

2019 年 6 月英语四级真题及答案完整版（卷一）

Part I Writing (30 minutes) 请于正式开考后半小时内完成该部分，之后将进行听力测试。

For this part, you are allowed 30 minutes to write a news report to your school newspaper about a volunteer activity organized by your Student Union to help elderly people in the neighborhood. You should write at least 120 words not more than 180 words.

【范文】

Young Volunteers Visited a Nursing Home

Volunteers from our university visited a nursing home located in Hangzhou on June 1st, which was highly appraised by the elderly there.

Upon the students' arrival, tears of joy glistened in the seniors' eyes when the young students presented them with well-prepared gifts. Then, the students talked to them calmly and one with kindness. Both the youth and the aged were willing to share their life stories, immersing in an atmosphere of joy. When it was time for the youngsters to leave, the seniors thanked them over and over again. And the volunteers expressed that they learned a lot and were all stunned by the optimism their elderly friends had for their future.

According to Winston Churchill, a British statesman, "We make a living by what we take, but we make a life by what we give." The visit not only enriches the seniors' daily life, but also provides the youth with an opportunity to learn some important life lessons from the elderly residents. By Aria, school newspaper

【点评】 写作试题是考查考生综合运用英语语言的能力，四级写作试题对考生的要求也越来越高。今年考查了新闻报道这一新的文章体裁，这也就意味着出题人更希望学生把考场作文和真实生活中的写作联系在一起，对于学生观察生活的能力提出更高的要求——注意到新闻的格式和内容安排的特点。一方面，新闻报道需要写出标题和落款，标题注意简洁明了，落款既要写出人名还要按照新闻报道的格式写出 by 最后还要写出所在的新闻机构。另一方面，在内容上，分三段进行写作，第一段用导语，点明事件的基本情况（时间、地点、事件、人物、目的或意义）；第二段写事件经过（一般按照时间顺序进行书写，同时可以对其中一个小事进行特写，中间还可以加入人物采访）；第三段写对这一事件，人物的看法、想法和观点。

今年考查的话题是养老院、农场和当地小学，与考生的生活比较贴近，在写作时，举的例子应较为典型，这样阅卷老师很容易明白考生文中所描述的内容。同时，考生举的例子也应很熟悉，能够熟练运用一些有关的词或短语，这样下笔时才会有话可说，将相关的背景知识与正确的语言表达有效地结合起来。这些话题与大学生的生活密切相关。这些话题对于考生而言都会有话可说，并且能够提出一定的看法和观点。

Part 2 Listening Comprehension (25 minutes)

Section A

News report 1

此篇新闻是关于一个从旧金山游到 Alcatraz 岛屿的 9 岁男孩，首发于 2016 年 1

社的报道。这属于社会新闻，是新闻中听懂难度较低的一种。但这篇新闻存在地点专有名词，可能会对考生在听力中造成影响。

1. 新闻主旨题。重点听开头前两句。

2. 新闻细节题。

A 9-year-old central California boy braved strong currents and cold water to swim from

San Francisco to Alcatraz Island and back. A California television station in Fresno, reported Tuesday that Jim Savage, set a record as the youngest swimmer to make the journey across the former prison. The TV station reported that by completing the swim, the fourth grade student from Los Banos broke a record previously held by a 10-year-old boy.

Jim said that waves in the San Francisco Bay hitting him in the face 30 minutes into the swim, made him want to give up. His father said, he had offered his son 100 dollars as a reward. To encourage his struggling son, he doubled it to 200 dollars. James pushed forward, making it to Alcatraz Island and back in a little more than 2 hours. Alcatraz is 1.5 miles from the mainland.

Questions 1 and 2 are based on the news report you have just heard.

1. What did the boy from central California do according to report?
2. What did the father do to encourage his son?

News report 2 这篇新闻讲述了大家比较熟悉的事件，关于我国将取消晚婚假。内容较少，对于考生听懂的难度应该不高。

1. 考察新闻中“原因”要素。由于是此篇新闻的第一题，考点句仍然落在头两句。
2. 结尾处 +转折处考点。

On the first January, new regulations were coming to a fact which eliminated an annual leave bonus for people who put off marriage until the age of 23 for women and 25 for men, the South China morning post reports. The holiday bonus was designed to encourage people to delay getting married, in line with China's one-child policy, but with the policy now abolished, this holiday incentive is no longer necessary. The government in Shanghai, the young couple at the registration office told the paper that they decided to postpone their marriage as soon as possible to take advantage of the existing policy. Because the holiday bonus was a big deal for them. In Beijing, one registration office had about 300 couples seeking to get married the day after the changes were announced. Rather than the expected number, often between 70 and 80, but one lawyer told the paper the changes still have not been adopted by local governments and these procedures take time, so people who are rushing to get a marriage can relax.

Questions 3 and 4 are based on the news report you have just heard.

3. What was the purpose of the annual leave bonus of China?
4. What do we learn about the new regulations?

New report 3 这篇新闻新西兰两个女佣创业，专门负责清理家庭聚会后的残局。

1. 主旨题。
2. 考点句位于开头处。
3. 结尾考点。

Everyone loves a good house party, but the cleaning up in the next morning isn't always enjoyable. Now however, a New Zealand based startup company aims to bring messy homes and even splitting headaches back to normal. The properly named startup 'Maid After Maids', was launched about 1 month ago in Auckland by room-maids Rebecca

and Cat herine Ashers. Aside from cleaning up, the two will also cook breakfast and e
get coffee and painkillers for recovering merrymakers. Although they are both gainfull
employed, they did cleaning jobs into their nights and weekends which is when their s
is in most demand anyway.

Besides being flattered with request from across the country, Folly and Ashish have also received request from the US and Canada to provide the services there, they are repeatedly meeting with lawyers to see how best to take the business forward,

Question 5— 7 are based on the news report you have just heard.

5. what is the news report mainly about?

6. what is the common problem of the house party?

7. what are Rebecca Folly and Catherine Ashish planning to do?

Long Conversation 1 长对话 这篇长对话生活类题材， 话题也是大家非常熟悉的驾照。 是两人就男生的驾考 进行对话， 男生是对话的核心， 回答女生的问题。

W: Carl, how did your driver ' t hse ory exam go? It was yesterday, right? M: Yes, I ' m prepared as much as I could. But I was so nervous since i t was my second trial. The people who worked at the test center were v ery kind though. We had a little conversation which calmed me down a bit, and that was just what I needed. Then, after the exam, they printed out my result. But I was afraid to open it until I was outside. I was suc h a relief that I printed it.

W: Congratulations! I knew you could do it. I think you underestimated h ow difficult it would be the first time, didn ' t you? I hear a lot of people make that mistake and go in underprepared. But good job in passing th e second time. I ' m so proud of you. Now what you have to do next is yo ur road test. Have you had any lessons yet?

M: Yes, thanks. I ' m so happy to be actually on the road now. I ' ve only had two driving lessons so far, and my instructor is very understanding. So, I ' m really enjoying it. I can ' t wait for my next session. Although the le ssons are rather expensive. 20 pounds an hour. The instructor says I ' ll need about 30— 40 lessons in total, that ' s what? 6— 8 hundred pounds. So, this time, I ' ll need to make a lot more effort, and hopefully, I ' ll be successful the first time.

W: Well, good luck.

Questions 8—11 are based on the conversation you have just heard.

8. What did the man do yesterday?

9. Why did he fail the exam the first time?

10. What does the man say about his driving lessons?

11. What does the man hope to do next?

Long Conversation 2

这篇对话是校园场景类的对话， 出现了很多往年校园场景类对话中出现过的词汇。 对话内容是两个学生在讨论他们的学习和毕业后的工作。 开头题， 考点句就在第一轮的问句里。 细节题， 这轮对话是女生提问， 男生回答， 重点听男生说话， 不难找到所在的句子。 细节题。 和第二题同一轮对话， 所以重点仍然是男 生说自己， 女生说对方的内容。 最后一轮对话是男生提问， 所以重点听女生。 关注 but 转折词。

M: Emma, I ' ve got accepted to the university of Leeds. Since you' re going to uni-

in England, do you know how much it is for international students to study there?

W: Congratulations. Yes, I believe for international students, you 'll have to pay around 13,000 pounds a year, it 's just a bit more than the local students.

M: OK, that 's about 17,000 dollars for the tuition and fees. Anyway, I 'm only going

there for a year, doing my masters. So it ' psr etty good.

If I stayed in the U.S., it ' tadt e 2 years, and cost at least 50,000 dollar s in tuition a
Also, I have a good chance of winning a scholarship

at Leads, which would be pretty awesome, the benefit of being a music genius.

W: Yeah, I heard you are a talented piano player. So you are doing a
post- graduate degree now? I ' ms till in my last year, graduating next Jun
e. Finally, I ' bll e done with my studies, and could go on to earning lots
of money.

M: Are you still planning on being a teacher? No money at that job the
n.

W: You' db e surprised, I ' mst ill going to be a teacher. But the plan is to
work at an international school overseas, after I get a year or so experi
ence in England. It ' bse tter paid, and I get to travel, which reminds me I '
m late for my class, and I ' veg ot some documents I need to print out fir st. I ' veg o
run.

Questions 12— 15 are based on the conversation you have just heard.

12. What does the man want to know?

13. What is the man going to do?

14. What might qualify the man for a scholarship at the leads university?

15. What is the woman planning to do after graduation? Passage 1 短文第一篇是说
性的文章，介绍了蚂蚁，着重介绍了对于人类房屋有危害 的蚂蚁品种。文章主
答案出现在听力开篇处。第二题的出现位置较后，需 要考生保持耐心。听到“ in a
ddition ”的 时候紧张起来，就能听到答案句最后一道 题往往出在结尾处。反复出
信息。

原文：

Scientists have identified thousands of known ants species around the w orld. And on
of them bug humans. Most ants live in the woods, or out in nature. There, they kee
creatures in check, distribute s eeds, and clean dead and decaying materials from the
A very s mall percentage of ants do harm to humans. But those are incredibly ch allen
control. They are small enough to easily slip inside your hou se. Live in colonies that
in the tens of thousands to the hundred s of thousands, and reproduce quickly. Tha
them good at getting in, and hard to kick out. Once they settle in, these insects start a
your home. In addition to barging ants, other species can cause differ ent kinds of d
Some, like carpenter ants, can undermine a home structure, while others interfere
electrical units.

Unfortunately, our homes are very attractive to ants, because it provides everything the
needs to survive, such as food, water, and shelte r. So, how can we prevent ants from
into our homes? Most impo rtant of all, avoid giving ants any access to food, particularly
food, because ants have a sweet tooth. We also need to clean up spills as soon as the

and store food in air-tight containers. Even garbage attracts ants, so empty your trash as possible. And store your outside garbage in a lidded can, while away from do windows.

Questions 16—18 are based on the conversation you have just heard.

16. What does the passage say about ants?

17. What do we learn from the passage about carpenter ants?

18. What can we do to prevent ants from getting into our homes? Passage 2

短文第 2 篇是一篇自述，介绍了“我”在老年保健领域的研究工作。体裁接近下午 section C。文章主旨题，答案出现在听力开篇处，第一句话直接出答案，在开头。考生很容易失去第一道题的答案。细节题。细节题，和第 2 题的位置很接近。但复听到的 “ old ”和 “ health, ”不难找到答案。

原文：

My research focus is on what happens to our immune system as we age. So the job of the immune system is to fight infections. It also protects us from viruses and from autoimmune diseases. We know that as we get older, it's easier for us to get infections. So older adults have more chances of falling ill. This is evidence that our immune system really doesn't function so well when we age. In most of our work, when we were looking at older adults who've got an illness, we always have to have health controls. So we work very closely with a great group of volunteers called the One Thousand Elders, these volunteers are 65 or over, but in good health. They come to the university to provide us with blood samples to be interviewed and to help us to carry out a whole range of research. The real impact of our research is going to be on health in old age. At the moment, we are living much longer. Life expectancy is increasing at 2 years for every decade, that means an extra 5 hours a day. I want to make sure that older adults are still able to enjoy their old age, and that they're not spending time in hospital with infection. Feeling unwell and being generally weak. We want people to be healthy even when they are old.

Questions 19—21 are based on the passage you have just heard.

19. What is the focus of the speaker's research?

20. What are the volunteers asked to do in the research?

21. What does the speaker say will be the impact of his research? Passage 3

短文第 3 篇是记叙文，人物故事题。介绍了一个老师在小学教授国际象棋的事，介绍了这所小学的教学特点。介绍学校和人物故事是四级短文出现很多次的类型。

1. 第一题答案仍然出现在听力开篇处，第一句话直接出答案。

2. 细节题。

3. 细节题

4. 细节题。

When Ted Komada started teaching 14 years ago at Kilip Elementary, he didn't know how to manage a classroom and was struggling to connect with students, he noticed a couple of days after school that a group of kids would get together to play chess. “ I know how to play chess, let me go and show these kids how to do it, ” he said. Now, Komada coaches the school's chess team. The whole program started as a safe place for kids to connect after school. And this week, dozens of those students are getting ready to head out to N

Tennessee to compete with about 5000 other young people at the Super Nationals of Chess. The competition only happens every four years, and the last time the team went, they won the third place in the nation. Komada says Chess gives him and his students confidence. His school has the highest number of kids from low-income families. Police frequent the area day and night. As 2 months ago, a young man was shot just down the street. Komada

teach his students that they should think about their move before they do it. The lesson proved valuable outside the classroom as well. Many parents see these lessons translate into the real world. Students are more likely to think about their actions and see whether they lead to trouble.

Questions 22—25 are based on the passage you have just heard.

22. What did Ted Komada notice one day after he started teaching at Kilip Elementary?

23. What are dozens of students from Komada's school going to do this week?

24. What do we learn about the students of Kilip Elementary?

25. What have the students learned from Komada?

Part III Reading Comprehension (40 minutes)

Section A

Directions: In this section, there is a passage with ten blanks. You are required to select one word for each blank from a list of choices given in a word bank following the passage. Read the passage through carefully before making your choices. Each choice in the bank is identified by a letter. Please mark the corresponding letter for each item on ANSWER SHEET 2 with a single line through the centre. You may not use any of the words in the bank more than once.

Ships are often sunk in order to create underwater reefs (暗礁) perfect for scuba diving (水肺式潜水) and preserving marine life. Turkish authorities have just sunk something a little different than a ship, and it wouldn't normally ever touch water, an Airbus A300. The hollowed-out A300 was stripped of everything potentially harmful to the environment and sunk off the Aegean coast today. Not only will the sunken plane create the perfect skeleton for a coral reef growth, but authorities hope this new underwater attraction will bring tourists to the area. The plane has a total length of 54 meters, where experienced scuba divers will be able to venture through the cabin and around the plane's fuselage. Aydin Municipality bought the plane from a private company for just under US\$100,000, but they hope to see a return on their investment through the tourism industry. Tourism throughout Turkey is expected to fall this year as the country has been the victim of several deadly terrorist attacks. As far as sunken planes go, the Airbus A300 is the largest sunk aircraft ever.

Taking a trip underwater and exploring the inside of a sunken A300 would be quite an adventure, and that is exactly what Turkish authorities are hoping this attraction will make people experience. Drawing in adventure seekers and experienced divers, this new artificial Airbus reef will become a scuba divers' paradise (天堂).

A) create B) depressed C) eventually D) Experiences E) exploring F) exterior G) habit H) innovate

I) intentionally J) investment K) revealing L) stretches

M) stripped N) territory O) victim 答案: 26. G 27. M 28. A 29. L 30. C 31. F 32. J 33. O

35. E 【答案解析】

26. 根据空格位置，marine 此处形容词，可判断出 26 题应为名词，marine 的“海生的，海运的”固定搭配 marine habitat 海洋栖息地。所以本题答案为“ G” habita 栖 t 息“地”。

27. 根据空格位置，词性应该为动词的被动态。 本篇文章对 A300 持有肯定态度以此句想表达 “ A300 对”环境没有任何潜在的坏处，故答案应为 “ M”“ ， bes

of ”意为 “剥夺”。

28. 此题空格前有 “ will 所”以，此处应填动词原形。选项中动词原形有 “ A 和”根据句意得知，沉没的飞机可以让人工珊瑚长的更好。所以本题答案为 “ A, ” create “创造，产生”。
29. 此处应填动词原形，主语为 “ plane, ”故谓语动词应为单三形式。所以答 “ L” ,stretche 意 s 为“延伸”，此处指“飞机机身总长为 54 米”。
30. 此处应填副词，用来修饰后面的 “ bea ble to venture ”答，案应锁定在 “ C eventually 和“ L” intentiona. lly 这句话的意思是水肺式潜水者能够在船舱内冒险。项 “ C” eventually 最终“地”，更符合句意。
31. 此处应填名词形式，因为空格前为 “ plane ' 。 s 名”词选项有 “ F 和”“空格处 前半句是时候水肺式潜水者能够在船舱内冒险， 所以后半句应该为他们在 船舱外面冒险。故答案为 “ F” exterior 外 r 部 ”。
- “， 表面
32. 因为空格前为 “ ont hat ”所 ...以此处应为名词。本句话的大意是：买这架飞了很多钱，所以他们希望通过旅游业能够看到自己投资的回报。 所以答案为 “ J investment 投“资 ”。
33. 此处应填名词形式。空格后的内容为 “严重的致命恐怖袭击 ”，所以空格处 victim 受“害者 ”。故答案为 “ O。”
34. 此处应为副词形式。因为副词修饰形容词 “ largest。副”词只剩 “ I” intentionall y 有目的性地，故意地，修饰后面 sunk, 所以本题答案为 “。 I”
35. 此题应为 v.-ing 形式，与 and 前的“ takinga trip underwater ”保持并列。 “ exploring 和“ K” revealin 都 g 是 v.-ing 形式。根据本句句意， “ E” exploring 索“” 更符合句意。本句话的意思是 “水下旅行和探索沉没的 A300 的内部都会 场 冒险”。

Section B

Directions: In this section, you are going to read a passage with ten stat ements attac it. Each statement contains information given in one of the paragraphs. Identify the paragraph from which the information is d erived. You may choose a paragraph more once. Each paragraph i s marked with a letter. Answer the questions by marking the correspondi ng letter on Answer Sheet 2.

Resilience Is About How You Recharge, Not How You Endure

[A] As constant travelers and parents of a 2-year-old, we sometimes fant asize about much work we can do when one of us gets on a plan e, undistracted by phones, frien movies. We race to get all our gro und work done: packing, going through security, do last-minute work call, calling each other, then boarding the plane. Then, when we try that amazing work session in flight, we get nothing done. Even wo rse, after refreshin email or reading the same studies over and ove r, we are too exhausted when we lan soldier on with (继续处理) the emails that have inevitably still piled up.

[B] Why should flying deplete us? We' re just sitting there doing nothing. Why can' tougher, more resilient (有复原力的) and determined in our work so we can acco all of the goals we set for ourselves? B ased on our current research, we have come

realize that the problem is not our hectic schedule or the plane travel itself; the problem comes from a misconception of what it means to be resilient, and the resulting impact of overworking.

[C] We often take a militaristic “tough” approach to resilience

determination like a Marine pulling himself through the mud, a basketball player picking himself up off the ground for one more play. We believe that the longer we toughen the tougher we are, and therefore the more successful we will be. However, this entire conception is scientifically inaccurate.

[D] The very lack of a recovery period is dramatically hindering our collective ability to be resilient and successful. Research has found that there is a direct correlation between lack of recovery increased incidence of health and safety problems. And lack of recovery—whether by disruptionsleep with thoughts of work or having continuous cognitive arousal by watching your phone—s costs your company \$62 billion a year in lost productivity.

[E] And just because we work tops, it doesn't mean we are recovering. We “stop” work sometimes at 5pm, but then we spend the evening wrestling with solutions to work problems, talking about our work at dinner, and falling asleep thinking about how much work we'll do tomorrow. In a study just released, researchers from Norway found that 7.8% of Norwegian men have become workaholic 工人 (作狂). Scientists cite a definition of “workaholic” as “being overly concerned about work, driven by an uncontrollable work motivation and investing so much time and effort in work that it impairs other important life areas.”

[F] We believe that the number of people who fit that definition includes the majority of American workers, which prompted us to begin a study of workaholism in the U.S. Our study will use a large, incorporated dataset from a major medical company to examine how technology extends our working hours and thus interferes with necessary cognitive recovery, resulting in huge healthcare costs and turnover costs for employers.

[G] The misconception of resilience is often bred from an early age. Parents trying to teach their children resilience might celebrate a school student staying up until 3am to finish a science fair project, a testament to resilience. A resilient child is a well-rested one. When an exhausted

student goes to school, he risks hurting everyone on the road with his impaired driving; he doesn't have the cognitive source to do well

on his English test; he has lower self-control with his friends; at home, he is moody with his parents. Overwork and exhaustion

the opposite of resilience and the bad habits we acquire when we're young only magnify when we hit the workforce.

[H] As Jim Loehr and Tony Schwartz have written, if you have too much time in the performance zone, you need more time in the

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