

雅思口语 高分21天

21-day Empowerment Manual to Ace IELTS Speaking

修炼手册

(英) 安大卫 (Angus Henderson David Cargill) 王丽娟 著



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· 北 京 ·

《雅思口语高分21天修炼手册》为英籍雅思口语考官 Angus 向中国雅思考生和教师倾情奉献的核心口语素材，内容包含雅思口语考试介绍、答题方法及建议，并将300多个核心话题科学地设置成了63套全真模拟测试，涵盖历年全真考题和高频话题，并囊括2019年1月的最新话题。该书含有21天学习计划，考生可以相互结对子，每天进行模拟练习。本书特有的C.O.F.F.E.E.S “咖啡”式和I.E.L.T.S “雅思”式答题思维模型为 Angus 独创，掌握其答题技巧将有助于考生取得雅思口语高分。

本书话题覆盖面广，内容丰富，语言地道，句式灵活，贴近英语母语。为方便考生学习和教师教学，每套真题配有雅思口语考官 Angus 亲自录制的音频。纯正的英音，自然规范，考生扫二维码即可进行模仿、背诵和复述练习。

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雅思口语高分 21 天修炼手册

21-day Empowerment Manual to Ace IELTS Speaking

前言

雅思口语考试是一种英语水平考试，良好的雅思成绩可以证明你在英语语境里游刃有余。放眼中国雅思教材市场，雅思口语书种类繁多，但有些考生购买之后常常三分钟热度，翻看了前后几页或者背了几个对话之后便搁置一旁，直到考试前几天才面对现实，最后到了考场后发现“书到用时方恨少，事非经过不知难”。

其实，雅思口语与其说是一场考试，不如说是一场“修炼”。

首先，这是一种勇气的修炼。相对于笔试，多数中国学生会纠结于自己的发音或者词汇，认为自己很难取得好成绩，这本身就给自己设了一道拦路虎。其实雅思口语考试是应试类考试，考试话题透明，题目有变化但是存在规律，如果加以充分有效的话题准备和发音操练，不难取得高分。再者，雅思口语考试是毅力的修炼。很多考生是上班族或要兼顾学业，面对海量话题和考试压力，难免产生厌倦和逃避心理，这个时候千万不要放弃，坚持到底才能胜利。最后，雅思口语考试是智慧的修炼。狠下苦功不一定就能取胜，智慧地、科学地规划也是取得高分的重要因素。

本书第一作者 Angus 是英国剑桥大学毕业的硕士，英国人，作为一名雅思口语考官，他撰写了所有的英文部分并且为所有的话题录制了音频；第二作者王丽娟负责所有的中文翻译。

Angus 曾为 3000 多人次的雅思口语考试评过分，并且多年来一直从事雅思口语培训的工作。因此对于如何取得雅思口语高分，他有自己独特的认识；对于学生在参加考试时会遇到的问题，他也了如指掌，做到有的放矢，对症下药。

本书有以下特点：

本书涉及的 **300 多个话题百分之百为考试真题**，并且都是高频话题和核心话题，其中包含了 2019 年 1 月的最新话题，全是“干货”。这意味着不管考官问什么问题，考生都有所准备。雅思口语考试虽然会有新题，但是话题稳定性较高，万变不离其宗，考生可以花时间将核心话题中的答题套路和词汇熟记于心，然后能举一反三。

本书将 **300 多个核心话题科学地设置成了 63 套全真模拟测试**，考生可以相互结成对

子，在平时或者课堂上扮演考官和考生，进行考试模拟和操练。这些模拟测试是考生能找到的更接近真实雅思口语考试的考题，这样考生在真正面对考官时就不会那么紧张了。

本书重点强化口语考试的第三部分，因为它是最重要的环节。考生在第二部分通常讲2分钟，然而在第三部分一般需要讲4至5分钟，并且考官在考生讲完之后马上给出分数。因此，比起第一部分，考官对考生在第三部分的表现印象更深刻。所以，熟悉并灵活运用本书第三部分的答案非常重要。

本书特有的C.O.F.F.E.E.S“咖啡”式和I.E.L.T.S“雅思”式答题思维模型或者套路比其他答题模式更简单易行，让考生在回答考官问题时有话可说，胜券在握。比起一般的答题模板，更可以给考官留下好印象，有助拿到高分。

本书建议考生以一种自然而灵活的方式来说英语，力争做到像以英语为母语的人在正常讲话时那样，避免造作地使用大词。另外，常用短语也在本书中被突出显示。

心理学家指出：一项看似简单的行动，如果你能重复21天以上，就会形成习惯。所以一件看似挺难的事情，只要你开始做，并一天一天坚持下去，你就会取得意料之外的效果。因此本书还配有21天学习计划和打卡，可操作性强，有助于考生沉下心来为自己设定目标，进行科学的规划，每天设置里程碑，按照计划在三个星期内完成考试准备，而不是像本文一开始提到的那样，开始时摩拳擦掌，最后半途而废。

不要疑惑，马上开始吧！

我们坚信：选对一本教材，然后坚持21天，你一定会考出雅思口语高分！加油！

王丽娟

2018年12月

Preface

Congratulations on choosing to buy this IELTS speaking test textbook!

Having given more than 3000 IELTS speaking test scores during my time as an examiner, I have gained unique knowledge of how to get a high score. I also know precisely what problems are experienced by students taking the test. Now I want to give you my unique knowledge, so that you can make a good impression on the examiner, and improve your score. I will tell you which advice is good for you to follow.

Seven reasons this book is unique.

1. Authentic test questions and topics

The 63 simulated tests in this book are the nearest you will ever find to real IELTS Speaking tests, and also contains the latest topics of the January 2019 speaking test. It is simple and easy for you and your friends to practice a genuine IELTS test so that you won't be so nervous when you meet the examiner.

2. The most frequent topics

As we all know, the speaking test contains a very wide range of questions. However, in my experience, the topics in this book are the most frequently used by examiners.

3. Focus on Part 3

This book focuses on Part 3 of the speaking test, because it's the most important part. It is more important than Part 2, when you normally speak for 2 minutes, because in Part 3 you normally speak for twice as long, 4-5 minutes. It is more important than Part 1, because the examiner needs to give you your score immediately after you finish the test. Therefore, the examiner will remember your speaking in Part 3 more clearly than Part 1. So it is very important indeed to remember the Part 3 answers in this book, and use them.

4. Natural "native-speaker" English

In order to get a high score in your speaking test you must use English in a natural and

flexible way, as native speakers do when speaking normally. You must avoid individual long words used artificially, and in an incorrect context. Unfortunately, many IELTS Speaking books recommend you learn this type of vocabulary. In contrast, in this book, you will find the phrases and idioms you need for a high score, used in a natural and flexible way. These phrases are highlighted in the text and listed after each section. Memorising and using these will help you to raise your score more rapidly than any other technique.

5. Workable 21- day study programme

The easy-to-use 21-day study programme means you can prepare for your test in three weeks by following 21 simple steps. It will help you set up a 21-day goal and achieve something rather than end up with nothing.

6. Unique C.O.F.F.E.E.S and I.E.L.T.S question-answering formulas

The unique easy-to-learn COFFEES and IELTS question-answering formulas make it easier than ever before to impress the examiners by providing the variety of answers IELTS requires rather than the usual models that get low scores.

7. Model answers relate to over 300 IELTS Speaking topics

There is information in the text about more than 300 IELTS topics. This means that you will be prepared for any question the examiner could ask.

Try your best. Wish you great success!

Angus Cargill

Dec. 2018

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Chapter One

Introduction



第一章 雅思口语考试介绍



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1.1

Introduction to the IELTS speaking test



雅思口语考试简介

IELTS is the world's most popular English language test for higher education and immigration, and was taken by more than 3 million people in 2018 (<https://www.ielts.org/news/2017/ielts-numbers-rise-to-three-million-a-year>) .

The Speaking test is designed to assess the level of your spoken English and how suitable it is for daily conversation as well as in an academic context. For this reason, there are a variety of questions of different types on personal and general topics.

The test consists of a face-to-face conversation between the test candidate and an examiner.

雅思考试是世界上最流行的留学和移民英语标准化测试，在2018年有300多万人参加了雅思考试 (<http://www.ielts.org/news/2017/ielts-numbers-rise-to-three-million-a-year>)。

雅思口语测试的目的是评估你的英语口语水平以及你在日常会话和学术语境中的运用能力。因此，在个人和一般的话题上有各种不同类型的问题。

考试的形式为考生和考官面对面一对一的交流。



The test format

考试形式

The test is divided into three parts. In Part 1, you are asked questions on personal topics such as your home, friends, family, and free time interests. In Part 2, you need to give a short presentation on a personal topic such as a journey you have been on, or a person you know. In Part 3, the topics are general, not personal, and you need to speak about other people, and things that affect them as well as yourself. For example, the examiner might ask about the differences between young and old people's attitudes, or changes that have taken place in society.

考试分为三个部分。在第一部分中，你会被问到一些个人话题，比如你的家庭、朋友、家庭和业余爱好。在第二部分中，你需要就个人话题做简短陈述，比如经历过的一段旅程，或者认识的一个人。在第三部分中，主题是一般性的，而不是个人的，你需要跟考官讨论对别人或者自我有影响的人或事。例如，考官可能会问年轻人和老年人对某件事情的不同看法，或者社会上正在发生的变化。



Where, when, and how to join the test 考试的地点、时间以及怎样参加考试

The test can be taken in over 1200 locations around the world. In most locations there are four tests per month, and these take place on Saturday or Thursday. The Speaking test takes place on any day of the week, and you will be told by email when and where your test will be.

In China, tests can be booked online at <https://www.chinaielts.org/>

该测试在全世界有1200多个考点。在大多数地方，每个月有四次测试，分别在周六或周四进行。口语考试会安排在一周的任何一天，你将通过电子邮件得知考试时间和考点。

在中国，考生可以通过<https://www.chinaielts.org/>网站在线预订日期。



What happens on test day 考试当天流程

Test takers receive detailed instructions and maps explaining how to get to the speaking test. After they arrive at the test centre their identity is checked and they are taken to the test room by IELTS staff. After arriving, they sit down outside the room and wait for the examiner to invite them in. The examiner then begins to record the test. He will ask you your name, where you are from, and check your ID. Then the test will begin.

考生会收到详细的考试流程说明和地图。到达考点后，会有人核实考生身份，并由雅思工作人员带到考场。到了之后，首先在房间外面候场，等待考官邀请他们进来。然后考官开始为考试过程录音。考官会问你的名字，你从哪里来，检查身份证件，然后考试开始。



How are the topics chosen? 话题是怎么选定的？

The topics are chosen so that they can be answered by anyone who has studied English anywhere in the world regardless of differences in culture or personal knowledge. Because the test only assesses your English level, your knowledge of the topic is not relevant for your score, and the examiner will not change your score whether or not you have a lot of knowledge about the topics. In fact, the topics seldom change. What changes is the way in which the questions are asked.

选题的目的是为了让世界任何地方学过英语的人都能回答这些问题，而不受文化或个人知识差异的影响。因为考试只为评估你的英语水平，所以你对题目了解的程度与你的考试分数无

关，你对话题的知识面不会影响考官给你的分数。事实上，话题很少改变，只是问题的提问方式会发生变化。

1.2

How is your score decided



你的分数是怎么给出的

Your score is based on four main criteria. Fluency and coherence, Lexical resource and accuracy (Words and phrases), Grammatical range and accuracy and Pronunciation

你的得分基于四个主要标准：流利度和连贯性，词汇资源和准确度(单词和短语)，语法范围和准确度以及发音。



Fluency and coherence 流利度和连贯性

This means that not only are you able to keep going at a reasonable speed (neither too fast nor too slow) but that you answer the questions directly without going off-topic too often.

这意味着你不仅可以保持一个合理的速度(既不太快也不太慢)，而且你的回答切题，没有经常偏离主题。



Lexical resource and accuracy (Words and phrases) 词汇资源和准确度(词汇和短语)

You should be able to use a wide range of words and phrases, and also use them accurately and precisely to answer the questions. Your vocabulary should be formal when necessary. You are taking a test of academic English, so you should try to speak in a way that is acceptable in an academic context.

你应该能够使用丰富的词汇和短语，准确地回答问题，必要时应该使用正式词汇。你正在参加的是学术英语考试，所以你应该试着用一种在学术语境中大多数时候都可以接受的方式说话。不要说得太随便。



Grammatical range and accuracy 语法范围和准确度

You should try to answer the questions at reasonable length, so that you use complex

sentences with a range of grammatical forms. For example, past, present and future tenses; continuous, passive and conditional sentence structures.

你应该试着以合理的句子长度来回答问题，这样你就能够用上各种语法形式的复合句。例如，过去、现在和将来时态；进行时态、被动语态以及条件从句。



Pronunciation 发音

It is completely acceptable to have an accent. Speaking clearly, especially when using challenging words or phrases, is the most important factor for pronunciation. If you can't find a native speaker to help you, record your speech and listen to yourself speaking. If you want to score 6 or higher, you need to use word linking, elision, assimilation, and stress.

发音有口音的话是完全可以接受的，尤其是在使用比较难的单词或短语时，发音清晰是最关键的一个因素。如果你找不到母语是英语的人来帮助你，可以将自己的话录下来，自己听一下。如果想获得6分或以上，你需要会单词连续、省略、同化和重读。

1.3

Tips and advice—How to use this book



小贴士和建议——如何使用这本书

This book contains hundreds of answers to questions that you might get in an IELTS Speaking test. Each day, you should read the answers several times, noting any difficult words or pronunciation. Then listen to the MP3 and repeat the answers. Don't worry if you can't remember the exact words of every answer. As long as you can remember the main points, and your English is correct, you will get a good score.

这本书包含了你在雅思口语考试中可能碰到的几百个问题的答案。你每天应该把答案读几遍，尤其注意那些难词和发音。然后听MP3，跟读答案模板。如果你记不住每个答案的具体用词，不要担心，只要你能记住要点，用词准确，你就会取得好成绩。



Chapter Two

Tips and Advice



第二章 答题方法及建议



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