



# INTERPERSONAL ENGLISH

30-MINUTE DAILY PRACTICE

- 每天只要3个10分钟
- 不知不觉中，将自己锻炼成为用英语交际的高手



戴卫平 张学忠 高鹏○主编

# 每天半小时 交际英语不冷场

260个交际话题 | 52周的学习计划

愿本书能够帮助您每天忙里偷闲，  
利用3个10分钟磨练英语口语，  
经过260天的千锤百炼，  
炼出一副伶牙俐齿。  
亲爱的读者，请记住：  
只要功夫深，铁杵磨成针！



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DALLIAN UNIVERSITY OF TECHNOLOGY PRESS



INTERPERSONAL ENGLISH  
30-MINUTE DAILY PRACTICE

# 每天半小时 交际英语不冷场



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# 前言

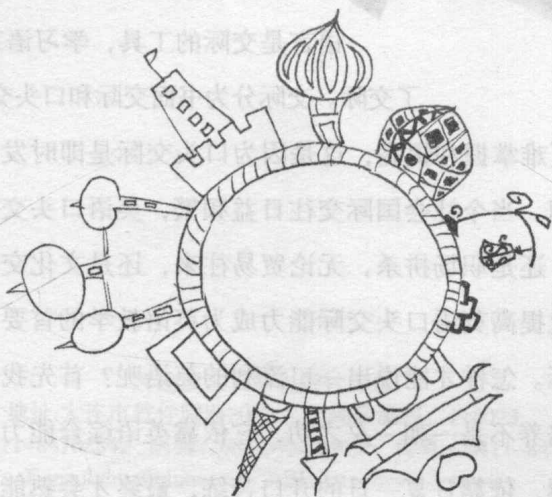
## PREFACE

语言是交际的工具，学习语言的目的自然也是为了交际。交际分为书面交际和口头交际，比较而言，口头交际的能力更难掌握和提高，这是因为口头交际是即时发生的，不给说话者字斟句酌的时间。当今社会国际交往日益频繁，英语口语交际能力愈加重要。无论出国留学，还是职场拼杀，无论贸易往来，还是文化交流都离不开英语口语的交流，因此提高英语口语交际能力成为英语教学的首要任务，也是英语学习者追求的目标。怎样才能说出一口流利的英语呢？首先我们要认识到英语口语交际能力的培养不是一朝一夕之功，它依靠英语综合能力的支撑，依靠大量语言材料的积累，依靠日复一日的开口苦练，最终才会熟能生巧，想说就说，脱口而出。其次，交际的过程是听-说过程，“听”是基础，“说”是目的，只有听得懂，才能说得明白。道理很简单，听不懂别人说什么，你怎么知道如何应答呢？倘若你能口若悬河，也只能是自言自语。基于这两点考虑，我们精心设计编写了这本《每天半小时 英语交际不冷场》。本书以天为单位，以每周五天计，共有二百六十天训练内容。每天由三个版块组成：10分钟：记一记；10分钟：听一听；10分钟：说一说。本书设计科学合理，每天早午晚各占10分钟，便于读者安排。练习形式的编排由易到难，由强化记忆到语言材料输入，再到

自由表达，面对交际任务不再有“有口无言”的窘迫。话题涉及面广，涵盖日常学习、工作、生活的方方面面，置身于纷杂的大千世界不再有“欲说无语”的社交场面。愿本书能够帮助读者每天忙里偷闲，利用三个10分钟磨练英语口语，经过二百六十天的千锤百炼，炼出一副伶牙俐齿。亲爱的读者，请记住：只要工夫深，铁杵磨成针！由于编者的水平所限，错误和不当之处在所难免，敬请赐教。

编者

2011年9月



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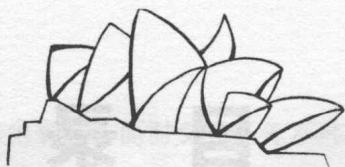
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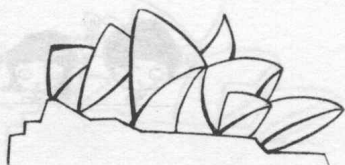
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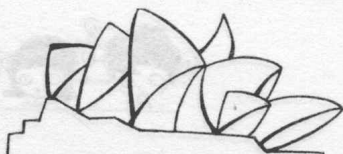
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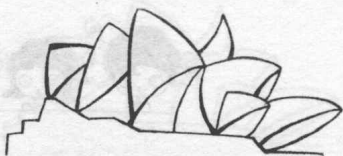
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# 第一章 说说自己

第1周

## 1 Childhood is a valuable gift

### 童年是珍贵的礼物

**10分钟 记一记** 你在哪个城市长大?

Which city did you grow up in?

- |                                                   |                           |
|---------------------------------------------------|---------------------------|
| 1. I was born and brought up in Guangzhou.        | 1. 我在广州出生、长大。             |
| 2. Where did you grow up?                         | 2. 你是在哪儿长大的?              |
| 3. My friend spent his childhood in Kunming city. | 3. 我朋友的童年是在昆明度过的。         |
| 4. I lived in California until I was ten.         | 4. 我在加州一直住到10岁。           |
| 5. Are you a kid of the 70s, 80s or 90s?          | 5. 你是70年代、80年代还是90年代生的小孩? |

**10分钟 听一听** 我仍然想念哈尔滨, 但是上海更让人激动。

I still miss Harbin, but Shanghai is more exciting.

A: Where did you live before you came to Shanghai?

A: 你来上海之前家在哪儿?

B: In Harbin. I was born and brought up there.

B: 在哈尔滨, 我在那儿出生、长大。

A: Ah, I know the city.

A: 啊, 我知道那儿, 你的童年是在那儿过的吗?

Did you spend your childhood there?

B: Yes, I left the city when I was 13 and moved to Shanghai with my parents.

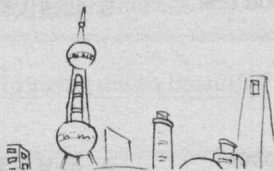
B: 是的, 我到十三岁才离开那儿和父母搬来上海。

A: Then there must be beautiful memories for you in Harbin.

A: 在哈尔滨一定有你很多美好的回忆。

B: Definitely. I still miss Harbin, but Shanghai is more exciting.

B: 的确, 我仍然怀念哈尔滨, 但上海更让人激动。



**10分钟 说一说** 你的童年是在哪里度过的?

Where did you spend your childhood?

A: Childhood is a special stage in our life. Don't you think so?

A: 童年是生命中特殊的一个阶段, 你不这样认为吗?

B: Yes, I can't agree with you more. One's character can be much influenced by how he spent his childhood. By the way, where did you spend your

B: 是的, 你说得很对! 一个人的性格很大程度上是受童年生活影响的。对了, 你的童年是在哪儿度过的?



childhood?

A: My hometown is by the seaside, Weihai. I still miss those days when I played on the beach.

A: 我的老家在海边，就是威海。我仍然很怀念在海滩上玩耍的日子。

B: No wonder you like the sea so much.

B: 难怪你那么喜欢大海。



第1周

2

All work and no play makes Jack a dull boy

只会学习不会玩，聪明的小孩也变傻

**10分钟 记一记** 怎样提出建议?

How to give suggestions?

1. Why don't you celebrate Christmas with your family and relax yourself?
2. Don't you go out for dinner on that day?
3. Don't stay too late.
4. How about going to the cinema tonight?
5. I suggest you calm down and have a good rest.

1. 你为什么不和家人一起过圣诞节放松一下呢?
2. 那天你不出去吃饭吗?
3. 别熬太晚了。
4. 今晚去看电影怎么样?
5. 我建议你静下来休息一下。

**10分钟 听一听** 圣诞节你打算怎么过?

What are you going to do on Christmas?

A: Christmas is coming up. What's your plan?

A: 圣诞将至，有什么计划吗?

B: I am afraid I have to go over all lessons since final exam is approaching.

B: 恐怕我得复习功课了，马上就要期末考试了。

A: Don't you go out enjoying yourself on that special day?

A: 这么特殊的日子你不打算出去玩吗?

B: I'd love to but I don't want to fail the exam again.

B: 我很想玩，但又不想再考不及格了。

A: Cheer up. You will find a way out.

A: 振作点！会有办法的。



**10分钟 说一说** 我上网到很晚。

I was surfing the internet until it was too late.

A: Hello, John. Could you do me a big favor?

A: 你好，约翰。能帮我个大忙吗?

B: Sure, what's up?

B: 当然可以！怎么了?