**8年级（上）英语第4课时（第1周）**

**《帮助外国人学好汉语》学程拓展**

**拓展资源（一）**

1. 如何提建议 How to Make a Suggestion <http://m.ximalaya.com/sound/169495253>

2. 老外看东西——集市文化<https://xue.youdao.com/sw/m/1946483?server=sw&_t=202007311227&baseUrl=https://xue.youdao.com/sw/m/1946483&infoId=972205&beginfrom=cidian>

**拓展材料 （二）**

《英语世界》评出2019年度十大翻译热词

不忘初心 remain/stay true to our original aspiration; never forget why we started

硬核 hardcore; core

女排精神 the morale of the Chinese women’s volleyball team; the fighting spirit of the Chinese women’s volleyball team

996 (9am-9pm × 6 days); work from 9am to 9pm, 6 days a week

网红经济 Internet/cyber celebrity/influencer/star economy

我太难了 Life is so hard/tough; I am overburdened.

柠檬精（我酸了）green with envy; full of bitter jealousy; envy and hate

垃圾分类garbage/waste classification

杠精contrarian; naysayer; hater

我命由我不由天My life is self-made rather than predestined.