

英 语

本卷满分 150 分，考试时间 120 分钟。

注意事项：

1. 答卷前，考生务必将自己的姓名、准考证号填写在答题卡上。
2. 回答选择题时，选出每小题答案后，用铅笔把答题卡上对应题目的答案标号涂黑。如需改动，用橡皮擦干净后，再选涂其他答案标号。回答非选择题时，将答案写在答题卡上，写在本试卷上无效。
3. 考试结束后，将本试卷和答题卡一并交回。

第一部分 听力（共两节，满分 30 分）

第一节（共 5 小题；每小题 1.5 分，满分 7.5 分）

听下面 5 段对话。每段对话后有一个小题，从题中所给的 A、B、C 三个选项中选出最佳选项。听完每段对话后，你都有 10 秒钟的时间来回答有关小题和阅读下一小题。每段对话仅读一遍。

例：How much is the shirt?

A. £ 19. 15.

B. £ 9. 18.

C. £ 9. 15.

答案是 C。

1. What did Tom do?

A. He awarded a medal to a kid.

B. He saved some kids' life.

C. He put out a fire.

2. What are the speakers mainly talking about?

A. Vacation.

B. Weather.

C. Food.

3. What will the woman probably do?

A. Drink coffee.

B. Write a paper.

C. Go to sleep.

4. What is the probable relationship between the speakers?

A. Husband and wife.

B. Colleagues.

C. Teacher and student.

5. Where does the conversation most probably take place?

A. At the airport.

B. At a store.

C. At a restaurant.

第二节 (共 15 小题; 每小题 1.5 分, 满分 22.5 分)

听下面 5 段对话或独白。每段对话或独白后有几个小题, 从题中所给的 A、B、C 三个选项中选出最佳选项。听每段对话或独白前, 你将有时间阅读各个小题, 每小题 5 秒钟; 听完后, 各小题将给出 5 秒钟的作答时间。每段对话或独白读两遍。

听第 6 段材料, 回答第 6、7 题。

6. What will the man do with the air conditioner?

A. Have it replaced.

B. Have it cleaned.

C. Have it examined.

7. What's the matter with the sofa?

A. It's noisy.

B. It's dirty.

C. It's old.

听第 7 段材料, 回答第 8、9 题。

8. Why does the man suggest creating the project?

A. To gather more volunteers.

B. To protect our waters.

C. To improve human health.

9. What will the man do first to start the project?

A. Design a plan.

B. Raise some money.

C. Share his idea.

听第 8 段材料, 回答第 10 至 12 题。

10. Why did John go to New York after graduating from university?

A. To get his doctor's degree.

B. To find a good job.

C. To stay with his family.

11. Where does John live now?

A. California.

B. New York.

C. Beijing.

12. What did John ask the speakers to do?

A. Attend his English lesson.

B. Get together with him.

C. Work at Peking University.

听第 9 段材料, 回答第 13 至 16 题。

13. Which of the following is the man really worried about?

A. A math test.

B. A basketball game.

C. A presentation.

14. What does the man ask the woman to do about the presentation?

A. To discuss it with him.

B. To find some resources.

C. To prepare it for him.

15. When will the man have a math test?

A. Next Friday.

B. This Thursday.

C. Next weekend.

16. What will the man do next?

A. Turn to his friends.

B. Work hard.

C. Copy the notes.

听第 10 段材料，回答第 17 至 20 题。

17. Why did Arnav Mishra start *Pumpkin Letters*?

A. To make more friends.

B. To help more seniors.

C. To see his sister often.

18. Who does Arnav send the letters to?

A. The elderly.

B. The volunteers.

C. The organizations.

19. What can we say about *Pumpkin Letters*?

A. It's a teaching project.

B. It's an activity for kids.

C. It's a festival program.

20. What does the speaker advise doing for *Pumpkin Letters*?

A. Joining and supporting it.

B. Setting up more websites.

C. Sharing it with our parents.

第二部分 阅读理解 (共两节，满分 40 分)

第一节 (共 15 小题；每小题 2 分，满分 30 分)

阅读下列短文，从每题所给的 A、B、C 和 D 四个选项中，选出最佳选项。

A

Description

Take your time during this extended visit to Stonehenge! Departing from central London, you will be taken straight to the stones to enjoy a mysterious morning at this ancient attraction. Stonehenge has stood on Salisbury Plain for around 5, 000 years and it's still unknown how the prehistoric monument came to rest there!

Who built this 40-ton rock formation? Was it a temple for sun worship (崇拜), a healing centre, a Bronze Age burial ground or simply a huge calendar? These questions have confused people for centuries. Make up your own mind during this visit and discover the fascinating theories behind these rocks.

Upon arrival, educational audio guides will be available in different languages (French, Italian, Spanish, German, Japanese, Russian, Dutch and Polish). The tour finishes at approximately 2:30 pm in Kensington.

Stonehenge Visitor Centre

Stonehenge now offers a fantastic up-to-date visitor experience! The new visitor centre includes a museum housing permanent and temporary exhibitions, large souvenir shops and brand new cafés. You'll learn more about Stonehenge from the fascinating exhibits and be able to enjoy a virtual sunrise as the sun rises over the prehistoric stones!

Price

Adult: £44.00

Child (3 - 16 Years): £41.00

Senior/Student: £43.00

Family (2 Adults + 2 Children): £165.00

Inclusions

Admission to Stonehenge

Audio guides in multiple languages

Transportation by coach

Exclusions

Gratuities (赠品)

Hotel return

Food or drinks

Schedule

Check-in time: 8:45 am departure from Victoria and 9:00 am from Kensington office.

Return (approx.): 2:30 pm.

21. What can you do at Stonehenge Visitor Centre?

- A. Eat free in shops when hungry.
- B. Learn English from the guide.
- C. Enjoy a beautiful virtual sunset.
- D. Buy souvenirs about Stonehenge.

22. How much should a young couple and their five-year-old son pay?

- A. £174.
- B. £170.
- C. £165.
- D. £129.

23. What is the purpose of this text?

- A. To do research about Stonehenge.
- B. To collect donations for Stonehenge.
- C. To encourage readers to visit Stonehenge.
- D. To educate readers to protect Stonehenge.

B

When the famous singer Tony Bennett told his wife, Susan Benedetto that he couldn't remember the names of his bandmates, she assumed age was simply catching up with him. However, the trouble with his memory concerned Bennett, especially since it might impact his ability to put on his signature fine-tuned show.

The couple sought answers. To their surprise, Bennett was diagnosed with Alzheimer's disease (阿尔兹海默症) in 2017. Benedetto said, "He would question what an iPad was or pull keys out of his pocket and ask what they were." After receiving the diagnosis, Bennett insisted on continuing to perform. Benedetto said, "When he found out about the disease, he immediately said he wanted to keep singing. He was going to keep going straight ahead as he always did."

Despite his Alzheimer's diagnosis, Bennett's desire to help others connect through music remained firm. He continued singing for audiences around the world and recording new hit songs. Bennett's amazing talent and influence were as rich as ever.

"People will come up to him now and thank him for being so open and showing people that there is still life after an Alzheimer's diagnosis," Benedetto said. "I think he's such a great example of someone who is living well with the disease. He gives people hope."

As the disease progresses, music has renewed importance in Bennett's life. "It's absolutely something that we still share and love and can connect through," Benedetto said. "We listen to albums (音乐专辑) together all the time at home. Occasionally, a song will remind him of a story from his earlier life, which is amazing and helps restore him to health. Singing never fails to fascinate him — he can't help but be attracted by it." Life is a gift — even with Alzheimer's.

4. What's wrong with Tony Bennett?

- A. He was too old to continue his career.
- B. He was on bad terms with his bandmates.
- C. He couldn't write music any more.
- D. He suffered serious forgetfulness.

25. How does Tony Bennett continue achieving his desire?

- A. By remaining strong.
- B. By performing music.
- C. By showing his talent.
- D. By engaging in charities.

26. What can we know about Bennett from the last two paragraphs?

- A. He has recovered from his illness.
- B. He releases albums in a new way.
- C. His story inspires a lot of people.
- D. His wife becomes distant from him.

✓ 27. Which of the following can best describe Bennett?

- A. Tolerant and honest.
- B. Optimistic and talented.
- C. Determined but demanding.
- D. Trustworthy but stubborn.

C

Have you heard of the phrase “quiet quitting”? It’s a term people use in work settings to refer to only doing the tasks that are in their job descriptions (nothing more or “above and beyond”). Although the word “quit” is in the phrase, it’s not actually encouraging people to send in their resignation letters. Rather, the idea is to change the way they show up at work. For many, this may look like only working during allocated hours or not seeking out additional projects.

There is a lot of debate about whether this approach to our work is merely an excuse to do the bare minimum or whether it’s a great way to set boundaries and avoid displeasure for being undervalued and overworked.

I think the questions above remain relevant even in a relationship context, too.

Recently, I heard someone talking about “quiet quitting” a relationship. Can we truly apply the same principles to relationships as in work settings? If we do not feel like our efforts are acknowledged, appreciated or rewarded, is it OK to only do what our partner requires of us and nothing more?

I guess it all depends on how we understand “quiet quitting” in relationships. If it’s viewed as one’s commitment to going through the motions without any real goals for the relationship, “quiet quitting” in this condition just sounds like quitting. It’s a way of allowing our actions and behaviors to speak what we are too scared to say.

Relationships are naturally a lot of work, so it’s important to distinguish if we are just setting boundaries and letting go of unrealistic expectations, or if we’re slowly resigning. Actually, there are many areas in our relationships where some of us can benefit from doing less. We don’t have to over-commit to activities and events with our partner that harm our capacity to do the things we enjoy. It’s OK to quit doing things that build displeasure, as long as we are not quietly quitting on the actual relationship.

28. What will people do if they choose to be “quiet quitting”?

- A. Tend to give up their present jobs.
- B. Find an excuse to do the least work.
- C. Only work on things within their duties.
- D. Avoid upset because of being undervalued.

29. What does the author think of “quiet quitting” in a relationship?

- A. It means more commitments to each other.
- B. It stands for quitting a relationship slowly.
- C. It follows the same principles as in work settings.

1. it is regarded to be unconcerned about a relationship.

30. What's the author's attitude towards “quiet quitting”?

- A. Objective.
- B. Negative.
- C. Enthusiastic.
- D. Indifferent.

31. Which of the following can be the best title for the text?

- A. How to strike a balance in a relationship?
- B. Can you also quietly quit your relationship?
- C. Quiet quitting: a new trend at work
- D. Quiet quitting: an excuse to do little

ND

Millions of people who are overweight or obese manage to lose weight every year. But many often struggle to keep the pounds creeping (缓慢行进) back on. Now results from a randomized trial conducted by the University of Copenhagen suggest that better and longer sleep patterns could help keep the weight off for good and poor sleep may undermine the effect of losing weight.

It is well known that not getting enough sleep or having poor-quality sleep increases the risk of high blood pressure. Not getting enough sleep has also been linked to diabetes (糖尿病) and heart disease. Scientists now increasingly believe poor sleep may be a contributing factor in regaining weight after weight loss.

In the study, 195 adults who were obese and aged between 18 and 65 followed a very low-calorie diet (800 kcal/day) for eight weeks, losing on average 12% of their body weight. They were then followed for a year. Scientists measured their sleep duration using data from wearable monitors and their sleep quality was measured with the Pittsburgh Sleep Quality Index, a self-rated questionnaire.

Those who had slept for less than six hours a night were found to have on average increased their body mass index (BMI) score by 1.3 points after a year compared with those who had slept for more than six hours. Similarly, those who had poor-quality sleep increased their BMI score by 1.2 points after a year compared with good sleepers.

many of us don't get the recommended amount of sleep needed for optimal (最佳的) health and functioning," said Prof Signe Torekov of the University of Copenhagen.

32. What does the underlined word "undermine" in Paragraph 1 mean?

- A. Accelerate. B. Control. C. Weaken. D. Improve.

33. What is the second paragraph mainly about?

- A. The reason for obesity. B. The way to lose weight.
C. The causes of poor sleep. D. The bad results of poor sleep.

34. How did the scientists come to the conclusion?

- A. By discussion. B. By explanation.
C. By comparison. D. By introduction.

35. What can be inferred from Prof Signe Torekov's words?

- A. Sleep insufficiency is common.
B. Sleep is a good way to lose weight.
C. Poor sleep is the main cause of obesity.
D. More sleep is proposed for most people.

第二节 (共 5 小题; 每小题 2 分, 满分 10 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。

If you are hoping to pick up a new language, the idea of "doing time" in a classroom and studying textbooks might be the first things that come to your mind. _____. Here are some tips to help you learn while travelling.

Read Illustrated Children's Books

If you're staying with a host family, ask if you can read their kids' bedtime stories. This will help you practice your pronunciation as well as learn basic sentence structures and easy vocabulary. _____. Many have foreign language books at all levels.

Watch a Movie with Subtitles (字幕) on

Many mainstream movies have subtitles in French or Spanish, a good way to familiarize yourself with common expressions and idioms you might not pick up in textbooks. Rent a movie you know well and read along as you watch. _____

Find someone who's happy to teach you their own language and in exchange, you can teach them your native language too! Nothing beats face-to-face conversations over a nice coffee. Try to make it a regular thing, and take turns to focus on the language you're learning. Add some structures, ask questions, and have fun!

Attend a Meetup

40. Do some research and find one near you. Surrounding yourself with others who are also trying to learn takes the pressure off and will help you master common phrases like how to introduce yourself and make small talk. Speaking a new language is often the last difficulty to overcome, so the more you can practice, the better!

- A. Surround Yourself with the Language
- B. Local libraries are another good resource
- C. Find a Friend to Be Your Language Exchange Partner
- D. You can also rent a foreign film and put English subtitles on
- E. Nothing beats going to an English-speaking country to live and work
- F. But travelling is way more rewarding when you choose to learn a language
- G. A lot of cities have conversational groups dedicated to learning a new language

第三部分 语言知识运用 (共两节, 满分 45 分)

第一节 (共 20 小题; 每小题 1.5 分, 满分 30 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。

Imagine living in an isolated place where braving the elements was normality and people's lives depended on your job. This was the life of a lighthouse keeper before lighthouses became automated. The keepers had to be 41, making sure the lamps stayed lit throughout the night. When ships were 42, they were expected to help with the rescue effort. Being 43, the job of a lighthouse keeper was most often 44 to men. However, women proved themselves to be 45 capable of holding this tough job that was as much a way of life as it was a 46.

One of the most famous female lighthouse keepers was Ida Lewis of Newport. Her father was the keeper of Lime Rock Lighthouse, who had a(n) 47 after only a few months at the job. Hosea Lewis being no longer able to 48 his duties as a keeper, 15-year-old Ida...

1853. Known as the best swimmer in Newport, Ida was also skilled at 50 a rowboat, something that was seen as particularly inappropriate for a woman of that time. However, during her 39 years keeping the light, Ida 51 25 people, which certainly made it seem less important whether or not Ida's behaviors were 52 .

People were intrigued (激起好奇心) by this woman who appeared to make her own 53 for living. Thousands of visitors came in the hope of seeing Ida 54 . Uncomfortable with all the 55 , Ida was accustomed to the 56 solitude (独处) of a lighthouse keeper's life. Even so, she couldn't help being 57 , receiving tons of awards for her service. President Ulysses made a trip to visit her to 58 her on her heroism. In 1924, Lime Rock Lighthouse was 59 the Ida Lewis Lighthouse, the only lighthouse to be named for its 60 .

- | | | | |
|-----------------------|---------------------|-------------------------|-----------------|
| 41. A. cautious | B. brave | C. energetic | D. patient |
| 42. A. buried | B. destroyed | C. crashed | D. carried |
| 43. A. time-consuming | | B. labor-saving | |
| | C. highly appealing | D. physically demanding | |
| 44. A. given | B. added | C. presented | D. delivered |
| 45. A. naturally | B. equally | C. extremely | D. ultimately |
| 46. A. magic | B. career | C. trial | D. discipline |
| 47. A. fever | B. offer | C. accident | D. treatment |
| 48. A. avoid | B. refuse | C. suspend | D. perform |
| 49. A. took over | B. dropped by | C. turned up | D. came around |
| 50. A. selling | B. exploring | C. handling | D. fixing |
| 51. A. spotted | B. rescued | C. noticed | D. thanked |
| 52. A. practical | B. suspicious | C. reasonable | D. appropriate |
| 53. A. contributions | B. rules | C. excuses | D. fortunes |
| 54. A. in person | B. in reality | C. in view | D. in vain |
| 55. A. reflection | B. emotion | C. attention | D. appreciation |
| 56. A. stressful | B. enjoyable | C. secret | D. quiet |
| 57. A. disturbed | B. honored | C. mentioned | D. influenced |
| 58. A. recommend | B. emphasize | C. recognize | D. judge |
| 59. A. renamed | B. awarded | C. promised | D. handed |
| 60. A. owner | B. impact | C. company | D. keeper |

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。

The Paris Agreement is the first truly global commitment to fight the climate crisis. In 2015, over 190 countries and the European Union signed a single, sweeping agreement 61 aims to keep global warming to well below 2°C (3.6°F) — and make every effort 62 (go) above 1.5°C (2.7°F).

The landmark agreement 63 (succeed) where past attempts failed because it allowed each country to set 64 (it) own emission reduction targets and adopt strategies for reaching them. In addition, nations — inspired by the actions of local and regional governments, businesses, and others — now come to recognize that fighting climate change will bring many great socioeconomic 65 (benefit).

National governments cannot meet this challenge alone. 66 (fortunate), *The Paris Agreement* explicitly (明确地) points out that the role of local governments, businesses, investors, civil society, unions, and academic institutions is critical 67 meeting the 1.5 °C goal.

To stop the climate crisis is 68 (significance) to our collective well-being, but no single country can stop the damage alone. *The Paris Agreement* is special and unique in the near unanimity (一致同意) of nations it brought together on this issue and is 69 best way to secure the global cooperation 70 (need) to address the climate crisis.

第四部分 写作 (共两节, 满分 35 分)

第一节 短文改错 (共 10 小题; 每小题 1 分, 满分 10 分)

假定英语课上老师要求同桌之间交换修改作文, 请你修改你同桌写的以下作文。文中共有 10 处语言错误, 每句中最多有两处。每处错误仅涉及一个单词的增加、删除或修改。

增加: 在缺词处加一个漏字符号 (Λ), 并在其下面写出该加的词。

删除: 把多余的词用斜线 (\) 划掉。

修改: 在错的词下划一横线, 并在该词下面写出修改后的词。

注意: 1. 每处错误及其修改均仅限一词;

2. 只允许修改 10 处, 多者 (从第 11 处起) 不计分。

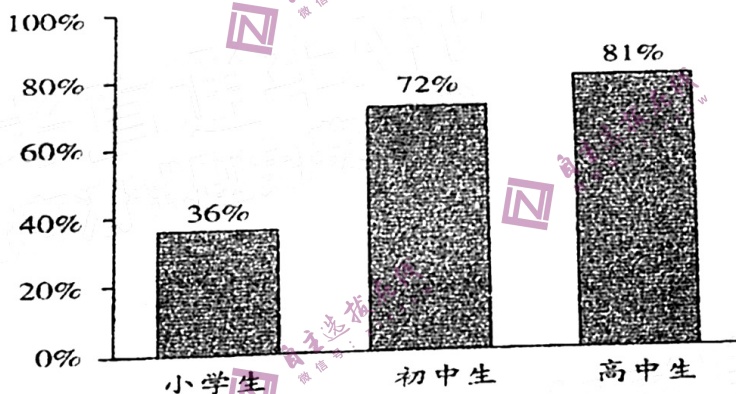
I was about 6 when my father took me to school the first time. I remember all the children were lined up. After wait for a while, a teacher called my name and sent him to the classroom. I felt nervously as all the children were unknown to me. But later, I saw a little boy who were my neighbor. His family moved in only six months ago. Then, we talked and sat on a same bench. We become good friends soon.

We were used to play in the rain and make paper boats. My childhood was really amazing or full of happiness. It is one of the best moment of my life, which I'll remember forever.

第二节 书面表达（满分 25 分）

假定你是李华，下面是你和同学们对你所在城市青少年近视状况的调查结果图。你校英文报请你根据你们的调查情况写一篇文章，内容包括：

1. 近视状况；
2. 采取的措施；
3. 发出倡议。



注意：词数 100 左右。