





Please email [Laura@sydneybykayak.com.au](mailto:Laura@sydneybykayak.com.au) for details on how to purchase a 10 class pass.

#### **Social Paddle**

Suitable for all levels of fitness. Many people like to team up and go kayaking for several days in group. It is safe if you travel in numbers, because the kayak is designed heavier and larger, it could be very difficult to turn over. This two-day tour enables you to enjoy a night by an open fire and combine some other hobbies such as photographing and bird watching. But remember to carry all the necessary equipment needed to make your trip a safe and exciting one. \$160 per class.

Please email [Susan@sydneybykayak.com.au](mailto:Susan@sydneybykayak.com.au) for details on how to purchase a 10 class pass.

#### **Clean-up Kayak Tour**

Suitable for all levels of fitness. This two-mile round-trip paddle is a chance to explore the Lavender Bay and experience the wildlife while the site is closed to the public. It is a great way to try kayaking, get outside for some gentle exercise and help the surroundings at the same time. \$50 per tour.

Please email [Jenny@sydneybykayak.com.au](mailto:Jenny@sydneybykayak.com.au) for details on how to purchase a 10 class pass.

#### **Sunrise Kayak and Coffee**

Suitable for beginners. It's perfect for those who are fairly new to kayaking, as well as more experienced kayakers who enjoy and appreciate the calmness of the early mornings and a good coffee. Paddlers will experience a unique side to Sydney Harbour and learn some of the history of Sydney. Lots of tourist stops for photos and stories are waiting for you. \$145 per person, per tour.

Please email [Anna@sydneybykayak.com.au](mailto:Anna@sydneybykayak.com.au) for details.

21. Which tour is suitable for people who are concerned about the environment?  
A. Group Kayak Fitness. B. Social Paddle.  
C. Clean-up Kayak Tour. D. Sunrise Kayak and Coffee.
22. What makes Social Paddle different from other tours?  
A. Group booking can have a discount. B. It is suitable for inexperienced paddlers.  
C. Lavender Bay is one of the stops in this tour. D. The paddlers can enjoy overnight gatherings.
23. Where is the text probably taken from?  
A. A geographic magazine B. A historical book C. A travel brochure D. An adventure fiction

### **B**

“Why do you have 9,632 emails in your inbox (收件箱)?”

I looked at my husband, “Um... is that a lot? How many are in your inbox?”

“About twenty,” he replied. I looked at my inbox. There were emails I had meant to deal with; emails from customers and the kids' schools with information I needed; there were time-sensitive offers I'd never got around to investigating; endless updates from the social media platforms I subscribed to, and the rest I had kept just in case.

I realized that I had become an email hoarder (囤积者). I clearly had a problem and I needed to act. I paused my work and began to delete unwanted emails. An hour later I made little progress.

“Just delete the whole lot,” my husband strongly suggested.

Could I do that? It was appealing. But I paused. I couldn't. I did have a problem! Then I decided to compromise. I kept the last month's emails and deleted everything else. I looked at my almost empty inbox. Wow, it felt so good.

To be honest, I feel genuine anxiety about deleting emails. FOMO (错失恐惧症) is a real problem for many people like me with email issues. So many emails are “offers”. What if that amazing offer never comes up again? But the fact is that they do...frequently. What's more, these great offers are often





29. What can be inferred from Paragraph 2?
- A. Food is a decisive factor for climate change.  
B. Food choices matter much to global warming.  
C. Universities are working together in climate action.  
D. Fuel-efficient cars are not affordable for consumers.
30. What does Sujatha Bergen say about beef?
- A. It has great influence on carbon reduction.                      B. It is popular among millions of car drivers.  
C. It has a close relationship with gas emission.                      D. It plays a significant role in American's diet.
31. Which of the following is a suitable title for the text?
- A. Food System Reform: A Successful Trial                      B. Global Warming: An Approaching Danger  
C. Carbon Emission: A Killer, or Healer?                      D. Low Carbon Diet: A Craze, or More?

**D**

I've tried a bunch of strategies to increase my intelligence. I've made flashcards to memorize words. I've subscribed to daily crosswords. What did I get for it? Average scores on standardized tests. A lot of unfinished puzzles. But I can't say any of those strategies made me noticeably smarter.

Paul, a biology and social science writer, challenges us to rethink what we think about thinking. Our assumption that intelligence solely exists within the isolated organism of brain leaves us **flummoxed** by paradoxes like this one: how London resident Ben Pridmore can remember the order of 1,400 randomly shuffled playing cards but can't remember his friends' birth dates. Our bodies, our social networks and our surroundings, she argues, are "extra-neural" inputs that have a profound influence on cognition (认知).

To illustrate the impact of physical spaces on cognition, Paul tells the story of Montaigne, a 16th century thinker who might have been the first to design a man cave and style it in ways to promote deep thought. She shares reflections on the transformative effect on mental well-being of the 150-foot ceilings in ancient Roman public baths, and the reasons why the large stone pillars(柱子) of the Salk Institute can foster expansive thinking.

She couples the experiences of Daniel Kahneman with contemporary neuroscientific studies to explain the benefits of physical movement for cognitive focus and memory. She uses this work to convincingly highlight how the daily routine at school—with its relative shortage of leisure time—is a drawback to the development of children's attention span.

Paul does not offer do's and don'ts for designing childhood education centers. She does not advise directly on how to prepare for a public address at a board meeting. However, the diverse and deeply researched information she presents about the impact of atmosphere, our bodies and the people around us on our thought process can certainly be translated into that. Our minds are bigger than our brains, and if we embrace that fact, there's so much more we can accomplish.

32. How does the author introduce the topic in paragraph 1?
- A. By listing examples.                      B. By presenting a setting.  
C. By providing evidence.                      D. By sharing the experience.
33. What does the underlined word "flummoxed" mean in Paragraph 2?
- A. confused.                      B. influenced                      C. impressed                      D. attracted
34. What does Paul find about influential factors on cognition?
- A. Large stone pillars are helpful to develop critical mind.  
B. Lack of rest could do harm to the cognitive development.  
C. Learning from great minds helps to facilitate deep thought.  
D. Good childhood academic education well promote cognitive focus.



35. Which of the following might Paul agree with?

- A. More public speeches at meetings are helpful.
- B. Brain training is not equal to intelligence development.
- C. Thought process can be changed into diverse information.
- D. Intelligence is best cultivated in childhood education centers.

第二节：（共 5 小题；每小题 2.5 分，满分 12.5 分）

根据短文内容，从短文后的选项中选出能填入空白处的最佳选项。选项中有两项为多余选项。

It is recently reported that people's collective stress has reached alarming levels. 36. It can have serious consequences. A study found that people experiencing long-lasting burnout have up to a 35 percent greater risk of early death. Don't panic. Here are some active steps you can take to prevent burnout:

Look for meaning at work

You can tolerate stress longer if you believe you're doing something purposeful and worthwhile. You are more likely to experience burnout-inducing stress when something seems out of control, against your will, or totally meaningless. 37.

Look for meaning outside of work

If you are struggling to make your work meaningful, giving priority to life outside of work might be especially beneficial. A research shows that people more likely to experience a greater sense of engagement when on the job are those with a hobby.

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Use separate email accounts for work and personal life, and set up boundaries between work and personal life, then you will be especially more comfortable if you work from home.

Don't neglect yourself

Physical activity is essential to shaking out stress hormones. 39. But movement is the most natural evolutionary response to our body's stress, even light movement helps "complete" the stress cycle.

Recognize when it has become too much

Talk to your boss when you feel your job should be manageable, rewarding and under your control. It's common for bosses to increase tasks over time if you don't communicate our needs or limitations, which may be overlooked. 40.

- A. Work at home when necessary
- B. Try to separate work and home
- C. And your hormone levels can be generally affected by emotional states
- D. Many individuals are less active when they are under stress in order to rest
- E. Feeling constantly occupied, worried, and overwhelmed can lead to burnout
- F. If you don't expect things will improve, consider changing jobs or even careers
- G. Identify ways in which even the smallest of daily tasks contributes to the lives of others

第三部分：语言运用（共两节，满分 30 分）

第一节：（共 15 小题；每小题 1 分，满分 15 分）

阅读下面短文，从短文后各题所给的 A、B、C 和 D 四个选项中，选出可以填入空白处的最佳选项。

She came in the dead of night, in the cold. She was more than half dead, 41 down to bones. Her hair was completely eaten away by mange (兽疥癣). And finally, she peered into an empty doghouse in the trees. 42 she was out of the winds.

My mother and brother found her in the daylight of the next day. They could not even 43 she was a dog. "And it broke my heart," my mother said.

They are the kind of people who 44 to give up on anything. My mother even 45 pens that stopped writing in 1974. My brother Mark looked at her tragic face and 46 her, "Hey, Pretty Girl." It was as if he could see 47 the ruin.

Mark and my mother fed her, gave her water and bathed her in burned motor oil, the way my people have been curing the mange for 48. A month later, a beautiful white German shepherd stood in the garden. She was 49 to last, at most, a few weeks or months, yet she lived three more years—decades, in dog years—50 my brother to watch for rainbow in the garden.

"I 51 for her," my mother said. "Some people say you needn't ask for God's blessing for your dog, but ..." And then after the 52 of years, Pretty Girl began to 53 and died.

Some things in the garden were planted according to science, according to soil and weather. And some things were planted according to traditions, the shape of the moon, and more. However, there are things we cannot 54, things beyond science, like how a man could name a dying dog and have her rise inside that, somehow, to 55.

- |                    |                 |              |                 |
|--------------------|-----------------|--------------|-----------------|
| 41. A.starved      | B.burnt         | C.swallowed  | D.settled       |
| 42. A.At length    | B.At least      | C.At large   | D.At present    |
| 43. A.predict      | B.suspect       | C.recall     | D.tell          |
| 44. A.tend         | B.vote          | C.hate       | D.determine     |
| 45. A.appreciates  | B.abandons      | C.possesses  | D.keeps         |
| 46. A.inspired     | B.recognized    | C.named      | D.congratulated |
| 47. A.through      | B.beyond        | C.off        | D.beneath       |
| 48. A.pleasure     | B.generations   | C.profits    | D.convenience   |
| 49. A.supposed     | B.assigned      | C.aimed      | D.appointed     |
| 50. A.commanding   | B.supporting    | C.following  | D.consulting    |
| 51. A.prayed       | B.spoke         | C.sought     | D.struggled     |
| 52. A.lesson       | B.punishment    | C.reward     | D.gift          |
| 53. A.fail         | B.adapt         | C.develop    | D.wander        |
| 54. A.complain     | B.explain       | C.abtain     | D.claim         |
| 55. A.take it easy | B.make it clear | C.put it off | D.make it true  |

## 第II卷

第二节：（共10小题；每小题1.5分，满分15分）

阅读下面短文，在空白处填入1个适当的单词或括号内单词的正确形式。

Wan Qiuwen has broken the glass ceiling to become one of China's first two female rescue helicopter pilots who respond all 24/7 to search and rescue tasks.

Wan and Song Yin, the only other female pilot, 56 (graduate) from Shanghai Maritime University in 2008 to join Donghai No 1 Rescued Flying Service of the Ministry of Transport. "57 (be) a search and rescue pilot is a high-risk job. It is a big 58 (commit) and requires personal sacrifices 59 not many are willing to make. But I feel lucky 60 proud to be a member of the great team," Wan says. She was thrilled when she finally got the admission 61 the program and was sent to Adelaide, Australia, to train for 15 months, at the end of which she acquires 62 commercial pilot's license. Back in the country, she received 63 (far) training in helicopter search and rescue.

Wan has since joined 300-plus 64 (mission) and has also taken up the role of a flight instructor. When 65 (ask) if she will continue to fly, Wan responded affirmatively, "This profession is about saving lives. A woman is perfectly capable of being a rescue pilot, once and always."



第四部分：写作（共两节，满分 40 分）

第一节：应用文写作（满分 15 分）

假定你是校青年志愿者协会会长李华，你校新来的交换生 Jason 有意加入该协会，写邮件向你咨询相关情况，请你给他回一封邮件，内容包括：

1. 表示欢迎；2. 协会介绍；3. 加入方式。

注意：

1. 词数 80 左右；2. 可适当增加细节，以使行文连贯。

第二节：读后续写（满分 25 分）

阅读下面的材料，根据其内容和所给段落开头语续写两段，使之构成一篇完整的短文。

Cathy, my mom, whose pet phrase(口头禅) was “Never give up”, was our family’s beacon of positivity. It was not a title she earned without concerted(一致的) effort, however. When she was only thirty years old, her husband was killed in a car accident and she was left to raise me alone.

My mom could have lived under a black cloud. Instead, she challenged herself to find joy every day. Leading by example, Mom taught me just how much one could accomplish with a positive attitude. She has taken the same approach in her relationship with her grandchildren--Max and Charley.

One hot summer afternoon, my mom and her two grandsons, having spent two hours building sand castles and collecting sea shells on the beach, sank into their beach chairs to have a rest. How they longed for delicious ice cream to cool themselves, especially the two kids!

Suddenly, my mom heard the familiar loud clang(叮当声) of the ice-cream man’s bell from her beach chair. She turned quickly and saw him briefly, spotting his distinctive green shirt and catching the gleam of his waving bell before he turned and disappeared over the dunes(沙丘).

Happily, the ice-cream man’s visit was a daily occurrence at the beach, although the lag time between the sound of his bell and the departure of his truck was not long. One must be quick enough to catch him to buy the ice cream.

Max and Charley were in great disappointment when they didn’t catch him in time that day because they really wanted to have a taste of those cool ice-creams. That was until my mom’s eyes sparkled and she said to the kids, “Never give up!” She explained to the kids that the truck might be gone, but they should be able to catch him up at its next stop. And the kids agreed immediately.

注意：

1. 续写词数应为 150 左右；
2. 请按如下格式在答题卡的相应位置作答。

**Paragraph 1:** So Max and Charley, accompanied by my mom, began their mission. \_\_\_\_\_

**Paragraph 2:** Max and Charley, encouraged by my mom, walked another three blocks. \_\_\_\_\_



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