



IELTS

Real Test

雅思口說

當季真經全詳解

(IELTS-RT-Speaking)

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《雅思口說當季真經全詳解》

感謝您選擇《雅思口說當季真經全詳解》做為準備雅思口語考試的練習材料。我們相信本書將為您提供有用的指導和素材，幫助您充分展示您的語言能力和應對技巧。

以下是本書參考答案的構成方式說明。瞭解這些架構，可以幫助您進一步發揮本書的效能。

Part 1 答案結構

● 答案內容

Part 1 的內容結構簡單。每個回答的第一句是問題的簡答，即對問題進行直接回答。接下來的內容則是進一步的分析和支持，提供相關論點、舉例或進行比較等等。

● 答案字數

每個 part 1 答案的字數約在 50 字左右，適合考試的實際需要。但是某些題目可以因為問題的複雜度不同，參考答案會較長。考生可以根據自己的表達需求，進行適度調整。

● 詞彙難度

我們使用具有 7-8 分程度的雅思口說詞彙和表達方式，以展示您的語言能力。

針對台灣考生設計

《雅思口說當季真經全詳解》內容針對台灣考生的背景設計，以確保與您的實際情況相符。然而，部分涉及個人生活的問題，您可以根據自己的經驗進行調整。

不必一定說真心話

請注意，在雅思口說考試中，回答問題主要測試您的應對能力，並非要求您提供真實的個人信息。因此，您不必一定說真心話，可以根據需要發揮自己的想像力和創造力，以達到最佳的表達效果。

使用說明

針對不同長短的準備時間，以下是本書的一些建議使用方式。

長時間準備

- 長時間準備的考生可以更充分地利用這本答案書，逐步學習和理解其中的解答結構、詞彙和表達方式。
- 可以從頭到尾閱讀整本書，並將答案和相關的詞彙和句型進行筆記和整理。
- 在準備的過程中，可以嘗試根據書中的解答結構和詞彙，進行口說練習並逐步提高流暢度和表達能力。

短時間準備

- 如果時間有限，建議專注於書中的部分問題或範例，特別是那些與自身經驗相關性很低（也就是陌生）的題目。
- 選擇幾個問題進行深入研究，將重點放在答案結構和相關詞彙上，並嘗試在短時間內練習口說。
- 使用本書作為參考和指南，但不必試圖記住每一個答案。著重於理解和運用答案的結構和表達方式，以發展自己的想法和觀點。

不論準備時間長短，重要的是掌握解答的結構和詞彙，並以流暢自然的方式表達思想。在練習口說時，請確保不僅專注於答案的內容，還要注意語速、語調和語音準確性。

最重要的是，多做口說練習，並將本書中的內容和示例作為指南，逐漸提高自己的口說能力。

希望這些建議能對您有所幫助，如果您有任何問題或需要進一步的協助，請隨時（利用本書封面上的聯絡方式）與我們聯繫。

最後，祝您準備順利並取得理想的雅思口說成績！

31

Collecting Things

1. Do you collect things?

Yes, I enjoy collecting things. I find it fascinating to gather and preserve items that hold personal or historical significance, such as stamps, coins, books, or artwork. Collecting allows me to explore my interests and appreciate the beauty and value of different objects.

你收藏東西嗎？

是的，我喜歡收藏東西。我覺得收集並保存那些具有個人或歷史意義的物品非常有趣，例如郵票、硬幣、書籍或藝術品。收藏讓我能夠探索自己的興趣，欣賞不同物品的美麗和價值。

2. Are there any things you keep from childhood?

Yes, I have kept some items from my childhood. These include sentimental objects like stuffed animals, drawings, and notebooks that hold memories and nostalgia. I find it heartwarming to look back on these items and reminisce about my younger years.

你保留了一些童年時期的東西嗎？

是的，我保存了一些童年時期的物品。這些包括有情感價值的物品，如毛絨玩具、繪畫和筆記本，它們承載著回憶和懷舊之情。回顧這些物品並追憶起我年少時光是一件令人溫暖的事情。

3. Would you keep old things for a long time? Why?

It depends on the significance and sentimental value of the old things. If something has sentimental value or is associated with important memories, I am more likely to keep it for a long time. However, if the items hold no personal or emotional attachment, I may choose to let go of them to declutter and make space for new experiences.

你會長時間保留舊物品嗎？為什麼？

這取決於舊物品的重要性和情感價值。如果某樣東西具有情感價值或與重要回憶相聯繫，我更有可能長時間保留它。然而，如果這些物品沒有個人或情感的聯繫，我可能會選擇放手，以清理空間，為新的經歷騰出空間。

4. Where do you usually keep things you need?

I usually keep things I need in specific designated places. For example, important documents and files are stored in a filing cabinet, books are organized on bookshelves, and everyday items like keys and wallets have designated spots near the entryway. Keeping things organized and easily accessible helps me stay efficient and saves time when I need to find something.

你通常把需要的東西放在哪裡？

我通常會將需要的東西放在特定的指定位置。例如，重要的文件和檔案存放在文件櫃中，書籍整理在書架上，而日常物品如鑰匙和錢包則在入口處附近有指定的位置。保持物品有序並易於取用有助於提高效率，並在需要找到某樣東西時節省時間。

32

Colours

1. What's your favorite color?

My favorite color is blue. I find it calming and soothing, and it reminds me of the sky and the ocean.

你最喜歡的顏色是什麼？

我最喜歡的顏色是藍色。我覺得它讓人感到平靜和舒適，而且它讓我想起天空和海洋。

2. What's the color you dislike? Why?

Personally, I don't particularly dislike any specific color. However, everyone has their own preferences, and some people may have colors they find less appealing based on personal taste or associations.

你最不喜歡的顏色是什麼？為什麼？

就我個人而言，我並沒有特別討厭任何特定的顏色。然而，每個人都有自己的喜好，有些人可能基於個人口味或聯想而對某些顏色感到不太吸引。

3. What colors do your friends like most?

My friends have different preferences when it comes to colors. Some of them like vibrant and bold colors like red and yellow, while others prefer more muted and earthy tones like green and brown.

你的朋友最喜歡的顏色是什麼？

當涉及到顏色時，我的朋友們有不同的喜好。他們中有些人喜歡鮮豔而大膽的顏色，如紅色和黃色，而其他人則比較喜歡柔和和大地色系，如綠色和棕色。

4. What color makes you uncomfortable in your room?

Colors can have different effects on individuals, but personally, I may feel uncomfortable in a room that has very bright or neon colors. I prefer more subtle and calming colors for my living space.

什麼顏色讓你在房間裡感到不舒服？

顏色對個人可能產生不同的影響，但就我個人而言，我可能會對房間裡有非常明亮或霓虹色的顏色感到不舒服。對於我的居住空間，我比較喜歡更細微和平靜的顏色。

5. What colors do you like?

Apart from blue, I also like earthy tones like green and brown, as well as soft pastel colors like pink and lavender.

你喜歡哪些顏色？

除了藍色，我還喜歡大地色系，如綠色和棕色，以及柔和的粉紅色和薰衣草色。

6. What is the most popular color in your country?

The most popular color in my country may vary depending on cultural and regional preferences. However, neutral colors like white and beige are commonly used in interior design and fashion.

在你的國家中，最受歡迎的顏色是什麼？

最受歡迎的顏色可能因文化和地區喜好而有所不同。然而，白色和米色等中性顏色在室內設計和時尚中常被使用。

7. Do you like to wear dark or bright colors?

I prefer wearing a mix of dark and bright colors depending on the occasion and my mood. It's nice to have a balance and variety in my wardrobe.

你喜歡穿深色還是亮色的衣服？

我喜歡根據場合和心情穿混合的深色和亮色衣服。在我的衣櫃中保持平衡和多樣性感覺很不錯。

8. Do colors affect your mood?

Yes, colors can indeed affect our mood. For example, bright and warm colors like yellow and orange can evoke feelings of happiness and energy, while cool colors like blue and green can create a sense of calmness and relaxation.

顏色會影響你的心情嗎？

是的，顏色確實會影響我們的心情。例如，明亮和暖色調的顏色，如黃色和橙色，可以喚起快樂和活力的感覺，而藍色和綠色等冷色調則可以營造寧靜和放鬆的感覺。

9. Did color matter to you when you were a child?

As a child, I was naturally drawn to bright and vibrant colors. Colorful toys, clothes, and art materials often caught my attention and sparked my interest.

當你還是個孩子的時候，顏色對你來說重要嗎？

小時候，我自然而然地被鮮豔和充滿活力的顏色所吸引。色彩繽紛的玩具、衣服和藝術材料經常吸引我的注意力，激發我的興趣。

10. Does color matter when you buy things?

Color can play a role in our purchasing decisions. Different colors can evoke certain emotions or associations, and companies often use color psychology in their branding and marketing strategies to influence consumer perceptions.

購物時顏色重要嗎？

顏色可以影響我們的購買決策。不同的顏色可以喚起特定的情感或聯想，公司通常在品牌和營銷策略中使用顏色心理學來影響消費者的認知。

1 **11. Which color do you not like to have in your home?**

2 Personally, I don't have a specific color that I dislike having in my
3 home. I believe it's a matter of personal preference and creating a
4 living space that aligns with your own tastes and comfort.

5 **你的家中有哪種顏色是你不喜歡的？**

6 就我個人而言，我沒有特別不喜歡在家中擁有的顏色。我認為
7 這是一個個人喜好的問題，需要創造一個符合自己品味和舒適
8 的生活空間。

9 **12. What is the difference between men's and women's
10 preference on colors?**

11 While there are generalizations about color preferences based on
12 gender, it's important to note that individual preferences can vary
13 greatly. Cultural and societal influences also play a role in shaping
14 color preferences. Some studies suggest that women tend to prefer
15 more diverse and subtle colors, while men may lean towards bolder
16 and more primary colors. However, these preferences are not
17 universal and can differ among individuals.

18 **男性和女性對顏色的喜好有什麼不同？**

19 雖然有關性別的顏色喜好的一般性觀念，但需要注意的是，個
20 人的喜好可能差異很大。文化和社會影響也在塑造顏色喜好方
21 面起著作用。一些研究顯示，女性傾向於喜歡更多樣和細膩的
22 顏色，而男性可能更偏愛更大膽和更基本的顏色。然而，這些
23 喜好不是普遍存在的，可能在個人之間有所不同。

24 **13. Have you ever seen a rainbow?**

25 Yes, I have seen a rainbow several times. It's a beautiful natural
26 phenomenon that occurs when sunlight is refracted and reflected by
27 raindrops, creating a spectrum of colors in the sky. It's always a
28 magical sight to behold.

29 **你曾經看過彩虹嗎？**

30 是的，我曾經多次看過彩虹。這是一個美麗的自然現象，當陽
31 光被雨點折射和反射時，在天空中形成一個色譜。這總是一個
32 令人神奇的景象。

33

Computer

1. Do you use the computer very much?

Yes, I use the computer extensively in my daily life. It has become an essential tool for work, communication, information access, and entertainment.

你常使用電腦嗎？

是的，我在日常生活中廣泛使用電腦。它已成為工作、溝通、資訊存取和娛樂的重要工具。

2. When do you use a computer?

I use a computer throughout the day for various purposes. I use it for work or school-related tasks, such as writing documents, creating presentations, and conducting research. I also use it for communication through email, messaging apps, and video calls. Additionally, I use it for entertainment, including browsing the internet, watching videos, listening to music, and playing games.

你什麼時候使用電腦？

我整天都在使用電腦進行各種工作。我使用它進行工作或學校相關的任務，如撰寫文件、製作簡報和進行研究。我也使用它進行通訊，包括使用電子郵件、即時通訊應用程式和視訊通話。此外，我還用它進行娛樂，包括瀏覽網頁、觀看影片、聆聽音樂和玩遊戲。

3. What do you use the computer for?

I use the computer for a wide range of activities. It serves as a productivity tool for work and study, allowing me to create and edit documents, analyze data, and collaborate with others. I use it for communication through email, social media, and video conferencing platforms. It also serves as a gateway to access information, news, and entertainment. Moreover, I utilize it for creative pursuits like graphic design, programming, and digital art.

你用電腦做什麼？

我使用電腦進行各種活動。它作為工作和學習的生產力工具，讓我能夠創建和編輯文件、分析資料並與他人協作。我使用它進行電子郵件、社群媒體和視訊會議等通訊。它還作為訪問資訊、新聞和娛樂的入口。此外，我還利用它從事創作，如平面設計、寫程式和進行數位藝術。

4. What was your impression when you used a computer for the first time?

When I used a computer for the first time, I was amazed by its capabilities and potential. The ability to navigate through programs and perform tasks using a graphical interface was fascinating to me. I was excited about the vast amount of information and resources available at my fingertips. It felt like a gateway to a new world of possibilities and sparked my curiosity to explore further.

第一次使用電腦時的印象如何？

第一次使用電腦時，我對它的功能和潛力感到驚奇。使用圖形界面瀏覽程式和執行任務的能力對我來說非常迷人。我對於指尖可得的大量資訊和資源感到興奮。它像是通向一個新世界可能性的門戶，激發了我進一步探索的好奇心。

5. How did you learn to use a computer?

I learned to use a computer through a combination of self-exploration, formal education, and online resources. Initially, I started with basic tasks like navigating the operating system, using software applications, and understanding the fundamentals of computing. Over time, I expanded my knowledge through tutorials, online courses, and practical hands-on experience. Continuous practice and exposure to different software and technologies have contributed to my proficiency in using a computer.

你是如何學會使用電腦的？

我利用自我摸索、正規教育和線上資源學習使用電腦。起初，我從基本工作開始，如操作系統、使用軟體應用程式和理解計算基礎知識。隨著時間的推移，我透過教學、線上課程和實際操作經驗擴展了我的知識。持續的練習和接觸不同的軟體和技術有助於提升我的電腦使用能力。

6. Have computers changed your life in any way? If yes, how?

Yes, computers have significantly changed my life. They have transformed the way I work, communicate, access information, and engage with the world. Computers have increased my productivity, efficiency, and creativity in various aspects of life. They have provided opportunities for remote work and learning, facilitated global connections, and opened doors to endless possibilities in terms of personal and professional growth.

電腦對你的生活有產生任何改變嗎？如果有，是什麼改變？

是的，電腦對我的生活產生了顯著的改變。它們改變了我工作、溝通、取得資訊和與世界互動的方式。電腦在生活的各個方面提高了我的生產力、效率和創造力。它們提供了遠程工作和學習的機會，促進了全球連接，為個人和職業成長開啟了無限的可能性。

7. Are computers used much in your country?

Yes, computers are widely used in my country. They are an integral part of modern life and are utilized in various sectors such as education, business, healthcare, research, and entertainment. Computers are present in schools, offices, households, and public spaces, reflecting their importance and prevalence in society.

在你的國家裡，電腦被廣泛使用嗎？

是的，在我的國家，電腦被廣泛使用。它們是現代生活的一部分，應用於教育、商業、醫療、研究和娛樂等各個領域。電腦存在於學校、辦公室、家庭和公共場所，反映了它們在社會中的重要性和普及性。

8. Do you think computers are useful in everyday life? How?

Absolutely, computers are highly useful in everyday life. They enhance productivity by automating tasks, providing access to vast information resources, and facilitating efficient communication. Computers enable us to connect with others, accomplish complex tasks, organize and analyze data, and pursue creative endeavors. They have become indispensable tools for personal and professional purposes, significantly simplifying and enriching our daily lives.

你認為電腦在日常生活中有用嗎？如何有用？

當然，電腦在日常生活中非常有用。它們通過自動化任務、提供廣大的資訊資源和促進高效的溝通，提升了生產力。電腦使我們能夠與他人聯繫、完成複雜任務、組織和分析數據以及追求創意。它們已成為個人和專業目的中不可或缺的工具，顯著地簡化和豐富了我們的日常生活。

1 **9. Computers are now used a lot in education. What do you**
2 **think of this?**

3 The increasing use of computers in education has brought about
4 numerous benefits. Computers provide access to a vast amount of
5 educational resources, facilitate interactive learning experiences, and
6 enable personalized instruction. They promote digital literacy and
7 equip students with essential skills for the modern world. However, it
8 is crucial to ensure equitable access to technology and proper
9 guidance to maximize the positive impact of computers in education.

10 **電腦現在在教育中被廣泛使用。你對此有什麼看法？**

11 電腦在教育中的廣泛應用帶來了許多好處。電腦提供了大量的
12 教育資源，促進了互動學習體驗，並實現了個性化教學。它們
13 促進了數位素養，為學生提供了面對現代世界所需的基本技能。
14 然而，確保平等的科技使用權和提供適當的指導至關重要，以
15 最大限度發揮電腦在教育中的正面影響。

16 **10. Do you play computer games?**

17 Yes, I enjoy playing computer games. They can be a form of
18 entertainment, relaxation, and even a social activity when playing
19 online multiplayer games with friends. Computer games offer
20 immersive experiences, challenges, and opportunities for creativity,
21 strategic thinking, and problem-solving.

22 **你玩電腦遊戲嗎？**

23 是的，我喜歡玩電腦遊戲。它們可以是一種娛樂方式，讓人放
24 鬆，甚至在與朋友一起玩線上多人遊戲時可以成為一種社交活
25 動。電腦遊戲提供身臨其境的體驗，挑戰和創造力、戰略思維
26 和解決問題的機會。

1 **11. Do you think computers are perfect now, or do they still**
2 **need to be improved?**

3 While computers have come a long way in terms of their capabilities
4 and functionality, there is always room for improvement. Technology
5 is constantly evolving, and there are areas where computers can be
6 enhanced. For example, advancements in artificial intelligence, user
7 interfaces, and energy efficiency can contribute to better user
8 experiences and increased efficiency. Additionally, addressing issues
9 like cybersecurity and digital accessibility remain important for the
10 continued improvement of computers.

11 **你認為現在的電腦已經很完美了，還是它們還需要改進？**

12 雖然電腦在功能和能力方面已經取得了長足的進步，但仍有改
13 進的空間。技術不斷演進，電腦仍然存在可以提升的領域。例
14 如，人工智慧、使用者界面和能源效率的進步可以提供更好的
15 使用者體驗和增加效率。此外，解決網路安全和數位無障礙等
16 問題仍然對於持續改進電腦至關重要。

17 **12. What would your life be like without computers?**

18 Without computers, my life would be significantly different. Computers
19 have become an integral part of our daily routines, from
20 communication and information access to entertainment and
21 productivity. Many tasks that are now done digitally would become
22 more challenging, such as research, online shopping, and staying
23 connected with others. It would also impact various industries that
24 heavily rely on computer technology.

25 **如果沒有電腦，你的生活會是什麼樣子？**

26 如果沒有電腦，我的生活將會有顯著不同。電腦已經成為我們
27 日常生活的一部分，涉及通訊和資訊獲取、娛樂和生產力等方
28 面。許多現在以數位形式進行的任務將變得更加困難，例如研
29 究、網上購物和與他人保持聯繫。這也將對許多業界產生影響，
30 這些業界在很大程度上依賴電腦技術。

1 **13. In what conditions would it be difficult for you to use a**
2 **computer?**

3 It would be difficult for me to use a computer in conditions where there
4 is no electricity or a stable power source. Additionally, using a
5 computer can be challenging in situations with limited or no internet
6 connectivity. Environmental factors like extreme heat or cold, as well
7 as physical restrictions due to illness or disability, can also make it
8 difficult to use a computer effectively.

9 **在什麼條件下你使用電腦會困難？**

10 在沒有電力或穩定電源的情況下，我使用電腦會很困難。此外，
11 在網路連接有限或無法連接的情況下，使用電腦也會很具挑戰
12 性。環境因素，如極端的高溫或低溫，以及因疾病或殘疾而導
13 致的身體限制，也會使有效使用電腦變得困難。

34

Concentration

1. Can you concentrate for a long time?

Yes, I can concentrate for a long time on tasks that I find interesting or important. When I am fully engaged and motivated, I can maintain my focus and concentration for extended periods.

你能夠長時間集中注意力嗎？

是的，我能夠在我認為有趣或重要的任務上集中注意力很長時間。當我完全投入並有動力時，我可以保持專注和集中注意力的時間很長。

2. Could you concentrate for a long time when you were younger?

When I was younger, it was sometimes more challenging for me to concentrate for a long time, especially on tasks that I found boring or uninteresting. However, as I grew older, I developed better self-discipline and learned techniques to improve my concentration.

在你年輕時，你能夠長時間集中注意力嗎？

在我年輕時，對於長時間集中注意力，尤其是在我覺得無聊或不感興趣的任務上，有時對我來說是更具挑戰性的。然而，隨著年齡的增長，我發展出更好的自律能力，學會了提高專注力的技巧。

3. Is it easy for you to concentrate in a noisy place?

It is generally more difficult for me to concentrate in a noisy place. I prefer a quiet and peaceful environment to minimize distractions and enhance my focus. However, I can use techniques such as wearing headphones or finding a secluded spot to help me concentrate in a noisy setting if necessary.

在嘈雜的地方，你容易集中注意力嗎？

在嘈雜的地方，我通常比較難集中注意力。我比較喜歡寧靜和平和的環境，以減少干擾並增強專注力。然而，如果有必要，我可以使用一些技巧，例如戴上耳機或尋找一個僻靜的地點，來幫助我在嘈雜的環境中集中注意力。

4. What do you do to help you concentrate?

To help me concentrate, I create a conducive environment by finding a quiet and well-lit space. I also minimize distractions by putting away my phone or other electronic devices. Additionally, I break down tasks into smaller, manageable chunks, set clear goals, and use techniques like the Pomodoro Technique, where I work for a set amount of time and take short breaks in between. These strategies help me stay focused and maintain concentration.

你是如何幫助自己集中注意力的？

為了幫助我集中注意力，我創造了一個有利的環境，找到一個安靜和光線明亮的空間。我還通過放下手機或其他電子設備來減少干擾。此外，我將任務分解為更小、可管理的部分，設定明確的目標，並使用像番茄工作法這樣的技巧，我在設定的一段時間內工作，並在中間休息一小段時間。這些策略幫助我保持專注和集中注意力。

35

Crowded Place

1. What places do you think are often crowded?

Places that are often crowded include shopping malls, popular tourist attractions, concert venues, airports, train stations, and bustling city centers. These locations tend to attract large numbers of people due to their amenities, entertainment options, or cultural significance.

你認為哪些地方常常人潮湧動？

常常人潮湧動的地方包括購物中心、熱門旅遊景點、音樂會場地、機場、火車站和繁忙的市中心。這些地方由於設施完善、娛樂選擇多或具有文化重要性，往往吸引了大量的人流。

2. When was the last time you were in a crowded place?

The last time I was in a crowded place was during a music festival I attended a few months ago. The event drew a large audience, and the venue was packed with enthusiastic music lovers enjoying the performances.

你上一次在擁擠的地方是什麼時候？

我上一次在擁擠的地方是幾個月前參加音樂節時。那個活動吸引了大批觀眾，場地擠滿了熱情的音樂愛好者，他們享受著表演。

3. How do you feel when you are in a crowded place?

When I am in a crowded place, my feelings can vary. Sometimes, I find the energy and buzz of the crowd exhilarating, especially in situations like concerts or lively gatherings. However, in more congested settings, I might feel a bit overwhelmed or claustrophobic, particularly if there is limited space or if it's challenging to navigate through the crowd. Overall, my experience in a crowded place depends on the context, my mood, and the purpose of being there.

在擁擠的地方，你有什麼感覺？

我在擁擠的地方的感覺會有所不同。有時候，我會覺得人群的能量和熱鬧令人振奮，特別是在音樂會或熱鬧的聚會中。然而，在更擁擠的環境中，如果空間有限或難以穿越人群，我可能會感到有些壓力或幽閉恐懼。總而言之，我在擁擠的地方的經歷取決於情境、我的心情和去那裡的目的。

4. Is the city where you live crowded?

Yes, the city where I live, Taipei, can be crowded. It's a bustling metropolis with a vibrant atmosphere and a significant population. The city's energy and diverse activities contribute to its dynamic, albeit crowded, nature.

你居住的城市擁擠嗎？

是的，我居住的城市臺北可能很擁擠。它是一個繁華的大都市，充滿活力，人口眾多。這座城市的活力和豐富多彩的活動造就了它充滿活力的本質，儘管擁擠不堪。

5. Is there a crowded place near where you live?

Yes, there are crowded places near my residence, such as popular markets and shopping districts. These areas attract a large number of people due to the variety of shops, restaurants, and cultural attractions, creating a lively and bustling environment.

你住的地方附近有擁擠的地方嗎？

是的，我住處附近有人群密集的地方，如熱門市場和購物區。這些地區因商店、餐館和文化景點林立而吸引了大量人流，形成了熱鬧繁華的環境。

6. Do you like crowded places?

I have mixed feelings about crowded places. While I appreciate the lively atmosphere and diverse activities, I also value moments of peace and quiet. It depends on the situation –sometimes, I enjoy the energy of crowds, and other times, I prefer more serene settings.

你喜歡人多的地方嗎？

我對人多的地方喜憂參半。我喜歡熱鬧的氣氛和豐富多彩的活動，但我也珍視寧靜的時刻。這取決於具體情況——有時，我喜歡人群的活力，有時，我比較喜歡寧靜的環境。

7. Do most people like crowded places?

Preferences vary, but generally, many people enjoy crowded places for the social interactions, entertainment, and opportunities they offer. However, some individuals may find crowded places overwhelming and prefer quieter environments. It ultimately depends on personal preferences and comfort levels.

大多數人喜歡擁擠的地方嗎？

人們的喜好各不相同，但一般來說，許多人喜歡人多的地方，因為那裡有社交互動、娛樂和機會。不過，有些人可能會覺得擁擠的地方讓人難以忍受，而比較喜歡安靜的環境。這最終取決於個人喜好和舒適程度。

231

Describe a speech you gave to a group of people

1 231.1 Part 2: Cue Card

[44] 對群眾演講

Describe a speech you gave to a group of people.

You should say:

when and to whom you gave the speech

what the speech was about

why you gave the speech

and explain how you felt about it.

1 Suggested Answer

2 I would like to talk about a speech I gave last year during my
3 school's annual science fair. It was an exciting event that took place in
4 the school auditorium, and I had the opportunity to address a large
5 audience consisting of students, teachers, and parents.

6 The speech I delivered was focused on the importance of
7 environmental conservation and the role of individuals in creating a
8 sustainable future. I discussed various environmental issues, such as
9 deforestation, pollution, and climate change, and emphasized the
10 need for immediate action to protect our planet. I also shared
11 practical tips on how everyone can contribute to environmental
12 conservation in their daily lives.

13 I gave the speech because I am passionate about environmental
14 issues and wanted to raise awareness among my peers and the
15 community. I believe that educating others about the significance of
16 environmental conservation is crucial for bringing about positive
17 change. By sharing my knowledge and ideas, I aimed to inspire
18 others to take small steps towards a greener lifestyle and encourage
19 them to become advocates for the environment.

20 Reflecting on the experience, I felt a mixture of excitement and
21 nervousness before delivering the speech. However, as I began
22 speaking and saw the engaged expressions on the faces of the
23 audience, my confidence grew. It was gratifying to see people
24 nodding in agreement and taking notes during my presentation. The
25 positive response and feedback I received afterward made me feel
26 proud of my efforts. I felt a sense of accomplishment knowing that I
27 had effectively communicated an important message and potentially
28 motivated others to take action.

29 In conclusion, giving a speech during the school science fair
30 allowed me to address a diverse audience on the topic of
31 environmental conservation. It was an opportunity to share my
32 passion, educate others, and encourage them to contribute to a
33 sustainable future. The experience left me with a feeling of fulfillment
34 and inspired me to continue speaking up for causes I believe in.

1 擬答中譯

2 我想談談去年我在學校的年度科學展上發表的演講。這是一
3 個在學校禮堂舉行的令人興奮的活動，我有機會面對一個由
4 學生、教師和家長組成的大群觀眾進行演講。

5 我所發表的演講主題是環境保護的重要性以及個人在創建
6 永續未來中的作用。我討論了各種環境問題，如森林砍伐、污
7 染和氣候變化，並強調了保護地球的迫切行動的必要性。我還
8 分享了實際的提示，教大家如何在日常生活中為環境保護做出
9 貢獻。

10 我發表這個演講是因為我對環境問題充滿熱情，希望在同
11 儕和社區中提高意識。我相信教育他人環境保護的重要性對於
12 帶來積極的變化至關重要。通過分享我的知識和想法，我旨在
13 激勵他人朝著更環保的生活方式邁出小步，並鼓勵他們成為環
14 境的倡導者。

15 回顧這次經歷，在發表演講之前，我感到興奮和緊張並存。
16 然而，當我開始演講並看到觀眾臉上的投入表情時，我的信心
17 增長了。看到人們點頭贊同並在我的演講中做筆記，這讓我感
18 到滿足。事後獲得的積極回應和反饋使我為自己的努力感到自
19 豪。我有一種成就感，知道我有效地傳達了一個重要資訊，並
20 有可能激勵他人採取行動。

21 總之，在學校科學展期間發表演講讓我能夠向一個多元的
22 觀眾談論環境保護的話題。這是一個分享我的熱情、教育他人
23 並鼓勵他們為永續未來做出貢獻的機會。這次經歷讓我充滿成
24 就感，並激發我繼續為我所信奉的事業發聲。

1 231.2 Part 3: Follow-up Questions and Answers

2 1. Why do people get nervous when they speak in public?

3 People often get nervous when speaking in public due to various
4 reasons. One common reason is the fear of being judged or evaluated
5 by others. The thought of standing in front of a large audience can be
6 intimidating, leading to self-consciousness and anxiety. Additionally,
7 the pressure to deliver a coherent and engaging speech can
8 contribute to nervousness. People may worry about forgetting their
9 lines, stumbling over words, or not meeting the expectations of the
10 audience. However, with practice and experience, individuals can
11 overcome their fear and become more confident public speakers.

12 為什麼人們在公開演講時會緊張？

13 人們在公開演講時常常會感到緊張，原因有很多。其中一個常
14 見的原因是害怕被他人評判或評價。想像自己站在眾多觀眾面
15 前可能會讓人感到壓力，產生自我意識和焦慮。此外，要求自己
16 能夠做到清晰、引人入勝的演講也會增加緊張感。人們可能
17 擔心忘記台詞、口誤或無法達到觀眾的期望。然而，通過練習
18 和經驗，人們可以克服恐懼，成為更有自信的公開演說者。

2. How can they improve their public speaking skills?

To improve public speaking skills, individuals can engage in various practices and techniques. One effective method is to join a public speaking club or take part in speech competitions. For example, participating in a Toastmasters club allows individuals to deliver speeches in a supportive environment and receive constructive feedback. Another way to improve is by watching and studying skilled speakers. By observing their body language, delivery style, and use of rhetorical devices, one can learn valuable techniques. Additionally, practicing in front of a mirror or recording oneself can help identify areas for improvement, such as vocal clarity or gestures. By regularly practicing and seeking opportunities to speak in public, individuals can gradually enhance their confidence and proficiency in public speaking.

他們如何提升公開演講技巧？

要提升公開演講技巧，人們可以參與各種實踐和技巧。一種有效的方法是加入公開演講俱樂部或參加演講比賽。例如，參加 Toastmasters 俱樂部可以讓人們在支持的環境中進行演講並獲得建設性的反饋。另一種提升方法是觀察和學習熟練的演講者。通過觀察他們的肢體語言、演講風格和修辭手法，可以學到寶貴的技巧。此外，在鏡子前練習或錄製自己的演講可以幫助找出需要改進的地方，例如聲音清晰度或手勢。通過定期練習並尋找公開演講的機會，人們可以逐漸增強自信，提高在公開演講方面的能力。

3. What different kinds of speeches or lectures have you attended in your life?

Throughout my life, I have attended various speeches and lectures on different topics. Some of them include motivational speeches, academic lectures, business presentations, and informative talks. For example, I attended a motivational speech by a renowned speaker who shared inspiring stories of perseverance and success. I have also attended academic lectures on scientific advancements and research findings in my field of interest. Additionally, I have witnessed business presentations where professionals showcased their products or ideas to potential investors or clients. Each type of speech or lecture has its own purpose and audience, providing unique insights and knowledge.

你一生中參加過哪些不同類型的演講或講座？

在我一生中，我參加過各種不同主題的演講和講座。其中包括激勵演講、學術講座、商業演示和知識性講座。例如，我參加過一位著名演說家的激勵演講，他分享了堅持和成功的鼓舞人心的故事。我還參加過關於我感興趣領域中的科學進展和研究成果的學術講座。此外，我曾見證專業人士在商業演示中向潛在投資者或客戶展示他們的產品或理念。每種演講或講座都有其獨特的目的和受眾，提供了獨特的見解和知識。

4. What qualities (attributes) should these visiting speakers have?

Visiting speakers should possess certain qualities that make their presentations engaging and impactful. Firstly, they should have in-depth knowledge and expertise in their field to provide valuable insights and information to the audience. For instance, if a speaker is giving a talk on climate change, they should have a thorough understanding of the subject matter. Secondly, effective speakers should be able to communicate their ideas clearly and coherently. They should be skilled in structuring their speech, using appropriate language, and engaging the audience through storytelling or examples. Furthermore, good speakers exhibit enthusiasm and passion for their topic, which helps captivate the audience's attention. Lastly, they should be able to adapt to the needs of the audience, tailoring their presentation to ensure relevance and engagement.

這些受邀演講者應該具備哪些特質（特徵）？

受邀演講者應該具備一些特質，使他們的演講引人入勝、有影響力。首先，他們應該在自己的領域具有深入的知識和專業知識，為觀眾提供有價值的見解和資訊。例如，如果一位演講者在講解氣候變化，他應該對該主題有全面的了解。其次，優秀的演講者應該能夠清晰、連貫地傳達他們的想法和觀點。他們應該擅長結構演講，運用適當的語言，通過故事或例子吸引觀眾。此外，優秀的演講者展現出對自己話題的熱情和激情，這有助於吸引觀眾的注意力。最後，他們應該能夠適應觀眾的需求，調整演講內容，確保與觀眾的關聯性和參與度。

1 **5. Why do you think many people find it hard to give a talk to**
2 **young children?**

3 Many people find it challenging to give a talk to young children
4 because of the need to simplify complex ideas and maintain their
5 attention. Young children have shorter attention spans and may
6 struggle to comprehend advanced concepts. It requires effective
7 communication skills to convey information in a concise and engaging
8 manner. Moreover, the speaker needs to be mindful of using
9 age-appropriate language, visual aids, and interactive elements to
10 keep the children interested. Presenting to young children also
11 demands a certain level of energy, enthusiasm, and creativity to
12 capture their imagination and make the topic relatable to their
13 experiences.

14 **為什麼你認為很多人覺得向年幼的孩子演講很困難？**

15 很多人覺得向年幼的孩子演講很具挑戰性，因為需要將複雜的
16 思想簡化並保持他們的注意力。年幼的孩子的注意力較短，可
17 能難以理解高級概念。要以簡明、引人入勝的方式傳達資訊需
18 要有效的溝通技巧。此外，演講者需要注意使用適齡的語言、
19 視覺輔助和互動元素來保持孩子們的興趣。向年幼的孩子呈現
20 還需要一定程度的精力、熱情和創造力，以激發他們的想像力，
21 使主題與他們的經歷相關。

6. Why do people give speeches to children?

People give speeches to children for various reasons. One main purpose is to educate and inspire them. Speeches can provide valuable knowledge, teach important life lessons, and instill positive values. By delivering speeches to children, speakers aim to broaden their horizons, spark curiosity, and encourage them to explore new ideas. Speeches can also serve as a form of motivation, empowering children to dream big, set goals, and work towards achieving them. Furthermore, speeches can help build confidence, communication skills, and critical thinking abilities in children, preparing them for future challenges and opportunities.

為什麼人們向孩子演講？

人們向孩子演講有多種原因。其中一個主要目的是教育和激勵他們。演講可以提供有價值的知識，教授重要的人生課程，灌輸積極的價值觀。通過向孩子演講，演講者的目標是開拓他們的視野，激發好奇心，鼓勵他們探索新的想法。演講還可以作為一種激勵方式，鼓勵孩子們有大膽的夢想，設定目標，並努力實現。此外，演講可以幫助孩子建立自信、溝通技巧和批判性思維能力，為他們未來的挑戰和機遇做好準備。

7. Who makes people do so?

Various individuals or organizations can motivate people to give speeches to children. Parents, teachers, school administrators, and community leaders often arrange for guest speakers to address children on specific topics. Non-profit organizations and educational institutions may also invite experts or professionals to deliver speeches to children as part of their outreach programs. Additionally, motivational speakers who specialize in engaging with young audiences may actively seek opportunities to inspire and influence children through their speeches. Ultimately, anyone who recognizes the importance of educating and empowering children can take the initiative to deliver speeches and make a positive impact.

誰讓人們這麼做？

不同的個人或組織可以激勵人們向孩子演講。父母、教師、學校行政人員和社區領袖通常會安排客座演講者就特定主題向孩子們發表演講。非營利組織和教育機構也可能邀請專家或專業人士在其外展計劃中向孩子們發表演講。此外，擅長與年輕觀眾互動的激勵演講者可能會積極尋求機會通過演講來激勵和影響孩子們。最終，任何認識到教育和培養孩子重要性的人都可以主動發表演講，產生積極的影響。

8. How does media relate speeches to children in school?

In the context of speeches to children in schools, media plays a significant role in enhancing the learning experience. Media, such as videos, slideshows, and interactive presentations, can be used to supplement speeches and make them more engaging and visually appealing. Media allows speakers to incorporate visuals, animations, and audio elements that capture children's attention and facilitate better understanding of the topic. It can bring concepts to life, stimulate curiosity, and promote active participation. Additionally, media enables children to access a wider range of information, stories, and perspectives, enriching their learning beyond the confines of the classroom.

媒體如何與在學校向孩子們發表演講？

在學校向孩子們發表演講的背景下，媒體在增強學習體驗中發揮著重要作用。媒體，例如影片、幻燈片和互動演示，可以用來補充演講，使其更具吸引力和視覺效果。媒體使演講者能夠融入視覺、動畫和音頻元素，吸引孩子們的注意力，促進對主題的更好理解。它可以使概念變得生動，激發好奇心，並促進積極參與。此外，媒體使孩子們能夠獲得更廣泛的資訊、故事和觀點，豐富他們的學習，超越教室的局限。

9. What benefits does the Internet bring to communication?

The Internet has revolutionized communication in numerous ways, offering several benefits. Firstly, it enables instant and real-time communication across vast distances. Platforms like email, messaging apps, and video conferencing allow people to connect and exchange information quickly. For example, colleagues in different countries can collaborate seamlessly through virtual meetings. Secondly, the Internet provides a wealth of information and resources, expanding knowledge and facilitating research. Online platforms, search engines, and digital libraries offer access to a wide range of educational materials and reference sources. Additionally, social media platforms enable individuals to connect and share ideas, fostering global connections and cultural exchange. Overall, the Internet enhances accessibility, efficiency, and connectivity in communication, making the world more interconnected.

網際網路為溝通帶來了哪些好處？

網際網路以多種方式革新了溝通，提供了幾個好處。首先，它能夠在遙遠的距離上實現即時和實時的溝通。像電子郵件、即時通訊應用和影片會議這樣的平台使人們能夠快速連接和交換資訊。例如，不同國家的同事可以通過虛擬會議無縫合作。其次，網際網路提供了豐富的資訊和資源，擴大了知識範圍，方便了研究。在線平台、搜索引擎和數位圖書館提供了廣泛的教育資料和參考資源。此外，社群媒體平台使個人能夠聯繫和分享思想，促進全球交流和文化交流。總而言之，網際網路提高了溝通的可及性、效率和連接性，使世界更加緊密聯繫。

1 **10. Which one is better, being a communicator or a listener?**

2 Both being a communicator and a listener are important roles in
3 effective communication. While being a good communicator involves
4 conveying ideas, thoughts, and information clearly and persuasively,
5 being a good listener is equally essential. Effective communication is
6 a two-way process that requires active listening and understanding.
7 Without attentive listeners, communication becomes one-sided and
8 lacks meaningful engagement. Therefore, it is not a matter of one
9 being better than the other, but rather the ability to strike a balance
10 between both roles. A skilled communicator who can actively listen
11 and respond to others' input is likely to achieve better communication
12 outcomes.

13 **做一個溝通者和做一個聆聽者，哪一個更好？**

14 做一個溝通者和做一個聆聽者兩者在有效溝通中都是重要的角
15 色。做一個良好的溝通者涉及清晰有力地傳達想法、思想和資
16 訊，而成為一個良好的聆聽者同樣重要。有效溝通是一個雙向
17 的過程，需要主動聆聽和理解。如果沒有專注的聆聽者，溝通
18 就變得片面，缺乏有意義的參與。因此，這不是一個比另一個
19 更好的問題，而是能夠在兩者之間取得平衡的能力。一個能夠
20 主動聆聽並回應他人意見的熟練溝通者很可能會獲得更好的溝
21 通效果。

1 **11. What qualities does a person need to have to be a good**
2 **communicator?**

3 To be a good communicator, certain qualities are essential. Firstly,
4 effective communicators should have strong listening skills. Actively
5 listening to others demonstrates respect, understanding, and enables
6 meaningful dialogue. Secondly, clear and concise speaking is crucial.
7 Being able to articulate thoughts and ideas in a coherent and
8 understandable manner ensures effective communication. Moreover,
9 empathy and emotional intelligence play a significant role.
10 Understanding and acknowledging the emotions and perspectives of
11 others allows for more compassionate and effective communication.
12 Lastly, adaptability and flexibility are important qualities. Being able to
13 adjust communication styles, tailor messages to different audiences,
14 and respond to feedback enhances overall communication
15 effectiveness.

16 **成為一個好的溝通者需要哪些特質？**

17 要成為一個好的溝通者，有些特質是必不可少的。首先，有效
18 的溝通者應具備良好的聆聽技巧。主動聆聽他人展示了尊重、
19 理解，並有助於進行有意義的對話。其次，清晰簡明的口語表
20 達至關重要。能夠以一種連貫易懂的方式表達思想和想法，確
21 保有效的溝通。此外，同理心和情商也起著重要作用。理解和
22 認識他人的情緒和觀點能夠實現更具同情心和有效的溝通。最
23 後，適應性和靈活性是重要的品質。能夠調整溝通風格，對不
24 同的受眾量身定制資訊，並對反饋做出回應，提高整體溝通效
25 果。

1 12. What kinds of people often give speeches?

2 A variety of individuals often give speeches depending on the context
3 and purpose of the event. Politicians frequently deliver speeches to
4 address the public, share policy proposals, or inspire support.
5 Business leaders often give speeches at conferences or industry
6 events to share insights, promote their organization, or motivate
7 employees. Educators may give speeches at graduations or
8 academic conferences to impart knowledge and inspire students.
9 Additionally, professionals in fields like motivational speaking,
10 advocacy, or entertainment industry, such as comedians or actors,
11 are known for giving speeches as part of their work. Ultimately,
12 anyone with a message or expertise to share can become a speaker,
13 and the types of people who give speeches vary widely.

14 通常會發表演講的是什麼樣的人？

15 根據事件的背景和目的，各種不同的人通常會發表演講。政治
16 家經常發表演講，向公眾講話，分享政策建議或激勵支持。商
17 界領袖通常在會議或行業活動上發表演講，分享見解，宣傳他
18 們的組織或激勵員工。教育工作者可能在畢業典禮或學術會議
19 上發表演講，傳授知識並激勵學生。此外，從事激勵演講、倡
20 導或娛樂行業的專業人士，例如喜劇演員或演員，也因為工作
21 的關係而以發表演講聞名。最終，任何有資訊或專業知識要分
22 享的人都可以成為演講者，發表演講的人類型多種多樣。

1 **13. How important is it to be a good listener when**
2 **communicating?**

3 Being a good listener is crucial in effective communication. Active
4 listening demonstrates respect, empathy, and creates a conducive
5 environment for open dialogue. It allows individuals to fully
6 understand the perspectives and concerns of others, promoting
7 mutual understanding and resolving conflicts. Moreover, active
8 listening helps build trust and rapport, as it shows genuine interest
9 and validates the speaker's thoughts and feelings. By actively
10 listening, one can also identify non-verbal cues and subtle nuances,
11 improving comprehension and avoiding misunderstandings. Overall,
12 being a good listener enhances communication by fostering
13 meaningful connections, promoting empathy, and facilitating effective
14 dialogue.

15 **在溝通中成為一個好的聆聽者有多重要？**

16 在有效溝通中，成為一個好的聆聽者至關重要。主動聆聽展示
17 了尊重、同理心，並營造了一個有利於開放對話的環境。它使
18 個人能夠充分理解他人的觀點和關注，促進相互理解和解決衝
19 突。此外，主動聆聽有助於建立信任和融洽關係，因為它顯示
20 了真正的興趣，並確認了演講者的思想和感受。通過主動聆聽，
21 人們還可以識別非語言提示和細微差別，提高理解能力，避免
22 誤解。總而言之，成為一個好的聆聽者通過促進有意義的連接、
23 促進同理心和實現有效對話來增強溝通能力。

232

Describe a sports program you like to watch

1 232.1 Part 2: Cue Card

[45] 體育節目

Describe a sports program you like to watch.

You should say:

what it is

who you watch it with

when you watch it

and explain why you like to watch it.

1 Suggested Answer

2 One sports program that I thoroughly enjoy watching is the
3 Olympic Games. It is a global sporting event that brings together
4 athletes from various countries to compete in a wide range of sports.
5 Whenever the Olympics are broadcasted, I make it a point to watch it
6 with my family.

7 The Olympic Games are held every four years, so it's an eagerly
8 anticipated event in our household. We gather around the television
9 and cheer for our favorite athletes, irrespective of their nationality. The
10 Olympics create a sense of unity and excitement as we witness
11 incredible displays of athleticism and sportsmanship.

12 I particularly enjoy watching the Olympic Games because of the
13 diverse range of sports featured. From swimming and gymnastics to
14 track and field, there is something for everyone. It's fascinating to
15 witness athletes pushing their limits and achieving remarkable feats.
16 The intense competition and the pursuit of excellence make it a
17 captivating spectacle.

18 Another reason why I love watching the Olympics is the inspiring
19 stories behind the athletes. Learning about their dedication, hard
20 work, and personal journeys motivates me to pursue my own goals.
21 The Olympic Games serve as a reminder of the power of
22 determination and resilience.

23 Additionally, the Olympic Games provide an opportunity to learn
24 about different cultures and countries. It's fascinating to see athletes
25 from around the world, showcasing their unique talents and
26 representing their nations. The sense of global camaraderie and the
27 celebration of diversity make it a truly enriching experience.

28 In conclusion, the sports program I enjoy watching the most is
29 the Olympic Games. I watch it with my family whenever it is
30 broadcasted, and we come together to witness the incredible
31 athleticism and sportsmanship displayed by athletes from around the
32 world. The diverse range of sports, inspiring stories, and the sense of
33 unity and cultural exchange make the Olympics a captivating and
34 enriching event that I look forward to every four years.

1 擬答中譯

2 有一個我非常喜歡觀看的運動節目就是奧運會。這是一個
3 全球性的體育盛事，匯集了來自各個國家的運動員，在各種運
4 動項目中展開競爭。每當奧運會的轉播開始，我都會和家人一
5 起觀看。

6 奧運會每四年舉辦一次，所以在我們家中這是一個熱切期
7 待的活動。我們圍坐在電視前，為我們喜愛的運動員加油，不
8 論他們的國籍如何。奧運會讓我們感受到團結和興奮，因為我
9 們目睹了令人難以置信的運動才能和運動家精神的展示。

10 我特別喜歡觀看奧運會，是因為其中涵蓋了多樣化的運動
11 項目。從游泳和體操到田徑，應有盡有。看到運動員突破極限，
12 取得卓越成就，讓人著迷。激烈的競爭和對卓越的追求使其成
13 為一個引人入勝的盛會。

14 我喜歡觀看奧運會的另一個原因是運動員背後的鼓舞人心
15 的故事。了解他們的奉獻、努力和個人歷程激勵著我去追求自
16 己的目標。奧運會提醒我們決心和韌性的力量。

17 此外，奧運會也提供了學習不同文化和國家的機會。看到
18 來自世界各地的運動員展示他們獨特的才華，代表自己的國家，
19 讓人著迷。全球的友誼和對多樣性的慶祝使其成為一個真正豐
20 富多彩的體驗。

21 總之，我最喜歡觀看的運動節目就是奧運會。每當奧運會
22 轉播時，我都會和家人一起觀看，共同見證來自世界各地的運
23 動員展現的令人難以置信的運動才能和運動家精神。多樣的運
24 動項目、鼓舞人心的故事以及團結和文化交流的感覺，使奧運
25 會成為一個引人入勝且豐富多彩的活動，我每四年都期待著。

1 232.2 Part 3: Follow-up Questions and Answers

2 1. What sports are popular in Taiwan?

3 In Taiwan, several sports enjoy immense popularity. Basketball is
4 widely followed, with the professional basketball league attracting a
5 large fan base. Baseball is another popular sport, and Taiwan has
6 produced talented players who have achieved international
7 recognition. Badminton and table tennis are also highly regarded, and
8 Taiwanese athletes have excelled in these sports at the Olympic
9 Games. Additionally, martial arts such as taekwondo and karate have
10 a significant presence in Taiwan, with many practitioners and
11 enthusiasts participating in competitions and training.

12 台灣流行哪些運動？

13 在台灣，有幾項運動非常受歡迎。籃球廣受關注，職業籃球聯
14 賽吸引了大批球迷。棒球也是一項熱門運動，台灣培養出許多
15 才華橫溢的球員，並在國際上獲得了認可。羽毛球和乒乓球也
16 倍受重視，台灣選手在這些運動項目上在奧運會上表現優異。
17 此外，跆拳道和空手道等武術在台灣具有重要地位，許多修習
18 者和愛好者參加比賽和訓練。

2. Why do children need sports?

Sports play a crucial role in children's physical, mental, and social development. Engaging in sports promotes physical fitness, strengthens muscles and bones, and improves overall health. It helps children develop coordination, balance, and motor skills. Furthermore, sports instill discipline, teamwork, and sportsmanship in children. They learn to set goals, handle competition, and work collaboratively with others. Sports also provide opportunities for stress relief, boosting self-confidence, and nurturing a positive body image. By participating in sports, children cultivate important life skills, establish healthy habits, and form lasting friendships.

兒童為什麼需要運動？

運動在兒童的身體、心理和社交發展中扮演著關鍵角色。參與運動促進身體健康，增強肌肉和骨骼，改善整體健康狀況。它有助於孩子發展協調性、平衡感和運動技能。此外，運動培養兒童的紀律性、團隊合作精神和運動道德觀。他們學會設定目標，處理競爭，與他人合作。運動還提供了減壓、提升自信心和培養積極身體形象的機會。通過參與運動，兒童培養重要的生活技能，建立健康的習慣，並建立持久的友誼。

3. How can parents develop an interest in sports among children?

Parents can foster an interest in sports among children by being positive role models themselves. Engaging in physical activities as a family, such as playing catch, going for walks, or cycling together, can create a fun and supportive environment. Parents can also expose children to various sports by attending live sporting events or watching sports on TV. Encouraging children to try different sports and providing them with the necessary equipment and opportunities to participate can help ignite their interest. Additionally, praising their efforts and achievements in sports and emphasizing the enjoyment and benefits of being active can motivate children to develop a passion for sports.

父母如何培養孩子對運動的興趣？

父母可以通過成為積極的榜樣來培養孩子對運動的興趣。全家一起參與體育活動，例如一起玩接球、散步或騎自行車，可以營造一個有趣且支持性的環境。父母還可以通過參加現場的體育賽事或觀看電視上的體育節目，讓孩子接觸各種運動。鼓勵孩子嘗試不同的運動，提供必要的器材和參與機會，可以激發他們對運動的興趣。此外，稱讚他們在運動中的努力和成就，強調活動的樂趣和好處，可以激勵孩子對運動產生熱情。

4. What are the benefits of exercise?

Exercise offers a wide range of benefits for individuals of all ages. Physically, regular exercise improves cardiovascular health, strengthens muscles and bones, and enhances flexibility and endurance. It aids in weight management, reduces the risk of chronic diseases such as diabetes and heart disease, and boosts overall immune function. Mentally, exercise releases endorphins, which promote feelings of happiness and well-being, reducing stress and anxiety. It improves cognitive function, memory, and concentration. Socially, exercise provides opportunities for social interaction, team building, and developing friendships. It fosters discipline, goal-setting, and perseverance, which are transferable skills applicable to various aspects of life.

運動的好處有哪些？

運動對各個年齡段的人都有廣泛的好處。在身體上，定期運動改善心血管健康，增強肌肉和骨骼，增強靈活性和耐力。它有助於管理體重，降低患上糖尿病和心臟疾病等慢性病的風險，並提高整體免疫功能。在心理上，運動釋放腦內啡，促進快樂和幸福感，減輕壓力和焦慮。它改善認知功能、記憶力和專注力。在社交方面，運動提供社交互動、團隊建設和建立友誼的機會。它培養紀律性、目標設定和毅力，這些是可應用於生活的各個方面的可轉移技能。

5. What's the difference between watching sports on TV and watching it live?

Watching sports on TV provides the convenience of following games from the comfort of home, offering multiple camera angles, instant replays, and expert commentary. It allows viewers to access a wide range of sports events, including international competitions, from different parts of the world. However, watching sports live offers a unique and immersive experience. It allows spectators to feel the energy of the crowd, witness the athletic performances firsthand, and engage in the collective excitement of the event. Being present at live sporting events also provides the opportunity to observe the finer details of the game, experience the stadium atmosphere, and support favorite teams or athletes directly.

在電視上觀看體育比賽和現場觀看有何不同？

在電視上觀看體育比賽提供了在家中方便地追蹤比賽的便利，提供多個攝像機角度、即時重播和專家評論。它使觀眾能夠觀看來自世界各地的各種體育賽事，包括國際比賽。然而，現場觀看體育比賽提供了獨特且身臨其境的體驗。它使觀眾能夠感受到觀眾的熱情，親眼目睹運動員的表演，並參與到集體的興奮中。現場觀看體育賽事還提供了觀察比賽的細節、體驗球場氛圍以及直接支持喜愛的球隊或運動員的機會。