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Step One
Vocabulary & Structure

Practice ➊
Keys:


Practice ➋
Keys:

1. to maintain  2. decision  3. enable
4. prospective  5. are/were assigned  6. dictation
7. elective  8. unemployment  9. various
10. investment  11. independently  12. is taught
13. confidence  14. explore/(should) explore
15. from occurring

Step Two
Skills Development

Practice ➊
Keys:

1. a library  2. Skim  3. other activities
4. enough time  5. memorize

Scripts:

How do you study well at college? You can do it like this. Find a quiet
place to study, which might be a library, a park, a coffee shop or even your own dorm. Be sure to avoid any areas with a lot of people. Read your textbooks carefully. Don't simply skim through the material quickly. You must make sure that you really understand what you are reading. Make a schedule of your daily classes, meals and other activities. Stick to this schedule as much as possible to ensure enough time for learning. Finally, take careful notes in your classes and create small cards to memorize information such as vocabulary terms for tests. You can take them out freely to review when you have a few spare minutes.

Practice 2


Scripts:

Alice is a disabled student at a college. She met an unexpected accident at the age of 12. She lost her right leg and has been in a wheelchair for 6 years. Alice is a bright girl who majors in Software Design. She likes to write poetry and stories in her diary so modern literature is her favorite course. Over the years, her school attendance record is almost 100 percent. “I don’t have to tell her what to do,” says her mother. “She looks after herself, physically and spiritually.” Every Friday, Alice as a volunteer goes downtown to help run a youth club. She has traveled to Australia and Thailand during vacation with her friends. She does not feel she has missed anything apart from sports.

Practice 3

Practice ④
Keys:
1. 课程
2. 一道菜
3. 申请
4. 适用
5. 学位/学历
6. 程度
7. 度/度数
8. 评估/衡量
9. 尺寸
10. 措施

Practice ⑤
Keys:
1. will be bound to
2. be more responsible for
3. succeed in
4. are capable of
5. based on

Practice ⑥
Suggested keys:
1. 互联网、报纸、电视以及你周围的人是最好的信息来源。上网搜索一下你感兴趣的课程并了解其职业前景和其他信息，同从事你感兴趣职业的人交流，了解相关情况来帮助你选择未来的职业。已完成大学学业的人也可以从一个学生的角度给予你更加明智的建议，他们可以告诉你其中的优劣。
2. 选课时，经济承受能力是你需要考虑的另一个因素，可能产生的额外费用如书本费、实地考察费等也应包含在内。然而，也不要让费用阻碍了你未来职业的选择，因为你还可以通过各种项目资助来完成你的学业。

Practice ⑦
Keys:
1. Tuition is different from college to college in U.S.
2. The cost of attending a college usually varies with the number of credits.
3. Tuition fees and expenses are subject to change without notice.
4. Especially, the college is given the right to alter the amount at any time.
5. Therefore, it is important to make the cost clear before the new semester starts.
6. You have to make enough preparations to meet college expenses.
Keys:
1.

Sean Wang
No. 16, Lijia Road, New North District
Chongqing 401122
China

Mr. Vincent Hopper
MIT Office of Graduate Admissions
Room 10-100, 77 Massachusetts Ave.
Cambridge, MA 02139
U.S.A.

2.

Mr. Philip Roget
UTI London Ltd.
28 Picadilly Circus
London SW1 Y4
Great Britain

Ms. Margare Koehler
Personnel Manager
Webasto Romania SRL
34 Nicolas Ave.
Bucharest, Romania
Practice ①

Suggested keys:

faculty: professor, associate professor, lecturer, assistant, supervisor, guest professor, undergraduate, graduate, freshman, sophomore, junior, senior
course: compulsory course, optional / elective course
college: academy, normal school, institute
degree: bachelor, master, doctor (Ph.D.), post doctorate
activity: academic activities, physical activity, recreational activity, social activity, social practice.

Practice ②

Suggested keys:

As can be seen from the chart, the past 4 years have witnessed dramatic changes in the number of college students using cell phones in class from 2010 to 2013. In 2010, 86% of college students seldom or never used their cell phones in class, while the figure has dropped considerably to 23% in 2013. It is obvious from the chart that college students tend to prefer their cell phones in class rather than study.

I think the reasons are as follows. To start with, with the rapid development of economy and digital technology, college students are able to afford cell phone expenses. Secondly, college students can use cell phones to download, access and read course materials. What’s more, in this competitive society, college students are usually under great stress. Cell phones with multifunction can bring them relaxation at any time. Last but not the least, students are aware that phone use is frowned upon in class, but the main purpose of students looking at their phones in class is for time, texting, checking emails or social networks. They cannot resist the temptation of mobile phones.
In my point of view, cell phones are a serious source of distraction in college class and a potential source of cheating. Using cell phones can adversely affect students’ concentration in class. College students should be more attentive in class. It’s high time that some effective measures be taken to solve this problem. Students are not allowed to take their cell phones into classroom. Teachers should make their classes more vivid to catch students’ attention and try to increase students’ engagement in class activities, which may be the possible solution to the phenomena.
Idling Your Spare Time

Step
One  Vocabulary & Structure
Two  Skills Development
Three Workshop Communication
Step One
Vocabulary & Structure

Practice ➊

Practice ➋
Keys: 1. institutions 2. being constructed 3. booming 4. has been shrinking 5. height 6. to bear 7. requirement 8. accompanying 9. technology 10. are supervised 11. constantly 12. recommended 13. Eventually 14. be served 15. will depart

Step Two
Skills Development

Practice ❼
Keys: 1. option 2. language skills 3. online 4. listening skills 5. sample sentences

Scripts:
Have you heard of online movie rentals? If not, there might be
an option for you to increase your language skills and enjoy some entertainment at the same time. Some people have grown tired of going down to the video rental store to rent movies. Customers will rent movies online. Once you receive the movies, how can you improve your language skills with them? One idea to improve your listening skills is to watch the movies with the captions turned on and pause the movie when you see and hear new expressions. Then, think of some sample sentences for each word. Good luck!

Practice 2

Keys: 1. a paradise  2. New York  3. urban expansion  4. 1873  5. thousands of tourists

Scripts:

Central Park was completed in 1873, which was designed to provide New York with a paradise. Now, it is located almost in the dead center of New York due to urban expansion between 59th and 110th streets. Central Park is very much a main part of the city’s landscape. Apart from being an area of plants in the middle of a very busy city, Central Park has a cultural side, with public programs offered by the Central Park Committee. The park has featured in many films over the years and is also home to statues of famous people. The park attracts joggers, students and singers every day, as well as thousands of tourists who come to see the most famous urban park in the USA.

Practice 3


Practice 4

Practice ⑤

Keys: 1. be accustomed to 2. spread to 3. be split into 4. accommodate 5. a decade of

Practice ⑥

Suggested keys:
1. 好莱坞环球影城是历史最悠久、最著名且仍在运营的好莱坞电影制片厂之一，它是为了给游客提供参观真正的环球影城摄影棚和场景而建立的。可分为两个区域：上园区和下园区。大多数景点对身高都有要求，并且强烈建议小孩有监护人陪伴。
2. 好莱坞环球影城附近公共交通便利，乘坐地铁红线即可到达。周一至周四以及周末或假日，请关注末班车驶离车站的时间，若错过，你将不能返回洛杉矶市区。但是，周五和周六的班车时间不同，其驶离时间为凌晨2点，此外，乘客还可以直接乘坐地铁巴士到达主题公园入口处。

Practice ⑦

Keys: 1. 'Shaw’s work spirit is often regarded as the main reason for his success.
2. For much of his life, he worked 16 hours a day.
3. He would watch each film and write the feedback.
4. He would review every story and script line by line.
5. He said his entertainment was the same as his job, such as watching movies.
6. Before the age of 80, he would view 600-700 films every year.

Practice ⑧

Keys:
1.

August 12, 2014

Dear Emily,

I feel grateful for your kind help during my stay in America this summer. Touring Universal Studios Hollywood has brought me a very wonderful time and fun especially with you. You treated me with such hospitality that I felt I were at home. And I also heartily
Mr. Wang
CEO
DEF Media Corp.
April 27, 2014

Dear Mr. Wang,
I am writing to enquire whether you would be willing to establish business relations with us. We are one of the producers of film, television and music entertainment in Chinese-speaking world. At present, we are interested in extending our range and scale. I am looking forward to carrying out cooperation with your company. Your early reply will be appreciated.

Yours Sincerely,
Li
ABC Media Ltd.
Step Three
Workshop Communication

Practice 1

Suggested keys:
movie, assistant director, production manager, scriptwriter, screenplay, recording, sound effects, dubbing, dialogue, subtitle, studio, box-office, cast, film/movie star, leading role, supporting role, guest actor/actress, television, television program/television show, season, episode, prime-time, trailer, soap opera, TV drama, character, plot, crew, wireless television, satellite television, live, recorded.

Practice 2

Suggested keys:

As can be seen from the chart, littering is the most common bad behavior that irks movie-goers, which reaches 40%. Loud ringtone is the second kind of bad behavior people hate, reaching 30%, higher than smoking in cinemas and taking up too much space in the chairs, with each reporting 15% and 10% respectively. Moreover, some people bring their noisy children to the cinema, which is also bad behavior annoying others and almost takes 5%.

Since we know these bad phenomena, why don't we think about the reasons? Strictly speaking, lacking of public consciousness is the main reason. Moreover, these people are not concerned with their neighbors; neither do they pay respect for others. Their instinct for being selfish emerges in public places. In conclusion, all the behavior mentioned above may disturb others when they are focusing on movies in cinemas.

To my point of view, there are at least three ways we could avoid these occurring. Firstly, some relevant regulations may be carried out to prevent movie-goers from bringing non-theater food into the video hall. Besides, movie-goers should remember to take their own garbage
outside the video hall and throw them into the trash. Secondly, when it
comes to loud ringtone, smoking and taking up too much space, I think
everyone has responsibility of maintaining order especially in public
places. Switch your cell phone to vibrating mode. Do not smoke and
take up too much space when watching movies in cinemas. Last but not
least, watch out for your children when they are out in public. If all of us
behave well, who will complain?
Sports Lovers

UNIT THREE

One Vocabulary & Structure
Two Skills Development
Three Workshop Communication
Step One
Vocabulary & Structure

Practice ➊
Key:
1. B
2. D
3. C
4. A
5. C
6. C
7. D
8. A
9. D
10. B
11. C
12. D
13. C
14. D
15. C

Practice ➋
Keys:
1. sportsmen
2. remarkable
3. stunted
4. accelerated
5. Participating / Participation
6. promoted
7. model
8. accomplishment
9. Clinical
10. knowledgeable
11. generating
12. excel
13. recognize
14. reduce
15. endurance

Step Two
Skills Development

Practice ➊
Keys:
1. consider
2. no longer
3. influence
4. smarter
5. overall

Scripts:
In the past, you may have thought or heard that kids are either good
in sports or academics, but not both. You may also consider a child as either a “brain” or a “jock.” This distinction is often no longer the case. Actually, kids can excel in both sports and academics. Sports and academics often complement each other. Physical activities influence kids in positive ways. By participating in sports, kids not only become healthier, they can also become smarter. According to a survey by Live Science, children who participate in youth sports or physical activities would have greater academic performances. Sports are beneficial for a child's overall development and academic performances.

Practice ②

Keys: 1. Football 2. On television 3. 250 million 4. free kick 5. red card

Scripts:

Football is the most popular sport in the world. It is estimated that around 250 million people play regularly while millions more watch the game on television. In the UK, teams such as Manchester United and Chelsea compete in the Premier League. Football has a vocabulary of its own. A game of football is known as a football match. The match kicks off when the referee blows his whistle and the ball is kicked for the first time. The aim of the game is to score more goals than the other team. The referee makes sure that both teams play by the rules. If the ball goes out of the sides of the pitch, he gives a throw in. If the ball leaves the end of the pitch, a corner is given. When a player commits a foul, the referee may give the other team a free kick or even a penalty. In extreme cases, the referee may send off a player by giving him a red card.

Practice ③

Keys: 1. Good manners are important in all countries, but ways of expressing good manners are different from country to country. 2. Traveling can teach us a variety of knowledge, which is a kind of education. 3. I need many items to be ready for a safe and enjoyable hike. 4. Colors and shapes play an important role in representing
different meanings.

5. Pollution has caused three major problems in the last decades.

Practice ➍  

Practice ➎  
**Keys:** 1. cooperate with  2. take turns  3. participate in  4. takes in  5. In short

Practice ➏  
**Suggested keys:**
1. 冰壶运动被称为“冰上象棋”，但冰壶运动员并不是一直坐着不动。两个冰壶队的八名队员轮流将沉重的大溜石滑向目标区域。冰壶运动中的两项基本策略是要知道什么时候开始擦刷冰面。冰壶运动员也许不像其他奥运会运动员那样迅捷有力，但却是体操馆里体型最优美的运动员之一。

2. 体育以娱乐的形式让我们的身体得到锻炼，同时也在很多方面显著影响着我们的生活。体育教会我们如何参与竞争，如何成为团队中优秀的队员，有益身心。

Practice ➐  
**Keys:** 1. 75 percent of kids quit sports after 13 years old.  
2. One reason is that they feel they can't succeed.  
3. The other reason is that they don't get any encouragement.  
4. Parents play an important role in children's life.  
5. They should encourage their kids to stick to doing sports.
Practice ⑧

Keys:
1.

China Agricultural Machinery Import and Export Joint Company

WU Bin CEO

Add: NO. 178 Guang’anmenwai Main Street,
Xicheng District, Beijing, 100055
Tel (010) 623758XX  Fax: (010) 623777XX
Mobile: 13908085XXX  E-mail: Wbin@126.com

2.

Malaysia Airline

Lily Johns
Business Manager

Add: 23/F, Central Tower, 28 Queen’s Road Central, Hong Kong, 53277
Tel: (852) 2916 0066  Fax: (852)2523 8981
Website: maslily@netvigator.com
Step Three
Workshop Communication

Practice ①

Suggested keys:
sports items: basketball, soccer, badminton, baseball, volley ball, weightlifting, fencing, diving, gymnastics, boxing
sports events: Winter Olympic Games, FIFA World Cup, World Championship, National Basketball Association Game, Marathon
sports teams: team member, captain, team uniform, teamwork, cheering squad

Practice ②

Suggested keys:

As we can see from the chart, nowadays most college students think taking exercise is important and like to do exercise. There are 15.25% college students taking exercise every day. 35.59% of them take exercise two times a week, and 25.42% students do exercise two or three times a month. However, there are still some college students seldom attending exercise activities. Those who seldom take exercise in a semester take up 20.34% of all. The rest proportion takes up 3.39%.

I think there exist several reasons which can result in the phenomena. To start with, there are a few college students taking exercise every day thanks to their interest in sports but the percentage is not satisfying. More college students have not formed the habit of doing sports in their early years. They don't like taking exercise activities in their spare time. Secondly, many college students seldom take part in sports activities because they believe it will waste much of their time and their study will be influenced. What's more, there are also a number
of college students born with being very lazy, and they would rather play computer games or just sleep in dormitory than walk out to do some aerobics. Indeed, it is unwise to keep distance from taking exercise because exercise can benefit us in many ways.

In my point of view, we can benefit a lot from doing moderate sports if time permits. Firstly, participation in sports will build up people's self-confidence, which is an important part of emotional development. Secondly, taking part in team and individual sports is a great way to get in shape and help prevent serious illnesses. Thirdly, taking exercise will help people cooperate and communicate with each other. Such comprehensive social skills as communicating, sharing and empathizing can be improved in the process of doing sports especially with a team. In conclusion, it is a stupid choice to be away from taking exercise.
Art and Music Addicts

UNIT FOUR

Step One  Vocabulary & Structure
Step Two  Skills Development
Step Three  Workshop Communication
Step One
Vocabulary & Structure

Practice ➊
Keys:

Practice ➋
Keys:
1. marriage 2. Unemployed 3. Popularize
7. glorious 8. confidence 9. Dancing
10. presentation 11. was created 12. Unforgettable
13. increasingly 14. Known 15. to imitate

Step Two
Skills Development

Practice ➊
Keys:
1. competition 2. employed 3. international
4. followed 5. led to

Scripts:
“Pop Idol” is a British television music competition. It was shown on Independent Television from 2001 to 2003, which intended to decide
the best new young pop singer in the UK. The program employed several judges to select singers and then also interacted by telephone voting by the audience. After two series held in 2001–2002 and in 2003 respectively, the show has become an international TV program and many television networks from other countries followed its style. With the growing popularity, a heated dispute arose with the makers of the program, which eventually led to the word “Pop” being thrown away from the title.

Practice ➊

Keys: 1. London 2. 1824 3. the North Wing 4. 10 a.m. to 9 p.m. 5. Bus No. 8

Scripts:
The National Gallery is an art museum in London. Founded in 1824, it houses a collection of over 2,300 paintings dating from the mid-13th century to 1900. Paintings are exhibited in different sections according to the time when they were created, for instance, the 16th-century paintings are exhibited in the West Wing while the 17th-century paintings in the North Wing. The Gallery is open on working days from 10 a.m. to 6 p.m. and on weekends it is open from 10 a.m. to 9 p.m. The Gallery is free of charge, but you need to pay for some special exhibitions. Visitors can take Bus No. 8 and get off at Leicester Square, then walk straight for 3 minutes. There is the National Gallery on your right side.

Practice ➋

Keys: 1. They are very different in their ways of life. 2. Music can impact directly on people’s moods and behavior. 3. The human body is not designed to stay in space over an extended period. 4. Technology is transforming cars. 5. Many musicians and artists have seen beauty and meaning in the wasteland of the factory.
Practice ➍

Keys:
1. 迈克尔·杰克逊在他的专辑“颤栗”中创作了“太空步”。
2. 难怪观众一看见现代舞者就联想到伊莎多拉·邓肯。
3. 2009年6月，杰克逊因为心脏病发作被送往医院进行手术。
4. 仔细比较现代舞和街舞，差别就会显现出来。
5. 我总认为她跳舞比我跳得好。
6. 坚持情感和动作的协作一直是邓肯舞蹈的基石。
7. 邓肯拒绝随波逐流，这影响了很多未来的舞者。
8. 获奖者被问及他是否曾想过自己有可能会获得格莱美奖。
9. 自那以后，粉丝们特别注意他变得更奇怪的行为和面容。
10. 这个小男孩经常拜访这位画家，他一定很热爱绘画。

Practice ➎

Keys:
1. arise
2. seek the connection
3. on his own
4. went into heavy debt
5. suffered from

Practice ➏

Suggested keys:
1. 迈克尔·杰克逊获得巨大成功的同时，他也成为一个颇有争议的人物。他的行为越来越让人费解，脸部接受过多次整形手术，之后他的行为和说话方式也变得越来越幼稚可笑。观众继而开始关注他身体的动作，迈克尔·杰克逊身穿黑色紧身九分裤，脚配白色袜子，手带闪闪发光的白色水晶手套，既像机器人一样僵硬死板，又可以像水一样轻柔，当他在做令人震撼的“太空步”舞步表演时，人们似乎感觉到他在空中往后退。
2. 一直以来，他的专辑《颤栗》不仅最为畅销，而且还获得了8次格莱美奖，7次全美音乐奖，同时也使一种全新的娱乐形式——音乐电视（MV）流行起来。杰克逊还在加利福尼亚州购买了一大块地，并沿用儿童小说《彼得潘》将它命名为梦幻岛，他在这块地上建了一个私人游乐园、动物园以及一个大型的电影院。

Practice ➐

Keys:
1. Developing an overall understanding of art is not difficult.
2. The first step is to make out whether it attracts you.
3. After that, ask yourself “what is the subject of the painting?”.
4. Be patient to focus on the symbol the work tells you.
5. The last consideration is its style, the different creativities of the artist.
6. To sum up, subject, symbol and style can help you read art.

Practice 3

Keys:
1.

Date: Fri. May 9, 2013 11:15:17
From: Kearny <kny@hotmail.com>
To: Benson<bsn@hotmail.com>
Subject: Congratulations

Dear Benson,

I am writing to congratulate you on your success in International Championships held in Great Britain. You deserved the award after so many years’ hard working. I also believe you will make greater efforts to be a more excellent dancer in the future.

Please accept my sincere congratulations!

Yours faithfully,
Kearny

2.

Date: Fri. May 2, 2013 11:15:17
From: Anita <anta@hotmail.com>
To: Elvis <evis@hotmail.com>
Subject: Inquiry of Requirements

Dear Elvin,

I’m so interested in your program “The Voice” that I always dream of becoming a competitor on your stage. But I’m not sure if I am qualified for the show. Could you please give me a detailed description of the requirements for competitors?

Many thanks for your assistance.

Yours faithfully,
Anita
**Practice 1**

**Suggested keys:**

dance: belly dance, disco, breaking, foxtrot, modern dance, waltz, tango, tap, hip-hop, Latin dance, folk dance, samba.

fine arts: three-dimensional painting, mural, cartoon, oil painting, Chinese painting, sketch, watercolor, landscape.

music: Gospel, folk, classical music, hip-hop, rap, rock, jazz, R&B, country music.

musical instruments: piano, electronic keyboard, viola, cello, violin, guitar, drum, bass, flute, trumpet, saxophone, harp.

**Practice 2**

**Suggested keys:**

1. As is obviously showed in the above pie diagram, hip-hop is the most popular with the college students in 2013. Almost half of the students interviewed prefer it to any other forms of dances. However, the rest three forms of dances seem to be less popular. Among the dances, 25% of the students would choose tap and 19% choose fork dance. The lowest percentage is tango, which is the choice of 15% students.

2. Some reasons may account for their preference. Firstly, hip-hop is a good way to relax and amuse themselves by hugely reducing their stress. The young students in modern society are facing great pressure, and its freestyle in nature just gives the dancers freedom to move as what they like. Secondly, this special type of dance is fashionable and
efficient to make them stronger and healthier. Continuous dancing in this way can tone their muscles as well as enhance their flexibility. Finally, it encourages each dancer to give their best regardless of others’ judgments.

3. From the above we can come to the conclusion that hip-hop is a good way to spend our spare time at college because it can bring us more than entertainment. It also offers the opportunity to make many friends and a totally view to explore the colorful world. For those who would rather stay in dormitory surfing the internet for a whole day, it’s high time that they should escape from computers and enjoy the happiness which hip-hop brings us. So just dance like no one’s watching!
Covering Roads

UNIT FIVE

Step

One  Vocabulary & Structure
Two  Skills Development
Three Workshop Communication
Step One
Vocabulary & Structure

Practice ➊
Keys:

Practice ➋
Keys:
1. obsessed 2. have not been released
3. strategic 4. fulfill 5. adventurous
6. had cleared/cleared 7. enthusiasm
8. approach 9. wander 10. inspiration
11. be ignored 12. appliances 13. be attained
14. strived 15. speeding

Step Two
Skills Development

Practice ➊
Keys:
1. customs 2. impression 3. do your best
4. assistance 5. dress

Scripts:
The worst thing a foreigner can do is to disrespect the people or
customs of a country. Obviously, the locals will get mad at you and you’ll be giving them a bad (or even worse) impression. Get to know the customs of the land and then do your best to abide by them. Also, treat everyone you meet with great respect. People who see that you are respecting them and their traditions are more likely to offer you a hand if you need assistance during your trip. You’ll have a much better time if you show people the attitude they deserve. So, remember to dress properly for the region, act courteously and just don’t make a fool out of yourself on the trip.

Practice 2

Keys:  1. Qingdao  2. Bathing  3. colorful shells  4. delicious  5. beautiful and interesting

Scripts:

Last summer vacation, my family and I went to Qingdao by train. There was always sunshine and fresh air, which made us so comfortable. We went to the seaside. The sea was as blue as the sky. Bathing in the sunshine on the beach was really enjoyable. I also picked up a lot of colorful shells with my little sister. We bought many interesting souvenirs, and I was planning to send them to my friends. We tasted many foods there, such as fish, prawn, and so on. They are very delicious. Then we lived in a clean and tidy hotel, and the price was not so expensive. I like Qingdao very much because it is such a beautiful and interesting place.

Practice 3

Suggested keys:

Paragraph 1: Make a better preparation for your travel in advance which will save you much inconvenience.
Paragraph 2: As you prepare for your winter vacation, give yourself more time than usual.
Paragraph 3: Pack your baggage as light as possible for your holiday travel.
Paragraph 4: When you travel in winter, watch out for influenza.
Paragraph 5: Stretch your legs and arms often when you are on long flights.
Practice 4
Suggested Keys:
1. 第一次旅行之后，她意识到旅行能有效缓解压力。
2. 我们都很关心出国旅游的安全问题。
3. 因有空难事故报道，他对本次航行非常担心。
4. 安东尼渴望驾车到西部旅行。
5. 教授对于这次旅行博览会的作用持怀疑态度。
6. 我还不确定是否要在考试后旅行一次。
7. 导游对投诉浑然不知。
8. 当地人非常热情，给予游客们很多帮助。
9. 导游竭尽全力帮助团队里受伤的人。
10. 我非常感谢在东京旅行期间您对我的帮助。

Practice 5
Keys:
1. be left behind
2. took advantage of
3. are informed of
4. at the forefront
5. look back on

Practice 6
Suggested keys:
1. 不要与接近你的陌生人打交道。通常情况下，如果你因某事需要服务或帮助，那么你最终会主动接近他人。你要当心试图欺骗或想偷你东西的人，无论你在机场、大街或宾馆，如果有人接近你，最好不要接受他的帮助。
2. 最后，旅行前尽可能多了解该地区，了解该地区与你所在的区域有何不同。抽时间学习当地礼仪，确认所有的预订，获取你要游览区域的地图，务必知道该区域最危险的地方在哪。总之，你应尽可能多收集信息，以便你能在国外旅游时感到舒适和安全。

Practice 7
Keys:
1. Tourists shouldn't leave valuable things in their hotel rooms.
2. Thieves will easily target their valuables while they're out.
3. They should be okay leaving their belongings in an upscale hotel.
4. However, it's impossible to ensure that nobody will take their valuables.
5. The wall safes can be useful for tourists.
6. They can make use of whatever security measures when it comes to their personal things.

Practice 8

Keys:
1.

December 18, 2014
Dear Mr. Smith,
I would like to apply for marriage leave from January 22nd to January 31st. My wife and I intend to go to Hawaii for our honeymoon.
Your approval will be appreciated.
Yours sincerely,
Zhang Yi

2.

November 20, 2014
Professor Zhang,
I couldn’t attend your lecture today due to a bad cold. I am writing to ask for two days leave with the medical certificate from the doctor enclosed.
I feel grateful for your being considerate.
Yours respectfully,
Li Yun
Step Three
Workshop Communication

Practice ➊

Suggested keys:
Grand Tour, road trip, overland travel, the Grand Canyon, Niagara Falls, Buckingham Palace, Louvre Museum, The Great Hall of the People, The Forbidden City, the Temple of Heaven, The Summer Palace, Suzhou Gardens, Terra Cotta Warriors, coach, plane, taxi/cab, underground/subway, train, hiking, horse riding, rock climbing, guided tour, camping, water-skiing, scuba diving, parachuting, sleeping bag, torch/flashlight, raincoat, walking boots, compass.

Practice ➋

Suggested keys:
The diagram shows us the number of visitors visiting the three museums in London in the summer of 2013. There are the most visitors going to the British museum from June to September. The number fluctuates between 500,000 and 750,000. While the Science Museum and the Natural History Museum received fewer visitors. The number of people who visited the Science Museum dropped gradually from 400,000 to 300,000 from June to August then rose to 450,000 in September. We can see that the trend for the Natural History Museum remains stable. There was a sharp drop in visitors from June to July. The number remains stable in August and then increased steadily in September.

Generally speaking, the diagram reveals an upward trend of the tourism in Britain. The reasons are as follows. To start with, people are increasingly aware of what travel means to them. Meanwhile, the increased income and convenient traffic have been prompting large number of residents to go on an overseas journey. Furthermore, the government’s positive attitude towards tourism, which in turn
encourages the fulfillment of the infrastructure, also contributes to the prosperity.

Moreover, people who go abroad are usually in a position to experience the exotic cultures and unique scenery in the region. Thus, they are sure to visit some famous scenic spots and the three museums have long been renowned, which will definitely help them attract a great number of visitors. What's more, museum is a contacted world of the local history, culture and customs. Travelers who visit the British Museum can have a glimpse of the world's most precious relics while the visitors to the Natural History Museum are able to get a vivid impression on the natural development. Therefore, the British Museum received the highest number of visitors.

In conclusion, the prosperity of tourism is beneficial both financially and culturally. There is no doubt that the consumption could bring tremendous profits to service industry, such as hotels, restaurants, traffics and etc. Consequently, the whole industry expands and develops, employments increases, which in turn results in a surplus of the currency and rise of the economy. On the other hand, overseas tours offer an opportunity for intercultural communication.
Satisfying Your Tastes

UNIT SIX

Step One  Vocabulary & Structure
Step Two  Skills Development
Step Three  Workshop Communication
Step One
Vocabulary & Structure

Practice ➊

Keys:


Practice ➋

Keys:

1. is elected  2. concluded  3. denying
4. Relaxation  5. regularly  6. averagely
7. are included  8. Keeping  9. to have been lost
10. has changed  11. will receive  12. to provide
13. have been waiting  14. efforts
15. Effect

Step Two
Skills Development

Practice ➊

Keys:

1. delicious food  2. a different dish  3. keeps changing
4. spicy  5. Healthy

Scripts:

Isn’t food one of life’s greatest pleasures? There is so much delicious
Satisfying Your Tastes

UNIT SIX

food in the world. You could spend a whole lifetime eating a different dish every day. My taste in food keeps changing. Sometimes my favorite is a dessert, but then I change my mind and go for a spicy curry. It’s great that countries have so many different dishes. Do you think your national dish is the best? Nowadays we have to be careful about what we eat. Fast food is not good for us. We need to focus more on healthy food.

Practice ②


Scripts:

I think fish are one of the most interesting creatures on the planet. They are absolutely fascinating. I love their different shapes, colors, social behavior, everything. I can watch tropical fish in my aquarium for hours. Even the tiny little fish are so beautiful. When I go to the city aquarium, I can spend a whole morning or afternoon looking at the fish. I don’t have a favorite fish. I must confess that after watching the movie “Finding Nemo” I do now like clownfish. As well as looking at fish, I also love eating them. Tuna is my favorite, especially raw tuna. When I visit Japan, the first thing I do is to go to a sushi restaurant. Raw fish is so much tastier than cooked fish. And it is probably a lot healthier.

Practice ③

Keys: 1. everyday (green) foods 2. carefully selected (amber) foods 3. occasionally (red) foods

Practice ④

Keys: 1. 如果你被邀请去美国人家里做客，你会感受到美国人特有的殷情好客。 2. 客人很快发现经理与侍者说得不同。 3. 让我们去一个安静的地方吧！ 4. 侍者的社会地位远不及厨师高。 5. 那个餐厅供应的食物不干净，因而受到了应有的惩罚。 6. 经理问这位厨师是否曾经出国。
7. 请把他的比萨按上面的地址派送。
8. 附近的食品厂受到严重的污染。
9. 虽然她童年挨过饿，但她现在过着幸福的生活。
10. 咖啡厅在三楼，请坐上行的电梯。

Practice ⑤  
Keys:  1. has devoted ... to  2. relax yourself  
3. making efforts  4. differs from  
5. assemble ... with

Practice ⑥  
Suggested keys:
1. 中国是筷子的故乡。在中国，筷子文化有着悠久的历史。使用筷子作为餐具的传统已经被引入到世界许多国家，如越南、朝鲜和韩国。筷子的发明反映了中国古代人们的智慧。
2. 西餐中的开胃菜一般是蔬菜沙拉或汤。典型的汤有奶油蘑菇汤、墨西哥辣椒牛肉汤、法式洋葱汤等。最典型的主菜是里脊牛肉、鸡或鱼。吃完主菜之后，上来甜品，甜品可以是冰淇淋、蛋糕、水果或酥皮糕点。餐桌收拾完毕后，服务员会奉上咖啡，这通常是西餐的最后一道菜，与中餐文化大不相同。

Practice ⑦  
Keys:  1. Americans always like hamburgers, French fries and cola drinks.  
2. In fact, American cooking is colorful, varied and nutritious.  
3. If you are interested in American dishes, you can discover hearty soups, succulent roasts and tasty desserts.  
4. American dishes are a blend of many ingredients, like America itself.  
5. If you’d like to enjoy the real flavor, you’d better explore the whole US.
Practice ➑

Suggested keys:

1.

Notice

March 5, 2014

A food festival will be held on the playground of college on Tuesday, from 2:00 pm to 5:00 pm. March 5, 2014 where you will try all kinds of exotic dishes made by our foreign teachers and students. The festival also boasts free outdoor yoga, food lectures, health and natural products donated by vendors. You will experience a lot and have a wonderful time.

Welcome All!

The Labor Union

2.

Notice

May 28, 2014

The canteen of our company will be off from this Friday afternoon till next Tuesday morning due to the Dragon Boat Festival holiday. Please keep all informed.

Wish everyone a happy Dragon Boat Festival!

The Administration Office

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Step Three

Workshop Communication

Practice ➓

Suggested keys:

meat, beef, veal, lamb, sirloin, steak, chop, stew, roast, pork, ham,
bacon, sausage, cold meats, chicken, turkey, duck, fish vegetables, dried legumes, chips, mashed potatoes, pasta, noodles, bread, slice of bread, soup, milk, cheese, butter, boiled eggs, soft-boiled eggs, hard-boiled eggs, fried eggs, poached eggs, scrambled eggs, omelet, fruit, ice cream, biscuits, cake, spices, salt, sauce, oil, salad oil, pepper, vinegar, mustard, clove.

Practice 2

Suggested keys:

The pie chart shows us that the types of fast food that the teenagers prefer in the USA. In general, more teenagers prefer hamburgers, pizza and French fries among which hamburgers are the most popular food as they account for the largest proportion of all, taking up 33 percent. Pizza is the second most popular fast food, and this makes up 26 percent of the total survey. There are also many teenagers loving to eat French fries, which represent 22 percent of all surveyed. Only 9 and 7 percent of teenagers choose fried chicken and tacos respectively so they are less popular than the former ones. The least popular fast food in this survey is sushi. Only 3 percent of teenagers prefer this kind of food.

Why do teenagers in America love fast food so much? Firstly, they feel fast food tastes and smells much more delicious than some healthy food, which leads to their interest in fast food. Secondly, it is very convenient to prepare and carry. In addition, they don't take long to eat. Thirdly, fast food is much cheaper.

All in all, eating fast food is unhealthy for teenagers. They are growing up and they need more nutritious food. Making their food healthy and varied might be the best solutions to avoid teenagers eating too much fast food. If children eat fast food successively in their teens, they will be more likely to become obese and probably they will suffer from many diseases caused by being obese. So moderate fast food in their diet should be appreciated.
Sharing Festival Fun

UNIT SEVEN

One Vocabulary & Structure
Two Skills Development
Three Workshop Communication

Step One Vocabulary & Structure
Step Two Skills Development
Step Three Workshop Communication
Step One
Vocabulary & Structure

Practice 1

Keys:
1. B  
2. C  
3. A  
4. D  
5. A  
6. C  
7. D  
8. A  
9. B  
10. C  
11. A  
12. D  
13. B  
14. C  
15. C

Practice 2

Keys:
1. intention  
2. religious  
3. Undoubtedly  
4. Inspired  
5. saluting  
6. ribbons  
7. Complaint  
8. will be undertaken  
9. Commercialization  
10. to emerge  
11. specialty  
12. spiritual  
13. purely  
14. (should) be integrated  
15. keeps/is keeping

Step Two
Skills Development

Practice 1

Keys:
1. the fourth  
2. family reunion  
3. celebrations  
4. pumpkin  
5. tradition
Scripts:

Thanksgiving Day is a national holiday celebrated in the United States. It is on the fourth Thursday of November. On that day, American people always give thanks for God’s blessings during the year. Thanksgiving Day is usually a family reunion day. Family members always travel a long distance to spend this holiday at home together. Preparing and eating a large meal is a central part of most Thanksgiving celebrations. Turkey, pumpkin pie and Indian pudding are traditional food. After the holiday meal, many people choose to watch American football games on television. Because of the high viewer ship, American football has been regarded as another American Thanksgiving tradition.

Practice ②

Keys: 1. A chance 2. family reunion 3. For fun 4. pay a visit 5. Chinatowns

Scripts:

Every nation has its own festivals. Those festivals give people a chance to enjoy themselves. The Spring Festival is the major holiday in China and Christmas is the most important in the western world.

On the one hand, the Spring Festival and Christmas have much in common. Both are prepared beforehand to create a happy atmosphere and both include a family reunion with a big feast. On the other hand, the two are different in some respects. The Chinese Spring Festival has no religious background while Christmas has something to do with God. Besides, the Chinese pay a visit to each other for greeting while the Westerners send each other Christmas cards.

Nowadays, many Chinese begin to celebrate Christmas, and Westerners go to Chinatowns to enjoy Spring Festival activities there, perhaps for fun and out of curiosity.

Practice ③

Practice ➍

Suggested keys:
1. 他的吼声吓住了每一个人。
2. 提供24小时服务是这家商店的独到之处。
3. 他给我的印象是一个有责任感的人。
4. 他身上有香水的味道。
5. 粗心大意是错误的原因。
6. 自由女神是美国的象征。
7. 改革开放政策受到了全中国人民的拥护。
8. 他是一个实验中心的主任。
9. 要获得成功，你应该找到工作的动力。
10. 我们必须以经济建设为中心。

Practice ➎

Keys:
1. come up with
2. Paying respect to
3. in honor of
4. was supposed to
5. was involved in

Practice ➏

Suggested keys:
1. 2月14日是情人节，这个节日源于一个叫圣瓦伦丁的人。他是一位神父，生活在公元三世纪时期的罗马。那时的罗马皇帝发现，单身的士兵比有家眷的士兵更勇敢善战，于是他就阻止所有的年轻士兵结婚。圣瓦伦丁神父反对罗马皇帝的这种行为，秘密地为年轻的有情人主持婚礼。神父这一行为被发现后，皇帝就下令处死了他。情人节实际上就是人们向爱神——圣瓦伦丁表达敬意的日子。
2. 白色情人节起源于1977年一次失败的棉花糖推销活动。那年日本糖果协会急需推销糖果，最好的办法就是创造一个节日。于是，商人们把白色情人节定义为情人节的“回应日”或者“报答日”

Practice ➐

Keys:
1. People are free to go shopping and travelling during holidays.
2. Thus, a new phenomenon has come up which is called the holiday economy.
3. It has raised consumption and the domestic demands.
4. But the travel puts a heavy burden on the traffic system.
5. Besides, thousands of tourists in scenic spots may cause safety problems.
6. The government should take effective measures to reduce the side effects.

Practice ❒

Keys:
1.

Poster
An annual celebration party of National Day.
Monday, September, 29, 2014
7:30 pm
In the Students’ Center
Free and open
Welcome all

2.

Poster
You won’t want to miss this
EXCELLENT INTERNATIONAL VOLLEYBAL MATCH
China vs. France
Place: The Olympic Stadium
Time: 9:00 am January 6, 2014
Fare: 100 yuan
Please book tickets in the Students’ Center in advance.
Practice ➊

Suggested keys:

Spring Festival: spring couplet, New Year picture, paper cuts, firecrackers, reunion dinner, Chinese dumpling, red packet.

Lantern Festival: lantern display, lantern riddles, temple fair, traditional opera, drum dance, rice glue ball.

Tomb-Sweeping Festival: tomb-sweeping, sacrifice, ancestors, incense, Joss paper, condolence, spring outing.

Dragon Boat Festival: Lunar calendar, Zongzi, dragon boat race, patriotic poet, the Milo River, realgar wine, wormwood.

Double Seventh Festival: Cowherd, Weaving Maid, Milky Way, a bridge of magpies, romance.

Mid-Autumn Festival: full moon, moon cake, sky lantern, fire dragon dance, reunion.

Practice ➋

Suggested keys:

As is clearly shown in the chart that great changes have taken place in the way people spent their holidays from 2011 to 2013. The proportion of traveling was increasing rapidly from 27% to 61% while that of staying at home and visiting relatives or friends were decreasing year by year from 39% to 17% and from 28% to 15% respectively, apart from the other ways remaining stable. It’s obvious that traveling is replacing other ways as a new trend of spending holidays.

There are some reasons which can account for are the phenomena. To begin with, with the development of economy, people earn much...
more money than they used to, making it possible for them to afford to go traveling. In addition, people are aware of the importance of getting well-informed about the outside world to broaden their horizons. Last but not least, by traveling outside, people get close to nature, which is good for their health. In brief, more and more people tend to travel on holidays not only to relax themselves, but also pursue a high-quality and colorful life.

As far as I am concerned, I prefer to go traveling rather than stay at home or visit relatives or friends during holidays. For one thing, I am keen on enjoying beautiful scenery and meeting different people. For another, it is widely accepted that the world is becoming a global village. No one could confine himself to his small circle of family or relatives. I have benefited a lot and will benefit even more from traveling during holidays.
Diverse Cultures

UNIT EIGHT

Step

One  Vocabulary & Structure
Two  Skills Development
Three Workshop Communication
Step One
Vocabulary & Structure

Practice ➊

Keys:

Practice ➋

Keys:
1. religion 2. practices 3. personality
4. qualified 5. Impressed 6. consciously
7. established 8. interaction 9. settings
10. diversify 11. Corresponding 12. widen
13. to discuss 14. Learning
15. Preparing / preparation

Step Two
Skills Development

Practice ➊

Keys:
1. Table manners 2. hold 3. Europeans
4. In addition to 5. details

Scripts:
Every country has certain cultural patterns making it unique. Table
manners are an example. Americans use knives, forks and spoons. They are taught to hold the fork in the left hand and the knife on the right while using the knife to cut their food, then to lay the knife aside and switch the fork to the right hand to eat. Europeans, by contrast, are taught to keep the knife in the right hand and the fork in the left at all times. In addition to the table manners, conversation topics should avoid including a woman’s age and weight, people’s income and the price they paid for things, and details about one’s health, especially regarding bodily functions.

Practice ②

Keys: 1. the cultural differences 2. Work 3. enjoy life 4. 30s 5. the mall

Scripts:

Hello, everyone. Today’s topic of the lecture is about the cultural differences between Italian and American youths. Although young Italians and young Americans are similar in many aspects, there are also some huge differences, especially when it comes to work, and meeting places. Most American teens have part-time jobs through high school and college. Youths in Italy tend not to. Young Italians like to enjoy life to the full and feel there will be time to work once they become adults. And another huge difference between Italian and American teenagers is the age they finally fly from the family nest to live alone. They will live at home well into their 30s or until they get married. And the meeting places of the countries’ teenagers are still different. When going out, Italians teens tend to meet and gather on the streets of their cities or towns. In the United States, one of the biggest meeting places for teens is the mall.

Practice ③

Keys: 1. but also 2. besides 3. for instance 4. therefore 5. but 6. In conclusion 7. As a result of 8. however 9. No matter 10. Obviously
Practice ④

Keys:
1. 一到夏季，游客（纷纷）涌到加拿大的海滨城市。
2. 速度（快），可靠性（强）是电子计算机的主要优点。
3. 物质可以转换成能量，能量也可以（转换成）物质。
4. 我们不会后悔，我们从来没有（后悔过），我们将来也不会（后悔）。
5. 这个沙发真是（物）美（价）廉。
6. 经理对我们的准备（工作）不满意。
7. 我们要帮助这个地方摆脱落后（状况）。
8. 我（曾经）是一名中学老师，（那时）我的梦想就是当一名优秀教师。
9. 这个小村庄坐落在苍翠的（群）山之中。
10. 毫无疑问，竞争对手（个个）都很强大。

Practice ⑤

Keys:
1. A wide range of
2. In conclusion
3. lead to
4. seek out
5. getting familiar with

Practice ⑥

Suggested keys:
1. 有几种方法可以见识和熟悉不同的文化。其中的一种方法是阅读来自特定文化作家所写的书。这些作家与某种特定文化有着密不可分的关系，通过阅读他们的作品，可以使人们真正一瞥该文化的饮食、音乐、语言、宗教，以及该特定人群的生活方式。
2. 如果一个人以某一特定文化群体的地道美食为样本，就可以从中了解不同的文化。他可以寻找那些来自不同国家、能烹饪地道、特色美食的餐厅。无论一个人想要了解更多有关欧洲、美洲、中东、非洲或世界任何其它文化，熟悉它们的食物是朝正确方向迈出的一大步。食物是不同文化的重要组成部分，它使人们能够洞察特定文化群体的生活方式。

Practice ⑦

Keys:
1. You are living with partners in another country.
2. Talk about your frustrations with just your partners.
3. They will understand why you are more sensitive than
normal.
4. If you are alone, communicate with other immigrants.
5. Don’t talk to the people back home because they will worry.
6. Don’t complain to the locals for they may not understand.

**Practice 8**

Keys:
1. 

2.
1. 旅客姓名
2. 在此排队
3. 国内候机楼
4. 中转处
5. 无障碍洗手间
6. Downstairs
7. Left Baggage
8. Taxi Pick-up Point
9. Coach Pick-up Point
10. International Terminal

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**Step Three**

**Workshop Communication**

**Practice 1**

**Suggested keys:**
culture, European, Asian, American, African, Latin, bilingual, language,
English, Spanish, French, Japanese, Chinese, Korean, immigration,
cultural shock, discomfort, immigrate, harmony, native, relationship, neighbor, acquaintance, new-comer, classmate, co-worker.

Practice ②

**Suggested keys:**

The chart shows us that the percentage of girls and boys who studied a foreign language from 1984 to 2007 respectively in America. The percentage of girls is much more than that of boys. Meanwhile, the number of students in America studying a foreign language was declining rapidly from 1984 to 2007.

I think there are some reasons which can account for the phenomenon. Firstly, The English language is a widely spoken language. Americans don’t tend to travel to other countries although many of them have passports. If Americans do travel to other countries, they tend to go to the English-speaking countries, so learning a second language is not needed. Secondly, In American schools, foreign language testing tends to be focused on reading and writing. There is often no immersion learning. Foreign language learning is often a checklist item for college entry and not an item that will get students rejected from college entry. Thirdly, many American seven the less educated Americans have the pride against other languages. Therefore, they don’t want to learn a second language and they can’t be forced to do it. At last, learning a second language is not usually an advantage in getting a highly-paid job in America. There is often no motivation to learn a foreign language.

From my point of view, as English is widely spoken in the world, it is a world language. To learn a foreign language or not is completely out of one's volition. No one will complain.