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例句最多+用法最地道+收录最完整  
走到哪用到哪 随时查找 情境沟通

# 一辈子够用的 英语万用会话 10000句

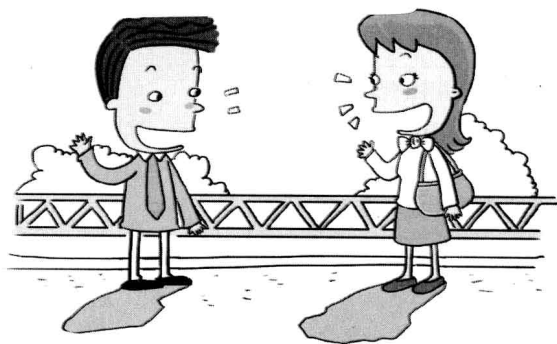
国际英语名师不公开传授的白金会话宝典!



# 一辈子够用的 英语万用会话 10000句

国际英语名师不公开传授的白金会话宝典!

李文昊◎著



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# 前言

口语往往是衡量一个人英语水平的标准。然而，我们过去十多年的英语学习往往是“聋哑英语”，以至于很多人在与外国人交流时没有自信，不敢张嘴说。随着对外经济文化交流的不断发展，口头交际能力会愈来愈受到重视，有效地提高学生英语口语水平已势在必行，练好嘴才是打天下的基础！

英语说得好，不在于英语考试得了多少分、背了多少单词或造出多难句子，而是在于能在特定的场合以正确的表达方式、用适当的惯用口语和外国人进行有效的沟通，只会纸上谈兵无济于事。那么，如何才能说出流利地道的英语？除了每天坚持多练多说之外，最重要的是要有一个好的“老师”——一本系统全面的英语会话书。语言是以句子为单位，用句子去交流的。因此掌握一定的句子量，就是语言学习进阶的基础。鉴于此，我们精心打造了这本《一辈子够用的英语万用会话 10000 句》，相信会给你的英语口语学习提供帮助。

本书以“日常生活和工作中的常用表达”为着眼点，筛选出各种不同的口语表达短句，分门别类，一应俱全。书中我们将人们日常生活领域划分为 17 个部分，156 个小节。这 17 个部分基本上涵盖了生活的方方面面。此外，每个部分又细分为若干场景，场景以对话开篇，并配有插图、单词、短语以增强内容的丰富性和趣味性。对话后面是本书的重点，即在类似的情景下使用的核心句型。全书以史蒂文为核心人物，通过他的生活、工作、学习、休闲娱乐等来引出场景，并以他与周围人的对话引出生活中常用的句子。因此，该书贴近生活，实用性强。

随着社会和经济的发展，英语的生活环境将不可避免地伴随你的一生。相信本书将有效帮助你应付生活和工作中需要使用英语的场合，全面提高你的口语表达能力。

最后，真心希望本书能为广大读者带来切实的帮助。本书在编著的过程中，难免会有疏忽漏洞，欢迎广大读者批评指正，提出宝贵意见。谢谢！

李文昊

# 使用说明

## ① 情景对话，美音朗读

本书每个小节都设置了一个情景，并根据情景编排了简短会话。随书附赠标准美音朗读的MP3光盘，让你火速熟悉老外的准确发音，全方位学习英语会话。

## ② 中心人物，贯穿全书

本书以史蒂文为中心人物，书中所涉及的所有情节都是发生在史蒂文身边的事情，令读者身临其境。

一辈子够用的英语万用会话 10000 句

### 1 起床

#### Dialogue 对话 01-01

Steven suddenly wakes up in the morning. His wife Julia calls him to get up and have breakfast.

Steven: Julia, what time is it?

Julia: Eight o'clock. It's time for you to get up and have breakfast.

Steven: Oh, my God! I'm going to be late! I have no time to have breakfast now. (Hurry on his clothes.)

Julia: You won't go to work today, Steven. It's Sunday. Come to have breakfast now.

Steven: Oh, I have a poor memory now. I haven't had enough sleep lately. I had a bad dream just now.

Julia: You have been too tired recently, darling. That's why I didn't wake you up this morning. After breakfast, you can go to sleep again.

Steven: Yes, I really need to have a good rest.



史蒂文早上突然醒来，他的妻子朱莉娅叫他起床吃早饭。

史蒂文：朱莉娅，几点了？

朱莉娅：八点钟了，你该起床了，来吃早饭吧！

史蒂文：哦，天啊！我要迟到了！我没时间吃早饭了。（匆忙穿衣。）

朱莉娅：你今天不用去上班的，今天是周日。现在来吃早饭吧！

史蒂文：哦，瞧我现在的坏记性，最近我睡眠不够，我刚才还做了个不好的梦呢。

朱莉娅：亲爱的，你最近太累了，所以我今天早上才没有叫醒你。吃过早餐后，你可以再去睡。

史蒂文：是啊，我确实需要好好休息一下了。

002

## ③ 精彩配图，增添趣味

书中的每篇对话都配有一幅与主题相关的图片，既可以缓解读者的视觉疲劳，又能够增添趣味、加深记忆。

### Vocabulary and Phrases 单词和短语

memory ['meməri] n. 记忆力, 回忆, 记忆

have a rest 休息一下

### Key Sentences 核心句型

#### 喊醒催促起床

- ① It's time for you to get up. 你该起床了。
- ② Hey, Jack, it's time to wake up and get out of bed. 嘿, 杰克, 醒一醒, 该起床啦。
- ③ Get up and have breakfast. 起床吃早饭吧!
- ④ You'd better get up, or you'll be late. 你最好现在就起床, 否则要迟到了。
- ⑤ Rise and shine! 起床!
- ⑥ The early bird gets the worm. 早起的鸟才会有虫吃。
- ⑦ Get the children up. 叫孩子们起床。
- ⑧ John, are you up? 约翰, 起床了没有?
- ⑨ I should arouse Lily from sleep. 我还要叫莉莉起床。
- ⑩ It starts to dawn, and you have to get up now. 破晓了, 你必须起床了。

#### 起床事宜

- ① Do I have to get up now? 我现在一定要起床吗?
- ② You must put on more clothes. 你必须多穿衣服。
- ③ I can't find my stocking. 我找不到长筒袜了。
- ④ Please get your dress in the wardrobe. 请在衣柜里找你要换的衣物。
- ⑤ Please dress the baby, Mike. 迈克尔, 请给孩子穿衣。
- ⑥ Don't forget to fold up your quilt. 不要忘记叠被子。
- ⑦ Don't forget to make your bed. 别忘了铺床。
- ⑧ You take an unconscionable time to get dressed. 你穿衣服用的时间未免太长了。
- ⑨ Don't overclothe the child—she will be too hot. 别给孩子穿太多——她会太热。

003

## ④ 中英对照, 词汇补充

在每段对话后精选出该情景下最实用、最重点的单词和短语, 并给出释义和音标。词词精华, 拓展你的词汇量。

## ⑤ 核心句型, 分类细致

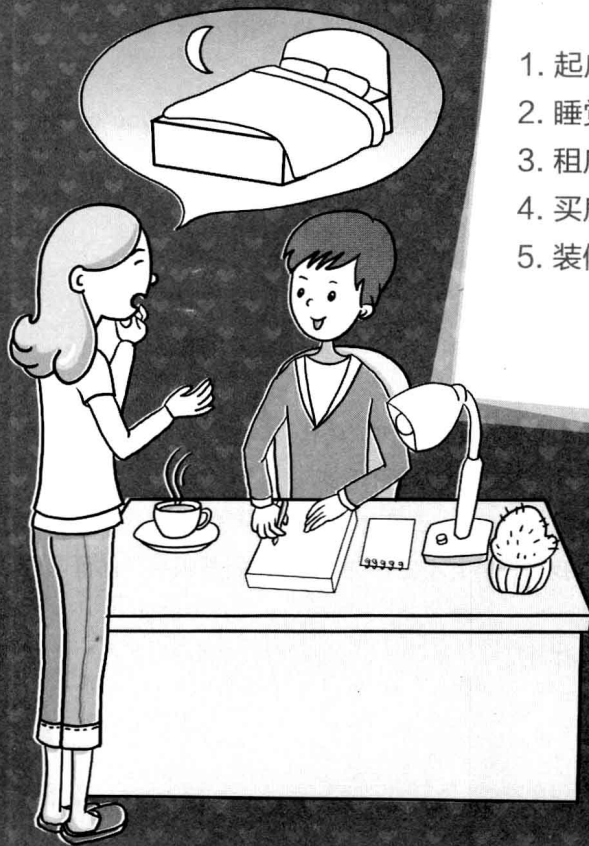
本书每个主题下收录了大量的核心句型, 这些核心句型按照侧重点的不同, 又细分成几个部分。各种情景下的会话句型一网打尽, 句句经典实用。

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# Unit 1

# 居家



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# 1 起床

## Dialogue ..... 对话 MP3 01-01

- Steven suddenly wakes up in the morning. His wife Julia calls him to get up and have breakfast.

Steven: Julia, what time is it?

Julia: Eight o'clock. It's time for you to get up and have breakfast.

Steven: Oh, my God! I'm going to be late! I have no time to have breakfast now. (Hurry on his clothes.)

Julia: You won't go to work today, Steven. It's Sunday. Come to have breakfast now.

Steven: Oh, I have a poor memory now. I haven't had enough sleep lately. I had a bad dream just now.

Julia: You have been too tired recently, darling. That's why I didn't wake you up this morning. After breakfast, you can go to sleep again.

Steven: Yes. I really need to have a good rest.



- 史蒂文早上突然醒来，他的妻子朱莉娅叫他起床吃早饭。

史蒂文：朱莉娅，几点了？

朱莉娅：八点钟了。你该起床了，来吃早饭吧！

史蒂文：哦，天啊！我要迟到了！我没时间吃早饭了。（匆忙穿衣。）

朱莉娅：你今天不用去上班的，今天是周日。现在来吃早饭吧！

史蒂文：哦，瞧我现在的坏记性，最近我睡眠不够。我刚才还做了个不好的梦呢。

朱莉娅：亲爱的，你最近太累了，所以我今天早上才没有叫醒你。吃过早饭后，你可以再去睡。

史蒂文：是啊，我确实需要好好休息一下了。

## Vocabulary and Phrases ..... 单词和短语

memory ['meməri] n. 记忆力, 回忆, 记忆

have a rest 休息一下

## Key Sentences ..... 核心句型

### 喊醒催促起床

- ① It's time for you to get up. 你该起床了。
- ② Hey, Jack, it's time to wake up and get out of bed. 嘿, 杰克, 醒一醒, 该起床啦。
- ③ Get up and have breakfast. 起床吃早饭吧!
- ④ You'd better get up, or you'll be late. 你最好现在就起床, 否则要迟到了。
- ⑤ Rise and shine! 起床!
- ⑥ The early bird gets the worm. 早起的鸟才会有虫吃。
- ⑦ Get the children up. 叫孩子们起床。
- ⑧ John, are you up? 约翰, 起床了没有?
- ⑨ I should arouse Lily from sleep. 我还要叫莉莉起床。
- ⑩ It starts to dawn, and you have to get up now. 破晓了, 你必须起床了。

### 起床事宜

- ① Do I have to get up now? 我现在一定得起床吗?
- ② You must put on more clothes. 你必须多穿衣服。
- ③ I can't find my stocking. 我找不着长筒袜了。
- ④ Please get your dress in the wardrobe. 请在衣柜里找你要换的衣物。
- ⑤ Please dress the baby, Mike. 迈克, 请给孩子穿衣。
- ⑥ Don't forget to fold up your quilt. 不要忘记叠被子。
- ⑦ Don't forget to make your bed. 别忘了铺床。
- ⑧ You take an unconscionable time to get dressed. 你穿衣服用的时间未免太长了!
- ⑨ Don't overclothe the child—she will be too hot. 别给那孩子穿衣过多——她会太热。

## 谈论起床

- ① He got up at daybreak this morning. 他今天早上天蒙蒙亮就起床了。
- ② What time do you get up in the morning? 你早上什么时候起床?
- ③ I usually get up at five thirty. 我通常五点半起床。
- ④ Susan rose with the lark. 苏珊一大早就起床了。
- ⑤ My husband got up late this morning and missed the bus. 我丈夫今早起床晚了, 错过了公共汽车。
- ⑥ Did you get up at five or six yesterday? 昨天你五点起床还是六点起床?
- ⑦ I never get up late. 我未曾晚起床过。
- ⑧ I always rise with the bell. 我总是听到铃声就起床。
- ⑨ Mom always suggests that I get up at the same time. 妈妈总是叫我在同一个时间起床。
- ⑩ If you get up earlier, you will have time for breakfast. 如果你起床早一点, 你会有时间吃早餐。
- ⑪ My brother always gets up earlier than me. 哥哥总是比我早起床。
- ⑫ I usually get up at six thirty, but during the holidays I get up at ten for a change. 平时我六点半起床, 但在假期我会变一变, 十点起床。
- ⑬ I used to wake up early and get up at 5:30. 我以前常常醒得早, 五点半就起床。
- ⑭ Every day Mom comes to wake me up to rise. 每天妈妈都来叫醒我起床。
- ⑮ I didn't go to bed until twelve last night, so I got up late. 昨晚我十二点才睡觉, 因此今天起床晚了。
- ⑯ Steven is getting up late. 史蒂文起床晚了。
- ⑰ Rose got up late so that she missed the first bus. 罗丝起床晚了, 以至于误了头班车。
- ⑱ I have to get up at six. 我得六点钟起床。
- ⑲ I should get up earlier. 我应该早点起床。
- ⑳ What time do you wake up usually? 你通常什么时候醒来?
- ㉑ He hates getting up so early. 他非常讨厌早起床。  
(也可以这样说: He has a strong objection to getting up so early.  
He has a strong aversion to getting up early. )
- ㉒ I always show a leg early. 我总是很早起床。
- ㉓ Are you out of bed yet? 你已经起床了吗?
- ㉔ Why do you get up so early? 你为什么起床那么早?
- ㉕ We got up before sunrise. 我们在太阳升起之前起床。



- 26 We have to get up at the crack of dawn. 我们必须一大清早就起床。
- 27 I am not accustomed to getting up so early. 我不习惯这么早起床。
- 28 I just got up and was still in pajamas. 我刚刚起床，还穿着睡衣。
- 29 The sun had been up when he got up. 他起床时太阳已经升起。
- 30 It is customary for me to get up at five thirty. 五点半起床是我的习惯。
- 31 What time are you going to get up tomorrow? 明天你打算什么时候起床?
- 32 In common with most young people, my daughter hates getting up in the morning. 跟大多数年轻人一样，我女儿早上不愿意起床。
- 33 Do you get up early every day? 你每天起床很早吗?
- 34 If you had gotten up earlier, you would have had time for breakfast. 如果你早一点起床，本来是<sup>有</sup>时间吃早餐的。

## 2 睡觉

### Dialogue ..... 对话 01-02

- It's ten o'clock at night. Steven's wife Julia is a little sleepy. Now she is urging Steven to go to bed.

Julia: Steven, it's ten o'clock. I'm going to bed. I'm beat.

Steven: Okay. I'm going to stay up a while. I've got to go over the household budget. We've slightly overspent this month.

Julia: Oh, can't you do it tomorrow? It's already past 10.

Steven: But I'm not sleepy, darling. I want to finish it today.

Julia: Okay. Please close the door to the basement before you go to bed. I don't want the dog down there tonight.

Steven: Okay. Good night. Have a good dream.

Julia: Good night.



- 夜里十点钟了，史蒂文的妻子朱莉娅想去睡觉了，她

现在正催促史蒂文上床睡觉。

朱莉娅：史蒂文，十点钟了。我要去睡觉了。我累极了。

史蒂文：好吧。我再待会儿。我得把家里的账算一算，这个月我们超支了一点儿。

朱莉娅：你明天算不行吗？已经十点多了呀。

史蒂文：但是我一点儿也不困，亲爱的。我今天想把它算完。

朱莉娅：那好吧。你在睡前关上贮藏室的门，我不想让狗今晚跑到那儿去。

史蒂文：好的，晚安。做个好梦。

朱莉娅：晚安。

## **V**ocabulary and Phrases ..... 单词和短语

beat [bit] adj. 精疲力尽的

budget ['bʌdʒɪt] n. 预算

sleepy ['sli:pɪ] adj. 欲睡的，困倦的

basement ['beɪsmənt] n. 根基，地下室

## **K**ey Sentences ..... 核心句型

### 催促劝说去睡觉

- 1 It's time for you to go to bed. 你该上床睡觉了。  
(也可以这样说：It's coming up on your bedtime.  
It is time that we went to bed.)
- 2 Now it is bedtime. 现在就去睡觉。
- 3 You had better go to bed now. 你最好现在去睡觉。
- 4 Off to bed with you! 睡觉去!
- 5 Run along and get ready for bed. 走，准备去睡觉。
- 6 Be a good boy and go to sleep. 乖孩子，睡觉去。
- 7 Why don't you go to bed earlier? 你为什么不早点睡觉呢?
- 8 You should go to sleep now and get up early to practice your spoken English. 你应该现在就睡觉，明天早点起来练习英语口语。

9 If you don't sleep well tonight, you'll be sleepy all day tomorrow. 如果你今晚不休息好的话, 明天一天你都会犯困的。

## 准备睡觉

- 1 Well, I'm going on to bed. 嗯, 我睡觉去了。
- 2 Did you lock the doors? 你把门都锁上了吗?
- 3 Please close the front door before you go to bed. 请在睡前关上前门。
- 4 Please close the window before you go to bed. 请睡觉前关上窗户。
- 5 Be sure to put out the lights before you go to bed. 睡觉以前一定要关灯。  
(也可以这样说: Remember to turn out the lights before you go to bed.)
- 6 Put out the fire before going to bed. 睡觉之前先熄掉炉火。
- 7 Don't forget to wound your clock before you go to bed. 睡前不要忘记给钟表上发条。
- 8 I will put on my pajamas before going to bed. 睡觉前, 我要穿上睡衣。
- 9 I will lie down and go to sleep soon. 我马上躺下来睡觉。
- 10 Remember to take your make-up off before you go to bed. 记得睡前要卸妆。
- 11 My grandmother always gargles with salt water before going to bed. 奶奶睡前总是用盐水漱口。
- 12 I shall have a hot bath and go to bed. 我要去洗个热水澡, 然后睡觉。
- 13 Good night. 晚安。
- 14 Have a good dream. 做个好梦。



## 谈论睡觉

- 1 When do you go to bed? 你们什么时候睡觉?
- 2 You're like a dead person while you sleep. 你睡得像死猪一样。
- 3 Just let me sleep 5 more minutes. 让我再睡五分钟嘛。
- 4 My brothers are causing me to lose sleep. 弟弟们让我根本睡不着觉。
- 5 I didn't fall asleep until 1 o'clock last night. 昨天晚上我一点钟才睡着。
- 6 I was very sleepy but I couldn't sleep. 我特别困可就是睡不着。
- 7 I haven't been sleeping well for a month. 我有一个月的时间没睡好觉了。
- 8 Jack always goes to bed at about midnight. 杰克总是午夜前后睡觉。

- 9 He has gone to rest. 他去睡觉了。
- 10 I stirred now and again in my sleep. 我睡觉时翻来覆去。
- 11 We go to bed at eleven. 我们11点睡觉。
- 12 His bedtime is ten o'clock. 他的就寝时间是十点钟。
- 13 I hardly ever go to bed before midnight. 我很少在午夜以前就寝。
- 14 They all went to sleep except Jack. 除杰克之外，他们都去睡觉了。
- 15 You mustn't play the piano while our son is sleeping. 儿子睡觉时，不要弹钢琴。
- 16 I always tell my niece a story before she goes to sleep. 侄女睡觉之前我总讲故事给她听。
- 17 I found she went to sleep immediately and slept soundly all night. 我发现她很快入睡而且整晚睡得非常好。
- 18 I didn't sleep well last night. 昨晚我睡不安稳。
- 19 It seems that you haven't had enough sleep lately. 好像你最近睡眠不够。
- 20 I was soundly asleep all night long. 整个晚上我睡得很沉。
- 21 Did you sleep well last night? 你昨晚睡得好吗?
- 22 Is there somewhere for you to sleep? 你有地方睡觉吗?
- 23 I stick to a regular bedtime schedule. 我坚持每晚按时睡觉。
- 24 We seldom stay up all night. 我们很少整夜不睡觉。
- 25 How about going to bed earlier tonight? 今晚我们早点睡好吗?
- 26 My father is just sleeping inside the room. 父亲正在房间里睡觉。
- 27 Some people grind their teeth while they are asleep. 有些人睡觉时磨牙齿。
- 28 I succumbed to weariness and went to bed. 我疲惫不堪，上床睡觉了。
- 29 We have no choice but to lie down and sleep. 我们别无选择，只好躺下来睡觉。
- 30 You must accustom yourself to staying up late. 你得使自己习惯于晚睡觉。
- 31 There is no harm in your staying up late occasionally. 偶尔晚睡并无大碍。
- 32 Staying up late will do you harm at your age. 你这样年纪，晚睡不好。
- 33 You should not have stayed up late. 你不该那么晚才睡。
- 34 Tired as I was, I sat up late. 我虽然疲倦，可仍然很晚才睡。
- 35 I go to sleep immediately and sleep soundly all night. 我很快入睡而且整晚睡得非常好。
- 36 I am really a night person, and I stayed up very late last night. 我是个夜猫子，昨晚很晚才睡。



# 3 租房

## Dialogue ..... 对话 MP3 01-03

- Steven wants to rent an apartment. So he comes to see the apartment Mr. Sellers advertised. At this moment he is having a conversation with Mr. Sellers.

Steven: You must be Mr. Sellers. I'm Steven. I am here to see the apartment you advertised.

Mr. Sellers: Oh, nice to see you. The apartment is on the tenth floor. The previous tenant just moved out yesterday.

Steven: Could I have a look at it first?

Mr. Sellers: Sure. Let me show you the way. Here we are. Apartment 1008. (They enter.) This is the living room dining room combination. Here's the kitchen. It's small, but fully equipped. The refrigerator is new, and the stove and the microwave oven are less than a year old.

Steven: It's nice. So this is the bathroom. And that must be the bedroom.

Mr. Sellers: Yes. And there's a walk-in closet.

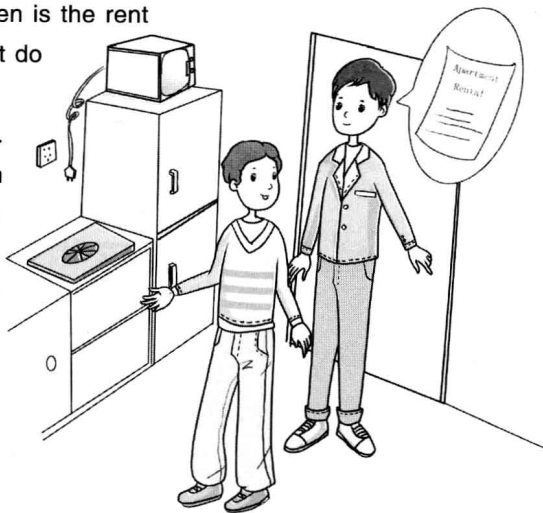
Steven: Is there air conditioning?

Mr. Sellers: Yes, there's central air conditioning and heating. The thermostat is in the living room.

Steven: What's the house rent? When is the rent due? And how much security deposit do you require?

Mr. Sellers: It's 600 yuan per month. The rent is due no later than the tenth of the month. We ask that you leave a month's rent as a deposit. It will be returned to you at the end of your lease.

Steven: I like the apartment, Mr. Sellers. You can show me the lease.





史蒂文想租套公寓。因此他照着塞勒先生的广告来看公寓。此刻他正和塞勒先生谈话。

史蒂文：你一定是塞勒先生吧，我是史蒂文，我是来看你登广告的那套公寓的。

塞勒先生：哦，很高兴见到你。公寓在十层楼上。上一位房客昨天刚搬走。

史蒂文：我能先看看吗？

塞勒先生：当然可以，我来为您带路。就是这儿。1008号房。（他们进房间。）这是客厅兼餐厅。厨房在这儿。厨房虽小，但设备齐全。冰箱是全新的，炉子和微波炉才用了不到一年。

史蒂文：挺好。这就是浴室，那间是卧室吧。

塞勒先生：是的。这儿还有个壁橱。

史蒂文：有空调吗？

塞勒先生：有，有中央空调和供暖系统。调温器在客厅里。

史蒂文：房租是多少？什么时候付房租？另外你们要求付多少保证金？

塞勒先生：房租是一个月600元。房租不迟于每月10号付清。我们要求你付一个月的租金做定金。定金在你租约期满后归还。

史蒂文：我很喜欢这套公寓，塞勒先生。你可以给我看看租约了。

## **V**ocabulary and Phrases ..... 单词和短语

previous ['pri:vjəs] adj. 以前的，先于，……之前

tenant ['tenənt] n. 房客

occupancy ['ɔ:kjupənsi] n. 居住期间

thermostat ['θə:məstæt] n. 恒温器

deposit [di'pɒzɪt] n. 存款，定金

lease [li:s] n. 租约，租契，租期

## **K**ey Sentences ..... 核心句型

### 租房寒暄

① You must be Mr. Smith. 你一定是史密斯先生吧。

② I'm Steven. 我是史蒂文。