

简单、轻松、高效的英语语言学习方法



博哈英语

保建昆 著
青岛出版社

不出国门也能讲一口纯正优美的英语

BOTH HAPPY

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口语格式化集训

保健昆 著



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前言

经过多年的口语教学实验，笔者发现，困扰中国人英语口语的最大障碍是：羞怯、没有情感、气息控制不好、对英语有一种说不出的恐惧感。其原因主要是缺乏切实有效的学习教材、高效快捷的练习和及时有效的指导。因此，我们专门为中国的英语学习爱好者们量身定做了一桌丰盛的口语高效学习大餐，即：实用的教材、密集的句子训练加上专家的指导。本书经过作者十多年的反复教学实验，以其独特的录音方式和简单轻松的语言学习方法，取得了惊人的教学成果：成功地帮助成千上万的学习者轻松地进行英语学习，多次创造出三个月内帮助零起点学生轻松突破口语障碍的奇迹！让你不出国门也能学会地道优美的英语，轻松掌握英语口语已不再是遥不可及的梦想！

优点特色：

1. 书中选用的都是生活中最常用的句子，因为只有学会了最常用的句子，才能长期不断地去应用，应用中的语言不容易忘记，而且学起来也会觉得很有趣。

2. 采取高效重复的渗透式编排，并配有双语双速录音的光盘，让你轻松听懂并容易模仿，在不知不觉中本能地轻松学会英语口语，而且在语音、语调方面也能马上获得很大程度的定型和提高；同时自然地唤醒你以前所学的句子量并扩大新句子量，本能地学会英语语法。学多少标准多少，学多少脱口而出多少，不

断地赢得人们的夸赞，让枯燥的英语学习马上变成精彩的自我展示。

3. 口语的高效学习是通过密集的句子训练而实现的，在最短的时间里练会最多的句子，练会的句子越多，开口就越容易，开口容易就越有成就感，成就感才能带来永远的兴趣，有了兴趣才能持之以恒。

4. 专家的指导可以帮助你及时发现自己的不足并评定学习效果，从而让你彻底走一条学习优美英语的捷径。保老师长期在新浪UC聊天室（博哈英语课堂）进行大课免费辅导，无疑给很多英语口语爱好者带来了前途和希望，有效的指导才能让你事半功倍，让你更加迅速地取得更大的进步。

使用方法：

1. 听到英文再跟读，可以在很短的时间里提高你的语音、语调水平。发音不好的人一定要切记这个听读顺序，才能马上使你的英语口语标准起来。具体跟读方法：听完一句保老师领读，立刻与学员Cherry的声音同时读出，轻松完成操练部分；同声传译部分要集中精力，控制好气息，把握好节奏，尽量将句子脱口而出。这是一个非常有效的学习过程，也是一个简单的口译训练模式，坚持下去，你很快就能感到自己神奇的进步了。

2. 跟读两三遍以后，可以自己测试是否已经掌握了这些句子。方法是：听到中文，马上说出英文，只要能马上说出，就说明你已经能背了；如果不能马上说出，紧接着英文录音又可以更正你一遍。反复练习，形成一种同声传译的感觉，会特别让人振

奋！也可以和朋友或者家人互考，一个人念中文，另一个人或一些人说英语，反复操练；说不出的不要耽误时间，马上提示，考试不是为了难住人，是要越考越活，所以可以马上让他看一眼，记住后继续往下练习。整个过程不说废话，彻底提高操练频率。互考的速度可以根据学员掌握的程度来定，如果完成得好，可以不断地加速，这样一来还可以练成一口同声传译式的英语口语，为以后从事口语翻译工作打下扎实的基础。

3. 播放录音听读的时候，一定要不断地往下进行，尽快地听读完整套教材。只有接触得多，才能见识多；虽然忘得多，记住的也多，要以量取胜。不能局限于一两个单元反复听读，这样会形成厌恶情绪。要不断地扩大练习量，才有成就感，因为不同的句子对大脑的记忆来说难易程度是不一样的，不要硬塞，读熟了自然就记住了。

4. 不影响别人的时候可以大声跟读，这样有利于气息流畅，气息流畅了，英语也就讲得流畅了，英语流畅了自然就不会怕羞了。高声练，低声讲，讲出的英语才会非常棒！

5. 认真模仿录音里的说话语气，带着情感去说话才能真正发挥语言的表现力，博哈英语创始人保老师为你定下的目标就是：讲一口具有表现力的艺术化英语！

本书是很好的自学教材，如用于教学，则应该以激情操练为主，精讲多练，否则彻底违背了本书的宗旨。教学效果的好坏取决于学生的开口频率和学生操练时的激情。

再多说理论也没有用了，马上播放录音，照着以上的方法，

试试就知道了。祝大家很快能说一口标准优美的英语！保老师在博哈英语网络课堂等着你！

Get ready! Let's start!

编 者

目录

Contents

1. 请问你叫什么名字?	/1	17. 你出生在什么地方?	/18
What's your name, please?		Where were you born?	
2. 你住在哪里?	/2	18. 你喜欢看美国电影吗?	/19
Where do you live?		Do you like watching American movies?	
3. 李小姐住在什么地方?	/3	19. 你的爱好是什么?	/20
Where does Miss Li live?		What are your hobbies?	
4. 下班后你打算干什么?	/4	20. 你在哪里上班?	/21
What are you doing after work?		Where do you work?	
5. 那是你家的狗吗?	/5	21. 你要去买东西吗?	/22
Is that your dog?		Are you going shopping?	
6. 怎么了?	/6	22. 你喜欢你的同学们吗?	/23
What's the matter?		Do you like your classmates?	
7. 盐在哪儿?	/7	23. 你每天怎么去上学?	/24
Where's the salt?		How do you go to school every day?	
8. 你喜欢运动吗?	/8	24. 你每天怎么去上班的?	/25
Do you like sports?		How do you get to work every day?	
9. 今天是星期几?	/9	25. 你需要什么?	/26
What day is today?		What do you need?	
10. 孩子们在哪里?	/10	26. 你在哪里?	/27
Where are the children?		Where are you?	
11. 你是哪里人?	/11	诗歌: 朋友	/29
Where are you from?		Friends	
12. 你今天好吗?	/12	27. 我可以借用你的手机吗?	/29
How are you today?		Can I borrow your cellphone?	
13. 你们的校长是哪里人?	/14	28. 你来了多久了?	/30
Where's your headmaster from?		How long have you been here?	
14. 先生, 帮我一个忙好吗?	/15	29. 你们相互认识多久了?	/31
Can you help me, sir?		How long have you known each other?	
15. 你家的保姆是哪里人?	/16	30. 你要去哪里?	/32
Where's your nanny from?		Where are you going?	
16. 你擅长跑步吗?	/17	31. 你们要去哪里?	/33
Are you good at running?		Where are you going?	

- | | | | |
|--|-----|---|-----|
| 32.你几点回来? | /34 | Why do you like learning Chinese? | |
| What time are you coming back? | | 52.你什么时候走? | /54 |
| 33.你跟同事们相处得很好吗? | /35 | When do you leave? | |
| Do you get along well with your colleagues? | | 53.我想请你参加我的晚会。你能来吗? | /55 |
| 34.您要点菜吗? | /36 | I want to invite you to my party. Can you come? | |
| Can I take your order? | | 54.需要我帮忙吗? | /56 |
| 35.改天好吗? | /37 | Can I help you? | |
| Can I take a rain check? | | 55.你在开玩笑吗? | /57 |
| 36.要我转告他(她)吗? | /38 | Are you kidding? | |
| Can I take a message? | | 56.这本杂志我可以借多久? | /58 |
| 37.我能请一天假吗? | /39 | How long can I keep this magazine? | |
| Can I have a day off? | | 57.你要去哪里度假? | /59 |
| 38.请帮我纠正一下发音好吗? | /40 | Where are you going on vacation? | |
| Can you help me with my pronunciation? | | 58.你怎么回家呢? | /60 |
| 39.请说大声一点好吗? | /41 | How are you getting home? | |
| Can you speak louder, please? | | 59.你好点了吗? | /61 |
| 40.现在是不是太晚了? | /42 | Are you feeling better? | |
| Is it too late now? | | 60.嗨,拜伦!好久没见了。你近来好吗? | /62 |
| 41.你习惯吃这里的饭菜吗? | /43 | Hi, Byron! Haven't seen you for a long time. | |
| Are you used to the food here? | | How have you been? | |
| 42.你昨天为什么缺席了? | /44 | 61.今晚你想跟我一起学习吗? | /64 |
| Why were you absent yesterday? | | Do you want to study with me tonight? | |
| 43.我今天可以早点下班吗? | /45 | 62.你好!我想买一些肥皂。 | /65 |
| Can I be dismissed early today? | | Hello! I need to buy some soap. | |
| 44.你结婚了吗? | /46 | 63.你想到哪里去吃饭? | /66 |
| Are you married? | | Where do you want to eat? | |
| 45.你知道你目前该干什么吗? | /47 | 64.最近忙吗? | /67 |
| Do you know what you should do at present? | | Are you busy these days? | |
| 46.今天英语角的主题是什么? | /48 | 65.莎莉,你的家人好吗? | /68 |
| What's the topic for today's English corner? | | How's your family, Sally? | |
| 47.你认为他会帮我们吗? | /49 | 66.你想跟我们一起去看公园吗? | /69 |
| Do you think he will help us? | | Do you want to go to the park with us? | |
| 48.他当校长多长时间了? | /50 | 67.你在想什么? | /70 |
| How long has he been a headmaster? | | What are you thinking about? | |
| 49.你妈妈对她的工作满意吗? | /51 | 68.你什么时候回来? | /71 |
| Is your mother happy about her work? | | When are you coming back? | |
| 50.你在家说英语吗? | /52 | 69.你做什么工作? | /72 |
| Do you speak English at home? | | What do you do for a living? | |
| 51.你为什么喜欢学汉语? | /53 | 70.你的朋友在干什么? | /73 |

What's your friend doing?	
71.你的朋友会说几种语言?	/ 74
How many languages does your friend speak?	
72.你会说几种语言?	/ 75
How many languages do you speak?	
73.你明天有空吗?	/ 76
Are you free tomorrow?	
74.他的本国语是什么?	/ 77
What's his native language?	
75.你的本国语是什么?	/ 78
What's your native language?	
76.你要去哪儿?	/ 79
Where are you headed?	
77.李小姐,你会说英语吗?	/ 80
Do you speak English, Miss Li?	
78.需要我帮忙吗?	/ 81
What can I do for you?	
79.你要去哪里?	/ 82
Where are you off to?	
80.他住在哪里?	/ 83
Where does he live?	
81.你要喝点什么?	/ 84
What would you like to drink?	
82.莎莉的生日是什么时候?	/ 85
When is Sally's birthday?	
83.这些是你的书吗?	/ 86
Are these your books?	
84.你是什么时候出生的?	/ 87
When were you born?	
85.你的CD放在哪里?	/ 88
Where are your CDs?	
86.今天是几号?	/ 89
What's the date today?	
87.约翰有一辆轿车吗?	/ 90
Does John have a car?	
88.你是谁?	/ 91
Who are you?	
89.你有钢笔吗?	/ 92
Do you have a pen?	

90.他是谁?	/ 93
Who is he?	
91.她是谁?	/ 94
Who is she?	
92.他们是谁?	/ 95
Who are they?	
93.那边那个人是谁?	/ 96
Who is that over there?	
94.你有零钱吗?	/ 97
Do you have any change?	
95.昨天你在哪里?	/ 98
Where were you yesterday?	
96.星期二你在哪里?	/ 99
Where were you on Tuesday?	
97.你认为你会成功吗?	/ 100
Do you think you will be successful?	
98.你在想什么?	/ 101
What's on your mind?	
99.那边发生什么事了?	/ 102
What's going on over there?	
100.你怎么这么说?	/ 103
What makes you say so?	
101.你认为我们现在该怎么办?	/ 104
What do you think we should do now?	
102.这本书是讲什么的?	/ 105
What's this book about?	
103.你如何消遣?	/ 106
What do you do for relaxation?	
104.你们在谈论什么?	/ 107
What are you talking about?	
105.你们的周末计划是什么?	/ 108
What are your plans for the weekend?	
106.需要我帮忙吗?	/ 109
May I help you?	
107.你觉得我的新自行车怎么样?	/ 110
What do you think of my new bike?	
108.截止到什么时候?	/ 111
What is the deadline?	
109.那个西瓜有多重?	/ 112

- How much does that watermelon weigh?
110. 东风路有多长? / 113
- How long is Dongfeng Road?
111. 离村子有多远? / 114
- How far is it to the village?
112. 请告诉保先生我来了好吗? / 115
- Would you please tell Mr. Bao that I am here?
113. 约翰想什么时候结婚? / 116
- When does John want to get married?
114. 昨天一整天他们在干什么? / 117
- What were they doing all day yesterday?
115. 你在哪里长大的? / 118
- Where did you grow up?
诗歌: 耐心 / 119
- Patience
116. 你的朋友叫什么名字? / 120
- What's your friend's name?
117. 约翰和你是老朋友吗? / 121
- Are John and you old friends?
118. 什么事情让你心烦? / 122
- What's bothering you?
119. 你每天几点起床? / 123
- What time do you get up every day?
120. 你的儿子每天几点起床? / 124
- What time does your son get up every day?
121. 你的保姆几点来上班? / 125
- What time does your nanny come to work?
122. 你早餐吃什么? / 126
- What do you have for breakfast?
123. 你最喜欢吃什么? / 127
- What's your favorite food?
124. 拜伦, 你每天几点离开家? / 128
- Byron, what time do you leave the house each day?
125. 你几点回家吃午饭? / 129
- What time do you go home for lunch?
126. 你每天几点结束工作? / 130
- What time do you finish working every day?
127. 你每天几点吃晚饭? / 131
- What time do you eat dinner every day?

128. 晚餐前你通常干什么? / 132
- What do you usually do before dinner?
129. 你认识这些人吗? / 133
- Do you know any of those people?
130. 哪一位是保老师? / 134
- Which one is Mr. Bao?
诗歌: 微笑 / 135
- Smile
131. 您要哪一个, 这个还是那个? / 136
- Which one would you like, this one or that one?
132. 你什么时候到家的? / 137
- When did you get home?
133. 你不来点咖啡吗? / 138
- Wouldn't you like some coffee?
134. 你想吃点什么? / 139
- What would you like to eat?
135. 早餐吃什么呢? / 140
- What's for breakfast?
136. 你喜欢喝哪种茶? / 141
- What kind of tea do you like?
137. 你想喝点什么吗? / 142
- Would you like something to drink?
138. 今天他打了几次电话? / 143
- How many times has he called today?
139. 先生, 你能帮我一个忙吗? / 144
- Would you do me a favor, sir?
140. 你昨天去看王先生了吗? / 145
- Did you visit Mr. Wang yesterday?
141. 这里谁负责? / 146
- Who is in charge here?
142. 你们刚才谈什么了? / 147
- What did you talk about just now?
143. 你去哪儿了? / 148
- Where have you been?
144. 你去过中国哪些地方? / 149
- Which places have you been to in China?
145. 你去过北京吗? / 150
- Have you ever been to Beijing?
146. 你去过北京多少次? / 151

- How many times have you been to Beijing? / 152
- 147.你们想看我们度假的照片吗? / 152
- Would you like to see our vacation pictures? / 153
- 148.你上大学时经常干什么? / 153
- What did you use to do when you were at college? / 154
- 149.我打电话给你的时候你在干什么? / 154
- What were you doing when I called you on the phone? / 155
- 150.你认为这件衬衣怎么样? / 155
- What do you think of this shirt? / 156
- 151.为什么你这么快就要走了? / 156
- Why are you leaving so soon? / 157
- 152.你这个周末打算做什么? / 157
- What are you doing this weekend? / 159
- 153.谁是你最喜欢的明星? / 159
- Who is your favorite movie star? / 159
- 154.怎么这么久啊? / 159
- What's taking so long? / 160
- 155.你什么时候来中国的? / 160
- When did you come to China? / 161
- 156.你在泰国玩了几天? / 161
- How many days did you spend in Thailand? / 162
- 157.你要找一套什么样的房子? / 162
- What kind of house are you looking for? / 163
- 158.一封信寄到加利福尼亚要多长时间? / 163
- How long does it take for a letter to get to California? / 164
- 159.你想找一份什么样的工作? / 164
- What kind of job are you looking for? / 165
- 160.你想去跳舞还是去看电影? / 165
- Do you want to go dancing or go to a movie? / 166
- 161.请把盐递给我好吗? / 166
- Would you please pass me the salt? / 167
- 162.你的工作近来怎么样? / 167
- How have you been doing with your work? / 169
- 163.你什么时候会再来? / 169
- When will you come again? / 169
- 164.你昨天晚上做梦了吗? / 169
- Did you dream last night? / 170
- 165.你做了什么梦? / 170
- What was your dream about? / 171
- 166.我穿这条连衣裙怎么样? / 171
- How do I look in this dress? / 172
- 167.你家里有多少人? / 172
- How many people are there in your family? / 173
- 168.你有几个姊妹兄弟? / 173
- How many sisters and brothers do you have? / 174
- 169.你的周末过得怎么样? / 174
- How was your weekend? / 175
- 170.你去上海的旅行怎么样? / 175
- How was your trip to Shanghai? / 176
- 171.你为什么这么激动? / 176
- Why are you so excited? / 177
- 172.你为什么这么难过? / 177
- Why are you so sad? / 179
- 173.你需要我的帮助吗? / 179
- Do you need my help? / 179
- 174.你觉得这个地方怎么样? / 179
- What do you think of this place? / 180
- 175.你觉得日本料理怎么样? / 180
- How do you like Japanese food? / 181
- 176.你的爱好是什么? / 181
- What are your hobbies? / 182
- 177.你喜欢什么音乐? / 182
- What kind of music do you like? / 183
- 178.你喜欢学中文吗? / 183
- Do you enjoy learning Chinese? / 184
- 179.谁是你最喜欢的老师? / 184
- Who is your favorite teacher? / 185
- 180.你想当一名老师吗? / 185
- Do you want to be a teacher? / 186
- 181.你未来的计划是什么? / 186
- What's your plan for the future? / 187
- 182.你长大以后想做什么? / 187
- What do you want to do when you grow up? / 189
- 183.你爸爸以前是做什么的? / 189
- What did your father do before? / 189
- 184.你的父亲每天工作多长时间? / 189

- How long does your father work every day? / 190
185. 你喜欢我的新T恤衫吗? / 190
Do you like my new T-shirt?
186. 你喜欢什么冰激凌? / 191
What kind of ice cream do you like?
187. 我可以再吃一些糖果吗? / 192
Can I eat some more candies?
188. 这是谁的书? / 193
Whose book is this?
189. 你还想去看展览吗? / 194
Do you still want to go to the exhibition?
190. 我能跟你稍微谈一下吗? / 195
Can I talk to you for a sec?
191. 那是你的新车吗? / 196
Is that your new car?
192. 你为什么吃得这么少? / 197
Why are you eating so little?
193. 多吃点啊! / 199
Why don't you have some more?
194. 你为什么不能唱首歌呢? / 199
Why don't you sing a song?
195. 这些年来谁一直在照顾你妈妈呢? / 200
Who has been taking care of your mother all these years?
196. 要不要我陪你到处看看? / 202
Do you want me to show you around?
197. 整个早上你一直在干什么? / 203
What have you been doing the whole morning?
198. 你明天早上要吃什么早点? / 204
What will you have for breakfast tomorrow morning?
199. 她会如何使用她的钱呢? / 205
What will she do with her money?
200. 谁将照看你的孩子们呢? / 206
Who will be looking after your children?
201. 谁将在晚会上跳舞? / 207
Who will be dancing at the party?
202. 明天的这个时候你将在干什么? / 208
What will you be doing this time tomorrow?
203. 明年的这个时候你将在干什么? / 209
What will you be doing this time next year?
204. 谁会雇用我呢? / 210
Who will hire me?
205. 谁会跟你一块儿去参加晚会呢? / 211
Who will go with you to the party?
206. 谁会帮你打扫房子? / 212
Who will help you clean the house?
207. 谁会写这个建议? / 213
Who will write the proposal?
208. 你回来以后将会干什么? / 214
What will you do after you come back?
209. 你明天早上什么时候起床? / 215
What time are you going to get up tomorrow morning?
210. 今年你要带你的家人去哪里? / 216
Where are you going to take your family this year?
211. 今天下午谁要跟你去钓鱼? / 217
Who's going to go fishing with you this afternoon?
212. 他们将在晚会上提供什么? / 218
What will they serve at the party?
213. 昨天的面试怎么样? / 219
How was the interview yesterday?
214. 我能问你几个问题吗? / 220
Can I ask you some questions?
215. 你什么时候去日本? / 221
When will you leave for Japan?
216. 你什么时候到达中国? / 222
When will you arrive in China?
217. 他会在中国待多久呢? / 223
How long will he stay in China?
218. 约翰什么时候到达广州的? / 224
When did John arrive in Guangzhou?
219. 她什么时候旅行回来? / 225
When will she return from her trip?

220. 我帮你拎行李好吗? / 226
Would you like me to help you with the baggage?
221. 他们多长时间来看你一次? / 227
How often do they come to see you?
222. 你搬到这个城市有多久了? / 228
How long has it been since you moved to this city?
223. 她的办事处将设在哪儿? / 229
Where will she open her office?
224. 你为什么决定不去爬山了呢? / 230
Why did you decide not to go to the mountains?
225. 你为什么想当老师? / 231
Why do you want to be a teacher?
226. 你为什么要去那里? / 232
Why will you be there?
227. 她为什么不愿意来参加我的晚会? / 233
Why won't she come to my party?
228. 为什么老板会听他的而不听我的? / 234
Why will the boss listen to him and not me?
229. 哪个应该放在首位呢? / 235
Which one should come first?
230. 你会选择哪一个? / 236
Which one will you choose?
231. 你弟弟计划明天干什么? / 237
What's your brother planning to do tomorrow?
232. 他会原谅我吗? / 238
How will he ever forgive me?
233. 你想带雨衣吗? / 239
Do you want to take a raincoat with you?
234. 他们会赚多少钱? / 240
How much money will they make?
235. 如果我努力学习, 能学好英语吗? / 241
Can I learn English well if I work hard?
236. 你觉得学英语难吗? / 242
Do you think learning English is hard?
237. 你要帮我学英语是真的吗? / 243
Are you serious that you'll help me with

- my English?**
238. 我真的必须先学好语音吗? / 244
Do I really have to learn pronunciation well first?
239. 你不是说永远不理我了吗? / 245
Didn't you say you would never talk to me?
- 诗歌: 原谅 / 247
Forgiveness
240. 你是怎么想的呢? / 248
What do you think?
241. 请问, 经理室在哪里? / 249
Excuse me, where's the manager's office?
242. 你明天会来这里吗? / 250
Will you be here tomorrow?
243. 你最大的梦想是什么? / 251
What's your biggest dream?
244. 你最喜欢的消遣方式是什么? / 252
What's your favorite pastime?
245. 你认为他有可能会帮我们吗? / 253
Do you think it possible that he will help us?
246. 如果你站在我的立场, 你会怎么做? / 254
What would you do if you were in my shoes?
247. 如果你已经知道她结婚了的话, 你会怎么办? / 255
What would you have done if you had known that she was married?
248. 你为什么直接进来呢? / 256
Why didn't you come in directly?
249. 你为什么没有跟他们去呢? / 257
Why didn't you go with them?
250. 如果我们派你去北京工作, 你觉得怎么样? / 258
What do you think if we send you to work in Beijing?
251. 如果你考试得了第一名的话, 你会怎么办? / 259
What would you do if you got the first place in the exam?
252. 如果你考试通不过怎么办? / 260
What would you do if you failed the exam?
253. 请照看一下我的包好吗? / 261
Can you keep an eye on my bag?

- 254.如果你有100万元,你会做什么? / 262
What would you do if you had one million yuan?
- 255.你认为你能买得起那辆车吗? / 263
Do you think you can afford to buy that car?
- 256.你能告诉我地铁站在哪里吗? / 264
Can you tell me where the subway station is?
- 257.你能告诉我怎么去故宫吗? / 265
Can you tell me how I can get to the Forbidden City?
- 258.你在哪里买到这件很棒的衬衫? / 266
Where did you get this amazing shirt?
- 259.这附近有麦当劳吗? / 267
Is there a McDonald's around here?
- 260.你为什么生气? / 268
Why are you angry?
- 261.你认为美国怎么样? / 269
What do you think about America?
- 262.安娜,你觉得你的家庭生活怎么样? / 270
What do you think about your family life, Anna?
- 263.你每天花几个小时学习英语? / 271
How many hours do you spend learning English every day?
- 264.你为什么想学英语? / 272
Why do you want to learn English?
- 265.你空闲的时候喜欢干什么? / 273
What do you like to do in your spare time?
- 266.怎么了,哥们儿? / 274
What's up, buddy?
- 267.这位子有人坐吗? / 275
Is this seat taken?
- 268.你要我在这儿多呆一会儿吗? / 276
Do you want me to stay here long?
- 269.王先生是成都人吗? / 277
Is Mr. Wang from Chengdu?
- 270.你为什么请我出去吃饭? / 278
Why do you invite me to eat outside?
- 271.你说的是这个吗? / 279
Do you mean this one?
- 272.我请你办这件事情没问题吧? / 280

- Is it OK I ask you to do that?**
- 273.你隔多久在外面吃一次饭? / 281
How often do you eat out?
- 274.我到那儿需要多长时间? / 282
How long will it take me to get there?
- 275.持续了多久? / 283
How long did it last?
- 276.你为什么不能接我的电话? / 284
Why didn't you answer my phone?
- 277.王小姐来这里干什么? / 285
What was Miss Wang here for?
- 278.你觉得这房子怎么样? / 286
How do you like the house?
- 279.你什么时候需要? / 287
When do you need it?
- 280.明天行吗? / 288
Will tomorrow be OK?
- 281.我该怎么跟他讲呢? / 289
What should I tell him?
- 282.我怎么跟你联系呢? / 290
How can I get in touch with you?
- 283.你的意思是我不能跟你们一块去吗? / 291
Do you mean I can't go with you?
- 284.你能来吗? / 292
Can you make it here?
- 285.保先生,我能跟你谈一谈吗? / 293
Can I have a word with you, Mr. Bao?
- 286.你经常跟谁说英语? / 294
Whom do you often speak English with?
- 287.你经常锻炼身体吗? / 295
Do you often work out?
- 288.你介意我抽烟吗? / 296
Do you mind my smoking here?
- 289.你有零钱吗? / 297
Do you have any change?
- 290.请帮我拍张照片好吗? / 298
Could you take a picture for me?
- 291.你有什么爱好吗? / 299
Do you have any hobbies?

292. 你的丽江之行玩得愉快吗? / 300
Did you enjoy your trip to Lijiang?
293. 你今天在那里玩得开心吗? / 301
Did you have fun there today?
294. 你假期过得愉快吗? / 302
Did you have a nice holiday?
295. 帮我打一下这封信好吗? / 303
Can you type this letter for me?
296. 你们最晚开到几点? / 304
How late are you open?
297. 我们谈谈我们的计划好吗? / 305
Shall we talk about our plan?
298. 你觉得长城怎么样? / 306
How did you find the Great Wall?
299. 你买了什么? / 307
What did you buy?
300. 现在几点了? / 308
What time is it now?
301. 你觉得我的表演怎么样? / 309
What do you think of my performance?
302. 我们几点去参加晚会? / 310
What time shall we go to the party?
303. 你想去听音乐会吗? / 311
Do you want to go to the concert?
304. 你喜欢哪间办公室? / 312
Which office do you like?
305. 这些年你在那里是怎么过的? / 313
How did you spend these years there?
306. 你的婚姻生活怎么样? / 314
What do you feel about your marriage life?
307. 你认为他会帮你们吗? / 315
Do you think he will help you?
308. 你觉得我的新女朋友怎么样? / 316
What do you think of my new girlfriend?
309. 你认为我们可能有朝一日在北京工作吗? / 317
Do you think it possible that we will work in Beijing someday?
310. 你为什么穿这样一件奇怪的衣服? / 318
Why are you wearing such a strange dress?

311. 我该待在这里呢还是回家? / 319
Shall I stay here or go home?
312. 你曾经参加过演讲比赛吗? / 320
Have you ever taken part in a speech contest?
313. 你知道我给你买了什么吗? / 321
Do you know what I got you?
314. 你知道我们什么时候出发吗? / 322
Do you know when we'll leave?
315. 我该上哪儿去请人帮忙呢? / 323
Where can I go for help?
316. 在哪儿办理登记手续? / 324
Where can I check in?
317. 我们现在谈谈好吗? / 325
Shall we talk about it now?
318. 他会在这里吃饭吗? / 326
Is he gonna eat here?
319. 什么时候能准备好? / 327
When will it be ready?
320. 你什么时候最方便? / 328
When is the most convenient time for you?
321. 你觉得这个新来的老师怎么样? / 329
What do you think of the new teacher?
322. 我们今天要做什么消遣呢? / 330
What shall we do for relaxation today?
323. 你认为你会买下这个房子吗? / 331
Do you think you will buy the house?
324. 给他开一个派对怎么样? / 332
How about giving him a party?
325. 他真的那么不走运吗? 他又被解雇了! / 333
Is he really that unlucky? He is fired again!
326. 玛丽结过三次婚是真的吗? / 334
Is it true that Mary has married three times?
327. 你怎么啦? / 335
What's the matter with you?
328. 你觉得我能追到那个女孩吗? / 336
Do you think I can hook up with that girl?
329. 你今天为什么这么高兴? / 337
Why are you so happy today?

- 330.你今天感觉怎么样? / 330
How are you feeling today?
- 331.明天天气会怎么样? / 339
What will the weather be like tomorrow?
- 332.今天天气怎么样? / 340
How is the weather today?
- 333.今天天气怎么样? / 341
What's the weather like today?
- 334.他会在中国待多久? / 342
How long will he stay in China?
- 335.明天你计划做什么? / 343
What do you plan to do tomorrow?
- 336.您愿意考虑到我们公司工作吗? / 344
Would you consider working in our company?
- 337.你想跟我去参加聚会吗? / 345
Would you like to go to the party with me?
- 338.那台电风扇的价格是多少? / 346
What's the price of that electric fan?
- 339.这个药多少钱? / 347
How much is this medicine?
- 340.我能问你几个问题吗? / 348
Can I ask you some questions?
- 341.几点钟对你来说最方便? / 349
What's the most convenient time for you?
- 342.我得等多久? / 350
How long do I have to wait?
- 343.你做出了什么决定? / 351
What have you decided?
- 344.将来有一天你会成功吗? / 352
Will you succeed one day?
- 345.你会让你的梦想变成现实吗? / 353
Will you make your dreams come true?
- 346.刚才那位是谁呀? / 354
Who was that?
- 347.昨晚谁来过这儿? / 355
Who was here last night?
- 348.刚才谁在外面大喊大叫的? / 356
Who was shouting outside?
- 349.你怎么了? 你看起来很难过。 / 357

- What happened to you? You look so sad.
- 350.你去那里做什么? / 358
What did you go there for?
- 351.他刚才说什么了? / 359
What did he say just now?
- 352.面试的时候他们问你什么了? / 360
What did they ask you in the interview?
- 353.这是什么时候发生的? / 361
When did it happen?
- 354.照片里的小伙子是谁? / 362
Who's the young man in the picture?
- 355.你们经常自己做饭吗? / 363
Do you often cook your own food?
- 356.你是怎么消磨无聊的时光的? / 364
What do you do to kill your dull time?
- 357.请问, 有房子出租吗? / 365
Excuse me, are there any houses for rent?
- 358.您要租什么样的房子? / 366
What kind of house are you looking for?
- 359.你的房子每个月要付多少钱? / 367
How much do you pay for your house per month?
- 360.你对公寓有什么要求? / 368
What's your request about the apartment?
- 361.你们经常有英语活动吗? / 369
Do you often have English activities?
- 362.你对参加英语活动有兴趣吗? / 370
Are you interested in taking part in English activities?
- 363.你们将要举办什么英语活动? / 371
What kind of English activities are you going to have?
- 364.到目前为止你参加过什么英语活动? / 372
What kind of English activities have you attended so far?
- 365.你学英语的最大收获是什么? / 373
What do you get most from learning English?
- 诗歌: 忍耐 / 374
Tolerance