



Reality

English Coaching

Communicate in the real world

A Journey to Australia



- Designed for young adults
- Real-life conversations
- Fully translated into Chinese
- Follows our 3-month* English coaching program

* Audiobook also available
in natural Australian accent

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Introduction

The story you are about to read (or perhaps listen to) is divided into 50, short chapters. Combined, the story content will introduce you to well over one thousand of the most important and commonly used words in the English language, as well as many common Australian expressions. The story includes interesting factual information, practical experiences, emotional interactions, light-hearted dialogue and value-based themes. It provides opportunities for learning and reflection, as well as for interesting and thought-provoking discussion. Copyright© 2025 – Reality English Coaching

The story is written almost exclusively in the present tense, giving you a sense that you are following along on our characters' journey in real time, and maximising the repetition of the common, present-tense words which dominate ordinary English conversation. If your journey towards learning to communicate confidently in English has just started, then we encourage you to make a real effort to familiarise yourself with the contents of each chapter, before moving onto the next one.

简介

你即将阅读（或聆听）的这个故事被分成了 50 个简短的章节。这些故事内容合计将向你介绍英语中一千多个最重要、最常用的单词，以及许多澳大利亚常见的表达方式。故事包含有趣的信息、经历、情感交流、轻松的对话以及基于价值观的主题。它不仅能提供学习和思考的机会，也能鼓励大家展开一些有趣、值得深思的讨论。

这个故事几乎完全使用现在时来写，使你感觉自己正实时跟随人物的旅程，并最大程度地重复那些在日常英语对话中最常见的现在时词语。如果你刚刚开始学习如何自信地用英语交流，我们鼓励你认真熟悉每一章的内容，再继续读下一章。

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如需了解我们在线英语辅导课程的更多信息，请访问我们的网站：www.realityenglishcoaching.com.au

Use our **ALERT** strategy to prepare for your next **Reality English Coaching** session:

Absorb > **L**earn > **E**xpose > **R**ead > **T**est

请使用我们的 ALERT 策略来准备你下一次的 Reality English Coaching 课程

吸收 > 学习 > 沉浸 > 阅读 > 测试

ABSORB >	Read and listen to the chapter in English – note down any unfamiliar words. Absorb the Australian dialect, – notice how the words sound.	阅读并聆听英文章节，记下任何不熟悉的单词。感受澳大利亚口音，注意单词的发音方式。 <small>• Copyright© 2025 – Reality English Coaching</small>
LEARN >	Read the translated section – look for the unfamiliar words and learn what they mean.	阅读翻译章节，找出不熟悉的单词，学习它们的中文解释。
EXPOSE >	Listen to the audio narration again – if necessary, focus solely on the translated text. Then repeat, but this time focus only on the English text. <small>Copyright© 2025 – Reality English Coaching</small>	再次聆听音频讲解，如有需要，可先专注于翻译文本。然后再听一次，这次只专注于英文内容。
READ >	Listen to the chapter again, but this time read it out loud. A good strategy is to pause the audio after each sentence and repeat what you just heard.	再次聆听章节，同时大声朗读。一个好方法是每句话听完后暂停，然后重复刚听到的句子。 <small>•</small>
TEST >	Test yourself – read the English out loud to yourself – can you read it confidently? Do you understand what you are reading?	自我测试：大声朗读英文章节——你能自信地读吗？你理解自己在读的内容吗？

All done? You are now ready for your first **Reality English Coaching** session. We look forward to seeing you online soon!

都完成了吗？ 那您现在已经准备好参加您的第一次 Reality English Coaching 英语教程了。我们期待在我们的网上课程见到您！

Chapter 1

Emma and Lucas are twins. Today is their birthday - they have just turned twenty years old. Emma wakes up early, and walks into her brother's room. "Guess what day it is? Tomorrow our adventure starts!" Emma says. Lucas yawns and smiles. They pack their bags, making sure to include their favourite clothes and shoes. Then they weigh their luggage. Lucas looks out of the window. He can see that the weather outside is sunny. There is no movement in the trees, so he assumes that there is no wind blowing.

"It's going to be a hot day today," Lucas observes. He goes into the kitchen and pours himself a glass of water. Emma boils some water to make them both some coffee. "Yes," she replies, "but it might be cold on the plane. I'm going to bring a thick wool jumper so that I'm able to stay warm on the flight." Lucas agrees - "That's a good idea!" he says. Although they haven't departed yet, they feel like their journey to Australia has already started.

Row	English Sentence	Chinese Translation	Literal Meaning / Notes
1	Emma and Lucas are twins.	艾玛和卢卡斯是一对双胞胎。	
2	Today is their birthday - they have just turned twenty years old.	今天是他们的生日——他们刚满二十岁。	
3	Emma wakes up early, and walks into her brother's room.	艾玛一大早就醒了，走进卢卡斯的房间。	brother=兄弟
4	"Guess what day it is? Tomorrow our adventure starts!" Emma says.	"你猜今天是什么日子？明天我们的冒险就要开始！" 艾玛说。	
5	Lucas yawns and smiles.	卢卡斯打了个哈欠，露出微笑。	
6	They pack their bags, making sure to include their favourite clothes and shoes.	他们开始收拾行李，确保把自己最喜欢的衣服和鞋子都装进去。	
7	Then they weigh their luggage. <small>Copyright© 2025 – Reality English Coaching</small>	然后他们称了行李的重量。	
8	Lucas looks out of the window. He can see that the weather outside is sunny.	卢卡斯望向窗外。他看到外面阳光明媚。	sunny= 晴朗

9	There is no movement in the trees, so he assumes that there is no wind blowing.	树木一动不动，于是他判断今天没有风。	assumes=假设/认为”
10	“It’s going to be a hot day today,” Lucas observes.	“今天会很热。” 卢卡斯说道。	
11	He goes into the kitchen and pours himself a glass of water.	他走进厨房，给自己倒了杯水。	
12	Emma boils some water to make them both some coffee.	艾玛烧起水，准备给两人煮咖啡。	
13	“Yes,” she replies, “but it might be cold on the plane. I’m going to bring a thick wool jumper so that I’m able to stay warm on the flight.”	“是啊，” 她回答，“不过飞机上可能会冷。我打算带一件厚厚的羊毛套头衫，这样飞行时就不会着凉。” <small>Copyright© 2025 – Reality English Coaching</small>	jumper=毛衣/套头毛衣 stay warm=保持温暖
14	Lucas agrees - “That’s a good idea!” he says.	卢卡斯同意了：“这个主意不错！” 他说。	
15	Although they haven’t departed yet, they feel like their journey to Australia has already started.	虽然他们还没出发，但已经感觉前往澳大利亚的旅程已经开始了。	

For **Chapter 1**, we will provide you with a list of **questions in advance**. The purpose of this is to expose you to the **types of questions** which you will learn to answer throughout this course.

对于第一章，我们会提前向你提供一份问题清单。这样做的目的是让你提前接触到你将在本课程中学会回答的**问题类型**

Question	Answer	问题	答案
Who is Emma’s twin brother?	Emma’s twin brother is called Lucas.	谁是 Emma的双胞胎兄弟?	Emma的双胞胎兄弟叫Lucas。
What time does Emma wake up her brother?	I don’t know what time Emma wakes Lucas up. The story	什么时间 Emma叫醒她的兄弟?	我不知道Emma什么时候叫醒Lucas。故

	says she wakes him up early.		事里说她很早就叫醒他。
Is Lucas tired when his sister wakes him up?	I think Lucas is tired when Emma wakes him up, because the story says that he yawns.	当 姐姐叫醒他时，Lucas累吗？	我认为当Emma叫醒Lucas时，他很累，因为故事里说他打了哈欠。
Why does Lucas assume it will be a hot day today?	Lucas assumes it will be a hot day because it's sunny and there is no wind blowing.	为什么 Lucas认为今天会很热？	Lucas认为今天会很热，因为阳光明媚，且没有风吹。
Where does Emma go to make the coffee?	I assume Emma makes the coffee in the kitchen.	Emma去 哪里 制作咖啡？	我假设Emma是在厨房里制作咖啡。
How heavy is Lucas' luggage?	I don't know how much his luggage weighs.	Lucas的行李有 多重 ？	我不知道他的行李有多重。
When will the twin's adventure start?	The twin's adventure starts tomorrow.	双胞胎的冒险 什么时候 开始？	双胞胎的冒险明天开始。
Does Lucas agree with what Emma says about staying warm on the flight?	Yes, Lucas agrees that it's a good idea to bring a warm jumper on the flight.	Lucas 是否 同意Emma关于在飞行中需要保暖的说法？	是的，Lucas同意在飞行中带一件暖和的毛衣是个好主意。
Do you know what the opposite of cold is?	The opposite of cold is warm (or hot). <small>Copyright© 2025 – Reality English Coaching</small>	你知道 寒冷的 反义词 是什么吗？	寒冷的反义词是温暖（或炎热）。

Chapter 2

Lucas and Emma need to focus on learning English before they leave. This will help them to deal confidently with people from other cultural backgrounds. Emma already knows a lot of words. Leaning forward on the edge of the sofa, she decides to test her brother. "I'll begin asking you the meaning of some simple words, and then move on to more difficult ones," she says. I'll pronounce the word, and you explain what it means. "Adult..." Lucas raises his hand just like a student: "The legal age of an adult here in China is eighteen years." Emma nods. "I'm pretty sure that's the same in Australia," she replies.

“Poor?” “Poor means the opposite of rich,” Lucas replies. “Person?” Lucas scratches his head. “A person is a human being,” he answers. His “teacher” nods. “Any examples?” “Man, woman, child...” The test continues. “Animal?” “An emu is an animal,” Lucas says. His sister shakes her head. “Um... I think an emu is a huge bird that can’t fly?” “A bird is a type of animal,” Lucas says, confident he’s ready for a debate on this question. “Please continue,” he says with a smile, and then adds cheekily – “If you’re going to apply for a job at Taronga Zoo in Sydney, you’ll need to know this.” Copyright© 2025 – Reality English Coaching

Row	English Sentence	Chinese Translation	Literal Meaning / Notes
1	Lucas and Emma need to focus on learning English before they leave.	Lucas 和 Emma 在离开之前需要专心学习英语。	
2	This will help them to deal confidently with people from other cultural backgrounds.	这样能帮助他们更有自信地和不同文化背景的人打交道。	deal = 处理
3	Emma already knows a lot of words.	Emma 已经认识很多单词了。	knows = 知道/认识
4	Leaning forward on the edge of the sofa, she decides to test her brother.	她身体前倾坐在沙发边上，决定考考她弟弟。	test = 测试/考
5	“I’ll begin asking you the meaning of some simple words, and then move on to more difficult ones,” she says.	她说：“我先问你一些简单词的意思，然后再问难一点的。”	move on to = 转到; ones = ...的
6	I’ll pronounce the word, and you explain what it means.	“我念词，你来解释什么意思。”	pronounce = 念
7	“Adult...”	“Adult..... (成人) ”	
8	Lucas raises his hand just like a student: “The legal age of an adult here in China is eighteen years.”	Lucas 像学生一样举手说：“在中国，法定的成年人年龄是十八岁。”	legal age = 法定年龄
9	Emma nods.	Emma 点点头。	
10	“I’m pretty sure that’s the same in Australia,” she replies.	她说：“我很确定澳大利亚也是一样的。”	pretty = 相当/很
11	“Poor?” Copyright© 2025 – Reality English Coaching	“Poor (贫穷) ? ”	

12	"Poor means the opposite of rich," Lucas replies.	Lucas 回答：“Poor 的意思是 rich（富有）的反义词。”	means = 意思是；opposite = 相反
13	"Person?"	"Person（人）？”	
14	Lucas scratches his head.	Lucas 挠了挠头。	scratches = 挠
15	"A person is a human being," he answers.	他回答说：“Person 就是一个人。”	
16	His "teacher" nods.	他的“老师”点点头。	
17	"Any examples?"	"举些例子？”	any = 一些
18	"Man, woman, child..."	"男人、女人、小孩....."	
19	The test continues.	小测试继续。	continues = 继续
20	"Animal?"	"Animal（动物）？”	
21	"An emu is an animal," Lucas says.	Lucas 说：“鸸鹋是一种动物。”	鸸鹋ér miáo
22	His sister shakes her head.	他姐姐摇摇头。	shakes = 摇
23	"Um... I think an emu is a huge bird that can't fly?"	"嗯.....我觉得鸸鹋应该是一种不会飞的巨型鸟吧？”	huge = 巨大；that = 的
24	"A bird is a type of animal," Lucas says, confident he's ready for a debate on this question.	Lucas 说：“鸟也是动物的一种。”他说得信心满满，感觉已经准备好要辩论了。	type = 类型；debate = 辩论
25	"Please continue," he says with a smile, and then adds cheekily - "If you're going to apply for a job at Taronga Zoo in Sydney, you'll need to know this."	他笑着说：“继续吧。”然后调皮地补一句：“要是你想去应聘悉尼塔龙加动物园的工作，你得知道这些。”	cheekily = 调皮地；apply for = 申请；job = 工作

Chapter 3

Later that day, Emma and Lucas accompany their mum and dad to visit some of their relatives. Their cousin's name is Kai, and his wife Sophia has recently received a baby boy - he was born just two days earlier. Today is Sophia's first day home from the hospital, and Kai's parents (the twin's uncle and aunt) have also decided to drop in. Copyright© 2025 – Reality English Coaching "I hope it's ok that we come inside?" Emma asks. "Certainly!" Kai replies, pointing to the cream-coloured leather couch. "There's enough space for all of us." Emma holds the tiny baby on her lap, and laughs as he grabs hold of her little finger.

The twins tell their relatives about their planned trip. “We’re leaving tomorrow,” Lucas explains. “It will be fun meeting some new people.” Kai and Sophia also have a four-year-old daughter called Ying. She wonders where they are going. “We’re flying to Sydney,” Emma says. The little girl asks – “Where is Sydney – is it in America?” Emma laughs and says “No, Sydney is in Australia.” The twin’s father reminds the young travelers to be polite to strangers and to practice speaking the local language. “Most people in Australia speak English,” he says, looking directly at his son. Lucas says, “I know how to say ‘hi, hello, and goodbye.’” Everyone laughs, and wishes them both a safe trip.

Row	English Sentence	Chinese Translation	Literal Meaning / Notes
1	Later that day, Emma and Lucas accompany their mum and dad to visit some of their relatives.	那天稍晚时，Emma 和 Lucas 陪着爸爸妈妈去探望一些亲戚。	accompany = 陪伴
2	Their cousin’s name is Kai, and his wife Sophia has recently received a baby boy - he was born just two days earlier.	他们的表哥叫 Kai，他的妻子 Sophia 刚生了一个男婴——他2天前才出生。	received a baby boy = 得到（生下）一个婴儿； earlier = 更早
3	Today is Sophia’s first day home from the hospital, and Kai’s parents (the twin’s uncle and aunt) have also decided to drop in.	今天是 Sophia 出院回家的第一天，Kai 的父母（双胞胎的叔叔和阿姨）也决定顺道来看看。	drop in = 顺道拜访
4	“I hope it’s ok that we come inside?” Emma asks.	Emma 问：“我们进来可以吗？”	come inside = 进来
5	“Certainly!” Kai replies, pointing to the cream-coloured leather couch.	Kai 回答：“当然可以！”同时指向那张米色的皮沙发。	cream-coloured = 奶油色/米色
6	“There’s enough space for all of us.” Copyright© 2025 – Reality English Coaching	“这里空间足够我们所有人坐。”	space = 空间
7	Emma holds the tiny baby on her lap, and laughs as he grabs hold of her little finger.	Emma 把小小的婴儿抱在腿上，他抓住她的小指时，她笑了起来。	lap = 大腿
8	The twins tell their relatives about their planned trip.	双胞胎告诉亲戚他们已计划好的旅行。	planned = 计划好的

9	"We're leaving tomorrow," Lucas explains.	Lucas 解释说：“我们明天就要出发了。”	leaving = 离开/出发
10	"It will be fun meeting some new people."	"认识一些新的人应该会很好玩。"	meeting = 遇见
11	Kai and Sophia also have a four-year-old daughter called Ying.	Kai 和 Sophia 还有一个四岁的女儿叫 Ying。	
12	She wonders where they are going.	她好奇他们要去哪里。 <small>Copyright© 2025 – Reality English Coaching</small>	wonders = 想知道/好奇
13	"We're flying to Sydney," Emma says.	Emma 说：“我们要飞去悉尼。”	flying = 飞去
14	The little girl asks – "Where is Sydney – is it in America?"	小女孩问：“悉尼在哪？在美国吗？”	
15	Emma laughs and says "No, Sydney is in Australia."	Emma 笑着说：“不是，悉尼在澳大利亚。”	
16	The twin's father reminds the young travelers to be polite to strangers and to practice speaking the local language.	双胞胎的父亲提醒两个年轻的旅客，对陌生人要有礼貌，并要练习说当地语言。	strangers = 陌生人; local language = 当地语言
17	"Most people in Australia speak English," he says, looking directly at his son.	他直视着儿子说：“澳大利亚大多数人说英语。”	directly = 直接地
18	Lucas says, "I know how to say 'hi, hello, and goodbye.'"	Lucas 说：“我会说 hi、hello 还有 goodbye。”	
19	Everyone laughs, and wishes them both a safe trip.	大家都笑了，并祝他们一路平安。	safe trip = 平安旅程

Chapter 4

The next day, the twins say goodbye to their mother, father, and their older brother. "Take care of yourselves," their brother warns. Emma's mum gives her a final hug. "We'll call you often," Emma promises. "Yes, don't worry about us, we'll be fine," Lucas adds. Their parents remind them to stay safe, and to make sure they keep their phones and passports secure. It's nearly 3.30pm. Outside on the street, a taxi is waiting to take them to the airport.

Emma sits in the back, while Lucas sits in front with the driver. They are both feeling a bit nervous. It's the first time they will travel outside of China...

Row	English Sentence	Chinese Translation	Literal Meaning / Notes
1	The next day, the twins say goodbye to their mother, father, and their older brother.	第二天，双胞胎向爸爸、妈妈和哥哥道别。	
2	"Take care of yourselves," their brother warns.	哥哥叮嘱道：“照顾好你们自己。”	warns = 提醒/警告
3	Emma's mum gives her a final hug.	Emma 的妈妈给了她最后一个拥抱。	final = 最后
4	"We'll call you often," Emma promises.	Emma 保证说：“我们会经常给你们打电话。”	often = 经常
5	"Yes, don't worry about us, we'll be fine," Lucas adds.	Lucas 补充说：“是啊，不用担心我们，我们会好的。”	fine = 好的
6	Their parents remind them to stay safe, and to make sure they keep their phones and passports secure.	父母提醒他们要注意安全，并确保把手机和护照保管好。	secure = 安全的
7	It's nearly 3.30pm.	时间快到下午三点半了。	
8	Outside on the street, a taxi is waiting to take them to the airport.	街外一辆出租车正等着要送他们去机场。	take them = 带他们/送他们
9	Emma sits in the back, while Lucas sits in front with the driver. <small>Copyright© 2025 – Reality English Coaching</small>	Emma 坐在后座，而 Lucas 和司机一起坐在前面。	in the back = 后座; in front = 前座
10	They are both feeling a bit nervous.	他们俩都有点紧张。	nervous = 紧张
11	It's the first time they will travel outside of China...	这是他们第一次去中国以外的地方旅行。	outside of = 在.....之外

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