

宁波市中小学教师继续教育培训教材

# 校园英语100句

School English 100

宁波教育学院

Ningbo Institute of Education

## Part One Everyday English 第一部分 日常英语

### 1. Greetings and Introductions 问候

1. **Good morning (afternoon, evening)**  
早上(下午, 晚上)好。
2. **How do you do?**  
你好。
3. **Nice to meet you.**  
见到你很高兴。
4. **It's so nice to see you again.**  
很高兴又见面了。
5. **How are you?**  
你好吗?
6. **Fine, thank you. And you?**  
谢谢, 挺好。你呢?
7. **How is everybody at the office?**  
办公室其他人好吗?
8. **Not very well, I am afraid.**  
恐怕不怎么样。
9. **I'd like you to meet my friend, John Smith.**  
我想要你见见我的朋友约翰·史密斯。
10. **May I introduce Mary to you?**  
请允许我把玛丽介绍给你。
11. **This is John Smith, principal of the school.**  
这是约翰·史密斯校长
12. **May I introduce myself to you?**  
请允许我作自我介绍。
13. **My name is John Smith.**  
我叫约翰·史密斯
14. **I'm a teacher in this school.**  
我是这个学校的老师。
15. **I think we have met before.**  
我想我们以前见过。

## II. Making Telephone Calls 打电话

- 1. This is Dean's Office of Ningbo Xiaoshi Middle School.**  
这是宁波效实中学教务主任办公室。
- 2. May I speak to Mr. Smith, dean of the school, please?**  
请叫一下史密斯主任。
- 3. This is John speaking. (Speaking, please.)**  
我是约翰
- 4. Hello, this is Jack. Is John Smith in?**  
喂，我是杰克，约翰·史密斯在吗？
- 5. Hold on, please.**  
请等一等，别挂电话。
- 6. Sorry, he is not at the office now.**  
对不起，他现在不在办公室。
- 7. Would you like to leave a message?**  
请你留下口信，好吗？
- 8. Tell him to call back. My phone number is 87121828.**  
告诉他给我打个回电，号码是 87121828。
- 9. Please ask him to call Mr. Smith at 87123151 as soon as he gets back.**  
一回来请他给史密斯先生打电话，号码是 87123151。
- 10. Can you put me through to the extension 204, please?**  
请给我接通 204 分机。

## III. Asking the Way and Doing Some Shopping 问路和购物

- 1. Excuse me, how can I get to No. Two Middle School?**  
劳驾，第二中学怎么走？
- 2. Can you tell me the way to Ningbo Education Committee?**  
能告诉我去宁波教委的路吗？
- 3. Yes, of course. It's over there.**  
当然，就在那儿。
- 4. Can you help me? I'm trying to find the Principal's Office.**  
你能帮我吗？我正在找校长办公室。
- 5. It is on the second floor of that building.**  
在那幢楼的二楼。
- 6. This way, please.**

请这边走。

7. Where is the nearest phone booth?

附近哪儿有公用电话亭?

8. Is it far from here?

离这儿远吗?

9. You have to take the bus and the bus-stop is over there.

你必须得乘公共汽车。车站就在那儿。

10. I'd like to buy typical Chinese products.

我想买些典型的中国货。

11. Go to the souvenir store to buy some silk products for your friends.

去礼品商店为你的朋友买些丝绸产品。

12. What can I do for you?

你要什麼?

13. How much is it?

多少钱?

14. It's too expensive.

这太贵了。

15. It looks fine and I will take it.

这看上去很好，我要了。

#### IV. Taking Meals 就餐

1. Are you ready to order?

可以点菜了吗?

2. Here's the menu. What would you like to have?

这是菜单。要吃什麼?

3. Will you have anything to drink?

想喝点什麼?

4. This restaurant is popular with seafood.

这个餐馆的特色菜是海鲜。

5. Which do you prefer, Chinese food or Western food?

喜欢中餐还是西餐?

6. I can't stand Western food. Let's try something Chinese.

我不会吃西餐，来点中国菜吧。

7. What do you think of fish?

这鱼你觉得怎么样？

8. **It's delicious, and I love it.**

味道很好，我喜欢。

9. **Are you going to pay the bill in cash or by credit card?**

你准备用现金还是信用卡付账？

10. **Here is 500 yuan and keep the change.**

给你 500 元，不用找了。

## **V. Requests and Offers    请求和帮助**

1. **Can I have a word with you now?**

现在可以和你讲几句吗？

2. **Could you spare me a few minutes?**

可以占用你几分钟时间吗？

3. **Would you please do me a favour?**

可以帮我做件事吗？

4. **Do you mind my smoking here?**

我可以在这儿抽烟吗？

5. **Can I help you?**

我能帮你什么？

6. **Let's give you a hand.**

让我们帮你一把。

7. **Would you like me to call the police for you?**

要我叫警察吗？

8. **Is it all right if I use the computer here?**

我可以用这儿的计算机吗？

9. **You can share the office with me.**

你可以和我合用办公室。

10. **I can lend these books to you.**

我可以把这些书借给你。

## **VI. Appointments and Invitations    约会和邀请**

1. **I'd like to see you this afternoon. Shall I meet you at 4 in your office?**

我想今天下午来见你，4 点钟在你办公室见，可以吗？

2. **Are you free this evening? I have something to discuss with you.**

今晚有空吗？我有些事情要跟你商讨。

3. What time will be convenient for you?

什么时候你方便？

4. Would Monday morning be all right?

星期一早晨可以吗？

5. I'm afraid I can't make it tomorrow morning. What about tomorrow afternoon?

恐怕不能定在明天早晨。明天下午怎么样？

6. We'd like to invite you over for dinner this evening.

今晚我们想请你过来吃饭。

7. Would you like to come to the party?

你愿意来参加聚会吗？

8. We hope you'll be able to join us.

我们希望你能来参加。

9. Could we have the honour of your presence at the meeting?

可否请您光临本次会议？

10. Sure. Thanks for asking me.

好的，谢谢你的邀请。

## VII Apologies and Thanks 抱歉和感谢

1. I'm very sorry to have kept you waiting.

很抱歉让你久等了。

2. I must apologize for what I said just now.

我必须为我刚才的话表示道歉。

3. Excuse me for interrupting you.

抱歉，打扰你了。

4. I'm very sorry for the inconvenience. I'll check it immediately.

我很抱歉对你造成了不方便，我马上去检查一下。

5. Much to my regret, I must leave now.

我现在必须离开，我深表遗憾。

6. Thank you very much.

非常感谢。

7. Thank you for your help.

谢谢你的帮助。

8. It's very kind of you to come to the airport to meet me.

谢谢你能来机场接我。

9. You are welcome.

不用客气。

10. Thank you all the same.

同样要谢谢你。

### VIII. Communication Problems      交际障碍

1. I beg your pardon. (Pardon.)

请原谅，再说一遍。

2. Please say that more slowly.

请说得慢一点。

3. I am sorry I can't follow you.

抱歉，我听不懂。

4. Do you catch my meaning?

你懂我的意思吗？

5. Have you got any questions? I shall be very pleased to answer them.

你有问题吗？我很乐意回答。

### IX. At the Customs and at the Airport      在海关和机场

1. May I see your passport, please?

请出示护照。

2. Have you anything to declare?

有什么要申报的吗？

3. I am afraid you have to pay duty on the cigarettes and perfume.

这些香烟和香水你恐怕得付关税。

4. Please show your customs declaration form.

请出示你的海关申报单。

5. You can get your luggage back from the line.

你可以在输送带上取回你的行李。

6. We must check in an hour earlier before the plane leaves

在飞机离开前半小时，我们必须办理登机手续。

7. Be careful with your boarding pass.

保管好你的登机牌。

8. Which gate does Flight 5352 leave from?

5352 航班从哪个入口登机？

9. I'm from Ningbo Education Committee. Welcome to Ningbo.

我是宁波教委的，欢迎你来宁波。

10. We hope you will enjoy your stay in Ningbo.

我希望你宁波之行愉快。

## X. Farewell 告别

1. Good-bye. (Bye-bye.)

再见！

2. See you later.

以后见。

3. I've come to say good-bye to you.

我来向你告别。

4. Good-bye. Have a nice trip.

再见，路途愉快。

5. Good-bye and thanks for what you have done for us.

再见，谢谢你为我们所做的一切。



## Part Two School English 第二部分 校园英语

### 1. Introduction of School 学校介绍

1. **Our school was founded in 1949. It has been developing since then.**  
我们学校建于 1949 年，此后一直在不断地发展。
2. **Our school is a key school and is a backbone model school in Ningbo.**  
我们学校是个重点学校，在宁波起著骨干示范作用。
3. **"Excellent School Spirits, Strict Teaching Style, Diligent Studying Style and Modern Management Style" is what we try to achieve.**  
我们追求的目标是“校风正，教风严，学风浓，管理新”。
4. **There are 200 staff and nearly 2000 students in our school. We turn out about 400 graduates every year. And more than 90 percent of them are enrolled by universities.**  
我们学校有 200 名教职工，近 2000 名学生，每年约有 400 名毕业生，90% 以上考上大学。
5. **The school has one administration building, one laboratory building and four classroom buildings. It covers the area of 50,000 square metres.**  
学校有一幢行政楼，一幢实验楼，四幢教学楼，总面积 50000 平方米。
6. **Principal's Office and Administration Office are on the third floor of Administration Building. Reception Room is just next to them. Teaching Affairs Office is on the first floor and Students' Affairs Office is on the second floor.**  
校长室和行政办公室在行政楼的三楼，隔壁是接待室。教务处在二楼，学生处在二楼。
7. **In Laboratory Building there is a computer center with 100 computers, a computer reading room, a language lab and two multimedia classrooms. They are all well equipped.**  
试验楼有一个配备 100 台计算机的计算机中心，一个电子阅览室和两个多媒体教室，设备先进。
8. **The modern auditorium is often used for meetings, demonstration classes and performances.**  
现代化礼堂常用来开会、示范课和演出。
9. **The school has a large library with reading rooms for both teachers and students, and a reference room for teachers.**  
学校的图书馆很大，有教师学生阅览室，有教师资料室。
10. **All the computers in our school have been connected to the Internet.**

学校所有的计算机都已与互连网相连。

## II. Teaching 教学

1. We have carried the policy of Nine-year Compulsory Education.

我们已实行九年制义务教学政策。

2. All the children ranging from 6 to 16 in our area have gone to school to receive education.

我们地区所有 6 到 16 岁的孩子都已上学接受教育。

3. Now we are making reform in education. We used to pay much attention to book learning, but now we lay more emphasis on developing students' creative abilities and learning skills.

我们正在进行教育改革，过去我们太重视书本知识，但现在更重视学生的创新能力和学习能力。

4. Most of the teachers have tried to use multi-media facilities in their teaching.

大部分教师努力用多媒体进行教学。

5. Both teachers and students can get more information through the Internet.

学生和教师都能通过因特网获得更多的信息。

6. Students have seven classes a day and five days a week.

学生一天上七节课，一周上五天课。

7. Teachers all work very hard. They spend most of their time preparing their lessons and correcting students' exercises.

老师工作非常努力，他们把大部分时间花在备课改作业上。

8. Many teachers have formed the habit of doing some research on teaching in their spare time.

许多教师业余时间搞科研已蔚然成风。

9. We combine the moral education with teaching and train our students to be highly qualified.

我们将德育教育融入教学，培养高素质人才。

10. They are making great progress every day.

他们的进步与日俱增。

## III. Classroom English 课堂英语

1. There goes the bell. It's time for class.

铃声响了，该上课了。

2. Are you all ready for class?  
你们作好上课的准备了吗?
3. This is Mr Li. He is going to teach you Chinese this term.  
这位是李先生。这学期他将要教你们中文。
4. She has rich experience in teaching Chinese.  
他在中文教学方面有很丰富的经验。
5. We are going to have a new lesson today.  
今天我们准备上新课。
6. Do you understand what I have said?  
你明白我说的话了吗?
7. If you have any questions, please don't hesitate to ask.  
如果你们有什么问题, 尽管问我。
8. Listen to me carefully.  
仔细听我说。
9. I'm sorry I cannot follow you. Will you please explain it again?  
对不起我跟不上你。请你再说一遍好吗?
10. That's all for today. Class is over.  
今天就上到这里, 下课。

#### IV. Extracurricular Activities 课外活动

1. Our school activities outside classroom are in full swing.  
我们学校的课外活动已经蓬勃开展起来了。
2. Students love sports and we have sports meeting every year.  
学生热爱运动, 我们每年都举行运动会。
3. After school there are some matches between classes such as football match, basketball match and table tennis match.  
课后班级之间有比赛, 如足球赛、篮球赛、乒乓球赛。
4. Now all the students are doing body exercises.  
所有的学生正在做广播操。
5. Every year we hold festivals of art.  
我们每年举行艺术节。
6. There is a variety of performances including singing, dancing, reciting poems and drawing pictures.  
有各种各样的活动包括唱歌、跳舞、诗朗诵和绘画。

7. **Sometimes we hold a singing competition or a speech contest.**  
有时我们举行歌咏比赛或演讲比赛。
8. **On weekend there is an English Evening or English Corner.**  
周末有英语晚会或英语角。
9. **Students often go to the society to take part in social practice during their vacations.**  
学生在假期常走向社会，参加社会实践。
10. **They are all volunteers who want to contribute themselves to their hometown.**  
他们都是志愿者，愿为家乡作出他们的贡献。

Part Three Appendix 第三部分 附录

I. Alphabet 字母

字 母		字母名称	字 母		字母名称
大写	小 写		大写	小 写	
A	a	[ei]	N	n	[en]
B	b	[bi:]	O	o	[əu]
C	c	[si:]	P	p	[pi:]
D	d	[di:]	Q	q	[kju:]
E	e	[i:]	R	r	[a:]
F	f	[ef]	S	s	[es]
G	g	[dʒi:]	T	t	[ti:]
H	h	[eitʃ]	U	u	[ju:]
I	I	[ai]	V	v	[vi:]
J	j	[dʒeɪ]	W	w	[ˈdʌblju:]
K	k	[kei]	X	x	[eks]
L	l	[el]	Y	y	[wai]
M	m	[em]	Z	z	[zed]

II. Symbols for phonemes 音 素

1. 元音

单元音	例 词	双元音	例 词
[i:]	me he these	[ei]	make late name
[ɪ]	is city big	[əu]	go home over
[e]	end yes ten	[aɪ]	five my nice
[æ]	back had hand	[aʊ]	our now how
[ə:]	her bird early	[ɔɪ]	join boy noise
[ə]	winter about reader	[jə]	near hear beer
[ʌ]	cut come us	[eə]	hair air there
[a:]	car father ask	[uə]	poor sure during
[ɔ]	on off lot		
[ɔ:]	all walk more		
[u]	foot book put		
[u:]	soon do you		

2. 辅音

辅音	例 词	辅音	例 词
[p]	pen map paper	[ð]	this with rather
[b]	bee job but	[s]	sun son sister
[t]	tea teacher meet	[z]	nose is was
[d]	day bed had	[r]	red radio friend
[k]	keep cake clock	[h]	hot he who
[g]	bag get good	[w]	what we wind
[m]	me time my	[j]	yet year yes
[n]	Afternoon know on	[tʃ]	china chair picture
[ŋ]	ink ring song	[dʒ]	enjoy jeep judge
[l]	low table late	[tr]	tree train try
[f]	safe off far	[dr]	dry drive hundred
[v]	voice give very	[ts]	its parts students
[θ]	thank think nothing	[dz]	words needs goods

III. Numeral 数词

1. Ordinal 基数词

1 one	13 thirteen	20 twenty
2 two	14 fourteen	21 twenty-one
3 three	15 fifteen	30 thirty
4 four	16 sixteen	40 forty
5 five	17 seventeen	50 fifty
6 six	18 eighteen	60 sixty
7 seven	19 nineteen	70 seventy
8 eight		80 eighty
9 nine		90 ninety
10 ten		100 one hundred
11 eleven		1,000 one thousand
12 twelve		100,000 one million

2. Cardinal 序数词

1 <sup>st</sup> first	13 <sup>th</sup> thirteenth	20 <sup>th</sup> twentieth
2 <sup>nd</sup> second	14 <sup>th</sup> fourteenth	21 <sup>st</sup> twenty-first
3 <sup>rd</sup> third	15 <sup>th</sup> fifteenth	30 <sup>th</sup> thirtieth
4 <sup>th</sup> fourth	16 <sup>th</sup> sixteenth	40 <sup>th</sup> fortieth
5 <sup>th</sup> fifth	17 <sup>th</sup> seventeenth	50 <sup>th</sup> fiftieth
6 <sup>th</sup> sixth	18 <sup>th</sup> eighteenth	60 <sup>th</sup> sixtieth
7 <sup>th</sup> seventh	19 <sup>th</sup> nineteenth	70 <sup>th</sup> seventieth
8 <sup>th</sup> eighth		80 <sup>th</sup> eightieth
9 <sup>th</sup> ninth		90 <sup>th</sup> ninetieth
10 <sup>th</sup> tenth		100 <sup>th</sup> (the) hundredth
11 <sup>th</sup> eleventh		101 <sup>st</sup> one hundred and first
12 <sup>th</sup> twelfth		1000 <sup>th</sup> (the) thousandth
		100,000 <sup>th</sup> (the) millionth

IV. Date 日期

Week (星期)	Month (月份)	Season (季节)
Sunday 星期日	January 一月	Spring 春季
Monday 星期一	February 二月	Summer 夏季
Tuesday 星期二	March 三月	Autumn 秋季
Wednesday 星期三	April 四月	Winter 冬季
Thursday 星期四	May 五月	
Friday 星期五	June 六月	
Saturday 星期六	July 七月	
	August 八月	
	September 九月	
	October 十月	
	November 十一月	
	December 十二月	

V. Subject 科目

Politics 政治	Chinese 中文
Maths 数学	English 英语

Physics	物理	Chemistry	化学
Biology	生物	History	历史
Geography	地理	Music	音乐
Arts	美术	PE (Physical Education)	体育
Natural Science	自然	Moral Education	思想品德
Social Science	社会		

## VI. Sports 运动

field events	田赛	track events	径赛
games	游戏, 比赛	relay race	接力赛
hurdle race	跨栏	basketball court	篮球场
high-jump	跳高	long-jump	跳远
basketball	篮球	football; soccer	足球
volleyball	排球	tennis	网球
table tennis	乒乓球	badminton	羽毛球
discus	铁饼	javelin	标枪
swimming	游泳	sports ground	田径场

## VII. School and Classroom 学校和教室

headmaster	校长	deputy headmaster	副校长
student (pupil)	学生	teacher	教师
form teacher	班主任	desk mate	同桌
monitor	班长	classmate	(同班) 同学
dormitory	寝室	door	门
window	窗	blackboard	黑板
teacher's desk	讲台	chalk	粉笔
eraser	橡皮; 板擦	desk	课桌
chair	椅子	time-table	课程表
pencil-box	铅笔盒	pen	钢笔
ball-pen	圆珠笔	rubber	橡皮
ruler	尺	book	书本
note-book	笔记本	exercise-book	练习本
school-bag	书包	dean	主任
vice-dean	副主任	assistant	助理



educational inspector	督学	computer	电脑
digital projection apparatus	数码投影仪		

### VIII. Office and Building 办公室和大楼

Bureau of Education	教育局	Provincial Education Department	教育厅
Principal's Office	校长室	Administration Office	行政办公室 (院办)
Teaching Affairs Office	教务处	Department of students moral and ethic education	政教处
General Affairs Office	总务处	League Committee	团委
Reception Room	接待室	Meeting Room	会议室
Teaching and Research Section	教研室	Teaching and Science Office	教科所
Administration Building	行政楼	Classroom Building	教学楼
Laboratory Building	实验楼	Library	图书馆
Reading room	阅览室	Computer reading room	电子阅览室
Teachers' reference room	教师阅览室	Language lab	语言实验室
Computer center	计算机中心	Multimedia classroom	多媒体教室
Teaching technology studio	电教室	Auditorium	大礼堂
Gymnasium	体育馆	Dining room	食堂
Multi-functional building	综合楼		

### IX. Main Tourist Attractions in Ningbo 宁波主要名胜

Baoguo Temple	保国寺	Ningbo Children's Park	宁波儿童公园
Tiantong Temple	天童寺	Tianyi Pavilion Library	天一阁
Asoka Temple	育王寺	Huangcheng Beach	皇城沙滩
Qita Temple	七塔寺	Moon Lake Park	月湖公园
Dongqian Lake	东钱湖	Hemudu Cultural Relics	河母渡文化遗址
City God Temple	城隍庙	Tianyi Square	天一广场
Zhongshan Square	中山广场	Yangguang Square	阳光广场
Beilun Port	北仑港	Lingqiao Bridge	灵桥