

最鲜活的口语材料，  
最地道的句型表达，最纯正的美语录音

# Go Native!

## 外教口语教材

### For Youngsters (初级)

来自**外教口语**考官的第一手训练资料，  
包含当今**外教口语**考试的各种主题，由浅入深，细致周到，  
帮助你快速攻克**外教口语**的难关

David O'Mahony (美) 著  
金 烨 译

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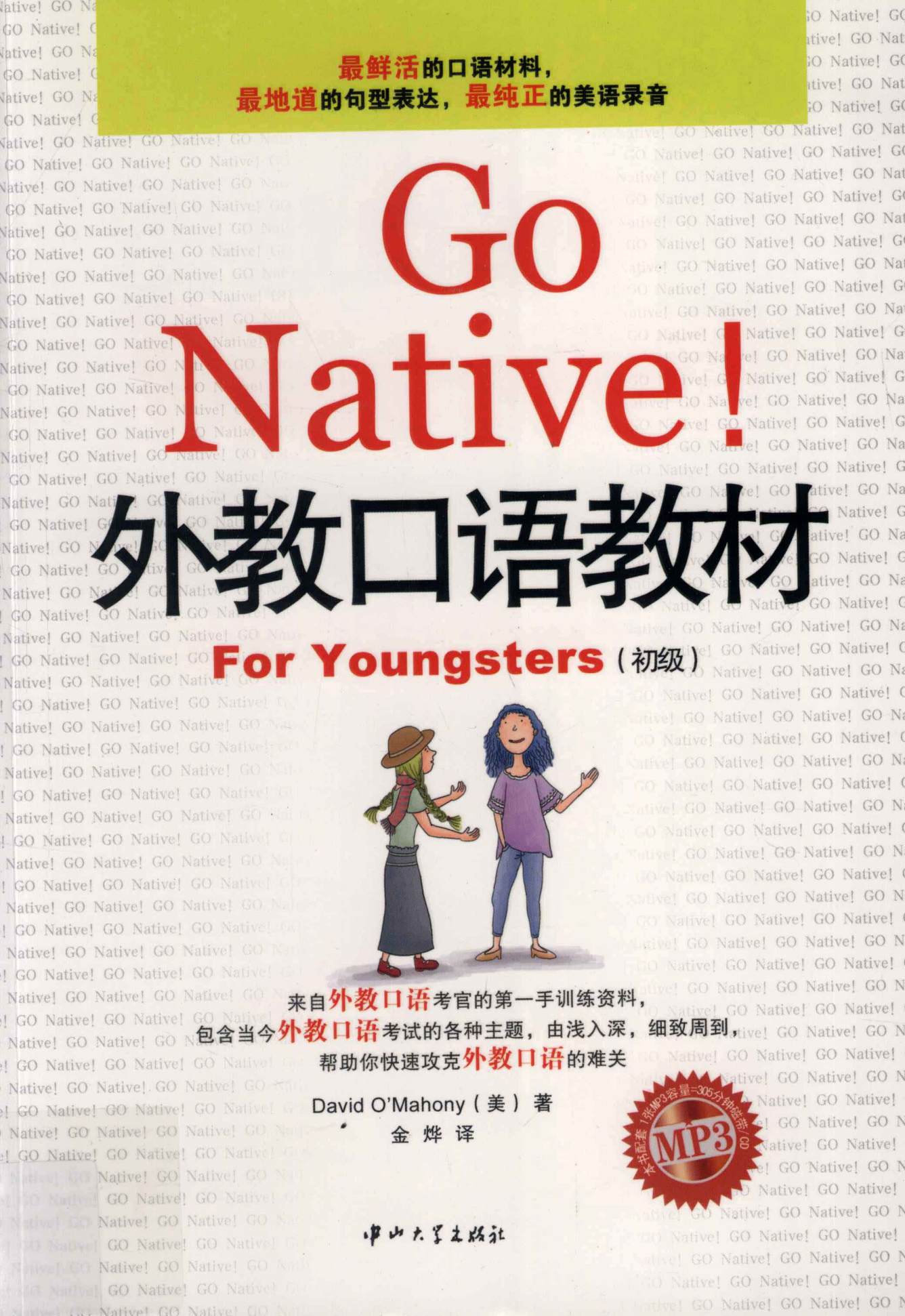
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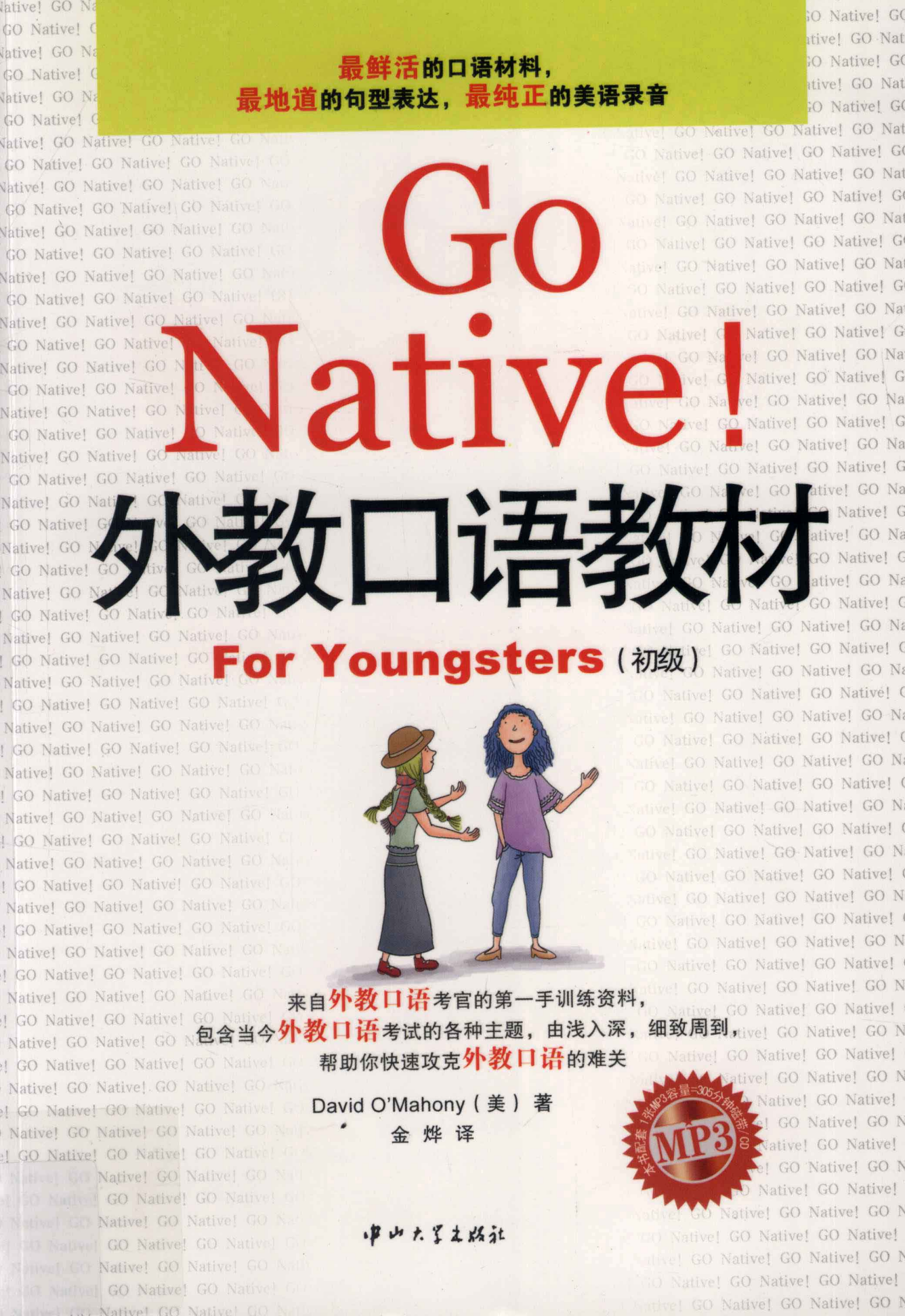
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初级

## Go Native!

For Youngsters

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金烨 译

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# Preface



Hi Everybody,

I'd like to say a few words about this book before you begin. First of all, I came to the realization that many of the English conversation books on the Chinese market today don't really cater enough to secondary school students. By that I mean that many of these books don't really succeed in getting students to "open their mouths". After many conversations with friends and students, I decided to publish my own material, which I have already successfully used in the classroom.

This book is only intended for spoken English. If you do use it for written purposes, it's advisable to have an English teacher or a native speaker guide you.

As you probably know by now, spoken and written English can differ quite a lot. I have tried to make the following conversations as true to natural English conversations as possible. To reinforce the phrases used in the dialogues, I have also included many practical examples. My aim here is to make educated



conversational English as accessible to non-native speakers as possible. I hope you find this book entertaining and useful for everyday conversations.

Enjoy!

Best regards.

David O'Mahony

嗨，大家好！

在开始之前，我想简单地介绍一下这本书的特点。首先，我发现目前中国市面上流通的英语口语书籍并不能真正满足中学生的需求，大多数的书没能达到让学生们“开口说英语”的目的。通过和许多朋友以及学生们的沟通了解，我决定根据自己在口语课堂上成功授课的经验，编撰一份教材。

这本书的目的是帮助大家提高英语口语。如果您希望提高英语写作水平，您还需要英文老师或者以母语为英语的指导者。

您可能已经知道，英语口语和写作是两个完全不同的概念。在本书中，我尽可能地让那些对话接近于英语的日常会话。同时，为了帮助读者更好地掌握短语的用法，我也加入了一些使用这些短语的实用例子。这样做的目的是帮助学习者掌握并运用英语口语。我真心希望这本书在给大家带来英语口语学习上的帮助的同时，也能使大家在阅读中收获乐趣。

尽情享受吧！

大卫·奥马尼

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# PART 1

**Just getting started!**

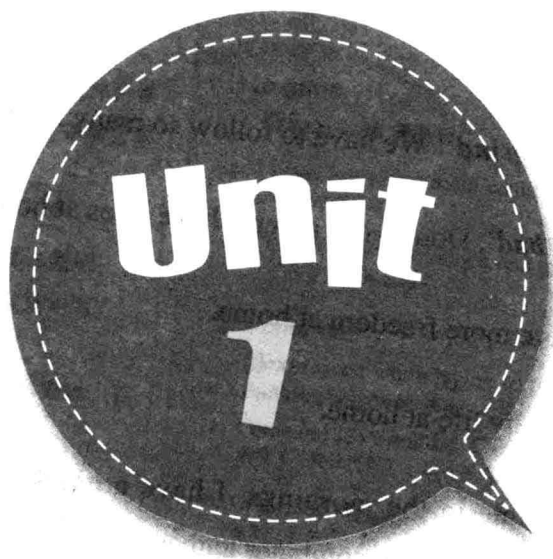
从这里开始吧



- ★ Unit 1 Daily Life 日常生活
- ★ Unit 2 Electricity 电力
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- ★ Unit 5 Friendship 友谊
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DAILY LIFE

日常生活

## BASIC

### STUDENT EXCHANGE

A: Wow! Daily life is **a real grind**<sup>1</sup>! We have to follow so many rules in school.

B: **Come on**<sup>2</sup>! It's **not that bad**<sup>3</sup>. Don't your parents have rules at home?

A: No, not this many. I have more freedom at home.

B: So tell me about your daily life at home.

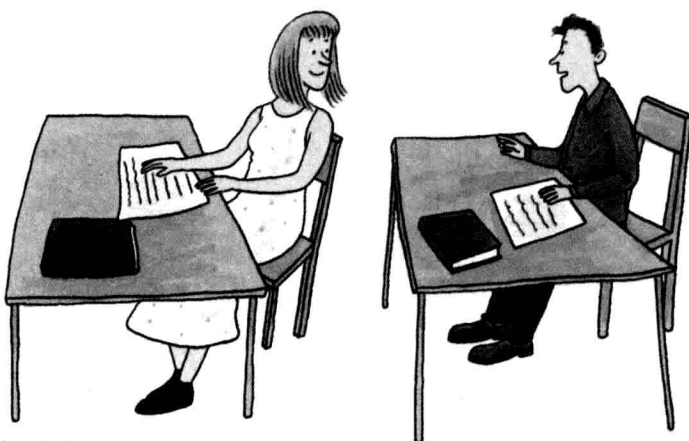
A: **First of all**<sup>4</sup>, I get up late in the mornings. I have a quick bite to eat, do my homework, and if I have time, play computer games.

B: You do have a nice life.

A: What about you?

B: Well, Saturdays I get up very early in the morning, and have my first tutorial around 8 a.m. Then I go to my next one and the one after that and so on. I don't finish my lessons until around 8 p.m. On Sundays I **take a break**<sup>5</sup>.

A: Wow! No wonder you're number one!



## 译文

A: 哇, (日常) 生活真是件苦差事! 我们在学校要遵守那么多规则。

B: 别这样, 其实没那么糟吧! 在家里你爸妈没有定规矩吗?

A: 没呢, 至少没有那么繁琐。在家我更自由一点。

B: 那告诉我你在家里的生活吧。

A: 首先, 我在家的时候, 早上很晚才起床, 匆匆吃些东西, 然后做作业, 如果有时间就玩玩电脑游戏。

B: 你的生活挺滋润的嘛。

A: 你呢?

B: 嗯, 周六早上我起得很早, 早上8点左右上第一节辅导课, 之后继续一节一节地上, 直到晚上8点才结束。周日我休息。

A: 哇! 怪不得你是第一名!



## EXAMPLE SENTENCES USING DIALOGUE PHRASES

### 1. a grind

ⓘ hard work 苦差事

a. I never knew that math could be such a grind!  
我没想过数学那么难!

b. This work is becoming a real grind.  
这工作变得越来越棘手了。

### 2. Come on!

ⓘ expressed when trying to persuade someone to change his/her thinking/behavior 来吧! 不要这样嘛 (指改变某人的行为)!

a. Come on! It's a holiday. Can we have a day off?  
来嘛 (不要这样嘛), 现在是假期, 我们能休息一天吗?

b. Come on! \*Knock it off!  
住手! 别弄了!

\* Stop doing that! 别弄了

### 3. not that bad

ⓘ not as bad as it could be 没那么糟糕

a. It's really not that bad. \*Try it yourself!  
不至于那么糟, 自己试试吧!

b. Trust me. It's really not that bad. Just look at how everyone else is enjoying it.  
相信我吧, 不至于那么糟, 你看看其他人多享受。

### 4. first of all

ⓘ priority is 首先

a. First of all, we need your parents' consent.  
首先, 我们需要你父母的同意。

b. First of all, there are no such things as ghosts.  
首先, 世上根本没有鬼。

### 5. take a break

ⓘ relax 休息一下

a. Take a break for a while. You look exhausted.  
休息一会儿吧, 你看起来很疲倦。

b. Take a break at around 5 p.m., have a bite to eat and then carry on at around 6 p.m..  
在下午5点左右休息, 随便吃点东西, 然后在6点左右继续。

# INTERMEDIATE

## STUDENT EXCHANGE

A: How do you like your daily life in school?

B: Well, *to tell you the truth*<sup>1</sup>, it's a little boring.

A: Really? I'm having a lot of fun. I play sport every day, have fun classes during the day, and always find something to do in the evenings.

B: *Lucky you!*<sup>2</sup>

A: It would be nice to \*break the routine once in a while.

B: What do you mean?

A: I mean, it would be nice if our teachers took us on \*outings somewhere. Anywhere! *We could also use*<sup>3</sup> a library. *I also wouldn't mind*<sup>4</sup> a chess club or karate club in school.

B: You have some great ideas. Why not tell your teachers?

A: Do you think they'll listen to me?

B: Sure. *Give it a try*<sup>5</sup>.

A: I will. *The next chance I get*<sup>6</sup>.

\*break the routine...

打破常规

\* outings...

远足

## 译文

A: 你觉得你在学校的生活怎么样?

B: 说实话, 有点儿无聊。

A: 真的吗? 我倒玩得很开心。每天我都做运动, 白天的课很有趣, 晚上我也总有事情做。

B: 你真幸运啊!

A: 不过, 偶尔打破一下常规也是好的。

B: 怎么讲?

A: 我的意思是说, 要是老师带我们出去郊游该多好啊。什么地方都行! 还有, 要是有个图书馆就好了。我真的很想学校有个棋社或空手道俱乐部。

B: 你的想法很棒。为什么不告诉你的老师呢?

A: 你觉得他们会听我的吗?

B: 当然, 试试嘛。

A: 下一次有机会的话, 我会的。

## 1. to tell you the truth

☞ to be honest with you 老实告诉你, 实话告诉你吧

a. To tell you the truth, I'm terrified.

说实话, 我害怕。

b. To tell you the truth, I've never done this before.

老实告诉你, 我以前从未做过这件事。

## 2. Lucky you!

☞ You are a lucky person. 你真幸运!

a. Lucky you! You're taller than the rest of us.

你真幸运啊, 比我们其他人都高。

b. Lucky you! You don't have to go.

你不用去, 真幸运啊!

## 3. We could also use...

☞ It would be welcome/nice/helpful... 要是……就好了

a. We could also use \*another hand over here.

要是这儿多一个帮手就好了。

b. We could also use better books than these ones.

要是我们有比这些更好的书就好了。

\*extra help/an extra helper 多一个帮手

## 4. I wouldn't mind...

☞ I would not say no to.../I would really like... 我真的很想

a. I wouldn't mind trying that out for myself.

我真的很想自己试试。

b. I wouldn't mind taking a break from studying for a while.

我真的很想把学习先放一边, 休息一会儿。

## 5. Give it a try!

☞ Try it! 试一下!

a. Give it a try. \*Nothing ventured, nothing gained

试试嘛, 不入虎穴, 焉得虎子!

b. Give it a try. \*What's the harm?

试试嘛, 没什么坏处啊。

\* If you don't try something, you can't succeed. 不入虎穴, 焉得虎子!

\*What damage can trying do? 没什么坏处啊。

## 6. The next chance I get.

☞ The next opportunity I get/have. 下次我有机会的话

a. The next chance I get, I'll tell him.

下次有机会的话, 我会告诉他的。

b. The next chance I get won't be \*for some time.

很久以后, 我才会有另外的机会。

\*for a long time 很长时间 aslo: It will be a long time before I get another chance.

# ADVANCED

## STUDENT EXCHANGE

A: When someone uses the phrase “daily life” I immediately think of routines and chores; things I do without thinking.

B: *You mean*<sup>1</sup> getting up very early, taking a shower, getting dressed, having breakfast, going to classes, doing homework *and so on*<sup>2</sup>?  
*你是说，你的意思是*  
*等等，诸如此类*

A: Yes. *These things are second nature to me now*<sup>3</sup>. Daily life can be hard, but it can also be fun and enjoyable.  
*我的第二天性*

B: So why do we always complain about daily life?

A: There are many reasons. *First of all*<sup>4</sup>, going to school is hard work. No one ever said it was going to be easy. *Secondly*, the regulations we have to follow every day can *wear us down*<sup>5</sup>. *Finally*, we don't have enough time to do our favorite things.  
*首先、第一点*  
*其次、第二点*  
*使我们精疲力竭 最后*

B: *I see*<sup>6</sup>. *We have to put our hobbies aside*<sup>7</sup> and focus on school.

*我明白了。把我们的爱好放在一边，不顾*

A: But let's not forget the good times we have during the day: Joking with our friends, the friendships we have with our classmates, *even*<sup>8</sup> our favorite classes.

B: OK. So, you're saying, let's not  *dwell on*<sup>9</sup> the things we don't like. Let's count our lucky stars for what we do have.  
*即使*  
*老想着，唠叨*

A: Exactly. *You said it*<sup>10</sup>!  
*你说对了*

## 译文

- A: 每当有人提到“日常生活”这个词组时,我立即会想到日常工作和家务琐事;那些不经思索而习惯性做的事。
- B: 你是说很早起床、洗澡、穿衣、吃早饭、上课、做作业等等?
- A: 是的,现在这些事已经是我的第二天性了。日常生活可以是艰难的,但也可以是有趣和愉快的。
- B: 那为什么我们总是抱怨日常生活呢?
- A: 有很多原因:首先,上学是件苦事,从未有人说过这是件简单的事情。其次,我们每天必须遵守的规则使我们精疲力竭。最后,我们没有足够的时间做我们最喜欢的事情。
- B: 我明白了,我们必须把我们的爱好放在一边,集中精力在学习上。
- A: 但不要忘记我们在一天中度过的美好时光——和朋友们开的玩笑,与同学之间的友谊,甚至还有我们最喜欢的课程。
- B: 是的,所以你是说我们不要总想着不喜欢的事,让我们知足常乐吧。
- A: 没错,你说对了。

## EXAMPLE SENTENCES USING DIALOGUE PHRASES

### 1. You mean

What you are trying to say is... 你的意思是

- a. A: It looks like you got 76 out of 100 on your English exam.  
好像你英语考试成绩是 76 分, 100 分满分。  
B: You mean I passed? That's fantastic.  
你的意思是我通过了? 太好了!
- b. A: What's the capital of France?  
法国的首都在哪里?  
B: You mean to tell me you don't know that?  
你是说你连这个都不知道?

### 2. and so on

etcetera etcetera/and so on and so forth... 等等, 诸如此类

- a. I have so much to do today. I have to sweep the floor, vacuum the rugs, do the laundry and so on.  
今天我有很多事情做: 拖地、吸尘、洗衣服等等。
- b. I told him all about my family—my grandparents, uncles, aunts, cousins and so on.  
我告诉他有关我家庭的事情: 我的祖父母、叔叔、姑姑、侄子等等。

### 3. second nature to me

it's natural to me 我的第二天性

- a. Handling this machine is second nature to me now.  
操控这类机器现在对我来说是第二天性。
- b. Playing tennis is second nature to me.  
打网球是我的第二天性。

### 4. First of all... Secondly... Finally...

首先……其次……最后……

- a. First of all, my name is Mike, not Dennis. Secondly, I wasn't born in 1997. And finally, I've never attended Greenwich High School.  
首先, 我叫迈克, 不是丹尼斯; 其次, 我不是 1997 年出生; 最后, 我从来没有上过格林威治高中。
- b. A: Why should I visit China?  
我为什么要去中国?  
B: First of all, China has a 5000 year-old history, not to mention some amazing inventions \*to its credit. Secondly it has a rich culture, particularly when it comes to food and tea. Finally, the people are some of the nicest you'll ever meet.  
首先, 中国有 5000 年的古老历史, 更不用说那一些值得称赞的伟大发明了; 其次, 中国有丰富的文化, 尤其是饮食文化和茶文化; 最后, 中国人是你遇到的最好的人。

\*to its credit: rightfully claim/can be proud of 值得称赞的, 值得自豪的



### 5. wear...down

📖 tire/exhaust/wear sb. out... 使……精疲力竭

- a. You're wearing me down with your stubborn behavior. Why can't you be more flexible?  
你固执的行为让我精疲力竭，为什么你就不能更灵活一些？
- b. You're going to wear him down with all of your complaints.  
你的抱怨会让他精疲力竭的。

### 6. I see

📖 I understand. 我明白

- a. A: I can't allow you to pass through this barrier.  
我不允许你通过这道障碍。  
B: I see. Is there any other route I can take?  
我明白，那有其他路我可以选择吗？
- b. A: I'd like to apologize for my mistake. I was out of line.  
我为我的错误表示道歉。我当时太无礼了。  
B: I see. Well showing remorse is a good start.  
我明白，能好好地表达你的忏悔是良好的开端。

### 7. put aside

📖 set aside... 把……放在一边，不顾

- a. You have to put aside your games for now. Your exams are more important.  
你现在应该把游戏放在一边，你的考试更重要。
- b. I put aside my anger and decided to make peace with them.  
我撇开怒气，决定与他们和平共处。

### 8. even

📖 used as an intensive with comparative adjectives and adverbs; to a degree that extends; to a greater degree or extent 即使

- a. The math problem was so simple to figure out. Even my cousin, who never finished 6th Grade, was able to work it out.  
这道数学题太简单了。即便是我还没有上完六年级的侄子，也能计算出来。
- b. He was so popular. Even the police officers wanted their photos taken with him.  
他如此受欢迎，即使是警察也想和他合影。

### 9. dwell on

📖 preoccupy oneself with/spend a lot of time thinking about sth. 老想着，唠叨

- a. Let's not dwell on the past. Let bygones be bygones.

让我们不要老想着过去的事情，过去的就让它过去吧。

- b. Don't dwell on your mistakes. Focus on how to correct them.

别老是叨念着你的错误，把注意力放在怎么改正它们上。

### 10. You said it!

📖 You spoke the truth. 你说对了！

- a. A: Watching Usain Bolt run his best time yet was sensational!  
看到尤塞恩·博尔特跑出他最好的成绩的时候，真是太棒了！

B: You said it!

你说对了！

- b. A: Suing that collection agency for fraud is just \*the tip of the iceberg!

起诉讨债公司诈骗只是冰山一角。

B: You said it! What about the others?

你说对了！还有其他的怎么办？

\* the beginning (of something dramatic) 冰山一角

