



6. What is the relationship between the speakers?  
 A. Classmates. B. Teacher and student. C. Manager and secretary.
7. What does the woman suggest adding to the presentation?  
 A. More facts. B. More figures. C. More pictures.
8. What are the speakers mainly talking about?  
 A. Their hobbies. B. An activity holiday. C. The teamwork spirit.
9. What did the woman get a prize for?  
 A. Climbing. B. Sailing. C. Walking.

听第 7 段材料, 回答第 8、9 题。

10. When did David come back last night?  
 A. At 6:00 pm. B. At 7:00 pm. C. At 8:30 pm.
11. Why did David go out last night?  
 A. To have some discussions. B. To read in a library. C. To watch a movie.
12. What does David suggest the woman do?  
 A. Apply to work for the club.  
 B. Contact Lucy for more information.  
 C. Learn more about the neighborhood.

听第 8 段材料, 回答第 10 至 12 题。

13. What is the aim of the campaign?  
 A. To remind people of Earth Day.  
 B. To encourage people to reduce garbage.  
 C. To warn people of the bad effects of pollution.
14. What will be the task on the second day?  
 A. Planting trees. B. Designing posters. C. Collecting garbage.
15. What does the man expect the teachers to do?  
 A. Paint paper. B. Stop driving cars. C. Decorate classrooms.
16. How does Sara find the man's ideas?  
 A. Ridiculous. B. Confusing. C. Wonderful.

听第 9 段材料, 回答第 13 至 16 题。

17. Where did the tour start?  
 A. From Germany. B. From Amsterdam. C. From Switzerland.
18. What special attraction does the speaker recommend?  
 A. The art museums. B. The Eiffel Tower. C. The Montparnasse Tower.
19. Why does the speaker like Line 63?  
 A. It offers good views.  
 B. It covers more territory.  
 C. It's the cheapest travel means.
20. What does the speaker say about the subway system in Paris?  
 A. It is excellent. B. It offers free coffee. C. It is easy to get lost.

第二部分 阅读理解 (共两节, 满分 50 分)

第一节 (共 15 小题; 每小题 2.5 分, 满分 37.5 分)

阅读下列短文, 从每题所给的 A、B、C、D 四个选项中选出最佳选项。

A

Whether you're travelling to the islands or the mountains of Thailand, you're likely to spend

at least one night in its capital city on the way. Bangkok might be noisy and polluted but it's also an exciting city with plenty of things to see and do. Why not make it a longer stay?

### Where to stay

The Khao San Road was a famous traveller spot even before Leonardo di Caprio's character in the film *The Beach* stayed there. But it's noisy, not very pretty and not very Thai. For something more authentic, Phra Kanong offers an alternative place to stay, with its fantastic street markets where every day Bangkok people eat, work and live. It's not as convenient for the main tourist sites, but it has a Skytrain station so you can be at the Grand Palace in 20 minutes.

### How to get around

Bangkok's traffic can be a nightmare. Sure, you can easily take a taxi — if you want to spend hours stuck in traffic jams — but there are two much better ways to get around the city. To explore the temples and historical sites, catch an express boat river taxi or a long tail boat along the Chao Phraya river and the canals. For the modern part of the city, the Skytrain is a fast, cheap way to travel from the river to the shopping malls and nightlife of Sukhumvit and the famous Chatuchak street market.

### Where to eat

The simple answer is: everywhere! Thai street food is among the best in the world, and for around \$ 5 you can eat a filling and delicious meal. Some food stands have little plastic seats where you can sit and eat and they cook the same dish over and over, like fried chicken on rice or Pad Thai noodles. Head for Chinatown — Yaowarat Street — and choose whatever looks most interesting from the many excellent Chinese and Thai restaurants and food stands.

21. Where do local Thai people often go?  
A. Khao San Road.            B. Grand Palace.            C. Phra Kanong.            D. Chao Phraya.
22. Taking \_\_\_\_\_ is a faster way to see the modern part of Bangkok.  
A. the Skytrain.            B. a bus.            C. a boat.            D. a taxi.
23. Which of the following is true according to the text?  
A. One night is enough time to see Bangkok.  
B. Khao San Road is a more authentic Thai area of the city.  
C. Phra Kanong is closer to the main tourist sites than Khao San Road is.  
D. It's easy to choose where to eat in Bangkok, as everywhere is good.

## B

2012 was one of the hardest years I have ever known. For several months, I found it hard to write, think, eat or take pleasure in anything; I could not imagine what it would be like to feel happy again; I could not find any hope or purpose.

I cannot remember the reason why one Monday morning I decided to go to a hot yoga studio in east London, where I signed up for a 30-day trial. I do not remember the class or how much I sweated. What I do know is that I started going to hot yoga every day. Sometimes, when my head felt as if it might collapse, I went twice a day. I skipped parties, left social events and got up early to attend. There was something about the hot room that held me together and that stopped all the dark thoughts inside my mind.

I chose the Bikram method of hot yoga: It has a set of 26 postures and two breathing exercises performed in heat over a period of 90 minutes. This form of yoga was founded by Bikram Choudhury. In 2015 he failed in an attempt to copyright(取得版权) his method. Many practitioners(从业人员) believe that Bikram is not real yoga. Some question the limitations of just 26 postures. Others wonder why the class has to be performed before a wall of mirrors. However,

something in those 26 postures freed my mind, dragged me out of my thoughts and back into the present. I was able to focus on how my body behaved differently each day.

24. What happened to the author in 2012?

- A. She fell into deep depression.
- B. She managed to find hope again.
- C. She gave up her yoga classes.
- D. She succeeded in writing.

25. What can be inferred from the second paragraph?

- A. The author practiced hot yoga to lose weight.
- B. The author went to the yoga studio only once every day.
- C. The author attached importance to her yoga classes.
- D. The author was sorry to skip parties to go to the yoga studio.

26. How did yoga help the author?

- A. It helped the author make money.
- B. It helped the author feel more focused.
- C. It helped the author get to know its founder.
- D. It helped the author practice her performance skills.

27. Where is this text most likely from?

- A. A guidebook.
- B. A travel brochure.
- C. A research paper.
- D. A health magazine.

### C

Hearing loss is unavoidable, but listening to loud music when you're younger can make it worse. To reduce your risk of hearing loss via loud music, learn why and how it can cause hearing loss, and just how loud is too loud.

Hearing loss occurs in four ways: conductive hearing loss, sensorineural hearing loss, mixed hearing loss and auditory neuropathy spectrum disorder. Noise-induced(噪音诱发的)hearing loss is a type of sensorineural hearing loss.

Sensorineural hearing loss occurs when your inner ear becomes damaged. In the case of noise-induced hearing loss, most of the damage affects the cells of tiny sensory hairs in your inner ear.

When those cells get damaged or die, the electrical signal that your auditory nerve sends to your brain changes.

Noise-induced hearing loss can be acute or severe, and it can be temporary or permanent. You might be familiar with acute temporary noise-induced hearing loss, even if you didn't realize what was happening at the time.

Acute temporary noise-induced hearing loss can occur from attending a loud concert or sporting event, going to a gun range without earmuffs or being near an explosion. It can make noises sound "stuffy" or far away, especially when talking on the phone or in a crowded room. Repeated exposure to those loud situations can eventually lead to permanent hearing loss.

Noise levels from earbuds and headphones can get as loud as 139 decibels, according to the journal *Noise & Health*, far greater than the recommended range of everyday sound exposure, which is 60 to 85 decibels. And the average level of noise from headphones, with the volume turned all the way up, is 94 to 110 decibels. For context, 60 decibels is about the volume of an average conversation, and 130 decibels is about the noise level of a rock concert. 85 decibels is considered the maximum volume at which you can listen to sound for eight hours without damaging your hearing. So if you were to listen to music from your headphones for eight hours a day, listening at a volume louder than 85 decibels can cause permanent damage to your ears.

Unfortunately, the relationship between decibels and time isn't linear(线性的). For every

three decibels, safe exposure time gets cut in half, according to the CDC. At 88 decibels, you can only safely listen for four hours; at 91 decibels, just two hours.

28. Which of the following statements is true according to the passage?
- A. Noise-induced hearing loss belongs to sensorineural hearing loss.
  - B. Noise-induced hearing loss is always severe and permanent.
  - C. Occasional exposure to the loud situations can lead to permanent hearing loss in the end.
  - D. Listening to music from headphones for long at any volume won't be harmful to your ears.
29. In which of the following situations is acute temporary noise-induced hearing loss more likely to occur?
- A. Participating in a heated debate.
  - B. Attending a rock concert.
  - C. Going to a gun range with earmuffs.
  - D. Watching an explosion at a distance.
30. In terms of safe exposure, how long can you safely listen at 94 decibels?
- A. two hours.
  - B. Half an hour.
  - C. One and a half hours.
  - D. One hour.
31. Which of the following can be the best title of this passage?
- A. Loud Music Damages Hearing
  - B. How to Prevent Hearing Loss
  - C. How Loud Is Too Loud
  - D. Music and Hearing

#### D

Internal communication, also known as IC, refers to a group of processes responsible for effective circulation of message within an organization. These messages are information that is valuable to the organization and are supposed to be kept confidential(机密的). The means of transferring this information is often done through emails, letters, notice boards, and even with the help of social media like Skype, Zoom, and Google Meet, in the current times.

Honest internal communication is the healthiest way to keep your organization growing. With honesty around the workplace, it is a safer environment for the employees to voice their opinions which could help in the modification(改进) of a certain operation that might have been outdated. Other than changes, not opening up to your colleagues can result in frustration and give rise to “gossip culture” at the workplace. When information is not passed out with lucidity, not only does the quality of work get affected but it also gives rise to questioning the worth of the time spent in the company.

An atmosphere of honesty also encourages growth in responsibility, leadership, and self-accountability(自我责任感). If the CEO of a company voices the shortcomings of his team in a respectful manner, it would make it possible for each and every employee to take it positively and bring around the change for the one common goal of development of the company that they are working for. This brings a lot of change in the attitude of every individual employee since they start seeing the company that they are working for as an asset(财富) that they cherish(珍爱) dearly.

In a workplace, things go both wrong and right, so it is important to both appreciate and criticize when such situations occur from the end of both the leadership and the employees. The positives should be celebrated while the negatives should be taken as positive criticisms that could help the company grow into something better. The main goal of unity and development should always be kept in mind.

32. Which is considered one main character of IC?
- A. It comes with the times of social media.
  - B. It is often kept secret within an organization.
  - C. It exists within the leadership of a company.
  - D. It needs a long and difficult process in most cases.

33. What does the underlined word “lucidity” in the second paragraph probably mean?  
 A. Authority.                      B. Appreciation.                      C. Clearness.                      D. Assistance.
34. What is the third paragraph mainly about?  
 A. The main responsibilities of the CEO.  
 B. The importance of unity for a company.  
 C. The advantage of a powerful leadership.  
 D. The role of an honest leadership in a company.
35. What does the author suggest to us in a workplace in the last paragraph?  
 A. Communicating both the positives and the negatives.  
 B. Taking responsibilities bravely for our mistakes.  
 C. Trying all possible means to avoid the negatives.  
 D. Strengthening unity mainly among the employees.

第二节(共 5 小题,每小题 2.5 分,满分 12.5 分)

阅读下面短文,从短文后的选项中选出可以填入空白处的最佳选项。选项中有两项为多余选项。

Being resilient isn't about avoiding misfortune, but rather how we respond to it. Resilience means “doing well in the face of risk or adversity,” says Ann Masten, a professor of child development at the University of Minnesota. Even if you consider yourself resilient, you may need a booster dose(加强剂量) in hard times.           36          

● Nurture relationships

          37           When adversity strikes, a supportive friend with good listening skills can make a big difference. And if you want your friends and family to support your resilience, remember to support theirs too.

●           38          

Optimism and resiliency go hand in hand. Some may appear more naturally optimistic than others, but optimism can be developed. If you are a natural pessimist, acknowledge the feelings that lead to pessimistic thinking and encourage yourself to reframe your thoughts to find the positive.

● Move toward your goals.

Develop some realistic goals. Do something regularly — even if it seems like a small accomplishment — that enables you to move toward your objectives. Instead of focusing on tasks that seem unachievable, ask yourself, “What's one thing I can accomplish today?”           39          

● Don't try to avoid misfortune completely.

Resilience usually refers to how we cope with serious adversity. But our reactions to big problems may be influenced partly by smaller setbacks we face in daily life.           40           It may gradually optimize(优化)our adaptive systems.

- A. Seek the bright side.  
 B. Find a sense of purpose.  
 C. So why not build resilience with tips from the expert?  
 D. Set up and maintain a support network before you need it.  
 E. That may help you progress in the direction you want to go.  
 F. Everyday stress helps us learn how to face bigger challenges.  
 G. It means you put down the smart phone and focus on your relationship.

### 第三部分 语言运用(共两节,满分 30 分)

#### 第一节 完形填空(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,并在答题纸上将该项涂黑。

Dylan Virtudazo is a little boy living in Houston. With his 7th birthday party called off, he received some 41 instead of beautifully packed gifts. 42, he was uncertain about what to do with that. But when his teachers asked students about their New Year plans, it 43 him that he could use his birthday money to 44 the homeless and buy them some other things.

“He’s always been like that,” said Dylan’s mother, Nancy. She brought up a time 45 Houston was under a hurricane watch and Dylan showed her a handful of coins, saying he had a 46 to give them to the victims for hurricane supplies. During trips to the 47, Dylan always makes sure that if he gets candy, so do his brothers and sisters, 48 they don’t come to the store. That 49 attitude led Dylan to create “blessing bags” for homeless Houstonians.

Extra 50 from teachers gave him enough money to 51 10 of them. The “blessing bags” contain 52 like water and snacks and a sincere message, “You matter!” On New Year’s Day, Nancy and her children drove to homeless shelters to 53 the bags. People there accepted the bags in appreciation.

Dylan’s act was 54, but it made a big difference, helping 55 the homeless people’s holiday and setting an example to his generation.

- |                     |                 |                 |                  |
|---------------------|-----------------|-----------------|------------------|
| 41. A. greetings    | B. salaries     | C. wages        | D. cash          |
| 42. A. Respectively | B. Initially    | C. Surprisingly | D. Unfortunately |
| 43. A. stimulated   | B. convinced    | C. struck       | D. informed      |
| 44. A. envy         | B. feed         | C. visit        | D. cure          |
| 45. A. when         | B. where        | C. why          | D. that          |
| 46. A. duty         | B. mood         | C. desire       | D. right         |
| 47. A. grocery      | B. shelter      | C. restaurant   | D. bakery        |
| 48. A. as if        | B. only if      | C. even if      | D. what if       |
| 49. A. positive     | B. cautious     | C. guilty       | D. selfless      |
| 50. A. praise       | B. advice       | C. inspiration  | D. donation      |
| 51. A. assign       | B. afford       | C. polish       | D. pack          |
| 52. A. bargains     | B. alternatives | C. rewards      | D. necessities   |
| 53. A. distribute   | B. improve      | C. restore      | D. fetch         |
| 54. A. normal       | B. small        | C. random       | D. grand         |
| 55. A. brighten     | B. recover      | C. refresh      | D. sponsor       |

#### 第二节(共 10 小题;每小题 1.5 分,满分 15 分)

阅读下面材料,在空白处填入 1 个适当的单词或括号内单词的正确形式。

As one of the most well-known tourist 56 (attraction) in China’s Guangxi Zhuang Autonomous Region, the beautiful Li River was polluted. Water in the river suffered greatly as tourists 57 (throw) rubbish into the river. Besides, people on the boats poured the oil from the kitchens into the water. Also chemicals used to increase crop production resulted 58 poor water quality, causing a decrease in the number of fish species. 59 (lucky), local officials were concerned about the issue and began to take steps 60 (address) it. By 61 (construct) waste water treatment facilities and closing or moving polluting enterprises, 62 water quality was improved. Not only were new rules introduced to preserve the river, 63 the local authorities also used the media to spread environmental 64 (aware) and encourage greater use of clean energy. With these measures, China’s waterways are heading towards a clean and 65 (sustain) future.

#### 第四部分 写作(共两节,满分 40 分)

##### 第一节(满分 15 分)

假定你是红星中学的学生会主席李华,在暑假来临之际,你校学生会打算发起一场以“锻炼身体,保持健康”为主题的宣传活动,你受学生会委托为校宣传栏“英语天地”写一份倡议书。

内容包括:1. 当前中学生的身体情况;2. 锻炼身体的重要性;3. 你的呼吁。

注意:1. 词数 80 词左右;2. 可适当增加细节,以使行文连贯。

Dear schoolmates,

Students' Union

June 28th, 2022

##### 第二节(满分 25 分)

阅读下面材料,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。

When I came back home, my mother was having a conversation with my seven-year-old daughter Jane. They were talking about how to fight against climate change in the holidays. I interrupted, saying we could do it by eating leftovers(剩菜) this holiday season. Mom and I both smiled.

I said, “You know Americans throw away 25 percent more trash between Thanksgiving and New Year’s Day, including things like plastic from old tech and gift wrap. Food waste, which accounts for 30 to 40 percent of year-round waste entering landfills(垃圾填埋场), also rises sharply during the holidays. During Thanksgiving week alone, Americans throw out roughly 200 million pounds of turkey meat, along with 30 million pounds of gravy(肉汁) and 14 million pounds of dinner rolls.”

Jane was puzzled at the figures of food waste but she was interested in the consequences. I told her, “When thrown-away food makes its way to landfills and rots, it produces methane, a kind of greenhouse gas. That’s not friendly. It can destroy the ecosystem, threatening the survival of animals, plants and humans on the planet.”

Jane was nervous and asked what we could do to help the earth. “One of the most powerful tools we have is just to directly decrease our own waste in our home,” my mom said. “It’s also really challenging because most of our waste is happening in different ways. But individual action can also play a huge role in dealing with food waste, particularly in the US.”

I remember that in my family, there are two traditions when it comes to holiday meals: there must be more food on the table than everyone can eat, and everyone must take home a plate of food at the end of the meal to make sure all the hard work that went into its preparation wasn’t wasted.

注意:1. 所续写短文的词数应为 150 左右;

2. 请按如下格式在答题卡的相应位置作答。

*Jane asked, “why prepare so much food for a holiday?”*

*Jane answered “Sure” and hoped to help Grandmother to prepare for dinners.*