

Can I get it with green onions? 可以加葱吗?

点餐最通用

Could you add some green onions, please? 能请您加点葱吗?

对服务员更客气

A How would you like your noodles? 你的面要怎么做?
B Can I get it with green onions? 可以加葱吗?
A Sure. Anything else? 可以。还要别的吗?

请让一下

别这么说 ~~Please let me pass.~~

能懂，但像命令或书面翻译，日常不太自然。

这样说 **Can I get through?** 我能过去吗?

熟人或轻松场合

Excuse me, can I get by? 不好意思，我能过去吗?

最常用，安全自然

Excuse me, could I get past, please? 打扰一下，我能过去吗?

对陌生人更客气

A This train is so packed. 这趟车好挤。
B Excuse me, can I get by? 不好意思，我能过去吗?
A Oh, sure. Sorry about that. 哦，当然。不好意思。

我们出发吧

别这么说 ~~Let's set out.~~

语气偏书面，日常出门不太会这样说。

这样说 **Let's go.** 走吧。

朋友间最自然

Let's get going. 我们出发吧。

任何场合都好用

Shall we head out? 我们可以出发了吗?

更客气，像在询问

A The taxi is downstairs. 出租车在楼下了。
B Great. Let's get going. 太好了，我们出发吧。
A Do we have the passports? 护照带了吗?

您是哪个国家的人

别这么说 ~~Which country person are you?~~

按中文直译，英语里不这样问人。

这样说 **Where are you from?** 你来自哪里?

朋友或轻松聊天

Which country are you from? 你来自哪个国家?

想明确问国家

May I ask which country you're from? 请问您来自哪个国家?

更礼貌，适合初次见面

A Your English is great. Are you traveling? 你英语真好。你是在旅行吗?
B Thanks! Yes, just for a week. 谢谢！对，就来一周。
A May I ask which country you're from? 请问您来自哪个国家?

欢迎您下次光临

别这么说 ~~Welcome you next time come.~~

直译不自然；welcome 不能这样接整句。

这样说 **Hope to see you again soon.** 希望很快再见到您

熟客、小店很自然

Please come again. 欢迎再来

商店餐厅都能用

We look forward to seeing you again. 期待您再次光临

酒店、客户、正式场合

A Thanks, the coffee was great. 谢谢，咖啡很好喝。
B I'm glad you liked it. Please come again. 很高兴您喜欢。欢迎再来。
A I will. See you next time. 会的。下次见。

拍照片

别这么说 ~~shoot a photo~~

日常请人拍照一般不说 shoot a photo；更自然是 take a photo / take a picture。

这样说 **Take a picture.** 拍张照片。

朋友间，简单直接

Can you take a photo? 你能拍张照吗?

请别人帮忙拍

Could you take a photo for us? 能帮我们拍张照吗?

问陌生人更礼貌

A This view is beautiful. 这个景色太美了。
B Could you take a photo for us? 能帮我们拍张照吗?
A Sure. Stand a little closer together. 当然。你们站近一点。

小心地滑

别这么说 ~~Carefully slippery floor.~~

像中文直译，英文语序不自然。

这样说 **Careful, the floor is slippery.** 小心，地上很滑。

提醒朋友或身边人

Watch your step. The floor is wet. 注意脚下，地湿。

公共场合最常用

Please watch your step. The floor is slippery. 请注意脚下，地滑。

对客人、陌生人

A Is this the way to the restroom? 洗手间是这边吗?
B Yes, but please watch your step. The floor is slippery. 是的，但请注意脚下，地滑。
A Oh, thanks for the warning. 哦，谢谢提醒。

这个地方为什么这么吵

别这么说 ~~Why this place so noisy?~~

少了 is，不是完整问句；要说 Why is this place so noisy/loud?

这样说 **Why is it so noisy in here?** 这里怎么这么吵?

朋友间吐槽室内环境

Why is this place so loud? 这地方为什么这么吵?

通用，语气直接

Do you know why it's so noisy here? 你知道这里为何这么吵吗?

问店员、同事更柔和

A Can you hear me okay? 你能听清我说话吗?
B Not really. Why is it so noisy in here? 不太行。这里怎么这么吵?
A There's a live band downstairs. 楼下有现场乐队。

展览什么时候结束

别这么说 ~~When is the exhibition end?~~

语法不对。问结束时间要说 When does the exhibition end? 或 What's the last day of the exhibition?

这样说 **When does the exhibition end?** 展览什么时候结束?

朋友间也很自然

When does the exhibition close? 展览哪天闭展?

问官方结束日期

Could you tell me when the exhibition ends? 请问展览何时结束?

问工作人员更礼貌

A I want to see the Monet show this weekend. 我这周末想去看莫奈展。
B Good idea. When does the exhibition end? 好主意。展览什么时候结束?
A I think the last day is Sunday. 我觉得最后一天是周日。

咖啡加糖

别这么说 ~~Coffee add sugar.~~

像中文直译，不是完整自然的请求。

这样说 **Sugar, please.** 请加糖。

点单时很简短自然

Can I get sugar in it? 能给我加糖吗?

买咖啡时通用

Could you add some sugar, please? 可以帮我加点糖吗?

对店员更客气

A How would you like your coffee? 你的咖啡想怎么做?
B Can I get sugar in it? 能给我加糖吗?
A Sure. Milk as well? 当然。也加牛奶吗?

倒时差

别这么说 ~~reverse the time difference~~

像在“反转时差”，英语里不这样说

这样说 **I'm getting over jet lag.** 我在倒时差

朋友间随口说

I'm still a bit jet-lagged. 我还有点时差反应

任何场合都自然

I'm adjusting to the time difference. 我在适应时差

更正式、委婉

A You look tired. Long flight? 你看起来很累。飞很久吗?
B Yeah, I'm still a bit jet-lagged. 是啊，我还有点时差反应。
A Take it easy today. 今天别太累。

24小时营业

别这么说 ~~24 hours business~~

business 不是“营业中”的说法，像在说“24小时生意”。

这样说 **It's open 24 hours.** 它24小时营业。

朋友间随口说

It's open 24/7. 它全天都开。

最常用，口语自然

We're open 24 hours a day. 我们全天营业。

店员对客人说

A Do you know if the pharmacy is still open? 你知道药店还开着吗?
B Yes, it's open 24/7. 知道，它全天都开。
A Great. I need to buy some medicine. 太好了。我得买点药。

太贵了

别这么说 ~~Too expensive!~~

单独说很硬，像抱怨；加 That's 或 It's 更自然。

这样说 **That's too expensive.** 这个太贵了。

朋友间直接吐槽

It's a bit too pricey. 有点太贵了。

语气更柔和

I'm afraid that's over my budget. 恐怕超预算了。

对店员或客户

A Do you like this jacket? 你喜欢这件夹克吗?
B I do, but it's a bit too pricey. 喜欢，但有点太贵了。
A Want to check the sale rack? 要不要看看打折区?

很贵

别这么说 ~~very expensive~~

语法没错，但单独说不成句；要说 It's very expensive.

这样说 **That's expensive.** 这个挺贵的。

朋友间直接吐槽价格

It's quite expensive. 这个相当贵。

语气更客观、常用

That's a bit pricey. 这个有点贵。

委婉说价格高

A Do you like this jacket? 你喜欢这件夹克吗?
B I do, but it's quite expensive. 喜欢，但它相当贵。
A Want to check another store? 要不要看看别的店?

泡温泉

别这么说 ~~bubble hot spring~~

bubble 是“冒泡/泡泡”，不是“泡在水里”。

这样说 **Let's go to a hot spring.** 我们去泡温泉吧。

约朋友一起去

I'm going to a hot spring. 我要去泡温泉。

说明自己的计划

I'd like to visit a hot spring. 我想去泡温泉。

对工作人员或行程顾问说

A Any plans for the weekend? 周末有什么计划吗?
B I'm going to a hot spring with my sister. 我要和我姐姐去泡温泉。
A Nice. Is it far from here? 不错。离这里远吗?

右拐

别这么说 ~~Right turn.~~

像名词或路牌，不像在对人发指令。

这样说 **Turn right.** 向右转。

给朋友指路最直接

Go right. 往右走。

口语里也很常用

Please turn right here. 请在这里右转。

对司机或陌生人

A How do I get to the subway station? 去地铁站怎么走?
B Go straight for two blocks. 直走两个街区。
A Then what? 然后呢?

附录二

学习方法

一个人怎么练、跟读、发音、记单词。

我一个人怎么练习英语口语?

可以——只要你经常开口，而不只是安静地学习，你一个人也能把英语口语练起来。关键是把练习做得短、具体、可重复：说熟悉的话题，录下自己，找出一两个问题，然后再说一遍。

我每天应该练多久?

每天短时间练习，通常比偶尔一次练很久更有效。每次开口练到自己还能保持专注、又不会太累的程度就可以，这样你能进入状态、犯一些错，再马上重来。如果你只有一点时间，也一样值得练；比起完美的计划，坚持更重要。每次只设一个小目标，比如把一个问题回答清楚，或者更顺地连续说下去。

1. 设一个简短的计时。
2. 确定一个小的口语目标。
3. 每天都开口说。
4. 在还有精力时结束。

我一个人的时候该说什么?

先说和你自己生活真正相关的话题。因为内容你本来就知道，所以更容易自然地说出来，比如描述你的一天、工作、计划、一张照片、一则新闻，或者你解决过的一个问题。等这些变得轻松后，再稍微增加难度：把同一件事讲给朋友听、讲给孩子听，或者当成正式会议里的说明。你不需要特别有趣的话题，你需要的是可以反复练、越说越好的话题。

1. 选一个熟悉的话题。
2. 先简短说一说。
3. 再问自己几个追问。
4. 用完整句子回答。

我怎么自己练发音?

只要你认真听，并把自己的声音和清楚的示范做比较，一个人也能提高发音。不要一次想改所有问题；一次只选一个音、一个重音模式，或者一句话里的节奏问题。先听，再跟读，再录音，然后找出一个明确差别，比如词尾辅音没发出来，或者语调太平。接着把同一个短语多说几遍，直到更顺一些。小而明确、持续进行的修正，通常比随便练更有效。

1. 选一个短语。
2. 认真听示范。

3. 录下自己的版本。
4. 比较后多重复几遍。

反复练同一段对话有用吗?

有用，反复练同一段对话是一个人练口语时很实用的方法。第一次说时，你常常忙着找词；后面再说时，你就能更专注于发音、语法和表达是否更从容。你可以反复练同一个场景，比如点餐、自我介绍，或在工作中请别人帮忙。每次重复都设一个改进点，比如减少停顿，或把过去时说得更清楚。只要你能听见进步，重复就不会无聊。

1. 选一个日常场景。
2. 先自然说一遍。
3. 带着一个改进目标再说。
4. 最后再做一个更流畅的版本。

我怎么知道自己有没有进步?

你可以通过记录几个简单的口语表现来判断自己有没有进步。定期录下自己回答同一个问题，然后比较这些录音的清晰度、停顿、重来次数和自信感。你也可以看一些实际变化：开口更快了、重来次数变少了、用现有的语言也能说出更多内容。不要等到自己听起来“完美”才算进步；能听见一点点改善，就已经说明你在前进。定期检查，比只凭某一天的感觉判断更可靠。

1. 定期录同一个问题。
2. 听停顿和重来次数。
3. 记下一点进步。
4. 把旧录音保存下来。

一个人练口语，简单的日常流程应该是什么样?

一个人练口语的简单流程应该包括开口说、回听自己、再快速重说一次。比如，先用简单问题热身，再围绕一个话题说话，然后听自己的录音，最后带着一个需要改正的点再说一遍。这样练习会更主动、更有重点，而不会变成安静地学习。如果你觉得卡住了，就把任务变简单，而不是一味拉长时间。清楚的流程能帮你在没什么精力的日子里也继续练。

1. 先用简单问题热身。
2. 围绕一个话题开口说。
3. 回听自己的录音。
4. 带着一个修正点再说一次。

常见误区

- 只在脑子里练会让你觉得安全，但要改成真正开口，这样嘴、耳朵和表达节奏才能一起进步。

- 每天都换新话题会让你一直很忙，但反复练同一个话题或场景，往往更能帮你说得清楚、说得更有信心。
- 一次想改掉所有错误会让人压力很大，所以每次练习先只选一个问题来处理。

如何用跟读（shadowing）练英语?

跟读（shadowing）就是听一小段英语，并几乎同时跟着说，尽量模仿说话者的节奏、重音和语调。想把它练好，关键是选很短的音频，重复练习很多次，并且先把重点放在“尽量说得像对方”，而不是一开始就要求自己每个词都完全听懂。

跟读（shadowing）到底是什么?

跟读（shadowing）就是你听到英语后，几乎不延迟地跟着重复。它的目标不是把内容完美背下来，而是同时训练你的嘴、耳朵和说话节奏。你可以先从一句很短的话开始：先听一遍，再和原音一起说，或者稍微慢一点跟着说。如果还是太难，就把一句拆成更小的部分，先模仿节奏。把它当成模仿练习，不要当成考试。

1. 选一句很短的话。
2. 先听一遍不说。
3. 跟着说出来。
4. 重复3到5遍。

跟读该用什么音频?

最好用只比你当前水平稍高一点、同时又简短清楚的音频。适合的材料包括日常对话、短场景，以及带文字稿、语速从较慢到正常的自然英语。刚开始不要用很长的播客、语速很快的新闻，或情绪很强的演讲，因为你可能会把太多精力花在勉强跟上上。一个实用的片段通常是5到20秒，而且最好包含你在现实生活中真的想说的话。

1. 选5到20秒的片段。
2. 优先选清晰的日常表达。
3. 先避开特别快或信息太密的音频。

每天练多久合适?

对大多数学习者来说，每天专注练10到15分钟就够了。跟读更适合短时间、规律地练，因为同一段音频重复太久后，注意力通常会下降。你可以用一个简单的方法：先练一个片段几分钟，再换第二个片段。如果当天很累，就少重复几次，但尽量保证每次都认真模仿。比起一周只练一次很久，每天稳定练一点更重要。

1. 设一个10分钟计时器。
2. 一次练1到2个片段。
3. 在注意力下降前停下来。

我要看文字稿吗，还是只听就行？

要看文字稿，但不要一开始就马上看。你可以先听一两遍，让耳朵先整体感受这句话的声音。然后再看文字稿，确认具体单词、重音模式，以及哪些地方有连读，或者在快语流里变得不那么清楚。只查真正卡住你的内容就够了。等这句话熟一点后，再试着不看文字跟读，避免自己越来越依赖阅读。

1. 先听。
2. 再看文字稿。
3. 标出重音或连读。
4. 最后不看稿再练一次。

跟读时我应该重点注意什么？

跟读时先重点模仿节奏和重音，再处理那些总是出问题的单个音。很多学习者会努力把每个词都说得很清楚、很分开，但自然英语里经常会连读，非重读音节也会被弱化。你可以先抓整句的“音乐感”：哪个词最重，语调在哪里上扬或下降，哪里会停顿。如果某个音总是说不准，就单独练一分钟，再放回整句里继续跟。

1. 先模仿整体节奏。
2. 找出句子的重读词。
3. 注意连读和弱读。
4. 只修一个反复出错的发音问题。

我怎么知道这样练有没有效果？

如果你更容易跟上原音、说话没那么断，而且常用短语能更自然地说出来，就说明跟读在起作用。一个简单的检查方法是今天先录一遍自己，隔几天或一周后再用同一段音频录一遍。比较时不要只听单个音准不准，更要听节奏、重音和流畅度。你还可以检查迁移效果：跟读后，试着把片段里的一个或两个表达放进你自己的句子里说出来。

1. 今天先录一遍。
2. 之后再录同一段。
3. 比较节奏和流畅度。
4. 把学到的短语用进自己的句子里。

常见误区

- 一开始就选太难的材料，这时应该改用更短、更清楚、你能顺利重复的音频。
- 把跟读练成照着稿子念，这时应该先听整体声音，再模仿它的节奏和语调。
- 一次练太久，后面变成机械重复，这时应该在注意力还在线的时候停下，第二天再继续。

我怎样才能提高英语发音?

提高英语发音，关键是每天练一点、认真听，并模仿清晰的示范，而不是追求“完美口音”。先抓住影响理解的音、重音和节奏，再通过简短的口语练习和反馈慢慢建立稳定性。

我每天应该练多久?

如果你能坚持，每天安排一小段时间练习，比如15到20分钟，就是一个不错的起点。和一周只练一次很久相比，短时间的日常练习通常更有效，因为你的耳朵和发音动作都需要经常练。把时间分成听、跟读和录音三部分，每次只设一个小目标，比如词尾辅音或单词重音。如果觉得累了，可以提前停下来，晚点再练；认真练比练很多更重要。

1. 设定一个较短的计时器，比如15分钟。
2. 只选一个发音目标。
3. 先听并跟读几分钟。
4. 再录音几分钟。
5. 回顾一个下次要改的问题。

我应该先练音、重音，还是口音?

先练那些会影响别人理解的音和重音模式。你不需要完全消除口音，但需要把关键的音说清楚，并把重音放对位置。可以先从你的母语使用者常见的易错音开始，再练单词重音和句子重音，因为节奏对清晰度的影响往往和单个音一样重要。一次只选两三个重点，并且放到真实单词和短句里练。

1. 列出你最难的两三个音。
2. 用最小对立词练习。
3. 给新单词标出重读音节。
4. 用清楚的节奏重复短句。

我怎样才能听出自己的发音错误?

把自己的声音录下来，再和清晰的示范对比。很多学习者在说的时候听不出问题，但回放时会听得更清楚。选一句很短的话，先听示范，再录自己的版本，然后每次只比较一个方面，比如某个元音、词尾音或重音。把以前的录音留着，因为进步往往是过了几周后更容易听出来，而不是一天之内就能听出来。

1. 选一句简短的示范句。
2. 录下自己的版本。
3. 只比较一个音或重音。

4. 再说一次并重新录音。
5. 把两段录音都保存下来。

大声朗读是练发音的好方法吗?

是的，只要你练的是自然的英语，而不只是一个词一个词地念。选择带音频的短文本，先听，注意说话人在哪里停顿、怎样连读、哪些词重读。然后大声读同样的几句，尽量模仿它的节奏和语调，就算一开始觉得自己的声音有点别扭也没关系。这个方法最适合反复练短内容，而不是一口气读很长的文章，不然你容易越读越快，准确度也会下降。

1. 选一段带音频的短文本。
2. 开口前先听一遍。
3. 标出停顿和重读词。
4. 慢慢大声读两遍。
5. 再跟着音频读一遍。

我该怎样练容易卡住的数字、日期和价格?

把数字、日期、时间和价格分开练，因为这些内容即使对英语基础不错的学习者来说，也常常容易卡顿。这些表达在工作、出行、购物和日常交流中都很常见，所以把它们说得又快又清楚很有帮助。先把它们分成小组大声读出来，再放进短句里，比如开会时间、电话号码或商品价格。注意重音和分组，因为数字说得顺不顺，往往更取决于节奏，而不只是单个音。

1. 按2到4位一组练数字。
2. 把日期和时间说出来。
3. 加入价格和电话号码。
4. 把每个内容放进完整句子里。

我需要选英式还是美式发音吗?

最好选一个主要参照，但不用担心一定要像母语者。保持一个相对稳定的参照会有帮助，因为英式和美式在元音、/r/音以及一些常见词的读法上确实有差别。如果你的老师、工作环境或学习材料主要使用其中一种，就先跟着那一种练，这样听力和口语能互相支持。以后你仍然可以逐渐学会听懂两种，重点是先减少混乱，建立稳定的发音习惯。

1. 先选一个主要发音体系。
2. 注意元音和/r/音的差别。
3. 例句里尽量模仿同一种。
4. 连续几个月保持一致。

常见误区

- 不要想一次改掉所有发音问题；先选一两个重点，连续练几天再换方向。

- 不要只读单词表；更好的做法是在短语和完整句子里练发音。
- 不要一味追求完美的母语口音；更好的目标是先做到清楚、稳定、容易听懂。

怎样记住英语单词，不容易忘？

想记住英语单词，关键是反复遇到、真正使用，并且在记忆变淡之前及时复习。不要一次硬背长长的单词表；每次学一小组真正有用的词，规律复习，再把它们放进你真的会说的句子里。

一次学多少个单词比较合适？

一次学一小组词，比硬背一大串更容易记住。优先选你很快就可能用到的词或短语，比如工作、生活或聊天里会说到的。暂时用不到的词先跳过。词少一些、实用一些，你才更有机会反复见到它们，也更容易真正用出来。

1. 每次选一小组有用的词。
2. 优先选真实场景会用到的词。
3. 暂时跳过优先级不高的词。
4. 加太多新词前先复习旧词。

新单词要多久复习一次？

新单词要在接下来的几天和几周里反复复习，而不是只在学的当天看一遍。学完当天先复习一次，然后尽快再回头看，并且继续规律复习。复习时不要只看中文意思，先试着自己想出这个词，再去看答案。短而规律的复习，通常比很久才复习一次更有效。

1. 学的当天先复习一次。
2. 很快再回头复习。
3. 先回忆，再看答案。
4. 每次复习保持简短而规律。

学单个单词好，还是学整句短语好？

通常把单词放在短语里学会更有效。很多英语词离开句子后意思会变得不清楚，而短语能同时告诉你语法、介词和自然表达方式。比如不要只学“depend”，要学“depend on”，再自己造一个句子。短语也更容易记住和用出来，因为你记住的是一个完整的小块，而不是单词表里孤立的一个词。

1. 把单词和短语一起学。
2. 注意介词和语法结构。
3. 抄一个自然例句。
4. 把整块短语大声说出来。

怎样在口语里使用新单词，才更容易记住？

新单词要尽快在口语里用出来，哪怕句子很简单也可以。最好把它用在你自己的生活、看法、计划或问题上，因为和自己有关的内容更容易记住。不要只在一个时刻反复硬塞同一个词，而要隔一段时间在不同句子里自然再用到它。练口语时，可以准备一个小小的“今天要用”清单，回答问题时尽量自然地把这些词说进去。

1. 先造一个和自己有关的句子。
2. 尽快在对话里用出来。
3. 之后换个句子再用一次。
4. 准备一个“今天要用”的小清单。

如果一个词总是记不住，该怎么办？

如果一个词总是记不住，就换一种学习方式，不要只是一遍遍重复。给它加上清楚的例句、常见搭配、画面，或者和你自己的经历建立联系。你也可以把它和容易混淆的相似词放在一起比较。如果反复复习后还是记不住，那它可能现在对你还不够常用；先放一放，等你在真实内容里再次遇到它，再回来学。

1. 给这个词配一个例句。
2. 连到图片或个人记忆。
3. 和相似词做比较。
4. 先放下低频又难记的词，之后再回来。

听力能帮助我记住单词吗？

能，听力能帮助你记住单词，因为你会在自然语速、语气和上下文里遇到这些词。一个词在真实句子里听得多了，你以后更容易听出来，也更容易自己说出来。选短一点、可以重复播放的音频，不要每次都想听懂全部内容；先盯住几个目标词就够了。听完后挑一句有用的话跟读出来，注意这个词在句子里是怎么发音的，而不只是它在纸上怎么写。

1. 选短音频。
2. 先盯住几个目标词。
3. 把有用的句子重复播放。
4. 听后跟读整句。

常见误区

- 一次想背太多单词；改成每次学少一点，但要选更有用的词并认真复习。
- 只背中文意思；改成连短语、例句和你会用到的场景一起学。
- 复习时只是重新看笔记；改成先遮住答案，自己回忆并说出来，再检查。



说出来，才是你的。

每个话题都能在 **linsays.com/zh/ielts-speaking** 开口答：听示范、录音、估分、改成更好的说法。

小红书搜「Lin学姐」，每天一个雅思话题的小动画。