

听第 7 段材料，回答第 8 至 10 题。

8. Where did the man find out what Alex had done?

- A. From a newspaper. B. From TV. C. From the Internet.

9. What did Alex do?

- A. He participated in a rescue practice.
B. He reported the news about a hero.
C. He saved a family from a fire.

10. What is the relationship between Alex and the speakers?

- A. Fellow rescuers. B. Friends. C. Family members.

听第 8 段材料，回答第 11 至 13 题。

11. How can the man's father be described?

- A. Talkative. B. Generous. C. Careful.

12. When does the last bus leave?

- A. At 10:00 pm. B. At 10:15 pm. C. At 10:30 pm.

13. Where are the speakers probably?

- A. In a restaurant. B. At the man's home. C. At a bus stop.

听第 9 段材料，回答第 14 至 17 题。

14. What day is it today most probably?

- A. Monday. B. Sunday. C. Saturday.

15. What did the woman do over the weekend?

- A. She finished her report. B. She tried something new. C. She did some housework.

16. How often will the woman climb rocks?

- A. Once a week. B. Twice a week. C. Almost every day.

17. What is the woman afraid of about rock climbing?

- A. Getting hurt. B. Being at high places. C. Wearing unsafe equipment.

听第 10 段材料，回答第 18 至 20 题。

18. What did the listeners do this afternoon?

- A. They took a lesson on British history.
B. They experienced a traditional British practice.
C. They listened to a talk on the British nation's character.

19. Where is the speaker from?

- A. Manchester. B. London. C. York.

20. What was the original purpose of afternoon tea?

- A. To express the love for tea.
B. To promote an elegant lifestyle.
C. To bridge the gap between meals.

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

For many people, childhood is the best time of their lives. Children's Day is celebrated by different countries on different days of the year. It is a holiday that celebrates the happiness, healthy growth, and bright future of children.

China

Children's Day is on June 1st. On this day, pupils go to school as usual, but often for only half of the day. The school day tends to involve various Children's Day activities instead of regular classes. The celebration doesn't end at school. After school, parents usually take their children out to play. They often celebrate by having a picnic in the park or by going to an amusement park, the cinema, or the zoo. Many tourist attractions, including the Forbidden City, have discounts on admission or are completely free for children on this day.

Japan

The Japanese people celebrate Children's Day on the fifth day of the fifth month every year. Families fly colorful carp flags (鲤鱼旗) from their homes, as carps represent determination and vigor in Japanese folklore (民间传说). They display figurines of Samurai Warriors in their homes to symbolize strength and bravery. Children enjoy sticky rice cakes in Quercus dentata leaves and participate in events around the country like traditional Japanese plays.

India

Children's Day is celebrated on November 14 every year. This date marks the birth anniversary of Pandit Jawaharlal Nehru, the first prime minister of independent India. Nehru was very fond of children and so, to honor him and acknowledge his work for children, the 14th of every November is set as Children's Day. On this occasion, children of India usually get gifts from their parents. Many schools allow students to attend their classes in colored dresses. Special programs are held by the children themselves. Many schools hold activities such as camping trips or free movies on Children's Day to allow students to have fun.

New Zealand

In New Zealand, Children's Day is celebrated on the first Sunday of March each year. Fun community events are held throughout the country and include games, carnival, food, traditional haka dancing, and more.

21. What do Chinese do on Children's Day?

- A. Pupils go to school as usual
- B. The celebration end at school.
- C. Parents usually take children out to play
- D. Many tourist attractions have no discounts

22. When is the Children's Day in Japan?

- A. June 1st
- B. May 5th
- C. November 14
- D. The first Sunday of March

23. Where can you probably find the passage?
- A. Tourist brochure B. Book review
C. Science report D. News report

B

It was my first trip to Paris, a city I'd dreamed of visiting since childhood. I wandered along the Seine River, snapped photos of the Eiffel Tower, and soaked in the charming atmosphere. However, disaster struck on the third day: when I reached for my bag at a crowded metro station, I found it empty — my phone, wallet, and passport were all gone. Panic surged through me as I realized I had no way to contact anyone or pay for food and accommodation.

Desperate and lost, I wandered aimlessly down a quiet street, trying to hold back tears. A kind-looking elderly man noticed my distress (困境) and approached me. "Are you in trouble, young lady?" he asked in broken English. I explained my situation, and his eyes filled with sympathy. Without hesitation, he offered to take me to the local police station to report the theft. On the way, he bought me a cup of hot coffee and reassured me, "Everything will be okay. Parisians are not as cold as people say."

At the police station, the officer was patient and helpful, taking down my details and promising to contact me if there was any news. As I left, feeling still anxious, the elderly man insisted on driving me to a nearby youth hostel where he helped me negotiate a discounted rate. He even pressed some euros into my hand, saying, "Buy yourself a proper meal." I tried to refuse, but he smiled and said, "Pass the kindness on someday."

A week later, I received a call from the police, my wallet and passport had been found by a tourist who handed them in. Though my phone was never recovered, I had already experienced something far more valuable. That trip taught me that kindness is universal, and even in the darkest moments, strangers can bring light. I left Paris not just with memories of beautiful landmarks, but with a warm heart full of gratitude.

24. What was stolen from the author at the metro station?
- A. Her flight ticket and credit cards. B. Her phone, wallet and passport.
C. Her camera and travel guide. D. Her cash and hotel reservation.
25. What does the underlined word "reassured" in Paragraph 2 probably mean?
- A. Comforted B. Warned C. Criticized D. Challenged
26. We can infer from the passage that the elderly man _____.
- A. was a staff member of the youth hostel
B. could speak fluent English with the author
C. cared about the author's basic needs.
D. had known the author before the trip
27. What is the best title for the passage?
- A. A Terrible Theft in Paris B. The Beautiful Landmarks of Paris
C. A Trip Full of Surprises and Regrets D. Kindness from a stranger in Paris

C

Women have long dominated the wellness industry, with a focus on keeping the skin dewy and the limbs slim and Pilates-toned. Women have also been major contributors to the science of aging. The biologist Cynthia Kenyon helped launch the field with her 1993 discovery that a single gene mutation doubled the lifespan of worms. Kenyon is now vice president of aging research at Calico Life Sciences, a company focused on the biology of aging.

Still, when it comes to longevity, particularly the high-profile, publicity-generating pursuit of lifespans extending to 100 and beyond, men have been the faces of the movement. That is starting to change with the rise of an increasingly prominent group of female scientists, entrepreneurs and influencers. In a field dominated by “longevity bros,” they could be called the “longevity ladies.”

What these longevity ladies all address in varied ways is a mystery that continues to perplex the field. Women live longer than men, five years on average in the U.S. Yet women also spend more years of their lives than men do in poorer health.

The rise of the longevity ladies can be attributed to the convergence of two major changes. One is a broader cultural embrace of the role lifestyle choices, such as social connections and a good diet, can play in both enriching a life and lengthening it. These are areas where female voices have traditionally held sway. The other big driver in the rise of the longevity ladies is the emergence of scientific findings showing the role that sex differences play in the aging process and a growing belief that research on women might improve how aging is understood and treated in men too.

28. Cynthia Kenyon’s contribution to the field of aging research is _____.
- A. founding Calico Life Sciences to study aging biology.
 - B. discovering a gene mutation doubling worms’ lifespan.
 - C. promoting the importance of social connections and diet.
 - D. explaining why women spend more years in poor health.
29. What can be inferred from the second paragraph?
- A. Men have been more visible in the pursuit of longevity.
 - B. Women have played a major role in the science of aging.
 - C. Women live longer but suffer from poorer health in later life.
 - D. Men are less interested in the wellness industry than women.
30. The underlined word “perplex” in the third paragraph is closest in meaning to _____.
- A. confuse
 - B. excite
 - C. inspire
 - D. resolve
31. Which one supports the increased women’s prominence in longevity research?
- A. The discovery that social connections have a very little impact on male’s longevity.
 - B. The idea that men are no longer suitable subjects for the complex aging research.
 - C. The belief that studying women’s longevity leads to breakthroughs applicable to men
 - D. The conclusion that women’s lifespans are solely determined by hormonal differences.

D

The common fear that a friend secretly dislikes us often reflects internal insecurities rather than actual ill will. People frequently interpret neutral or unclear behaviors — such as brief text replies or delayed responses — as signs of rejection. Even well-meaning words of comfort like “no worries” may be perceived as mocking or insincere.

This tendency can be explained through what is known as the fawn response, a behavioral pattern less recognized than the “fight or flight” reaction. The fawn response involves attempts to please others in order to feel safe, a strategy often developed in childhood when facing critical or emotionally neglectful parents, or an unstable home environment. While this strategy may ease conflict temporarily, it can also lead to a habitual cycle of approval-seeking. We might intellectually understand that a friend isn’t upset with us — but those “old ways of being” bite hard. Something was learned early on: “I need to try harder and do more to be loved.”

This pattern has several consequences. On the personal level, it fuels anxiety, as individuals repeatedly question whether they have offended their peers. On the interpersonal level, it can strain relationships, since constant demands for reassurance may frustrate friends and even create the very rejection that was worried about. In this way, assuming everyone is annoyed with you can become a self-fulfilling prophecy.

The key is understanding that it is not the end of the world — or a friendship. Conflict is not only unavoidable; it can even be healing, demonstrating that intimacy can survive difference. Learning to tolerate discomfort, rather than avoiding it at all costs, can foster both toughness and closeness.

Social media, unfortunately, worsens social anxiety. The absence of nonverbal cues makes it easy to misinterpret tone, while the constant visibility of online interactions can intensify feelings of exclusion or neglect. Managing these anxieties requires conscious effort. Instead of seeking immediate reassurance, individuals can pause to ask: Am I truly being rejected, or am I simply anxious? Developing tolerance for uncertainty can interrupt the cycle and reduce dependence on others’ approval. Trust also plays a role. When friends say they are simply busy or distracted, accept their words at face value. After all, no question or magic phrase can control another person’s perception. Even if it could, you might be robbing yourself of opportunities to grow, learn or deepen a bond.

32. What can we learn about the fawn response?
- A. It reflects the belief that approval requires effort.
 - B. It is a reaction aimed at avoiding danger.
 - C. It is a cycle of seeking constant approval.
 - D. It always prevents conflict from occurring.
33. What does “a self-fulfilling prophecy” in paragraph 3 mean?
- A. A pattern that tries to entertain others.
 - B. An outcome that happens as feared.
 - C. A prediction that is certain to fail.
 - D. A belief that one is self-made.

34. According to the author, conflict in a relationship can be _____.
- A. a sign of a growing disagreement B. a chance to strengthen a friendship
C. a problem that should be avoided D. a way to test its toughness
35. What is the last paragraph mainly about?
- A. Where friendship problems lie.
B. Why magic words fail to do wonders.
C. How to handle anxiety caused by social media.
D. What leads people to seek constant reassurance.

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 a world full of divided opinions, one question stands out to divide us more than any other: is it better to shower in the morning or before going to bed at night? _____ 36 _____ Some stick firmly to mornings, others swear by nights. No matter which group you're in, you might often wonder if your choice truly affects your long-term health.

Advocates of morning showers say a 10-minute hot water shower helps them wake up. _____ 37 _____ It's their way to feel refreshed and ready to start the day—whether that means heading to work or doing daily chores. They believe that this small, consistent act sets a positive tone that helps make their entire days feel more manageable.

_____ 38 _____ They argue that showering before bed is less about energy and more about cleanliness and relaxation. Think about all the dust from crowded subways, pollutants from city air, and sweat from a long-day walk. Without a shower, these end up rubbing against your skin all night and creating an unclean sleep environment.

Science tells us more about skin health. Every square centimeter of your skin has 10,000 to one million bacteria, most of which are harmless but some can cause smelly scent. _____ 39 _____ Sweat itself has no smell, but certain bacteria produce smelly chemicals. This might make evening showers seem like the cleaner choice.

Yet the truth is more complex. Primrose Freestone, a microbiologist, notes that even if you shower at night, you'll still sweat overnight — up to half a cup. You'll also lose those sweat and skin cells onto your sheets, which dust mites (尘螨) love to feed on.

So, is morning or evening better? There is no standard conclusion. Experts agree that if you shower once a day, the time barely impacts health. _____ 40 _____

- A. Most people fall into one of two clear camps.
B. The answer is that a morning shower is better.
C. Evening baths, though, have a different view.
D. It all comes down to what makes you feel comfortable.
E. It also leaves them feeling energetic instead of worn out.
F. These bacteria feed on oil from your sweat glands (汗腺).
G. This keeps dirt and pollutants from getting into your bed.

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，从短文后各题所给的 A、B、C、D 四个选项中选出可以填入空白处的最佳选项。

One night, Sean saw an interesting scene. Four robots were lined up. They appeared to have been 41 in their tracks because the leader was stopped behind a carelessly placed bike.

Some people tried to help, but soon they were annoyed at the lead robot's lack of 42 their efforts. People might not realize these robots were 43 to the rule that they wouldn't move until humans stopped crossing in front of them.

It's not 44 being a delivery robot. In America, they have been kicked or hit 45 by angry people. They've become popular subjects of online fail videos. In these videos, they can be seen 46 stairs or bumping into the furniture.

There are also some potential 47 to overcome before delivery robots can be widely used. Because of 48 concerns, many cities have banned these robots. A scientist from Michigan expressed similar 49. He pointed out the danger the robots would bring to the public if they failed to work properly. 50, delivery robots have a fairly low carrying capacity. That's to say, the number and type of deliveries that they can complete is few.

Besides, the robots need to remain within a certain range of a 51 station in case they run out of power. Therefore, they are also 52 in their potential range. This could make their application 53, especially in areas far from major city centers.

Society's growing 54 for contactless delivery services has driven up demand for delivery robots. However, these machines still have a long way to go before they have what it truly takes to face the 55 realities of the real world.

41. A. tested B. targeted C. stuck D. harmed
42. A. response to B. reward with C. review of D. blame for
43. A. important B. loyal C. close D. unique
44. A. common B. interesting C. easy D. fair
45. A. heavily B. curiously C. helplessly D. carefully
46. A. walking up B. sitting on C. cleaning up D. falling down
47. A. benefits B. illnesses C. challenges D. mistakes
48. A. safety B. health C. environment D. future
49. A. dreams B. doubts C. feelings D. desires
50. A. Surprisingly B. Additionally C. Fortunately D. Thankfully
51. A. charging B. space C. departing D. comfort
52. A. lost B. disappointed C. limited D. engaged
53. A. worthwhile B. reliable C. threatening D. slow
54. A. control B. preference C. competition D. fear
55. A. cultural B. pleasant C. physical D. unpredictable

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。

In China's Palace Museum, experts are busy working on a plaque (匾额) 56 (weather) by centuries. According to Ma Yue, deputy head of the group, the calligraphy consists of a silk layer carrying the ink 57 a paper layer supporting it. The restoration group must separate the two layers.

Technological methods come into play, 58 (help) experts analyze the components of the ink and silk that ancient people used, and source historically consistent materials. Ma says for some 59 (severe) worn pieces, they have created replicas with digital technology, while the restored originals will be placed in storage.

For the ancient paintings and calligraphy, the mounting (装裱) methods and restoration techniques are 60 national-level intangible cultural heritage item. "Even today, we maintain a master-apprentice (师徒) system. Graduates of various majors joining our group must train 61 their masters' guidance for three years, refining their mounting and restoration skills. That's how our restorers 62 (cultivate)," says Ma.

In recent years, more young 63 (profession) have joined the museum's restoration teams, including Jin Dazhao, 34, from the metal artifacts group. Jin believes that restoring cultural relics is not simply mending 64 is broken, but about continuing a chain of human creativity and memory. "Through each careful stroke and polish," he adds, "we are enabling history 65 (breathe) again."

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，你校上周开展了“网络安全周”主题活动。请给校英文报写篇报道，内容包括：

1. 活动情况；
2. 活动反响。

注意：1. 写作词数应为 80 个左右；

2. 请按如下格式在答题卡的相应位置作答。

An Event About Cyber Security

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。

Mike Harris was grabbing envelopes from his mailbox when his fingers brushed against something unexpectedly soft. Inside sat a cute rabbit toy with a sticky note, “Bunny needs a place to play. Your mailbox looks perfect.” Mike called his wife Clara, “Our mailbox has a new guest.” Clara came out, smiling at the little rabbit before noticing their water bill beneath it. “But this is not a toy house. We might miss important bills.” The couple had built the mailbox three years ago. Mike, a retired toy maker, designed it like a small white cottage (小屋) with a red roof, measuring and cutting each piece of wood with the same precision he once used for children’s toys. Clara painted dancing flowers on the sunny yellow door hoping to make passing children smile.

“What if the ‘owner’ decides to move in more things?” Clara wondered. Mike gently straightened the rabbit’s ear. “Someone treasured this,” he murmured, “Let’s find out who it belongs to first.”

The next day, Mike showed a photo of the rabbit to his neighbors. No one recognized it until Mrs. Bennet said, “I saw a little girl with pigtails (辫子) by your mailbox yesterday. She looked around nervously before placing something inside. I think she’s from the new apartments on Elm Street. Poor thing — there’s no playground there, not even any play equipment.”

Mike didn’t ask further. Instead of removing the rabbit, he taped a colorful note to the mailbox, “Bunny is welcome here.” Soon, more toys joined the rabbit — always in the afternoon hours when school ended.

Weeks passed. The collection of playthings grew, leaving little room for mail. One evening, Clara found a new note in pink crayon, “Dear friends, Bunny really wants a toy swing (秋千). I tried to make one but failed. Can you help? — Emma.” Clara’s eyes grew soft, a forgotten sense of childhood wonder bubbling up inside her. “This isn’t just a mailbox anymore; it’s a secret play world.” she said. “I almost feel like we’re part of it.” Mike nodded, “Tomorrow, let’s join in.”注意：

1. 续写词数应为 150 个左右；
2. 请按如下格式在答题纸的相应位置作答。

The next afternoon, Mike and Clara hid nearby with a small surprise.

Learning Emma’s wish, the couple decided to build a toy cottage.