

Chapter 1

生活社交





你一定要会说的句型

使用频率最高的基本礼节主题



How are you doing? 你最近好吗?

= How's everything going? 一切都还好么?

⊙ How are you getting on? 你过得怎么样?

⊙ I'm fine. 我很好。

Same as usual. 老样子。

Just so-so. 马马虎虎吧。



Haven't seen you for a long time. 好久不见了。

= I haven't seen you for ages. 好几年不见了。

= It's a long time since I saw you last.

距离上次见面已经过了好久了。



May I introduce myself to you? 我可以做个自我介绍吗?

⊙ Jack, I'd like you to meet my friend, Tom.

杰克，来认识一下我的朋友汤姆。

⊙ Allow me to introduce Mr. Henry.

请允许我向你介绍亨利先生。

⊙ Mr. Brown, I'd like to present you to Mr. Smith.

布朗先生，我向您介绍一下史密斯先生。



How do you do? 你好吗?

- ⊙ I'm glad to meet you. 很高兴认识你。
- ⊙ Nice to meet you. 见到你很高兴。
- ⊙ I am honored to know you. 很荣幸能够认识您。
- ⊙ It's a pleasure to know you. 认识你，我深感荣幸。



Thank you for your help. 谢谢你的帮助。

- = I really appreciate your help. 衷心感谢你的帮助。
- ⊙ I'd like to express my gratitude. 我要表达我的谢意。
- ⊙ I'm glad you enjoyed it. 真高兴你喜欢。



You're welcome. 别客气。

- = My pleasure. 不必客气。
- ⊙ At your service. 愿为你效劳。



I'm sorry. 对不起。

- = Please forgive me. 请原谅我。
- = Please accept my apology. 请接受我的道歉。
- = I must apologize for it. 我得为此道歉。
- = I hope you'll excuse me. 希望你谅解。



I shouldn't have done that. 我不该那么做。

- = It's all my fault. 全是我的错。
- = I didn't mean it. 我不是故意的。
- = Forgive me for interrupting. 打扰了，请多见谅。



That's all right. 这没什么。

- = Think no more of it. 别再想它了。

= Oh, don't worry about that. 哦，不要为那件事担心。

= Never mind. 别介意。

= Don't mention it. 别放在心上。



你一定要记得的单词

语境中需掌握的基本礼节主题

fine 好的	usual 平常的	so-so 马马虎虎的
age 阶段	since 自从	introduce 介绍
present 介绍	glad 高兴的	honor 有幸
pleasure 令人高兴的事	appreciate 感激	express 表达
gratitude 感谢	enjoy 喜欢	welcome 受欢迎的
forgive 原谅	accept 接受	apology 道歉
apologize 道歉	excuse 原谅	fault 错误
mean 想要	interrupt 打扰	worry 担心
mind 介意	mention 提到	



你一定要听懂的句型

全欧美都在用的基本礼节主题

1. Yours is the last face I would have expected to see here.

在这里我最没有**料想**到会看见的人就是你。

2. I hate to have to ask you to do this.

实在不应该麻烦您。

3. I really can not thank you enough for the invitation.

我真的不知道该如何感谢您的**邀请**。

4. Thank you for your kindness to him during his illness.

谢谢你**在他生病期间**为他所做的一切。

5. Please give my regards / best wishes / love to your family.

请代我向全家问好。

6. It's so thoughtful of you to give me such valuable advice.

你给我提出了如此宝贵的建议，真是太**周到**了。



你一定要会说的句型

使用频率最高的起床睡觉主题



It's time to get up. 该起床了。

= **It's time to wake up.** 该起床了。

⊙ **Get up and have breakfast.** 起床吃早饭吧。

Tip: get up/wake up 起床



Are you awake? 你醒了吗?

⊙ **I'm not quite awake.** 我还没有清醒过来。

⊙ **I'm still sleepy/drowsy!** 我还困着呢。



I want to sleep for a while. 我想再睡一会儿。

⊙ **I want to stay in bed for another half an hour.**

我真想在床上多睡半个小时。

⊙ **I stayed up late last night.** 我昨晚熬夜了。

Tip: stay up late 熬夜; 睡得很晚 (=burn the midnight oil)



I've overslept. I'm going to be late.

我睡过头了, 要迟到了。

⊙ **You'd better get up, or you'll be late.**

你最好现在就起床，要不然就要迟到了。

⊙ I got up late so that I missed the company bus.

我起床晚了，以至于没赶上公司班车。



Did you sleep well? 睡好了吗?

⊙ I had a nightmare last night. 昨晚我做了个可怕的梦。

⊙ I didn't sleep a wink last night. 我昨晚一夜没合眼。

互动 A: Did you sleep well? 睡好了吗?

现场 B: Yes, I slept very well. 嗯，睡得挺好。

Tip: sleep a wink 合眼



What time do you get up in the morning?

你早上什么时候起床?

⊙ When did you fall asleep? 你几点睡着的?

⊙ When did you go to bed last night?

你昨晚几点睡的?

⊙ I'm a morning person. 我喜欢早起。

Tip: morning person 喜欢早起的人 (反) night person 夜猫子



I'm going to bed. 我要去睡觉了。

⊙ Have you set the alarm clock? 你定闹钟了吗?

Tip: set the alarm clock 调好闹钟，定闹钟



You were snoring last night. 昨天晚上你打呼噜了。

⊙ I'm a heavy sleeper. 我睡得很死。

⊙ I'm a very light sleeper. 我很容易醒的。

⊙ I was sleepless last night./ I lost sleep last night.

我昨晚失眠了。

Tip: heavy sleeper 睡得很沉的人 light sleeper 浅睡眠者



He is asleep. 他睡着了。

= **He's fallen asleep.** 他睡着了。

◎ **He is sound asleep.** 他睡得很熟。

Tip: fall asleep 入睡; 睡着 sound asleep 睡得很香



你一定要记得的单词

语境中需掌握的起床睡觉主题

wake 醒来	breakfast 早饭	awake 醒着的
sleepy 困乏的	drowsy 昏昏欲睡的	oversleep 睡过头
nightmare 噩梦	wink 眨眼	asleep 睡着的
alarm 闹钟	snore 打呼噜	sleepless 失眠的
sleeper 睡眠者	sound 彻底地	



你一定要听懂的句型

全欧美都在用的起床睡觉主题

1. **You'll be sleepy tomorrow if you don't sleep well tonight.**

如果你晚上不休息好的话，明天你会**犯困的**。

2. **I got up at daybreak this early morning./I got up**

at the crack of dawn.

我今天大清早**天蒙蒙亮**就起床了。/ **天刚亮**我就起床了。

3. I didn't go to bed until twelve last night, so I got up late.

昨晚我**直到**十二点**才**睡觉，所以起床晚了。

4. I try to keep to a regular schedule every day.

我每天努力遵守**有规律的作息时间安排**。

5. I get into bed at about 10:00 and go right off to sleep.

我十点**上床睡觉**，很快就睡着了。

6. I was so tired I could have slept around the clock.

我太累了，能睡**整整一天**。

7. I need to hit the sack./I need to catch some Z's.

我要**睡觉**了。


你一定要会说的句型

使用频率最高的洗漱装扮主题


Put those pajamas away! 把睡衣收好!

- ⊙ I fold up my quilt. 我叠好床被。

Tip: put away 收拾 fold up 把……折叠起来


Did you brush your teeth? 你刷牙了吗?

= Have you brushed your teeth? 你刷牙了吗?

- ⊙ I need to brush my teeth. 我要刷牙。
- ⊙ I can't squeeze any toothpaste out of the tube.
牙膏用完了。
- ⊙ This toothbrush is losing its bristles. 这支牙刷掉毛。


I have to go wash my face. 我得洗脸了。

- ⊙ Come on. Get up and wash yourself.
快点，起来。洗脸去。
- ⊙ I often wash my face with foam cleanser.
我常用泡沫洗面奶洗脸。
- ⊙ I dry my hands and face with the towel.
我用毛巾擦干了双手和面部。

Tip: foam cleanser 泡沫洗面奶