

## 《零基础直达地道美式口语》

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# 48 个国际音标表

## 元音 20 个

单元音	[i:] [a:] [ə:] [ɔ:] [u:] [æ]
	[ɪ] [ʌ] [ə] [ɒ] [ʊ] [e]
双元音	[eɪ] [aɪ] [ɔɪ] [əʊ] [aʊ] [iə] [eə] [uə]

## 辅音 28 个

爆破音	清辅音	[p] [t] [k]
	浊辅音	[b] [d] [g]
摩擦音	清辅音	[f] [s] [ʃ] [θ] [h] [tʃ] [tr] [ts]
	浊辅音	[v] [z] [ʒ] [ð] [r] [dʒ] [dr] [dz]
	鼻音	[m] [n] [ŋ]
	舌侧音	[l]
	半元音	[w] [j]

**/ i: /**

sheep [ʃi:p] 绵羊

beat [bi:t] 击打

believe [bi'li:v] 相信

magazine [ˌmæɡə'zi:n] 杂志

Leave [li:v] 离开

sleep [sli:p] 睡觉

cheap [tʃi:p] 便宜的

reach [ri:tʃ] 到达

meal [mi:l] 餐

reason ['ri:zn] 原因

**/ i /**

fit [fit] 合适

college ['kɒlɪdʒ] 学院

history ['hɪstri] 历史

kiss [kɪs] 亲吻

bit [bɪt] 稍微

chip [tʃɪp] 薯片

ticket ['tɪkɪt] 票

rich [rɪtʃ] 富有的

film /fɪlm/ 电影

dig [dɪɡ] 挖

**/ a: /**

spark [spa:rk] 星火

basket ['ba:skɪt] 篮子

argue ['a:rgju:] 争论

charm [tʃa:rm] 魅力

mark [ma:rk] 标记

party ['pa:(r)ti] 舞会

pass [pa:s] 通过

dark [da:rk] 黑暗

star [sta:r] 星星

cart [ka:rt] 手推车

## / ʌ /

hurry[ˈhʌri] 着急

trust[trʌst] 相信

month[mʌnθ] 月份

honey[ˈhʌni] 亲爱的

touch[tʌtʃ] 触碰

drug[drʌg] 药

duck[dʌk] 鸭子

dove[dʌv] 鸽子

love[lʌv] 爱

double[ˈdʌbl] 两个

## / əː /

girl[gəː(r)l] 女孩

church[tʃəː(r)tʃ] 教堂

person[ˈpəː(r)sn] 个人

word[wəː(r)d] 单词

earth[əː(r)θ] 地球

first[fɜː(r)st] 第一的

turn[tɜː(r)n] 转动

serve[sɜː(r)v] 服务

world[wɜː(r)ld] 世界

work[wɜː(r)k] 工作

## / ə /

factor[ˈfæktə(r)] 因素

better[ˈbetə(r)] 更好的

rubber[ˈrʌbə(r)] 橡胶

ruler[ˈruːlə(r)] 直尺

forget[fəˈget] 忘记

meter[ˈmiːtə(r)] 米

doctor[ˈdɒktə(r)] 医生

murder[ˈmɜːdə(r)] 谋杀

teacher[ˈtiːtʃə(r)] 教师

surround[səˈraʊnd] 包围

## / ə / 真正的发音

polite [pə'laɪt] 有礼貌的

professor [prə'fesə(r)] 教授

magazine [ˌmæɡə'zi:n] 杂志

ago [ə'ɡəʊ] 以前

police [pə'li:s] 警察

today [tə'deɪ] 今天

famous ['feɪməs] 出名的

across [ə'krɒs] 穿过

around [ə'raʊnd] 在周围

tonight [tə'naɪt] 今晚

umbrella [ʌm'brelə] 雨伞

amazing [ə'meɪzɪŋ] 极好的

arrive [ə'raɪv] 到达

violin [vaɪə'li:n] 小提琴

museum [mju:'zi:əm] 博物馆

tomorrow [tə'mɒrəʊ] 明天

again [ə'ɡen] 再一次

potato [pə'tetəʊ] 土豆

cinema ['sɪnəmə] 电影院

along [ə'lɒŋ] 沿着

Africa ['æfrɪkə] 非洲

American [ə'merɪkən] 美国的

Canada ['kænədə] 加拿大

idea [aɪ'diə] 想法

medium ['mi:diəm] 中等的

## / ɔ: /

morning ['mɔ:(r):nɪŋ] 早晨

sport [spɔ:(r):t] 运动

door [dɔ:(r)] 门

floor [flɔ:(r)] 地板

board [bɔ:(r):d] 甲板

law [lɔ:] 法律

sword[sɔ:(r) d] 剑

corn [kɔ:(r) n] 谷物

fork [fɔ:(r) k] 餐叉

sore [sɔ:(r)] 疼痛的

## / ɒ /

job [dʒɒb] 工作

sorry ['sɒri] 抱歉

wash [wɒʃ] 洗

want [wɒnt] 想要

boss [bɒs] 老板

dollar ['dɒlə(r)] 美元

cough [kɒf] 咳嗽

stop [stɒp] 停止

copy['kɒpi] 复印件

cock[kɒk] 公鸡

## / u: /

rude [ru:d] 粗鲁

move [mu:v] 移动

group [gru:p] 团体

spoon[spu:n] 勺

moon [mu:n] 月球

true [tru:] 真实的

through [θru:] 通过

shoe [ʃu:] 鞋

zoo [zu:] 动物园

blue[blu:] 蓝色的

## / u /

push [puʃ] 推动

book [buk] 书

should [ʃud] 应该

put [put] 放

cook [kuk] 烹饪

pull [pul] 拉

look [luk] 看

brook [bruk] 溪

bull [bul] 公牛

hook [huk] 钩

## / æ /

chat [tʃæt] 谈话

fat [fæt] 脂肪

carry['kæri] 携带

apple['æpl] 苹果

back[bæk] 后面

lamb[læm] 羔羊

matter['mætə(r)] 事情

snack[snæk] 小吃

madam['mædəm] 夫人

match[mætʃ] 火柴

## / e /

bed [bed] 床

pet [pet] 宠物

head [hed] 头

forever [fə'revə(r)] 永远

pen [pen] 钢笔

desert['dezə(r)t] 沙漠

check [tʃek] 检查

dead [ded] 死亡的

dress[dres] 连衣裙

bend [bend] 弯曲

## / ei /

place [pleis] 地方

pay [pei] 支付

break [breik] 打破

eight [eit] 八

snake[sneik] 蛇

nation ['neiʃn] 民族

play [plei] 玩耍

great [greit] 非常好的

weight [weit] 称重

rain[rein] 雨

## / ai /

chinese [tʃai'ni:z] 中国人的

slide [slaid] 薄片

mind [maɪnd] 心智

like [laɪk] 喜欢

smile [smaɪl] 微笑

shine [ʃaɪn] 发光

while [waɪl] 当 ... 时候

deny [di'naɪ] 否认

rectify ['rektɪfaɪ] 矫正

reply [ri'plai] 回答

## /ɔɪ /

choice [tʃɔɪs] 选择

join [dʒɔɪn] 参加

boy [bɔɪ] 男孩

boil [bɔɪl] 煮沸

destroy[di'strɔɪ] 摧毁

point [pɔɪnt] 点

toy [tɔɪ] 玩具

enjoy [ɪn'dʒɔɪ] 乐趣

voice [vɔɪs] 嗓音

soil [sɔɪl] 土壤



## /au/

house [haʊs] 房屋

power ['paʊə(r)] 动力

pound [paʊnd] 英镑

blouse [blaʊz] 衬衫

down [daʊn] 向下

aloud [ə'laʊd] 大声的

now [naʊ] 现在

crowd[kraʊd] 人群

mouth[maʊθ] 嘴巴

counter['kaʊntə(r)] 柜台

## /əʊ/

photo ['fəʊtəʊ] 照片

coat [kəʊt] 外套

soul [səʊl] 灵魂

slow [sləʊ] 慢的

sold [səʊld] 出售

global ['gləʊbl] 全球的

soap [səʊp] 肥皂

although [ɔ:l'dəʊ] 虽然

own [əʊn] 自己的

zero['ziərəʊ] 零

## /iə/

hear [hiə(r)] 听到

hero ['hiərəʊ] 英雄

near[niə(r)] 距离近

appear[ə'piə(r)] 显得

earring['iəriŋ] 耳环

clear [kliə(r)] 清楚的

engineer [endʒɪ'niə(r)] 工程师

dear[diə(r)] 亲爱的

material[mə'tiəriəl] 材料

experience[ik'spiəriəns] 经验



## / ɛə / 或 / eə /

care [kɛə(r)] 在意

pair [peə(r)] 一对

bear [beə(r)] 承担

there [ðeə(r)] 那里

square [skweə(r)] 正方形的

prepare [prɪ'peə(r)] 准备

airport ['eə(r)pɔ:t] 机场

wear [weə(r)] 穿

compare [kəm'peə(r)] 比较

dare [deə(r)] 敢于

## / uə /

sure [ʃuə(r)] 确信

tour [tuə(r)] 旅行

cruel ['kruəl] 残酷的

actually ['æktʃuəli] 的确

ensure [ɪn'ʃuə(r)] 保证

insurance [ɪn'ʃuərəns] 保险

detour ['di:tuə(r)] 绕行的路

## / p /

hope [həʊp] 希望

map [mæp] 地图

pay [peɪ] 支付

happy ['hæpi] 快乐

appear [ə'piə(r)] 出现

paper ['peɪpə(r)] 纸

page [peɪdʒ] 页面

paint [peɪnt] 油漆

peace [pi:s] 和平

open ['əʊpən] 打开

## / b /

bite [baɪt] 咬

bear [beə(r)] 熊

cabbage ['kæbɪdʒ] 包菜

rabbit ['ræbɪt] 兔子

believe [bɪ'li:v] 相信

library ['laɪbrəri] 图书馆

shabby ['ʃæbi] 破旧的

baseball ['beɪsbɔ:l] 棒球

abandon [ə'bændən] 离弃

abroad [ə'brɔ:d] 在国外

## / t /

sit [sɪt] 坐

seat [si:t] 座

take [teɪk] 拿走

better ['betə(r)] 更好的

matter ['mætə(r)] 事件

title ['taɪtl] 名称

turkey ['tɜ:ki] 火鸡

target ['tɑ:rgɪt] 目标

tennis ['tenɪs] 网球

temple ['templ] 寺庙

## / d /

day [deɪ] 天

dairy ['deəri] 奶制品

diary ['daɪəri] 日记

mind [maɪnd] 心智

middle ['mɪdl] 中间的

descent [dɪ'sent] 下降

design [dɪ'zaɪn] 设计

dangerous ['deɪndʒərəs] 有危险的

bread [bred] 面包

abandon [ə'bændən] 离弃

## /k/

keep [ki:p] 保持

cake [keik] 蛋糕

queen [kwi:n] 王后

check [tʃek] 检查

character ['kærəktə(r)] 特征

couple ['kʌpl] 夫妻

course [kɔ:(r)s] 课程

count [kaunt] 数数

kilogram ['kɪləgræm] 千克

kidney ['kɪdni] 肾

## /g/

game [geɪm] 游戏

glad [glæd] 高兴

egg [eg] 鸡蛋

guide [gaɪd] 指导

bingo ['bɪŋɡəʊ] 宾戈游戏

agree [ə'ɡri:] 同意

guest [gest] 客人

gold [ɡəʊld] 黄金

gallery ['ɡæləri] 展览馆

together [tə'geðə(r)] 在一起

## /f/

from [frɒm] 始于

friend [frend] 朋友

foolish ['fu:lɪʃ] 愚蠢的

flame [fleɪm] 火焰

future ['fju:tʃə(r)] 将来

phone [fəʊn] 电话

photo ['fəʊtəʊ] 照片

typhoon [taɪ'fu:n] 台风

laugh [lɑ:f] 笑

cough [kɒf] 咳嗽

## / v /

live [lɪv] 生活

alive [ə'laɪv] 活着的

river ['rɪvə(r)] 河流

have [hæv] 有

violin [vaɪə'lm] 小提琴

venus ['vi:nəs] 金星

vain [veɪn] 徒劳的

vocabulary [və'kæbjələri] 词汇

volcano [vɒl'keɪnəʊ] 火山

vacation [veɪ'keɪʃn] 假期

## / s /

rice [raɪs] 米饭

smart [smɑ:(r)t] 聪明的

aimless ['eɪmləs] 无目标的

smile [smaɪl] 微笑

kiss [kɪs] 亲吻

miss [mɪs] 想念

summer ['sʌmə(r)] 夏天

sunny ['sʌni] 阳光充足的

business ['biznəs] 商业

guess [ges] 猜测

## / z /

easy ['i:zi] 简单的

possess [pə'zes] 拥有

zoo [zu:] 动物园

fuzz [fʌz] 绒毛

crazy ['kreɪzi] 疯狂的

zebra ['zebrə] 斑马

zipper ['zipə(r)] 拉链

magazine [,mæɡə'zi:n] 杂志

amazing [ə'meɪzɪŋ] 令人惊奇的

opposite ['ɒpəzɪt] 对面的

## /ʃ/

sure [ʃʊr] 当然

ship [ʃɪp] 船

russia [ˈrʌʃə] 俄罗斯

pressure [ˈpreʃə] 压力

flash [flæʃ] 闪耀

relation [riˈleiʃn] 关系

sugar [ˈʃʊɡə(r)] 食糖

shape [ʃeɪp] 形状

collection [kəˈlekʃn] 收藏品

share [ʃeə(r)] 共享

## /ʒ/

usual [ˈjuʒuəl] 通常的

measure [ˈmeɪʒə] 方法

massage [məˈsɑ:ʒ] 按摩

pleasure [pleɪʒə] 空闲

treasure [ˈtreɪʒə(r)] 财富

television [ˈtelɪvɪʒn] 电视机

casual [ˈkæʒuəl] 不经意的

decision [diˈsiʒn] 决定

garage [ˈɡærɑ:ʒ] 车库

mirage [ˈmɪrɑ:ʒ] 海市蜃楼

## /θ/

think [θɪŋk] 想

thing [θɪŋ] 事情

death [deθ] 死亡

tooth [tu:θ] 牙齿

theater [ˈθɪətə(r)] 剧场

earth [ɜ:θ] 地球

healthy [ˈhelθi] 健康的

thick [θɪk] 厚的

truth [tru:θ] 真相

throw [θrəʊ] 投

## / ð /

this [ðɪs] 这个

that [ðæt] 那

father ['fɑ:ðə(r)] 父亲

mother ['mʌðə(r)] 母亲

together [tə'geðə(r)] 在一起

although [ɔ:l'ðəʊ] 虽然

without [wi'ðaut] 没有

whether ['weðə(r)] 是否

breathe [bri:ð] 呼吸

another [ə'nʌðə(r)] 另一个

## / h /

hear [hiə(r)] 听到

hair [heə(r)] 头发

who [hu:] 谁

whose [hu:z] 谁的

happen ['hæpən] 发生

heart [hɑ:rt] 心脏

hurt [hɜ:rt] 受伤

holiday ['hɒlədeɪ] 假期

handsome ['hænsəm] 英俊的

house [haʊs] 房屋

## / r /

rise [raɪz] 升起

write [raɪt] 写作

carry ['kæri] 携带

arrive [ə'reɪv] 到达

raise [reɪz] 提升

really ['ri:əli] 确实

rude [ru:d] 粗鲁的

road [rəʊd] 道路

rose [rəʊz] 玫瑰(花)

read [ri:d] 阅读



## / tʃ /

chair [tʃeə] 椅子

chain [tʃeɪn] 链

cheap [tʃi:p] 便宜的

natural ['nætʃrəl] 自然的

future ['fju:tʃə] 将来

century ['sentʃəri] 世纪

challenge ['tʃælɪndʒ] 挑战

achieve [ə'tʃi:v] 完成

research [ri'sɜ:tʃ] 探索

chat [tʃæt] 闲聊

## / dʒ /

page [peɪdʒ] 页

judge [dʒʌdʒ] 法官

just [dʒʌst] 正好

job [dʒɒb] 工作

digest [daɪ'dʒest] 消化

suggest [sə'dʒest] 提议

porridge ['pɒrɪdʒ] 粥

cabbage ['kæbɪdʒ] 卷心菜

junk [dʒʌŋk] 废旧品

villager ['vɪlɪdʒə(r)] 村民

## / tr /

treat [tri:t] 对待

train [treɪn] 火车

trade [treɪd] 贸易

track [træk] 小道

truly ['tru:li] 真正地

trouble ['trʌbl] 问题

translation [trænz'leɪʃn] 翻译

trip [trɪp] 旅行

troop [tru:p] 军队

transport ['trænsɜ:t] 运输工具

## / dr /

drink [drɪŋk] 喝

dream [dri:m] 梦想

dry [draɪ] 干旱的

dragon ['dræɡən] 龙

driver ['draɪvə(r)] 司机

dress [dres] 连衣裙

draw [drɔ:] 描绘

drill [drɪl] 钻头

drop [drɒp] 水珠

drought [draʊt] 旱灾

## / ts /

hats [hæts] 帽子

pets [pets] 宠物

fits [fɪts] 适合

forests ['fɒrɪsts] 森林

sweets [swi:ts] 糖果

gifts [gifts] 礼物

fruits [fru:ts] 水果

students ['stju:dənts] 学生

bats [bæts] 蝙蝠

tests [tests] 测验

## / dz /

hands [hændz] 手

bands [bændz] 乐队

leads [li:dz] 引领

feeds [fi:dz] 喂养

spends [spendz] 花费

towards [tə'wɔ:rdz] 朝着

words [wɜ:rdz] 单词

beds [bedz] 床

cards [ka:dz] 卡片纸

seconds ['sekəndz] 秒



## / m /

time [taɪm] 时间

monkey ['mʌŋki] 猴子

aim [eɪm] 目标

common ['kɒmən] 普通

crumb [krʌm] 面包屑

thumb [θʌm] 拇指

mother ['mʌðə(r)] 母亲

lamb [læm] 羔羊

numb [nʌm] 麻木的

milk [mɪlk] 牛奶

## / n /

line [laɪn] 排队

morning ['mɔːnɪŋ] 早晨

name [neɪm] 名字

tone [təʊn] 声调

neither ['neɪðə(r)] 两者都不

run [rʌn] 跑

nest [nest] 鸟巢

none [nʌn] 没有一个

necessary ['nesəsəri] 必需的

neighbour ['neɪbə(r)] 邻居

## / ŋ /

think [θɪŋk] 想

long [lɒŋ] 长

length [leŋθ] 长度

belong [brɪ'lɒŋ] 属于

bank [bæŋk] 银行

feeling ['fiːlɪŋ] 感觉

wrong [rɒŋ] 错误的

freezing ['friːzɪŋ] 极冷的

spring [sprɪŋ] 春天

ink [ɪŋk] 墨水

## /l/

fill [fɪl] 填充

label ['leɪbl] 标签

fail [feɪl] 失败

kill [ki:l] 杀

world [wɜ:(r)ld] 世界

lace [leɪs] 蕾丝

landlady ['lændleɪdi] 女房东

lamp [læmp] 灯

lively ['laɪvli] 精力充沛的

legend ['ledʒənd] 传说

## /w/

once [wʌns] 曾经

what [wɒt] 什么

persuade [pə'sweɪd] 劝说

window ['wɪndəʊ] 窗

worry ['wʌri] 担心

white ['waɪt] 急流

watermelon ['wɔ:təmelən] 西瓜

watch [wɒtʃ] 手表

weather ['weðə(r)] 天气

winner ['wɪnə(r)] 获胜的人

## /j/

yet [jet] 然而

yogurt ['jəʊgət] 酸奶

million ['mɪljən] 百万

trillion ['trɪljən] 万亿

yellow ['jeləʊ] 黄色的

yes [jes] 是

young [jʌŋ] 幼小的

yesterday ['jestədeɪ] 昨天

beauty ['bju:ti] 美丽

youth [ju:θ] 青年

## 美式和英式发音区别汇总

1. 美式发音有儿化音，英式没有。

如：car far

2. 美式发音将 / / 夸张化，偏向于 /a/

如：dollar hot box

3. 美式英语将 /a/ 变为 /æ/ ; /au/ 变为 /æu/

如：fast dance can' t half down now pound

4. 美式英语中有浊化现象，英式没有。

如：water daughter meter

## 《地道美音发音规律》

1. 不得不知的连读规律
2. 鲜为人知的失爆规律
3. 封神之路之浊化规律

## 不得不知的连读规律

辅音 + 元音 = 连读

辅音：28 个

元音：20 个

### 连读规则 1

**辅 + 元：**以辅音音标结尾的单词 + 以元音音标开头的单词，这两个音标连读。

1. Goodafternoon ! My nameis Linda.

2. What's this in English? It's a jacket.

3. What time is it? It's fivee o'clock.

4. How do you spellit ?

5. one of us

6. one hour and a half

7. on a foggy day

8. I'm an English boy.

## 连读规则 2

**击穿连读：**当后一个单词是以 h 字母开头的话，忽略 h 字母即可。

1. Kill him. / For him.
2. It has been a week
3. Has he done it before?
4. Can he do it ?
5. Must he go?
6. Leave him alone.
7. Tell him to ask her.
8. Let him go.
9. I can't reach him

### 连读规则 3

**-r/-re 型连读：**当前一个单词以 -r 或者 -re 结尾，后一个单词以元音开头，前一个单词不仅要发 /r/ 音，而且还要和后面的元音连读起来。

1. Therere is a football underr it.
2. Therere are 200 students in the school.
3. Herere is a letter for you.
4. Herere are four r eggs.
5. Wherere is my cup?
6. Wherere are my socks?
7. Go forr it.
8. Farr away
9. Forr example
10. Therere is a pair of sunglasses on the desk
11. I looked forr it here and there.

## 连读规则 4

### 元音 + 元音的连读：

如果前一个单词是以 /u:/, /u/, /i:/, /i/ 音结尾，而后一个单词是以元音开头，那么需要加入 /w/ 和 /j/ 两个音

1. Can you do /w/ it ?
2. Just do it.
3. Go away
4. Don't t go out at night.
5. What are you doing?
6. Where are you going?
7. How about....?
8. I know it.
9. grow up
10. Who is it?
11. blue eyes
12. flow out
13. go on
14. Blow out the candles on your cake



## 连读规则 4

### 元音 + 元音的连读:

如果前一个单词是以 /u:/, /u/, /i:/, /i/ 音结尾, 而后一个单词是以元音开头, 那么需要加入 /w/ 和 /j/ 两个音

1. Can you see e /j/ it?

2. Be a man

3. He is my father.

4. She is my teacher.

5. Let me try it.

6. in my opinion

7. stay up late

### 连读规则 5

**变因连读：**辅音 [d] 与 [j] 相邻时，被同化成 [dʒ]：

1. module ['mɒdju:l]
2. education [edʒʊ'keɪʃ(ə)n]
3. Would dyou like a cup of tea?
4. Could dyou help me?
5. Who told dyou that?
6. We need dyou.

### 连读规则 5

**音变连读：**[t] 与 [j] 相邻时，被同化成 [tʃ]：

1. Nice to meet tyou.
2. Can't tyou cook kdinner?
3. last tyear
4. I'll let tyou go.
5. I want tyou.
6. I hate teyou.

## 特别注意

当短语或从句之间按意群进行停顿时，意群与意群之间即使是辅 + 元，也不可连读。

Is it a hat or a cat?

(hat 与 or 之间不可以连读)

There is a good d book in my desk.

(book 与 in 之间不可以连读)

Can you speak k English or French?

(English 与 or 之间不可以连读)

She opened d the door and d walked d in.

(door 与 and 之间不可以连读)

## 鲜为人知的失爆规律

爆破音 + 辅音 = 失爆

爆破音：[b] [p] [t] [d] [k] [g]

### 失爆规则 1

**爆破音 + 辅音：**以爆破音结尾的单词 + 以辅音音标开头的单词，就要失爆

basket <u>t</u> ball	foot <u>t</u> ball	black <u>k</u> board	note <u>t</u> book
lap <u>t</u> op	late <u>t</u> ely	ba <u>d</u> ly	prou <u>d</u> ly
lou <u>d</u> ly	friend <u>d</u> ly	mid <u>n</u> ight	good <u>d</u> bye

## 失爆规则 1

**爆破音 + 辅音：**以爆破音结尾的单词 + 以辅音音标开头的单词，就要失爆

1. Sit down!
2. I don't know!
3. A big cake!
4. Sweet dream! 美梦
5. Take care! 保重
6. a good girl 一个可爱的女孩
7. a big tree 一棵大树
8. account number 账号
9. get mad 生气
10. I just made it. 我做到了!
11. Dad told me.....
12. I'd like to say goodbye to everyone. 我需要为每个人说再见了。
13. Write the answer in your notebook. 在笔记本中写下答案。
14. He has always been a good boss. 他一直是好老板。
15. contact lens 隐形眼镜
16. Can you respect my privacy? 你能尊重我的隐私吗?

## 失爆规则 2

当 [t]/[d] 与 [n] 相邻时, [t]/[d] 可以选择失爆 (非必须)

1. button ['bʌtn] n. 按钮 ; 纽扣
2. garden ['gɑ:rdn] n. 花园
3. mountain ['maʊntn]
4. certain ['sɜ:tn] adj. 确定的
5. burden ['bɜ:dn] n. 负担
6. hidden ['hɪdn] 被隐藏
7. written ['rɪtn] 被写
8. forgotten [fə(r)'gɒt(ə)n]
9. carton ['kɑ:(r)t(ə)n] n. 纸箱
10. curtain ['kɜ:t(ə)n] n. 窗帘
11. Britain n. 英国
12. fountain n. 喷泉
13. important adj. 重要的
14. beaten 被打

## 失爆规则 2

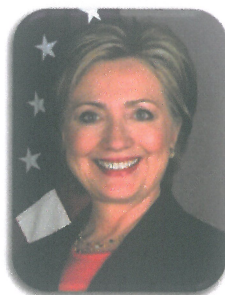
当 [t]/[d] 与 [n] 相邻时, [t]/[d] 可以选择失爆 (非必须)

15. bitten 被咬

16. Hillary Clinton 希拉里克林顿

17. I wouldn't let him go. 我不会让他走。

18. Mary shouldn't call him at work. 玛丽不应该在工作时给他打电话。



## 封神之路之浊化规律

元 + 辅 + 元 = 浊化

辅: [p] [t] [k]

### 浊化规则 1

元 + 辅 + 元: 如果一个清辅音处于两个元音之间就要浊化

water daughter letter writerbetter party

meter matter meeting eating getting photo later

-ity: city ability possibility creativity responsibility



## 浊化规则 1

**元 + 辅 + 元**：如果一个清辅音处于两个元音之间就要浊化

1. pick it up 捡起来
2. put it on 穿上
3. keep it up! 加油
4. Think about it. 好好考虑下
5. Not at all 一点也不
6. Take it easy 放松点
7. Get ot of here. = Get outta here 出去
8. Don't worry about it. 不用担心
9. Get away from me. 走开!
10. Get off the car. 下车
11. Have you got it? 听明白了吗?
12. Could dyou please keep pit down? 你能小声点吗?
13. Don't forget t to keep pin touch. 别忘了保持联系。
14. What a surprise! 真实惊喜啊!
15. She's s a straight A student. 她是个学霸。

## 浊化规则 2

**S/X+ 辅 + 元**：如果一个清辅音跟在 s/x 后面，则清辅音就要浊化

1. stand    stop    stamp    station    student    mistake
2. ski        skin        skate    skill
3. school    sky        scan        discsussion
4. speak    spend    sport        inspect    spicy    expsensive    expsect
5. constrstruction    Austrstralia    histstory

注意：

如果辅音后面没有元音，就不存在浊化的问题。如：grasp, test, desk 等，仍发清辅音。

## 浊化规则 3

**元 + 辅 + l**：如果一个清辅音处于元音和舌侧音 l 之间，则清辅音就要浊化

little        battle        bottle        cattle n. 牲畜        title 标题  
kettle n. 壶        settle v. 解决；定居        Seatle 西雅图

## 浊化规则 4

**数字类：** 20-90 整数值中的 t 需要浊化

twenty thirty forty fifty sixty seventy eighty ninety

## 《take me to your heart》

### 歌词赏析





Hiding from the rainand snow

Trying to forgetbut I won't let go

Looking at a crowdedd street

Listening to my own heartt beat

So many people all around the world

Tell me where do I find someone like you girl

Take me to your heart

Take me to your soul

Give me your hand before I'm old

Show me what love is haven't got a clue

Show me that wonders can be true

They say nothing lasts forever

We're only here today

Love is now or never

Bring me far away



Take me to your heart

Take me to your soul

Give me your hand and hold me

Show me what love is be my guiding star

It's easy take me to your heart

Standing on a mountain high

Looking at the moon through a clear blue sky

I should go and see some friends

But they don't really comprehend

Don't need too much talking without saying anything

All I need is someone who makes me wanna sing

Take me to your heart take me to your soul



Give me your handd before re I'm oldd

Show me whatt love is - haven't t got a clue

Show me thatt wonders can be true

They say nothing lasts forever

We're only here today

Love is now or never

Bring me far away

Takee me to your heart takee me to your soul

Give me your hand and holdd me

Show me whatt love is - be my guiding star

It's easy takee me to your heart





## 自我训练

1. Sally has lots of hobbies.
2. A bottle of water
3. Fill in the blanks
4. Let me have a look at it.
5. Mr Black worked in an office yesterday.
6. I called you half an hour ago.
7. The girl in the black coat was on a red bike just now.
8. Time is really limited.
9. There are two cats on the table .
10. Life goes on as it never ends .
11. It takes us an hour to get here .
12. The president will visit China in August.
13. All of us like to watch movies.
14. Do you like a cup of tea or a bottle of beer?
15. I would like another bowl of rice.

## 自我训练-答案

1. Sally has lots of hobbies.
2. A bottle of water
3. Fill in the blanks
4. Let me have a look at it.
5. Mr Black worked in an office yesterday.
6. I called you half an hour ago.
7. The girl in the black coat was on a red bike just now.
8. Time is really limited.
9. There are two cats on the table .
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11. It takes us an hour to get here .
12. The president will visit China in August.
13. All of us like to watch movies.
14. Do you like a cup of tea or a bottle of beer?
15. I would like another bowl of rice.



# 地道纠音 50 句

## 初级训练 20 句

1. I just made it. 我做到了。
2. That's a great idea. 这是个好主意。
3. Take care of yourself. 照顾好自己。
4. I'm afraid of snakes. 我害怕蛇。
5. She's a straight A student. 她是个学霸。
6. Don't worry about it. 没关系的
7. It doesn't matter to me. 这对我来说无所谓。
8. I usually get up at 7:30. 我通常七点半起床。
9. If I were you, I won't do that. 如果我是你，我不会那样做的。
10. Stop mucking around. Let's get down to business. 别闹了，干正事。
11. Could you please keep it down? 能小声点吗
12. There is no place like home. 没有比家更温暖的地方了。
13. You stay out of this matter, please. 你别插手这事。
14. Don't forget to keep in touch. 别忘了保持联系。
15. It's the hottest day I've had so far. 这是迄今为止我经历最热的一天。

16. If you're trying to hit on me, don't t bother, you won't t succeed.  
如果你想撩我，别浪费力气了，你不会成功的。

17. She dumped me and d said d nasty things about t me. 她甩了我还说难听话。

18. He doesn't t like waiting, so he cut t the line. 他不喜欢等待，所以插队。

19. No wonder you've got a headache, you drank k too much last t night.  
难怪你头疼，昨晚你喝太多了。

20. What a about having a pizza first? 先吃点匹萨怎么样？

## 中级训练 20 句

21. I shouldn't have done that. 我不该做那个事。

22. Stop p beating around d the bush. Just say it out. 别拐弯抹角，直接说吧。

23. I ate much lately. I'm out of shape. 我最近吃太多了，我身材走样了。

24. You must t be speaking ill of me when I went t to the bathroom.  
我上厕所的时候你的肯定说我坏话了。

25. In a word, I'm tired of everything. 总之，我对一切都很厌倦。

26. They hate each h other. 他们恨彼此。

27. She can't carry it. 她搬不动它。

29. We can work it out. 我们可以解决的。

30. I'll be back in half an hour. 我半小时后回来。

31. Why didn't you answer the phone when I called you yesterday?  
我昨天给你打电话，你为什么没接？

32. Be careful, there e're many pickkpockets in this area. 小心，这地方有很多扒手。

33. A bottle of water 一瓶水

34. The girl in the black coat was on a red bike just now.  
穿黑色衣服那个女孩刚才骑着一辆红色自行车。

35. Life goes on as it never ends. 生活永远再继续

36. It takes us an hour to get here. 到那得一个小时。

37. I would like another bowl of rice. 我想再要一碗米饭。

38. Do you like a cup of tea or a bottle of beer? 你要一杯茶还是一瓶酒

39. Get outta here 出去

40. Not at all 一点也不

## 英语美文 10 句

1. Life is the most difficult exam. Many people fail because they try to copy others, not realizing that everyone's exam has different questions.

生活是最难的考试。很多人失败是因为只抄袭别人，而是没有意识到每个人的人生试题都不一样。

2. I don't talk to you because I don't know what to say to you. I really like you but I don't know how to show it.

我不跟你说话是因为我不知道跟你说什么好。我很喜欢你，但是我不知道怎么表现出来。

3. I've always been afraid of losing people I love. Sometimes I wonder if there is anyone who is afraid to lose me. 我一直害怕失去我爱的人，有时候我在想有没有人会害怕失去我。

4. No matter how many mistakes you make or how slow you progress, you are still way ahead of everyone who is not trying.

不管你犯多少错误或者进展得有多慢，你依然遥遥领先那些不尝试的人。

5. 6 things you need to stop doing: Procrastinating, Doubting yourself, Thinking negatively, Blaming others, Fearing failure, Pleasing everybody around you.

6 件你需要停止做的事情：拖延症，怀疑自我，消极思考，责怪别人，害怕失败，讨好身边的每个人。

6. Whenever you feel like giving up, just remember that Coca-Cola sold only 25 bottles in its first year. Today, it's one of the biggest companies in the world. Never give up.

每当你想放弃的时候，请记住可口可乐第一年只卖出 25 瓶。如今它是世界上最大的公司之一。永不放弃。

7. Every morning you have two choices: continue to sleep with your dreams or wake up and chase them.

每天早上你都有两个选择：继续沉睡在梦乡，或者醒来去追逐梦想。

8. If you're strong and talented, you do not need to tell everyone about it. Work hard in silence. Let success make the noise.

如果你是强大和有才能的，你不需要告诉所有人。在沉默中努力，让成功自己发声。

9. The strongest people are not those who show strength in front of us, but those who win battles we know nothing about.

最强的人不是那些在我们面前展示力量的人，而是在我们不知道的情况下打胜仗的人。

10. When you fully trust someone without any doubt, you finally get one of two results: A person for life or a lesson for life.

当你毫不怀疑地相信一个人，你最后会得到两种结果：要么得到一个值得一生交往的人。要么得到一个铭记一生的教训。



# 旅游口语

打车篇

机场篇

住宿篇

饮食篇

租车篇

## 打车篇



1. 你好，请问到哪里去？

Miss, /Sir, Where are you going/heading?/Where to?

What's s your destination?

西 21 街的银花酒店，谢谢。

Siver Birch Hotel on the West 21st Street, please.

2. 能打开一下行李箱吗，我有行李要放进去。

Could d you please open the trunk? I need d to put my luggage in it.

trunk /trʌŋk/ n. 树干；大木箱；象鼻；后备箱



## 打车篇

3. 我要去机场赶下午 5 点的飞机。请快点好吗？

I'm going to the airportt to catch the flight at 5 o'clock.

Couldd you please make it faster?

不要意思，我要赶时间，请快点好吗？

Excuse me. I'm in a hurry. Wouldd you mind driving a little faster?

4. 好的，请系好安全带。

Ok, please fasten the seatt belt.

5. 大概多久到那儿？

Excuse me. How long will it take to get there ?

交通很顺畅，应该不会太久。

Traffic is lightt today. It shoulddn't take long. Probably about 30 minutes.

今天很堵，可能会晚一点。

Oh, it's packedd today. Probably take longer than n it should.

你认为我们四点之前能到那吗？

Do you thinkk we can get there by 4?

应该不成问题。

That shoulddn't be a problem.



## 打车篇

6. 大概需要支付多少钱？

How much will it cost to get there ?

7. 请开慢点好吗？ / 请开快点好吗？

Would dyou please drive a little slower? / a little faster?

OK, I will slow down. / That's s all right.

8. 我有点晕车。请开慢点可以吗？

I feel a little dizzy. Would dyou please slow down?

9. 能在（公共厕所 / 银行 / ....）停一下吗？

Can we stop at a public c restroom/bank... ?

10. 可以开 / 关一下空调吗？有点冷 / 热

Would dyou please turn on/off the AC? It's a little cold/hot.

11. 可以调大 / 小空调吗？

Would dyou please turn up/down the AC?



## 打车篇

12. 就把我放在这儿吧。 / 请把我放在这好吗？

Please drop p me here./Would d you please drop p me here?

13. 请把我放在十字路口吧。

Please drop p me at the intersection.

14. 请把我放路边好吗？

Would d you please pull over (to the curb)/there?

15. 谢谢你。 / 谢谢你载我一程，祝开心。

Thanks for the ride. Have a good day.

16. 和你聊天很开心。

Nice talking with you.

17. 多少钱？

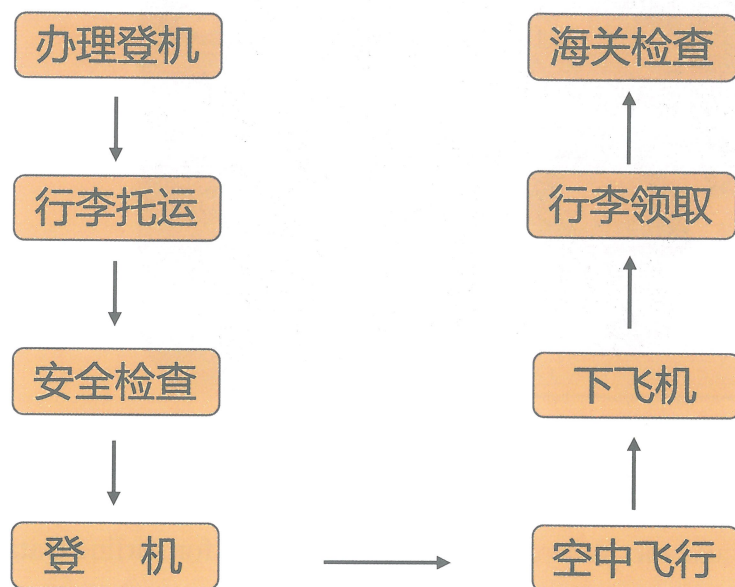
How much is the fee?

18. 我可以拿上发票吗？

Can I keep p the receipt?



## 机场篇



Economy class  
普通经济舱



Business class  
商务舱



First class  
头等舱

## 机场篇

## 办理登机



1. 卡塔尔航空的值机柜台在哪里？

Excuse me. Where is the check in counter for Airline Qatar ?

在 B 区。沿着这条路走然后左转 / 右转。

It's Section B. Go along this way and d turn left/right.

2. 办理登机牌，谢谢。

Excuse me, I would d like to check in, please.

3. 我可以看下你的护照吗？

May I see your passport?

4. 你飞哪？/ 我飞往旧金山，然后转机到纽约。

Where are you flying to? / I'm flying to San Francisco, and I have a connecting flight t to New York.



## 机场篇

## 办理登机

### 5. 你想要靠窗的座位还是靠过道的座位?

Do you prefer window or aisle seat?

I'd like a window seat / an aisle seat.

I'd like a seat by window /by aisle.

如果工作人员没有主动问你。你可以说:

我可以坐靠窗的座位吗?

Can I have a seat by window ?

对不起, 我们只有中间座位了。

Sorry, Sir. We only have middle seats.



### 6. 这是你的登机牌。登机口在 B20. 晚上十点开始登机。座位号是 11A, 旅途愉快。

Here is your boarding pass.

Your flight leaves from Gate B20, and boarding begins at 10 pm.

Your seat number is 11A.

Enjoy your flight.

谢谢。

Thank you very much.

## 机场篇

## 行李托运

7. 你有行李要进行托运吗?

Do you have any luggage to checkin ?

是的, 我有 3 个拉杆箱和 2 个旅行箱要托运。

Yes. I have three luggage and two suitcases to checkin.

不, 我只有一个随身携带的箱子。

No, I only have one carry-one luggage.



## 机场篇

## 行李托运

8. 在你的包里有液体，电子设备和尖锐物品吗？

Do you have any liquids, electronic devices, or sharp objects in your bag?

No, I don't.

9. 把它放在秤上面。手柄朝上。

Put it on the scale. Handles up, please.

10. 你的行李超重 3 公斤。你需要额外支付 60 元。

Your luggage is 3kg overweight. You'll have to pay an extra 60 yuan.

你的行李超重了。你需要额外支付 10 美元。

Your baggage has exceeded the weight limit. You'll be required to pay an extra charge of \$10.





## 机场篇

## 安全检查

11. 让我看一下你的登机牌好吗？ / 当然。

May I see your boarding pass? / Sure, here it is.

请清空您的口袋，脱掉您的夹克、鞋子和配饰。把它们放在盘子里。

Please empty your pockets, take off your jacket, shoes and accessories. And put them in the trays.

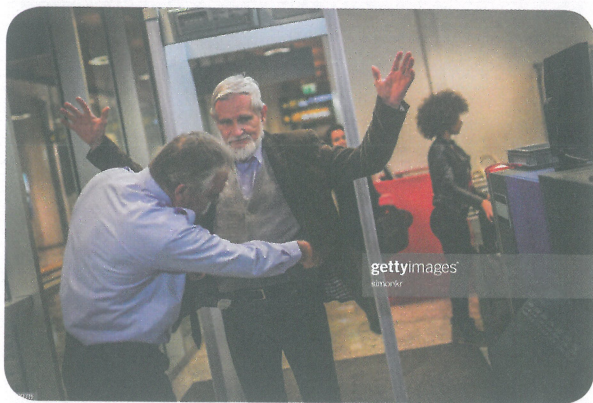
手机，笔记本电脑、kindle 和其他电子产品也需要从包里拿出来。

Phones, laptops, kindles, and other electronic items will also need to be removed from your bag.

12. 请伸开你的双臂。 / 好了，没事了。

Please stretch out your arms.

Ok, you are all set.



## 机场篇

## 登 机

正常登机通知：

由上海备降本站前往三亚的旅客请注意：您乘坐的 MU7766 次航班现在开始登机。请带好您的随身物品，出未登机牌，由 4 号登机口上 17 号飞机。祝您旅途愉快。谢谢！

Ladies and d Gentlemen, may I have your attention please: flight MU7766 from Shanghai to Sanya is now boarding. Would d you please have your belongings and d boarding passes ready and d board d the aircraft No.17 through gate NO. 4. We wish h you a pleasant t journey. Thank k you.

飞机延误通知：

前往上海的旅客请注意：我们抱歉地通知，您乘坐的 MU7765 次航班由于飞机在本站出现机械故障不能按时起飞。在此我们深表歉意，请您在候机厅休息，等候通知。如果您有什么要求，请与服务台联系。谢谢！

Ladies and gentlemen, may I have your attention please: We regret t to announce that t flight MU7765 to Shanghai can not t leave on schedule due to the aircraft maintenance at our airport. Would d you please remain in the waiting hall and d wait t for further information. If you have any problems or questions, please contact at with the service counter. Thank you.

## 机场篇

## 空中飞行

飞行前的广播：

We are currently the fourth in line for take-off and are expected to be in the air in approximately 15 minutes. We ask that you please fasten your seatbelts at this time and secure all baggages underneath your seat or in the overhead compartment. We also ask that your seats and tray tables are in the upright position. Please turn off all personal electronic devices, including laptops and cell phones. Smoking is prohibited for the duration of the flight.

13. 你好，我上面的行李架恐怕满了，你能帮我放一下行李吗？

Excuse me. I'm afraid the overhead compartment is full.

Would dyou please help p me put my luggage?

14. 你好，你介意和我换一下座位吗？

Excuse me, do you mind d changing your seat with me?

不，一点也不介意，可以换。

No, of course not. /No, not t at all.

对不起，我喜欢坐在这里

Sorry. I prefer to sit t here.

## 机场篇

## 空中飞行

15. 小姐，您想要喝 / 吃什么？

What d would y like to drink/eat/have, Miss ?

16. 你想要鸡肉还是牛肉？ / 我想要牛肉 .

Would d y like chicken or beef ? / I would d like beef.

17. 再给我来一杯可乐可以吗？

I s it possible for me to have another cup of cola, please?



18. 可以给我拿个毯子吗？

Excuse me. Could I have a blanket? / Would d y please give me a blanket?

请再给我一个毯子可以吗？

Excuse me. I s it possible for me to have a another blanket?





## 机场篇

### 行李领取

19. 行李提取区域在哪里？

Excuse me, where's the baggage claim area?

跟着标志走，两分钟后就会看到行李提取处。

Just follow the signs and you'll find the baggage reclaim area in about 2 minutes.



## 机场篇

### 海关检查

20. 你的最终目的地是哪？ / 这就是我的目的地。

What's your final destination?/ Here is my destination.

纽约是我的目的地。

New York is my final destination.

我要转到洛杉矶。

I'm here to transfer to LA.

21. 你此行的目的是什么？

What's the purpose of your visit?

我是来这度假的。/ 为了工作。

I'm here on holiday. / I'm travelling here. / For sightseeing.

For work. / For business.

22. 你会在这里待多久？

How long will you be staying here? About 10 days.

23. 你入境后会住在哪啊？

Where will you be staying?

我将停留于纽约州布法罗市主干大道 24 号上。

I will be staying at 24 Main Street, Buffalo, New York.

24. 你在这有认识的人吗？

Do you have any contacts in the country?

Yes, Bill Green. He's my friend.

25. 你随身携带了多少现金？

How much currency are you carrying with you? 2000 dollars.

Tip: 美国海关规定, 单人入境时, 随身携带的现金不得超过 1 万美元;

26. 是你自己整理的行李吗？

Did you pack the bag yourself?

Yes! (一定要回答 Yes)

27. 你的事办妥了(你可以走了)。

You are all set.

## 住宿篇

## 事先网上预订



1. 你好，我想办理入住。我一周前以 grace 的名义预定三晚的房间。

我的确认码是 ...

Excuse me. I'd like to check-in, please. I made a reservation a week ago under the name of Grace for three nights.

My verification number/code is...

稍等一下，我确认一下。是的，我找到你的预定了。

Wait a sec. let me check it. Yes, we've got your reservation.

2. 我可以看一下你的身份证吗？

May I see your ID please?

当然，这是我的护照

Sure, this is my passport.



## 住宿篇



## 事先网上预订

3. 有 wifi 吗? 密码是多少?

Is there a wifi here? What's the password?

在你的房卡上

It is on your room card.

4. 提供免费早餐吗?

Do you offer free breakfast? / Is breakfast included d in the price?

是的。早餐是免费的, 每天 7 点到 9 点在餐厅供应。

Yes. Breakfast is complimentary and it's served in the dining room from 7 to 9 everyday.

5. 还有什么事免费的?

What else is included d in the price?

What other free services do you offer?

通常免费的服务有:

Parking service / Internet access / Gym / Pool

## 住宿篇

## 事先网上预订

6. 你好，退房时间是什么时候？ / 上午 11 点。

Excuse me. What's the checkout time?/ It's 11 am.

我可以延迟退房吗？

Is it possible for me to have a late checkout?

这取决于我们房间的供应情况。你计划待到几点呢？

It depends on the availability of our rooms.

What time do you plan to stay until?

我想待到下午一点，可以吗？

I wantt to stay until 1pm. Does that workk for you?

可以。我们可以延长到下午一点。不会收取额外的费用。

Yes, Miss Grace, we can extendd your stay to 1 pm andd you won't be charged any extra fee.

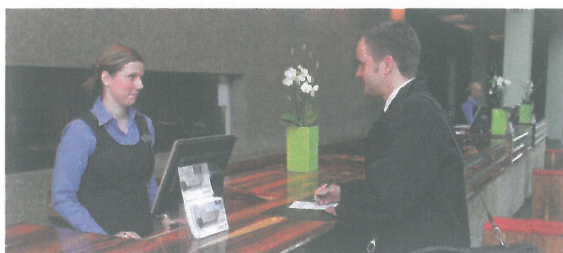
7. 请填写一下这个表格并在这签字

Please fillin this form andd sign here.

谢谢。你的房间号是 666. 这是你的房间钥匙。电梯在大厅的左边。

Thankk you. Your room numberr is 666 andd heree is your room key.

The elevator is down the hall to the left.



## 住宿篇



## 房间出现问题

1. 你能派些人上来么？马桶被堵上了。

Could dyou please send d someone ne up? The toilet is blocked.

2. 空调 / 电视 / 吹风机 ... 有问题，能派人上来修修吗？

There's s a problem with the air-conditioning/TV/hair dryer.

The air-conditioning/TV/hair dryer is not i working.

Could dyou please send d someone ne up to check k it?

3. 能给我托一条浴巾 / 拖鞋 / 牙刷 ... 吗

Would dyou please give me another towel/pair of slippers/tooth brush...?

## 住宿篇

### 退房

1. 退房，谢谢

Check out, please.

2. 你的房间号说一下。

Your room number please.

3. 这是你的账单，一共是 600 美元。你如何支付？

Here's s your check. And d it's 600 dollars in total. How would d you like to pay?



## 住宿篇

### 现场预定



单人间 single (room)



双人间 double (room)





两张单人的房间  
twin (room)



套房 suite

1. 你好，我想预定一个套房，3 天。

Excuse me. I'd like a suite for 3 days.

真的对不起，我们所有的房都预订完了。

I'm terribly sorry. All our rooms were booked out.

There're no vacancies right now.

2. 我还想续住 2 个晚上同样的房间，请问怎么可以吗？

I'd like to stay in the same room for another 2 nights, is that OK?

如果已经被订出去了，服务员会跟你说明情况。这时候你可以说

That's all right. You can arrange a room as good as this one for us.

(好吧，你可以安排一个和我们住的这个房间一样好的房间给我们)

## 饮食篇

1. 欢迎来到 SS 餐厅。你有预定吗？

Welcome to SS. Do you have a reservation?

是的，Grace 有订位。 / 没有。

Yes, I have a reservation in the name of Grace./No.

2. 你们有几个人？

Party of how many? / How many people are in your party?

两个人。

Two, please.

3. 你喜欢雅座还是普通桌？

Would you like a booth or a table?

雅座吧。

A booth, please.



booth



table

## 饮食篇

4. 请问有临窗子位置吗？有安静的位置吗？

Do you have a table by the window?

Do you have somewhere quiet?

5. 你想要喝些什么呢？

What would you like for drinks?

我想要喝 ...

I d like a water without ice, please.

I d like a coke/soda/an orange juice/a milk/a glass of beer/a wine please.

6. 你想点一份前菜吗？

Would you like a starter?

有些什么？ / 我们有 ...

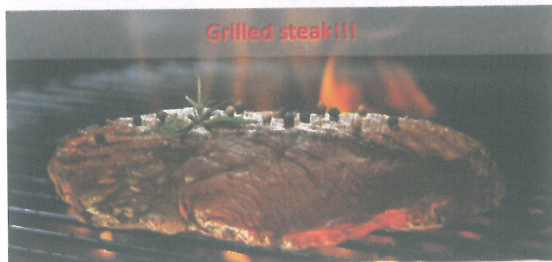
What do you have? / We have...

7. 你想点什么主菜？

What would you like for main course?

我想要一份牛排。

I would like a steak, please.





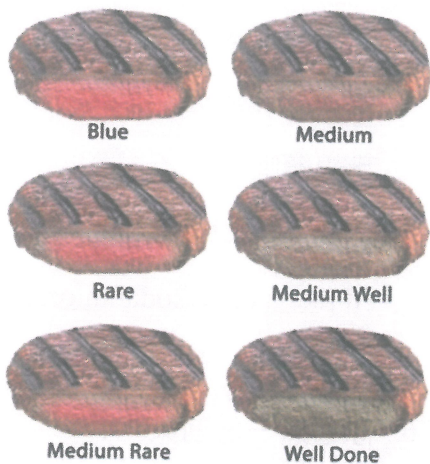
## 饮食篇

### 8. 牛排几分熟?

How would d you like your steak done?

五分熟。

Medium, please.



Ribs



Lamb



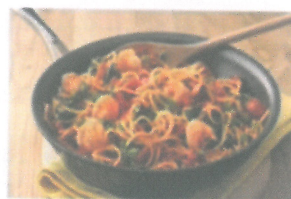
Chicken



Seafood



Burgers

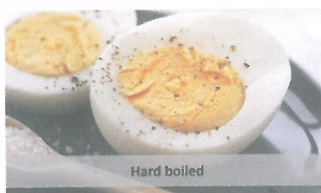
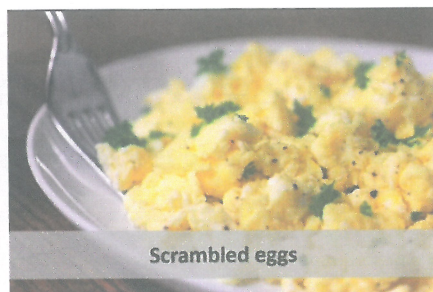
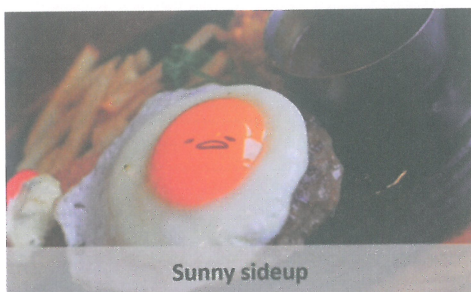


Pasta

## 饮食篇

9. 请问鸡蛋要怎么烹饪?

How would you like your eggs?



10. 你想要什么配菜呢?

What a do you have for your side?





## 饮食篇

11. 我想要一些甜品，有推荐吗？

I'd like some desserts. Any suggestions?

Do you have any recommendations?

我们这卖的最好的是巧克力蛋糕。

The brownie is often ordered.

好，给我来一份。

Great. Bring me one.

没问题，马上就到。

Sure, I'll be right back with your dessert.



## 饮食篇

12. 我可以打包带走吗?

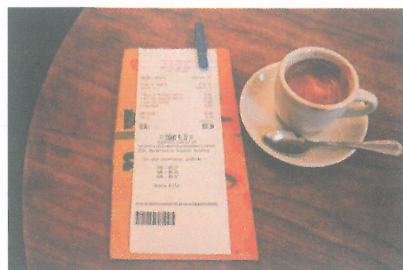
May I get this to go, please?

13. 结账。

Check, please.

May I have the bill, please?

(tip: 15-20% of the bill.)



14. 请给我一些纸巾 / 叉子 / 勺子 / 刀 / 筷子 / 牙签?

Can you give me some tissues/another fork/spoon/knife/  
another pair of chopsticks /some toothpicks?



fork



spoon



knife

## 租车篇



1. 您好，我想请问下租车需要哪些资料和手续？

Hello, may I ask what information and procedures are needed for renting a car?

2. 需要护照原件，驾照原件还有国际驾驶执照

We need your passport, driver's license, and IDP (International Driving Permit)





## 租车篇

### 3. 还车需要哪些手续?

What are needed d for returning the car?



### 4. 都有哪些车型?

What t size do you have?/What t car do you have?

我们有紧凑型车, suv, 面包车, 豪华车, 敞篷车和美国标准尺寸汽车

We have compact t car, suv, van, luxury car and conver tible and d full size.



## 租车篇

5. 你需要手动的还是自动的？

Do you need da manual one or automatic c one ?

6. 租车怎么收费的？需要押金吗？

How much hi is this car? Do you need da deposit?

紧凑型车 \$21 一天，中型车 \$27 一天，小面包车 \$35 一天

Compact is \$21 a day, midsize is \$27 a day, and da minivan is \$35 a day."

你需要租多长时间？

How long will you rent t the car? 3 days....

7. 您需要保险吗？全险每天 \$14。

Would dy you like ke insurance? 14 dollars a day and di covers everything.

全险多少钱？

How much hi is the full insurance ?

8. 请在这里签名，在楼下取车，一周后归还。归还时油箱保证满箱，否则，每加仑按 3 美元收取。

"Please sign here. You can pick kup your car downstairs. You are expected d to return the car in a week. Also, the gas tank is full, you should d fill up the gas tank before you return. If not t, we can do it for \$3 a gallon."



## 租车篇

9. 还车时油箱要满。

You have to bring it back with h a full tank.

10. 请在周五下午 6 点钱还车。

You have to bring it back by 6pm on Friday.

I t has to be returned by 6pm on Friday.

11. 你能给我们展示一下各个开关吗？

Can you show w u the controls?

12. 附近有加油站吗？

Is there a gas station near here?


# 日常口语

## 最高频生活地道美语 100 句


1. 我在刮胡子。 I'm shaving (my beard)
2. 我在梳头发。 I'm combing my hair.
3. 我需要理发。 I needd to geta haircut.
4. 我困了。 I'm sleepy.
5. 你总是涂指甲吗？ Do you always paintyour nails?
6. 我昨天给你打电话，你为什么没接？

Why didn't you answer the phone when I called you yesterday?

7. 我电话没电了。 My phone died.
8. 你今天看起来不错啊。 You look goodd today.
9. 电视机不好使了。 The television doesn't work.
10. 我每天都叠被。 I make my bed every day.
11. 你有兄弟姐妹吗？ Do you have any siblings?

- 
12. 我父母离婚了。My parents are divorced.
13. 我们在一起住。We live together.
14. 我一个人住。I live alone.
15. 你看起来像你的姐姐。You look like your sister.
16. 我和约翰关系很好。I get along well with John.
17. 他们讨厌彼此。They hate each other.
18. 我是独生子。I 'm an only child.
19. 你感觉怎么样？How do you feel?
- 我感觉很好。I feel good.
- 我感觉很糟。I feel terrible.
20. 你吓到我了。You scared me.
21. 我有点头晕。I'm a little dizzy.
22. 我把自己割伤了。I cut myself.
23. 我把自己烧伤了。I burned myself.
24. 我没通过考试。I failed the test.
25. 你今天有很多工作吗？Do you have a lot of work today?
26. 他失业了。He's unemployed.
27. 我改变主意了。I've changed my mind.

28. 它要多少钱? How much does it cost?
29. 这些打折吗? Is it on sale?
30. 我买了。I'll take it.
31. 我今天心神不宁。I'm not myself today.
32. 我在减肥。I'm on a diet.
33. 我压力很大。I'm under a lot of pressure.
34. 包在我身上。You can count on me.
35. 我很忙。I got my hands full.
36. 我要告诉你好消息。I've got good news for you.
37. 这个座位有人坐了吗? Is this seat taken?
38. 视情况而定。It depends.
39. 这对我来说无所谓。It doesn't matter to me.
40. 这事让我快发疯了。It drives me crazy
41. 它是需要花时间的。It takes time.
42. 它不会花很多时间的。It won't take much time.
43. 很高兴和你聊天。It's nice talking with you.
44. 真是一言难尽。It's a long story.
45. 这是一生难得的机会。It's a once in a lifetime chance.

- 
46. 这真的很痛苦。It's s a pain in the neck.
  47. 这是浪费时间。It's s a waste of time.
  48. 都是我的错。It's all my fault.
  49. 太棒了。It's awesome.
  50. 太糟糕了。It's awful.
  51. 好久不见了。It's been n a long time.
  52. 这令人难以置信啊。It's incredible.
  53. 尚未决定。It's s up in the air.
  54. 值得一看。It's worth seeing.
  55. 就这样吧。Just t let it be.
  56. 不用找零了。Keep p the change.
  57. 你有零钱吗？ Do you have some change?
  58. 再接再厉。Keep p up the good d work.
  59. 让我这么说吧。Let t me put it this way.
  60. 我们今天就到这吧。Let's call it a day.
  61. 有时间我们聚一下吧。Let's get t together sometime.
  62. 让我们言归于好吧。Let's make ke up.
  63. 我们边吃边谈。Let's talk k over dinner.



64. 我可以试穿一下吗？ May I try it on?
65. 请别管我。 Please leave me alone.
66. 请多保重。 Take care.
67. 慢慢来。 Take your time.
68. 仍然谢谢你。 Thank you all the same.
69. 非常感谢。 Thanks a million.
70. 那再好不过了。 That couldn't be better.
71. 这太荒唐了。 That's ridiculous.
72. 它是值得的。 It's worthwhile.
73. 我们可以解决的。 We can work it out.
74. 我们有很多相似之处。 We have a lot in common.
75. 你在忙什么呢？ What are you up to ?
76. 你周末计划做什么？ What are your plans for the weekend?
77. 你推荐什么？ What do you recommend?
78. 你觉得 ... 怎么样？ What do you think of...? / How do you like...?
79. 在那怎么样？ What is it like there?
80. 关你什么事。 None of your business.
81. 你什么时候最方便？ When is the most convenient time for you?

82. 我可以请一天假吗? Can I ask a day off?
83. 卫生间在哪? Where is the rest room, please?
84. 这里谁负责? Who is in charge here?
85. 你能帮我一个忙吗? Would you do me a favor?
86. 开玩笑。I'm kidding.
87. 这是你应得的。You deserve it.
88. 一分价钱一分货。You get what you paid for.
89. 你买的真便宜。You got a good deal.
90. 你说对了。You said it.
91. 你应该试一试。You should give it a try.
92. 你能说慢一点吗? Could you speak slower?
93. 你能帮我拍张照片吗? Could you take a picture for me?
94. 你在谈恋爱吗? Are you in a relationship?
95. 你玩的开心吗? Did you have fun?
96. 你健身吗? Do you work out?
97. 别误解我。Don't get me wrong.
98. 我明白了。I got it./I got you.
99. 他在开会。He's in conference.
100. 你能来我太荣幸了。It's my pleasure to have you here.

# 日常口语

1. 如何用英语自我介绍？
2. 如何用英文描述你的一天？
3. “辛苦了”用英语怎么说？
4. “加油”用英语怎么说？
5. “过奖了”用英语怎么说？
6. “我要崩溃了”用英语怎么说？
7. “气质”用英语怎么说？
8. “我听不见了，信号不好”用英语怎么说？
9. 如何用英语形容各种“帅哥”？
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11. 离别时应该说什么？
12. 如何用英语在星巴克点咖啡？
13. 如何用英语在酒吧点酒？
14. 如何在三个月之内大幅提高听力？

## 1. 如何用英语自我介绍

大家好，我叫 Grace. 我出生在北京，并在那里长大。现在住在广州。我毕业 5 年了，大学学的市场营销。现在在销售行业工作。我喜欢跑步，旅游。我今年三十多岁了，我想学好英语和外国人自由聊天。

# Please, Introduce Yourself

### 1. Greetings:

Formal: Hello/Goodmorning/Goodafternoon/Goodevening.

Informal: Hey/Hi/What's up?

2. I'm.../My name is...

3. I was born and raised up in....

4. I'm now/currently living in...

5. It's been... years since I graduated.

6. I learned...in college/university/school.

I got a bachelor/master/doctor degree of...

7. I work at/for...in the... department.

8. I work in the...industry.

9. I'm a big fan of...=I'm a keen...

10. I'm in my early/middle/late twenties/thirties/...

Hey, what's sup? Everyone. I'm Grace. I was born and raised up in Beijing. Now I'm living in Guangzhou. I has been 5 years since I graduated. I have a bachelor degree of marketing. I work in the sales industry. I am a big fan of running and d travelling. I' m in my early thirties. I'm learning English and d hope to communicate with foreigners fluently.

## 2. 如何用英文描述你的一天

我的闹钟七点半响，然后我起床。洗个澡，穿好衣服，去上班。我不喜欢化妆，因为化妆品对皮肤有害。上午 9 点开始工作，下午 5 点下班，然后去买些菜回家做饭。我周末经常睡懒觉，喜欢睡到自然醒。



My alarm goes off/rings at 7 in the morning.



then I get out of bed/get up





get dressed



I go to work/drive to work.

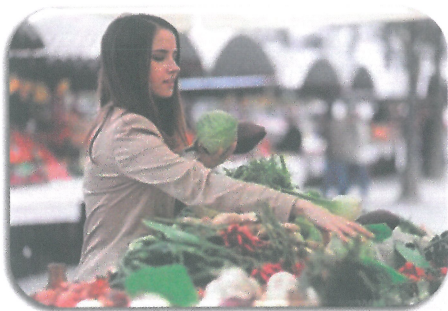
I start t to work at 9. / My work starts s at 9.



I leave/get off work at 5



I don't like wearing make-ups.  
put on some make-ups.



I buy some groceries and cook  
dinner at home.



I often sleep in on weekends.  
I like sleeping until I wake up naturally.

My alarm goes off at 7:30 and then I get out of bed.

Take a shower, get dressed and d then go to work.

I don't like wearing make-ups.

Coz make-ups are bad d for skin.

I start to work at 9 and d get off work at 5.

Then I buy some groceries and d cook dinner at t home.

I often sleep p in on weekends and d I like sleeping until I wake u naturally.

### 3. “辛苦了” 用英语怎么说

#### 1. 对方帮助你时

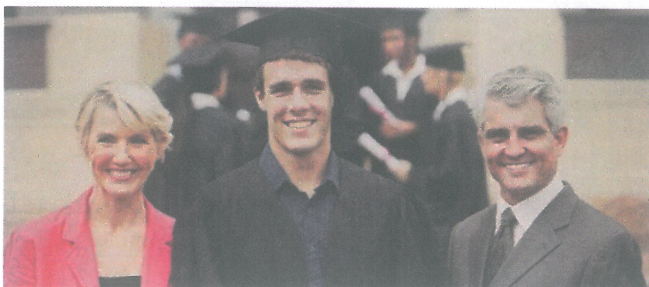
Thank you. I really appreciate it.

I couldn't have done it without you.

#### 2. 对父母，师长表示感恩

You are the best d dad/mum/teacher anyone could d ask for.

I'm so grateful for you.



#### 4. “加油” 用英语怎么说

1. You/We got this. 你 / 我们能行的。

You studiedd for this test for so long. You wenttover the books so many times. You got this.

你准备了这么久，复习了这么多遍，你可以的！

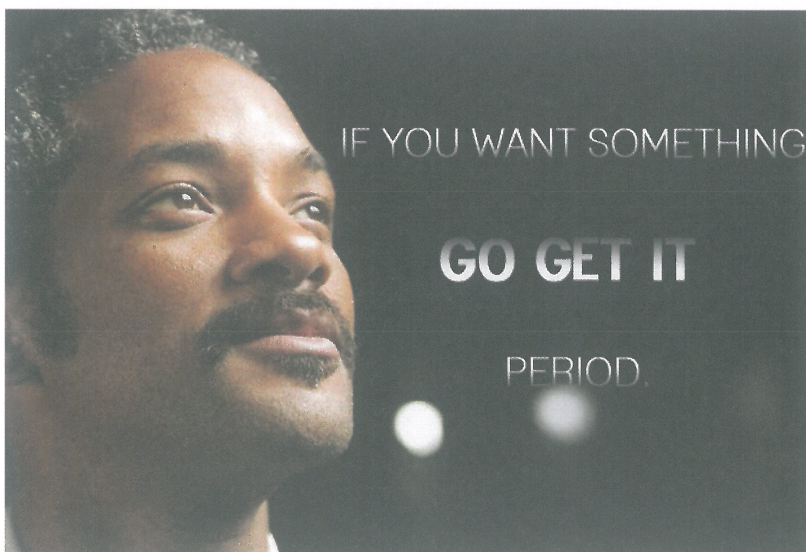
We rehearsed so many times. We got this.

我们排练了这么多遍，我们可以的。

2. Go get it. / Get it. 你可以的。

eg. 别人去考试 / 面试 / 参加比赛等。

3. Come on. You can get it. 加油，你可以的！





## 5. “过奖了” 用英语怎么说

### 1. 工作被夸

You're so amazing.

You nailed d the speech. 你演讲太好了。

Congratulations! Grace. You did a great job. 你做得太棒了。

回答 ( 质疑 + 谦虚 )

Was it? I was so nervous. I totally messed d up the beginning.

Did I? I thought I messed d it up.

再次赞美

No, you did a great job!

感谢

Thank you. That t was so sweet.

Thank you for saying so. 谢谢这么说哈。

That's so sweet of you. 你人真实太好了。

Thanks for the kind comment. I really appreciate te that t.

谢谢你的好评，太感谢了。

## 2. 着装被夸

I like your shirt. It looks good on you.

The color fits you very well.

Yellow looks good on you.

回答：

This? It's just an old shirt. But thank you though.

This? It's no big deal. I got it on sale.

这个？这是便宜货，我打折的时候买的

This? I just threw it on this morning. I didn't even think about it.

这个啊？我今天早上随便穿的。

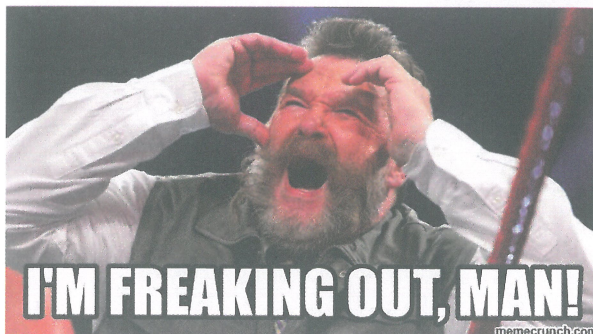
## 6. “我要崩溃了” 用英语怎么说

1. I'm freaking out.

eg. I have so much to do today. I'm literally freaking out.

2. I'm breaking down. This is all too much to me. I don't know if I can take it.

3. I'm reaching the breaking point.





## 7. “气质” 用英语怎么说？

1. 她很有气质。

She has natural elegance, grace, and poise.

She is naturally elegant, graceful and poised.

2. 她行为举止很得体。

She carries herself well.

4. She's a girl with class. 她很有涵养。

She's a classy lady.

5. She's very cultured. 她很有文化。

没有气质

Your behavior is not ladylike. 你的行为很不淑女



## 8. “信号不好，我听不见了” 用英语怎么说？

1. 我听不见了。我这信号不好。

I can't hear you. / I'm losing you.

I've got bad reception. I only have one bar.

I got weak signal here.

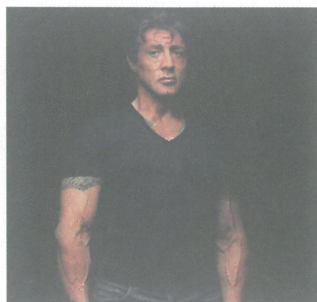
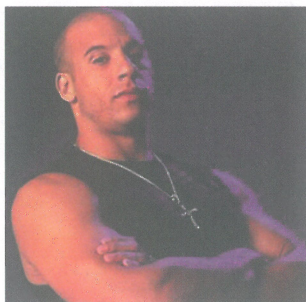
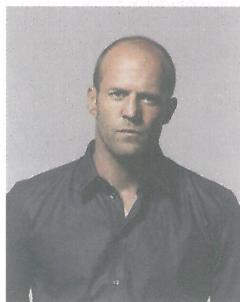
We've got a bad connection.

2. 你那边断断续续的。能再说一遍吗？

You're breaking up. Can you say it again?

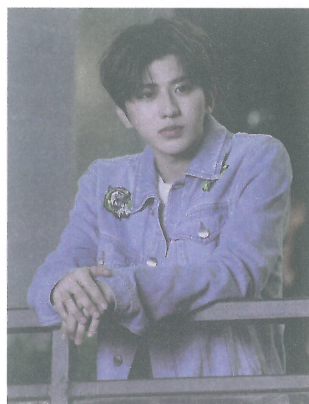
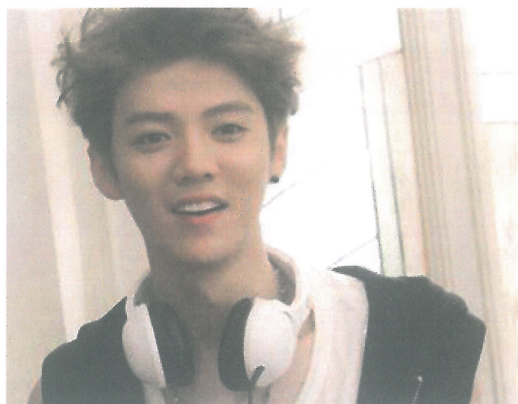


## 9. 如何用英语形容各种帅哥？



rugged/manly/tough man

有男人味的 / 硬汉



metro man  
“很精致的男生”

1. 他是一个很干净很帅的男生。

He's a clean-cut, handsome man.

头发，胡子整理的很整齐的

well-groomed man

2. 他是个很会穿的人。

He's stylish and d well-dressed.

3. 你今天看起来太帅了。

You look dapper today.

4. 你穿西装看起来真干练。

wow, you look k sharp in suit.



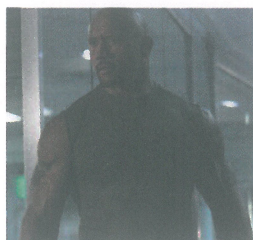


5. 你看起来好壮啊!

You lookk so buff.

你在健身吗?

Have you been working out recently?



## 10. 如何用英语夸别人?

1. 这是你的新上衣吗? 它很适合你。

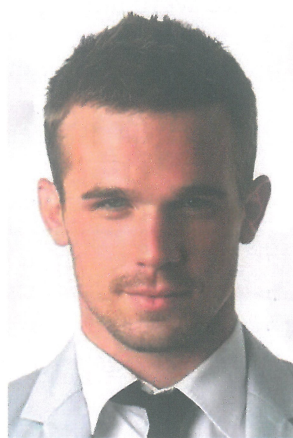
Is that a new top? It suits you very well.

那个颜色 / 绿色很适合你啊。

That color/Green looks good d on you.

这件夹克很适合你啊。

The jacket fits you well.



2. 你剪发了吗? 短发很适合你啊。

Did you get t your hair cut?

Shorter hair looks good d on you.

3. 你太有条理了。你怎么把一切都收拾得这么整齐? 我希望我也是那样。

我的桌子 / 办公室总是很乱。

You're so organized. How do you keep everything so tidy?

I wish I was like that. My desk/office is always in a mess.

4. 你精力太旺盛 / 太努力了。

You're so generous/hardworking

5. 我很欣赏你总是能够认真听我讲话。

I appreciate that t you always listen carefully to me.

## 11. 离别时应该说什么？

毕业、离职的时候舍不得你可以说：

1. You know, we only have a few short weeks left. It's been so wonderful meeting you and living/working with you. And it's going to be difficult to start the next chapter of our lives. But I want you to know that I appreciated all the times we were able to stay together. And I hope we can stay friends wherever we do go and keep in touch. (女生)

2. Hey man. It's been cool. Let's keep in touch. (男生)

## 12. 如何用英语在星巴克点咖啡？

1. 热 / 冷 / 常温（不加冰） / 少冰

hot/cold/iced/no ice/easy on ice

2. Size of your cup.



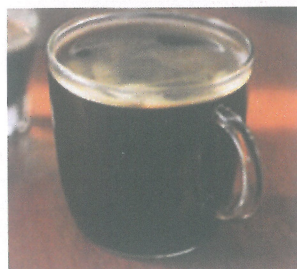




Mocha 摩卡



Caramel Macchiato  
焦糖玛奇朵



Americano 美式



Latte 拿铁



Cappuccino 卡布奇诺



espresso 特浓咖啡

3. 我想要一个热的中杯咖啡加香草糖浆和奶。

Can I have a hot grande coffee with vanilla syrup and milk?

4. 我想要一个中杯冰拿铁。

Can I have an iced grande latte?

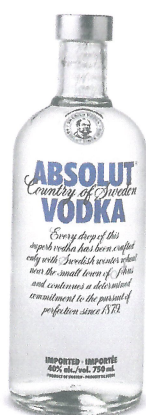
5. 我想要一个大杯卡布奇诺少冰。

Can I have a venti cappuccino with less ice?

### 13. 如何用英语在酒吧点酒?



liquor/spirits 白酒



Vodka 伏特加



Tequila 龙舌兰酒



Rum 朗姆酒





Whiskey 威士忌

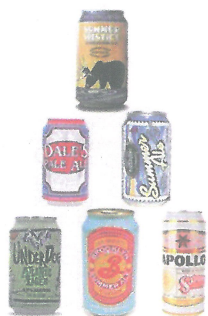


Brandy 白兰地

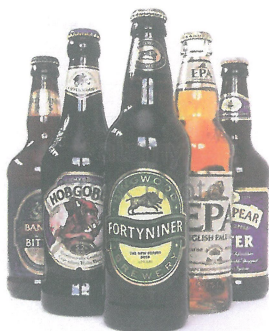


Gin 金酒





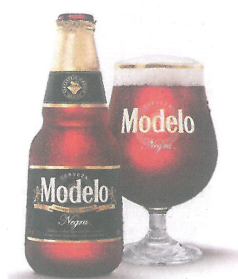
Canned Beer 灌装啤酒



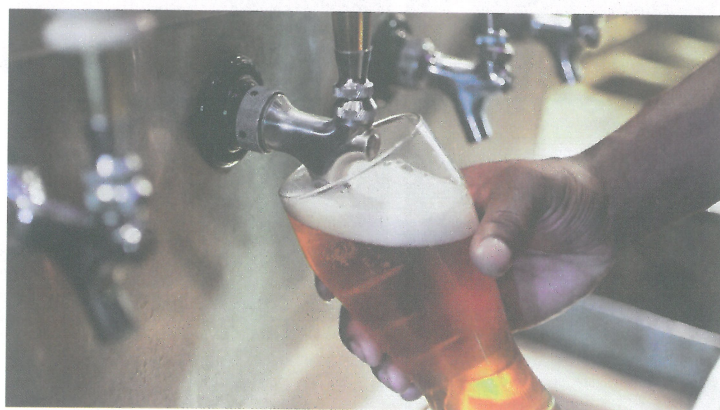
Bottled beer 瓶装啤酒



Draft beer 生啤酒



1. What do you have on tap? 有什么生啤酒?



2. Can I see some ID? 我能看看你的证件吗?

3. I'd like to start a tab. 我想开账。

I want to close my tab. 我要结账。



4. First round is on me. 第一轮我来。

Second round is on him. 第二轮他来。

5. Are you being served? 有人服务你吗?

Yes, I'm being served.

No, I would d like to order.

6. Do you have any specials? 有什么特价酒吗?

7. I'm the designated driver tonight. 我今晚负责开车。

8. Bottoms up. 干完。



## 14. 如何在三个月之内大幅提高听力？

### 100 天机械重复不如一天刻意练习

很多学长学姐在传授听力经验的时候时常会这样说：“每天坚持听英语，早晨起床就把自己进入到英语环境中，听新概念VOA, BBC。刚开始完全听不懂。只能听懂几个单词。但是我没有放弃。后来突然有一天自己就跟开了窍一样。全部听懂了”。好神奇，有没有？好简单，是不是？如果你按照这种方法去坚持三个月的话，你会发现自己的英语水平，尤其是听力，没有任何长进。听不出来的单词下次重新播放，还是听不出来？每次都像在听一篇新的课文。那问题出在哪里呢？这样普通的练习方式叫做机械重复练习。机械重复练习会让我们的学习进步非常缓慢，甚至感觉不到进步，而且过程本身也非常的无聊。所以绝大多数同学坚持不下来，即使坚持下来了也没有任何效果。那应该如何做呢？

只有刻意练习才会有所提高。

90% 的精听 + 10% 的泛听。

什么才是精听呢？简单而说，就是听写。选择适合自己英语水平的句子或者文章，每天进行半个小时左右的听写，坚持两到三个月，你的听力会有非常非常大的进步。

详细步骤如下:

1. 推荐一款练习听力的神器“扇贝听力”，那里有适合各个英文水平的句子和文章。我们挑选适合自己水平的内容开始练习。

2. 选中听力材料后（听力材料最好不要超过3分钟，基础薄弱的同学从听写句子开始），不听够5遍绝对不能够看原文，听一句，写一句，尽自己最大努力把听到的内容全部默写出来。

3. 对照答案。分析自己写不出来的地方的原因是什么？是单词不会拼写还是根本听不出是哪个单词。完了以后可以用发音课上学到的发音规律来标注一下材料中的句子，重新听几遍句子，看看是哪里出现了连读失爆或者浊化规律自己没有听出来。

4. 然后模仿原音朗读材料内容，直至非常熟悉。

5. 最后要进行最艰难的一步也是最有效果的一步，尽可能将材料中内容复述下来。

这样完整的五个步骤算作是一次听写任务的结束。

每周建议坚持五天，另外两天可以看下美剧，放松一下。

坚持3个月，奇迹会降临在你的身上。

本教材只供学员个人学习使用  
不得私自传播

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违 者 必 究