

第一单元

Students these days often have a lot of worries. Sometimes they have problems with their schoolwork, and sometimes with their friends. What can they do about this?

如今的学生往往有许多烦恼。有时他们是学业上遇到麻烦，有时是友情出了问题。他们该如何应对这种情况呢？

Some people believe the worst thing is to do nothing. Laura Mills, a teenager from London, agrees. “Problems and worries are normal in life,” says Laura. “But I think talking to someone helps a lot. Unless we talk to someone, we’ll continue to feel bad.”

有些人认为，最糟糕的事莫过于不采取任何行动。来自伦敦的一名少年劳拉·米尔斯赞同这一观点。“生活中出现问题和烦恼是很正常的。”劳拉说，“但我觉得找个人聊一聊很有帮助。除非我们找人倾诉，否则我们的情绪就会一直低落。”

Laura once lost her wallet, and worried for days. She was afraid to tell her parents about it. She even walked three miles to school each day because she didn’t have any money. She just kept thinking, “If I tell my parents, they’ll be angry!” In the end, she talked to her parents and they were really understanding. Her dad said he sometimes made careless mistakes himself. They got her a new wallet and asked her to be more careful. “If I have problems in the future, I will always remember to discuss them with my parents!” Laura says.

劳拉曾经丢失了钱包，她为此烦恼了好几天。她不敢把这件事情告诉爸妈。她甚至每天步行三英里去上学，因为她身无分文了。她一直在想：“如果我告诉爸妈，他们一定会生气的！”最后，她还是跟爸妈说了，而他们深表理解。爸爸说他自己有时也会犯粗心的错误。爸妈为她买了一个新钱包，并嘱咐她多加小心。“以后如果我再遇到问题，我一定记得和爸妈商量！”劳拉说。

Robert Hunt advises students on common problems. He feels the same way as Laura. “It is best not to run away from our problems. We should always try to solve them.” He thinks the first step is to find someone you trust to talk to. This person doesn’t need to be an expert like himself. Students often forgot that their parents have more experience and are always there to help them. In English, we say that sharing a problem is like dividing it in half. So you’re halfway to solving a problem just by talking to someone about it!

罗伯特·亨特就常见的问题为学生提出建议。他与劳拉观点一致。“最好不要逃避我们的问题。我们应该始终努力解决问题。”他认为，第一步是找一个你信任的人谈一谈，而这个人并不需要是像他那样的专家。学生们经常忘记自己的父母更有经验，也会随时伸出援手。英语中有句俗话说：“两人分担，问题减半。”所以，你与别人谈谈问题，问题就解决了一半了！

第二单元

Quick thinking saves lives

当机立断挽救生命

If you saw an old man fainting on the street, what would you do? A very touching event happened on Zhonghua Road the day before yesterday in the morning.

如果你看到一位老人晕倒在街头，你会怎么做？前天上午，在中华路上演了非常感人的一幕。

It was 9:00 a.m. and Bus No. 26 was going along Zhonghua Road as usual. Then, suddenly, the driver saw an old man lying on the side of the road. A woman next to him was shouting for help.

当时正值上午九点，26路公交车一如既往地行驶在中华路上。突然，司机看到一位老人躺在路边。他身旁的一位女士在大声呼救。

The 24-year-old bus driver, Wang Ping, stopped the bus immediately. He got off and asked the woman what happened. She said that the old man fainted because of his high blood pressure and that he should go to the hospital. Wang Ping knew he had to act quickly. He told the passengers that he must take the old man to the hospital. He expected most or all of the passengers would get off and wait for the next bus. But to his surprise, they all agreed to go with him. Some passengers even helped Wang Ping to move the old man onto the bus.

24岁的公交司机——王平——立即停车。他下车询问那位女士发生了什么事。她说，这位老人因高血压晕倒了，得去医院。王平知道他必须立刻采取行动。他告诉乘客们他必须把老人送到医院。他预计大多数或所有的乘客都会下车，等待下一班公交车。然而，出乎他意料的是，他们都一致同意跟他一起去。有些乘客还帮助王平把老人抬到公交车上。

Thanks to Wang Ping and the passengers, the old man was saved by the doctors in time. "It's sad that some people don't want to help others because they don't want any trouble," said one passenger. "But the driver didn't think about himself. He only thought about saving a life."

多亏了王平和乘客们，老人及时获得了医生的救治。“有些人不愿意帮助别人，因为他们不想惹麻烦，这是很可悲的。”一位乘客说，“但是，司机并没有考虑自己，他一心只想挽救一条生命。”

第三单元

Dear Miss Lee,

亲爱的李小姐：

I'd like to thank you for donating money to Animal Helpers.

感谢您为“动物帮手”捐款。

I'm sure you know that this organisation was set up to help blind people like me. You helped to make it possible for me to have my dog, Lucky. Lucky makes a big difference in my life. Let me tell you my story.

我想您一定知道这家组织是专门为像我这样的盲人而设立的。您促使我有可能拥有一条自己的狗——“幸运”。幸运给我的生活带来了很大的变化。让我向您讲述一下我的故事吧。

Being blind, I sometimes face difficulties when walking outside. One day last year, a friend of mine helped me out. She talked to Animal Helpers about getting me a specially trained dog. She also thought a dog might cheer me up. I love animals, so I was excited about the idea of having a guide dog.

由于双目失明，我有时在户外行走时会遇到困难。去年的一天，我的一个朋友帮了我一把。她与“动物帮手”商量，给我一只经过特殊训练的狗。她还认为狗可以让我振作起来。我喜欢动物，所以我为能拥有一只导盲犬感到兴奋不已。

After six months of training with a dog at Animal Helpers, I was able to bring him home. My dog's name is Lucky—a good name for him because I feel very lucky to have him. You see, I'm able to have a “dog helper” only because of your kindness! Lucky is a great help to me when I go outside, and he even helps out around the home. He is very clever and understands many words. For example, I say, “Lucky! Get my bag,” and he does it at once.

在“动物帮手”与狗一同训练了六个月后，我终于能带它回家了。我的狗名叫幸运，这是个好名字，因为我感到十分幸运能拥有它。您看，我能拥有一只“狗狗帮手”，就是因为您的慷慨相助！我外出时幸运对我的帮助很大，在家里它也能帮忙。它很聪明，能听懂很多话。比如，我说：“幸运，去把我的包拿来！”它能马上照做。

Lucky is a fantastic dog. I send you a photo of him, and I want to show you how he helps me. Thank you again for changing my life.

幸运是一只神奇的狗。我给您发了一张它的照片，我想让您看看它是如何帮助我的。再次感谢您改变了我的生活。

Best wishes,

Mandy Smith

谨致最美好的祝愿！

曼迪·史密斯

第四单元

Dear Mr Hunt,

亲爱的亨特先生：

My problem is that I can't get on with my family. Relations between my parents have become difficult. They fight a lot, and I really don't like it. It's the only communication they have. I don't know if I should say anything to them about this. When they argue, it's like a big, black cloud hanging over our home. Also, my elder brother is not very nice to me. He always refuses to let me watch my favourite TV show. Instead, he watches whatever he wants until late at night. I don't think this is fair. At home, I always feel lonely and nervous. Is that normal? What can I do?

我的问题在于我无法跟我的家人相处。爸妈关系不好，他们经常吵架，我真的很不喜欢这样。吵架是他们之间唯一的交流方式，我不知道我是否应该跟他们谈谈。他们在争吵时，就像有一团巨大的乌云笼罩着我家。另外，哥哥对我并不友好。他总是不让我看我最喜爱的电视节目，而他自己却可以想看什么就看什么，一直看到深夜。我认为这是不公平的。在家里，我总是感到孤独、紧张。这样正常吗？我应该怎么做？

Yours faithfully,

Sad and Fourteen

您诚挚的

伤心 14

Dear Sad and Thirteen,

亲爱的伤心 14：

It's not easy being your age, and it's normal to have these feelings. Why don't you talk about these feelings with your family? If your parents are having problems, you should offer to help. Maybe you could do more jobs around the house so that they have more time for proper communication. Secondly, why don't you sit down and communicate with your brother? You should explain that you don't mind him watching TV all the time. However, he should let you watch your favourite show. I hope things will become better for you soon.

在你这个年龄（要面对这些事情）并不容易，而有这些感受是很正常的。你为何不跟家人谈谈这些感受呢？如果你的父母发生了问题，你应该主动提供帮助。也许你可以承担更多的家务活，让他们更有时间进行适当的沟通。其次，你为何不和你哥哥一起坐下来沟通一下呢？你应该跟他解释，你并不介意他一直看电视，但是，他也应该让你看你最喜爱的节目。我希望你的情况很快就会有改善。

Best wishes,

Robert Hunt

祝好

罗伯特·亨特

第五单元

The storm brought people closer together

团结一心，风雨共担

I'll always remember the time when a terrible storm came to my town. It was around 10 o'clock on Saturday morning. I started to hear really strong wind outside my window, and black clouds suddenly made the sky very dark. Then I heard the radio reporting that a heavy rainstorm was coming to the area.

我永远记得一场猛烈的暴风雨袭击我们小镇的时候。那是周六早晨十点左右，我开始听到窗外狂风大作，接着乌云密布，使天空瞬间变暗。然后，我听到广播报道说，一场大暴雨正向本地袭来。

Everyone in the neighbourhood got busy preparing for the storm. They parked their cars inside and put away flowerpots. At home, I went to find some candles and matches, while my dad was putting pieces of wood over the windows and my mum was checking all the torches and our radio.

小区的每个人都忙活起来了，为暴风雨的来临做好准备。他们把汽车停到室内，把花盆都收了起来。在家里，我找出了一些蜡烛和火柴，爸爸用木板包住窗户，妈妈则在检查所有的手电筒和我们的收音机。

I was helping my mum make dinner when the rain began to beat heavily against the windows. After dinner, we stayed together in the living room to make sure everyone was safe. We played card games to take our minds off the serious storm that was happening outside. Later, I went to bed, but I couldn't sleep because of all the noise. When the wind died down at around 3:00 a.m., I finally fell asleep.

我正在帮妈妈做晚饭时，雨点开始猛烈地敲打窗户。晚饭后，我们一起待在客厅里，以确保大家都安然无恙。我们玩了纸牌游戏，借此转移我们对室外狂风暴雨的注意。后来，我去睡觉了，但所有的噪音让我无法入眠。大约凌晨三点，风力逐渐减弱，我终于睡着了。

When I woke up, the sun was rising. I went outside with my family and found the neighbourhood in a mess. Fallen trees and rubbish were everywhere. One by one, people began to go outside. Everyone got tools from home to clean up the neighbourhood together. Although the storm had broken many things, it actually brought my family and neighbours closer together. The way everyone reacted to it made the experience more unforgettable than terrible.

我醒来的时候，太阳已经升起来了。我和家人走到屋外，看到小区一片狼藉，到处都是倒伏的树木和垃圾。人们开始一个个地走了出来。每个人都从家里拿来了工具，一起清理小区。虽然暴风雨毁坏了很多东西，但是我家和邻居们的关系变得更加紧密了。大家应对这场暴风雨的方式，使得这次经历令人难忘，而不是令人恐惧。

第六单元

My favourite book

我最喜爱的书

My favourite book is *Around the World in Eighty Days*, which first came out in 1872. It's a classic novel written by the French author Jules Verne. I got a copy as a birthday present last year from my father, and I've read it twice already.

我最喜爱的书是《八十天环游地球》，首次出版于 1872 年。这是法国作家儒勒·凡尔纳创作的一部经典小说。去年，我爸爸送了我一本作为生日礼物，而我已经读了两遍了。

In the story, Phileas Fogg, an Englishman, with his French servant Passepartout, makes a bet with his friends to travel around the world in 80 days to win 20,000 pounds. They use almost every kind of transport known in the 19th century, with a detective trying to stop them all the way. They go on a journey full of risks from England to Asia, during which they save a woman in India. Then they take a cruise from Shanghai to America.

在故事中，英国人斐利亚·福格以两万英镑与他的朋友打赌，要带着他的法国籍仆人“万事通”在八十天内环游地球一周。他们几乎用尽了十九世纪所有已知的交通工具，一路上还遭遇一名侦探的极力阻挠。从英格兰到亚洲，他们经历了一场充满冒险的旅程，途中还搭救了一名印度妇人。之后，他们从上海乘坐邮轮抵达美洲。

In the end, they successfully make it back to England. But Fogg thinks they have lost the bet because they did not arrive in time. However, it turns out that they have in fact arrived early. Fogg wins the bet, the friendship of Passepartout, and the heart of the woman he saved on the journey.

最终，他们成功回到了英格兰。但是福格认为他们输掉了赌局，因为他们没有及时归来。然而，事实证明，他们实际上已经提前返回了。福格赢得了赌注，也收获了“万事通”的友情，以及旅途中搭救的那位女士的芳心。

Although I haven't had the chance to travel around the world yet, I've learnt a lot about the world from the book. Phileas Fogg is one of my favourite characters now. He uses a method of careful and creative planning to win the bet. After reading this book, I have become braver when facing difficulties. I hope more people will read this book, as it is really exciting and interesting.

尽管我还没有机会环游世界，但是我从书中获得了有关这个世界的很多知识。斐利亚·福格是我现在最喜爱的人物之一。他凭借周密而又巧妙的计划赢得了赌局。读了这本书，我在面对困难时变得更加勇敢了。我希望更多的人会去读这本书，因为它十分惊心动魄、引人入胜。

第七单元

The most interesting museums

最有趣的博物馆

Liu Yun: I heard that there was an activity for blind people at the Beijing Stone Carving Art Museum, so I went with my classmate last weekend. It's quite different from other museums—there are neither barriers nor glass cabinets to separate visitors from exhibits. The visitor with trouble seeing are welcome to touch the sculptures. People can move their fingers across them to “see” all the details. I had never appreciated exhibits like this before. By touching it, it seemed as if I could feel the history and story carved into the work. It was amazing!

刘芸: 我听说北京石刻艺术博物馆为盲人举办了一场活动, 因此上周末我和同学前去参观。这家博物馆与其他博物馆大不相同——既没有护栏也没有玻璃柜把访客和展品隔开。视障人士可以触摸雕像。访客可以用手指在展品上来回触摸, 感受细节。在此之前, 我从未用这种方式欣赏过展品。通过触摸, 我仿佛可以感受到刻入作品的历史和故事。这真是太奇妙了!

Amy: The most interesting museum I've ever been to is the China Space Museum. There was a back-up of the Dongfanghong-1 satellite from 1970, and there were models of the China Long March rockets and the Yutu lunar rover. I even saw the real re-entry capsule of Shenzhou IV and watched a video about it. I was really surprised at how small the capsule was. It's unbelievable how China's space technology has progressed at such a rapid pace! I wonder how far China will travel into space in the future.

艾米: 我去过的最有趣的博物馆当属中国航天博物馆。那里有 1970 年的“东方红一号”备用星, 还有“长征”运载火箭和“玉兔号”月球车的模型。我还看到了“神舟四号”的返回舱实物, 并观看了有关视频。返回舱竟然那么小, 我真的很惊讶。中国航天技术的进步如此之快, 令人难以置信。我不禁在想, 中国未来会在太空中走多远。

Zhang Peng: Last year, I went to the China National Tea Museum in Hangzhou. It's located in a relaxing, peaceful area near a lake. The tea ceremony performances showed visitors how to make a perfect cup of tea with beautiful tea sets. Watching the tea preparation was just as enjoyable as drinking the tea itself. I've finally realised why my grandpa loves drinking tea and collecting tea sets.

张鹏: 去年, 我去参观了杭州的中国茶叶博物馆。它处于湖畔一块宁静祥和之地。茶道表演为访客展示了如何用精美的茶具沏一杯完美的茶。观看泡茶的过程与喝茶本身一样令人享受。我终于明白了我爷爷为什么喜欢喝茶和收集茶具。

第八单元

My hometown

我的家乡

Some people live in their hometowns for their whole life. However, others may only come back once or twice every few years. Among these is Zhong Wei, a 23-year-old university graduate. When he was 18, he decided to go abroad to study. He has now been away from his hometown for four years. “I haven’t been back since I left,” says Zhong Wei. “Although I missed my family and friends, I didn’t have much time to come back because of my busy studies. But now I have graduated, and I plan to come back and become a teacher here.”

有些人一辈子都生活在自己的家乡。然而，另一些人可能每隔几年才回到家乡一两次。23岁的大学毕业生钟伟便是其中之一。18岁时，他决定出国留学。如今，他离开家乡已有4年之久。“离开家乡后，我没回来过。”钟伟说，“虽然我很想念家人和朋友，可是学业繁忙，我没什么时间回来。但是现在我已经毕业了，我打算回来，在这里当一名教师。”

Four years is not a long time, but Zhong Wei’s hometown has changed quite a lot. He is very interested in how it has changed for the better. New hospitals and shopping centres have appeared. And the roads have become wider and cleaner. “I tried to find my old primary school,” says Zhong Wei, “but now the school has moved to a new garden-like campus. It makes me want to make some changes here myself.”

四年的时间并不长，但是钟伟的家乡已经发生了巨变。他对家乡面貌的改观十分感兴趣。新的医院和购物中心拔地而起，道路也变得更加宽敞、整洁了。“我试图找到我以前的小学。”钟伟说，“但是学校现在已经搬迁到一所新的花园式校园了。这使得我也想在这里亲自做些改变。”

However, according to Zhong Wei, something has never changed. “In my hometown, there is a big old tree opposite my old school. It has become quite a symbol of the town, so I’m glad it’s still there. As children, we all used to play together under that big tree, especially during the summer holidays. We all had such a happy childhood. My hometown has left so many soft and sweet memories in my heart.”

然而，钟伟说，有些东西始终没变。“在我的家乡，我的母校对面有一棵古老的大树。它已经完全变成了这座小镇的一个象征，因此我很高兴它还在那儿。小时候，我们常常在那棵大树下一起玩耍，特别是在暑假期间。我们度过了一个无比快乐的童年。我的家乡在我的心中留下了许许多多温馨又甜蜜的回忆。”

补充阅读

第一单元

The milkmaid's daydream

牛奶女工的白日梦

Once upon a time, there was a little milkmaid. One morning, she went out as usual to milk the cow. When she finished, she picked up the bucket of milk and began to walk back to the farmhouse. As she walked, she started daydreaming.

从前，有一个小牛奶女工。一天早晨，她像往常一样出去挤奶。当她完成之后，她拎起牛奶桶，朝着农舍走了回去。走着走着，她就开始做起了白日梦。

“If I make cream and butter out of this milk, I can sell it,” she thought. “If I sell the cream and butter, I’ll buy some eggs.”

“如果我用这牛奶做出奶油和黄油，我就可以拿来卖钱。”她思忖着，“如果我卖掉奶油和黄油，我就可以买一些鸡蛋了。”

As she walked along, she became more excited. “If my eggs hatch, then I’ll start a chicken farm. If I have a chicken farm, then I can sell some of the chickens. If I sell enough chickens, I’ll buy a beautiful dress!”

走着走着，她心情越来越兴奋。“如果我的鸡蛋孵化了，我就可以开一个养鸡场。如果我有一个养鸡场，我就可以卖掉一些鸡。如果我卖掉的鸡够多，我可以买一件漂亮的连衣裙了！”

Lost in her daydream, she began to walk more quickly and swing her arms. “If I have a beautiful dress, all the boys will admire me. But if one of them asks me to dance, I’ll just turn away!”

沉浸在白日梦里，她开始走得更快，并甩动双臂。“如果我有一件漂亮的连衣裙，所有的男孩都会爱慕我。不过，他们中有人要是请我跳舞，我会立刻扭头就走！”

Then she swung her arms out wide and turned around. And as she did so, all the milk flew out of the bucket onto the ground.

接着，她挥舞着手臂，转起圈来。正因为她这样做，所有的牛奶都从桶里洒到了地上。

“Oh, no!” she cried. “There go all my dreams!”

“哦，不！”她哭喊着，“我所有的梦想都破灭了！”

第二单元

Old sayings but not old advice

老话不过时

“Early to bed and early to rise makes a man healthy, wealthy, and wise.”

“早睡早起使人健康、富有、聪明。”

This saying is about sleep! It is important to go to bed early every day so your body has time to rest itself. It is also important to get up early. Of course, if you always get up late, you will not be energetic enough to do your work very well. In other words, good sleeping habits will lead to a successful life!

这句话说的是睡眠！每天早睡很重要，这样你的身体才有时间休息。同样，早起也很重要。当然，如果你总是晚起，你就没有足够的精力把你的工作做好。换句话说，良好的睡眠习惯会带来成功的人生！

“An apple a day keeps the doctor away.”

“一天一苹果，医生远离我。”

This saying means that you should eat right to stay healthy. For example, an apple is good for your health. But you should not eat too many apples in one day. You should eat a balanced diet every day. You should never eat too much of anything but eat a variety of food every day.

这句话的意思是，饮食正确才能保持身体健康。比如，苹果对身体有益，但是一天内也不能吃太多苹果。你每天的饮食要均衡。每天，同一种食物绝不能吃得太多，而是应该吃各种各样的食物。

“All work and no play makes Jack a dull boy.”

“只工作不玩耍，聪明的杰克也变傻。”

This is a good saying for students! If you sit inside and study all the time, your mind may become overworked. Go outside and get some exercise, such as walking, running, or riding a bike. And “play” doesn’t always have to mean exercising. You can read an interesting book, play a game with your friends, or tell jokes to your family—just do something fun! Just remember to keep everything in balance.

这句话很适用于学生！如果你一直坐在室内学习，你的大脑就会过度疲劳。到室外做一些运动，例如散步、跑步或骑车。此外，“玩耍”并不局限于运动。你可以读一本有趣的书，与朋友玩游戏，或跟你的家人讲笑话——做一些有趣的事情就好！记住，任何事情都要保持平衡。

第三单元

Volunteering is for everyone!

志愿服务为人人!

In an interview, Devin Cohen, a 15-year-old boy, told the reporter about his volunteering story. His mum had a serious illness three years ago, so she had to go to a medical centre for medical treatment every two weeks. Devin Cohen went with her to keep her company. After a few visits, Devin noticed the patients there were quite bored and lonely. Devin started to think about the sick children there a lot. He wanted to do something to help them.

在一次采访中，德温·科恩，一个15岁的男孩，告诉记者关于他做志愿服务的故事。三年前，他妈妈身患重病，因此不得不每两周去一趟医疗中心接受治疗。德温·科恩陪她一同前往。去了几次之后，德温注意到那里的儿童感到相当无聊和孤独。德温开始总想着这些生病的孩子。他想做一些事情来帮助这些他们。

One day, Devin walked around his neighbourhood to talk with his neighbours. He told them about the sick children. He asked them to donate toys, books, or other things. They were very happy to help! Then Devin went back to see the sick children. He gave them the toys, books, and some board games. He played with the children and started to make friends with them. They were so happy!

一天，德温在附近街区走访，与邻居们交谈。他把患病儿童的情况告诉了他们。他请邻居们捐赠玩具、书籍或其他物品，他们都非常乐意帮忙！接着，德温回到医院探望患病儿童。他把玩具、书籍和一些棋盘游戏送给了他们。他和孩子们一起玩，开始跟他们交朋友。他们都很开心！

Later, Devin told his classmates about the sick children. Soon, many of his classmates joined him and volunteered their time to help the children. They asked their neighbours for toys, books, or other things. Then they went to visit the sick children too! It made the children very happy. And when sick people feel happy, they often get better more quickly.

后来，德温把患病儿童的情况告诉了他的同学。很快，很多同学都加入他，自愿抽出时间帮助那些孩子。他们请邻居们捐赠玩具、书籍或其他物品。接着，他们还前往探望那些患病儿童！这让孩子们非常开心。当患者感到快乐时，他们通常也恢复得更快。

After a while, Devin's idea spread to other parts of the country. Devin even wrote to local shops and big companies to tell them about the sick children. He asked them to give money and things to help the children—and many of the shops and companies did!

不久后，德温的主意传到了国内其他地区。德温还写信给当地的商店和大公司，告知他们有关患病儿童的情况。他请他们捐钱捐物来帮助孩子们，而很多商店和公司还确实这么做了！

In three years, Devin collected thousands of toys, books, and other things for sick children in 26 hospitals. The kindness and care of this one young boy made a big difference to many, many people.

三年里，德温为 26 家医院的患病儿童募捐了数以千计的玩具、书籍和其他物品。这位年轻人的善良和关爱给许许多多人的生活带来了巨大的变化。

第四单元

How to make new friends

如何结交新朋友

When meeting students from other schools, do you often feel nervous? And once you've started a conversation, do you know how to make it a success? Although it might seem difficult, it's really quite easy to make new friends. Here are a few tips for you!

与其他学校的学生见面时，你是否经常感到紧张？此外，一旦你开始了谈话，你知道如何使它成功进行吗？虽然这看起来很难，但结交新朋友真的很容易。下面是给你的几个小贴士！

First, it's simple, just smile and greet! Wearing a friendly smile on your face is a must, as it lets others know you're happy to talk. Just smile, and say, "Hi! What's your name?" By speaking loudly and clearly, others will hear you better and you will sound more energetic and interesting. And if you don't catch someone's name, don't worry, just say, "Can you repeat that for me, please?" Or you can even ask the person to spell his or her name so you can write it down. Then you should give your name and say, "Nice to meet you!"

首先，很简单的一点，只要微笑和问候就可以了！脸上必须带着友好的笑容，因为这能让别人知道你很乐意交谈。你只需微笑着说：“你好！你叫什么名字？”如果你声音响亮、咬字清晰，那么别人就能听得更清楚，而且你会听起来也更有活力和有趣。如果你没有听清对方的名字，不要着急，你只需说：“请你再说一遍，好吗？”或者你可以请对方拼出其姓名，这样你就可以把它写下来。接着，你应该报上自己的名字，然后说：“很高兴认识你！”

Second, in order to show your respect and interest, ask questions and listen carefully! Ask questions about common things, such as school, sports, music, or movies. You should listen to how the other person answers and then ask more questions on the same topic. By asking such questions, you make them feel you are interested in them, and they will like you more.

其次，你可以提问并认真倾听，以示你的尊敬和兴趣！问一些有关寻常事物的问题，比如学校、运动、音乐或电影。你应该听对方如何回答，然后就同一话题提出更多问题。通过问这样的问题，你会让他们感到你对他们很有兴趣，他们也会更加喜欢你。

Finally, share! Tell the other person something interesting about yourself, so that your new friend can get to know you. Don't worry about what he or she will think. Remember, your new friend is probably shy too, so one of you must be brave! Why not you?

最后，是分享！把你自己的一些趣事告诉对方，这样你的新朋友可以了解你。不要担心对方会怎么想。记住，你的新朋友也可能很害羞，因此，你们其中一人必须大胆一点！而这个人为什么不能是你呢？

第五单元

What you were doing during the rainstorm

暴雨来袭时你在做什么

We went around interviewing people, asking them what they were doing when the terrible rainstorm flooded the city recently. Here's what they said:

我们四处走访人们，问他们最近那场猛烈的暴雨淹没城市时，他们在做什么。以下是他们的回答：

Tian Shang, a student

田尚，学生

I was at university with my roommates at the time. When we saw the rain flooding the campus, we talked about what we could do to help. When we heard that the library needed help, we went out to the library and volunteered to help carry books up to the second floor. Luckily, no books were damaged by the flood.

那时，我和室友在大学里。当看到雨水淹没校园，我们讨论了一下我们能做点什么。听说图书馆需要帮助，我们赶到了图书馆，主动帮忙把书搬到二楼。幸运的是，没有一本书毁于洪水。

Sun Miao, a delivery person

孙淼，快递员

Oh, yes, I remember it clearly. I was delivering packages, so I was outside. While I was trying to go back home, I saw a vehicle turned over, and a man was sitting by it in the floodwater. I called out to see if he was OK, but the rain was too heavy and he couldn't hear me. So I parked my motorbike and waded to him. When I got closer, I saw his leg was trapped. At once, I lifted up the vehicle and he dragged out his leg. Then I quickly helped him to a nearby hospital and left when the doctor was checking his leg.

哦，是的，我记得很清楚。我当时正在送包裹，所以我在外面。当我尽力赶回家时，我看到一辆车子翻倒在地，洪水中一位男子坐在车旁。我大声呼喊，问他是否还好，但是雨太大了，他听不见我。于是我停好摩托车，蹚着水朝他走去。当我靠近时，我看到他的腿被压住了。我立即抬起那辆车子，他把腿拽了出来。接着，我迅速把他送到附近的医院；医生检查他的腿时，我就离开了。

Huang Ying, a hotel manager

黄英，酒店经理

I have never seen such heavy rain in my life. When the rainstorm started, I was in the hotel's restaurant. The water level was rising very quickly. When I saw so many

people trapped in the flood outside, I decided to open our door and welcome everyone into our lobby. I also asked my staff to provide them with hot water and towels. Fortunately, all the people in the hotel got through it safely.

我这辈子从没见过这么大的雨。当暴雨来临时，我正在酒店的餐厅里。水位上升得非常快。当我看到外面有那么多人被困在洪水中，我决定打开我们的大门，把大家迎入我们的大堂。我还让工作人员为他们提供热水和毛巾。幸运的是，酒店里的所有人都安全地度过了这场暴雨。

第六单元

Robinson Crusoe

《鲁滨逊漂流记》

When I first arrived on this island, I had nothing. But then I found the shipwreck and made a small boat. I also brought back many useful things—food and drink, tools, knives, and guns. Although I have lost everything, I have not lost my life. So I will not give up, and I will wait for another ship. I have already cut down trees and built a house. I go out with my gun almost every day to kill animals and birds for food. I'm even learning to grow fruit and vegetables.

第一次抵达该岛时，我一无所。但是后来我发现了失事船只，于是做了一艘小船。我还带回了很多有用的东西——食物和饮料、工具、刀和枪。尽管我失去了一切，但我没有丧命。因此，我不会放弃，我会等待另一艘船只的到来。我已经砍了几棵树，搭建了一座房子。我几乎每天都携枪外出，猎杀动物和鸟类作为食物。我还学习如何种植水果和蔬菜。

A few weeks ago, I found another man's footprints in the sand. I thought to myself, "Who else is on my island, and how long have they been here?" Not long after that, I saw some cannibals trying to kill two men from a shipwreck. One of them died but the other one ran towards my house, and I saved him from the cannibals. This man now lives with me and helps me. I named him Friday because that was the day I met him. He is smart and I have already taught him some English words. Since then, he has become my servant and friend.

几个星期前，我在沙滩上发现了另一个人的脚印。我心想：“岛上还有什么人呢？他们来了多久了？”不久之后，我看到有几个食人族正试图杀死一艘失事船只上的两个人。其中一人死了，但另外一人朝我的房屋跑了过来，我从食人族的手中把他救了下来。这个人现在跟我住在一起，成为我的帮手。由于我遇到他的那一天是星期五，因此我给他起名“星期五”。他很聪明，我已经教会了他一些英语单词。从那以后，他就成了我的仆人和朋友。

Recently, Friday told me that the cannibals had taken some Spanish men from a shipwreck. I wanted to rescue the men, so I built a boat to visit the cannibals' land with Friday. Just before we left their land, we saw the cannibals were about to kill three people. We rescued them and found out that one of them happened to be Friday's father!

最近，星期五告诉我，食人族从一艘失事船只上抓走了几个西班牙人。我想去营救这些人，于是我做了一艘小船，带着星期五前往食人族的领地。就在我们要离开他们的领地时，我们看到食人族正要杀害三个人。我们把他们救了下来，发现其中一人竟然是星期五的父亲！

第七单元

We've been in Egypt since Sunday, and I'm having a wonderful time. Today, we visited the Great Pyramid again. We've been there twice since we arrived, because I love it! Today, I stood there in silence and looked at the old, old stones—2.3 million of them, most of them taller than a man. Each stone weighs about 2.5 tons—that's over two thousand kilograms! It took over 100,000 men about 20 years to build the Great Pyramid. It's amazing to me that they built this without any modern machines or tools.

我们从星期天开始就一直在埃及，我玩得很开心。今天，我们又一次参观了大金字塔。来这里之后，我们已经去了两次，因为我很喜欢它！今天，我静静地站在那里，看着那些古老的石块——230万块巨石，大多数比人还高。每个石块重约2.5吨——超过两千公斤！10多万人花了大约20年时间才建成大金字塔。让我惊奇不已的是他们在没有任何现代机器或工具的情况下建造了大金字塔。

As I stood there and looked at the pyramid, I thought about the kings of Egypt. They built all these pyramids when they were alive to keep their dead bodies safe. They hoped their spirits would come back to their bodies someday. They also hoped the world would look on the pyramids and remember them. I thought, "Well, they got at least one wish. Those stones have stood here for nearly 5,000 years!"

当我站在那儿注视着金字塔时，我想到了埃及的国王们。他们在世时建造了这些金字塔，目的是保护自己的遗体。他们希望自己的灵魂有一天会回到肉体。他们也希望世人仰视金字塔，缅怀他们。我心里想：“好吧，他们至少实现了一个愿望。那些石块已经在这里屹立了近五千年！”

Tomorrow, we're going on a four-day cruise on the Nile River. I can't wait!

明天，我们将开启为期四天的尼罗河泛舟之旅。我已经迫不及待了！

POSTED BY JOHN ON FRIDAY, 10 JUNE 2022 AT 6:00 A.M.

约翰发表于2022年6月10日星期五上午6时

We've finished our cruise on the Nile and have arrived at the Aswan High Dam. It's amazing! The dam was built between 1960 and 1971. I've never seen anything like it before. The creation of the dam also made one of the largest man-made lakes in the world, Lake Nasser. The lake itself is amazing too, and it's central to Egypt's economy. Tomorrow, we'll go for a cruise on Lake Nasser. I can't wait to see the Abu Simbel temples. The temples, the whole buildings, were moved 65 metres higher up the hill and 200 metres back from the river to keep them safe from the rising lake water.

我们已经结束了尼罗河泛舟之旅，现在到达阿斯旺大坝了。它太令人震撼了！大坝建于1960年至1971年间。我之前从未见过这样的景观。阿斯旺大坝的建成也造就了世界上最大的人工湖之一——纳赛尔湖。湖泊本身也很神奇，它是

埃及经济的核心。明天，我们将泛舟纳赛尔湖。我已经迫不及待想看看阿布辛贝勒神庙。神庙的所有建筑物沿山上移 65 米，离河 200 米，以确保不会被上升的湖水淹没。

This trip to Egypt has been the most amazing experience of my life. I hope I can come back again someday.

这次的埃及之旅已成为我人生中最美妙的经历。我希望有一天能故地重游。

POSTED BY JOHN ON TUESDAY, 14 JUNE 2022 AT 10:00 P.M.

约翰发表于 2022 年 6 月 14 日星期二下午 10 时

第八单元

The Nutcracker

《胡桃夹子》

Some of our most treasured possessions are the toys we have owned since we were young. They are our very first possessions and they often leave happy childhood memories in our hearts. There are lots of books, plays, and films about toys and what they mean to us. One famous example is *The Nutcracker*.

我们最珍惜的一些东西是我们从小就拥有的玩具。它们是我们最早拥有的东西，常常在我们心中留下快乐的童年回忆。有众多的书籍、戏剧和电影是关于玩具及其对我们的意义。一个著名的例子就是《胡桃夹子》。

The Nutcracker is a popular Christmas time story. In the story, the magician Herr Drosselmeyer makes a nutcracker for a little girl called Clara to play with at a Christmas Eve party. When it's time for bed, Clara has to leave the nutcracker by the Christmas tree. But that night, she gets downstairs to play with it. Suddenly, the room is filled with very big mice. But then the magician arrives to save her and turn her nutcracker into a real prince. The Nutcracker and his soldiers fight against the mice and the Mouse King and win.

《胡桃夹子》是一个广为流传的圣诞节故事。故事中，在一场圣诞夜派对上，魔术师赫尔·德罗赛尔梅亚为一个名叫克拉拉的小女孩制作了一把胡桃夹子，供其玩耍。到了该上床睡觉的时间，克拉拉不得不把胡桃夹子留在圣诞树旁。然而，当天晚上，她下楼去玩胡桃夹子。突然间，房间里满是成群结队的大老鼠。不过，魔术师及时赶来，救下了她，并且把她的胡桃夹子变成了一位真正的王子。胡桃夹子和他的士兵迎战老鼠和鼠王，并取得了胜利。

Then they go on a magical journey to the Winter Wonderland, where they see flying reindeers pulling the Snow Queen on a sled and some snowflakes dancing. Next, they fly on a chestnut boat to the Candy Kingdom, where they meet the Sugar Plum Fairy. Clara tells her about how the Nutcracker defeated the Mouse King. So the Sugar Plum Fairy calls for a celebration. She gives Clara gifts that can come to life, and she makes Clara a princess and gives the Nutcracker a medal before taking them home.

随后，他们开启了一段通往雪国的奇幻之旅，在那里，他们看到飞翔的驯鹿拉着载着冰雪女王的雪橇，一些雪花在空中飘舞。接着，他们乘坐栗子船飞往糖果王国，在那里，他们遇到了甜梅仙子。克拉拉告诉她胡桃夹子是如何打败鼠王的。于是，甜梅仙子组织了一场庆祝活动。她送给克拉拉一些能变活的礼物，并且把克拉拉变成了一位公主，也给了胡桃夹子一枚勋章，之后，就送他们回家了。

That night, Clara's mother finds her sleeping next to the Christmas tree. She softly takes Clara back to bed, while the magician flies out the window.

当天晚上，克拉拉的妈妈发现她挨着圣诞树睡着了。她轻轻地把克拉拉抱

回到床上，而魔术师则趁机飞出窗外。