

中等职业学校公共基础课程用书

描红本

英语

书写天天练

基础模块·2

主编 华腾新思职教高考研究中心



每天练一点
练出好成绩

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在数字化时代背景下，规范、清晰的英文书写不仅是中职学生语言素养高的重要体现，也是其应对学业测评与谋求职业发展的必备技能。为响应教育部对中职英语“基础性、应用性、职业性”的定位要求，本书以中等职业教育《英语（基础模块2）》为蓝本，构建“书写训练与语言学习深度融合”的实践体系，助力学生在提升卷面表现力的同时发展英语核心素养。

本书突破传统字帖单一的临摹模式，紧扣职教高考电子阅卷标准，以“衡水体”为载体，植入标准化书写规范，并提供了详细的“答题卡卷面书写指导”。

本书根据《英语（基础模块2）》在实际教学中的课程安排来设置体例，共包含八个单元，每个单元分为 Warming Up & Listening and Speaking、Reading and Writing、Language Practice & Group Work 和 Culture Understanding 四个模块，每个模块又包含了单词、短语、句型和课文四项内容，旨在让学生在练习英文书写的同时巩固所学的核心知识点。

学生的每一次运笔，不仅是笔尖与纸面的对话，也是知识向能力的转化。希望学生通过每日半小时的系统训练，练就工整规范的书写能力，提升卷面识别度，构建起“规范书写—精准记忆—职业应用”的良性循环，让英文书写真正成为打开学业精进与职业发展之门的金钥匙。

编 者

2026 年 2 月



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“衡水体”英文书写详解



“衡水体”是一种以规范、清晰、工整著称的英文书写风格，尤其适合中高考等电子阅卷场景。

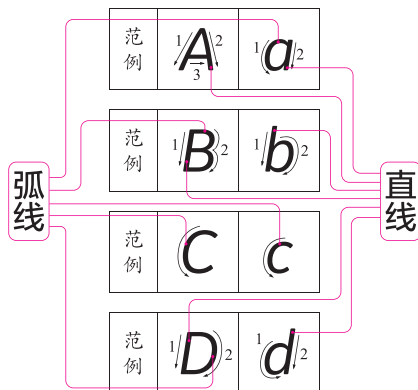
一、“衡水体”的特点

1. 字形圆润饱满，竖线笔直

“衡水体”是一种非常工整的字体，竖线笔直，弧线饱满，字母弧度自然，避免尖锐折角，以柔和线条为主。

2. 字母间无交叉，简洁无连笔

与“意大利斜体”相比，“衡水体”清晰而简洁，起笔、收笔不带钩，字母间无交叉，没有连写趋势。



衡水体（字母大多无挑钩，不连笔）

Sam has an idea.

I can't reach it.

VS

意大利斜体（字母多挑钩，笔画形态多变）

Sam has an idea.

I can't reach it.

3. 字母t和l带钩，y是弧线

与“手写印刷体”相比，“衡水体”字母t增加了附钩，l加小钩以区分大写的I，y以弧线代替直线。

衡水体（t、l带钩，y是弧线）

The boy kicked the

ball into the hole.

VS

手写印刷体（t、l不带钩，y是直线）

The boy kicked the

ball into the hole.

二、“衡水体”书写规范

1. 大写字母一样高，占中上两格，上端不顶第一条线，下端紧贴第三条线

“衡水体”字母的占位，以传统的四线三格来说明：26个大写字母一样高，占中上两格，书写时上边不能顶着第一条线（字母顶部与第一条线之间的留白约3/5格高），下边要抵着第三

条线。例如:

A B C D E F G H I J K L M N O P Q R S T U V W X Y Z

2. 只占中间格的字母, 必须写满格

字母 a、c、e、m、n、o、r、s、u、v、w、x、z (共 13 个) 只占中间格, 上端紧贴第二条线, 下端紧贴第三条线。

a c e m n o r s u v w x z

3. 字母 b、d、f、h、k、l、t 上部分出头不能太长, f 的那一横必须在第二条线上或者附近

b d f h k l t

4. 字母 p、q、j、g、f、y 下部分不能太长

p q j g f y

5. 字母要紧贴横线格写, p、q、j、g、f、y 下部分略出横线

Judy's frog jumps past grey pyramids quickly.

三、26 个字母的笔顺

¹A ²a ¹B ²b ¹C ¹c ¹D ²d ¹E ²e ¹F ²f
¹G ²g ¹H ²h ¹I ²i ¹J ²j ¹K ²k ¹L ¹l
¹M ²m ¹N ³n ¹O ¹o ¹P ²p ¹Q ²q ¹R ²r
¹S ¹s ²T ¹t ¹U ¹u ¹V ¹v ¹W ¹w ¹X ²x
¹Y ²y ¹Z ¹z

答题卡卷面书写指导



1. 不要连笔写

restaurant ✓

restaurant ✗

2. 字母的倾斜度要一致

We are Chinese. ✓

We are Chinese. ✗

3. 字母的大小要一致

many people ✓

many People ✗

4. 注意对齐原则

书写规则相同的字母底部和顶部要平齐。

Please quietly grab the yellow package.

加下划线的字母，底部和顶部平齐；所有红色字母亦是如此。

5. 单词之间空一个小写字母 a 的宽度

The boy is running quickly.

6. 单词内部的字母间不要写得太松或太紧

advance ✓

advance ✗

advance ✗

7. 标点符号要写在特定的位置上

英文标点符号的大小、粗细应均匀，斜度应适宜。英文标点一般只写在四线三格的上两格，位置与中文类似，如英文的句号应写在四线三格的中格偏下的位置。

, . : ; ? ! " ' - _



*"I can't believe it," she exclaimed. "But is it true? He said
he would never come back; However, I still have hope—
maybe he'll change his mind!"*

8. 把单线格看成四线三格里的第三条线

平时的考试中, 学生主要在单线格上书写。脱离了四线三格的辅助, 学生想要将英文字母写得整齐, 在卷面上获得高分, 就要把单线格看成四线三格里的第三条线, 这样才知道从哪里落笔, 把字母写得整齐美观。

We may not choose the world. We have hardly any choice.

打好基础——26个字母书写练习



1 2 3 A A A

1 2 B B B

1 C C C

1 2 D D D

1 2 3 E E E

1 2 3 F F F

1 2 G G G

1 2 3 H H H

1 I I I

1 J J J

1 2 a a a

1 2 b b b

1 c c c

1 2 d d d

1 e e e

1 2 f f f

1 2 g g g

1 2 h h h

1 2 i i i

1 2 j j j



1/2 K

K

K

1/2 k

k

k

1/ L

L

L

1/ l

l

l

1/2 M

M

M

1/ m

m

m

1/2 N

N

N

1/ n

n

n

1/ O

O

O

1/ o

o

o

1/2 P

P

P

1/2 p

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1/2 Q

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1/2 q

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1/2 R

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1/ r

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1/ s

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s

1/2 T

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T

1/2 t

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t

1/ U

U

U

1/ u

u

u



v v v

w w w

x x x

y y y

z z z

v v v

w w w

x x x

y y y

z z z

1

Unit

Travel

Warming Up & Listening and Speaking

单词

ticket ticket ticket

n. 入场券；票 【例句】The bus ticket costs two dollars for a single ride. 单程公交车票两美元一张。

local local local

adj. 当地的 【例句】The local people are very friendly and helpful. 当地人非常友好且乐于助人。

daily daily daily

adj. 每天的 【例句】I go for a walk in the park as part of my daily routine. 我每天都会去公园散步，这是我的日常安排之一。

travel travel travel

n. 旅行 【例句】My favorite part of travel is trying local foods. 旅行中我最喜欢的部分是品尝当地美食。

agency agency agency

n. 代理公司 【例句】The travel agency helped us book a great vacation package. 这家旅行社帮我们预订了一个很棒的度假套餐。

product product product

n. 产品 【例句】Their latest product is a huge success in the market. 他们的最新产品在市场上大获成功。

reservation reservation reservation

n. 预订 【例句】I made a reservation at the Grand Hotel for next Friday night. 我预订了下周五晚上在格兰德酒店的房间。

double double double

adj. 双人的 【例句】The double bed in the guest room is very comfortable. 客房里的双人床非常舒适。

cover cover cover

v. 覆盖 【例句】Snow covered the entire mountain, turning it into a white wonderland. 雪覆盖了整座山，将它变成了一片白色的仙境。

famous famous famous

adj. 著名的 【例句】This restaurant is famous for its traditional Italian dishes. 这家餐厅以传统意大利菜肴而闻名。

ethnic ethnic ethnic

adj. 民族的 【例句】It's important to respect ethnic cultures when visiting new places. 去新地方旅行时，尊重民族文化非常重要。

journey journey journey

n. 旅行 【例句】Our journey across the desert was long but full of amazing views. 我们穿越沙漠的旅行很长，但风景令人惊叹。

experience experience experience

v. 感受；经历 【例句】She experienced deep sadness after losing her pet. 失去宠物后，她感到非常难过。

national national national

adj. 全国的 【例句】The Great Wall is a national treasure and a must-visit attraction for tourists. 长城是国家级宝藏，也是游客必去的景点。

retire retire retire

v. 退休 【例句】My father will retire next year after 40 years of working as a teacher. 我父亲当了 40 年老师，明年就要退休了。

短语

book tickets book tickets

订票 【例句】I just booked tickets online for the art exhibition—it was so convenient! 我刚在网上订了艺术展的票，非常方便！

scenic spot scenic spot

景点 【例句】I took some amazing photos at that scenic spot with the mountains and the river. 我在那个有山有河的景点拍了一些令人赞叹的照片。

in front of in front of

在……的前面 【例句】There's a big tree in front of my house, providing shade in the summer. 我家房子前面有一棵大树，夏天能遮阳。

all year round all year round

全年；一年到头 【例句】She goes swimming at the pool all year round to stay fit. 她全年去泳池游泳以保持健康。

worth doing sth. worth doing sth.

值得做某事 【例句】Reading daily is worth doing to expand your knowledge and vocabulary. 每天阅读值得做，它能拓展你的知识和词汇量。

can't wait to do sth. can't wait to do sth.

迫不及待地做某事 【例句】I can't wait to explore the ancient temples in Luoyang next month. 我迫不及待想下个月去洛阳探访古寺。

make a travel plan make a travel plan

制订旅行计划 【例句】The guide helped us make a travel plan for the 5-day hiking trip. 导游帮我们制订了为期 5 天的徒步旅行计划。

family suite family suite

(家庭)套房 【例句】Our family of five needed a family suite to stay comfortably. 我们五口之家需要一间家庭套房才能住得舒适。

have interest in have interest in

对……感兴趣 【例句】Do you have any interest in learning a new language? 你对学习新语言有兴趣吗？



句型

What is the most famous scenic spot here?

这里最有名的景点是什么?

Could you tell us more about Shangri-La?

你能给我们多讲讲香格里拉吗?

I can't wait to get there.

我迫不及待地要去那里。

We'll be there in 20 minutes.

我们将在 20 分钟后到达那里。

I'm interested in...and I'm searching for a product...

我对……感兴趣,我正在找……的产品。

Why not take a look at...?

为什么不看看……呢?



课文

The guide is giving an on-the-way introduction to the tour

导游正在旅游大巴上向旅行团进行沿途介绍。

group on the coach.

Guide: We are now in the north of Yunnan Province. In front

导游:我们现在在云南省北部。

of us is Shangri-La.

我们前方就是香格里拉。

Tourist: Look at the snowy mountains!

游客:看那些雪山!

Guide: That's right. The upper part of the mountains is

导游:没错。

covered with snow all year round. The mountains are home

这些山的上部终年积雪。

to all kinds of wild animals.

这些山是各种各样的野生动物的家园。



Tourist: What is the most famous scenic spot here?

游客：这里最有名的景点是什么？

Guide: There are a great many!

导游：那就太多了！

Tourist: Sounds great! So we'll be able to see many

游客：听起来太棒了！

beautiful places.

那我们可以看到很多美丽的地方。

Guide: You certainly will. It's really worth visiting.

导游：你们肯定会去的。这里真的值得一游。

Tourist: Could you tell us more about Shangri-La?

游客：你能给我们多讲讲香格里拉吗？

Guide: Yes. Shangri-La is also rich in ethnic culture. On our

导游：好的。香格里拉的民族文化也十分丰富。

journey you will experience their special songs and dances.

在我们的旅途中，你们将体验到他们独特的歌舞。

Tourist: I can't wait to get there.

游客：我迫不及待地要去那里。

Guide: Well, we'll be there in 20 minutes.

导游：嗯，我们将在 20 分钟后到达那里。

Reading and Writing

单词

dynasty *dynasty* *dynasty*

n. 朝代 【例句】The Ming Dynasty was followed by the Qing Dynasty. 明朝之后是清朝。

major *major* *major*

adj. 主要的 【例句】The major activity on weekends is going shopping with friends. 周末的主要活动是和朋友一起去购物。

avoid *avoid* *avoid*

v. 避免 【例句】To avoid getting lost, we should carry a map with us. 为了避免迷路, 我们应该随身携带一张地图。

luggage *luggage* *luggage*

n. 行李 【例句】She carefully packed her luggage for the weekend trip. 她为周末旅行仔细地打包了行李。

quit *quit* *quit*

v. 放弃 【例句】She quit eating junk food and started cooking healthy meals at home. 她戒掉了吃垃圾食品, 开始在家做健康餐。

throughout *throughout* *throughout*

prep. 遍及; 到处 【例句】The disease is spreading throughout the region. 这种疾病正在这个地区蔓延开来。

record *record* *record*

v. 记录 【例句】She records her daily expenses in a notebook to track her spending habits. 她在笔记本上记录日常开支, 以跟踪自己的消费习惯。

effort *effort* *effort*

n. 努力 【例句】The team's success was due to their combined effort. 这个团队的成功取决于他们的共同努力。

finally *finally* *finally*

adv. 终于 【例句】After years of saving, they finally bought their dream house. 攒了多年钱后, 他们终于买下了梦想中的房子。

well-known *well-known* *well-known*

adj. 著名的 【例句】He is a well-known writer with many bestselling books. 他是一个著名的作家, 写了很多畅销书。

discover *discover* *discover*

v. 发现; 找到 【例句】Doctors discovered a new treatment that can cure the disease in just two weeks. 医生发现了一种新疗法, 仅需两周就能治愈这种疾病。

 短语

become interested in *become interested in*

对……感兴趣 【例句】 He became interested in playing basketball at an early age. 他从小就对打篮球感兴趣。

take care of *take care of*

照顾；注意 【例句】 The nurse took care of the patient all night and barely got any sleep. 护士整夜照顾病人，几乎没合眼。

give up *give up*

放弃 【例句】 Don't give up so easily—success often comes just after you feel like quitting. 别轻易放弃——成功往往就在你想放弃时出现。

with the support of *with the support of*

在……的支持下 【例句】 With the support of his classmates, he made great progress. 在同学们的支持下，他取得了巨大进步。

set off *set off*

出发 【例句】 The explorers set off to find the lost city. 探险家们出发去寻找那座失落的城市。

in order to *in order to*

为了 【例句】 They planted trees in order to improve air quality in the neighborhood. 他们种树是为了改善城区的空气质量。

all sorts of *all sorts of*

各种各样的 【例句】 There are all sorts of entertainment activities in the amusement park. 游乐园里有各种各样的娱乐活动。

due to *due to*

因为；应归于 【例句】 The store closed early due to a power outage in the area. 商店因该区域停电而早早关了门。

be well-known for *be well-known for*

因……知名 【例句】 The ancient city is well-known for its well-preserved ruins and rich history. 这座古城因其保存完好的遗迹和悠久的历史而闻名。

pass away *pass away*

去世 【例句】 The news that the great leader had passed away spread quickly. 那位伟大领袖去世的消息很快传开了。

hold on to *hold on to*

坚持 【例句】 During tough times, it's important to hold on to hope and keep going. 在困难时期，坚持希望并继续前行很重要。

have a passion for *have a passion for*

非常喜好 【例句】 They have a passion for outdoor sports and go hiking every weekend. 他们非常喜好户外运动，每周末都去徒步旅行。

句型

In order to have more first-hand experiences, he avoided traveling comfortably.

为了得到更多的第一手体验，他避开了舒适的旅游。

Although he experienced all sorts of difficulties, Xu never thought of quitting.

尽管经历了各种各样的困难，徐从未想过放弃。

Xu spent over 30 years traveling throughout the country.

徐花了 30 多年的时间在全国各地旅行。

At what age did he set off for his first trip?

他第一次出发去旅行是在多大年纪？

课文

The Life Story of Xu Xiake

徐霞客传

Xu Xiake (1587–1641) was a famous traveler in the Ming

徐霞客 (1587—1641) 是明朝著名的旅行家。

Dynasty. He became interested in books about different

他从小就对有关不同地方的书籍感兴趣

places at an early age and wanted to travel. When he was

并且想要去旅行。当他 19 岁的时候，

19, his father died, and he had to take care of his mother.

他的父亲去世了，他不得不照顾他的母亲。

However, Xu never gave up his dream of traveling.

然而，徐从未放弃他的旅行梦想。

With the support of his family, Xu set off for the first time

在家人的支持下，徐在 22 岁时第一次出发，

at the age of 22 and took four major trips in his lifetime.

一生中进行了四次重大旅行。

In order to take more first-hand experiences, he avoided

为了得到更多的第一手体验，



traveling comfortably. Xu chose to go almost everywhere

他避免了舒适的旅游。徐选择几乎全程步行，

on foot and carried his luggage on his back. Although he

并自己背着行李。

experienced all sorts of difficulties, Xu never thought of

尽管经历了各种各样的困难，

quitting.

徐从未想过放弃。

Xu spent over 30 years traveling throughout the country.

徐花了 30 多年的时间在全国各地旅行。

He carefully studied the places he passed through and

他仔细研究经过的地方

recorded his experiences and discoveries in his diary. Due to

并将他的经历和发现记录在日记中。

his efforts, the diary finally became The Travel Notes of Xu

由于他的努力，这本日记最终成为《徐霞客游记》。

Xiake. It is well known for its value in Chinese history.

它在中国历史上具有重要价值，这一点众所周知。

Language Practice & Group Work

单词

finally finally finally

adv. 终于 【例句】 He finally admitted his mistake and apologized to everyone. 他终于承认了自己的错误，并向所有人道歉。

major major major

adj. 主要的 【例句】 Water pollution is a major environmental issue in this area. 水污染是这个地区的主要环境问题。

experience experience experience

v. 感受，体验；经历 【例句】 They are going to experience a new way of learning. 他们将体验一种新的学习方式。

throughout throughout throughout

prep. 遍及；到处 【例句】 Over 30 years, he traveled throughout the country and wrote about every place he visited. 三十多年来，他走遍了全国，并将所到之处都记录了下来。

record record record

v. 记录 【例句】 The device records the heart rate of the patient. 这个设备记录病人的心率。

cuisine cuisine cuisine

n. 烹饪；菜肴 【例句】 Italian cuisine is famous worldwide for its pasta, pizza, and rich flavors. 意大利菜肴因其意面、披萨和浓郁风味而闻名全球。

cover cover cover

v. 覆盖 【例句】 She covered her shoulders with a shawl to stay warm. 她用一条披肩裹住肩膀以保暖。

avoid avoid avoid

v. 避免 【例句】 He always double-checks his work to avoid making mistakes. 他总是反复检查工作，避免出错。

quit quit quit

v. 放弃 【例句】 After years of trying, he finally quit drinking alcohol. 经过多年努力，他终于戒酒了。

effort effort effort

n. 努力 【例句】 Learning a new language requires a lot of effort and patience. 学习一门新语言需要付出很多努力和耐心。

discover discover discover

v. 发现，找到 【例句】 She discovered her talent for painting when she took an art class in college. 大学时上了一节美术课，她发现了自己的绘画天赋。

comfortable comfortable comfortable

adj. 令人舒服的 【例句】 The bed was soft and comfortable, and she slept well. 床又软又舒服，她睡得很好。

local local local

adj. 当地的 【例句】 The local market sells the freshest vegetables—I buy all my greens there. 当地市场卖的蔬菜最新鲜，我都是在那儿买青菜。

national national national

adj. 全国的 【例句】 The government announced a national policy on education reform. 政府宣布了一项全国性的教育改革政策。

短语

take care of take care of

照顾；注意 【例句】 She spends her weekends taking care of stray cats in the neighborhood. 她周末会在社区照顾流浪猫。

give up give up

放弃 【例句】 She had to give up her plan due to lack of money. 由于缺钱，她不得不放弃她的计划。

set off set off

出发 【例句】 The clock said four minutes past eleven when we set off for London. 我们出发前往伦敦时，时钟显示是 11:04。

in order to in order to

为了 【例句】 They worked overtime in order to finish the project ahead of schedule. 他们加班是为了提前完成这个项目。

all sorts of all sorts of

各种各样的 【例句】 The market sells all sorts of fresh fruits and vegetables every morning. 市场每天早上都卖各种各样的新鲜水果和蔬菜。

句型

Xu set off for the first time at 22 and took four major trips in his lifetime.

徐在 22 岁时第一次出发，一生中进行了四次重大旅行。

课文

Hello! My name is Anthony. I'm from France. I want to visit

大家好！我是安东尼，来自法国。

Beijing during the summer holiday. I love nature, and I also

我想在暑假期间去北京旅游。我热爱大自然，

want to try some delicious traditional food there.

也想尝尝那里的一些传统美食。



Hi everybody! I'm Joey, and I'm from New Zealand. I'm

大家好! 我是乔伊, 来自新西兰。

going to visit Beijing this year because I'm very interested in

我打算今年游览北京,

Chinese history and culture.

因为我对中国的历史和文化有着浓厚的兴趣。

Hi! My name is Elena, and I'm from Russia. I want to

大家好! 我是艾琳娜, 来自俄罗斯。

experience some Chinese culture and see the natural beauty

我想体验一些中国文化,

there, but my main goal is to find out which university is the

欣赏那里的自然美景,

best for me.

但我的主要目标是找到最适合我的大学。

Culture Understanding

单词

curiosity curiosity curiosity

n. 好奇心 【例句】Children's natural curiosity helps them learn about the world. 孩子们天生的好奇心帮助他们了解世界。

historic historic historic

adj. 历史的 【例句】The museum displays many historic relics. 这家博物馆陈列了许多历史遗物。

matter matter matter

v. 事关紧要；有重大影响 【例句】The children matter more to her than anything else in the world. 对于她来说，在这个世界上没有比孩子更重要的了。

value value value

v. 重视，珍视 【例句】I value the opinion of my husband and we agree on most things. 我重视我丈夫的意见，而且我们在大多数事情上看法一致。

短语

focus on focus on

专注于 【例句】They all focus on one aim: winning. 他们都专注于一个目标：胜利。

on the other hand on the other hand

另一方面；换句话说 【例句】The new policy will reduce costs for businesses; on the other hand, it might lead to job cuts. 新政策会降低企业成本；但另一方面，它可能导致裁员。

connect with connect with

与……联系 【例句】I always connect with my family through video calls when I'm traveling. 旅行时，我总是通过视频通话与家人联系。

historic sites historic sites

历史遗迹 【例句】The guide introduced us to the historic sites in detail. 导游详细地给我们介绍了这些历史遗迹。

句型

A tourist often focuses on seeing things quickly.

游客常常追求快速游览。

A tourist wants to see as many places as possible, while a traveler may choose not to rush.

游客想尽可能多地游览景点，而旅行者却可能选择悠然不迫。

课文

Are You a Traveler or a Tourist?

你是旅行者还是游客？

A tourist often focuses on seeing things quickly. A traveler,
游客常常追求快速游览。

on the other hand, looks closely, asks questions, and tries
而旅行者则会细致观察、提出问题，

to connect with the place they visit—its history, food, and
并尝试与所到之地建立联结——包括它的历史、美食与

people.

人文。

A tourist wants to see as many places as possible, while
游客想尽可能多地游览景点，

a traveler may choose not to rush. For tourists, visiting
而旅行者却可能选择悠然不迫。对游客而言，

buildings, museums, and historic sites might feel like the
参观建筑、博物馆和历史遗迹或许是

best way to understand a place. For travelers, the journey
了解一个地方的最佳方式。对旅行者来说，

itself matters most. They value curiosity, learning, and
旅行本身才是最重要的。他们珍视好奇心、学习

discovering surprises along the way.

以及沿途发现的惊喜。