

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。

- ()1.

What does the man mean?

A. He doesn't plan to move.

B. He's looking for an apartment.

C. He was told the dormitory was full.
- ()2.

How many books can a person borrow at most?

A. Seven.

B. Eight.

C. Eleven.
- ()3.

What season is it now?

A. Summer.

B. Autumn.

C. Winter.
- ()4.

What will the man do next?

A. Have a snack.

B. Drive the car.

C. Get some drinks.
- ()5.

What does the woman remind the man to do?

A. Meet Prof. Lee.

B. Revise the report.

C. Hand in the report.

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 are the speakers mainly talking about?

A. Where to move.

B. Whether to buy a car.

C. How to save more money.
- ()7.

What does the man advise the woman to do?

A. Go to work by subway.

B. Have a rest.

C. Change her job.

听第 7 段材料,回答第 8 至 10 题。

- ()8.

When will Carol bring the computer?

A. On Monday.

B. On Tuesday.

C. On Wednesday.

- ()9.

What does the man think of the speaking parts?

A. Challenging.

B. Simple.

C. Creative.
- ()10.

What is the man's hobby now?

A. Watching TV.

B. Reading English novels.

C. Playing computer games.

听第 8 段材料,回答第 11 至 13 题。

- ()11.

When does the man want to invite Miranda to visit him?

A. In July.

B. In August.

C. In December.
- ()12.

What is the man's favourite sport?

A. Football.

B. Tennis.

C. Basketball.
- ()13.

What did Miranda send the man in the e-mail?

A. A photo of herself.

B. A picture of her brother.

C. A drawing of her mother.

听第 9 段材料,回答第 14 至 17 题。

- ()14.

Why does David come here?

A. To send a package.

B. To pick up his package.

C. To make a complaint.
- ()15.

What is the relationship between David and Jane?

A. Strangers.

B. Brother and sister.

C. Old friends.
- ()16.

What did David put into the package?

A. Some clothes.

B. Some money.

C. Some gifts for kids.
- ()17.

What does David worry about?

A. The food.

B. The safety of the package.

C. The cost of sending the package.

听第 10 段材料,回答第 18 至 20 题。

- ()18.

How long has Sophie been running the painting course?

A. Two years.

B. Three years.

C. Ten years.
- ()19.

What are the students required to do after the 6th week?

A. Work in groups.

B. Finish more homework.

C. Create their own artworks.
- ()20.

Where will the exhibition be held?

A. At a local gallery.

B. At a museum.

C. At a college.

第二部分 阅读(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

Summer internship (实习) opportunities

Three local businesses are offering summer internship programmes to high school students interested in exploring career paths. These unpaid internships provide hands-on experience and networking opportunities.

Sunny Bookstore

Duration: 6 weeks (July 1—August 12)

Location: Downtown

Interns will assist with book management, customer service, and event planning. Tasks include shelving new arrivals, recommending books to customers, and helping set up author meet-and-greets, ideal for students interested in marketing or literature. Applicants should be friendly, organized, and able to work in groups for 20 hours per week.

Greenfield Community Garden

Duration: 8 weeks (June 15—August 10)

Location: Eastside Suburban Park

This internship focuses on urban gardening and environmental sustainability. Interns will plant and maintain vegetable beds, lead educational tours for children, and assist in composting (堆肥). No prior gardening experience is required, but enthusiasm for nature and team spirit is essential. Participants will work outdoors for 25 hours per week.

TechWave Studio

Duration: 7 weeks (June 20—August 8)

Location: Innovation Centre

Students can join this internship to learn about graphic design and video production. Interns will cooperate on creating social media content, designing website layouts, and editing promotional videos. Familiarity with Adobe software is preferred. Interns will work in a studio for 18 hours per week.

Visit www.localinternships.com or e-mail internships@citycareers.org for more information.

- ()21.

What kind of students are suitable for the internship at Sunny Bookstore?

A. Students skilled at graphic design.

B. Students with experience in event hosting.

C. Students with strong writing skills for novels.

D. Students interested in customer-facing jobs and literature.

- () **22.** What can interns at Greenfield Community Garden do?
- A. Plant vegetables and flowers.
- B. Continue the internship until August 11.
- C. Conduct instructive trips for children.
- D. Work indoors for 25 hours every week.
- () **23.** What do all three internships have in common?
- A. They involve teamwork.
- B. They offer paid positions.
- C. They are located in the city centre.
- D. They require prior work experience.

B

For swimmer Peng Huidi with hearing problems, participating in the Chengdu FISU World University Games has been a life-changing experience. Indeed, even though Peng didn't know it at the time, her journey to the games began in her early childhood in Shandong Province.

Her hearing was damaged due to a high fever when she was a 2-year-old. With the hearing loss severely weakening her confidence, she became withdrawn and didn't dare speak to others. Hoping to bring her out of her shell, Peng's father took her to the nearest swimming pool. It was there that Peng discovered her passion and her talent was spotted by a coach. Supported by her parents, Peng progressed in swimming while also continuing to study diligently at school. However, balancing her academic and athletic endeavors (努力) proved more challenging when she reached high school. Homework was always followed by pool practice, but with the school and training base over 70 kilometres apart, she admitted the daily commute was tiring.

She has overcome so many difficulties to compete at this level. Coaches have adapted their methods to ensure Peng clearly understands their instructions. Training plans, for instance, are written down for her. During competitions, she cannot hear the starting buzzer (蜂鸣器), so instead she uses a light next to the pool as her signal to start. This means there is usually a delay of between 0.2 and 0.5 seconds in Peng's dive off the blocks. To close the gap, she needs to train extra hard. Most of our swimmers are hard-working, but the effort that Peng puts in to get here goes way beyond the norm.

Apart from pushing her limits in competition, Peng also approached the Chengdu games as a chance to meet new friends. Swimming

makes her a more outgoing person. The 19-year-old plans to continue swimming after graduating, and hopes to go forward as far as possible—in and out of the pool.

- () **24.** What can we learn about Peng from the first two paragraphs?
- A. She is a full-time athlete.
- B. She is untalkative by nature.
- C. She suffered a lot from hearing loss.
- D. She had no trouble balancing study and sports.
- () **25.** What is the biggest problem facing Peng during competitions?
- A. Being weaker than others.
- B. Not hearing the starting buzzer.
- C. Understanding the coaches' instructions.
- D. Balancing her academic and athletic schedules.
- () **26.** Which of the following best describes Peng?
- A. Patient and intelligent.
- B. Ambitious and talented.
- C. Creative and open-minded.
- D. Optimistic and determined.
- () **27.** What can be a suitable title for the text?
- A. Overcoming difficulties: Peng's life story
- B. From silence to success: Peng's swimming story
- C. Lights, cameras, action: Peng in the swimming pool
- D. Balancing studying and swimming: Peng's secret to success

C

Shannon Brescher Shea's nine-year-old struggled with focus and following directions at home and at school. But after riding his bike, whether around the park or to school, he felt obviously calmer. "We call it moving meditation (冥想)," says Shea, who is a family biking advocate and author in Maryland. "We saw how incredibly helpful biking was for his focus, emotional regulation and ability to follow directions."

This experience isn't unique. Research consistently shows that physical activity contributes to improving mental health. "Exercise, no matter your age, is the single best thing you can do for every organ in your body, including your brain," says Allan Reiss, a professor and director of brain sciences at Stanford University School of Medicine.

And while any exercise helps, a growing body of research shows bicycling is among the activities that might provide even more of a

mental health boost. Scientists aren't yet sure why, but it might have something to do with all the functional skills cyclists use. "You need to maintain your balance and process a lot of information from your environment, like deciding whether you can squeeze past a tree or how hard you need to brake," says Reiss. "Most importantly, you've got to coordinate (协调), sense, process, integrate, regulate, and continually make decisions."

"Research suggests that physical activity like cycling likely encourages new cell growth in areas of the brain linked to memory and problem-solving, and can support stronger connections between neurons (神经元), ultimately impacting memory and learning," says Reiss.

Luckily, it's not too hard to get on a bike for most people. To ensure riders don't get tired too quickly (or too bored), build in a fun stop rather than make the ride the single focus. Furthermore, cycling can multiply when it becomes a social project. In neighbourhoods where bike lanes or other safe-to-ride pathways exist, organizing a group ride with friends might be just the ticket to less stressed, more relaxed individuals.

- () **28.** What does the author want to stress using Shea's son's example?
- A. Advantage of physical exercise regularly.
- B. Positive effect of riding on mental health.
- C. Importance of leading a relaxing lifestyle.
- D. Possibilities that any disease can be cured.
- () **29.** Why does cycling boost mental health more according to Reiss?
- A. It needs better integrated coordination abilities.
- B. Its outdoor exposure helps improve the mood state.
- C. It needs repetitive movement to help calm the mind.
- D. Its sense of freedom and exploration helps mind grow.
- () **30.** What is the function of the quoted statement in Paragraph 4?
- A. Presenting experiments. B. Explaining concepts.
- C. Providing evidence. D. Offering suggestions.
- () **31.** What can be inferred from the last paragraph?
- A. Cycling with partners is recommended.
- B. Nonstop cycling makes the most of the ride.
- C. Purchasing tickets for a group ride is essential.
- D. Bike lane construction is promoted by communities.

D

The UN launched a report urging companies to stop issuing false net-zero targets that amount to greenwashing.

Greenwashing is a term used to describe situations where companies mislead consumers by claiming to be eco-friendly or sustainable as a marketing plan rather than as a core principle of their business model. Often, these industries spend more money making themselves appear sustainable than they do taking actual sustainable measures into their company.

Cities, financial institutions, and scores of companies have announced plans to reduce their emissions to zero, which, in principle, should help the fight against climate change.

“The problem is that the criteria for these net-zero commitments have varying levels of precision and loopholes (漏洞),” said the UN Secretary General Antonio Guterres during the launch of the report.

Many net-zero plans contain faraway or unclear targets and often call for the use of unproven technologies like carbon capture and tree planting, which effectively allow companies to continue polluting the atmosphere. Studies show that most of these net-zero plans will do little to stop temperatures from rising. For example, many oil majors have announced plans to reduce emissions from their operations to zero by 2050 that do not take into account the carbon emitted by the fossil fuels they sell, which would allow them to increase production. Far from decreasing, fossil fuel production is going strong.

To close these net-zero loopholes, the UN this week released a report that includes 10 recommendations to ensure that companies, cities, regions, and other non-state actors issue credible and accountable net-zero commitments. “Their plans cannot rely on cheap carbon credits instead of immediately cutting their own emissions,” Guterres said.

Financial institutions need to cut down emissions from all their investments and businesses need to bring down the carbon footprint of their supply chain, the report said. The report’s lead author, Catherine McKenna, urged companies to release new net-zero targets within a year. The updated targets must contain concrete actionable details.

- ()32. What does “greenwashing” refer to?
- A. A green technology. B. A misleading statement.
- C. A business model. D. A spending target.

- ()33. Why does the author mention the oil majors?
- A. To prove oil majors are really responsible.
- B. To set some good examples for other companies.
- C. To show some net-zero commitments make no sense.
- D. To indicate the benefit of net-zero plans to climate change.
- ()34. How does Guterres feel about the issued net-zero plans?
- A. Dissatisfied. B. Guilty.
- C. Shocked. D. Confused.
- ()35. What is advised to fix net-zero loopholes?
- A. To plant more trees.
- B. To share more supply chains.
- C. To depend on cheap carbon credits.
- D. To make concrete actionable targets.

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。

In the 1920s, psychologist Bluma Zeigarnik observed a strange thing. While dining out, she was impressed by the complex orders the waiters were able to remember at one time. 36. _____ This observation gave rise to the study of what would become known as the Zeigarnik Effect.

The Zeigarnik Effect refers to our tendency to remember incomplete or interrupted tasks better than completed ones. At first glance the Zeigarnik Effect can seem like a handy adaptation; it’s good to remember the things we need to do, and it’s a positive thing to want to finish the things we start. 37. _____

First, each incomplete task your brain reminds you about takes up a bit of your attention, making it harder to concentrate on whatever you’re currently working on. Second, even if we manage to physically disconnect from work, the Zeigarnik Effect ensures that our unfinished tasks follow us home. They bring trouble to our vacations, our weekends, and even our sleep. 38. _____

So what can you do about it?

Write your tasks down. Your brain is a terrible filing system. Instead of keeping tasks in your head, make a habit of writing them down as soon as they come to you.

39. _____ Make a plan for tomorrow before you end the work day so your unfinished tasks don’t remain in your mind after hours.

Don’t forget to look back at how far you’ve come. 40. _____ Therefore, review your completed tasks at the end of every week to celebrate what you’ve already done.

A. Establish a work shutdown routine.

B. Have a system for expanding your job skills.

C. The problem is twofold when it comes to our productivity.

D. Yet when customers checked out, these were totally forgotten.

E. We always quickly forget everything we’ve already accomplished.

F. We need a way to mentally disconnect in our hours away from work.

G. You have to actually complete all of your tasks to feel mental relief from it.

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,从每题所给的 A、B、C、D 四个选项中选出最佳选项。

I lived in a small town near the provincial capital, separated by a challenging mountain pass. Each week, 41 following a set schedule, I 42 the public bus to the capital for my mental health professional appointments. But one day, I was late. My doctor’s kindness in staying late led to a problem neither of us 43 . I missed both the last bus and taxi home. With my phone dead, no charger, and no numbers 44 , I was stuck. My only 45 was to ride the bike the doctor lent me to go home.

On the way home, I 46 my journey at a small ice-cream shop. I had just \$1.80, not enough for a 47 . The cashier offered one. After I 48 my situation, she offered the use of the store phone, but my mind was a 49 for contact numbers.

After that, I decided to continue my journey. I had to 50 my bike up due to the tough mountain pass. Then, the girl from the ice-cream shop arrived in a car. She felt sorry for me and 51 her parents to drive me home.

When I shared my story with others, their eyes widened in 52 at first, and then softened with sympathy as I recounted the details. This 53 shows that even in difficult situations, kindness can come from unexpected people, like the ice-cream shop girl. It reminds us that small acts of kindness are 54 , turning a very bad afternoon into a memorable one where the goodness of others 55 .

- () **41.** A. originally
C. accidentally
B. exactly
D. secretly

() **42.** A. examined
C. boarded
B. quitted
D. tested

() **43.** A. expected
C. explained
B. completed
D. digested

() **44.** A. printed
C. exchanged
B. corrected
D. recalled

() **45.** A. destination
C. procedure
B. connection
D. option

() **46.** A. broke
C. scheduled
B. compared
D. designed

() **47.** A. ticket
C. buy
B. donation
D. tour

() **48.** A. judged
C. pretended
B. unfolded
D. hid

() **49.** A. wonder
C. map
B. treasure
D. blank

() **50.** A. push
C. park
B. repair
D. decorate

() **51.** A. encouraged
C. convinced
B. reminded
D. permitted

() **52.** A. shame
C. disbelief
B. panic
D. anger

() **53.** A. experience
C. experiment
B. conflict
D. performance

() **54.** A. different
C. limited
B. meaningful
D. simple

() **55.** A. pays off
C. holds back
B. gives out
D. shines through

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。

Wildlife came into existence billions of years ago, 56. _____ used to live in harmony with other animals, insects and plants. However, at present, what we are concerned about is that animals are dying out at an 57. _____ (alarm) rate, 75 species every day on average. This is 58. _____ human beings don't observe animal protection laws. Animals are being hunted, 59.

(shoot) and attacked illegally so that people can obtain 60. _____ (they) skin, fur or other organs. Furthermore, not only do human activities lead to the 61. _____ (reduce) of animal habitats but also they cause the rise of global temperature, which threatens the survival of some animals, especially those species living in the polar regions. They make a living by 62. _____ (hunt) or fishing. So the ocean creatures are in danger due to the rapid melting of ice and they have difficulty adapting 63. _____ the alarming changes.

We must be aware that the extinction of masses of animals does great harm to us. Only if the authorities take effective 64. _____ (measure) immediately can we make progress in wildlife protection. Now, more natural reserves 65. _____ (build) to preserve endangered animals from extinction. Let us join hands to safeguard these living beings and build a solid defense for the planet's biodiversity.

第四部分 写作(共两节,满分 40 分)

第一节(满分 15 分)

假定你是李华,上周五你校组织了一场“AI 与未来职业”的专题讲座。请你给新西兰笔友 Chris 写一封邮件分享这次活动,内容包括:

1. 讲座主要内容；
2. 你的收获。

注意:1. 写作词数应为 80 个左右;

2. 可以适当增加细节,以使行文连贯。

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。

In a small town, Greenfield, lived Alex, a high school student. Alex's sanctuary (庇护所) was a mix of video games and late-night snacks, a habit that not only distanced him from the world but also gradually ruined his health.

“Hey, Alex, need a wider door to walk through?” taunted (嘲笑) Mike, a classmate whose words were as sharp as knives, under

the watchful eye of their classmates. The laughter that followed was a familiar sting, one that Alex had grown accustomed to, yet it hurt deeper each time.

At home, Alex's escape into virtual reality became his feeling of emotional comfort, until one evening, his father, Bryan, decided it was time for a change.

“Alex, we need to talk,” Bryan said, his tone soft yet firm. “I’ve seen how hard things have been for you...and I think it’s time we should make a change.”

“It’s just how things are, dad. I can’t change how people see me,” Alex responded. “Maybe you can’t change how others see you, Alex,” Bryan added gently, “but we can change how you see yourself, maybe, how you feel. Let’s try to adopt a healthier lifestyle, together. What do you say?”

Doubtful but inspired by his father's suggestion, Alex agreed. They started a journey that introduced morning jogging, replaced chips and sodas with fruits and water, and most importantly, opened a channel of communication that had long been inactive.

The road was not without its obstacles. Mike's taunts continued. "Planning to run a marathon, Alex?" Mike laughed loudly. "Maybe I am," Alex replied, his voice steadier than he felt.

As time flew, the transformation within Alex became obvious. It was not just in his physical appearance, but in his behaviours. He found himself slowly stepping out of the shadow of his insecurities.

Then came the annual school 2-mile run, an activity Alex had never dreamed of participating in. Yet, this year was different.

注意:续写词数应为 150 个左右。

Paragraph 1:

With confidence and physical strength , Alex decided to sign up.

Paragraph 2:

After the race, as the crowd's cheers continued, Bryan approached Alex.
