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CET-6

Listening Comprehension

备战六级听力考试理想之选

# 六级听力 高分训练20天

新东方考试研究中心 | 编著

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## 六级听力高分训练20天

LIU JI TINGLI GAO FEN XUNLIAN 20 TIAN

新东方考试研究中心 编著

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外语是一门特殊的学科，学习者通常不具备母语环境，因此，听说读写四个方面，读和写两个方面往往强于听和说。就许多六级考生而言，听力更是“拦路虎”。众所周知，六级考试有四大题型，分别是 Writing（写作）、Listening Comprehension（听力理解）、Reading Comprehension（阅读理解）和 Translation（翻译），其中，听力和阅读两项是六级考试的两个重头戏，分值比重均占 35%，两者相加就占据六级总分值比重的 70%，其重要程度不言而喻。然而，就考试时长来说，阅读时长为 40 分钟，而分值比重相同的听力只有 30 分钟，可见，如果把六级考试比作一次大决战，从时间效益角度来讲，听力具有更重要的战略意义，即，假如听力和阅读均已充分备考，考生在听力答题方面花费的时间更短，却能获得和阅读同样的分数。因此，考生应充分重视六级听力备考，争取在六级听力考试中获得最佳成绩。

根据六级考试大纲，听力理解部分由长对话、听力篇章和讲话 / 报道 / 讲座构成。试题采用选择题（单选题）题型。录音材料用标准的英式或美式英语朗读，语速约为每分钟 140-160 词。所有录音材料均播放一遍，每个问题后留有 13 秒答题时间。听力理解部分的分值比例为 35%，其中长对话占 8%，听力篇章占 7%，讲话 / 报道 / 讲座占 20%。考试时间约 30 分钟。

六级考试的听力题型、分值比重、考试时长如下表所示：

题型	测试内容	题目数量	分值比例	考试时长
听力理解 (单选)	长对话 (2 则)	8 (各 4 道)	8%	30 分钟
	听力篇章 (2 篇)	7 (3+4 或 4+3)	7%	
	讲话 / 报道 / 讲座 (3 篇)	10 (3+3+4 或 3+4+3)	20%	

针对六级考试听力题型特点，备考六级听力需从专项开始，首先逐一攻克长对话、听力篇章及讲话 / 报道 / 讲座三大题型，然后，进行综合集训，从整体题型的角度进行强化训练，从而提升六级听力能力。

为了帮助考生高效备考，获取六级听力高分，新东方考试研究中心精心策划编写了《六级听力高分训练 20 天》一书。

本书具有如下特色：

① 按天编排，循序渐进

以“天”的节奏，将目标化整为零，分阶段进行六级听力训练，步步为营，循序渐进。

② 自我检测，攻克弱项

设置四套六级听力自我检测题，在不同阶段进行自我检测，便于及时发现问题，攻克弱项。

③ 专项综合，高分训练

按照“先专项、后综合”的方式，凭借六级长对话、听力篇章及讲话/报道/讲座各八套标准训练，首先突破六级听力三大题型，再依靠八套高质量六级听力模拟试题，进行综合集训，巩固和提升六级听力整体能力。

④ 500 道题，赢取高分

将所有自测题、专项训练题及综合集训题加起来，累计 500 道听力题，助你攻克六级听力，赢取高分。

最后，要提醒考生，需要平时进行大量的听力训练，才能练就过硬的听力能力。希望这本书能帮助你迅速提升听力水平，在六级听力考试中脱颖而出。

DAY 1	<b>了解自我</b>	<b>1</b>
	Self Test	2
	答案解析	5
DAY 2~9	<b>单项突破</b>	<b>17</b>
	<b>Part 1</b> ⊙ 长对话	18
	第一节 题型攻略	18
	第二节 实战演练	23
	Test One ~ Test Eight	23
	实战详解	29
	<b>Part 2</b> ⊙ 听力篇章	63
	第一节 题型攻略	63
	第二节 实战演练	67
	Test One ~ Test Eight	67
	实战详解	74
	<b>Part 3</b> ⊙ 讲话 / 报道 / 讲座	103
	第一节 题型攻略	103
	第二节 实战演练	107
	Test One ~ Test Eight	107
	实战详解	116

---

**DAY 10~11 中期自测 171**

Self Test One	172
答案解析	175
Self Test Two	187
答案解析	190

---

**DAY 12~19 综合集训 201**

Model Test One	202
答案解析	205
Model Test Two	220
答案解析	223
Model Test Three	238
答案解析	241
Model Test Föür	256
答案解析	259
Model Test Five	274
答案解析	277
Model Test Six	291
答案解析	294
Model Test Seven	308
答案解析	311
Model Test Eight	326
答案解析	329

---

**DAY 20 考前自测 343**

The Last Test	344
答案解析	347



1

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了解自我



# Self Test >



音频

## Section A

**Directions:** In this section, you will hear two long conversations. At the end of each conversation, you will hear four questions. Both the conversation and the questions will be spoken only once. After you hear a question, you must choose the best answer from the four choices marked A), B), C) and D). Then mark the corresponding letter on **Answer Sheet 1** with a single line through the centre.

### Questions 1 to 4 are based on the conversation you have just heard.

- 1 A) She is the owner of a special café. C) She advocates animal protection.  
B) She sells a special kind of coffee. D) She is going to start a café chain.
- 2 A) They help take care of customers' pets. C) They cater to different customers.  
B) They are a profitable business sector. D) They bear a lot of similarities.
- 3 A) By selecting breeds that are tame and peaceful.  
B) By giving them regular cleaning and injections.  
C) By placing them at a safe distance from customers.  
D) By briefing customers on how to get along with them.
- 4 A) They give her café favorite reviews. C) They love the animals in her café.  
B) They like to bring in their children. D) They want to learn about rabbits.

### Questions 5 to 8 are based on the conversation you have just heard.

- 5 A) It can cause obesity. C) It contains too many additives.  
B) It is mostly garbage. D) It lacks the essential vitamins.
- 6 A) TV commercials. C) Its taste and texture.  
B) Its fancy design. D) Peer influence.
- 7 A) Offering children more varieties to choose from.  
B) Trying to trick children into buying their products.  
C) Marketing their products with ordinary ingredients.  
D) Investing heavily in the production of sweet foods.
- 8 A) They favored chocolate-coated sweets. C) They hardly ate vegetables.  
B) They like the food advertised on TV. D) They seldom had junk food.

## Section B

**Directions:** In this section, you will hear two passages. At the end of each passage, you will hear three or four questions. Both the passage and the questions will be spoken only once. After you hear a question, you must choose the best answer from the four choices marked A), B), C) and D). Then mark the corresponding letter on **Answer Sheet 1** with a single line through the centre.

**Questions 9 to 11 are based on the passage you have just heard.**

- 9) A) Tombs of ancient rulers. C) Ruins left by devastating floods.  
B) Typical Egyptian animal farms. D) Stretches of farmland.
- 10) A) It provides habitats for more primitive tribes.  
B) It is hardly associated with great civilizations.  
C) It gathers water from many tropical rain forests.  
D) It has not yet been fully explored and exploited.
- 11) A) It has numerous human settlements along its banks.  
B) It is as long as the Nile and the Yangtze combined.  
C) It is second only to the Mississippi River in width.  
D) It carries about one fifth of the world's fresh water.

**Questions 12 to 15 are based on the passage you have just heard.**

- 12) A) All of us actually yearn for a slow and calm life.  
B) The search for tranquility has become a trend.  
C) We are always in a rush to do various things.  
D) Living a life in the fast lane leads to success.
- 13) A) She enjoyed the various social events. C) She had trouble balancing family and work.  
B) She was accustomed to tight schedules. D) She spent all her leisure time writing books.
- 14) A) The fatigue from living a fast-paced life. C) Reading a book about slowing down.  
B) Becoming aware of her declining health. D) The possibility of ruining her family.
- 15) A) She came to enjoy doing everyday tasks. C) She learned to use more polite expressions.  
B) She started to follow the cultural norms. D) She stopped using to-do lists and calendars.

## Section C

**Directions:** In this section, you will hear three recordings of lectures or talks followed by three or four questions. The recordings will be played only once. After you hear a question, you must choose

the best answer from the four choices marked A), B), C) and D). Then mark the corresponding letter on **Answer Sheet 1** with a single line through the centre.

**Questions 16 to 18 are based on the recording you have just heard.**

- 16 A) They will root out native species altogether. C) They pose a threat to the local ecosystem.  
B) They will crossbreed with native species. D) They contribute to a region's biodiversity.
- 17 A) Their distinctions are artificial. C) Their interactions are hard to define.  
B) Their definitions are changeable. D) Their classifications are meaningful.
- 18 A) Only 10 percent of them can be naturalized.  
B) Few of them can survive in their new habitats.  
C) They may turn out to benefit the local environment.  
D) Only a few of them cause problems to native species.

**Questions 19 to 21 are based on the recording you have just heard.**

- 19 A) Adopt the right business strategies. C) Respect their traditional culture.  
B) Attend their business seminars. D) Research their specific demands.
- 20 A) Clicking your fingers loudly in their presence.  
B) Drinking alcohol on certain days of a month.  
C) Giving them gifts of great value.  
D) Showing them your palm.
- 21 A) They have a break from 2:00 to 5:30 p.m. C) They tend to be friendly and enthusiastic.  
B) They have a strong sense of worth. D) They are very easy to satisfy.

**Questions 22 to 25 are based on the recording you have just heard.**

- 22 A) He had the company's boardroom extensively renovated.  
B) He completely changed the company's culture.  
C) He took over the sales department of *Reader's Digest*.  
D) He collected paintings by world-famous artists.
- 23 A) Its articles should entertain blue-and pink-collar workers.  
B) It should be published in the world's leading languages.  
C) It should be sold at a reasonable price.  
D) Its articles should be short and inspiring.

24. A) He served as a church minister for many years.  
 B) He knew how to make the magazine profitable.  
 C) He treated the employees like members of his family.  
 D) He suffered many setbacks and misfortunes in his life.
25. A) It carried many more advertisements.      C) George Grune joined it as an ad salesman.  
 B) Its subscriptions increased considerably.      D) Several hundred of its employees got fired.

 答案速查

Section A 1. A 2. D 3. B 4. C 5. B 6. A 7. B 8. D

Section B 9. A 10. B 11. D 12. C 13. B 14. C 15. A

Section C 16. C 17. A 18. D 19. C 20. B 21. A 22. B 23. D 24. C 25. D



 Section A

Conversation **One**

⊕ 对话原文

M: [1] Tonight we have a special guest from a local establishment, the Perusine Café. Welcome!

W: Hi, thanks for having me on your show.

M: Thank you for joining us. So please tell us, why did you decide to open a café?

W: Well, we saw the opportunity to offer something a little special and different from other establishments. Cafés certainly are a very competitive market sector. [2] There are more than plenty in our city, and we felt they are all rather similar to each other. Wouldn't you agree?

M: Certainly yes. So how is your establishment any different?

W: Well, simply put, we have rabbits wandering freely around the place. Our customers come in and enjoy their food and drinks, while little rabbits play about and brush against their legs. There is no other place like it.

M: That's amazing. How did you come up with the idea?

W: We saw other cafés with cats in them, so we thought why not rabbits? People love rabbits. They are very cute animals.

M: But is it safe? Do the rabbits ever bite people or do any customers ever hurt the rabbits?

W: It's perfectly safe for both rabbits and our customers. Rabbits are very peaceful and certainly do not bite. [3] Furthermore, our rabbits are regularly cleaned and have all received the required shots. So there is no health risk whatsoever. [4] As for our customers, they are all animal lovers, so they would never try to hurt the rabbits. Sometimes a young child may get overexcited and be a little too rough, but it's never a serious matter. On the contrary, the Perusine Café offers a great experience for children, a chance for them to learn about rabbits, and how to take care of them.

M: Well, it's certainly the first time I've heard of a café like that.

### ⑤ 答案精讲

❶ What do we learn about the woman?

A)。对话开头,男士提到,今晚我们有一位来自一家本地商户——佩鲁西咖啡馆的特殊来宾。对话中女士介绍了她开咖啡馆的原因和这家咖啡馆的特殊之处——店里有兔子。由此可知,女士应该是一家特色咖啡馆的店主,因此,A项与对话内容相符,故为正确答案。

❷ What does the woman say about cafés in her city?

D)。对话中女士提到,我们这座城市就有很多咖啡馆,我们认为它们大同小异。因此,D项与对话内容相符,故为正确答案。

❸ How does the Perusine Café guarantee that its rabbits pose no health threat?

B)。对话中女士提到,我们也会定期给兔子清洁身体,它们也全都打了必须要接种的疫苗。因此,完全没有健康风险。B项与对话内容相符,故为正确答案。

❹ What does the woman say about their customers?

C)。对话中女士提到,至于我们的客人,他们都是动物爱好者,所以从来不会故意伤害那些兔子。因此,C项与对话内容相符,故为正确答案。

### ⑥ 词汇点拨

<b>establishment</b> <i>n.</i> 商店, 企业	<b>similar to...</b> 与……相似
<b>wander around</b> 四处走动, 徘徊	<b>whatsoever</b> <i>adv.</i> 无论什么

## Conversation Two

### ⑦ 对话原文

M: Hey, there. How are you?

W: Oh, hi. I'm great. Thanks. And you look great too.

M: Thank you. It's good to see you shopping at the organic section. I see you've got lots of healthy

stuff. [5] I wish I could buy more organic produce from here, but I find the kids don't like it. I don't know about yours, but mine are all about junk food.

W: Oh, trust me. I know exactly how you feel. My children are the same. What is it with kids these days and all that junk food they eat? [6] I think it's all that advertising on TV. That's where they get it.

M: Yes, it must be. My children see something on TV and they immediately want it. It's like they don't realize it's just an advertisement.

W: Right, and practically everything that advertises for children is unhealthy processed foods. No surprise then, it becomes a battle for us parents to feed our children ordinary fruit and vegetables.

M: That's just the thing. One never sees ordinary ingredients being advertised on TV. It's never a carrot or a peach. It's always some garbage like chocolate-covered sweets. So unhealthy.

W: Exactly. [7] And these big food corporations have so much money to spend on clever tactic design to make young children want to buy their products. Children never stand a chance. It's really not fair.

M: You are so right. [8] When we were children, we barely had any junk food available and we turned out just fine.

W: Yes, my parents don't understand any of it. Both TV commercials and the supermarkets are alien to them. Their world was so different back when they were young.

M: I don't know what will happen to the next generation.

W: The world is going crazy.

M: You bet.

### ☺ 答案精讲

5 What do the speakers say about the food their children like?

B)。对话中男士说他的孩子只喜欢吃垃圾食品。女士的看法和他一样。由此可知，对话者都认为他们的孩子喜欢的食物大部分是垃圾食品，B项与对话内容相符，故为正确答案。

6 According to the speakers, what affects children's choice of food most?

A)。对话中女士提到，我想这都是电视广告的原因，孩子们就是从那里获知食品信息的。因此，A项与对话内容相符，故为正确答案。

7 What do the speakers believe big food corporations are doing?

B)。对话中女士提到，这些大型食品公司将很多的钱用来设计巧妙的广告，好让小孩子们想要购买其产品。因此，B项与对话内容相符，故为正确答案。

8 What do we know about the speakers when they were children?

D)。对话中男士提到，我们小时候几乎没有垃圾食品。因此可得知，对话者小时候几乎不吃垃圾食品，因此 D 项与对话内容相符，故为正确答案。

④ 词汇点拨

<b>organic section</b> 有机食品货架区	<b>junk food</b> 垃圾食品
<b>processed adj.</b> 经加工的，加工过的	<b>commercial n.</b> 电视商业广告

 **Section B**

**Passage One**

④ 篇章原文

At some 2,300 miles in length, the Mississippi is the longest river in the United States. At some 1,000 miles, the Mackenzie is the longest river in Canada. But these waterways seem minute in comparison to the world's two lengthiest rivers—the Nile and the Amazon.

The Nile, which begins in central Africa and flows over 4,100 miles north into the Mediterranean, hosted one of the world's great ancient civilizations along its shores. Calm and peaceful for most of the year, the Nile used to flood annually, thereby creating, irrigating and carrying new top soil to the nearby farmland on which ancient Egypt depended for a livelihood. As a means of transportation, the river carried various vessels up and down its length. [9] A journey through the unobstructed part of this waterway today would pass by the splendid Valley of the Kings with tombs of many of these ancient monarchs, having stood for over 3,000 years.

[10] Great civilizations and intensive settlement are hardly associated with the Amazon. [11] Yet this 4,000-mile long south American river carries about 20% of the world's fresh water, more than the Mississippi, Nile and Yangtze combined. Other statistics are equally astonishing. The Amazon is so wide at some points that from its center neither shore can be seen. Each second the Amazon pours some 55 million gallons of water into the Atlantic. There, at its mouth stands one island larger than Switzerland. Most important of all, the Amazon irrigates the largest tropical rain forest on earth.

④ 答案精讲

9 What can be found in the Valley of the Kings?

A)。讲话者提及 Valley of the Kings 时称，如今沿尼罗河这条航道畅通无阻的河段航行将会

经过辉煌的“帝王谷”，“帝王谷”已经有 3,000 多年的历史了，里面有很多古代君主的陵墓。由此可知选项 A 正确。

⑩ In what way is the Amazon different from other big rivers?

B)。讲话者提及亚马孙河时称，很难将伟大的文明和密集的居住区与亚马孙河联系起来，而文章前面介绍尼罗河时提到“沿岸孕育了世界伟大的古代文明之一”，可见亚马孙河与其他大河在孕育文明方面是不同的，由此可知选项 B 正确。

⑪ What does the speaker say about the Amazon?

D)。讲话后半部分是关于亚马孙河的介绍，这条长 4,000 英里的南美洲河流有着全世界大约 20% 的淡水量，这与选项 D 的说法一致，one fifth of the world's fresh water 是对原文中 20% of the world's fresh water 的同义转述，故选项 D 正确。

### ⑤ 词汇点拨

<b>minute</b> <i>adj.</i> 微小的	<b>in comparison to...</b> 与……相比
<b>unobstructed</b> <i>adj.</i> 没有障碍的，畅通无阻的	<b>monarch</b> <i>n.</i> 君主，帝王
<b>tropical</b> <i>adj.</i> 热带的	

## Passage Two

### ⑤ 篇章原文

How often do you say to people “I’m busy” or “I haven’t got time for that”? [12] It’s an inevitable truth that all of us live a life in the fast lane, even though we know that being busy is not always particularly healthy. Growing up in New Zealand, everything was always calm and slow. People enjoy the tranquility of a slower pace of life. [13] But after I moved to Tokyo and lived there for a number of years, I got used to having a pile of to-do lists. And my calendar always looked like a mess with loads of things to do, written across it. I found myself filling my time up with endless work meetings and social events, rushing along as busy as a bee. [14] Then, one day, I came across a book, called *In Praise of Slowness*, and realized that being busy is not only detrimental, but also has the danger of turning life into an endless race. So I started practicing the various practical steps mentioned by the author in the book, and began to revolt against the very idea of being too busy. [15] It doesn’t mean that my to-do lists no longer exist, but I’ve become more aware of the importance of slowing down and making sure that I enjoy the daily activities as I carry them out. From now on, when someone asks you how your life is, try responding with words like “exciting” and “fun”, instead of the cultural norm that says “busy”. See if you experience the tranquility that follows.



## ㊦ 答案精讲

12. What does the speaker think is an inevitable truth?

C)。讲话开头部分提到，我们每个人的生活节奏都很快，这是一个无法回避的事实，尽管我们知道忙碌并不总是特别健康的。选项 C 是对原文中 *all of us live a life in the fast lane* 的同义转述，故为正确答案。

13. What does the speaker say about her life in Tokyo?

B)。讲话者在前半部分提到了自己搬到东京后的生活状况：但是我搬到东京并在那里生活了几年之后，我变得习惯于有一堆待办事项清单。这与选项 B 的总结一致，其中 *accustomed to tight schedules* 是原文中 *got used to having a pile of to-do lists* 的同义转述，故选 B。

14. What made the speaker change her lifestyle?

C)。讲话者提到，后来有一天，我偶然看到一本书，书名是《赞美慢生活》，我意识到忙碌不仅仅有害，而且还有把生活变成一场无休止的比赛的危险，所以，我开始践行作者在书中提到的各种实用步骤，并且开始抵制让自己太过忙碌的想法。由此可知，是一本关于放慢生活节奏的书让讲话者有了改变生活方式的想法，因此选项 C 正确。

15. What happened after the speaker changed her lifestyle?

A)。讲话后半部分提到，讲话者受一本书的影响开始改变生活方式，践行作者在书中提到的各种实用步骤。讲话者说：这并不意味着我的待办事项清单不复存在了，而是说明我变得更加在意慢下来的重要性，并确保自己享受所进行的日常活动。由此可知，选项 A 正确，选项 D 错误。

## ㊦ 词汇点拨

**to-do list** 任务清单；工作安排

**detrimental** *adj.* 有害的

**revolt against** 反感，厌恶

**tranquility** *n.* 宁静，平静

## 📁 Section C

### Recording One

#### ㊦ 讲话 / 报道 / 讲座原文

Governments, private groups and individuals spend billions of dollars a year trying to root out non-native organisms that are considered dangerous to ecosystems, and to prevent the introduction of new intruders. [16] But a number of scientists question the assumption that the presence of alien species can never be acceptable in a natural ecosystem. They say that portraying introduced species as inherently bad is an unscientific approach. [17] “Distinctions between exotic and native species