

Essential Set Phrases and Expressions for the IELTS Writing & Speaking Modules



会让你在 **IELTS**
写作与口语 考试中更像一个
Native Speaker 的

纯正英式短语 &
英式句型1000条

Pauline Garcia
林柏 编著

有机结合《剑8》例句



 机械工业出版社
CHINA MACHINE PRESS

纯正英音光盘
Standard British English



重单词却轻句型一直是中国IELTS考生在写作与口语两项考试里始终难以突破5.5~6分瓶颈的关键原因。本书作者长期在英联邦国家从事IELTS写作和口语的第一线实践教学，并持续致力于鼓励来自亚洲的IELTS考生使用纯正地道的常用英式短语和英式句型去表达自己的思路与想法。本书的例句选取还充分结合了《剑8》一书对于短语和句式的最新要求。

Topics按写作和口语在雅思考试中的应试功能准确分类，确保充分体现《剑8》出版后IELTS考试的最新发展动态

严格区分同时适合写作、口语两项考试的短语和句型与仅适合其中某一项考试的短语和句型，令考生能够真正准确地鉴别各短语和句型在不同单项考试中的适用范围

深入探究每一个句型的近义、反义与联想句型，帮助考生实现对英式短语和句型的举一反三

Standard British Expressions
本书的六大特色

精心遴选英国本土人士在论述这些topics时确实会高频使用的地道英式句型与英式短语

为中国雅思考生精心编写了多达1000条密切结合IELTS写作和口语考题并真实反映当代英国社会与文化背景的纯正例句

各章后面均配有巩固练习题，以进一步增强读者对于每条短语和句型的把握和实际效果

本书不啻为帮助亚洲考生在 IELTS Writing & Speaking Tests 中精准使用地道英式短语和英式句型的一本必备书

上架建议 雅思

ISBN 978-7-111-33051-6

地址：北京市百万庄大街22号 邮政编码：100037
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ISBN 978-7-111-33051-6



定价：36.50元
(赠标准英音录制的CD一张)

9 787111 330516 >

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会让你在IELTS 写作与口语 考试中更像一个 Native Speaker的 纯正英式短语& 英式句型1000条

Pauline Garcia 林柏 编著

本书详尽剖析了在英式英语中被 Native English Speakers 高频使用并且与 IELTS 写作和口语考试紧密相关的 1000 条高频英式短语和英式句型。每一条短语和句型均配有使用语境指南、英国日常生活中的出现频率说明以及纯正地道的近义、反义与联想短语和句型。书中同时还提供了大量可以准确客观地反映当代英国社会文化背景的纯正英伦例句，并有机地结合了 IELTS 考试的风向标《剑 8》一书。

本书内容系统翔实，英式语言极为地道，不仅是帮助中国考生突破 IELTS 写作和口语考试低分瓶颈的宝贵资料，同时也是亚洲英语学习者迅速提升对地道英式英语使用能力不可多得的优质读本。

图书在版编目 (CIP) 数据

会让你在 IELTS 写作与口语考试中更像一个 Native Speaker 的纯正英式短语 & 英式句型 1000 条 / Pauline Garcia, 林柏编著. —北京: 机械工业出版社, 2011. 1 (2012. 1 重印)
ISBN 978-7-111-33051-6

I. ①会… II. ①保… III. ①英语—写作—高等教育
—自学参考资料②英语—口语—高等教育—自学参考资料
IV. ①H310. 41

中国版本图书馆 CIP 数据核字 (2011) 第 004543 号

机械工业出版社 (北京市百万庄大街 22 号 邮政编码 100037)

策划编辑: 孟玉琴 责任编辑: 于雷

版式设计: 张文贵

责任印制: 杨 曦

保定市中华美凯印刷有限公司印刷

2012 年 1 月第 1 版 · 第 4 次印刷

169mm × 239mm · 1 插页 · 17 印张 · 520 千字

16 001 - 19 000 册

标准书号: ISBN 978-7-111-33051-6

ISBN 978-7-89451-824-8 (光盘)

定价: 36.50 元 (含 1CD)

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序言

林柏

剑桥大学对第二语言习得过程所进行的系统研究 (Bowers, 2011) 强有力地证明了我们在长期教学实践中得出的结论: 将英语作为第二语言的学习者们往往更加重视对于单个词汇 (individual words) 的积累与使用, 但普遍并不重视对英语短语 (phrases)、句型 (sentence patterns) 和固定搭配 (collocations) 的掌握与探究。甚至可以毫不夸张地说: 能否在 IELTS 写作与口语考试中灵活、准确地使用句型、短语和惯用法, 已成为决定亚洲考生的作文和口语答复地道与否的分界线 (dividing line)。低分 (6 分以下) 的 IELTS 考生们普遍更倾向于把自己学过的英语单词分离放置在独立的“匣子”里, 却很少主动尝试去将这些分散的单词形成有机的整体。

然而, 纯正的英语却是一门极为注重连贯性的语言, 英语学习者们学过的单个词汇只有被准确地运用在短语、句式与习惯搭配中时才能具备恰如其分的内涵与色彩。如果把语法结构比喻成人体的骨骼, 句子之间的连接词比喻成关节, 那么短语和句型就是人体的肌肉。只有真正学会调用纯正的英语短语和句型, IELTS 应试作文与口语的表达才会变得灵活、生动, 而不是枯燥、乏味、机械地堆砌单词。

因此, 在本书的编写过程中, Pauline 与我精心挑选出了切实能够真实有效地反映当代英式英语特色的高频英式短语与英式句型 1000 例, 并由 Pauline 给出准确的英语释义以及近义、反义、联想句型和例句, 由我提供中文释义。在进行中文释义的时候, 我尽量要求每一个解释都清晰、易懂、好记, 并能够充分地体现该词条在 IELTS 考试里的真实意义与引申含义, 以协助母语为中文的读者充分领略英式短语与句型的精华所在。

国内机械工业出版社的孟玉琴 (Charlene) 女士对本书的撰写过程提供了鼎力支持, 在此谨致谢意。本书的创作灵感部分源自我们在香港读到的《十天突破雅思写作》(The Ten-Day Step-by-Step Guide to IELTS Writing) 第六章。承出版社美意, 邀请到了该书作者慎小嶷 (Pat) 先生拨冗审阅了本书全部文稿, 在此特向

Pat 表示感谢。

本书是一本应试用书，并非长篇巨著，但却涉及到了众多的英式短语与句型，亦收录了从雅思考试风向标《剑8》一书中遴选的一些典型例句。虽然在撰写过程中的每个环节我们均力求审慎，仍难免会有疏漏，恳请各专家、学者及读者们不吝指正。

本书其他参与编写工作的人员有：王军、于雷、谷明义、李纲、王玲、李晨光、黄羊、尹东临、张洪霞、杨毅、袁进、李梅、宋文顺、尚彬、董月、刘菲、魏林、陈江升、孟若冰、张中华、袁诗宁、汪洋、冉鹏飞、朱燕麟、孔梦洋、郭东岚、毕骁、苏惠心。



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Lesson 1

Education



Native Speakers 在讨论 教育 话题时会频繁使用的
短语 & 句型

■ sth. be an arduous process

★★★



sth. is an exhausting thing to do

= sth. be a tiring process that requires a great deal of effort

【中文含义】某事是一个需要付出艰苦努力的过程

【实战例句】Attending a university with a top-tier reputation often is an arduous but rewarding process. 考入一所名牌大学通常是一次需要付出艰苦努力但回报也同样丰厚的过程。

英语为第二语言
的学习者倾向于
使用的表达

○ 它在雅思考试中的常用联想短语或句型 ○

(i) be very rewarding



★★★

= making someone feel satisfied

【中文含义】有回报的

【实战例句】Teaching can be a very rewarding career. It allows teachers to have an input in the development of young lives. 教学是一项回报丰厚的事业。老师们可以在教学的过程中，用自己的努力去培育孩子们的成长。

(ii) someone's aspiration / pursuit



★★★

= someone's strong wish for achievement

【中文含义】梦想，追求（应试时替代 dream 的地道表达）

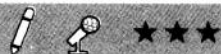
【实战例句】The educational aspirations/pursuits of rural youth tend to be different from those of students living elsewhere. 相比其他地方的孩子，农村孩子在教育上的追求与渴望是大不相同的。

concentrate on sth.

= direct someone's thoughts or attention towards sth.

【中文含义】集中精力于某事

【实战例句】Some people think it is more effective to educate boys and girls in single-sex schools because they believe this environment reduces distractions and encourage pupils to concentrate on their studies. 一些人认为在男校或女校教育孩子更为有效，因为单一性别的环境可以减少干扰并鼓励孩子们集中精力地学习。(Cambridge IELTS 8 例句)



它在雅思考试中的常用 联想短语或句型

>> form the basis of sth.



= provide the ideas or actions from which sth. can develop

【中文含义】为某事物打下基础

【实战例句】Traditional ways of teaching form the basis of the lesson.

传统的教学方式构成授课的基础。(Cambridge IELTS 8 例句)

use lateral thinking



think in a creative way

= use a creative approach (途径) to solving problems

【中文含义】鼓励发散型思维

【实战例句】Using lateral thinking, the students can solve problems in an unconventional manner (不走寻常路的方式) now. 通过利用发散式思维，学生们可以用不走寻常路的方式来解决问

英语为第二语言的学习者倾向于使用的表达

STUCK?

它在雅思考试中的常见 反义短语或句型

>> rely on linear thinking



= depend on habits of thought in which one idea follows directly from another one

【中文含义】依赖于直线型的思维；受到思维的局限

【实战例句】The students should not rely on linear thinking habits. Instead, they should think more innovatively. 学生们不应受到线性思维惯性的束缚，而相反地，他们应该更多地去创造性思考。

它在雅思考试中的常用联想 短语或句型

>> break the mould



= change a situation by doing sth. unprecedented

【中文含义】打破常规

【实战例句】He made an attempt to break the mould of British politics.

他对打破英国政坛一成不变的局面做出了一次尝试。

■ academic performance



grades

= how good or bad a student is academically

【中文含义】学业表现

【实战例句】Tyler's academic performance has been disappointing.

泰勒的学习表现十分令人失望。

英语为第二语言
的学习者倾向于
使用的表达

它在雅思考试中的常用联想 短语或句型

(i) academic qualifications



= the degrees, diplomas and certificates that someone has acquired

【中文含义】学历

【实战例句】Today academic qualifications are essential for getting a reasonable career.

学历证书在当今对找到一份体面的工作有着至关重要的作用。

(ii) standardised test



= tests that are designed to give each test-taker the same questions in the same format

【中文含义】标准化考试（统一试题并且有标准答案的考试）

【实战例句】① High scores on standardised tests are not necessarily the best indicator of giftedness (有天赋). 一名学生在标准化考试中拿到高分并非就一定意味着他拥有很高的天赋。

② Lessons last for a standardised 50 minutes and are always followed by a 10-minute break, which gives the pupils a chance to let off steam. 每堂课的长度都是标准化的 50 分钟，而且课间均有 10 分钟的休息，可以给学生们机会去释放压力。(Cambridge IELTS 8 例句)

(iii) be gifted / be talented



= has an impressive natural ability

【中文含义】有天赋的

【实战例句】In the process of being educated we can learn from the achievements of those more gifted than ourselves. 在接受教育的过程中我们可以从比我们更有天赋的人们所获得的成就中学习。(Cambridge IELTS 8 例句)

rote memorisation

★★★



remember sth. mechanically

= a learning technique that focuses on learning by repetition

【中文含义】重复记忆，机械记忆

【实战例句】Rote memorisation is not entirely useless. It can help children to learn the basics such as the multiplication tables.

死记硬背并非是一无是处的。它可以帮助孩子牢记住像乘法表这样的基础知识。

英语为第二语言的学习者倾向于使用的表达

它在雅思考试中的常见 近义短语或句型

>> learn sth. by heart



★★★

= learn sth. so that you can remember it perfectly

【中文含义】熟记某种知识

【实战例句】The view of repetitively boring lessons and learning the facts by heart may be unfair and unjustified.

认为这些学校中的教学重复枯燥而且死记硬背的看法也许是不公正的。(Cambridge IELTS 8 例句)



read extensively



★★★

= read widely

【中文含义】广泛地阅读

【实战例句】Some people argue that examinations do not motivate students to read extensively.

一些人认为考试并没有刺激到学生去广泛地阅读。

它在雅思考试中的常见 反义短语或句型

>> induce cramming



★★☆

= cause students to prepare hastily for an examination

【中文含义】导致考前突击

【实战例句】It concerns some parents that these examinations may induce cramming.

一些家长担心这些考试会导致学生们在考前突击。

它在雅思考试中的常用 联想短语或句型

>> ignorance



= lack of knowledge about a particular subject

【中文含义】缺乏对于某科目的了解，对某科目的无知

【实战例句】No one minds mistakes or ignorance as long as you are prepared to learn from them. 没有人会介意犯错误或无知，只要你准备好去从中学习或吸取教训。(Cambridge IELTS 8 例句)

standard of upright conduct

★★★



to judge what is right and wrong

= standard of honest and responsible behaviour

【中文含义】行为准则

【实战例句】At school students should be taught respect for the rights of others and standards of upright conduct.

学生在校应养成尊重他人权利、遵守良好行为规范的好习惯。

英语为第二语言的学习者倾向于使用的表达

它在雅思考试中的常用 联想短语或句型

(i) students' autonomy



= students' right to organise their own activities

【中文含义】学生的自我管理

【实战例句】Students' autonomy should be encouraged when there are not enough teachers to go around. 当师资短缺时，校方应提倡学生的自我管理。

(ii) self-discipline



= the ability to make oneself do things when he/she should, even if he/she does not want to do them

【中文含义】自制力

【实战例句】Lydia lacks self-discipline and is unable to finish anything.

莉迪亚缺乏自制能力，导致她什么也完不成。

role model

★★★



model

= a person whom someone admires and whose behaviour and attitudes he/she tries to copy

【中文含义】榜样

英语为第二语言的学习者倾向于使用的表达

【实战例句】My elder brother has always been a role model for me.
我哥哥一直是我心中的榜样。

○ 它在雅思考试中的常用联想短语或句型 ○

>> set a good example



= encourage or inspire people to do the same thing as one does

【中文含义】为别人树立榜样

【实战例句】His dad was always telling him to set a good example for his younger brother. 他的父亲总是告诉他要给弟弟树立一个好榜样。

meet someone's expectations



= be as good as expected

【中文含义】达到某人的期望

【实战例句】His academic performance failed to meet his parents' expectations.
他的学习成绩没有达到她父母的期望。

○ 它在雅思考试中的常用联想短语或句型 ○

(i) fall short of someone's expectations



= be disappointing to someone

【中文含义】未能达到某人的期望

【实战例句】Jamie kept falling short of my expectations.
吉米总是让我失望。

(ii) cannot be guaranteed success



= There is no assurance that something will be a success.

【中文含义】(某事物)未必一定会成功或者有效

【实战例句】So far no teaching methods can be guaranteed success.
目前为止没有任何一种教学方法能包治百病。

cover a lot of ground



learn a great amount of information in a class

= (of subjects or courses) deal with much information and many facts

【中文含义】(在课程或科目中)覆盖了很广泛的领域

【实战例句】We've covered a lot of ground in this class in the past couple of months. 我们在过去几个月里广泛学习了这门课中的各种知识。

英语为第二语言的学习者倾向于使用的表达

它在雅思考试中的常用 联想短语或句型

(i) be well-rounded



= have a wide variety of experiences in life

【中文含义】(某人) 爱好和经历都很广泛的

【实战例句】She's a well-rounded person who not only works hard but also has a varied (多样的) social life. 她是一个多才多艺的人, 不仅在工作中认真努力, 在业余生活中也有着广泛的爱好与经历。

(ii) comprehensive coverage of sth.



= include many details or aspects of sth.

【中文含义】广泛涉及某方面的知识

【实战例句】The impression is that the logical nature of the textbooks and their comprehensive coverage of different types of examples renders work sheets unnecessary. 给人的印象是教材的逻辑性和所举实例的广泛性让课堂练习簿变得不再必要。(Cambridge IELTS 8 例句)

self-paced learning / education



study at one's own speed

= learning whose rate of speed can be set or regulated by the students themselves

【中文含义】学生可以自己控制进度的学习

【实战例句】Self-paced distance learning offers students convenience and flexibility.

学生可以自己控制进度的远程学习方式给了学生们更多的便捷和灵活性。

英语为第二语言的学习者倾向于使用的表达



它在雅思考试中的常用 联想短语或句型

>> core curriculum



= the set of common courses that are required of all students

【中文含义】核心课程

【实战例句】The core curriculum provide the necessary general education for students, irrespective of (不管, 不涉及) their fields of interest. 核心课程为学生提供了无论其兴趣爱好, 每个人都必须掌握的最基础的教育。

the aims of education



= the purpose of education

【中文含义】教育的目标

【实战例句】The aims of education should not be restricted to the development of knowledge or skill.

教育的目标不应只局限于学习知识或技能。

○ 它在雅思考试中的常用联想短语或句型 ○

(i) academic attainment



= sth. that students succeeded in doing in class

【中文含义】学生在学业方面取得的成就

【实战例句】Japan has a significantly better record in terms of average mathematical attainment than England and Wales. 日本学生在平均算数成绩方面明显高于英格兰和威尔士的学生。(Cambridge IELTS 8 例句)

(ii) specialise in sth.



= be an expert of a particular part of a subject

【中文含义】专攻某个领域

【实战例句】Grant Freeman, a biologist who specialises in identifying insects, has come to talk to us about his current research work. 格兰特·弗里曼, 一个昆虫识别方面的专家, 来向我们介绍他目前的研究工作。(Cambridge IELTS 8 例句)

(iii) extra-curricular activities



= activities that are not part of the course that a student is doing

【中文含义】课外活动

【实战例句】These extra-curricular activities offer students an outlet for creativity and problem-solving. 这些课外活动给了学生们一个施展自己创作力和问题解决能力的窗口。



promote equality



= ensure the same conditions, possibilities and rights

【中文含义】促进(学生之间的)平等

【实战例句】Some people believe that uniforms can promote equality and encourage better behaviour at school.

有人认为统一校服会增进校园内的平等与和谐。

它在雅思考试中的常用 联想短语或句型

>> repress individuality



= discourage qualities that make someone or something different from all others

【中文含义】压制个性

【实战例句】School uniforms may repress individuality and deny students the freedom of choice.

统一校服可能会压制学生个性的表现并剥夺了他们自由选择的权利。

co-education



= a system in which students of both sexes are educated together

【中文含义】男女合校的教育

【实战例句】Some people believe that co-education can make children feel more comfortable in the company of the opposite sex. 有人认为男女混校的教育模式能让孩子们在未来工作中面对异性时更加自然。

它在雅思考试中的常见 反义短语或句型

>> a single sex school



= an all-boys or all-girls school

【中文含义】男校或女校

【实战例句】Some people argue that single sex schools impose abnormal conditions upon children. 有人认为单独性别学校的教育模式会对孩子产生不良的影响。

它在雅思考试中的常用 联想短语或句型

(i) mixed-ability class



= class involving students of different abilities

【中文含义】各层次学习能力的学生在一起上课的班级

【实战例句】It is remarkable that large mixed-ability classes could be kept together for maths throughout all their compulsory schooling. 值得一提的是在整个义务教育阶段具有不同层次能力的学生们都可以一起学习数学。
(Cambridge IELTS 8 例句)

(ii) distinguish sb. /sth. from



= recognise differences between people or things

【中文含义】区分人或事物之间的差异

【实战例句】Importantly, our commonly held feelings can help distinguish us from other cultures. 重要的是, 我们彼此共同拥有的情感能帮助我们将从其他文化中将自己分辨出来。

■ anti-social behaviour

★★★



harmful behaviour

= behaviour that lacks consideration for others and may cause damage to society

【中文含义】对他人和社会有负面影响的行为

【实战例句】Even though the great majority of students are well-behaved, there is a small minority that engage in anti-social behaviour. 尽管绝大部分的学生都表现良好，但也有一小部分人表现出了反社会的行为。

英语为第二语言的学习者倾向于使用的表达

○ 它在雅思考试中的常用联想短语或句型 ○

>> be well-behaved



= behave in a polite or socially acceptable way

【中文含义】行为得体的

【实战例句】Apart from a very small minority, the students are well-behaved.

除了极个别人，大部分学生都表现良好。

■ adolescence

★★★

= the period of your life from in which you develop from being a child into being an adult

【中文含义】青春期

【实战例句】The book deals with the joys and sorrows of adolescence.

这本书讲述了伴着青春时光所到来的甜美与忧伤。



○ 它在雅思考试中的常用联想短语或句型 ○

(i) a healthy/positive outlook on life



= a healthy/positive way of understanding and thinking about life

【中文含义】健康/积极的人生态度

【实战例句】A healthy outlook on life can help students to succeed both academically and socially.

拥有一个健康的人生态度能帮助学生在学业和社会上都取得成功。

(ii) well-adjusted adults



= adults who can act with good judgment

【中文含义】能够很好地适应社会生活的成年人

【实战例句】Educators should ensure that today's students will become productive and well-adjusted adults of tomorrow.

教育者应该保证让今天的学生成为明日多产且可塑性强的社会栋梁。

■ drop out of school

= quit school before graduation

【中文含义】辍学

【实战例句】In this country, each year many students are forced to drop out of school. 在这个国家中，每年都有许多学生被迫退学。

它在雅思考试中的常用联想短语或句型

>> skip school

= avoid attendance at school

【中文含义】逃学

【实战例句】Some students skip school because they dislike the material taught in class. 一些学生因为不喜欢课堂上所教的内容而逃课。

■ come of age



become an adult

【中文含义】成年

【实战例句】In some countries, to come of age means to reach the age when someone is legally recognized as an adult and is legally responsible for his/her own behaviour. 在一些国家中，成年意味着该人在法律上将被视为成人，并要对自己的行为负法律责任。

英语为第二语言的学习者倾向于使用的表达

■ be bilingual

= be able to speak two languages well or involve two languages

【中文含义】双语的

【实战例句】Donna appreciates she had the chance to be bilingual. Donna 很感谢她获得了能学会两种语言的机会。(Cambridge IELTS 8 例句)

它在雅思考试中的常见反义短语或句型

>> be monolingual

= speak or use only one language

【中文含义】单一语种的

教育

【实战例句】Experts believe that people who speak two languages have a clear learning advantage over their monolingual schoolmates.

专家们相信会说两种语言的学生相比单一语种的学生具有明显的学习优势。(Cambridge IELTS 8 例句).

slack off



★★★

= make less of an effort than usual

【中文含义】学习或工作不努力，懈怠

【实战例句】It's about time you stopped slacking off and did some work. (请注意 It's about time... “某人早该怎样”这个句型后的从句中通常使用过去时) 现在到了收心好好工作的时候了。

它在雅思考试中的常用联想短语或句型

>> apply oneself



★★★

= work hard with a great deal of attention for a long time

【中文含义】尽力去做某事 (注意在这个句型中 apply 并不是“申请”的意思)

【实战例句】I'm sure you can solve the problem if you apply yourself
我相信如果你尽力去做的话肯定能克服那个难题。

disruptive students

★★★



students who do not listen to their teacher in class

= students who do not obey rules

【中文含义】不遵守纪律的学生

【实战例句】His teacher described him as a disruptive student — always distracting other children.

他的老师把他形容为一个总是干扰其他人的不守纪律的学生。



英语为第二语言的学习者倾向于使用的表达

它在雅思考试中的常见近义短语或句型

>> unruly students



★★★

= students who are difficult to control

【中文含义】不听话的学生

【实战例句】Megan had an unruly class of adolescents (青少年) on Thursday.
在星期四的课堂上，梅根要面对一整班不听话的孩子。

它在雅思考试中的常用联想短语或句型

(i) **act up**

= behave badly; misbehave

【中文含义】调皮，不听话

【实战例句】Ricky sometimes likes to act up in class.

瑞奇时不时地喜欢在课堂上调皮。



★★★★

(ii) **indiscipline**

= a lack of control or obedience

【中文含义】n. 不遵守纪律或规定

【实战例句】The coach apologised for his team's indiscipline

教练就他的队伍缺乏纪律的行为道了歉。



★★★★

■ **meet the demand of...**

★★★★



= satisfy a certain need or desire

【中文含义】满足某种需求

【实战例句】Economic globalization requires more culturally-competent university graduates who can meet the new market demands.

为满足经济全球化大潮的需要，市场对那些有知识有文化的大学毕业生有着越来越大的需求。

answer the need of...

英语为第二语言
的学习者倾向于
使用的表达

(i) **be geared to sth.**

= be in accordance with another thing

【中文含义】与某种需求一致，符合某种需求

【实战例句】Education should be geared to the students' needs and abilities.

教育应根据学生的需求与能力量体裁衣。



★★★★

(ii) **inform sb. about sth.**

= give sb. information about sth.

【中文含义】让某人了解到某方面的信息

【实战例句】Studying geography informs us about the different kinds of relationships that develop between a particular environment and the people who live there.

学习地理可以让我们了解到特定的环境与其中所生活的人类间的各种关系。(Cambridge IELTS 8 例句)



★★★★

■ put theory into practice



= start to use a theory and see if it is effective

【中文含义】把理论运用到实践中去

【实战例句】The workshop helps students to put theory into practice. They can test their ideas or plans for practical applications there.

研讨会可以帮助学生更好地让理论联系实际。在那里他们可以通过实际操作来检验自己的想法和计划。

○ 它在雅思考试中的常用联想短语或句型 ○

>> first-hand experience



= experience that has been gained by doing sth. yourself

【中文含义】第一手经验，最直接的体验

【实战例句】By doing experiments, students acquired first-hand experience with the periodic table of the chemical elements.

通过亲手操作实验，学生得到了对于元素周期表的第一手经验。

■ the responsibility for sth. falls on sb.



sb. is responsible for sth.

= someone's duty is to do sth.

【中文含义】某人肩负着做某事的责任

【实战例句】The responsibility for educating children used to fall both on parents and on teachers.

在过去，往往是家长和老师共同肩负着教育孩子的责任。

英语为第二语言的学习者倾向于使用的表达



○ 它在雅思考试中的常用联想短语或句型 ○

(i) the responsibility for sth. rests with sb.



= someone's duty is to do sth.

【中文含义】某种责任应该由某人承担

【实战例句】The responsibility for limiting children's access to violence on TV rests with the parents. 家长应承担让孩子远离电视中暴力行为的责任。

(ii) shirk one's responsibilities for sth.



= deliberately avoid doing sth. that one should do

【中文含义】某人逃避某种责任

【实战例句】Parents should not shirk their responsibilities for educating their children.
家长不应该逃避教育自己孩子的重任。

(iii) fulfil one's responsibilities



= perform or carry out one's responsibilities

【中文含义】尽到责任

【实战例句】Parents should fulfil their responsibilities and monitor their children's TV viewing and Internet use. 家长应该尽到他们监管孩子看电视和上网浏览的责任。

deny sb. the freedom to do sth.

★★★



do not allow sb. to do sth.

= do not give sb. the opportunity or the power to do sth.

【中文含义】不给某人在某方面的自由

【实战例句】There is no reason to deny students the freedom to choose subjects that interest and motivate them.

剥夺孩子选择自己喜欢事物的自由是不明智的。

英语为第二语言的学习者倾向于使用的表达

它在雅思考试中的常见 近义短语或句型

>> compulsory subject



= a subject that must be studied by all students

【中文含义】必修科目

【实战例句】It is recognised as an important compulsory subject throughout schooling. 它在整个学校教育体系中均被认为是一门很重要的必修课。(Cambridge IELTS 8 例句)

它在雅思考试中的常见 反义短语或句型

>> kindle someone's interest in sth.



= make someone interested in sth.

【中文含义】唤起某人对某事物的兴趣

【实战例句】The students' interest in mathematics was kindled by Emma's excellent teaching. 爱玛用地精湛的教学技巧重新燃起了学生们对数学的兴趣。

它在雅思考试中的常用 联想短语或句型

>> optional subjects / courses



= subjects / courses that may be chosen or not chosen

【中文含义】选修课程

【实战例句】They believe that at the secondary level, all students should take Math and English, but other subjects can be optional. 他们相信到了中学教育后,除了数学和英语,其他学科都应该是可选择性学习的。

■ There is no substitute for sb. / sth.



= sb. / sth. is irreplaceable

【中文含义】某人/某事物是无法代替的

【实战例句】There is no substitute for a face-to-face relationship with a caring and well-informed teacher. 传统的面对面式教育是无可代替的。

○ 它在雅思考试中的常用 联想短语或句型 ○

>> distance learning



= a flexible form of learning where students can study from home, work or on the move

【中文含义】远程教育

【实战例句】The biggest advantage of distance learning programmes is their accessibility. 远程教育的最大优势就是它可以随时随地地让我们开始学习。

■ compromise



① = an agreement between two sides who have different opinions or different needs

② = risk losing sth. important

【中文含义】① 考虑各种不同需求之后的折中产物; ② 以牺牲某种因素为代价

【实战例句】① All classroom learning is, in fact, a compromise between the different needs of various students. 所有的课堂学习实际上都是在不同学生的不同学习需求上折中而成的产物。

② The modifications might compromise safety in some way.

某种意义上这些改动将可能牺牲安全因素。(Cambridge IELTS 8 例句)

○ 它在雅思考试中的常见 近义短语或句型 ○

>> a happy medium



= a middle position

【中文含义】折中方案

【实战例句】There's a happy medium between studying all the time and not studying at all. 在总是学习和一点不学之间, 存在一个折中方案。

be sb. 's mentor



★★★★

= an experienced person who gives advice to sb.

【中文含义】某人的良师益友

【实战例句】Freya was my teacher, my mentor and my friend.

菲蕾亚在过去不光是我的老师，还是我的良师益友。

它在雅思考试中的常见 反义短语或句型

>> sb. 's peer



★★★★

= someone who is of the same age as sb. else

【中文含义】同龄人

【实战例句】They are entering a wider community where teachers and peers will have just as much influences as their parents do at home.

这些孩子进入了一个更广泛的群体中，来自教师和同龄人的影响将会和父母在家中的影响一样重要。(Cambridge IELTS 8 例句)

它在雅思考试中的常用 联想短语或句型

>> take someone under sb. 's wing



★★★☆☆

= help someone, especially someone who is younger and less experienced

【中文含义】悉心帮助缺乏经验的晚辈

【实战例句】My mentor took me under her wing at a time when I needed her the most.

我的恩师在我最需要她的时候悉心帮助了我。

burn the midnight oil



★★★★

= work very late into the night

【中文含义】(为了突击完成某项任务而) 学习或工作到深夜

【实战例句】Abigail has to get the report finished by tomorrow so she'll be burning the midnight oil tonight. 由于明天是阿比盖尔交报告的最后期限，

今晚她必须要熬夜工作了。

它在雅思考试中的常见 近义短语或句型

>> study intensively



★★★☆☆

= study in a highly concentrated manner

【中文含义】高强度地学习

【实战例句】Many parents are concerned that exam-oriented education may restrict students' creativity and cause students to study too intensively.

很多家长担心应试教育会限制学生的创造性并导致过于高强度地学习。


Can You Work with the Phrases and Expressions?

| 巩固练习 |

Are you ready to match definitions to phrases?

请在左侧的短语和右侧的对应释义间连线

1. core curriculum	A. have a wide variety of experiences in life
2. rote memorisation	B. how good or bad a student is academically
3. academic performance	C. the set of common courses that are required of all students
4. upright conduct	D. a learning technique that focuses on learning by repetition
5. be well-rounded	E. honest and responsible behaviour

KEY 1. C 2. D 3. B 4. E 5. A 

Do you recognise the words and phrases?

请找出近义词或近义短语

- 1. satisfying:
 - A frustrating
 - B rewarding
 - C challenging
- 2. the purpose of education:
 - A the aims of education
 - B the methods in education
 - C the costs of education
- 3. ensure the same rights:
 - A be sure about the results
 - B promote equality
 - C guaranteed success
- 4. behaviour that may cause damage to society:
 - A anti-social behaviour
 - B polite behaviour

C respectful behaviour

5. a difficult and tiring process:

A a rewarding process

B a natural process

C an arduous process

KEY 1. B 2. A 3. B 4. A 5. C

Choose the best phrase for the blank in each sentence.

请选择最合适的句型或短语填入下面的句子空格中:

repress students' individuality learn the poem by heart be an arduous process
kindle students' interest be well-behaved

1. Balancing change and tradition will () for the new leaders.
2. The museum aims to () in science.
3. Jennifer will () and perform it in front of people.
4. Some people think that schools are institutions (机构) that () and restrict (限制) students' creativity.
5. Some parents find it difficult to motivate a child to ().

KEY

1. be an arduous process
2. kindle students' interest
3. learn the poem by heart
4. repress students' individuality
5. be well-behaved

Lesson 2

Work



Native Speakers 在讨论 工作 话题时会频繁使用的
短语 & 句型

job security

★★★



job safety

= being free from the threat of losing one's job

【中文含义】工作稳定性

【实战例句】It's a choice between higher pay and job security. 选择高薪的工作还是稳定的工作始终是摆在求职者面前的一道难题。

英语为第二语言的学习者倾向于使用的表达

它在雅思考试中的常用 联想短语或句型

(i) be unemployed

★★★

= be without a job

【中文含义】失业的

【实战例句】Women who were unemployed were included in the research.

失业的女性被纳入了这项研究。(Cambridge IELTS 8 例句)

(ii) job satisfaction

★★★

= the pleasant feeling you get from a job

【中文含义】工作满意度

【实战例句】The sense of belonging to a team contributes towards job satisfaction.

对工作所在团队有认同感可以增加员工的工作满意度。

(iii) be entitled to sth.

★★★

= be given the right to do sth.

【中文含义】享有某种权利

【实战例句】The majority of the workers have been entitled to paid holidays.

大多数员工享有带薪休假。(Cambridge IELTS 8 例句)

a sense of fulfilment



= having the opportunity to develop one's abilities and interests

【中文含义】(从工作中获得的) 成就感

【实战例句】Madison found a sense of fulfilment and joy as a teacher.

麦迪森在他的教师工作中找到了乐趣及满足感。

它在雅思考试中的常见 反义短语或句型

>> frustration



= the feeling of being upset because you cannot achieve sth.

【中文含义】挫败感

【实战例句】All her efforts met with frustration.

她的一切努力都频频碰壁。

它在雅思考试中的常用 联想短语或句型

(i) brain drain



= a situation in which professionals go to another country in order to improve their living or working conditions

【中文含义】人才流失

【实战例句】This brain drain was caused by highly-skilled people only offering their services to the highest bidder. 这种人才的流失要归因于高技术人才总是青睐那些给他们开出价格最高的地方。

(ii) work experience



= the experience and skills that a person gains in doing a particular job (likely to be written incorrectly as "working experience" by non-native English speakers)

【中文含义】工作经验 (这个固定短语很容易被英语为第二语言的学习者误写成 "working experience")

【实战例句】Paul decided to get work experience in South America because he wanted to learn about Latin American life.

保罗决定去南美获取一些工作经验因为他希望更多地了解拉丁美洲生活。(Cambridge IELTS 8 例句)

■ excessive workload

★★★



have too much work to do

= work overload

【中文含义】过重的工作负担

【实战例句】The employees have been complaining about the excessive workload — they had to do too much in too little time.
员工们一直在抱怨他们过重的工作负担——公司总是让他们在很短的时间内完成超量的工作。

英语为第二语言的学习者倾向于使用的表达



○ 它在雅思考试中的常见近义短语或句型 ○

>> be labour intensive



★★★

= be a process that requires a lot of effort

【中文含义】劳动强度大的，劳动密集型的

【实战例句】However, the process took a long time and was labour intensive.

但这一过程耗时很久而且需要高强度的劳动。(Cambridge IELTS 8 例句)

○ 它在雅思考试中的常用联想短语或句型 ○

>> an oppressive deadline



★★★

= a deadline that is too short and difficult to meet

【中文含义】过于苛求的截止日期

【实战例句】Working to oppressive deadlines can increase the risk of a heart attack.

总是在苛刻的工作进程表下工作会增加患心脏病的危险。

■ work under enormous stress



★★★

= work under great pressure

【中文含义】工作压力很大

【实战例句】Jasmine is very resilient (承受力很强的) and effective at working under enormous stress. 贾思敏有着极强的承受能力并且在巨大的压力下也能有效地完成工作。

○ 它在雅思考试中的常用联想短语或句型 ○

(i) an employee-friendly environment



★★★

= an environment that emphasises the happiness and self-fulfilment of employees

【中文含义】让员工感到舒服且能够自我实现价值的工作环境

【实战例句】The company will build an employee-friendly environment, with various programmes from childcare and family care to leisure support. 公司将建立起一个有助于员工事业发展的环境, 包括建立儿童托护、家庭保障及休闲活动等。

(ii) workplace



= the place where you work (likely to be incorrectly written as "work unit" by non-native English speakers)

【中文含义】工作地点, 工作单位 (容易被英语为第二语言的学习者误写成 work unit)

【实战例句】It is in everyone's interest to maintain a high level of security in the workplace. 在工作地点保持较高的安全度符合每个人的利益。(Cambridge IELTS 8 例句)

work long hours for low pay



= work many hours a day for very little money

【中文含义】工作时间长而报酬却很低 (请注意这个句型中的 pay 不能写成 payment)

【实战例句】In this country, many nannies (保姆) work long hours for low pay. 在这个国家里, 许多保姆都是领着微薄的薪水却要长时间工作。

它在雅思考试中的常见 反义 短语或句型

leisure activities



= recreational (休闲的) activities carried out when someone is free from work or other duties

【中文含义】休闲放松活动

【实战例句】A wide range of leisure activities is available to students outside class time. 学生在课余时间里可以参加各种各样的休闲活动。

a demanding job



a challenging job

= a job that requires a lot of time, energy or attention

【中文含义】要求非常严格的工作

【实战例句】The work was too physically demanding.

这项工作对体力的要求过高。(Cambridge IELTS 8 例句)

英语为第二语言的学习者倾向于使用的表达

它在雅思考试中的常用 联想 短语或句型

(i) contract



= a legal agreement between two people or two businesses that says what each should do for the other

【中文含义】合同

【实战例句】It may be that your contract gives you better rights, or your holiday rights might be specified (明确规定) in a collective agreement.
或许是你的合同赋予你更好的权利, 或者你的休假权也可能由一个集体的协议来明确规定。(Cambridge IELTS 8 例句)

(ii) **work ethic**



= the belief that hard work is good for developing one's moral character

【中文含义】敬业精神

【实战例句】Riley is a perfect example of dedication (无私的奉献). We really admire his work ethic. 莱利是个无私奉献的楷模。我们非常景仰他的敬业精神。

flexible arrangement

★★★



changeable plan

= a plan that can be changed easily according to the situation

英语为第二语言的学习者倾向于使用的表达

【中文含义】灵活的安排

【实战例句】Telecommuting (远程上班) may give employees very flexible work arrangements with their employers.
在家远程办公可以给予雇员们在和雇主安排工作时极大的灵活性。

它在雅思考试中的常用联想短语或句型

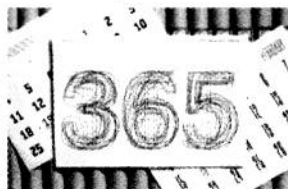
(i) **work schedule**



= a list of planned activities to be done at work showing the dates when they are intended to be done

【中文含义】工作计划, 工作的日程安排

【实战例句】They created a calendar to organise public events and work schedules. 他们制订了新的日历来组织公共活动和工作安排。(Cambridge IELTS 8 例句)



(ii) **routine work**



= the things a person does in a fixed order

【中文含义】日常的惯例工作

【实战例句】He found doing the routine work boring.

他发现做日常的惯例工作十分枯燥。(Cambridge IELTS 8 例句)

be well-staffed

= have capable staff

【中文含义】员工素质高的

【实战例句】A properly designed programme should be well-staffed and well-managed. 一项设计合理的项目应该有这一个员工素质高的团队和一个管理能力强的管理层。

○ 它在雅思考试中的常见反义短语或句型 ○

>> be short-staffed

= do not have sufficient members of staff

【中文含义】人手不够的

【实战例句】Now the company is seriously short-staffed because business is picking up. 由于业务的扩展，现在公司里人手严重短缺。

○ 它在雅思考试中的常用联想短语或句型 ○

>> have access to

= have the right or opportunity to use sth.

【中文含义】有权使用某种工具或信息

【实战例句】In the course of your work you may have access to information relating to the company's business. 在工作过程中你可能会接触到与公司交易有关的信息。(Cambridge IELTS 8 例句)

cause friction between... and...

= cause disagreement between... and...

【中文含义】(人际关系里) 导致小的摩擦

【实战例句】This decision has caused friction between the employees and the manager. 这项决议使员工和管理层间产生了一些摩擦。

○ 它在雅思考试中的常见近义短语或句型 ○

>> conflicts arise

= has caused angry disagreement

【中文含义】出现冲突

【实战例句】Sometimes conflicts arise between older and younger employees. 新老员工间有时会出现冲突。

■ stress-induced diseases

★★☆



become ill because of too much stress

= diseases caused by great worry

【中文含义】压力过大导致的疾病

【实战例句】There has been a continuous search for the cure for stress-induced diseases. 人们为了找到治愈压力病的方法做了无数的努力与尝试。

英语为第二语言
的学习者倾向于
使用的表达

○ 它在雅思考试中的常用联想 短语或句型 ○

>> the pace of work



★★★

= the speed at which someone works

【中文含义】工作节奏

【实战例句】Successful professionals tend to work at a steady pace.
成功的职业人士习惯于以一个稳定的节奏工作。

■ occupational hazard

★★☆



job risk

= a risk for people doing a particular job

【中文含义】从事某种职业可能带来的危害，职业风险

【实战例句】Every company should have goals to eliminate (消除) occupational hazards in the workplace. 每个公司都应该致力于消除在工作场所中可能带来的职业风险隐患。

英语为第二语言
的学习者倾向于
使用的表达

○ 它在雅思考试中的常用联想 短语或句型 ○

>> occupational disease



★★★

= a disease commonly acquired by people in a particular occupation

【中文含义】从事某种职业容易患上的疾病，职业病

【实战例句】Noise-induced hearing loss is one of the most common occupational diseases in the UK. 由于噪声而患的失聪是在英国最常见的职业病。

■ backbreaking tasks / laborious tasks

★★★



tiring work

= tasks that are hard and need a great deal of effort

【中文含义】很辛苦的任务

英语为第二语言
的学习者倾向于
使用的表达

【实战例句】The toughest part of Katie's job is not the laborious/backbreaking tasks. 凯蒂工作中最困难的部分还不是那些辛苦的工作任务。

它在雅思考试中的常用联想短语或句型

(i) manual work / manual labour



= physical work

【中文含义】体力工作

【实战例句】There is a big demand for manual labour in the construction industry.
建筑行业对体力劳动力有着很大的需求。

(ii) mental work



= work that involves a great deal of thinking

【中文含义】脑力劳动

【实战例句】Many people feel that mental work can be physically exhausting.
许多人觉得大量脑力劳动也会让人身体疲惫。

(iii) be in charge of sth.



= have control over and be responsible for sth.

【中文含义】负责某项工作

【实战例句】Mr. Thompson is in charge of this department.
汤普森先生是这个部门的负责人。

has an attitude problem

★★★



be lazy at work

= does not take someone's own job seriously

【中文含义】(工作、学习等) 态度不主动的

【实战例句】Justin has a real attitude problem. In fact, he's just a slacker (工作或学习偷懒的人). 贾斯丁的态度非常不好, 事实上, 他是一个工作偷懒的人。

英语为第二语言
的学习者倾向于
使用的表达

它在雅思考试中的常见反义短语或句型

(i) be an eager beaver



= a person who is willing to work very hard

【中文含义】工作非常积极主动的人

【实战例句】Who's the eager beaver who came in at the weekend to finish this work off? 谁是在周末还要坚持把工作做完的工作狂?

(ii) be an indicator of ability



= be something that can be regarded as a sign of ability

【中文含义】工作能力的体现

【实战例句】Age is not of itself an indicator of ability

年龄不是能力的决定因素。

■ feel out of one's element

★★★



feel uncomfortable with the new situation

= feel uncomfortable in a particular situation

【中文含义】对（新环境等）感到不适应

【实战例句】Jake felt out of his element in this company.

杰克对这家公司的环境感到不适应。

英语为第二语言
的学习者倾向于
使用的表达

○ 它在雅思考试中的常用联想短语或句型 ○

>> be attuned to...



★★★

= be familiar with sth. and be able to deal with it in a sensitive way

【中文含义】完全适应（某种环境）的

【实战例句】Most British companies still aren't really attuned to the needs of this market. 绝大多数的英国公司始终不能完全适应这个市场的需要。

■ work around the clock

★★★



always work

= work all day and all night

【中文含义】丝毫不停歇地工作

【实战例句】Katie said she was already working around the clock.

凯蒂说她已经马不停蹄地工作了。

英语为第二语言
的学习者倾向于
使用的表达

○ 它在雅思考试中的常见近义短语或句型 ○

>> work continuously / work non-stop



★★★

= work without interruptions

【中文含义】持续不停地工作

【实战例句】The construction workers worked non-stop to build a new school for the children.

为了给孩子们建好一所新学校，建筑工人们日夜不停地在施工工作。

■ distract sb. from sth.

★★★



attract sb. from...

= make sb. stop giving his/her attention to sth.

【中文含义】把某人的注意力从某事物上吸引开

【实战例句】He was distracted from his work by the noise.

他的注意力从工作中被一阵噪声所引开。

英语为第二语言的
学习者倾向于
使用的表达

工
作

○ 它在雅思考试中的常见 近义 短语或句型 ○

>> divert sb. 's attention from...



= take sb's attention away from sth.

【中文含义】把某人的思绪从……吸引开

【实战例句】Nothing could divert his attention from work.

在他专注地工作时，没有任何事能干扰到他。

■ lead a busy life



★★★

= lead a life full of activities

【中文含义】过着十分忙碌的生活

【实战例句】Keira leads a busy life. She doesn't even have time to sit down to enjoy a relaxing meal. 凯拉的生活十分忙碌。她甚至没有时间去坐下来好好地享受一顿饭。

○ 它在雅思考试中的常见 近义 短语或句型 ○

>> be tied up at work



= be prevented from doing sth. because of being busy at work

【中文含义】忙于工作而无暇去做别的事情

【实战例句】Connor was completely tied up at work.

康纳完全忙于工作而无暇去做其他的事情。

■ a stressful and time-consuming job

★★★



a hard job / a difficult job

= a job that takes a lot of time to do and cause a lot of pressure

【中文含义】压力大而且耗费时间的工作

英语为第二语言的
学习者倾向于
使用的表达

【实战例句】Being an art director is a stressful and time-consuming job.

做一名艺术总监是一件压力大而且耗费时间的工作。

它在雅思考试中的常见反义短语或句型

>> a cushy job



= an easy and pleasant job

【中文含义】很轻松的工作

【实战例句】Theo decided to quit his cushy job at a holiday resort.

西奥决定辞去他在旅游区的悠闲工作。

它在雅思考试中的常用联想短语或句型

>> job prospects



= chances of success in a job or career

【中文含义】职业前景

【实战例句】Learning a second language fuels children's intelligence and makes their job prospects brighter. 学习第二种语言会促进孩子们的智力发展并且让他们拥有更光明的职业前景。(Cambridge IELTS 8 例句)

incentive



sth. that makes a person work hard

= sth. that encourages a person to fulfil a task

【中文含义】n. 激励某人更加努力的事物

【实战例句】If you allocate these tasks to specific days, there's more incentive to tackle them. 如果你把这些任务分配到特定的日期，就会有更多的动力去处理它们了。(Cambridge IELTS 8 例句)

英语为第二语言的学习者倾向于使用的表达

它在雅思考试中的常用联想短语或句型

>> motivation



= willingness to do sth.

【中文含义】n. 努力工作或者学习的动力

【实战例句】Rebecca has no motivation to succeed. 瑞贝卡没有成功的动力。

inspire someone's followers



= make someone's supporters feel that they can do sth. well

【中文含义】激励某人的追随者

【实战例句】You might inspire some of our students to conduct some similar experiments.
你也许会激励我们的一些学生去从事类似的实验。(Cambridge IELTS 8 例句)



它在雅思考试中的常用联想短语或句型

>> **build a close rapport between...**



= develop close agreement or sympathy with each other

【中文含义】让同事或合作者之间的关系更加融洽（※请注意光盘中 rapport 这个词的正确发音）

【实战例句】A close rapport was built between Nathan and me.
内森和我之间建立起了融洽的关系。

■ glass ceiling



= an invisible barrier that prevents women from entering the ranks of senior-level management

【中文含义】“玻璃天花板”——阻止女性进入高级管理层的无形障碍

【实战例句】Many women complain about the glass ceiling that bars them from upper management in large corporations. 许多女性抱怨说在大公司里有着一层无形的障碍将她们与参与到上层管理层的机会有分隔开来。

它在雅思考试中的常用联想短语或句型

>> **discriminate against sb.**



= treat sb. unfairly because of their beliefs, race or other features

【中文含义】歧视某人

【实战例句】In this country, employees are not allowed to discriminate on the basis of gender.
在这个国家里，用工单位不能因为性别问题而歧视员工。

Can You Work with the Phrases and Expressions?

| 巩固练习 |

工 作

Are you ready to match definitions to phrases?

请在左侧的短语和右侧的对应释义间连线

1. job satisfaction	A. a job that requires a lot of time and energy
2. leisure activities	B. the belief that hard work is good for developing someone's moral character
3. work schedule	C. the pleasant feeling you get from a job
4. a demanding job	D. activities carried out when someone is free from work
5. work ethic	E. list of planned activities to be done at work

KEY 1. C 2. D 3. E 4. A 5. B



Do you recognise the words and phrases?

请找出近义词或近义短语

- well-staffed:
 - A unorganised
 - B having capable staff
 - C inefficient
- cause friction:
 - A cause disagreement
 - B cause a rise
 - C cause injuries
- laborious tasks:
 - A financially-rewarding tasks
 - B motivating tasks
 - C demanding tasks
- manual work:
 - A work experience
 - B physical work
 - C artwork

5. feel out of one's element:

- A feel uncomfortable in an unfamiliar situation
- B feel lonely
- C feel comfortable

KEY 1. B 2. A 3. C 4. B 5. A

Choose the best phrase for the blank in each sentence.

请选择最合适的句型或短语填入下面的句子空格中:

be attuned to

work around the clock

discriminate against

glass ceiling

1. Her boss was accused of () her because of her age.
2. Doctors are () to save lives.
3. The fact that no woman has managed one of the branch offices is strong evidence of a ().
4. People in Paris seem to () fashion.

KEY

1. discriminating against

2. working around the clock

3. glass ceiling

4. be attuned to

Lesson 3

People



Native Speakers 在讨论 人物 话题时会频繁使用的
短语 & 句型

be self-reliant

★★★



live on one's own

= feel that you can do things well and that people respect you for that

英语为第二语言的学习者倾向于使用的表达

【中文含义】很自立的

【实战例句】He's determined and self-reliant. 他坚定不移，自强自立。

它在雅思考试中的常见 近义短语或句型

(i) be self-sufficient

★★★

= be able to provide everything that you need by yourself

【中文含义】自给自足的

【实战例句】The increased productivity from farmland made some countries self-sufficient in grain. 农业用地生产率的上升让一些国家在谷物方面可以自给自足了。(Cambridge IELTS 8 例句)

(ii) be a self-made man / woman

★★★

= be a person who has become successful without help from other people

【中文含义】依靠自身的努力成功的人，白手起家的人

【实战例句】The young entrepreneur is a self-made man.

这位年轻的企业家是个白手起家的人。

show initiative

★★★



show the ability to do sth. on one's own

= show the ability to use one's own judgment to do things

【中文含义】(在工作时) 显示出主动性

【实战例句】When Joseph began the job, he showed initiative.

约瑟夫在工作时展现了工作的主动性。

英语为第二语言
的学习者倾向于
使用的表达

它在雅思考试中的常用联想短语或句型

>> do sth. of one's own accord



★★★

= do sth. without being asked or forced to do it

【中文含义】主动去做某事

【实战例句】James apologised of his own accord.

詹姆斯主动去道歉了。

be tenacious



★★★

= be very determined and not willing to stop when he/she is trying to achieve something

【中文含义】坚韧不拔的

【实战例句】Niamh is a tenacious athlete.

尼亚姆是一名坚韧不拔的运动员。

它在雅思考试中的常用联想短语或句型

(i) perseverance



★★★

= a determined attitude

【中文含义】n. 坚定的意志

【实战例句】Maria's excellent marks are a result of her perseverance.

玛利亚所取得的优秀分数是对她所付出的艰辛努力的最大回报。

(ii) willpower



★★★

= the ability to control someone's own thought and behaviour in order to achieve something

【中文含义】n. 意志力

【实战例句】It takes strong willpower to overcome the temptation.

克服诱惑需要很强的意志力。

■ keep one's word

★★★



does what he/she has promised to do

= keep one's promise

【中文含义】守信

【实战例句】Anita is an honourable person who always keeps her word.

阿妮塔是一个言出必行、值得尊重的人。

英语为第二语言
的学习者倾向于
使用的表达

○ 它在雅思考试中的常见 近义短语或句型 ○

(i) an upright citizen



= an honest and responsible person

【中文含义】一名正直、有责任感的公民

【实战例句】Lewis behaved as any upright citizen would have under those circumstances.

刘易斯在那种环境下表现得像任何一名正直有责任感的公民一样。

(ii) preserve sb. 's integrity



= keep the quality of always behaving according to the moral principles that sb. believes in

【中文含义】坚持自己的原则

【实战例句】Often they had to display great courage to preserve their integrity or to make their way to the top. 他们往往需要展现出极大的勇气来坚守自己的原则或登上所属领域的顶峰。(Cambridge IELTS 8 例句)

■ be down-to-earth



= be very practical

【中文含义】务实的

【实战例句】I appreciate Anna's down-to-earth approach to problem-solving and decision-making.

我十分欣赏安娜在解决问题和做决定时的那种务实精神。

○ 它在雅思考试中的常见 反义短语或句型 ○

>> be very arty



= wishing to seem interested in everything connected with art

【中文含义】小资情调的，风花雪月的

【实战例句】Max is very arty and a bit of a dreamer.

麦克思这个人充满了小资情调还有点不靠谱。

■ set the benchmark for sth.

★★☆



be the best in this field

= set the standard that other people can use for judging how good or bad sth. is

英语为第二语言的学习者倾向于使用的表达

【中文含义】成为某一领域的标杆

【实战例句】The *Last Dinner* by Leonardo da Vinci set the benchmark for religious painting. 里奥纳多·达·芬奇的名画《最后的晚餐》已成为宗教绘画领域的艺术标杆。

它在雅思考试中的常用联想短语或句型

(i) worship sb.



★★★

= love and admire sb. very much

【中文含义】极为崇拜某人

【实战例句】As a child, Layla worshipped her older sister.

作为一名孩子，蕾拉极为崇拜她的姐姐。

(ii) meet sb. in person



★★★

= meet sb. face to face ; meet in each other's presence

【中文含义】与某人见面

【实战例句】Do you think it is possible to be friends with someone if you never meet them in person? 你认为自己是否有可能与从未见过面的人成为朋友呢?

(Cambridge IELTS 8 例句)

■ a Renaissance man/woman



★★★

= someone who knows a lot about many different subjects and has many practical skills

【中文含义】一个极为多才多艺的人

【实战例句】Christopher is a writer, composer and actor — a real Renaissance man.

克里斯托弗是一位真正多才多艺的人，他同时是作家、作曲家以及演员。

它在雅思考试中的常见近义短语或句型

(i) be versatile



★★★

= be capable of doing many different things well

【中文含义】多才多艺的

【实战例句】Georgia is a very versatile young artist.

乔治亚是一名非常多才多艺的年轻艺术家。

(ii) be artistic



= sensitive to art and able to enjoy it

【中文含义】对艺术很敏感的，有艺术才能的

【实战例句】Early results show that creative and artistic people do much better than average. 早期的研究结果显示有创意与有艺术才能的人们的表现比普通人好很多。

world-renowned

★★★



famous in the world

= very famous for a special skill or achievement

【中文含义】adj. 举世闻名的

【实战例句】He's a world-renowned artist. 他是一名举世闻名的艺术家。

英语为第二语言的学习者倾向于使用的表达

它在雅思考试中的常用联想短语或句型

(i) an overnight success



= an instant success

【中文含义】一夜成名的人或事物

【实战例句】① Most overnight successes actually take years.

大多数的一夜成名实际上都要有多年的积淀。

② Pilkington's first full-scale plant was an instant commercial success.

皮克星顿的第一个规模完整的厂房立刻获得了巨大的商业成功。

(Cambridge IELTS 8 例句)

(ii) sb.'s legacy lives on



= sb.'s influence continues

【中文含义】某人过去的成就现在仍在发挥其影响

【实战例句】The war hero's legacy lives on. 那位战争英雄的精神永存。

(iii) sb. has a large following



= has many admirers

【中文含义】某人有大量的崇拜者和追随者

【实战例句】The actor has a large following on Twitter.

那位演员在他的微博上有大量的崇拜者和追随者。

■ a go-getter

★★★



a person who will succeed

= someone who is likely to be successful because he/she is very determined and has a lot of energy

英语为第二语言的学习者倾向于使用的表达

【中文含义】一个有志向又有能力的人，很容易成功的人

【实战例句】Joshua is a real go-getter.

约书亚是一名有志向又有能力、且很容易成功的人。

○ 它在雅思考试中的常用联想短语或句型 ○

(i) a consummate actor / actress / athlete



= a very skilful actor/actress/athlete

【中文含义】一位有才华的演员/女演员/运动员

【实战例句】Joseph is a consummate leader. 约瑟夫是一名有才华的领袖。

(ii) a prodigy



= a young person who has a natural ability to do sth. extremely well

【中文含义】神童

【实战例句】There has always been an interest in geniuses and prodigies.

天才与神童总是会引起人们的兴趣。(Cambridge IELTS 8 例句)

■ people from all walks of life

★★★



people of different backgrounds

【中文含义】各行各业、有各种经历的人们

【实战例句】People from all walks of life voted for him but he still lost the election.

英语为第二语言的学习者倾向于使用的表达

各行各业的人们都给他投票，然而他依然输掉了选举。



它在雅思考试中的常用联想短语或句型

(i) **people who live next door to you**



= people who live in the building, room or position next to yours

【中文含义】就住在你隔壁的人，邻居（英式口语中经常泛指普通人）

【实战例句】How well do you know the people who live next door to you?

你对隔壁邻居了解有多少？（Cambridge IELTS 8 例句）

(ii) **go from rags to riches**



= start your life very poor and then later in life become very rich

【中文含义】从贫苦到富有的成功历程

【实战例句】Rags-to-riches stories tend to be very inspirational.

草根变凤凰的故事十分具有励志性。

人
物

is a subject very close to one's heart



is a subject that someone is worried about

= is a subject someone has strong feelings about

【中文含义】是某人非常关注的（社会）问题

【实战例句】Poverty is a subject very close to Olivia's heart.

贫穷问题是奥利维拉全身心关注的问题。

英语为第二语言
的学习者倾向于
使用的表达

它在雅思考试中的常用联想短语或句型

>> **be concerned about sth.**



= is worried about sth.

【中文含义】担忧，关注

【实战例句】Eileen has been concerned about what others think of her.

艾琳十分在乎别人对她的看法。

is a luxury



sth. only few people can enjoy

= be something that someone enjoys very much because he/
she does not get it very often

【中文含义】是只有少数人才有条件享受的（生活方式等）

【实战例句】Have an extra bathroom is at first a luxury for the couple, but after
they had children it became a necessity.

英语为第二语言
的学习者倾向于
使用的表达

对于那对夫妇，拥有一间备用的厕所在一开始只是一种生活奢侈，但在他们有了孩子后就变成了一种必需。

○ 它在雅思考试中的常见 近义短语或句型 ○

>> is an absolute necessity



【中文含义】是绝对必需的

【实战例句】In my work, a laptop (笔记本电脑) is an absolute necessity.
在我的工作中，笔记本电脑是不可或缺的。

人
物

■ is part and parcel of being famous



【中文含义】(某种麻烦) 是成名所带来的无可回避的问题之一

【实战例句】Being recognised in the street is part and parcel of being famous.
在街上总是被认出是成名所带来的无可回避的问题之一。

○ 它在雅思考试中的常用 联想短语或句型 ○

(i) celebrity



= a famous person, especially in entertainment or sport

【中文含义】n. 名人

【实战例句】A lot of celebrities were at the film premiere (首映式). 许多名流出现在了电影的首映式上。



(ii) paparazzi



= photographers that follow famous people in order to take pictures of them that newspapers and magazines will buy

【中文含义】n. pl. 狗仔队

【实战例句】Paparazzi follow celebrities everywhere they go in order to take photographs of them for newspapers and magazine.

为了给报纸和杂志提供照片，狗仔队们无论何时何地都在跟踪明星们。

(iii) extravagant lifestyles



= lifestyles of spending a lot of money, especially more than is reasonable

【中文含义】奢华的生活方式

【实战例句】They live extravagant lifestyles with huge mansions (豪宅) and luxury cars. 他们生活在充满豪车豪宅的奢靡生活中。

Can You Work with the Phrases and Expressions?

| 巩固练习 |

人物

Do you recognise the words and phrases?

请找出近义词或近义短语

1. be self-reliant:
 - A be confused
 - B be independent
 - C be work-oriented
2. a self-made man:
 - A a self-motivate man
 - B a quiet man
 - C a lonely man
3. be tenacious:
 - A be frank
 - B be straightforward
 - C be determined
4. keep one's word:
 - A keep one's book
 - B keep one's promise
 - C keep one's energy
5. an upright citizen:
 - A an honest and responsible citizen
 - B an athletic citizen
 - C a citizen who is always right

KEY 1. C 2. A 3. C 4. B 5. A

Choose the best phrase for the blank in each sentence.

请选择最合适的句型或短语填入下面的句子空格中:

is a Renaissance woman
are concerned about

is world-renowned
is an absolute necessity

1. The region () for its natural beauty.
2. Doctors () how little food he eats.
3. She knows a lot about many different subjects. She ().
4. In this modern and fast-paced city, a car ().

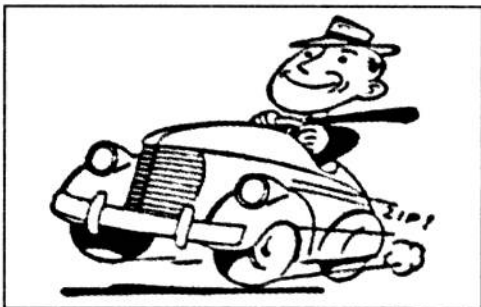
· KEY ·

- | | |
|---------------------------|-----------------------------|
| 1. is world-renowned | 2. are concerned about |
| 3. is a Renaissance woman | 4. is an absolute necessity |

Lesson

4

Traffic & Transport



Native Speakers 在讨论 交通与运输 话题时会频繁使用的短语 & 句型

■ transport infrastructure



= the basic structure on which a transport system is built and which makes it able to work

【中文含义】交通设施

【实战例句】Developing international tourism in this area may add to the burdens on the already-overburdened transport infrastructure.

在这个地区发展国际旅游业将会使本地已经非常拥堵的交通设施运行更加恶化。

○ 它在雅思考试中的常用联想短语或句型 ○

>> road network



= a large road system consisting of many similar parts that are connected together

【中文含义】公路网

【实战例句】Some people complain that the quiet countryside has been ruined by road networks.

有人抱怨说原本宁静的乡村已经被四通八达的公路网络所毁掉了。

■ traffic bottleneck



= a place where a road is narrow or blocked

【中文含义】容易发生交通堵塞的地方，“交通瓶颈”

【实战例句】The traffic bottlenecks make goods transport difficult.

Native Speakers 在讨论交通与运输话题时会频繁使用的短语 & 句型

货物的物流运输受制于这个交通瓶颈。

它在雅思考试中的常用 联想短语或句型

(i) inch along

= move very slowly

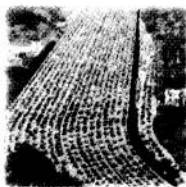
【中文含义】极为缓慢地行进

【实战例句】The traffic was stalled (停滞的) and we inched along across the bridge.

交通几乎停滞了，我们只能一寸寸地挪着过桥。



★★★



(ii) be out of bounds to sb.

= be a place you are not allowed to enter

【中文含义】是未经许可不得进入的区域

【实战例句】Certain areas are used for particular experiments and are therefore temporarily out of bounds to the public. 某些区域被用于特殊的试验，因此暂不对公众开放。(Cambridge IELTS 8 例句)



★★★

■ bumper-to-bumper

= (of traffic) very close together and moving slowly

【中文含义】adj. (形容交通) 十分拥堵的

【实战例句】A new study shows that the daily struggle of bumper-to-bumper traffic is getting worse. 一份新的研究显示，每天的那种拥堵不堪的交通状况还在不断恶化。



★★★

它在雅思考试中的常用 联想短语或句型

(i) the volume of traffic

= the total amount of traffic

【中文含义】交通量

【实战例句】The volume of traffic on the roads has increased dramatically. 路上的交通流量已经显著增加了。



★★★

(ii) traffic density

= the amount of traffic in a place

【中文含义】交通密度，某一地区交通的拥挤程度

【实战例句】Aerial photos (航空摄影) can show traffic density. 航拍能够显示出交通的密度。(Cambridge IELTS 8 例句)



★★★

be jam-packed

★★★



crowded

= full of people or things that are very close together

【中文含义】*adj.* 拥挤不堪的

【实战例句】The bus terminal was jam-packed with commuters.

等着乘公交车的人把公交站挤得水泄不通。

英语为第二语言的学习者倾向于使用的表达

它在雅思考试中的常用联想短语或句型

>> commuter



★★★★

= someone who has to travel a long distance to work every day

【中文含义】*n.* 工作地点离家很远，需要每天乘车上下班的人们

【实战例句】The bus was jam-packed with complaining commuters.

等着乘公交车的人一面抱怨一面把公交站挤得水泄不通。

petrol

★★★★



oil

= a liquid that is used to supply power to vehicles

【中文含义】汽油

【实战例句】The report gives monthly summaries of regional petrol prices for the UK. 这份报告给出了英国地区油价变化的月度总结。

英语为第二语言的学习者倾向于使用的表达

它在雅思考试中的常用联想短语或句型

>> hybrid car



★★☆☆

= a car that uses two or more power sources

【中文含义】混合动力汽车（使用两种或以上的混合燃料）

【实战例句】These experts argue that a hybrid car is as reliable as any traditional car. 这些专家宣称这款混合动力汽车和传统汽车一样安全可靠。



fuel consumption



★★★★

= the burning of coal, gas or oil to produce heat or power

【中文含义】燃料消耗

【实战例句】Driving at high speeds significantly increases your fuel consumption. 高速行驶会显著增加耗油量。

它在雅思考试中的常用 联想短语或句型

>> a gas guzzler



= a car that is expensive to drive because it uses a lot of petrol

【中文含义】非常耗油的车

【实战例句】Big cars tend to be gas guzzlers. Small cars are more fuel-efficient (省油的). 大型汽车一般都是“油老虎”。而小型车则通常来说比较省油。

reckless driving



= driving without worrying about the possible results

【中文含义】不考虑后果的驾驶行为

【实战例句】He was found guilty of (被判定有罪) reckless driving, fined (被罚款) heavily and disqualified (被取消资格) from driving for three months. 他被判为恶意驾驶，并被重金罚款同时吊销驾驶执照3个月。

它在雅思考试中的常用 联想短语或句型

(i) drunk driving



= unable to control someone's own driving behaviour because he/she has drunk too much alcohol

【中文含义】酒后驾车

【实战例句】Drunk driving may cause bodily harm or death and thus should be legally prohibited. 酒后驾车可能导致人身伤害甚至死亡，因此必须依法禁止。

(ii) impair a person's driving ability



= reduce one's driving ability

【中文含义】(酒精等) 影响某人的驾驶能力

【实战例句】Even the smallest amount of alcohol in the blood can impair a person's driving ability. 哪怕血液中有一点点酒精，也会影响到司机的驾驶能力。

get somewhere safe and sound



get somewhere without being injured

= get somewhere unharmed

【中文含义】安全抵达

英语为第二语言的学习者倾向于使用的表达

【实战例句】It was a difficult drive but we arrived home safe and sound.

我们一路上驾驶得十分艰难，但最终还是安全到家了。

它在雅思考试中的常用联想短语或句型

>> twists and turns



= a complicated situation or plan of action

【中文含义】(局面或行动计划) 复杂曲折

【实战例句】It was difficult to figure out the twists and turns in the plot (剧情).

面对如此复杂曲折的情节，实在是很难推测下一步的发展。

■ a free-for-all

★★★



a situation in which people can do as they please

= a completely uncontrolled situation

【中文含义】每个人都可以随心所欲的，彻底混乱的

【实战例句】During the afternoon rush hour, the traffic was a messy free-for-all.

在下午晚高峰时，交通状况完全是一副恣意妄行的混乱状态。

英语为第二语言的学习者倾向于使用的表达

它在雅思考试中的常见反义短语或句型

>> well-organised



= well-arranged

【中文含义】组织良好的，有条理的

【实战例句】Paul changed from one project to another because his first job was not well-organised.

保罗换到了另一个项目因为他的第一份工作管理混乱。(Cambridge IELTS 8 例句)

它在雅思考试中的常用联想短语或句型

>> at the intersection



= at a place where roads join or cross each other

【中文含义】位于十字路口

【实战例句】One way of making sure that the pedestrians (行人) are safe is to increase signage at the intersections.

一个确保行人安全的方法是增加位于十字路口的标识。(Cambridge IELTS 8 例句)

jam on the brakes

★★☆



suddenly stop the car

= suddenly stop the car

【中文含义】开车时紧急刹车

【实战例句】Chloe jammed on the brakes when the lights turned red.

克洛伊在交通灯变成红灯的一刹那，紧踩刹车。

英语为第二语言
的学习者倾向于
使用的表达

它在雅思考试中的常用联想短语或句型

>> go over the speed limit



★★☆

= drive a car faster than the fastest speed legally allowed

【中文含义】超速

【实战例句】Going over the speed limit is particularly dangerous when it snows.

在下雪天超速行驶是非常危险的。

交
通

Can You Work with the Phrases and Expressions?

巩固练习

Do you recognise the words and phrases?

请找出近义词或近义短语

1. inch along:

- A move very slowly
- B move very fast
- C move gracefully

2. the volume of traffic:

- A a traffic camera
- B the total amount of traffic
- C traffic noise

3. be jam-packed:

- A be filled with jam
- B be full of people
- C be crushed

4. a gas-guzzler:

- A a car that makes a lot of noise

- B a car that is very spacious
- C a car that uses a lot of petrol

5. reckless driving:

- A irresponsible driving
- B slow driving
- C driving without a valid license

KEY 1. A 2. B 3. B 4. C 5. A



Choose the best phrase for the blank in each sentence.

请选择最合适的句型或短语填入下面的句子空格中:

get there safe and sound

became a free-for-all

be well-organised

went over the speed limit

1. He was fined heavily because he () many times.
2. It'll be a rough trip. But I'm sure you'll be ().
3. It's important to () at work.
4. When the traffic lights went off, the traffic ().

KEY

1. went over the speed limit

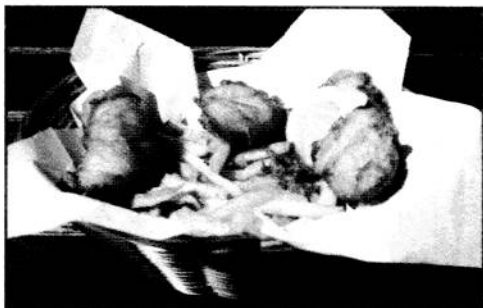
2. safe and sound

3. be well-organised

4. became a free-for-all

Lesson 5

Food



Native Speakers 在讨论 食品 话题时会频繁使用的
短语 & 句型

■ hygiene

★★★



being clean

= the practice of keeping yourself or your surroundings clean

【中文含义】*n.* 卫生

【实战例句】Max doesn't care much about food hygiene.

麦克斯对食品卫生不怎么在意。

英语为第二语言
的学习者倾向于
使用的表达

○ 它在雅思考试中的常用 联想短语或句型 ○

>> cooking utensils

★★★

= something that you use for cooking with

【中文含义】厨具

【实战例句】This hardware store offers a wide range of cooking utensils.

这家五金店有各种厨具出售。

■ be nutritious

★★★

= contains things that your body needs to stay healthy

【中文含义】有营养的

【实战例句】Raw vegetables are actually more nutritious than cooked vegetables.



新鲜的蔬菜比做熟的蔬菜实际上要更有营养。

它在雅思考试中的常用联想短语或句型

(i) good nutrition



= food that is considered good for your health

【中文含义】让人保持健康的营养

【实战例句】More people attain an advanced age (高龄) as a result of developments in medical care and better nutrition. 由于医疗的发展与更好的营养状况, 出现了更多的高龄老人。(Cambridge IELTS 8 例句)

(ii) fattening



= (of food) making people fat

【中文含义】adj. (食品) 让人发胖的

【实战例句】Take more exercise and try to avoid fattening food.
要多做锻炼并且远离那些能让你发胖的食物。

be in season



= currently available for selling

【中文含义】(蔬菜、水果等) 应季的

【实战例句】Strawberries are in season. 时下正是草莓上市的季节。

它在雅思考试中的常见反义短语或句型

be out of season



= not the time of year when certain vegetables or fruits become ready to eat

【中文含义】(蔬菜、水果等) 非应季的, 不新鲜的

【实战例句】The technological breakthrough will allow UK retailers (零售商) to cut down on importing out-of-season pears from Spain. 这项最新的技术突破使得英国的零售商可以减少从西班牙进口过季梨的数量。

它在雅思考试中的常用联想短语或句型

>> food supplies



= the food that is available

【中文含义】食品供应

【实战例句】Fish were a vital commodity in growing towns and cities, where food supplies were a constant concern. 由于食品供应一直令人担忧, 在不断发展的城镇中鱼是一种极为重要的商品。(Cambridge IELTS 8 例句)

■ frozen food



★★★

= food that is preserved by freezing

【中文含义】冷冻食品

【实战例句】Many people feel that frozen food is inferior to (不如某事物好) fresh food. 许多人觉得冷冻食品远没有新鲜食品好。

○ 它在雅思考试中的常用联想短语或句型 ○

(i) canned food



★★★

= food that has been preserved in a metal container without air

【中文含义】罐装食品

【实战例句】Canned vegetables usually contain a lot of salt.
罐装蔬菜通常含有大量的盐分。

(ii) TV dinner



★★★

= a frozen prepared meal that you buy in a container

【中文含义】方便食品，经常是不爱下厨的电视迷的首选

【实战例句】Some manufacturers are trying to make TV dinners low in salt and additives-free (不含添加剂的)。一些方便食品的制造商尝试着给那些喜欢一边看电视一边吃饭的顾客设计一种含盐量低并不含添加剂的食品。

(iii) refreshments



★★★

= something to eat or drink during a party or a meeting

【中文含义】聚会时提供的少量饮食

【实战例句】What can be bought to cut down on the waste produced by staff refreshments?
可以通过买什么来减少工间餐所导致的浪费? (Cambridge IELTS 8 例句)

■ a wholesome diet

★★★



healthy food

= the healthy food that someone eats each day

【中文含义】有益健康的饮食

【实战例句】Some people believe a salt-free diet is wholesome.
有人认为不含盐的饮食是有益健康的。

英语为第二语言的学习者倾向于使用的表达

○ 它在雅思考试中的常见反义短语或句型 ○

(i) an unhealthy diet



★★★

= unhealthy food

【中文含义】不健康的饮食或生活方式

【实战例句】Public awareness of the dangers of an unhealthy diet should be raised.

对于不健康的饮食的危害，公众应该提高警惕性。

(ii) greasy



= prepared with a lot of oil or fat

【中文含义】*adj.* 油腻的

【实战例句】Evan can shed more pounds if he eats less greasy food.

如果埃文坚持少吃较油腻食物的话，他就能减掉更多的重量。

■ cut down on sth.



= reduce the amount of sth. that you eat or drink

【中文含义】减少对某种食品或饮料的摄入

【实战例句】My doctor told me to cut down on carbohydrates (淀粉类或糖类食品). 我的医生告诫我要减少对淀粉和含糖类食物的摄入。

○ 它在雅思考试中的常用联想短语或句型 ○

>> intake



= the amount of sth. that you eat or drink

【中文含义】*n.* 摄入量

【实战例句】Ruby should reduce her intake of salt and sugar.

露比应该减少她对盐和糖的摄入量。

■ a fast food junkie



= someone who likes junk food very much

【中文含义】吃垃圾食品上瘾的人

【实战例句】Fast food junkies should be made aware of the psychological reasons for fast food addiction. 那些吃垃圾食品上瘾的人应该搞清楚他们为什么对垃圾食品如此痴迷的心理原因。

○ 它在雅思考试中的常用联想短语或句型 ○

>> carbonated drinks



= drinks that have small bubbles of air in them

【中文含义】碳酸饮料

【实战例句】Carbonated drinks can destroy the protective enamel around teeth.

碳酸饮料会破坏牙齿周围的珐琅质。

■ dietary habits

★★★



eating habits

= what we eat and how we eat

【中文含义】饮食习惯

【实战例句】Dietary habits can be very difficult to change. 饮食习惯很难被改变。

英语为第二语言
的学习者倾向于
使用的表达

它在雅思考试中的常用联想短语或句型

>> eating disorder



★★★

= a medical condition in which a person does not eat a normal amount of food

【中文含义】不正常的饮食习惯（如厌食或过度贪吃）

【实战例句】The family have a history of eating disorder.

这个家族有饮食习惯不正常的病史。

■ trace elements



★★★

= chemical element that a living thing needs in only extremely small amounts in order to grow and develop normally

【中文含义】微量元素

【实战例句】Iron and zinc are two important trace elements that the human body needs.

铁和锌是两种人体必需的微量元素。



它在雅思考试中的常用联想短语或句型

>> protein-rich



★★★

= (of food) high in protein

【中文含义】富含蛋白质的

【实战例句】Many dieticians believe that protein-rich diets are best at keeping weight off. 众多营养学家都认为多吃富含蛋白质的食品的减肥功效最好。

■ have a sweet tooth

★★★



like to eat candy

= love to eat food with sugar in it

【中文含义】喜欢吃甜食

英语为第二语言
的学习者倾向于
使用的表达

【实战例句】It's things like cakes and candy bars that I can't resist. I've got a sweet tooth. 我永远不能抵御蛋糕糖果的诱惑，我超级爱吃甜食。

它在雅思考试中的常用联想短语或句型

>> be a gourmet



= be a connoisseur (鉴赏家) of food and drinks

【中文含义】是一个美食家

【实战例句】Molly is a gourmet. She's an excellent judge of good food and drinks.

莫莉是一名美食家。她对评价食品和饮料有着惊人的鉴赏力。

食品

be mouth-watering



= (of food) looks as if it will taste good

【中文含义】让人垂涎欲滴的

【实战例句】Sam gave me a recipe for the mouth-watering chocolate cakes.

萨姆把那份让人垂涎欲滴的巧克力蛋糕的秘方给了我。

be disgusting



= (of food) arousing aversion

【中文含义】非常难吃的

【实战例句】The frozen food we had at that restaurant was disgusting.

我们刚才在餐馆吃的冷冻食品实在非常难吃。



You're what you eat!

Can You Work with the Phrases and Expressions?

| 巩固练习 |

Do you recognise the words and phrases?

请找出近义词或近义短语

1. canned food:
 - A food preserved in the fridge
 - B food preserved in a metal container
 - C food preserved in a car
2. a wholesome diet:
 - A a greasy diet
 - B a tasty diet
 - C a healthy diet
3. a fast food junkie:
 - A someone who likes fast food very much
 - B someone who eats fast food from time to time
 - C someone who throws fast food away
4. carbonated drinks:
 - A drinks that have small bubbles of air in them
 - B drinks that have sugar in them
 - C drinks that have cream in them
5. eating disorder:
 - A a medical condition
 - B a recipe
 - C an ingredient

KEY 1. B 2. C 3. A 4. A 5. A

Choose the best phrase for the blank in each sentence.

请选择最合适的句型或短语填入下面的句子空格中:

trace elements

a sweet tooth

a gourmet

cooking utensils

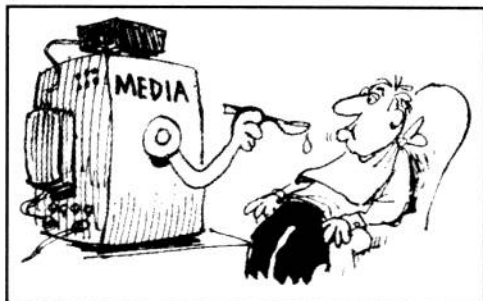
1. Measuring cups, knives and spoons are all ().
2. Amanda likes eating sweets and chocolates. She has ().
3. () are essential for maintaining the correct functioning of the human body.
4. Andrew truly enjoys good food and wine. He's ().

· KEY ·

- | | |
|---------------------|------------------|
| 1. cooking utensils | 2. a sweet tooth |
| 3. trace elements | 4. a gourmet |

Lesson 6

Media



Native Speakers 在讨论 媒体 话题时会频繁使用的
短语 & 句型

■ pop-up advertising windows



= an online advertisement that suddenly springs out

【中文含义】弹出式的网络广告

【实战例句】We have plenty of ways to disable pop-up advertising windows, but we cannot really screen TV advertisements out of our lives. 我们有很多办法可以关掉弹出式的网络广告，但是却没办法躲开电视广告。

○ 它在雅思考试中的常用联想短语或句型 ○

>> the advertising slot



= an amount of time that is officially allowed for advertising

【中文含义】电视上的广告时段

【实战例句】The TV advertising slots for a major sports event may be sold for up to £100 million. 电视转播重要体育赛事时的广告位价值可达1亿英镑。

■ be intensively advertised



= be advertised with a lot of energy or effort

【中文含义】得到密集的广告宣传

【实战例句】The new product is being intensively advertised on TV.
这款新产品在电视上进行着密集的广告攻势。

它在雅思考试中的常用联想短语或句型

>> advertising campaign



= a series of advertisements that try to persuade people to buy a product

【中文含义】密集的广告宣传活动

【实战例句】The advertising campaign has boosted sales by 150%.

这阵密集的广告攻势使销售额上升了 50%。

peak time / prime time



= the most popular time for watching television

【中文含义】黄金时段

【实战例句】In the UK, prime time usually takes place from 6:30 pm until 10:30 pm. 在英国，黄金时段通常是指晚上 6:30 到 10:30 这段时间。

它在雅思考试中的常用联想短语或句型

>> ratings



= the number of people who watch a particular TV programme

【中文含义】n. 收视率

【实战例句】The new series had high ratings right from the start.

这部新电视剧从一开始就有着极高的收视率。

be glued to sth.



= to be looking at something and not paying attention to anything else

【中文含义】聚精会神地盯着某物

【实战例句】Millions of people were glued to the television for the football game.

上百万的人们都聚精会神地盯着电视机上的足球比赛。

它在雅思考试中的常用联想短语或句型

>> be well-informed



= knowing a lot about a subject or a situation

【中文含义】对某方面的信息十分了解的

【实战例句】The kids are very well-informed about all of the different video games.

孩子们对电子游戏各方面的信息都十分了解。

■ spoil someone's enjoyment

★★★



destroy someone's fun

= stop a person from enjoying himself/herself

【中文含义】很扫兴

【实战例句】TV advertising interrupts exciting programmes and spoils our enjoyment.

电视广告总是把精彩的节目打断，影响我们的兴致。

英语为第二语言的
学习者倾向于
使用的表达

○ 它在雅思考试中的常用联想短语或句型 ○

>> arouse someone's desire to...



★★★

= cause someone to have the strong feeling of wanting sth.

【中文含义】让某人产生想去做某事的冲动

【实战例句】TV advertising arouses the viewers' desire to buy new products.

电视广告让观众们产生想去购买新产品的冲动。

■ well-worn themes

★★★



old topics/boring topics

= a central subject that has been used many times

【中文含义】已经被用滥的题材

【实战例句】Today many TV programmes pursue well-worn themes that are common to all cultures, such as romance and crime. 如今许多电视节目都追求一种各种文化都容易接受的大众化主题，如浪漫题材或犯罪题材。

英语为第二语言的
学习者倾向于
使用的表达

○ 它在雅思考试中的常见近义短语或句型 ○

>> hackneyed subjects



★★★

= subjects that have been used so often that they no longer seem original

【中文含义】陈腐的题材

【实战例句】These hackneyed subjects are no longer wanted by the editors — unless the theme is given a decidedly new twist. 这种陈腐的题材已经不再为编辑们所青睐了——除非它能提供一个崭新的角度来看待这个问题。

■ current affairs



★★★

= political, social and economic events that are discussed in news programmes, newspapers and magazines

【中文含义】政治、社会、经济等方面的时事

【实战例句】The BBC offers its audiences a wide range of current affairs programmes. BBC 为观众提供了关于各种时事的节目。

它在雅思考试中的常用联想短语或句型

>> media hype



= extensive media publicity

【中文含义】媒体的炒作

【实战例句】The media hype surrounding the new product continues.
关于这款新产品的媒体炒作还在继续。

媒体

newsworthy event



something that creates news

= an event that is interesting or important enough to be included
in a news report

【中文含义】有新闻价值的事件

【实战例句】This will be the most newsworthy event of 2011.
这将是 2011 年最具有新闻价值的事件。

英语为第二语言
的学习者倾向于
使用的表达

它在雅思考试中的常用联想短语或句型

>> dominate the headlines



= be the most important story in the news

【中文含义】占据报纸的头版头条，最引人注目的新闻

【实战例句】The European sovereign debt crisis has dominated the headlines.
关于欧洲主权债务危机的消息占据了报纸的头版头条。

distort the truth



report false news stories

= modify information so that it is no longer accurate

【中文含义】(媒体在报导时)歪曲事实

【实战例句】The newspaper has been accused of distorting the truth.

英语为第二语言
的学习者倾向于
使用的表达

它在雅思考试中的常用联想短语或句型

>> be unbiased



= fair in the way that someone describes a situation

【中文含义】公正的，不偏袒的

【实战例句】Some people argue that it is impossible to find truly unbiased reporting.

有人说要找到完全客观的新闻报道是完全不可能的。

■ censor

= officially remove parts of a book or film

【中文含义】v. 对书籍或电影进行审查

【实战例句】The film has been heavily censored. 这部电影被严格审查了。

它在雅思考试中的常用联想短语或句型

>> censorship

= the practice of censoring books or films

【中文含义】n. 对书籍或电影进行的审查

【实战例句】The censorship of pornography is fully-justified.

对色情内容的审查是在严格公正的环境下进行的。



■ public figures

= famous people whose behaviour is the focus of public interest

【中文含义】公众人物

【实战例句】Media coverage of public figures often invades their privacy.

媒体对公众人物的报道通常是侵犯他们的隐私的。

■ court media publicity

= seek media attention

【中文含义】刻意地去吸引媒体的关注

【实战例句】Celebrities tend to court media publicity because media attention is important to their career. 名人们通常会刻意地去吸引媒体的关注，因为公众关注度对他们的事业是至关重要的。

它在雅思考试中的常见反义短语或句型

>> keep a low profile

= avoid doing things that attract attention

【中文含义】保持低调

【实战例句】They kept a low profile and avoided loud conversations.

他们一直保持低调的作风，并出言非常谨慎。



■ a glamorous celebrity



★★★

= a famous and attractive person

【中文含义】魅力四射的明星

【实战例句】The glamorous celebrity signed as many autographs as she could at the autograph session (签名会).

那位魅力四射的明星在签名会上签了尽可能多的签名。

■ exaggerate sth.



★★★

= make sth. seem more important, better or worse than it really is

【中文含义】过度夸张地描述某事物

【实战例句】The seriousness of the situation has been exaggerated in the press (新闻界). 新闻界对于那个形势严重性的报道有所夸张。

○ 它在雅思考试中的常见近义短语或句型 ○

(i) blow sth. out of proportion



★★★

= behave as if sth. that has happened is much worse than it really is

【中文含义】夸大其词, 过度渲染某事

【实战例句】These days when newspapers get hold of a story, they blow it out of proportion.

如今当报纸掌握了一个故事后, 它们就会对其夸大其词, 过度渲染。

(ii) misrepresent sth.



★★★

= give a false or incorrect description of sth.

【中文含义】对某事物给出有误导性的信息或描述, 歪曲

【实战例句】Current concerns are misrepresented by the press.

目前的担忧被新闻界歪曲了。(Cambridge IELTS 8 例句)

■ escape reality



★★★

= to get free from reality

【中文含义】逃避现实

【实战例句】Many people go to the cinema to escape reality. 许多人去电影院来远离现实社会。



○ 它在雅思考试中的常用联想短语或句型 ○

(i) reality show



★★★

= a television or radio show that deals with real people in real situations

【中文含义】真人秀

【实战例句】One of the reasons why reality shows are so big today is that we like to know about the private lives of others.

真人秀当今如此火爆的原因之一就是人们喜欢打听他人的私生活。

(ii) quiz show



= a television or radio show in which the contestants' knowledge is tested by questioning

【中文含义】有奖问答节目

【实战例句】*Who Wants to Be a Millionaire* is probably the most successful UK quiz show of all time.

《谁想成为百万富翁》可能是英国电视史中最成功的有奖问答节目。

cast



all actors and actresses in a film

= all the performers in a film

【中文含义】n. 一部电影中的全体演员

【实战例句】There'll be a meeting for all cast members this afternoon.

今天下午剧组全体演员将开会。

英语为第二语言的学习者倾向于使用的表达

它在雅思考试中的常用联想短语或句型

>> cinematography



= the skill of making films

【中文含义】n. 影片中的摄影技术

【实战例句】What really impressed me about this film was the cinematography.

这部电影中让我印象最深刻的是它出色的摄影技术。

Can You Work with the Phrases and Expressions?

巩固练习

Do you recognise the words and phrases?

请找出近义词或近义短语

1. the advertising slot:

- A the amount of time that is allowed for advertising
- B the money that is spent on advertising
- C the most successful advertising campaign

2. be intensely advertised:
 - A be advertised by a celebrity
 - B be advertised with a lot of false claims
 - C be advertised with a lot of effort
3. ratings:
 - A the viewers' opinions of a TV programme
 - B the number of people who watch a TV programme
 - C the money spent on producing a TV programme
4. distort the truth:
 - A report the truth
 - B cover up the truth
 - C overlook the truth
5. be unbiased:
 - A be uninteresting
 - B be uninspiring
 - C be fair

KEY 1. A 2. C 3. B 4. B 5. C



Choose the best phrase for the blank in each sentence.

请选择最合适的句型或短语填入下面的句子空格中:

dominate the headlines

court media publicity

keep a low profile

escape reality

1. This small company is () in order to boost business.
2. The Minister's resignation ().
3. Life was so hard that many people found ways to ().
4. This quiet and shy young man has decided to () even though he is a famous writer now.

• KEY •

1. courting media publicity

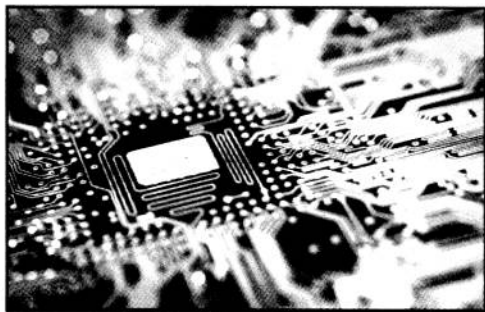
2. dominated the headlines

3. escape reality

4. keep a low profile

Lesson 7

Science & Technology



Native Speakers 在讨论 科技 话题时会频繁使用的
短语 & 句型

become widely available

★★★



a large number of people can use it

= can be easily obtained or used

【中文含义】得到广泛的普及

【实战例句】The Internet had become widely available to households in the UK by 2000. 截至 2000 年，因特网在英国已经广泛进入家庭了。

英语为第二语言
的学习者倾向于
使用的表达

它在雅思考试中的常见反义短语或句型

>> be shrouded in secrecy



★★★

= not able to be known

【中文含义】没有被大家所熟知

【实战例句】The business of national security has been shrouded in secrecy.
涉及国家安全的事务并没有被大家所熟知。

英语为第二语言
的学习者倾向于
使用的表达

break new ground

★★★



do new research

= to do something completely different from what has been
done before

【中文含义】开拓新的领域

【实战例句】This biologist and his team members have been breaking new ground in genetic research.

这位生物学家和他的研究队伍在基因领域做出了重大突破。

它在雅思考试中的常用联想短语或句型

(i) scientific breakthroughs



= a scientific discovery or achievement

【中文含义】科学上的新突破

【实战例句】With more scientific breakthroughs, the study of natural sciences has become more sought-after (热门的, 备受关注的) in recent years. 随着越来越多科技突破的出现, 对自然科学的研究在近些年来开始变得备受关注。

(ii) the advent of sth.



= the introduction of new technology, a new product or a new system

【中文含义】某种新科技、新产品或新制度的到来

【实战例句】The advent of the jet engine resulted in a large number of very fast planes. 喷气式发动机的到来引发了高航速飞机的大批量生产。(Cambridge IELTS 8 例句)

(iii) supersede / supplant sth.



= replace something, often as a result of being more powerful

【中文含义】取代 (过去的某种事物)

【实战例句】Eventually these were superseded by “small clock”, or French, hours, which split the day into two 12-hour periods. 最终这些被“小时钟”, 即法语里的小时所代替, 并将一天分成两个各 12 小时的时间段。(Cambridge IELTS 8 例句)

科技

welcome sth. with open arms



= be very pleased with sth. new

【中文含义】热情地迎接某种新技术的到来

【实战例句】TV viewers welcomed the arrival of HDTV with open arms. 观众们热情地欢迎高清晰度时代的到来。

它在雅思考试中的常用联想短语或句型

(i) popularise sth.



= make sth. popular or present sth. to the general public

【中文含义】让某种新生事物得到普及

【实战例句】The government has been trying to popularise these eco-friendly cars.

政府试图让这些环保汽车在人们之间得到普及。

(ii) dependency on sth.



= a situation in which you need something in order to live or succeed

【中文含义】对某事物的依赖

【实战例句】So integral have these time-based technologies become to day-to-day existence that our dependency on them is recognised only when they fail to work. 这些取决于时间的科技是如此不可缺少，以至于只有当它们不能正常运行的时候我们才会感觉到自己对它们的依赖。(Cambridge IELTS 8 例句)

genetic engineering



= scientific alteration (修改) of the structure of the genes in a living organism

【中文含义】基因工程

【实战例句】Genetic engineering can be used to create more productive and disease-resistant farm animals.

基因工程可以用来培育出生产力和抗病性更强的家畜。



科技

它在雅思考试中的常用联想短语或句型

(i) genetically-modified food



= crop plants created for human consumption using the latest molecular biology technology

【中文含义】转基因食品

【实战例句】Gene transfer from genetically-modified food to cells of the human body has caused public concern.

转基因食品中的改良基因对于人体的影响引起了公众的广泛担忧。

(ii) minimise the risk of sth.



= to reduce sth. harmful or unpleasant to the smallest amount or degree

【中文含义】尽可能减小某种风险出现的可能性

【实战例句】By minimising human involvement, the idea was to minimise the risk of flawed results. 尽可能减少人类干预的目的是尽量减小存在缺陷的结果出现的可能性。(Cambridge IELTS 8 例句)

cloud computing



= a term for any computing system that delivers hosted services over the Internet

【中文含义】云计算技术

【实战例句】Cloud computing will permit access to multiple data centers anywhere on Earth. 通过云计算技术, 计算机可以做到进入到世界上任何一个数据中心。

它在雅思考试中的常用 联想短语或句型

(i) telecommuting



= the use of telecommunication to work outside the traditional office

【中文含义】远程上班

【实战例句】The benefits of telecommuting include energy conservation (节约能耗), improved workplace safety and enhanced family values. 远程上班的优点包括节约能耗, 提高工作安全性, 还有增加家庭归属感。

(ii) meteorological satellites



= spacecraft that can be used to observe changes in weather patterns

【中文含义】气象卫星

【实战例句】Meteorological satellites have been used to monitor the weather and climate of the Earth. 气象卫星被用于监控地球上的气候天气变化。

科技

communications equipment



= equipment for verbal communication

【中文含义】通讯设备

【实战例句】Soldiers will benefit from the communications equipment during natural disasters. 士兵将在面对自然灾害的时候从通讯设备上得到便利。

它在雅思考试中的常用 联想短语或句型

>> teleconferencing



= group communication through an electronic medium

【中文含义】远程电视会议

【实战例句】Teleconferencing allows large companies to work more efficiently. 远程电视会议可以让大公司的工作更加有效率。

a manned mission



space travel with people

= a spaceflight carrying or performed by human beings

【中文含义】载人航天任务

英语为第二语言的学习者倾向于使用的表达

【实战例句】These scientists are discussing the possibility of a manned mission to Mars. 这些科学家正在讨论载人火星航行的可行性。

○ 它在雅思考试中的常用 联想短语或句型 ○

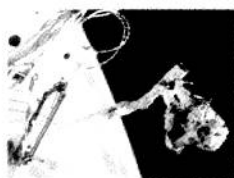
(i) **zero gravity / weightlessness** ★★☆☆

= the state of having no weight, especially because of being outside the Earth's atmosphere

【中文含义】失重状态

【实战例句】There are unique benefits in carrying out scientific research in space because of zero gravity.

在宇宙空间进行科学实验有着一个不可比拟的优势就是实验环境都是失重状态的。



(ii) **astronaut** ★★☆☆

= someone who travels and work in space

【中文含义】宇航员

【实战例句】Neil Armstrong was the first astronaut to walk on the moon.

尼尔·阿姆斯特朗是在月球行走的第一个宇航员。



(iii) **experiment with sth.** ★★☆☆

= try new methods or new ideas in order to find out what result they will have

【中文含义】对某种新事物进行试验

【实战例句】Pilkington had been experimenting with improving the melting process. 皮克星顿一直在对如何改善熔解过程进行试验。(Cambridge IELTS 8 例句)



■ **satisfy human curiosity** ★★☆☆

= tell us or show us what we want to hear or to see

【中文含义】满足人类的好奇心

【实战例句】A good reason to support space exploration is to satisfy human curiosity.

支持太空探索的一个重要理由就是这样可以满足人类的好奇心。



○ 它在雅思考试中的常用 联想短语或句型 ○

(i) **a hard-won discovery** ★★☆☆

= a discovery made after a great deal of effort

【中文含义】难得的发现

【实战例句】That their minds are not different from our own is demonstrated by the fact that the hard-won discoveries of scientists like Kepler or Einstein become the commonplace knowledge of schoolchildren. 天才们的头脑与我们并



无本质差别可以通过开普勒或爱因斯坦的艰难发现成为了普通在校学生的常识来获得证明。(Cambridge IELTS 8 例句)

(ii) space race



= the competition for supremacy in outer space

【中文含义】太空竞赛

【实战例句】Some people argue that the space race is just a pointless waste of taxpayers' money. 有人认为太空竞赛只是一场毫无意义的浪费纳税人金钱的游戏。

■ social networking websites



= websites that people can use to chat, play games and connect with friends and family members

【中文含义】社交网站

【实战例句】Social networking websites like Facebook and Twitter are a good way to make connections with people with similar interests and goals. 像 Facebook 和 Twitter 这样的社交网站给了人们联系其他有着共同兴趣目标的人一个平台。

○ 它在雅思考试中的常用联想短语或句型 ○

(i) interact with



= communicate and react to one another

【中文含义】相互交流，互动

【实战例句】The way many people interact with each other has changed because of technology. 很多人们相互交流的方式由于科技而改变了。(Cambridge IELTS 8 例句)

(ii) identity theft



= pretending to be someone else by assuming that person's identity

【中文含义】盗用用户名

【实战例句】Since the Internet does not require enough identification to confirm the user being the same with the owner, identity theft prevention is a very important issue. 由于因特网在鉴别使用者身份上做得并不太够，所以防止身份盗窃行为就显得格外重要。

■ e-mail fraud



= the use of e-mails to defraud another person of money

【中文含义】电子邮件诈骗

【实战例句】Three local men were convicted of e-mail fraud.

三名本地人犯下了电子邮件诈骗的罪行。

它在雅思考试中的常用联想短语或句型

>> e-mail spamming



= the practice of sending junk e-mails to a large number of people

【中文含义】被大批量群发的垃圾邮件

【实战例句】E-mail spamming can be very confusing and annoying.

被大批量群发的垃圾邮件是非常令人讨厌的。

artificial intelligence



= the use of computer technology to make computers and other machines think and do things in the way people can

【中文含义】人工智能

【实战例句】As information management becomes increasingly complex, artificial intelligence will allow us to share information within and across organisations. 随着信息管理的不断复杂化, 人工智能能让我们在组织内共享信息。

它在雅思考试中的常用联想短语或句型

>> a high-tech gizmo



= a small piece of high-tech equipment

【中文含义】泛指体积小的高科技产品

【实战例句】This high-tech gizmo is a fat removal device.

这个小巧的高科技产品是一个脂肪处理器。

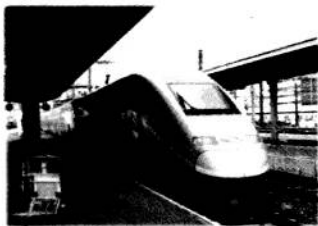
superconductor



= a substance that allows an electric current to move freely through it at a very low temperature

【中文含义】n. 超导

【实战例句】The use of maglev (磁悬浮) with superconductors has been on the rise. 使用超导技术的磁悬浮列车正在蓬勃发展。



它在雅思考试中的常用联想短语或句型

>> **supersonic**



= faster than the speed of sound

【中文含义】*adj.* 超音速的

【实战例句】Supersonic travel can considerably reduce flight time.

超音速旅行可以显著地减少旅行时间。

■ **be mechanised**



= be done by machine but be previously done by people or animals

【中文含义】机械化的

【实战例句】Mechanised farming has reduced the cost of production of various crops. 机械化农场可以减少种植各种作物的开销。

它在雅思考试中的常用联想短语或句型

>> **mass production**



= the process of producing large quantities of goods by using machines

【中文含义】大规模生产（现代工业的特征性标志之一）

【实战例句】Some people argue that mass production of standardised goods on assembly lines（装配线）is uncreative.

有些人认为在流水线上大规模生产标准化产品的过程是枯燥无聊的。

■ **Silicon Valley**



= a region south of San Francisco, which is known for its huge number of IT companies

【中文含义】硅谷，英语中很多时候也用来泛指 IT 产业

【实战例句】Thames Valley is often considered to be the UK's Silicon Valley.

泰晤士谷往往被认为是硅谷的英国版。

它在雅思考试中的常用联想短语或句型

>> **information highway**



= the global information and communications network

【中文含义】信息高速公路（应试时可以代替 the Internet）

【实战例句】There is a huge amount of information on the information highway, ranging from government services to technical support. 在信息高速公路上有着海量的信息，从政府服务的内容到技术支持上的知识，应有尽有。

■ speed up the pace of sth.

★★★



make sth. faster

= quicken the pace of sth.

【中文含义】加快某事物的节奏

【实战例句】The agency's services have helped laboratories to speed up the pace of scientific discovery.

代理服务可以帮助实验室加速科学探索的过程。

英语为第二语言
的学习者倾向于
使用的表达

○ 它在雅思考试中的常用联想短语或句型 ○

>> set priorities



= identify sth. important that must be done first

【中文含义】分清主次，确定需要优先完成的任务

【实战例句】The agency will set priorities for their scientific research.

代理人将为他们的科学研究设立优先性。

■ virtual reality



= an environment that is created with software and is presented to users in such a way that users believe it is real

【中文含义】由计算机网络虚拟的现实

【实战例句】In the future children may find human relationships inconvenient and confusing, and prefer to stay inside a virtual reality.

未来的孩子们可能会感觉人类间的关系过于复杂不便，于是他们更愿意待在自己的虚拟环境中。

○ 它在雅思考试中的常用联想短语或句型 ○

>> high-definition



= having resolution much higher than traditional devices

【中文含义】adj. 高清晰度的

【实战例句】High-definition TV can give the audience clear, crisp pictures with vivid colours. 高清晰电视可以提供给观众清晰锐利、色彩丰富的画面。

■ bring liberation from sth.



= free a person from sth.

【中文含义】让某人不再受……的束缚

【实战例句】Automation systems have brought liberation from exhausting labour and have set us free to enjoy more interesting work and leisure.

自动化系统将人们从费力的体力劳动中解放出来，而使我们可以参与其他更加悠闲有趣的工作。

它在雅思考试中的常用联想短语或句型

(i) automation



= the use of machines to do work instead of people

【中文含义】自动化

【实战例句】Some people argue that automation will result in the loss of jobs.

一些人认为自动化会带来大量工作机会的流失。

(ii) boost crop yield



= increase the amount of crops that are produced

【中文含义】提高农作物的产量

【实战例句】The farmers avidly took to pesticides as a sure measure to boost crop yield.

农夫们开始很热切地把杀虫剂作为一定会提高农作物产量的保障来使用。(Cambridge IELTS 8 例句)

科技

■ It is conceivable that...

★★★



It will be possible in the future that...

= possible to imagine

【中文含义】可以想见的是……

【实战例句】It is conceivable that robots will steadily replace humans in repetitive jobs. 可以想见的是，机器人将会逐渐代替人类来完成那些枯燥重复的工作。

英语为第二语言的学习者倾向于使用的表达

它在雅思考试中的常用联想短语或句型

>> realise the untapped potential of...



= use the ability that is not being used at present

【中文含义】发挥某事物尚未发挥出的潜力

【实战例句】These experts believe cloud computing (云计算) will help many companies to realise their untapped potential.

这些专家相信云计算技术将能帮助许多公司开发出它们的自身潜能。

Some scientific evidence has emerged to the contrary.



= There are research results that run counter to this.

【中文含义】有些科学研究成果已经证明（某种观点）并不正确。

【实战例句】There has never been any unbiased（不存在偏见的）evidence that this disease is genetic; in fact, some scientific evidence has emerged to the contrary.

从来没有任何确凿的证据能证明这些病是由基因引起的，事实上，一些科学证据甚至将结论指向了相反的方向。

它在雅思考试中的常见 反义短语或句型

There is considerable evidence suggesting that...



= There is ample evidence that...

【中文含义】有很多证据显示……

【实战例句】There is considerable evidence suggesting that exposure to lead（铅）may increase the release of human stress hormone. 有充足的证据可以证明长时间暴露在铅辐射下会显著增加人体压力荷尔蒙的释放。

科技

Can You Work with the Phrases and Expressions?

巩固练习

Are you ready to match definitions to phrases?

请在左侧的短语和右侧的对应释义间连线

1. a manned mission	A. tell us or show us what we want to hear or to see
2. space race	B. a spaceflight carrying or performed by human beings
3. artificial intelligence	C. pretending to be someone else online
4. satisfy human curiosity	D. the use of computer technology to make computers and other machines think and do things in the way people can
5. identity theft	E. the competition for supremacy in outer space

KEY 1. B 2. E 3. D 4. A 5. C



Do you recognise the words and phrases?

请找出近义词或近义短语

1. be widely available:
A be widely reported
B be widely blamed
C be widely accessible
2. be shrouded in secrecy:
A be widely known
B not be able to be known
C not be able to be achieved
3. scientific breakthrough:
A scientific research
B scientific arguments
C new scientific discovery
4. popularise an invention:
A make an invention familiar to ordinary people
B make an invention more beneficial
C make an invention more lucrative
5. telecommuting:
A working outside the office
B working on an immense project
C working on the telephone

KEY 1. C 2. B 3. C 4. A 5. A



Lesson 8



Friendship & Co-operation

Native Speakers 在讨论 友情与合作 话题时会频繁使用的短语 & 句型

■ social creature

★★★



part of society

= live in groups and enjoy being with other people

【中文含义】有社会属性的生物

【实战例句】Human beings, like many animals, are social creatures.

就像许多动物一样，人类也是社会生物。

英语为第二语言的学习者倾向于使用的表达

○ 它在雅思考试中的常见 近义 短语或句型 ○

>> **be gregarious and outgoing / be very sociable**



【中文含义】合群的，外向的

【实战例句】He's a gregarious and outgoing kind of person.

他是那种外向合群的人。

○ 它在雅思考试中的常用 联想 短语或句型 ○

>> **socialise with sb.**



= spend time with other people, e. g. , at a party

【中文含义】参加社交活动

【实战例句】It is normal for kids to refuse to speak their home language at the stage when they start to socialise with other kids.

到了孩子们开始参加社交活动的阶段，他们不愿再说自己在家中所说的语言是正常的。(Cambridge IELTS 8 例句)

means of communication

= methods of communication

【中文含义】沟通方式

【实战例句】Email is our main means of communication.

电子邮件是我们的主要交流手段。

它在雅思考试中的常用 联想短语或句型

>> communication skills / interpersonal skills

= the skills that someone uses to interact with other people

【中文含义】人际沟通的技能

【实战例句】The job requires excellent communication skills.

这个工作需要极强的交流技巧。



合作

participate fully in...

= take an active part in

【中文含义】完全参与到……当中去

【实战例句】Parents should spend as much time with their children as their job allows, help directly with their children's education and participate fully in their children's lives. 家长应该在工作时间允许下花尽量多的时间来陪伴他们的孩子，并在孩子的教育和生活中扮演重要的角色。

它在雅思考试中的常见 近义短语或句型

(i) take part in

= be involved in a particular activity

【中文含义】参与

【实战例句】They were anxious for me to take part in a conference they were planning.

他们急切地让我参与到他们策划的这个会议中来。

(ii) be supportive of sb.

= give sb. support ; be helpful and sympathetic

【中文含义】非常支持、配合某人

【实战例句】Paul's project manager was very supportive of him.

保罗的项目经理非常支持他的工作。(Cambridge IELTS 8 例句)



■ a kindred spirit

★★★



a person who likes the same things as you do

= a person whose interests and views are similar to your own

【中文含义】和某人志趣相投的人

【实战例句】We soon realised we were kindred spirits.

我们马上就意识到我们是如此地志趣相投。

英语为第二语言的学习者倾向于使用的表达

○ 它在雅思考试中的常用联想短语或句型 ○

(i) get along with...



★★★

= have a good relationship with...

【中文含义】与某人很合得来

【实战例句】My kids and their cousins just don't get along.

我的孩子们和他们的表亲们不是很合得来。

(ii) is the complete opposite of sb. /sth.



★★★

= a person or thing that is completely different from another

【中文含义】与某人或某事物截然相反

【实战例句】Isabel is very generous but her sister is the complete opposite of her.

伊萨贝尔非常慷慨，然而她的姐姐却与她完全相反。

合
作

■ First impressions are most lasting.



★★★

= our first ideas of sb. /sth. count

【中文含义】第一印象是最持久的

【实战例句】Job interviewers judge us before we even open our mouths, and first impressions are most lasting. 面试官在我们张嘴说话前就开始评价我们了，并且这个第一印象会一直延续下去。

○ 它在雅思考试中的常用联想短语或句型 ○

>> Honesty is the best policy.



★★★

= We should always tell the truth even when it seems it would be useful to tell a lie.

【中文含义】诚实才是最好的处事方法

【实战例句】Nearly everyone agrees that honesty is the best policy, but sometimes we have to tell a little white lie (善意的谎言) to avoid hurting others' feelings. 几乎所有人都认为坦诚是最好的策略，但我们往往会因为想避免伤害别人的感情而说一些善意的谎言。

be on the same wavelength



★★★

= completely understand the way that another person thinks

【中文含义】“有相同的波长”（指两人意见完全一致）

【实战例句】I don't think I'm on the same wavelength as my tutor.

我觉得我和我的辅导老师思维方式不同。（Cambridge IELTS 8 例句）

它在雅思考试中的常见 反义短语或句型

don't see eye to eye with sb.



★★★

= do not have the same opinion as sb.

【中文含义】与某人意见不一致

【实战例句】I don't see eye to eye with my dad on many things.

我和我父亲在很多事上都意见不统一。



合
作

a fair-weather friend



★★★

= be a good friend when it is easy for him/her to be one and stops when you are having problems

【中文含义】不能共患难的朋友

【实战例句】Michael had a lot of money and he knew a lot of people, but most of them turned out to be fair-weather friends. 迈克尔有很多的钱，认识很多的朋友，但是他的大部分朋友都是不能与他共患难的。

它在雅思考试中的常用 联想短语或句型

>> stab sb. in the back



★★★

= not loyal to someone who trusts you

【中文含义】背叛朋友

【实战例句】Oliver had been stabbed in the back by people who he thought were his friends. 奥利弗被他认为的朋友背叛了。

console sb. at times of sorrow

★★★



comfort sb. when he's sad

= try to make someone feel better when they are unhappy or disappointed

【中文含义】在某人伤心时安慰某人

英语为第二语言的学习者倾向于使用的表达

Native Speakers 在讨论友情与合作话题时会频繁使用的短语 & 句型

【实战例句】Pets make us feel wanted and console us at times of sorrow. 宠物能让我们觉得自己被别人需要，而其还能在我们伤心的时候安慰我们。

它在雅思考试中的常用联想短语或句型

>> joys and sorrows



= happiness and sadness

【中文含义】喜怒哀乐，通常使用复数形式

【实战例句】Her new book deals with life's joys and sorrows.



她的新书主要关注于生命中的喜怒哀乐。

■ compete on a level playing field

★★★



compete fairly

= compete in a situation that is fair for all the people involved

【中文含义】公平的竞争

【实战例句】The British media should compete on a level playing field.

英国媒体应该互相公平地竞争。

英语为第二语言的学习者倾向于使用的表达

它在雅思考试中的常用联想短语或句型

>> fair and square



= in a way that is clear and fair

【中文含义】公平公正地

【实战例句】She admitted that she'd been defeated fair and square.

她承认她是被光明正大地击败的。

Can You Work with the Phrases and Expressions?

| 巩固练习 |

Do you recognise the words and phrases?

请找出近义词或近义短语

1. participate in:

A have a party in

B take part in

C anticipate sth.

2. the complete opposite:

A be completely content with

合
作

B be completely different from

C be completely confused

3. be on the same wavelength:

A feel uncomfortable with the way another person thinks

B completely understands the way another person thinks

C use the same method in their research

4. do not see eye to eye with each other:

A disagree with each other

B cannot see each other

C do not have an eye

5. console sb.:

A motivate sb.

B steal sb.'s possessions

C make sb. feel better when he/she is unhappy

合
作

KEY 1. B 2. B 3. B 4. A 5. C



Choose the best phrase for the blank in each sentence.

请选择最合适的句型或短语填入下面的句子空格中:

social creatures

means of communication

interpersonal skills

kindred spirit

1. Sarah always thinks and feels the way I do. She's my ().

2. E-mail is our main ().

3. Jennifer does not feel comfortable connecting with people. She should improve her ().

4. Even though in general human beings are (), sometimes we just choose to be alone.

KEY

1. kindred spirit

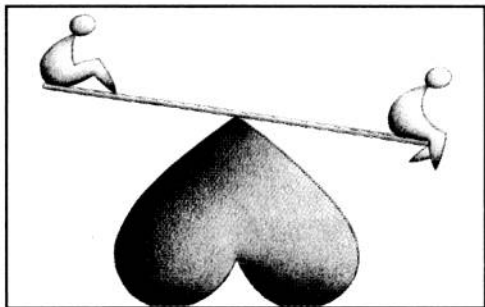
2. means of communication

3. interpersonal skills

4. social creatures

Lesson 9

Likes and Dislikes



Native Speakers 在讨论 爱憎 话题时会频繁使用的
短语 & 句型

■ get carried away

★★★



= become very emotional

【中文含义】非常激动的，忘乎所以的

【实战例句】Amelia got carried away when she started talking about the book.

艾米莉亚在开始谈论起那本书时变得非常激动。

get excited

英语为第二语言
的学习者倾向于
使用的表达

○ 它在雅思考试中的常见 反义短语或句型 ○

>> keep/stay/remain calm



★★★

= without hurried movement, anxiety or noise

【中文含义】保持平静的，坦然的

【实战例句】Erin is not very good at staying calm in difficult situations.

艾恩在困难的环境中很难保持冷静。

■ adore sb. /sth.

★★★



like sb. /sth. very much

= love sb. /sth. very much

【中文含义】极为喜爱某人或某事物

【实战例句】I adore sun-bathing. It's totally relaxing and reduces stress!

英语为第二语言
的学习者倾向于
使用的表达

我热爱日光浴。那真是可以放松并减轻压力啊！

它在雅思考试中的常见近义短语或句型

(i) be passionate about...



= be enthusiastic about...

【中文含义】对某事非常热衷

【实战例句】Joe is passionate about swimming. 乔对游泳非常热衷。

(ii) avid



= very enthusiastic

【中文含义】热切的

【实战例句】The farmers avidly took to pesticides as a sure measure to boost crop yield.
农夫们开始很热切地把杀虫剂作为一定会提高农作物产量的保障来使用。(Cambridge IELTS 8 例句)

have / has a yearning for sth.



= have/has a strong or loving desire for sth.

【中文含义】渴望得到某事物

【实战例句】He was a young actor with a yearning for recognition.
他是一个渴望得到认可的年轻演员。

它在雅思考试中的常用联想短语或句型

(i) have / has a craving for sth.



= have/has a strong desire for sth.

【中文含义】向往某事物

【实战例句】The boy had a craving for the attention of the older kids.
那个男孩渴望被年纪比他大的孩子所注意。

(ii) be superior to sth.



= better than sth. in quality

【中文含义】相比其他事物更出色的

【实战例句】What we appreciate, enjoy or marvel at (惊叹) in the achievements of prodigies are the skills similar to but so much superior to our own.
神童们的成就中让我们欣赏、享受或赞叹的部分是他们和我们同样拥有但却远胜于我们自己的技能。(Cambridge IELTS 8 例句)

■ be fond of sb. /sth.



★★★★

= have a great liking for someone or something

【中文含义】很喜欢某人或某事物

【实战例句】Jake is fond of horses. 杰克非常喜欢马。

○ 它在雅思考试中的常见 近义短语或句型 ○

>> quite like sb. /sth.



★★★★

= like sth. very much

【中文含义】挺喜欢某人或某事物的

【实战例句】Jacob quite likes going to the cinema.

雅各布挺喜欢去电影院的。

■ be indifferent to sth.

★★★★



do not care about

= not caring about other people's problems or feelings

【中文含义】无动于衷的

【实战例句】In the past they were indifferent to conservation (节约资源) issues.

在过去我们没有把节约资源当回事。

英语为第二语言
的学习者倾向于
使用的表达

○ 它在雅思考试中的常见 反义短语或句型 ○

(i) preference



★★★★

= the feeling of wanting or liking sb. or sth. more than sb. or sth. else

【中文含义】偏好

【实战例句】Shona needs to do further research in order to identify (确定) the preferences of the public.

Shona 需要做进一步的研究来确定公众的偏好。(Cambridge IELTS 8 例句)

(ii) be concerned about...



★★★★

= be troubled with feelings of anxiety

【中文含义】关注，担忧

【实战例句】Her parents were very concerned about her safety.

她的父母对她的安全非常担忧。

dislike sb. /sth.

☆☆☆



do not like

= find sb. /sth. unpleasant

【中文含义】v. 不喜欢某人或某事物

【实战例句】Ryan dislikes the idea of testing children in such a narrow way.

瑞恩不喜欢那种片面地对孩子进行测试的方式。

英语为第二语言
的学习者倾向于
使用的表达

它在雅思考试中的常用联想短语或句型

(i) have a strong aversion to sb. /sth.



= have a strong feeling that you dislike sb. /sth.

【中文含义】强烈地反感某人或某事物

【实战例句】Molly has a strong aversion to spiders.

茉莉特别反感蜘蛛。

(ii) be reluctant to do sth.



= not willing to do sth.

【中文含义】不愿去做某事

【实战例句】It was a remote village and some of them were reluctant to speak to me.

那是个偏远的村子，有些人不愿与我说话。(Cambridge IELTS 8 例句)

(iii) can't stand sb. /sth.



= cannot tolerate sb. /sth.

【中文含义】不能容忍某人/某事

【实战例句】I can't stand people dropping litter.

我不能容忍别人随地乱扔垃圾。



爱
憎

loathe sth.



= hate sb. /sth. very much

【中文含义】非常厌恶某人或某事物

【实战例句】Marty loathes spiders. 玛蒂厌恶蜘蛛。

它在雅思考试中的常用联想短语或句型

>> detest sb. /sth.



= hate sb. /sth. very much

【中文含义】非常憎恶某人或某事

【实战例句】Isaac detests being late. 伊萨克憎恨迟到的行为。

Can You Work with the Phrases and Expressions?

| 巩固练习 |

Do you recognise the words and phrases?

请找出近义词或近义短语

1. be carried away:
 A be deeply hurt
 B be completely comfortable
 C be extremely attracted to
2. adore sb. /sth. :
 A be disappointed about
 B be passionate about
 C be antagonistic towards
3. have an aversion to sb. /sth. :
 A find sb. /sth. very unpleasant
 B find sb. /sth. very pleasing
 C find sb. /sth. very amusing
4. have a yearning for:
 A have a grudge against
 B have a craving for
 C cannot see each other
5. be indifferent to sth. :
 A be concerned about sth.
 B do not care about sth.
 C have a soft spot for sb.
6. be fond of sth.
 A quite like sth.
 B have mixed feelings about sth.
 C be worried about sth.

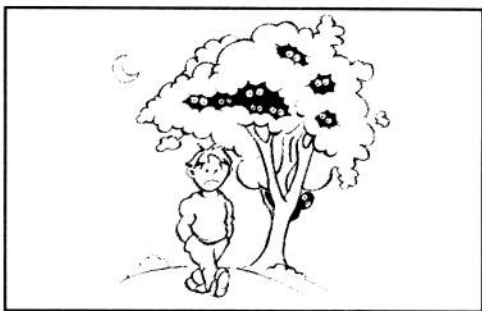
爱
憎

KEY

1. C 2. B 3. A 4. B 5. B 6. A

Lesson 10

Effort, Plan & Decision



Native Speakers 在讨论 努力、计划与决定 话题时会频繁使用的短语 & 句型

in advance



= before sth. happens or is expected to happen

【中文含义】预先

【实战例句】If you're coming to the party, please let me know in advance.

如果你要来这次派对，请提前通知我一声。

它在雅思考试中的常见 近义短语或句型

>> beforehand



= before sth. happens or is done

【中文含义】预先

【实战例句】Emma had phoned beforehand to let me know she was coming.

爱玛在来之前提前电话通知我了。

它在雅思考试中的常用 联想短语或句型

(i) draw up a plan / a list



= prepare and write a plan or a list

【中文含义】制订一个较为正式的计划或列表

【实战例句】The researchers drew up a list demanding new standards for future research.

研究人员们制订了一个列表要求为将来的研究确立新的标准。(Cambridge IELTS 8 例句)

(ii) intend to do sth.



= have a plan in sb. 's mind to do sth.

【中文含义】计划去做某事

【实战例句】Paul originally intended to get involved in tourism.

保罗起初打算涉足旅游业。(Cambridge IELTS 8 例句)

have one's heart set on sth.

★★★



really want to do sth.

= really want sth. to happen

【中文含义】非常渴望某事发生

【实战例句】Cindy has her heart set on having a big house.

辛迪把梦想寄托在拥有一所大房子上面了。

英语为第二语言
的学习者倾向于
使用的表达

它在雅思考试中的常见近义短语或句型

>> make up one's mind



★★★

= make a decision

【中文含义】决定（去做某事）

【实战例句】I've made up my mind — I'm moving to China.

我下定决心了——我要搬去中国。

它在雅思考试中的常见反义短语或句型

>> have mixed feelings about sth.



★★★

= have both good and bad emotions about sth.

【中文含义】对某事的态度不是很明确

【实战例句】The audiences have mixed feelings about the new film.

对于这部新电影，观众们对其褒贬不一。

它在雅思考试中的常用联想短语或句型

>> ... will determine sth.



★★★

= control what sth. will be

【中文含义】某事物将由……来决定

【实战例句】Time and money are two major factors that will determine where we travel, when and for how long. 时间和金钱是决定我们去哪里旅游、何时去旅游、旅游多久的两大决定性因素。

be up in the air



★★★

= be uncertain

【中文含义】悬而未决的

【实战例句】Zak's future at the company is still up in the air.

扎克在公司的未来仍然悬而未决。

○ 它在雅思考试中的常见近义短语或句型 ○

>> **sb. is still wavering between... and...**



= sb. is not certain about what to say or do

【中文含义】某人仍然在两事物间犹豫不决

【实战例句】Maisie is still wavering between visiting her parents and going to France.

梅茜还是在究竟去访问她父母还是去法国之间犹豫不决。

○ 它在雅思考试中的常见反义短语或句型 ○

>> **convince sb. to do sth.**



= make sb. believe doing sth. is right

【中文含义】说服某人去做某事

【实战例句】By 1955 he had convinced the company to build a full-scale plant.

至 1955 年，他已经成功地劝说公司建立了一座规模完整的厂房。

(Cambridge IELTS 8 例句)

○ 它在雅思考试中的常用联想短语或句型 ○

>> **sb. has no say in sth.**



= sb. does not have the right to be involved in a discussion about sth.

【中文含义】某人对某事没有发言权

【实战例句】Louie made the decision. The staff had no say in the matter.

路易已经做出了决定，其他员工在此事上再没有发言权了。

计划与决定

■ pay off

★★★



pay oneself

= (of sth. you have done) brings you benefits

【中文含义】(付出的努力) 给人以

【实战例句】All those weeks of studying paid off. 连续多周的学习终于带来了回报。

英语为第二语言的学习者倾向于使用的表达

○ 它在雅思考试中的常用联想短语或句型 ○

(i) **bear fruit**



= have a successful result

【中文含义】产生成果

【实战例句】All your work will bear fruit in the end.

你的所有努力在最后都会得到回报的。

(ii) fruitful



= producing good results

【中文含义】成果丰硕的

【实战例句】It was one of the most fruitful discussions, with both sides agreeing to adopt (采纳) a common policy (政策).

这次会谈是最有成效的会谈之一，双方都同意采纳了一个折中的政策。

(iii) You reap what you sow.



= If you do bad things to people, bad things will happen to you.

【中文含义】[英谚] 种瓜得瓜，种豆得豆。

【实战例句】If you treat your friends like that, of course they leave you out. You reap what you sow. 如果你对你的朋友这样，他们当然会离开你的，你这叫自作自受。

■ a golden opportunity



= a valuable opportunity

【中文含义】宝贵的机会

【实战例句】Daniel got a place at university, which gave him a golden opportunity to do research on air pollution prevention. 丹尼尔在大学里申请到了一个职位，这让他研究大气污染防治上拥有了一个黄金机会。

○ 它在雅思考试中的常用联想短语或句型 ○

>> seize the opportunity



= eagerly do sth. when one has the chance to

【中文含义】抓住机遇

【实战例句】They encouraged the government to seize the opportunity to improve the pension reform. 他们敦促政府要抓住机遇来推行新一轮的退休金改革。

■ go down the drain



waste time

= be completely wasted

【中文含义】(努力、投资等) 付诸东流

【实战例句】I tried for three years to run this business but now I'm bankrupt (破产)

英语为第二语言的学习者倾向于使用的表达

了)。All my efforts went down the drain. 我耗费了三年时间来经营这笔生意，可是如今却破产了，我的一切努力都付诸东流了。

它在雅思考试中的常见 近义 短语或句型

>> be in vain



【中文含义】(努力) 是无用的

【实战例句】We put tables and chairs out in the garden but it started to rain and all our efforts were in vain. 我们把桌椅都在花园里摆好了，但是突然下起的雨让我们的工作变成了无用功。

■ exert oneself

★★★



do one's best

= use a great deal of physical or mental effort

【中文含义】尽力

【实战例句】She'll have to exert herself more than she does now if she wants to succeed in sales.

如果她想在销售领域成功的话，她就要付出比现在多得多的努力。

英语为第二语言的学习者倾向于使用的表达

它在雅思考试中的常见 近义 短语或句型

>> apply oneself



= work very hard on sth.

【中文含义】尽最大努力 (请注意这个短语中的 apply 不是申请的意思)

【实战例句】I'm sure you can solve the problem if you apply yourself.

如果你全身心地投入的话，我相信你可以解决这个问题。

计划与决定

■ come to fruition

★★★



become true

= achieve the intended result

【中文含义】(计划、想法等) 得到实现

【实战例句】His idea came to fruition with an exhibition of the students' work.

通过一场学生作品的展览，他的想法得以实现了。

英语为第二语言的学习者倾向于使用的表达

它在雅思考试中的常见 反义 短语或句型

>> fall by the wayside



【中文含义】(计划等) 落空

【实战例句】Our plan fell by the wayside because they didn't want to get involved.

我们的计划落空了，因为他们根本不想被波及。

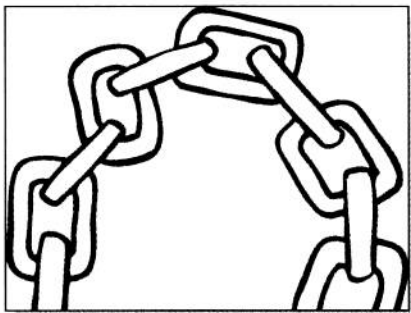
■ a weak link (in the chain)

= the weakest part of a plan

【中文含义】(某个计划或体系当中的) 薄弱环节

【实战例句】The weak link in the chain is the computer software that controls the entire (全部的) system.

这个体系中最薄弱的一环就是整个系统都是由一个电脑软件所控制的。



它在雅思考试中的常用联想短语或句型

>> The only fly in the ointment is...

= the only drawback in sth. is...

【中文含义】美中不足的是……

【实战例句】The only fly in the ointment was my sister who insisted on whispering (窃窃私语) through the first half of the show.

美中不足的就是在整个节目的前半段我都得忍受我妹妹的窃窃私语。



■ cut both ways

= has both positive and negative aspects

【中文含义】有利有弊

【实战例句】Censorship (审查) cuts both ways. It prevents people from being corrupted (思想被腐蚀), but it often also prevents them from knowing what is really going on. 审查制度是一把双刃剑。一方面它保护了人们的思想免受腐蚀，另一方面它也阻碍了人们了解事情究竟是什么样的机会。



■ a recipe for disaster

= a plan that is likely to lead to bad results

【中文含义】肯定会导致问题的计划或方案

【实战例句】They declared this plan a recipe for disaster.



他们宣称这个方案肯定会导致灾难。

它在雅思考试中的常用联想短语或句型

>> infallible



= not capable of making mistakes

【中文含义】*adj.* 绝对可靠的，万无一失的

【实战例句】Experts are only human. They're not infallible.

专家也是人，他们也无法做到万无一失。

Can You Work with the Phrases and Expressions?


| 巩固练习 |

Are you ready to match definitions to phrases?

请在左侧的短语和右侧的对应释义间连线

1. in advance	A. the weakest part of a plan
2. go down the drain	B. before sth. happens or is expected to happen
3. be up in the air	C. be likely to produce bad results
4. a recipe for disaster	D. be uncertain
5. a weak link	E. be completely wasted

计划与决定

KEY 1. B 2. E 3. D 4. C 5. A 

Do you recognise the words and phrases?

请找出近义词或近义短语

1. will determine sth. :

A will ruin sth.

B will regulate or settle sth.

C will deter sth.

2. be fruitful:


A cause painful

B be motivating

C be productive

3. seize the opportunity:
 A grasp the opportunity
 B overlook the opportunity
 C pass up the opportunity
4. fall by the wayside:
 A fall drastically
 B fall asleep
 C fall through
5. infallible:
 A always has the intended effect
 B always has a negative effective
 C tend to fall

KEY 1. B 2. C 3. A 4. C 5. A



Lesson 11

Clothing & Fashion



Native Speakers 在讨论 服装与时尚 话题时会频繁使用的短语 & 句型

■ hand-me-downs



★★★

= clothing which has been used by someone and then given to another person in the family

【中文含义】 亲人穿过的旧衣物

【实战例句】 I had to wear my brother's hand-me-downs

我只好穿我哥哥传下来给我的衣服。

○ 它在雅思考试中的常用联想短语或句型 ○

>> tattered clothing



★★☆

= clothing that is old and torn

【中文含义】 破旧的衣服

【实战例句】 He was an old man in a tattered grey coat

他是一个穿着破旧的灰衣服的老人。

■ Dress for success.



★★★

= the belief that people judge a person by what he/she wears

【中文含义】 穿着决定成功。

【实战例句】 Noah is a firm believer in dressing for success

诺阿是一名“穿着决定成功”的忠实信徒。

它在雅思考试中的常用联想短语或句型

>> dress for comfort



= try to dress comfortably

【中文含义】穿衣看重舒适

【实战例句】Don't dress for style. Dress for comfort.

不要为了时尚而穿衣，要为了舒适而穿衣。

■ sb. has impeccable taste in clothing



= has outstanding ability to judge what is good or suitable for clothing

【中文含义】对衣着很有品位

【实战例句】Brandon is well-known for his impeccable taste in clothing.

布兰顿因为他无可挑剔的穿着品味而出名。

它在雅思考试中的常见反义短语或句型

>> tacky clothing



= clothing that looks cheap and of poor quality

【中文含义】没品位的服装

【实战例句】Revealing clothing would be too tacky and impolite for such a formal occasion.

在这种正式的情况下，穿着暴露的服装是非常没有品味和不礼貌的。

■ Clothes make the man.



= People will judge you according to the way you dress.

【中文含义】人要衣装。

【实战例句】Scarlett believes if clothes make the man, then it's shoes that define the woman. 斯嘉丽相信男人靠衣装，女人靠鞋装。

它在雅思考试中的常用联想短语或句型

(i) casual clothes



= clothes that are suitable for wearing in informal situations

【中文含义】休闲服装

【实战例句】Mariah likes to wear casual clothes. 玛利亚喜欢穿休闲的衣服。

(ii) dressy clothes



= clothes that are worn on formal occasions

【中文含义】风格正式的服装

【实战例句】Young people who want to express themselves through clothing may find dressy clothes boring. 现在喜欢通过穿衣来彰显个性的年轻人可能觉得那些风格正式的服装十分无聊。

(iii) elegant clothes



= clothes that are beautiful in a graceful way

【中文含义】优雅的服装

【实战例句】Jane likes to wear elegant clothes and expensive accessories (首饰).
简喜欢穿优雅的服装和昂贵的首饰。

■ fashion-conscious



= interested in the latest fashions

【中文含义】对时尚非常敏感的，时尚意识很强的

【实战例句】Bailey is very fashion-conscious. 贝莉是个对时尚非常敏感的女孩。

○ 它在雅思考试中的常用联想短语或句型 ○

>> a fashion victim



= someone who always wears fashionable clothes even if the clothes sometimes make them look silly

【中文含义】时尚的受害者，过于追求时尚的人

【实战例句】Blake is in danger of becoming a fashion victim. 布雷克是个时尚的受害者。

时尚

■ breathable clothing



= clothing that is comfortable because it is made of cloth that has a lot of very small holes

【中文含义】透气的衣服

【实战例句】I'm trying to find more breathable clothing for the humid weather.
我正在找更加透气的衣服以应对这潮湿的天气。

○ 它在雅思考试中的常用联想短语或句型 ○

>> waterproof clothes



= clothes that keep you dry because they do not let rain pass through them

【中文含义】防水的衣服

【实战例句】Waterproof clothes are the best way to deal with rainy days.
在下雨的日子里穿防水的衣服是最好的。

Can You Work with the Phrases and Expressions?

| 巩固练习 |

Do you recognise the words and phrases?

请找出近义词或近义短语

1. tattered clothing:

- A brand-new clothing
- B elegant clothing
- C old and torn clothing

2. hand-me-downs:

- A clothes that are worn on formal occasions
- B clothes that too expensive for the average wage-earners
- C clothes that have been used by someone and then given to another person in the family

3. impeccable taste:

- A perfect flavour
- B an outstanding ability to judge sth.
- C repulsive taste

4. tacky clothing:

- A clothing of low quality
- B trendy clothing
- C old-fashioned clothing

5. elegant clothing:

- A hideous clothing
- B graceful clothing
- C revealing clothing

KEY 1. C 2. C 3. B 4. A 5. B

Lesson

12

Reading & Writing



Native Speakers 在讨论 读写技能 话题时会频繁使用的短语 & 句型

■ a multisensory experience



= an experience that involves several bodily senses

【中文含义】多感官的体验

【实战例句】Reading is a multisensory experience. It involves the scent of the ink and the texture of the paper, not to mention the words on the pages.

阅读是一种多感官的体验。它包含了书墨的香气，纸张的触感，更不要说包含在文章中的词句了。

它在雅思考试中的常用联想短语或句型

>> soulless



= (of media) lacking human influence or qualities

【中文含义】*adj.* 无法给人以触动的

【实战例句】The electronic media may be too soulless to replace books. 电子图书难以给到读者那种触动心灵的感觉，所以它难以替代传统图书的地位。

■ literacy



= the ability to read and write

【中文含义】*n.* 读写能力

【实战例句】The government is funding an adult literacy programme.

政府在努力扶持一个帮助成人学习读写的项目。

它在雅思考试中的常用 联想短语或句型

>> illiterate



= unable to read and write

【中文含义】*adj.* 不识字的

【实战例句】In this country, nearly half of the population is illiterate.

在这个国家里，有将近一半的人口是文盲。

messy handwriting



= untidy handwriting

【中文含义】十分潦草的字迹

【实战例句】Students' messy handwriting may cause poor grades on their written work. 学生潦草的字迹会影响他们写作的成绩。

它在雅思考试中的常见 反义短语或句型

>> calligraphy



= the art of fine handwriting or penmanship

【中文含义】*n.* 书法

【实战例句】Calligraphy has practically become a lost art in today's computerised society.

在如今这个全民电脑化的时代，书法已经成为了一种失传的艺术了。

它在雅思考试中的常用 联想短语或句型

>> avoid typos



= avoid small mistakes in a printed document

【中文含义】避免打字或印刷错误

【实战例句】Even in an outline document like this, you really have to be careful to avoid typos.

即使在像这样的提纲型文件里，你也需要认真避免打字错误。(Cambridge IELTS 8 例句)

audio book / talking book



= a recording of a voice reading a book

【中文含义】有声读物

【实战例句】Many commuters are big users of audio books.

每天来回奔波的上班族是有声读物的主要消费群体。

它在雅思考试中的常用联想短语或句型

>> multimedia



= using video, sound and other methods of communication

【中文含义】*adj.* 多媒体的

【实战例句】**Multimedia** tools will allow students to learn the material at a greater depth.

多媒体工具使得学生们在学习的时候能有更深层的体会。

Can You Work with the Phrases and Expressions?

巩固练习

Do you recognise the words and phrases?

请找出近义词或近义短语

1. a multisensory experience:

A an experience that does not involve the five senses

B an experience that involves electronic sensors

C an experience that involves several bodily senses

2. literacy:

A the ability to grow crops

B the ability to read and write

C the ability to handle stress

3. soulless:

A lacking knowledge

B lacking human influence or qualities

C lacking independence

4. messy handwriting:

A readable handwriting

B neat handwriting

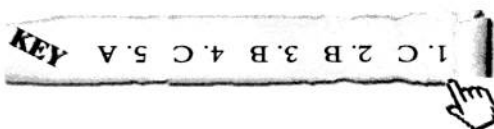
C untidy handwriting

5. multimedia:

A using video, sound and other methods of communication

B using traditional means of communication

C using electricity



Lesson 13

Money



Native Speakers 在讨论 购物与金钱 话题时会频繁使用的短语 & 句型

disposable income

★★★



income

【中文含义】(每月除纳税与还贷等之外剩余的) 可支配收入

【实战例句】Since they don't have any children and their rent

is very cheap, they've a lot of disposable income. 由于他们没有孩子而且房租也非常便宜, 所以他们手头可支配的收入相当宽裕。

英语为第二语言的学习者倾向于使用的表达

它在雅思考试中的常用联想短语或句型

(i) conspicuous consumption



= buying expensive things to show people how rich someone is

【中文含义】大手大脚的消费

【实战例句】Many people believe that conspicuous consumption is an antisocial behaviour. 很多人认为大手大脚的消费是一种对社会有害的行为。

(ii) levy a tax on...



= officially request payment of a tax

【中文含义】(政府) 对……征税

【实战例句】A new tax has been levied on cigarettes.
政府开始征收一项新的香烟税。

be economical

★★★



money-saving

= not cost a lot of money

【中文含义】经济实用的，节省开支的

【实战例句】A small family car is more economical than a large car.

一辆小的家用汽车比大型汽车要经济些。

英语为第二语言的学习者倾向于使用的表达

它在雅思考试中的常见近义短语或句型

(i) be cost-effective



★★★

= be economical in terms of the services received for the money spent

【中文含义】物有所值的

【实战例句】We need a cost-effective solution to the problem.

我们需要找出一个能解决这个问题的高性价比解决方案。

(ii) be penny-wise and pound-foolish



★★☆

= be extremely careful about small amounts of money but not careful enough about larger amounts

【中文含义】贪图小利吃大亏

【实战例句】These education budget cuts are really penny-wise and pound-foolish

这份削减教育预算的决议实在是贪小便宜吃大亏。

a source of income



★★★

= sth. from which a person's income comes

【中文含义】收入来源

【实战例句】Edward does not have any other source of income apart from his job.

除了他的工作，爱德华没有其他的收入来源了。

它在雅思考试中的常用联想短语或句型

(i) scrimp and save to do sth.



★★☆

= spend very little money because you want to save it to buy sth. expensive

【中文含义】(为了将来进行某种很高的消费而)省吃俭用

【实战例句】They had to scrimp and save to pay for the holiday. 他们为了假期省吃俭用。

(ii) belong to sb.



★★★

= be owned by sb.

【中文含义】属于某人的财物

【实战例句】If you take things belonging to the company without permission (未经许可), you will face disciplinary action. 如果你未经许可拿走公司财物, 则将面对惩戒措施。(Cambridge IELTS 8 例句)

■ make ends meet

★★★



only have enough money to pay the bills

= have enough money to pay one's basic expenses

【中文含义】勉强保持收支平衡

【实战例句】My wages were so low I had to take a side job just to make ends meet. 我的工资实在是太低了, 我还得干另外一份兼职才能勉强保持收支平衡。

英语为第二语言的学习者倾向于使用的表达

它在雅思考试中的常用联想短语或句型

(i) be broke



★★★

= be completely without money

【中文含义】身无分文 (请注意这个意思不能说成 be broken)

【实战例句】I'm always broke by the end of the month. 我每个月都是月光族。

(ii) abject poverty



★☆☆

= extreme poverty

【中文含义】极端的贫困

【实战例句】Over a billion people are still living in abject poverty and each year, over six million children die as a result of malnutrition (营养不良). 有超过 10 亿的人还生活在极端的贫困之中, 而且每年有 600 万的儿童死于营养不良。



■ the cost of living



★★★

= the average cost for the basic necessities of life, such as food, shelter and clothing

【中文含义】生活开支

【实战例句】If you are a student planning on moving to London, one important consideration will be the cost of living there.

如果你是一名正准备搬到伦敦的学生, 那么你必须要考虑好生活成本的问题。

它在雅思考试中的常用联想短语或句型

(i) **standard of living**



= the type of life that a person or society has

【中文含义】生活水平，生活标准

【实战例句】Britain has a varied standard of living, from the very affordable to the really expensive.

从极易达到的到非常昂贵的，英国有着多样化的生活标准。

(ii) **receipt**



= a document that you get from someone showing that you have given them money

【中文含义】收据

【实战例句】If you return wanted shoes straightaway, with a receipt, the shop will probably give you a refund. 如果你退回不想购买的鞋并附有收据，商店很可能会给你退款。(Cambridge IELTS 8 例句)

cost sb. a fortune



be too expensive

= cost sb. a lot of money

【中文含义】让某人花了很多钱

【实战例句】A tank of petrol can cost you a fortune these days.

在如今，加满一箱汽油要花费你一笔不菲的钱。

英语为第二语言的学习者倾向于使用的表达

它在雅思考试中的常见近义短语或句型

(i) **The bill for... is exorbitant.**



= being very expensive

【中文含义】某物过于昂贵

【实战例句】The bill for dinner in that restaurant is exorbitant.

那家餐馆的餐费实在是太昂贵了。

(ii) **prohibitively high prices**



= prices that are so high they prevent people from buying sth.

【中文含义】过于高昂的价格

【实战例句】Apart from the prohibitively high medicine prices, the cost of maintaining medical equipment is rising as well.

除了过于高昂的医疗费用，对医疗器械的维护费用也同样上涨了。

它在雅思考试中的常见反义短语或句型

(i) **be free of charge**



= cost nothing

【中文含义】完全免费的

【实战例句】You can buy two and pay for just one — the other is free of charge.

这件商品是买一送一的，赠品完全免费。

(ii) **make a fortune**



= earn a very large amount of money

【中文含义】发财

【实战例句】Even if you don't make a fortune from this herb, there are few sights more attractive than a field of purple coneflowers. 即使你不靠这些草药发财，也很少会有比一望无际的紫色金花菊更吸引人的美景了。(Cambridge IELTS 8 例句)

the haves and the have-nots



= the rich and the poor

【中文含义】(某一社会里的) 有钱人与穷人的总称



【实战例句】Unfortunately, the gap between the haves and the have-nots has been widening. 不幸的是，贫富之间的鸿沟正在不断加宽。

它在雅思考试中的常用联想短语或句型

>> **accumulate wealth**



= collect a large amount of money over a long period of time

【中文含义】聚积财富

【实战例句】Benjamin accumulated much of his wealth through real estate investment. 本杰明通过投资房地产积累了很多财富。

a status symbol



= a possession that is considered the symbol of someone's money or power

【中文含义】身份与地位的标志

【实战例句】Green (环保的) cars are considered status symbols these days. 环保汽车如今被看做是身份的象征。

它在雅思考试中的常用联想短语或句型

(i) **luxury goods**



= goods for which demand increases more than proportionally as income rises

【中文含义】奢侈品

【实战例句】Expensive clothes and accessories are considered luxury goods.
昂贵的衣服和首饰被认为是奢侈品。

(ii) commodity



= sth. that can be bought and sold

【中文含义】商品的较正式说法

【实战例句】Fish were a vital commodity in growing towns and cities, where food supplies were a constant concern. 由于食品供应一直令人担忧，在不断发展的城镇中鱼是一种极为重要的商品。(Cambridge IELTS 8 例句)

be acquisitive



= always trying to get things

【中文含义】总想索取的，贪得无厌的

【实战例句】She's an acquisitive person, always wanting to gain and possess new things. 她是一个贪得无厌的人，总是想着去占有新的东西。

它在雅思考试中的常用联想短语或句型

>> vanity



= being too interested in someone's own abilities or appearance

【中文含义】n. 虚荣心，自负

【实战例句】Reece wants the job purely for the reason of vanity.
瑞斯纯粹是出于虚荣才想得到那份工作的。

金钱

tighten one's belt



spend less because sb. has less money

= spend less than you did before

【中文含义】勒紧裤腰带，节省开支

【实战例句】Joel had to tighten his belt since he lost his job.

因为丢了工作，乔尔要开始勒紧裤腰带生活了。

英语为第二语言的学习者倾向于使用的表达

它在雅思考试中的常见近义短语或句型

>> do sth. on a shoe string



= do sth. using very little money

【中文含义】花很少的钱去做某事

【实战例句】This business is run on a shoestring.

这份生意是在精打细算的条件下完成的。

cannot afford sth.



★★★

= do not have enough money to be able to pay for sth.

【中文含义】买不起某物

【实战例句】They can't afford such expensive holidays.

他们承担不起如此昂贵的假期旅行。

它在雅思考试中的常用联想短语或句型

>> be beyond sb. 's means



★★☆

= be too expensive for sb.

【中文含义】超过了某人的消费能力

【实战例句】The medical charges are beyond the means of needy families.

对于那些需要帮助的家庭来说，昂贵的医疗费用只能让他们望洋兴叹。

be dirt-cheap



★★★

= be very cheap

【中文含义】非常便宜的

【实战例句】The hotel we stayed in was dirt-cheap, but our room was very nice.

虽然我们入住的酒店十分便宜，但房间环境却非常好。

它在雅思考试中的常见近义短语或句型

>> a bargain



★★★

= a lower-than-usual price

【中文含义】很便宜的

【实战例句】These shoes are a bargain at just 15 pounds.

这些低价鞋只卖 15 镑。

它在雅思考试中的常用联想短语或句型

>> be undervalued



★★☆

= be considered to be worth less than sth. really is

【中文含义】价值被低估的

【实战例句】Smell is probably the most undervalued sense in many cultures. 嗅觉大概

是在很多文化中最被低估的一种感官。(Cambridge IELTS 8 例句)

■ go on a shopping spree



★★★★

= spend a lot of money on a single shopping trip

【中文含义】疯狂购物

【实战例句】Rosie went on a shopping spree this weekend.

露丝这周末去商场大血拼了。

○ 它在雅思考试中的常见反义短语或句型 ○

>> window-shopping



★★★

= the activity of looking at things in shop windows but not buying anything

【中文含义】只看橱窗但不购买

【实战例句】Window-shopping is fun for some and frustrating for others. 光看不买的行为对一些人来说是种乐趣，而对另一些人来说则十分讨厌了。

■ keep track of sth.

★★★★



know where sth. is

= keep a record of

【中文含义】掌握某事物的动向

【实战例句】Scarlett found it hard to keep track of her expenses.

斯嘉丽发觉要找出她把钱都花在哪儿了可真是一件困难的事。

英语为第二语言的学习者倾向于使用的表达

○ 它在雅思考试中的常见反义短语或句型 ○

>> lose track of sth.



★★☆

= fail to keep track of sth.

【中文含义】失去对某事物动向的了解

【实战例句】Kaya never lost track of her favourite celebrities.

凯亚对她最崇拜的偶像从来都是了如指掌。

英语为第二语言的学习者倾向于使用的表达

■ fall short

★★★★



is not enough

= be less than the amount that is needed

【中文含义】不够，缺少

【实战例句】We tried to raise (募集) eighty thousand pounds, but unfortunately we fell short by about ten thousand. 我们计划募集到 80,000 英镑的

款额，但不幸的是，最终我们差了大约 10,000 镑。

它在雅思考试中的常用联想短语或句型

>> fall short of one's expectations



= is disappointing to someone

【中文含义】未能达到某人的期望

【实战例句】He kept falling short of my expectations.

他总是达不到我对他的期望。

Only... won't balk at this price.

☆☆☆



Only rich people can afford it.

= Only... will not hesitate to pay for sth.

【中文含义】只有（非常富有的人）才不会对这种价格望而却步。

【实战例句】Only well-heeled（富有的）business people won't balk at this price, especially when buyers can get just 3 hours of battery life.

只有（非常富有的人）才不会对这种价格望而却步，尤其是这个产品只有 3 个小时的电池寿命。

英语为第二语言的学习者倾向于使用的表达

它在雅思考试中的常见近义短语或句型

>> a prohibitive price



= a price that is too high for the average people

【中文含义】价格过于高昂的

【实战例句】The price of land in London is prohibitive.

伦敦的地价过于高昂。

covet sth.

☆☆☆



wish to own something that belongs to another person

= want sth. that sb. else has

【中文含义】非常希望得到（别人已经拥有的东西）

【实战例句】The laptop looks pretty cool and this is the closest I've ever got to actually coveting a Dell laptop.

这款笔记本电脑看起来非常不错，这回我真是头一次想拥有一台戴尔电脑。

英语为第二语言的学习者倾向于使用的表达

它在雅思考试中的常用联想短语或句型

>> **envy sb.**



= want very much to do sth. that sb. else does

【中文含义】羡慕某人

【实战例句】I envy people who are always optimistic.

我很羡慕那些始终保持乐观的人。

financial support



money lent to

= financial help

【中文含义】财务上的支持

【实战例句】The UN provided financial support to the refugees (难民).

联合国为难民提供经济援助。

英语为第二语言的学习者倾向于使用的表达

它在雅思考试中的常见近义短语或句型

>> **financial aid**



= money that an organization or a government gives to a country or an area

【中文含义】经济援助

【实战例句】Some people believe that the government should spend less on overseas financial aid.

一些人认为政府应该减少在海外援助上的支出。

它在雅思考试中的常用联想短语或句型

>> **financial issue**



= financial subject that people discuss

【中文含义】有关财务或财政的议题

【实战例句】Financial issues are critical to the government.

财政问题对于政府而言很关键。(Cambridge IELTS 8 例句)

金
钱

keep up with the Joneses



compare one's own possessions with others'

= try to be as rich as your neighbours

【中文含义】与他人去攀比

【实战例句】This society has been having a "keeping up with the Joneses" complex

英语为第二语言的学习者倾向于使用的表达

Native Speakers 在讨论购物与金钱话题时会频繁使用的短语 & 句型

(情结) for years and now it's crashing down around its people.

这个社会一直有着互相攀比的积习, 并且现在人们已经在饱尝这种恶习的后果了。

它在雅思考试中的常用联想短语或句型

>> peer pressure



= the influence other people of your age have on the way you behave

【中文含义】来自于同辈人的压力

【实战例句】Peer pressure can be very disorienting (令人迷失方向的) for children.

来自于同辈的压力很容易让孩子们迷失方向。

Can You Work with the Phrases and Expressions?

| 巩固练习 |

Are you ready to match definitions to phrases?

请在左侧的短语和右侧的对应释义间连线

1. prohibitive price	A. have no money
2. disposable income	B. cost a lot of money
3. make ends meet	C. have enough money to pay one's basic expenses
4. cost sb. a fortune	D. money that you have left to spend after you have paid your bills
5. be broke	E. unusually high price
6. a status symbol	F. sth. that shows high social rank or position

KEY

1. E 2. D 3. C 4. B 5. A 6. F

金
钱

Lesson 14

Music



Native Speakers 在讨论 音乐 话题时会频繁使用的
短语 & 句型

musical instruments



= objects such as pianos or guitars that are played to produce musical sound

【中文含义】乐器

【实战例句】William plays saxophone, flute, clarinet and several other musical instruments. 威廉姆会演奏萨克斯风、长笛、黑管和一些其他乐器。

它在雅思考试中的常用联想短语或句型

>> be musically-inclined



= have a natural talent for music

【中文含义】在音乐方面有天赋的

【实战例句】Jacob is really musically-inclined. He can play so many instruments.
雅克布是一位真正的音乐天才。他会演奏如此多的乐器。

can't carry a tune



can't sing well

= cannot sing musical notes correctly

【中文含义】唱歌走调

【实战例句】She has an awful voice and simply can't carry a tune.
她的声音非常难听而且唱歌十分跑调。

英语为第二语言
的学习者倾向于
使用的表达

它在雅思考试中的常见 近义短语或句型

>> be tone-deaf



= be unable to sing a tune correctly because you cannot hear the difference between the musical notes

【中文含义】对音调完全没有感觉的

【实战例句】Some singers in these pop groups are totally tone-deaf.

一些流行组合中歌手完全就是乐盲。

open-air concert



= a concert that takes place outside a hall in the open air

【中文含义】露天音乐会

【实战例句】Their open-air concert was a resounding success (巨大的成功)。

他们的露天演唱会大获成功。

它在雅思考试中的常用 联想短语或句型

(i) symphony orchestra



= a large orchestra that plays classical music

【中文含义】交响乐团

【实战例句】Both our National Symphony Orchestra and National Theatre Company were involved in the planning of the project.

我们的国家交响乐团与国家剧院都参与了这个项目的企划。(Cambridge IELTS 8 例句)

(ii) blaring music



= loud and unpleasant music

【中文含义】音量很大、令人烦躁不安的音乐

【实战例句】Alex found the blaring music from the speakers very annoying.

阿莱克斯觉得从扬声器里发出的刺耳音乐声十分令人烦躁。

be suffused with...



The music is full of...

= (of music) be filled with...

【中文含义】(音乐) 饱含某种特质

【实战例句】His music is suffused with passion. 他的音乐饱含激情。

英语为第二语言的学习者倾向于使用的表达

它在雅思考试中的常用联想 短语或句型

>> be steeped in...



= be completely surrounded by...

【中文含义】沉浸在某种氛围当中

【实战例句】The city is steeped in history and tradition.

这座城市富于历史的沉淀和传统的韵味。

■ acoustic music



= music that is not made louder with electronic equipment

【中文含义】“不插电”的音乐

【实战例句】Acoustic music has had a resurgence in popularity due to the recent popularity of musicians playing live without electric amplification (扩音). 由于最近又流行起来乐手不借助扩音设备直接在台上演奏的模式, 这种“不插电”音乐旋风正在乐坛强势回归。



它在雅思考试中的常用联想 短语或句型

>> airplay



= the number of times a piece of music is played on the radio

【中文含义】一首歌曲在电台获得的播放次数

【实战例句】A song needs a lot of airplay in order to become a hit.

一首歌曲要在电台被反复播放才能成为一支流行主打金曲。

■ pop chart



= a list of the best-selling songs within a particular period

【中文含义】流行歌曲排行榜

【实战例句】Each week the new UK pop charts are announced on Sunday.

每周的英国流行歌曲排行榜会在周日公布。

它在雅思考试中的常用联想 短语或句型

(i) best-selling album / bestseller



= an album that is extremely popular

【中文含义】热卖的专辑

【实战例句】It's not easy to sell albums in the very competitive music industry, but her albums are all best-sellers.

如今想在竞争激烈的乐坛分得一块蛋糕并非易事，然而她的所有专辑都无一例外地成为了畅销专辑。

(ii) be just another a flash in the pan



= be sth. good that happens only once and will not be repeated

【中文含义】(明星等) 只是昙花一现

【实战例句】The band rose to success suddenly and then disappeared just as quickly. It was just another flash in the pan.

这支乐队在短暂的成功后迅速沉沦，成为了乐坛中的又一颗流星。

■ a smash hit



a very popular song

= sth. such as a song or a film that is extremely successful

【中文含义】(歌曲、电影等) 极大的成功

【实战例句】The singer's first album was a smash hit and now she's attempting to duplicate (复制) that success. 这名歌手的第一张专辑在市场上——炮走红，现在她在尝试继续复制这种成功。

英语为第二语言的学习者倾向于使用的表达

○ 它在雅思考试中的常用联想短语或句型 ○

>> have / has what it takes



= have the characteristics and habits of a successful person

【中文含义】(某人) 具有获得成功所必需的所有素质

【实战例句】Lexie is very creative and highly-motivated. She really has what it takes to become a successful artist. 蕾克西是个创新意识强并且积极上进的人。她真的具有获得成功所必需的所有素质。

Can You Work with the Phrases and Expressions?

| 巩固练习 |

Do you recognise the words and phrases?

请找出近义词或近义短语

1. musical instruments:

A sth. that you use for listening to music

B sth. that you use for amplifying music

C sth. that you use for playing music

2. musically-inclined:

A musically talented

B musically untrained

C musically insensitive

3. can't carry a tune:

A cannot read musical notation

B can't play the rhythm correctly

C cannot sing musical notes correctly

4. blaring music:

A uplifting music

B loud and unpleasant music

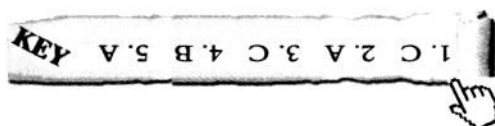
C soothing music

5. airplay:

A the number of times a piece of music is played on the radio

B a flight level

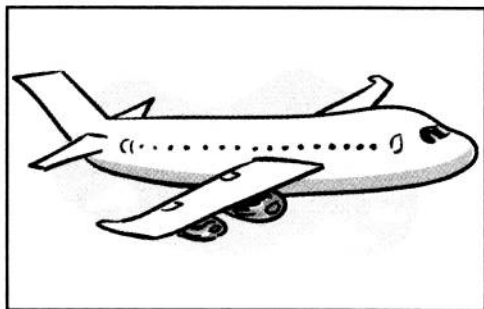
C a space mission



Lesson

15

Travel



Native Speakers 在讨论 旅行 话题时会频繁使用的
短语 & 句型

holidaymakers



★★★★

= people who are on holiday away from where they usually live

【中文含义】*n.* 度假者

【实战例句】Australian holidaymakers were flocking to Asia as the Australian dollar continued to rise in value.

随着澳元的持续升值，澳洲的度假者蜂拥来到了亚洲。

它在雅思考试中的常用联想短语或句型

(i) book a flight



★★★★

= buy a ticket for a flight

【中文含义】预订航班

【实战例句】A student changes his/her mind about plans to study and decides not to take the booked flight.

一名学生改变了学习计划并决定不搭乘预订的航班。(Cambridge IELTS 8 例句)

(ii) flock to...



★★★★

= move to a place in large numbers

【中文含义】蜂拥而至

【实战例句】It's hardly surprising that tourists flock to see the area.

游客们蜂拥而至这个区域并不让人感到惊奇。(Cambridge IELTS 8 例句)

(iii) **paid holiday**



= a period of time when you are paid by the place where you work although you are not at work

【中文含义】带薪休假

【实战例句】The majority of the workers have been entitled to paid holidays.

大多数员工享有带薪休假。(Cambridge IELTS 8 例句)

■ **backpacker**



a walking traveller

= someone who travels around an area on foot or public transport, carrying a backpack

【中文含义】n. 背包族

【实战例句】Jayden is an avid backpacker and photographer.

贾伊登是一名热忱的背包旅行者及摄影师。

英语为第二语言的学习者倾向于使用的表达



○ 它在雅思考试中的常用联想短语或句型 ○

(i) **souvenir**



= sth. someone buys during a holiday to remind him/her later of being there

【中文含义】旅行纪念品

【实战例句】Adam kept the tickets as souvenirs from the trip.

亚当把旅行中的车票当做纪念品收藏。

(ii) **exhibit**



= an object that is part of an exhibition

【中文含义】博物馆中的展品

【实战例句】Some of the exhibits are fragile and we don't want them to be accidentally knocked. 有些展品很易碎，我们不希望它们被无意地碰坏。(Cambridge IELTS 8 例句)

■ travel agency



★★★

= a business that helps people to make travel arrangements

【中文含义】旅行社

【实战例句】Unscrupulous travel agencies should be shut down.

对那些为了赢利不择手段的旅行中介应该予以取缔。

○ 它在雅思考试中的常用联想短语或句型 ○

>> package tour



★★★

= a complete trip, including fare, accommodations and tour guides, in an all-inclusive price

【中文含义】由旅行社安排的旅游

【实战例句】Package tours are a more convenient way to pick and choose how you want to travel in this region.

对于在这个地区选择如何旅行来说, 参加由旅行社安排的固定游览线路无疑是更方便的选择。

■ peak season / high season



★★★

= a part of the year when many tourists visit a place

【中文含义】旅游旺季

【实战例句】Hotel room rates are normally higher during the peak season / high season. 在旅游旺季, 酒店的价格一般要比平时高些。

○ 它在雅思考试中的常见反义短语或句型 ○

>> slack season / low season



★★★

= the time of year when a place is not busy

【中文含义】旅游淡季

【实战例句】Low-season travel tends to be much more fun because crowds are smaller and lines are shorter. 在旅游淡季旅行无疑要更有趣一些, 因为排队和拥挤的现象都不那么严重了。

■ jet airliner

★★★



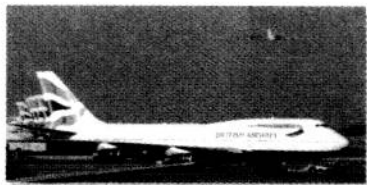
plane

= a passenger plane that gets its power from a jet engine

【中文含义】喷气式客机

英语为第二语言的学习者倾向于使用的表达

【实战例句】Jet airliners have negative impact on the environment because their engines emit noise and greenhouse gases. 喷气式客机在环保方面起着消极的作用，在飞行中它们的引擎会排出许多温室气体。



它在雅思考试中的常用联想短语或句型

>> jet lag



= the feeling of being very tired because you have travelled quickly across parts of the world where the time is different

【中文含义】长途旅行之后感觉到的时差反应（请注意两个城市之间的时间差异则是叫做 time difference）

【实战例句】Jet lag can be quite irritating. 长途旅行后的时差反应可是件让人头痛的事。

commodity



products that can be bought or sold

= a product that can be traded

【中文含义】n. 商品

【实战例句】Some people fear that tourism may turn cultural heritage (文化遗产) into a collection of commodities.

一些人害怕旅游业会将文化遗产转变为一种商品的收藏。

英语为第二语言的学习者倾向于使用的表达

它在雅思考试中的常用联想短语或句型

>> commercialised



= involved with buying and selling

【中文含义】商业化的

【实战例句】It is a pity that these tourist destinations have become so commercialised. 这些旅游景点变得如此商业化真是一种遗憾。

旅行

make sb. more tolerant and open-minded



help sb. to know more about new things

= increase someone's awareness of and willingness to accept beliefs that are different from his/her own

英语为第二语言的学习者倾向于使用的表达

【中文含义】让某人对不同的事物更加包容

【实战例句】By travelling abroad people can discover new ways of thinking and different lifestyles, which makes them more tolerant and open-minded. 通过四处旅行, 人们可以体味到不同的思想和生活方式, 这可以让他们变得更加宽容、更加易于接受新事物。

它在雅思考试中的常用联想 短语或句型

>> be an eye-opener



= be sth. that is surprising and that you can learn new things from

【中文含义】让人大开眼界的事物

【实战例句】The photo taken by the astronaut was an eye-opener.
宇航员拍下的照片真是让人大开眼界。

eliminate preconceptions



= do away with the ideas formed before enough information is available

【中文含义】消除成见

【实战例句】Some may argue that international tourism breaks down barriers and eliminates preconceptions.
一些人认为国际旅游跨越了国界的障碍并且消除了人们间的成见。

它在雅思考试中的常见 反义 短语或句型

>> confirm one's prejudices



= support one's opinion that is formed without enough thought or knowledge

【中文含义】增强了某人所持的偏见

【实战例句】The experience only confirmed Lauren's prejudices about these products.
这份体验让劳伦更加增强了对这个产品的偏见。

ease tension



improve relationship

= reduce the feeling of dislike or lack of respect for each other

【中文含义】缓和紧张关系

【实战例句】Sports events are essential in easing international tension.
体育赛事在缓和国际间紧张关系上起着至关重要的作用。

英语为第二语言
的学习者倾向于
使用的表达

它在雅思考试中的常见 近义短语或句型

>> **deepen mutual understanding**



= increase the level of understanding of each other

【中文含义】加深相互了解

【实战例句】Some people argue that international tourism is a major contributor to international peace and deepens mutual understanding among nations. 一些人认为国际旅游为世界和平和各国间相互加深理解提供了重要的助力。

它在雅思考试中的常见 反义短语或句型

>> **be considered to be offensive**



= be considered to be unpleasant or insulting

【中文含义】被认为是冒犯别人的

【实战例句】Smells that are considered to be offensive in some cultures may be perfectly acceptable in others. 在某些文化中被认为是容易冒犯别人的味道在其他文化里却被认为是完全可以接受的。(Cambridge IELTS 8 例句)

generate tax revenue



create tax income

= increase the tax income that a government receives

【中文含义】产生税收

【实战例句】On the one hand, international tourism generates tax revenue. On the other hand, it incurs additional costs. 一方面来说，国际旅游增加了税收收入。另一方面，旅游业也增加了额外支出。

英语为第二语言的学习者倾向于使用的表达

它在雅思考试中的常见 反义短语或句型

>> **incur additional costs**



= involve more expenses

【中文含义】导致更多的支出

【实战例句】Building facilities such as airports and railways incur additional costs. 建造像机场和铁路这样的设施导致了支出费用的增加。



旅行

tourist attraction



= a place that many tourists go to

【中文含义】旅游景点

【实战例句】Buckingham Palace is the Queen's official residence and is a major tourist attraction in London.

白金汉宫是女王的官方住所并且是伦敦市的主要旅游景点。

它在雅思考试中的常用联想短语或句型

>> tourist destination



= a place that many tourists visit

【中文含义】很多旅游者前往的目的地

【实战例句】The island of Bali has been one of the world's most popular tourist destinations. 巴厘岛曾经是世界上最富盛名的旅游胜地。

hit the road

★★★



start a trip

= leave a place or begin a journey

【中文含义】出发，上路

【实战例句】It's already 11:20. Let's hit the road.

已经 11:20 了，我们出发吧。

英语为第二语言的学习者倾向于使用的表达

它在雅思考试中的常见反义短语或句型

>> stick around



= stay in the same place for a bit longer

【中文含义】留下来

【实战例句】Stick around. Holly's band is going to play soon.

再待一会儿，霍莉的乐队马上就要上场演出了。

venture off the beaten path

★★★



go to places others don't visit

= visit a place that is not well-known to the general public, usually located in a secluded (偏僻的) area

【中文含义】(旅行中) 到人迹罕至的地方去

【实战例句】Jeep Patriot may be a good option (选择) for buyers who like to venture off the beaten path. 对于那些喜欢旅行到人迹罕至的地方的顾客来说，Patriot 牌的吉普车是个很好的选择。

英语为第二语言的学习者倾向于使用的表达

旅行

它在雅思考试中的常用联想短语或句型

>> be in the middle of nowhere



= be in a place that is far away from where most people live

【中文含义】位于人迹罕至的地方

【实战例句】I'll need a map to find that building — it's in the middle of nowhere. 我真得需要一张地图才能找到那个建筑——它建在了一片人迹罕至的地方。

itinerary



travel plan

= a plan of a journey that a person is going to make, including information about when and where he/she will travel

英语为第二语言的学习者倾向于使用的表达

【中文含义】n. 旅行时的行程安排

【实战例句】First-time travellers tend to be extremely specific in their itineraries and end up with itineraries that are too rigid.

首次旅行的人们通常会在制订行程安排时过于细致，从而导致旅行计划缺乏灵活性。

它在雅思考试中的常用联想短语或句型

(i) luggage



= bags and suitcases that a person takes on a journey

【中文含义】n. 旅行时携带的行李

【实战例句】Some changes to carry-on luggage restrictions have been announced.
一些对可带上飞机的行李规定的变更被发布了。

(ii) travel light



= travel with limited luggage and belongings

【中文含义】旅行时只携带轻便行李

【实战例句】I prefer to travel light and rarely need more than one suitcase.

我喜欢在旅行时只携带很轻便的行李，很少多于一个公文包。

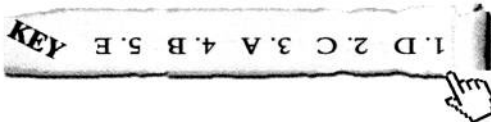
Can You Work with the Phrases and Expressions?

| 巩固练习 |

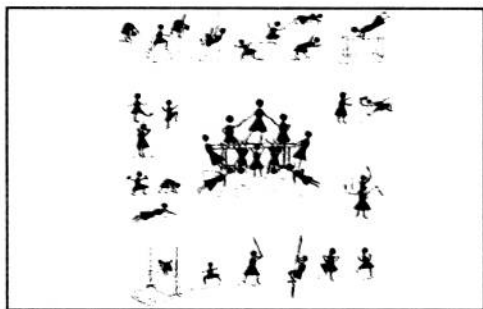
Are you ready to match definitions to phrases?

请在左侧的短语和右侧的对应释义间连线

1 travel agency	A. memento
2 backpacker	B. a passenger plane that gets its power from a jet engine
3 souvenir	C. someone who travels around an area on foot or public transport, carrying a backpack
4 jet airliner	D. a business that helps people to make travel arrangements
5 commodity	E. a product that can be traded



Lesson 16 Sports



Native Speakers 在讨论 运动 话题时会频繁使用的
短语 & 句型

strenuous sports

★★★



tiring sports

= sports that demand a lot of physical energy

【中文含义】非常耗费体力的运动

【实战例句】Doing strenuous sports activities may result in exhaustion.

参加高耗体力的运动会导致筋疲力尽。

英语为第二语言
的学习者倾向于
使用的表达

它在雅思考试中的常用联想短语或句型

(i) exhaustion



= feeling extremely tired

【中文含义】n. 筋疲力尽

【实战例句】Stefanie felt ill with exhaustion. 斯黛芬妮感觉筋疲力尽，身体难受。

(ii) endurance



= the ability to bear suffering for a long time

【中文含义】耐力

【实战例句】Running a marathon is a test of human endurance.

跑马拉松是对人体极限的挑战。

(iii) build up stamina



= improve the ability to make a great deal of effort over a long period of time without getting tired

【中文含义】增进耐力

【实战例句】I'm hoping tennis will help me build up my stamina.

我希望网球能帮助我增进耐力。(Cambridge IELTS 8 例句)

aerobic exercise



★★★

= energetic physical exercises

【中文含义】有氧运动

【实战例句】Aerobic exercise such as running, walking and swimming can improve cardiovascular (心血管的) health.

像跑步、散步、游泳等有氧运动可以提高心血管的健康水平。

它在雅思考试中的常用联想短语或句型

>> burn calories



★★★

= burn fat

【中文含义】“燃烧卡路里”（减少体内脂肪）

【实战例句】Determining (确定) how many calories you can burn by playing certain sports is not an exact science.

通过参与特定的体育运动来确定自己消耗了多少卡路里并不是一门精确的科学。

sports event



★★★

= an event that features competition in different sports

【中文含义】体育赛事

【实战例句】Major sports events can benefit the economy because of improvements to the local or regional infrastructure and the related job growth.

通过建立诸多基础设施和增加大量工作机会，重大体育赛事的确可以刺激经济增长。

它在雅思考试中的常用联想短语或句型

>> fierce competition



★★★

= intense, powerful or physically violent competition

【中文含义】激烈的竞争

【实战例句】Car manufacturers are facing fierce international competition.

汽车制造商们正在面临着国际上激烈的竞争。

■ athletic talent

★★★



sports talent

= natural talent in sports

【中文含义】运动天赋

【实战例句】Players with athletic talent learn easily and excel quickly.

拥有运动天赋的运动员学习并成长起来的速度都非常快。

英语为第二语言的学习者倾向于使用的表达

○ 它在雅思考试中的常用联想短语或句型 ○

>> record-breaking

 ★★★

= surpassing any previously-established record

【中文含义】adj. 打破纪录的

【实战例句】Aaron was a record-breaking athlete. 阿隆是一名打破过记录的运动员。

■ an outlet for one's energy

★★★



a way to spend one's energy

= a way of making good use of extra energy

【中文含义】释放（过剩）能量的途径

【实战例句】Doing exercises can offer a new outlet for our energy.

锻炼身体可以给我们多余的精力提供一个发泄的途径。

英语为第二语言的学习者倾向于使用的表达

○ 它在雅思考试中的常见近义短语或句型 ○

>> let off steam

 ★★★

= get rid of excess energy by doing sth. physically active

【中文含义】释放压力

【实战例句】Lessons last for a standardised 50 minutes and are always followed by a 10-minute break, which gives the pupils a chance to let off steam.

每堂课的长度都是标准化的 50 分钟，而且课间均有 10 分钟的休息，可以给学生们机会去释放压力。（Cambridge IELTS 8 例句）

■ evenly-matched

 ★★★

= with each person having an equal chance to win

【中文含义】adj. （体育比赛中）棋逢对手的，实力相近的

【实战例句】The two teams are fairly evenly-matched.

这两支队伍在比赛中真是棋逢对手。

它在雅思考试中的常用联想短语或句型

>> dominate sth.



= play much better than your opponent in a game or sport

【中文含义】(在体育比赛中) 完全占据上风

【实战例句】Their team completely dominated the first half of the match.

在比赛的上半场, 他们的队伍在场上完全占据了上风。

a cliffhanger



= a situation that is exciting because its result is uncertain until it happens

【中文含义】一场充满悬念的比赛

【实战例句】Manchester United defeated its opponent in a cliffhanger

曼彻斯特联队在一场充满悬念的比赛里艰难击败了他们的对手。

它在雅思考试中的常见反义短语或句型

>> be predictable



= sth. happens in a way that you know about before it happens

【中文含义】(比赛) 没有任何悬念的

【实战例句】That was the most predictable match in the past two years.

这是近两年来最没有悬念的一场比赛。

teamwork



= the ability of a group to work well together

【中文含义】n. 团队合作

【实战例句】When managed properly, teamwork can improve responsiveness to change. 如果管理得当, 团队合作可以提高员工的责任心。

它在雅思考试中的常用联想短语或句型

>> team spirit



= the feeling of loyalty among members of a team

【中文含义】团队精神

【实战例句】They believe that team building activities can foster team spirit.

他们相信团队建设活动可以培养团队精神。

cricket



★★★

= a game played by two teams of 11 players who get points by hitting a ball with a bat and running between two sets of sticks called stumps

【中文含义】*n.* 板球（有鲜明英国特色的体育运动之一）

【实战例句】Cricket is considered a peculiarly English sport.

板球被认为是一种英国特有的运动。



它在雅思考试中的常用联想短语或句型

>> horse racing



★★★

= a sport in which riders race against each other on horses

【中文含义】赛马

【实战例句】Horse racing is a popular spectator sport（观赏运动）in the UK.

赛马运动在英国是一种非常受欢迎的观赏运动。

good sportsmanship



★★★

= fair and honest behaviour in sport

【中文含义】运动员精神（公正、诚实等）

【实战例句】One of the most important goals of kids' sports is helping children develop a sense of good sportsmanship. 让孩子参加运动最重要的一个目标就是运动可以让孩子们在成长中学到运动员精神。

它在雅思考试中的常用联想短语或句型

>> football hooligans



★★★

= violent football fans

【中文含义】足球流氓

【实战例句】Some football hooligans smashed up the pub after the game.

一群足球流氓在比赛结束后把酒吧砸了。

Can You Work with the Phrases and Expressions?

| 巩固练习 |

Choose the best phrase for the blank in each sentence.

请选择最合适的句型或短语填入下面的句子空格中：

strenuous sport	athletic talent	sports event
fierce competition	teamwork	

1. This company is thriving despite the ().
2. Now we can watch many () online for free.
3. Superior () is very rare.
4. Not only can squash be played for leisure, it can be played as a very () as well.
5. Most people would agree that () is essential for business success.

· KEY ·

- | | | |
|-----------------------|------------------|--------------------|
| 1. fierce competition | 2. sports events | 3. athletic talent |
| 4. strenuous sport | 5. teamwork | |

Lesson 17

Skill



Native Speakers 在讨论 技能 话题时会频繁使用的
短语 & 句型

■ acquire knowledge / acquire a skill

★★★



learn a skill

= obtain knowledge / a particular skill

【中文含义】获取某种技能

【实战例句】The acquisition of effective learning skills can help students to acquire knowledge more independently.

掌握有效的学习技巧可以帮助学生们更独立地获得知识。

英语为第二语言
的学习者倾向于
使用的表达

它在雅思考试中的常用联想 短语或句型

(i) innate talent



★★★

= talent that people are born with

【中文含义】先天就具有的才能，天赋

【实战例句】Innate talent is what differentiates a person who has been trained to play a sport or a musical instrument, from those players who are naturally good. 那些经过训练才学会一门运动或乐器的人和那些天生就展现出才华的人最大的区别就在于后者拥有先天性的天赋。

(ii) consult an expert



★★★

= ask for advice from sb. who has special knowledge about a particular subject

【中文含义】咨询专家

【实战例句】Consulting experts can be useful in certain circumstances.

在特定情况下咨询专家会很有帮助。(Cambridge IELTS 8 例句)

(iii) problem-solving ability

= the ability to find solutions to problems

【中文含义】解决实际问题的能力

【实战例句】People who can speak two languages display greater creativity and problem-solving ability. 会说两种语言的人们展示出更强的创造力和解决实际问题的能力。(Cambridge IELTS 8 例句)

have/has the knack of doing sth.

= have/has a special skill in doing sth. difficult

【中文含义】有某种特殊的小技能

【实战例句】Oscar has the knack of making friends wherever he goes.
奥斯卡有到哪里都能交到朋友的天赋。

它在雅思考试中的常用 联想短语或句型

>> mediocre

= neither very good nor very bad

【中文含义】adj. 平庸的，没有特色的

【实战例句】Corey reads many mediocre novels.
科里读了很多平庸的小说。

know sth. inside out

know sth. very well

= know everything about a subject

【中文含义】很透彻地了解某事物

【实战例句】Chris knows the system inside out.
克里斯对这个系统了如指掌。

英语为第二语言
的学习者倾向于
使用的表达

它在雅思考试中的常见 近义短语或句型

>> know sth. backwards (and forwards)

= have detailed knowledge of sth.

【中文含义】洞悉某事物

【实战例句】After 30 years in the business, she knows it backwards (and forwards).
在这行干了30年后，她对这门生意倒背如流。

○ 它在雅思考试中的常用 联想短语或句型 ○

>> get the hang of sth.



= to succeed in learning how to do sth. after practising it

【中文含义】初步掌握某种技能

【实战例句】After a couple of days of using the new operating system, I think I've finally got the hang of it.

在使用了新的操作系统几天后，我认为我已经初步掌握了它的功能。

■ be rusty



is not good any longer

= (of a skill) not as good as it used to be because it has not been practised for a long time

英语为第二语言的学习者倾向于使用的表达

【中文含义】某种技能由于缺乏使用而变得不够熟练，“生锈了”

【实战例句】My German is very rusty these days.

我的德语已经非常生疏了。

○ 它在雅思考试中的常用 联想短语或句型 ○

>> hone (a skill)



= improve a particular skill

【中文含义】锻炼某种技能

【实战例句】Sophie's debating skill was honed at the debating club (辩论社团).

苏菲在辩论社团里不断锻炼她的辩才。

■ be adept at sth.



be good at

= be very skilful at doing sth.

【中文含义】非常擅长于某事

【实战例句】Reece is adept at cooking. 瑞斯非常擅长烹饪。

英语为第二语言的学习者倾向于使用的表达

○ 它在雅思考试中的常见 近义短语或句型 ○

>> be proficient in sth.



= be very skilful at sth.

【中文含义】(对某种知识或技能) 掌握得非常纯熟

【实战例句】Katrina is proficient in mathematics. 科瑞娜精通数学知识。

它在雅思考试中的常用联想短语或句型

(i) **is beyond sb.**



= be too difficult for sb. to understand

【中文含义】(某事物) 让某人实在难以理解

【实战例句】Quantum physics is completely beyond me.

量子物理实在是超出我的理解极限了。

(ii) **be out of sb. 's depth**



= do not have the skills to deal with sth.

【中文含义】超出了某人的能力范围

【实战例句】I was out of my depth in the advanced class so I had to move to the intermediate class.

我在进阶班已经跟不上进度了，所以我只好转到中级班了。

■ **use sb. as a guinea pig**



do experiments on sb.

= use sb. in an experiment

【中文含义】(学会某种新技能之后) 把某人当成试验品

【实战例句】Sarah's looking for volunteers to act as guinea pigs for her new recipe (烹饪方法). 莎拉为了实验她的新秘方，正在积极寻找志愿品尝者。

英语为第二语言的学习者倾向于使用的表达

它在雅思考试中的常用联想短语或句型

>> **testing ground**



= a situation in which you can try new ideas and methods

【中文含义】(经常作比喻的用法) 试验场

【实战例句】The band used their recent tour of Europe as a testing ground for their new songs.

这支乐队把这次最近去欧洲旅行的机会当做他们推广新歌的试验场。

Can You Work with the Phrases and Expressions?

| 巩固练习 |

Do you recognise the words and phrases?

请找出近义词或近义短语

1. acquire a skill:

A enhance a skill

B improve a skill

C develop a skill

2. innate talent:

A interesting talent

B insufficient talent

C inherent talent

3. mediocre:

A second-rate

B immediate

C mandatory

4. be proficient in sth. :

A take part in sth.

B be skilful at sth.

C be involved in sth.

5. a testing ground:

A a situation in which shops sell their goods at lower prices than usual

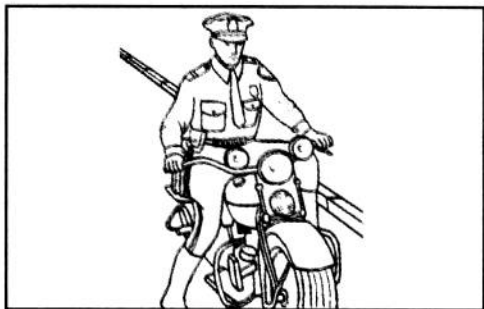
B a situation in which two or more people disagree, often angrily

C a situation in which you can try new ideas and methods to see if they work

KEY 1. C 2. C 3. A 4. B 5. C

Lesson 18

Crime, Law & Justice



Native Speakers 在讨论 犯罪、法律和伸张正义
话题时会频繁使用的短语 & 句型

law-abiding citizens



= people who respect and obey the law

【中文含义】遵纪守法的公民

【实战例句】The judicial system is set up to benefit law-abiding citizens.

法律系统是为了保障守法公民的权益而设立的。

它在雅思考试中的常用联想短语或句型

(i) the judicial system



= the system connected with the court of law, judges and their decisions

【中文含义】司法系统

【实战例句】The UK's judicial system is the basis of the legal system used in most Commonwealth countries.

大多数的英联邦国家都把英国的司法系统作为国内法律的基准。

(ii) be bound by sth.



= have an obligation to do sth. because of a law, a rule or a promise

【中文含义】受到某事物的约束，受到某事物的制约

【实战例句】Elsewhere, in uncontrolled airspace, pilots are bound by fewer regulations.

在其他地方未受控制的领空内，飞行员会更少地受到规定制约。
(Cambridge IELTS 8 例句)

法律

pass new legislation



★★★

= pass a new law or a set of new laws

【中文含义】通过新的立法

【实战例句】Britain has passed new legislation to regulate research on human cloning. 英国为了规范人类克隆行为通过了新的立法法案。

它在雅思考试中的常用联想短语或句型

(i) uphold an ordered society



★★☆

= keep social order and safety

【中文含义】维持社会稳定与安全

【实战例句】Some people argue that the death penalty is essential for upholding an ordered society. 有人认为死刑对维持社会稳定与安全有着关键的作用。

(ii) curb lawless behaviour



★★☆

= stop or control illegal conduct

【中文含义】遏制违法行为

【实战例句】The police will aim to curb lawless behaviour without using excessive (过度的) force.

警方致力于在不过度使用强制手段的条件下遏制违法犯罪行为。

be tempted into...



★★★★

= be persuaded to do sth. unwise or immoral

【中文含义】被引诱去做某事

【实战例句】Those at the bottom of society may be more likely to be tempted into a life of crime as a solution to their problems. 那些在社会底层的人们更容易去犯下违法的行为并认为那是解决他们困境的方法。

它在雅思考试中的常用联想短语或句型

(i) juvenile delinquency



★★☆

= crimes committed by young people

【中文含义】青少年犯罪

【实战例句】Rates of juvenile delinquency are on the rise. 青少年的犯罪率正在上升。

(ii) legal age



★★★★

= the age at which a person is allowed to do a particular thing or is held responsible for an action

【中文含义】法定年龄

【实战例句】Bethany could not get a driver's license because she was not of legal age.

贝瑟妮由于未到法定年龄还不可以领取驾驶执照。

(iii) disciplinary action



= action intended to punish people who do not obey rules

【中文含义】对违反规定的员工或学生进行的惩戒措施

【实战例句】If you take things belonging to the company without permission (未经许可), you will face disciplinary action. 如果你未经许可拿走公司财物, 则将面对惩戒措施。(Cambridge IELTS 8 例句)

career criminal



= a person who makes a living from crime

【中文含义】职业罪犯

【实战例句】The career criminal was convicted of four charges.

这名职业罪犯面临着四项指控。

它在雅思考试中的常用联想短语或句型

(i) random crime



= unorganised crime

【中文含义】偶发的犯罪, 未经预谋的犯罪

【实战例句】The father believed that his daughter was the victim of a random crime.

这名父亲认为自己的女儿是一起突发犯罪的受害者。

(ii) be suspicious



= make others feel a person cannot be trusted

【中文含义】刻意的

【实战例句】If you see anything suspicious, you should report it to a senior employees.

如果你发现任何可疑情况, 你应该向上级员工报告。(Cambridge IELTS 8 例句)

deter sb. from doing sth.



= prevent or discourage sb. from doing sth. against the law

【中文含义】让某人不敢去做某种违法的事情

【实战例句】The government is bringing in stricter laws to deter drivers from speeding. 政府出台了惩罚超速驾驶行为更加严厉的法案。

法律

它在雅思考试中的常见 反义短语或句型

>> aid and abet sb.



= help sb. to do sth. illegal

【中文含义】帮助或唆使某人去做违法的事情

【实战例句】He was accused of aiding the abetting the offender in the commission of the crime. 他被指控犯下了教唆罪。

convict



prisoner

= a person who has been declared guilty of a crime and sent to prison

英语为第二语言的学习者倾向于使用的表达

【中文含义】n. 囚犯

【实战例句】Prison life may bring some convicts the constant threat of violence. 监狱生活可能对一些犯人来说意味着长期的暴力威胁。



它在雅思考试中的常用 联想短语或句型

(i) be convicted of...



= be declared guilty of a particular crime

【中文含义】犯有某种罪行

【实战例句】He has been convicted of robbery. 他犯有抢劫罪。

(ii) bring sb. to justice



= to make sb. have a trial

【中文含义】将某人绳之以法

【实战例句】The people who are guilty of serious offences should be brought to justice. 那些犯下恶意伤害罪的人应该被绳之以法。

(iii) legal proceedings



= the actions taken, usually in court, to settle a legal matter

【中文含义】司法程序

【实战例句】Legal proceedings may be initiated (启动) for any misuse of such confidential information. 对任何对于此类保密信息的错误使用，司法程序将有可能被启动。(Cambridge IELTS 8 例句)

have proliferated

★★★



has appeared in large numbers

= have quickly increased in number or amount

【中文含义】(某种犯罪或者其他负面的社会现象) 大量出现

【实战例句】Online crimes have proliferated in society during the last 5 years.

在最近的五年中, 大量网上犯罪开始在社会上出现了。

英语为第二语言
的学习者倾向于
使用的表达

它在雅思考试中的常用联想 短语或句型

>> crime prevention



= the act of preventing crime

【中文含义】预防犯罪

【实战例句】Neighbourhood watch groups have been an effective means (方式) of crime prevention. 成立社区警戒小组是预防犯罪行为的有效方式。

brutality

★★★



cruel behaviour

= extreme violence

【中文含义】n. 暴行, 残忍的行径

【实战例句】Seeing so much brutality may harden these young people to it.

目睹如此多的暴行也许会让这些年轻人对此变得仇视。

英语为第二语言
的学习者倾向于
使用的表达

它在雅思考试中的常用联想 短语或句型

>> fall victim to sth.



= to be hurt or damaged because of sth.

【中文含义】成为某事物的受害者

【实战例句】Ethan fell victim to a very rare disease.

伊森成为了一种罕见疾病的受害者。

be hopelessly addicted to...

★★★



spend too much time on...

= cannot stop eating or doing sth.

【中文含义】对……彻底上瘾

【实战例句】The kid has become hopelessly addicted to horror films (恐怖片).

英语为第二语言
的学习者倾向于
使用的表达

法律

这名小孩开始无可救药地迷上了恐怖片。

它在雅思考试中的常见 近义短语或句型

>> be preoccupied with...



= thinking about or doing sth. too much

【中文含义】过分投入于……

【实战例句】He's been preoccupied with sports, which has affected his grades.

他过分热衷于体育运动了，以至于这影响到了他的学业。

online fraud



Internet crime

英语为第二语言
的学习者倾向于
使用的表达

= getting money online by deceiving people

【中文含义】网络诈骗

【实战例句】It can be very expensive to be unaware of (没有意识到) the most common online fraud activities.

如果对那些最常见的网络诈骗行为缺乏防患意识，那么所付出的代价或许将非常昂贵。

它在雅思考试中的常用 联想短语或句型

>> white-collar crime



= crime committed by people who work in offices

【中文含义】白领犯罪

【实战例句】White-collar crimes are not victimless (不是没有受害者的). They can destroy companies or cost investors millions of dollars.

白领犯罪并不是没有受害者的。它们可以摧毁一家公司或是损耗掉投资者上百万美元资产。

harden sb. against society



= make sb. hold a grudge against others

【中文含义】让某人仇视社会

【实战例句】Jail terms may harden a convict against society as a result of the brutalising treatment he/she receives.

服刑期间所忍受的粗暴对待可能会让罪犯更加仇视社会。

它在雅思考试中的常用联想短语或句型

(i) domestic violence



= violence that takes place in the home between family members

【中文含义】家庭暴力

【实战例句】Domestic violence is violence that happens between family members in home. 家庭暴力是指在家庭成员间爆发的暴力事件。

(ii) vandalism



= the act of deliberately damaging or destroying things, especially public property

【中文含义】故意毁坏公共财产的行为

【实战例句】Vandalism is a major problem in this school.

故意毁坏公共财产的行为是这所学校里的大问题。



stand trial



= be brought to a court of law to have one's case examined and judged

【中文含义】受审

【实战例句】The team will stand trial for illegal border-crossing.

这个小队将就非法越境受审。

它在雅思考试中的常用联想短语或句型

>> be charged with...



= be accused of...

【中文含义】被指控犯有某种罪行

【实战例句】He was charged with using the company's money for his own purposes.

他被指控挪用公款。

repeat offender



= a person who repeats an offence

【中文含义】屡犯者

【实战例句】The repeat offender was sentenced to a harsher punishment for his second crime.

这名惯犯在他第二次犯下罪行后受到了更加严厉的惩罚。

法律

它在雅思考试中的常用联想 短语或句型

>> rehabilitate prisoners



= help sb. to live a healthy or useful life again

【中文含义】改造囚犯

【实战例句】The prison service should try to rehabilitate prisoners so that they can lead normal lives when they leave prison.

这所监狱的服务立志于改造囚犯，以使他们在出狱后能过上正常的生活。

pickpocket



= a person who steals things from people's pockets

【中文含义】n. 扒手

【实战例句】I had my wallet stolen by a pickpocket this morning.

我今天早上钱包被扒手偷掉了。

它在雅思考试中的常用联想 短语或句型

>> property crime



= theft, shoplifting or burglary

【中文含义】涉及财物的犯罪

【实战例句】This part of town has been plagued with (被困扰) property crimes for years. 这部分城区常年来一直被财产犯罪所困扰。

a scam



= a dishonest way to get money

【中文含义】骗局

【实战例句】Retired people are often the victims of marketing scams.

退休老人常常成为推销骗局的受害者。

它在雅思考试中的常用联想 短语或句型

(i) crack down on sth.



= deal with illegal behaviour in a more severe way

【中文含义】严厉查处某事

【实战例句】The police are cracking down on illegal parking.

警方对非法停车行为进行了严厉查处。

(ii) stamp out sth.



= prevent sth. bad from continuing

【中文含义】根除某种负面现象

【实战例句】A variety of measures were taken by the government to stamp out bird flu.

政府为了消除禽流感的负面影响做出了多种努力。

Can You Work with the Phrases and Expressions?

| 巩固练习 |

Do you recognise the words and phrases?

请找出近义词或近义短语

1. law-abiding citizens:

A citizens who are well-informed about the law

B citizens who openly ignore the law

C citizens who obey the law

2. be tempted into doing sth. :

A be persuaded to put ideas into action

B be persuaded to do sth. wise

C be persuaded to do sth. unwise

3. random crime:

A unorganised crime

B severe crime

C petty crime

4. deter sb. from doing sth. :

A encourage sb. to do sth. illegal

B prevent sb. from doing sth. illegal

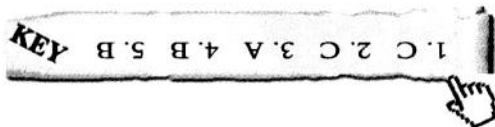
C assist sb. in doing sth. illegal

5. fall victim to sth. :

A fall apart

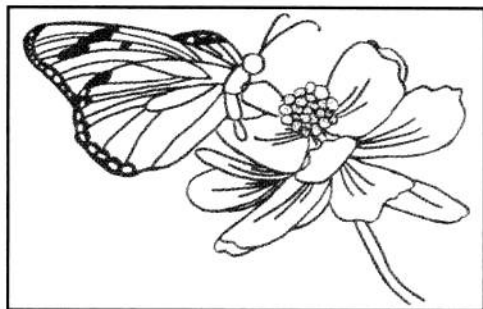
B be hurt by sth.

C get close to sth.



Lesson 19

Nature



Native Speakers 在讨论 自然界 话题时会频繁使用的短语 & 句型

■ tranquil and serene

★★★



= calm and quiet

【中文含义】宁静的

【实战例句】It's a gorgeous (靓丽的) hotel in a tranquil and serene rural setting.
这是一家位于乡下宁静环境中的美丽酒店。

quiet

英语为第二语言的学习者倾向于使用的表达

它在雅思考试中的常见 反义短语或句型

>> hustle and bustle



★★★

= all the noise and activity in an area

【中文含义】熙熙攘攘

【实战例句】James wanted a little cottage (乡间小屋) far away from the hustle and bustle of city life. 詹姆斯想拥有一间远离城市喧嚣的乡间小屋。

■ relieve stress



★★★

= make pressure less serious or less unpleasant

【中文含义】减轻压力

【实战例句】These stress management exercises can help you relax your muscles and relieve your stress. 这些压力管理训练可以帮助你放松自己的肌肉并释放你的压力。

它在雅思考试中的常见 反义 短语或句型

>> be stressed out



= be extremely worried and nervous

【中文含义】压力非常大的

【实战例句】Jayden was really stressed out before the test. 贾登在考试前压力非常大。

■ be dotted with...



= have things that are spread over a wide area

【中文含义】点缀着……

【实战例句】The countryside is dotted with elegant (典雅的) buildings.
在乡村的田园上点缀着几座典雅的建筑。

它在雅思考试中的常用 联想 短语或句型

>> snow-capped mountains



= mountains that have snow on the top of them

【中文含义】顶部有积雪的高山

【实战例句】With its snow-capped mountain ranges and gorgeous glens, Scotland is an exciting place to visit.

凭借其连绵的雪山和优美的峡谷，苏格兰成为了旅游者的天堂。

■ winding paths



= a path that has a twisting turning shape

【中文含义】蜿蜒的小径

【实战例句】There was a long and winding path leading up to the cottage.
有一条绵长蜿蜒的小径直通向那座小屋。

它在雅思考试中的常用 联想 短语或句型

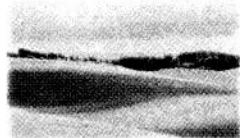
>> gentle rolling hills



= hills that gently rise and fall

【中文含义】起伏的山丘

【实战例句】England has an abundance of gentle rolling hills.
在英格兰，起伏的小山丘随处可见。



它在雅思考试中的常用联想短语或句型

>> undulating



= having slopes like waves rising and falling

【中文含义】*adj.* 起伏的

【实战例句】This area is characterised by (特征是) grassy undulating hills.

绿草茵茵，起伏连绵的小山是这一片地区的主要特征。

■ iridescent



has many different changing colours

= showing changing colours as light falls on it

【中文含义】*adj.* 色彩斑斓的

【实战例句】Leo's latest fashion collection features materials that have an iridescent quality. 里奥最新一季的时装主要强调了对色彩斑斓的面料的使用。

英语为第二语言的学习者倾向于使用的表达

它在雅思考试中的常用联想短语或句型

>> shimmering



= shining with a soft light

【中文含义】*adj.* 闪烁的

【实战例句】I could see my shimmering reflection (倒影) the water.

我可以看见我的倒影随着水波的涟漪在水面上不断闪动。

■ awe-inspiring



= making people feel great respect and admiration

【中文含义】令人肃然起敬的

【实战例句】They explored (探索) the awe-inspiring mountains and abundant (丰富的) wildlife there. 他们对那片令人敬畏的山脉以及其中丰富的野生动物资源进行了考察。

它在雅思考试中的常用联想短语或句型

>> exhilarating



= making sb. feel cheerful and excited

【中文含义】令人兴奋的

【实战例句】The hustle and bustle of London is exhilarating.

伦敦的那种大都市的喧闹实在是令人神往。

deciduous trees



★★★

= trees that lose their leaves in winter

【中文含义】落叶树

【实战例句】Many different kinds of deciduous trees can be found on our campus.

在我们的校园里，你可以找到各种各样的落叶树。

它在雅思考试中的常见反义短语或句型

(i) evergreen trees



★★★

= trees that keep their leaves throughout the year

【中文含义】常绿树

【实战例句】Using evergreen trees as Christmas trees has long been part of the culture of the celebration of Christmas.

将常青树打扮成圣诞树的活动已经成为圣诞节文化的一部分了。

(ii) vegetation



★★★

= plants and trees

【中文含义】n. 植被

【实战例句】I'd like to see something about the local wildlife and vegetation.

我希望看到一些关于当地野生生物和植被的内容。(Cambridge IELTS 8 例句)

bouquet



★★★

= a large group of flowers that have been fastened together

【中文含义】n. 花束

【实战例句】Brooke was presented with a big bouquet of roses.

有人送了布鲁克一大束玫瑰花。

它在雅思考试中的常用联想短语或句型

>> flowerbed



★★★

= a piece of ground in a garden or park

【中文含义】花坛

【实战例句】This flowerbed gives the garden a neat and pleasing appearance.

这个花坛使整座花园看起来整洁怡人。

■ foliage

★★★



leaves

= the leaves of a tree

【中文含义】*un.* 泛指树叶

【实战例句】This park is renowned for the autumn foliage displays.

这座公园因它金秋落叶的美景而闻名。

英语为第二语言
的学习者倾向于
使用的表达

○ 它在雅思考试中的常用联想短语或句型 ○

>> bush



★★★

= a low plant with many small branches

【中文含义】灌木

【实战例句】This area was covered with bushes and grass. 这片地区被灌木杂草所覆盖。

■ campground



★★★

= an area that is used for setting up a camp

【中文含义】野营地

【实战例句】It is a picturesque family campground.

这是一个风景如画的家庭野营地。

○ 它在雅思考试中的常用联想短语或句型 ○

(i) picturesque



★★★

= charming enough to be made into a picture

【中文含义】风景如画的

【实战例句】Holly's gardening skills will turn this backyard into a picturesque landscape.

霍莉的园丁手艺可以把这个后院变成一个风景如画的景致。

(ii) have green fingers



★★★

= be good at keeping plants healthy

【中文含义】擅长种植花草的（这个词组在美式英语中的说法是 have a green thumb）

【实战例句】Toby's got green fingers. Plants in his backyard are flourishing.

托比擅长种植花草，在他的后院花草都在茁壮生长。

■ crop yield



★★★

= agricultural output

【中文含义】农作物的产量

【实战例句】The farmers avidly took to pesticides as a sure measure to boost crop yield.

农夫们开始很热切地把杀虫剂作为一定会提高农作物产量的保障来使用。(Cambridge IELTS 8 例句)

它在雅思考试中的常用联想短语或句型

(i) natural resources



= things such as trees, oil and coal that exist in nature can be used by people

【中文含义】自然资源

【实战例句】By becoming more efficient, businesses not only increase profits but they also save natural resources.

通过变得更加高效, 企业不仅增加自身的利润, 而且也可以节约自然资源。(Cambridge IELTS 8 例句)

(ii) survival of the fittest



= the principle that animals and plants suited to the conditions they live in are more likely to stay alive

【中文含义】适者生存的法则

【实战例句】Contrary to popular belief, the phrase "survival of the fittest" did not originate (来源于) with Charles Darwin.

和流行的观点相反, “适者生存”这一口号实际上并非出自于达尔文。

crystal-clear

★★★



very clear

= completely transparent and very bright

【中文含义】清澈的, 透明的

【实战例句】The air was crystal-clear. 那种气体无色透明。

英语为第二语言的学习者倾向于使用的表达

它在雅思考试中的常见反义短语或句型

>> murky



= dark and difficult to see through

【中文含义】难以看清的

【实战例句】That movie had a murky plot (剧情). (= It is very difficult to understand.) 这部电影的剧情十分晦涩。

■ come into bloom / come into blossom

★★★



= produces flowers

【中文含义】开花

【实战例句】The roses come into bloom at this time of year.

每年的这个时节都是玫瑰盛开的时候。

bear flowers

英语为第二语言
的学习者倾向于
使用的表达

○ 它在雅思考试中的常用联想短语或句型 ○

>> bear fruit



★★★

= produce fruit

【中文含义】结果实

【实战例句】The age when trees are expected to bear fruit depends on the type of fruit you are growing. 果树到第几年才可以结果要取决于果实的种类。

Can You Work with the Phrases and Expressions?

| 巩固练习 |

Do you recognise the words and phrases?

请找出近义词或近义短语

1. tranquil and serene:

- A loud and noisy
- B hustle and bustle
- C calm and quiet

2. relieve stress:

- A lessen stress
- B increase stress levels
- C be stressed out

3. be dotted with sth. :

- A be spoiled by sth.
- B be strengthened with sth.
- C sth. be spread across an area

4. winding paths:

- A narrow paths

B twisting paths

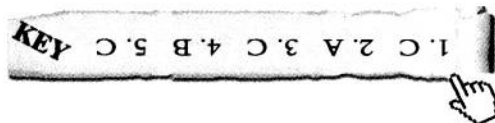
C paths of uniform width

5. undulating:

A bending

B spiraling

C rising and falling



Lesson 20

Health & Fitness



Native Speakers 在讨论 健康 话题时会频繁使用的
短语 & 句型

■ life expectancy



= the number of years an individual is expected to live as determined by statistics

【中文含义】人口的预期寿命

【实战例句】Many developing countries have seen an improvement in life expectancy.
许多发展中国家的人口预期寿命都有了提高。

它在雅思考试中的常见 近义 短语或句型

(i) life span



= the average length of time a person, an animal a plant or an object can be expected to survive or be functional

【中文含义】人口的预期寿命或物品的预期使用寿命

【实战例句】A restricted life span, ageing, and then death are basic characteristics of life. 有限的预期寿命以及最终的衰老与死亡是生命的基本特征。
(Cambridge IELTS 8 例句)

(ii) extend life



= make people live longer

【中文含义】延长寿命

【实战例句】Sparing use of energy reserves should tend to extend life. 减少对于能量积蓄的调用会延长寿命。(Cambridge IELTS 8 例句)

be health-conscious



★★★

= be concerned about nutrition and healthy eating habits

【中文含义】(某人) 是很注重健康的

【实战例句】People generally believe that women are more health-conscious than men. 人们普遍认为女性要比男性更关注健康。

它在雅思考试中的常用联想短语或句型

(i) an exercise regimen



★★☆

= a programme of exercise for improving someone's health or appearance

【中文含义】健身计划

【实战例句】The doctors recommend that they continue their exercise regimen. 医生建议他们继续他们的健身计划。

(ii) an allergy to sth.



★★☆

= a medical condition in which a person feels uncomfortable because of something he/she eats, breathes or touches

【中文含义】对某种物质的过敏

【实战例句】Grant Freeman says that if Asian honey bees got into Australia, they could be used the study of allergies. 格兰特·弗里曼认为如果亚洲蜜蜂进入澳洲, 那么这些蜜蜂可以被应用于关于过敏的研究中。(Cambridge IELTS 8 例句)

restrain from doing sth.

★★★



do not allow oneself to do sth.

= not let yourself do sth.

【中文含义】克制自己不去做某事

【实战例句】In Britain, people are asked to restrain from smoking in a range of public places. 在英国, 人们被禁止在一些公共场所吸烟。

英语为第二语言的学习者倾向于使用的表达

它在雅思考试中的常用联想短语或句型

(i) self-discipline



★★★

= the ability to make yourself do things that you should do even when you do not want to

【中文含义】自制力

【实战例句】Without proper self-discipline, children may end up eating too much junk food. 如果缺少一定的自制力, 孩子们会去吃太多的垃圾食品。

(ii) health and fitness



★★★

= the state of being physically healthy and strong

【中文含义】身体健康（名词短语）

【实战例句】In some countries, the average weight of people is increasing and their levels of health and fitness are decreasing. 在一些国家，人们的平均体重上升而健康程度下降。（Cambridge IELTS 8 例句）



■ immunise sb. against sth.

= protect sb. against a particular disease or infection by injection

【中文含义】注射疫苗

【实战例句】Some people argue that parents have an obligation to immunise their children against common childhood diseases. 一些人争论说家长应该有义务让孩子通过注射疫苗来预防一些常见的儿童病。

○ 它在雅思考试中的常用联想短语或句型 ○

(i) immune system

= a system in your body which produces special substances to fight against diseases

【中文含义】免疫系统

【实战例句】Eating fresh vegetables is a natural way of boosting（增进）our immune system.
多吃新鲜蔬菜是一种增强免疫力的天然方法。

(ii) medical treatment

= the process of providing medical care

【中文含义】医疗

【实战例句】A student who requires medical treatment has lost his/her travel insurance card.
一个需要治疗的学生遗失了他/她的旅行保险卡。（Cambridge IELTS 8 例句）



■ a sedentary job

= a job that involves a lot of sitting and not much exercise

【中文含义】需要久坐的工作

【实战例句】Overweight people whose work is sedentary will find it much harder to lose weight.
那些每天工作需要久坐的超重人群会发现减肥真是件困难事。

它在雅思考试中的常用联想短语或句型

>> eye strain



= fatigue of the eyes

【中文含义】眼睛疲劳

【实战例句】More than 70 percent of computer users have experienced eye strain.

超过 70% 的电脑使用者有过眼睛疲劳的体验。

健康

■ blood circulation



= the continuous movement of blood around your body

【中文含义】血液循环

【实战例句】Exercise will improve your blood circulation.

体育锻炼可以增进身体里的血液循环。

它在雅思考试中的常用联想短语或句型

>> muscle strength



= the physical energy that someone has to lift or move things

【中文含义】肌肉力量

【实战例句】Playing sports will increase your muscle strength.

多参加体育运动可以增加你的肌肉力量。

■ feel refreshed



feel new

= feel lively and comfortable

【中文含义】(身体) 感觉焕然一新的

【实战例句】I felt so refreshed after my holiday.

在我的假期之后, 我感觉整个人焕然一新。

英语为第二语言的
学习者倾向于
使用的表达

它在雅思考试中的常见近义短语或句型

>> feel invigorated



= feel focused and full of energy

【中文含义】感觉精力很充沛的

【实战例句】My friends and I felt invigorated by our walk.

散完步后, 我和我的朋友们都感到精力很充沛。

has taken its toll on one's health



= has caused damage to one's health

【中文含义】(某事物) 对某人的健康造成了伤害

【实战例句】20 years of smoking has taken its toll on Kyle's health.

20 年的吸烟史给凯尔的健康造成了不小的伤害。

它在雅思考试中的常用联想短语或句型

(i) chronic disease



= a disease that continues for a long time

【中文含义】慢性疾病

【实战例句】Lucy has been suffering from this chronic disease for years.

露西常年受慢性疾病的折磨。

(ii) take out insurance



= pay an insurance company an amount of money so that they will give you money if you are ill

【中文含义】购买保险

【实战例句】Students will have to take out insurance to cover the costs of all visits to doctors and other non-emergency medical situations. 学生必须购买保险来覆盖就诊或其它非急救的医疗费用。(Cambridge IELTS 8 例句)

contract a disease



develop a disease

= begin to have an illness

【中文含义】患某种疾病

【实战例句】He contracted the disease while he was travelling.

他在旅行的时候患上了这种疾病。

英语为第二语言的学习者倾向于使用的表达

它在雅思考试中的常用联想短语或句型

(i) an epidemic



= a great number of cases of a disease occurring at the same time

【中文含义】大规模爆发的某种传染病

【实战例句】The H1N1 epidemic was controlled and didn't have much impact on the country's economy.

H1N1 疫情被很好地控制了, 并没有对国家的经济造成多大的影响。

(ii) remedy

★★☆

= a cure for pain or a minor illness

【中文含义】小疾患的治疗方法 (cure 则可以用来指任何疾病的疗法)

【实战例句】What is remarkable is that so many of the claims made for some of these remedies have since been found to have at least some basis in fact. 值得一提的是关于这些疗法的很多说法此后被证明至少是有一些事实根据的。(Cambridge IELTS 8 例句)

get a clean bill of health

★★★

= be told that you are healthy after being examined by a doctor

【中文含义】体检合格

【实战例句】Johnny will have to stay at home until the doctor gives him a clean bill of health. 强尼在医生确认他体检合格前必须一直待在家里。

○ 它在雅思考试中的常用联想短语或句型 ○

>> feel under the weather

★★★

= feel a bit sick or ill

【中文含义】身体不适

【实战例句】I'm feeling a little under the weather — I guess I've caught a cold.
我感觉有点不舒服——我想我是感冒了。

high cholesterol

★★★

= the presence of a high level of a fatty substance in the blood

【中文含义】高胆固醇

【实战例句】A high cholesterol level may put a person at risk of a heart attack or stroke. 高胆固醇会使人更易患心脏病。

○ 它在雅思考试中的常用联想短语或句型 ○

>> high blood pressure

★★★

= a serious condition that may lead to heart disease or stroke

【中文含义】高血压

【实战例句】There is evidence indicating that genetic factors play a crucial role in high blood pressure.
有足够的证据证明高血压的病因有很大一部分原因是基因遗传的。

■ hale and hearty

= (of old people) healthy and strong

【中文含义】(老年人) 身体很健康

【实战例句】At 77, Andrew is still hale and hearty, getting up at 6 every morning to walk three miles. 安德鲁在 77 岁高龄身体还是十分硬朗, 他每天 6 点起床并散步 3 英里。

○ 它在雅思考试中的常用 联想短语或句型 ○

>> as fit as a fiddle



= be in perfect health

【中文含义】很健康的

【实战例句】My dad's nearly eighty now but he's still as fit as a fiddle.
我父亲已经将近 80 岁了, 但是他还是非常健壮。

■ be deficient in...

= not have enough of something that is necessary

【中文含义】(食物等) 缺乏某种营养

【实战例句】These children tend to eat food that is deficient in iron.
这些孩子吃的食物会导致他们体内缺铁。

○ 它在雅思考试中的常见 反义短语或句型 ○

>> be rich in...



= contain a lot of a certain desirable thing

【中文含义】富含某种营养

【实战例句】Food rich in calcium (钙) is especially beneficial for growing children.
对成长期的儿童来说, 多吃富含钙的食品十分有益。

Can You Work with the Phrases and Expressions?

| 巩固练习 |

Choose the best phrase for the blank in each sentence.

请选择最合适的句型或短语填入下面的句子空格中:

health-conscious

self-discipline

immune system

a sedentary job

high cholesterol

1. It is hard for a person to lose weight while having a ().
2. Many disorders will happen when the () does not work well.
3. Jerome believes that () is the root of success.
4. The () consumers are well aware of the negative effects of soft drinks.
5. People with () have a greater chance of getting heart disease.

· KEY ·

- | | | |
|---------------------|---------------------|--------------------|
| 1. sedentary job | 2. immune system | 3. self-discipline |
| 4. health-conscious | 5. high cholesterol | |

Lesson 21

Culture



Native Speakers 在讨论 文化 话题时会频繁使用的
短语 & 句型

■ multicultural society

★★★



a colorful society

= a society consisting of people who have many different customs and beliefs

英语为第二语言的学习者倾向于使用的表达

【中文含义】多元文化社会

【实战例句】The range of TV programmes there is very broad because it is a multicultural society and people of all backgrounds like to watch TV. 电视节目的内容跨度非常大，因为这是一个多元化的社会，喜欢看电视的观众也有着不同的背景。

它在雅思考试中的常见近义短语或句型

(i) cultural mosaic

★★★

= a culture that consists of a combination of many different things

【中文含义】多元的文化

【实战例句】The UK is a cultural and social mosaic. 英国是一个多元的文化社会。

(ii) disseminate

★★★

= to make something such as information or knowledge available to a lot of people

【中文含义】传播（信息或知识等）

【实战例句】Temporal hours, which were first adopted by the Greeks and then the Romans, who disseminated them through Europe, remained in use for more

than 2,500 years. 小时制先是被古希腊人而后再被古罗马人所采纳, 并被他们传遍欧洲而且被沿用了 2500 多年。(Cambridge IELTS 8 例句)

(iii) mainstream



= considered ordinary or normal and accepted by most people

【中文含义】主流的

【实战例句】What they are certainly not finding, however, is any change in attitude of mainstream scientists. 但他们所未能看到的是主流科学家们态度有任何改变。(Cambridge IELTS 8 例句)

■ be customary



= usual in a particular society or situation

【中文含义】(在某种文化中)按照惯例某人会如何去做

【实战例句】In the UK a handshake is customary when a person is introduced to somebody new. 在英国,握手是一个人被介绍给别人时的必要礼节。

○ 它在雅思考试中的常用 联想短语或句型 ○

(i) be unorthodox



= do not follow the usual rules or beliefs of your society

【中文含义】违背传统的, 离经叛道的

【实战例句】Action painting often looks childish to the non-artists because of the unorthodox techniques used to apply paint, such as throwing it on the canvas. 行动绘画往往对那些不了解这门艺术的人看来是幼稚的, 因为它往往包含了一些非主流的绘画技巧, 比如往画布上泼洒颜料。

(ii) be in the minority



= belong to a small part of a group that is different from most members of the group

【中文含义】属于少数

【实战例句】In New Zealand, as in many other English-speaking countries, speakers of two or more languages are in the minority. 在新西兰, 像在很多其他英语国家一样, 说两种或两种以上语言的人属于少数。(Cambridge IELTS 8 例句)

○ 它在雅思考试中的常见 反义短语或句型 ○

>> Gone are the days when...



= people do not do sth. any longer

【中文含义】……的日子一去不复返了

【实战例句】Gone are the days when music was just a cultural expression.

音乐只作为文化表达的日子一去不复返了。

core values

★★★



important beliefs

= important principles about what is right and wrong

【中文含义】核心价值观

【实战例句】In order to be a good member of any society the individual must respect and obey the rules of their community and share the core values.

为了成为社会的有用一员，个人必须尊重并遵守规定，并认同所在社会的核心价值观。(Cambridge IELTS 8 例句)

它在雅思考试中的常用联想短语或句型

(i) social mores

★★★

= the traditional customs and ways of behaving that are typical of a particular society

【中文含义】社会习俗与行为准则（请注意听 mores 在光盘中的正确读音）

【实战例句】Social mores refer to the socially-approved forms of behaviour, which are generally promoted by customs and laws. 社会习俗与行为准则是指被社会所认可的行为，通常是由风俗和法律所决定的。

(ii) stem from sth.

★★★

= be caused by sth.

【中文含义】来自于，起源于

【实战例句】A gradual agricultural revolution in northern Europe stemmed from concerns over food supplies at a time of rising populations.

源自于对不断增长的人口食品供应的担忧，一场渐进式的农业革命在北欧出现了。(Cambridge IELTS 8 例句)

a bonding mechanism

★★★

= sth. that helps people develop a close emotional relationship

【中文含义】具有很强社会凝聚力的因素

【实战例句】A shared ideology is a strong social bonding mechanism.

一个共同的意识形态是很强的社会凝聚力因素。

它在雅思考试中的常用联想短语或句型

>> assimilate into a new culture



= fit into a new culture

【中文含义】融入到一种新的文化当中

【实战例句】Some immigrants can assimilate into the local culture immediately.

有些移民能迅速地融入到当地文化中。

■ unspoken rules



= rules that can only be thought of or felt

【中文含义】不成文的规定

【实战例句】There are many unspoken rules that we live by.

我们的生活中存在着许多不成文的潜规则。

它在雅思考试中的常用联想短语或句型

(i) be incompatible with sth.



= too different from another thing to be able to exist with it

【中文含义】与某事物相冲突的

【实战例句】Their products are incompatible with the local customs.

他们的产品与当地的风俗格格不入。

(ii) language barrier



= language differences that prevent people from communicating

【中文含义】语言障碍

【实战例句】You weren't too worried about language barriers?

你对语言障碍不是很担心么? (Cambridge IELTS 8 例句)

■ primitive



very old and too simple

= at a very simple stage of development, before technology

【中文含义】adj. 原始的, 简陋的

【实战例句】Some indigenous people had to cope with primitive living conditions.

一些原住民必须忍受原始的生存条件。

英语为第二语言的学习者倾向于使用的表达

它在雅思考试中的常用联想短语或句型

(i) indigenous people



= people who lived in a place for a long time before other people came to live there

【中文含义】原住民

【实战例句】Some indigenous people have a very long continuous history.

一些原住民文化拥有一段很长的连续的历史。

(ii) **remote ancestors**



= people who were related to you and who lived a long time ago

【中文含义】远古的祖先

【实战例句】Their worship of remote ancestors is represented with various rituals (仪式). 他们通过各种仪式来膜拜他们的远古祖先。

■ have/has vanished



= have/has disappeared

【中文含义】已经消失了

【实战例句】Over the past two decades, family structures in this country have changed and feelings of community have vanished.

经过超过 20 年的转变，这个国家的基础家庭架构发生了很大变化，并且那种社区意识已经消失了。

○ 它在雅思考试中的常用联想短语或句型 ○

>> **remain intact**



= be complete and in the original state

【中文含义】保持完好无损的

【实战例句】It is difficult for a place to draw tourists while keeping its cultural heritage intact. 一个景点要想在保护文化遗产完好无损的前提下持续吸引到游客是很困难的。

■ be nostalgic



= has a feeling of pleasure and slight sadness at the same time as sb. thinks about things that happened in the past

【中文含义】怀念过去的，恋旧的

【实战例句】Seeing old school photos can make some of us quite nostalgic.

翻看那些学校的老照片让我们中的一些人怀念起了当年的时光。

○ 它在雅思考试中的常见反义短语或句型 ○

>> **be forward-looking**



= think about the future in a positive way

【中文含义】向前看的，有前瞻性的

【实战例句】This country has a growing and forward-looking economy.

这个国家的经济保持持续上升的形势。

has a resurgence in popularity



★★★

= has become popular again

【中文含义】(一度过时的东西) 重新又流行起来

【实战例句】Acoustic music (不插电的音乐) has had a resurgence in popularity due to the recent popularity of musicians playing without electric amplification (扩音) on TV.

由于最近又流行起乐手不借助扩音设备直接在台上演奏的模式，这种“不插电”音乐旋风正在乐坛强势回归。

它在雅思考试中的常见近义短语或句型

(i) make a comeback



★★★

【中文含义】东山再起

【实战例句】Her fans were ready to see Britney Spears make a comeback.

小甜甜布兰妮的粉丝们热切盼望她的东山再起。

(ii) regain its vitality



★★★

= get its energy and strength back

【中文含义】重新获得生命力

【实战例句】It seems the high-tech media can help the traditional culture to regain its vitality. 看起来传统文化可以借助高科技媒体的力量重获新生。

awkward

★★★



making someone feel uncomfortable

= making someone feel embarrassed

【中文含义】adj. 尴尬的

【实战例句】It was an awkward situation when we realized the restaurant was too expensive for us.

当我们发现这家餐馆对我们来说实在太贵的时候真的是非常尴尬。

它在雅思考试中的常见近义短语或句型

>> be ill at ease



★★★

= feel nervous or embarrassed

英语为第二语言的学习者倾向于使用的表达

【中文含义】紧张的或尴尬的

【实战例句】Zoe always feels ill at ease at parties. 佐伊总是在派对上十分紧张。

lingua franca

★★★



a common language

= a language that is used for communication between groups of people who speak different languages

英语为第二语言的学习者倾向于使用的表达

【中文含义】共同使用的语言

【实战例句】In the past, several languages have acted as lingua franca in different areas of the world.

在过去，有几种主要语言在世界各个地区扮演着通用语言的角色。

它在雅思考试中的常用 联想短语或句型

(i) a single international language

  ★★★

= a language that is intended to be used by people of different linguistic backgrounds

【中文含义】唯一可以通行的国际语言

【实战例句】Some people believe that a single international language has become a practical necessity because of the increasing international communication. 一些人认为由于国际交往的不断加深，规定一种国际通用语言已经成为了当务之急。

(ii) preserve the individuality of cultures

 ★★★

= maintain the quality that makes a culture different from other cultures

【中文含义】保留多种文化各自的特色

【实战例句】A single international language may make it difficult to preserve the individuality of cultures.

推行一种单一的国际通用语会让保持文化的独立性变得十分困难。

be bilingual

★★★



speaking two languages

= be able to speak two languages well

【中文含义】双语的

【实战例句】Bilingual education leads to exposure to different cultures.

双语教育可以让人感受不同的文化。

英语为第二语言的学习者倾向于使用的表达

它在雅思考试中的常用 联想短语或句型

>> monolingual



= speaking, writing or using only one language

【中文含义】*adj.* 单一语种的

【实战例句】Many immigrant children are expected to learn English by immersion in the language in monolingual classes. 许多移民孩子被期望于能通过单一语种课堂上的语言氛围的影响来学好英语。

■ a close-knit community



= a group of people who have strong friendly relationships with each other

【中文含义】联系紧密的社区

【实战例句】This close-knit community looks like a classic British village.
这个联系紧密的社区看起来很像传统的英式村庄。

它在雅思考试中的常用 联想短语或句型

>> a sense of alienation



= a feeling of being separated from society or the group of people around you

【中文含义】疏离感

【实战例句】Some argue that technology leads to greater social economic division and a sense of alienation among people who are physically close to each other.
有人认为技术进步使得人们贫富分化的同时也让本来很亲近的人变得疏远了。

Can You Work with the Phrases and Expressions?

| 巩固练习 |

Do you recognise the words and phrases?

请找出近义词或近义短语

1. multicultural society:

- A a society consisting of people who have many different customs and beliefs
- B a society consisting of well-educated people
- C a society consisting of people who collect artefacts

2. core values:

- A food of high nutritional value

B important principles

C undervalued housing

3. assimilate into a new culture:

A refuse to adjust to a new culture

B struggle with a new culture

C fit into a new culture

4. be incompatible:

A be interested in sth.

B be insistent on sth.

C cannot exist or be accepted together

5. has/have vanished:

A has/have been published

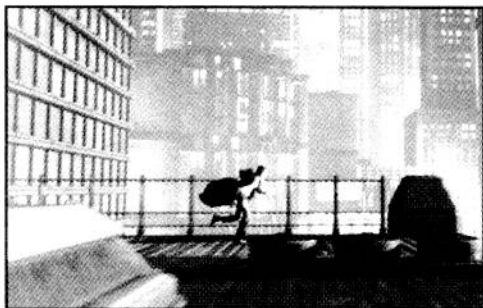
B has/have disappeared

C has/have been tarnished

KEY 1. A 2. B 3. C 4. C 5. B

Lesson 22

Buildings



Native Speakers 在讨论 建筑 话题时会频繁使用的
短语 & 句型

under construction

= being built

【中文含义】正在建造中

【实战例句】The hotel is still under construction. 这座酒店正在建造之中。

它在雅思考试中的常用联想短语或句型

(i) the construction industry

= the building industry

【中文含义】建筑行业

【实战例句】Billy works in the construction industry. 比利在建筑行业工作。

(ii) be dilapidated

= (of buildings) partly ruined or decayed

【中文含义】(建筑) 破旧不堪的

【实战例句】The abandoned building looks dilapidated.

那座被遗弃的建筑看起来破旧不堪。

be a showcase for...



show sth.

= be the event or situation that makes it possible for the best
features of sth. to be seen

英语为第二语言的
学习者倾向于
使用的表达

【中文含义】是展示（某种文化）的橱窗

【实战例句】Buildings are showcases for the artistic achievement of citizens.

建筑是展示居民美学成就的橱窗。

它在雅思考试中的常用联想短语或句型

(i) represent sth.



= be typical of sth.

【中文含义】代表（某种文化）

【实战例句】This building is significant because its exterior represents an excellent example of the post-modern style of architecture.

由于这座建筑的外观是代表后现代风格的典型范例，它的意义十分重大。

(ii) central location



= convenient for using shopping centres, theaters, etc.

【中文含义】位于中央的，位置便利的

【实战例句】What about the location? It'd be nice to be central.

位置有何要求？希望是位于中央便捷区域的。（Cambridge IELTS 8 例句）

imposing



= large or powerful in appearance

【中文含义】adj. 壮观的，宏伟的

【实战例句】Buckingham palace is an imposing building and is always surrounded by huge crowds of people. 白金汉宫建筑风格雄伟大气，常年游客云集。

它在雅思考试中的常用联想短语或句型

>> elegant



= with a pleasing and stylish appearance

【中文含义】adj. 优雅的

【实战例句】The Palace of Westminster is visually elegant.

威斯敏斯特宫的建筑风格十分优雅。

light and airy



= bright and having plenty of fresh air

【中文含义】阳光充足而且通风良好的

【实战例句】Our hotel room was light and airy. 我们的酒店房间既明亮又通风。

它在雅思考试中的常见 近义短语或句型

(i) well-ventilated



= having plenty of fresh air

【中文含义】通风良好的

【实战例句】The laboratory is spacious and well-ventilated.

这间实验室布局宽敞、通风良好。

(ii) be spacious



= have a great deal of space inside

【中文含义】非常宽敞的

【实战例句】Schools are usually modern in design and spacious inside.

学校普遍设计现代并且空间宽敞。(Cambridge IELTS 8 例句)

be a very significant landmark



= be an easily recognisable building

【中文含义】是一个地标性建筑

【实战例句】This building is a very significant landmark in the neighbourhood.

这座建筑是附近的地标性建筑。

它在雅思考试中的常用 联想短语或句型

>> neighbourhood



= a small area in a town and the people living there

【中文含义】n. 社区

【实战例句】Laura lives in a quiet neighbourhood. 劳拉住在一个安静的小区里。

它在雅思考试中的常见 近义短语或句型

(i) be an eyesore



= be an ugly building that many people have to look at

【中文含义】是一幢很丑陋的建筑

【实战例句】The new shopping centre is a real eyesore.

这座新的购物中心实在是一幢丑陋的建筑。

(ii) be a blot on the landscape



= (of buildings) make a place less attractive

【中文含义】(丑陋的建筑) 破坏市容

【实战例句】Timothy thinks that outlandish-looking building is a blot on the landscape. 泰姆西认为这些异国风情的建筑破坏了市容。

■ commercial building

★★★



business buildings

= a building that is used for business activities

【中文含义】商业建筑

【实战例句】The project aims to improve the energy efficiency of commercial buildings.

这个项目的目标是提高商业建筑的能源使用率。

英语为第二语言
的学习者倾向于
使用的表达

○ 它在雅思考试中的常用 联想短语或句型 ○

(i) residential building



= a building that is used for dwelling purposes

【中文含义】居住建筑

【实战例句】They are conducting research on the energy consumed in residential buildings. 他们对居民建筑的能源消耗进行了研究。

(ii) lobby



= the large room into which the main door opens in a hotel, a cinema, a theatre or other large building

【中文含义】宾馆、影剧院等大型建筑的大堂

【实战例句】In the lobby of the library, George saw a video about the festival. 乔治在图书馆大厅里看到了一段关于这个节日的录像。(Cambridge IELTS 8 例句)

(iii) theme park



= a park that contains a wide variety of rides and shows

【中文含义】主题公园

【实战例句】The young couple got great fun and enjoyment by visiting the popular theme parks. 这对青年夫妇兴高采烈地游览了流行主题公园。

■ be a far cry from...

★★★



is very different from...

= be very different from...

【中文含义】与……大相径庭

【实战例句】His new house is a far cry from the one-bedroom cottage (乡间小屋) he lived in as a child.

他的新房子可和他在童年时候在乡间住过的单间小屋大不相同了。

英语为第二语言
的学习者倾向于
使用的表达

○ 它在雅思考试中的常用联想短语或句型 ○

(i) **be entirely different from...**

= be completely different from

【中文含义】与……完全不同

【实战例句】That was an entirely different matter. 那是完全不同的一件事。(ii) **convert sth. into...**

= cause sth. to change in form

【中文含义】改造（建筑）

【实战例句】It's now in the process of being converted into a film museum.

它现在正被改造为一个电影博物馆。(Cambridge IELTS 8 例句)

建
筑

Can You Work with the Phrases and Expressions?

| 巩固练习 |

Are you ready to match definitions to phrases?

请在左侧的短语和右侧的对应释义间连线

1. dilapidated	A. graceful and stylish
2. under construction	B. ruined or decayed
3. represent	C. having plenty of fresh air
4. elegant	D. being built
5. well-ventilated	E. be typical of

KEY 1. B 2. D 3. E 4. A 5. C



Lesson 23

Parties & Festivals



Native Speakers 在讨论 聚会与节日 话题时会频繁使用的短语 & 句型

■ set off fireworks / let off fireworks / light fireworks



★★★★

= set off a combination of explosives to generate coloured lights for amusement

【中文含义】燃放焰火

【实战例句】In Britain it is against the law to set off fireworks between 11:00 pm and 7:00 am, except during certain celebrations.

在英国，除非在特定的庆祝活动中，否则在晚上 11:00 到早上 7:00 间燃放焰火是犯法的。

○ 它在雅思考试中的常用联想短语或句型 ○

(i) fireworks display / fireworks show



★★★★

【中文含义】焰火表演

【实战例句】It might rain tomorrow so don't count on (依靠, 指望) a fireworks display. 明天可能会下雨, 所以就别指望焰火表演了。

(ii) public events



★★★★

= something that happens in public

【中文含义】在公共场所举行的活动

【实战例句】They created a calendar to organise public events and work schedules. 他们创立了一种历法来组织公共活动和工作计划。(Cambridge IELTS 8 例句)

ring in the New Year



★★★

= to celebrate the beginning of the New Year by ringing church bells

【中文含义】敲响教堂的钟声来迎接新年

【实战例句】The church bells rang in the New Year.

教堂的钟声在新年时响起。

它在雅思考试中的常用 联想短语或句型

>> New Year's resolution



★★★

= a decision made on January 1st

【中文含义】为新的一年所做的决定（比如要改掉某种坏习惯等）

【实战例句】Ryan made a New Year's resolution to quit smoking.

瑞恩在新年时发誓要戒掉吸烟。

go overboard

★★★



be too eager about sth.

= do too much for sth.

【中文含义】筹备某事过于投入

【实战例句】They went overboard with the party preparation.

他们对派对的筹备过于投入了。

英语为第二语言的学习者倾向于使用的表达

它在雅思考试中的常见 反义短语或句型

>> be ill-equipped to do sth.



★★☆

= do not have the necessary equipment or skills for a particular activity

【中文含义】对某事准备不足

【实战例句】These young parents are ill-equipped to cope with their children without extra help.

这些年轻父母在缺少外部帮助的条件下对如何应付他们的孩子准备不足。

英语为第二语言的学习者倾向于使用的表达

have a blast

★★★



enjoy ourselves

= have an enjoyable and exciting experience

【中文含义】玩得非常开心

【实战例句】We had a blast at the party last night.

我们在昨晚的派对上玩得十分开心。

它在雅思考试中的常见 近义 短语或句型

>> enjoy oneself immensely



【中文含义】玩得很尽兴

【实战例句】Although we had to live on very modest incomes (并不高的收入), we still enjoyed ourselves immensely.

尽管我们的收入并不高,但我们对自己的人生十分享受。

let sb's hair down



= relax and enjoy oneself without worrying what others think

【中文含义】(在 party 等公共场合)彻底地放松

【实战例句】Mandy really let her hair down. She laughed, clapped and danced at the party. 曼蒂真的放松下来了。她笑着,拍着手在派对上纵情舞蹈。

它在雅思考试中的常见 反义 短语或句型

>> feel inhibited



= feel not confident enough to behave or speak in a normal way

【中文含义】感到很拘束的

【实战例句】Some girls may feel inhibited by the presence of boys at the party.

一些女孩在有男孩在场的派对上会感到很拘束。

feel out of place



feel uncomfortable with sth.

= feel uncomfortable with your environment

【中文含义】(对某个场合)感觉很不适应

【实战例句】We went to Allison's party but there were so many strange people there and I felt a little out of place, so we left.

我们去了艾莉森的派对,但有太多不认识的人在场,我们觉得不是很适应,于是就离开了。

英语为第二语言的学习者倾向于使用的表达

它在雅思考试中的常见 近义 短语或句型

>> find a niche for oneself



【中文含义】找到了最适合自己的事情

【实战例句】She's found a niche for herself in the book trade (trade 在此意为行业).

她在图书业找到了最适合自己的位置。

■ a wet blanket



★★★

= someone who discourages others from enjoying themselves

【中文含义】扫兴的人

【实战例句】I don't want to be a wet blanket but you must stop disturbing the people next door. 我不想扫大家的兴，不过我们必须别再打搅隔壁的人了。

○ 它在雅思考试中的常用 联想短语或句型 ○

>> a party animal



★★★

= someone who likes going to parties a lot

【中文含义】非常喜欢参加派对的人

【实战例句】Phoebe was a real party animal at college.
菲比在大学的时候可是真正的派对女王。

聚
会

Can You Work with the Phrases and Expressions?

| 巩固练习 |

Choose the best phrase for the blank in each sentence.

请选择最合适的句型或短语填入下面的句子空格中：

set off fireworks

ring in the New Year

go overboard

feel inhibited

1. People crowded into the square to ().
2. Traditionally, people () to celebrate New Year's Eve.
3. Shy children () when they interact with others.
4. Matt believed that the company () with self-praise.

· KEY ·

- | | |
|-------------------------|----------------------|
| 1. ring in the New Year | 2. set off fireworks |
| 3. feel inhibited | 4. went overboard |

Lesson

24

Government



Native Speakers 在讨论 政府 话题时会频繁使用的
短语 & 句型

play a regulatory role

★★★



is the ruler/play a ruler role

= control an activity, process or industry

【中文含义】发挥监管者的作用

【实战例句】It remains highly controversial whether the government should play a regulatory role in this industry. 对政府是否应该在这个产业中发挥监管者的作用仍然存在很多争议。

英语为第二语言
的学习者倾向于
使用的表达

它在雅思考试中的常用联想短语或句型

(i) regulate and oversee



★★★

= watch and control something in order to ensure that it works or happens in the way that it should

【中文含义】监督管理，监管

【实战例句】An accident that occurred in the skies over the Grand Canyon resulted in the establishment of the Federal Aviation Administration to regulate and oversee the operation of aircraft in the skies over the United States.
发生在大峡谷上空的一起事故导致了联邦航空署的成立，来监督管理美国上空的飞行。(Cambridge IELTS 8 例句)

(ii) rules and regulations



★★★

= official rules that control the way things are done

【中文含义】规章制度

【实战例句】The job had been very dangerous before rules and regulations were introduced. 在相关法规被制定之前，这项工作是十分危险的。

■ impose a ban on sth.

★★★



ban sth.

= officially order that sth. should be forbidden

【中文含义】禁止某事物

【实战例句】Some think that the government should impose a ban on the sale of tobacco. 有人认为政府应该禁止销售烟草。

英语为第二语言
的学习者倾向于
使用的表达

它在雅思考试中的常用联想短语或句型

>> impose a burden on sb. / sth.



★★★

= have a negative effect on sb. or sth. by causing them trouble

【中文含义】给某人或某事物造成负担

【实战例句】The new proposal will impose a financial burden on taxpayers.
这项新的法案会给纳税人带来财政负担。

政
府

■ should abolish sth.

★★★



the government should get rid of sth.

= should end an activity or custom officially

【中文含义】(政府官方) 废除某事物

【实战例句】Some people argue that capital punishment should be abolished because life imprisonment (终身监禁) can serve the same purpose just as effectively.
有人认为死刑应该被废止，因为终身监禁也可以起到同样的惩罚作用。

英语为第二语言
的学习者倾向于
使用的表达

它在雅思考试中的常见反义短语或句型

(i) should implement sth.



★★★

= should put a plan or system into operation

【中文含义】应该实施某个计划或运行某种体制

【实战例句】Government agencies should be encouraged to implement the new system.
政府机构应该运行这个新的系统。

(ii) put sth. into effect



= start to use a plan so that it has practical results

【中文含义】实施

【实战例句】To meet this challenge, the following elements were put into effect.

为了应对这一挑战，下列举措得到了实施。(Cambridge IELTS 8 例句)

high on the government's agenda



= be one of the most important things that the government wants to deal with

【中文含义】某事是政府的重要任务

【实战例句】Education is high on the government's agenda.

教育是政府的首要任务。

它在雅思考试中的常用联想 短语或句型

(i) place a high priority on sth.



= give importance to sth.

【中文含义】正确设定首要的任务

【实战例句】The government is placing a high priority on health care reform.

政府将健康保险改革提到了首要的日程上。

(ii) reform



= a change that is intended to change a bad situation

【中文含义】改革

【实战例句】Reforms within hospitals have been unsuccessful.

医院内部的改革未能收到成效。(Cambridge IELTS 8 例句)

(iii) translate sth. into action



= put sth. into practice

【中文含义】将某种想法或计划付诸行动

【实战例句】The government should translate its strategies into action.

政府应该把计划付之于行动。

take draconian/stringent measures to...



take strict measures

= take severe measure to...

【中文含义】采取严厉的措施去做某事

【实战例句】They believe these draconian/stringent measures will keep water

英语为第二语言的
学习者倾向于
使用的表达

pollution to a minimum.

他们相信这些严厉的措施可以将水污染现象限定在最小的范围内。

○ 它在雅思考试中的常用联想短语或句型 ○

>> government's laxity in sth.



= government's lack of attention to sth.

【中文含义】政府对某事物管理上的松懈态度

【实战例句】They complained about the government's laxity in providing relief (救济) to the earthquake victims.

他们抱怨政府在救济地震灾民时所表现出来的松懈态度。

■ to counteract sth.



= to reduce the negative effect of sth. by doing sth. that has an opposite effect

【中文含义】(政府) 应对某事

【实战例句】Some governments are encouraging consumer spending to counteract recessions. 一些政府号召人民通过扩大内需来应对经济衰退。

○ 它在雅思考试中的常用联想短语或句型 ○

>> countermeasures



= actions taken to stop sth. else from having a negative effect

【中文含义】n. 对策

【实战例句】The government's countermeasures against traffic congestion (交通拥堵) have been completely ineffective. 政府针对交通拥堵的对策是完全无效的。

■ a recurring problem



problems that happen again and again

= a problem that happens many times

【中文含义】持续出现的问题

【实战例句】The crisis in banking and the high unemployment rate have been two recurring problems in this country.

银行业危机和高失业率是在这个国家持续出现的两大难题。

英语为第二语言的学习者倾向于使用的表达

○ 它在雅思考试中的常用联想短语或句型 ○

>> an enduring solution



= a solution whose effect lasts for a long time

【中文含义】持久有效的解决方案

【实战例句】Protectionist measures (贸易保护主义措施) cannot provide an enduring solution to the economic downturn.

贸易保护主义措施不能作为经济不景气的长期保护伞。

■ It is short-sighted to...



= do not consider the likely future effects of sth.

【中文含义】做某事是目光短浅的

【实战例句】They believed it was a short-sighted tax policy.

他们相信这是一个目光短浅的税收政策。

○ 它在雅思考试中的常用联想短语或句型 ○

>> sb. would be well-advised to...



= sb. would show good judgment in doing sth.

【中文含义】某人做某事是明智的

【实战例句】The government would be well-advised to take prompt (立刻的, 尽快的) regulatory action. 政府应该尽快地去进行规范化行动。

政
府

■ have/has the authority to do sth.



have/has the official power to do sth.

= have/has the official permission to do sth.

【中文含义】获得授权去做某事

【实战例句】These missions are projects that only governments have the authority to undertake (承担).

这些任务是只有政府才有权承担的工程。

英语为第二语言的学习者倾向于使用的表达

○ 它在雅思考试中的常用联想短语或句型 ○

>> formulate (policies, plans, strategies, etc)



= develop a set of ideas or plans of what to do in particular situations

【中文含义】制定政策、计划、策略等

【实战例句】The Egyptians formulated a municipal (城市的, 市政的) calendar having 12 months of 30 days.

古埃及人制定出了含有 12 个月、每月 30 天的市政历法。(Cambridge IELTS 8 例句)

have/has a monopoly over sth.

★★★



control sth. by oneself

= have a power of control that is not shared by other people or other groups

英语为第二语言的学习者倾向于使用的表达

【中文含义】对某事物占有垄断地位

【实战例句】In many countries, the government has a monopoly over the tobacco industry. 在许多国家, 烟草行业都是由政府垄断的。

它在雅思考试中的常用联想短语或句型

>> be entitled to sth. / be entitled to do sth.



★★★

= have the official right to have sth. or to do sth.

【中文含义】有权利去拥有或去做某事

【实战例句】They are entitled to their own opinions, even if we do not agree with them. 尽管我们不认同他们, 但他们也有权拥有自己的观点。

national defence



★★★

= a nation's use of military and political power to maintain survival

【中文含义】国防

【实战例句】They believe that huge amounts of government money have been spent on national defence.

他们相信国防花费了政府巨额的资金。

它在雅思考试中的常用联想短语或句型

(i) safeguard our security



★★★

= protect us from being harmed

【中文含义】确保我们的安全

【实战例句】The purpose of this is to safeguard our security.

这样做的目的是确保我们的安全。(Cambridge IELTS 8 例句)

(ii) arms race



★★★

= competition between nations in building weapons

【中文含义】国家间的军备竞赛

【实战例句】These countries have been trying to put an end to the arms race.

这些国家尝试停止相互间的军备竞赛。

■ budget deficit

★★☆



the government does not have enough money to spend

= a budget imbalance in which expenditures exceed income

【中文含义】预算赤字（即政府的开支大于收入）

【实战例句】The company had ran a major budget deficit for the first two years before it started to make profit.

这家公司在开业的前两年一直承受着严重的财政亏损，后来才开始赢利。

英语为第二语言的学习者倾向于使用的表达

它在雅思考试中的常用联想短语或句型

>> government spending / government expenditure   ★★★

= what a government spends in order to achieve its planned budget

【中文含义】政府开支

【实战例句】The British government attempted to cut back on government spending.

英国政府计划削减政府的开销。

■ be at the taxpayer's expense



★★★

= cost taxpayers large sums

【中文含义】花费纳税人的钱

【实战例句】The research plan was carried out at the taxpayer's expense.

这项研究是在花费纳税人钱的基础上得以运行的。

它在雅思考试中的常见反义短语或句型

>> relieve tax burden  ★★★

= reduce the total amount of tax paid by an average person

【中文含义】减少税务负担

【实战例句】Elderly taxpayers should be made eligible for the tax relief (减税), which will relieve their tax burden.

应该降低年长的纳税人的纳税额度，这样可以将他们从繁重的赋税压力下解脱出来。

■ subsidise sth.



★★★

= pay part of the cost of sth. in order to keep prices lower

【中文含义】（政府）对某行业给予补贴

【实战例句】In this country, farming is partly subsidised by the government.

在这个国家，农业是可以获得政府的部分补贴的。

它在雅思考试中的常用联想 短语或句型

>> allocate money to sth.



= give an organisation or some people money for a particular purpose

【中文含义】拨款给……

【实战例句】The British government will allocate two million pounds to the National Health Service (NHS).

英国政府将向国家健康服务中心 (NHS) 提供一份 200 万英镑的拨款。

trade barriers



= tariffs, quotas or and other regulations used by one country to discourage the importation of certain goods

【中文含义】(国家之间的) 贸易壁垒

【实战例句】Some people believe that trade barriers are necessary in order to protect domestic (本国的) industries.

一些人认为为了保护本国工业，贸易壁垒是必须存在的。

它在雅思考试中的常用联想 短语或句型

>> free trade



= international business that is free of government interference or regulation

【中文含义】(国家间的) 自由贸易

【实战例句】Many people believe that free trade can help countries to make the most efficient use of their available resources. 许多人相信自由贸易能够让国家最有效地使用其自有资源。



hunger and poverty



= having little food and money

【中文含义】饥饿与贫困

【实战例句】Some third-world countries are continually fighting hunger and poverty. 有些第三世界国家在长期与饥饿和贫困做抗争。

它在雅思考试中的常见 反义 短语或句型

>> wealth and prosperity



= the state of being very successful and having a lot of money

【中文含义】财富与繁荣

【实战例句】Some people argue that the more knowledge they have, the greater their wealth and prosperity (两个比较级句型的结尾可以省略动词).
有人认为掌握的知识越多, 他们就会越成功富有。

underprivileged

★★★



having poor living conditions and less educational opportunity

= lacking the money or opportunities that the average person has

英语为第二语言的学习者倾向于使用的表达

【中文含义】adj. 弱势群体的

【实战例句】In some countries, the government runs school feeding programmes so that underprivileged children can have enough food.
在一些国家, 是由政府来运作学校的伙食的, 这样那些弱势群体出身的孩子就可以吃上足够的食物了。

它在雅思考试中的常用联想短语或句型

>> charitable organisations



★★★

= organisations that collect money or goods in order to help people who are poor or sick

【中文含义】慈善组织

【实战例句】The government should encourage charitable organisations to play a more active role in public service delivery.
政府应该鼓励慈善组织在公共服务中扮演更活跃的角色。

health insurance



★★★

= insurance against loss by illness or bodily injury

【中文含义】健康保险

【实战例句】In some countries, wealthy citizens are encouraged to be responsible for their own health costs and take out private health insurance.
在一些国家里, 富人被号召自己来支付自己的医疗支出并去购买商业医疗保险。

它在雅思考试中的常用联想短语或句型

>> insurance premium



★★★

= payment for insurance

【中文含义】保险费

【实战例句】Some people argue that free health coverage for people who can pay health insurance premiums is a waste of public resources. 一些人认为提供给那些支付得起医疗费用的人免费的医疗保险完全是浪费公共的资源。

international aid



★★★★

= help such as money or food given by one country to another country

【中文含义】国际援助

【实战例句】Part of the international aid was not getting through to the refugees (难民). 一部分的国际援助实际上根本到不了难民的手中。

○ 它在雅思考试中的常用 联想短语或句型 ○

>> low-interest loans



★★★

= loans that charge a relatively small percentage of the amount borrowed

【中文含义】低息贷款

【实战例句】The World Bank offers long-term low-interest loans and provides technical assistance to more than 100 less-developed countries. 世界银行向超过 100 个不发达国家都提供了低息的长期贷款以及技术支持。

safeguard social stability



★★★★

= protect the stability of society

【中文含义】保障社会稳定

【实战例句】Some people argue that international aid promotes growth indirectly in less developed countries by safeguarding social stability. 一些人认为国际援助使得当地社会更加稳定，从而间接地促进了当地的发展。

○ 它在雅思考试中的常用 联想短语或句型 ○

>> enhance relations between countries



★★★★

= promote peace and friendship between countries

【中文含义】改善国家间的关系

【实战例句】Joint efforts to develop eco-tourism can also enhance relations between countries. 在环保旅行方面的合作也同样有利于改善国家的关系。

■ a chronic problem

★★★



a problem that the government cannot get rid of

= a problem that keeps coming back

【中文含义】持续存在的问题

【实战例句】Graduate unemployment has been a chronic problem in the UK.

学生毕业即失业的问题是英国长期面临的一个难题。

英语为第二语言
的学习者倾向于
使用的表达

○ 它在雅思考试中的常用 联想短语或句型 ○

>> a chronic shortage of



★★☆

= a continued shortage of sth.

【中文含义】对某事物的长期缺乏

【实战例句】There has been a chronic shortage of housing in this region.

这个地区的住房长期短缺。

政
府

Can You Work with the Phrases and Expressions?

| 巩固练习 |

Are you ready to match definitions to phrases?

请在左侧的短语和右侧的对应释义间连线

1 abolish sth.	A. lack of attention to sth.
2 implement sth.	B. reduce the negative effect of sth.
3 be well-advised to do sth.	C. put a plan or system into operation
4 counteract sth.	D. end activity or custom officially
5 laxity in sth.	E. show good judgment in doing sth.
6 get the authority to do sth.	F. develop a set of ideas or plans of sth.
7 formulate sth.	G. obtain the official permission to do sth.

KEY

1. D 2. C 3. E 4. B 5. A 6. G 7. F



Lesson 25

Environment



Native Speakers 在讨论 环境 话题时会频繁使用的
短语 & 句型

■ dispose of sth.

★★★



throw away

= get rid of sth. that you no longer need

【中文含义】[动词短语] 处理掉, 扔掉

【实战例句】Some waste is disposed of under the sea.

一些废物被扔到了海中。

英语为第二语言
的学习者倾向于
使用的表达

○ 它在雅思考试中的常用 联想短语或句型 ○

>> disposable...



= sth. that is designed to be thrown away after you have used it once

【中文含义】一次性的 (用品等)

【实战例句】It seems efforts to restrain (制约) the use of disposable chopsticks face many obstacles (障碍).

看起来反对使用一次性筷子的计划面临着许多障碍。

■ vicious circle



= a difficult situation in which something that happens causes something else unpleasant to happen

【中文含义】恶性循环

【实战例句】She got caught in a vicious circle of dieting and weight gain.

她陷入到了节食和增重的恶性循环里。

(※请注意：这个词组的反义词组 virtuous circle 良性循环在英语里远远不如 vicious circle 使用得频繁)

它在雅思考试中的常用 联想短语或句型

>> adverse effect

= negative effect

【中文含义】负面影响

【实战例句】The policy may have adverse effects on the economy.

这项政策可能对经济有反作用。



★★★

■ non-biodegradable material

★★★



white rubbish

= substances that cannot be separated into small parts by bacteria

英语为第二语言的学习者倾向于使用的表达

【中文含义】生物不可降解的材料（比如易导致“白色污染”的材料）

【实战例句】Non-biodegradable material does not decay（腐烂）or dissolve（溶解）away by natural forces.

由生物不可降解材料制成的物品不会因自然力而腐烂或溶解。

它在雅思考试中的常用 联想短语或句型

(i) reusable / recyclable material

= material that can be recycled or reused

【中文含义】可以被重复利用的材料

【实战例句】When recyclable material is not disposed of correctly, it may add to the mass of polluting waste.

当可回收材料物品被处理不当时，那可能会给污染治理带来更大的麻烦。

(ii) pollution reduction

= the process of making pollution less in amount

【中文含义】减少污染（名词短语）

【实战例句】Long-term traffic and pollution reduction would depend on educating the public to use public transport more, and on governments using public money to construct and run efficient systems. 长期的交通和污染的减少取决于教育公众更多地使用公共交通，也取决于政府使用公共资金去建立并运行更加有效的公交体系。（Cambridge IELTS 8 例句）



★★★

■ use sth. wastefully



★★★

= waste sth.

【中文含义】浪费某种资源

【实战例句】Electricity is often used wastefully.

电能经常被浪费。

○ 它在雅思考试中的常用联想短语或句型 ○

>> hydro-electric power



★☆☆

= electricity that is produced with water power

【中文含义】水电

【实战例句】Clean sources of energy include solar, wind, hydro-electric and nuclear power. 清洁能源包括太阳能、风能、水能和核能。

■ the biosphere



★★★

= the parts of the Earth's surface and atmosphere where plant and animal life can exist

【中文含义】(地球上的) 生物圈

【实战例句】Scientists are wondering what effects global warming will have on the biosphere.

科学家们好奇全球变暖会给生态环境带来怎样的影响。

○ 它在雅思考试中的常用联想短语或句型 ○

(i) endangered species



★★★★

= a type of animal or plant that may soon disappear from the world

【中文含义】濒危物种

【实战例句】40% of the species on Earth are endangered species, which means they are at risk of becoming extinct.

地球上40%的物种是濒危物种，这意味着他们正在面临灭绝。

(ii) equilibrium



★★★

= a situation in which there is a balance between different aspects

【中文含义】平衡的较正式表达

【实战例句】Destruction of old material and formation of new material are in permanent dynamic equilibrium. 旧成分的破坏与新成分的生成处在一种持续不断的动态平衡里。(Cambridge IELTS 8 例句)

ozone layer



★★★

= a layer of ozone in the Earth's atmosphere that protects the Earth

【中文含义】臭氧层

【实战例句】Scientists have been worried about the hole in the ozone layer (臭氧层空洞) which appeared over Antarctica (南极).
科学家们对南极上空出现的臭氧空洞十分担忧。

它在雅思考试中的常用联想短语或句型

>> the atmosphere



★★★

= the air around the Earth

【中文含义】大气层

【实战例句】These factories are releasing (释放) toxic gases (有毒气体) into the atmosphere. 这些工厂向大气排放了很多有毒气体。

环境

cause irreversible damage

★★★



damage that cannot be repaired

= lead to a bad situation that cannot be changed

【中文含义】导致不可逆转的破坏

【实战例句】In some countries, air pollution is causing irreversible damage to the environment. 在一些国家, 大气污染会对环境做出一些不可逆转的破坏。

英语为第二语言的学习者倾向于使用的表达

它在雅思考试中的常用联想短语或句型

>> be permanently damaged



★★★

= be irreversibly damaged

【中文含义】遭到永久性的破坏

【实战例句】The ecosystem that plays a part in natural processes such as climate or the food chain (食物链) may be permanently damaged. 在自然界中一旦食物链或气候发生永久性的破坏, 生物系统就要扮演起重要角色。

global warming



★★★

= a gradual increase in world temperatures caused by polluting gases

【中文含义】全球变暖

【实战例句】Scientists and environmental activists continue to argue over the seriousness of global warming. 科学家们和环境主义者们持续讨论

着全球变暖对人们所造成的严重后果。

它在雅思考试中的常用联想短语或句型

>> greenhouse effect



= the process in which heat is unable to escape from the atmosphere and causes the temperature of the Earth to rise

【中文含义】温室效应

【实战例句】The greenhouse effect is a complicated process by which the earth is becoming progressively (渐进式地) warmer.

温室效应是一个复杂的过程，它循序渐进地让地球慢慢变暖。

car emissions



= the by-products that come out of the exhaust systems of cars

【中文含义】汽车的尾气排放

【实战例句】Cities across the UK are cracking down on (打击) air pollution by enforcing (实施) strict car emission control. 英国的大小城市都在通过实施严格的汽车尾气限制条例来削减大气污染。

它在雅思考试中的常用联想短语或句型

(i) exhaust fumes



= gases or steam produced by an engine as it works

【中文含义】汽车尾气

【实战例句】Exhaust fumes contain carbon monoxide (一氧化碳) and can be extremely dangerous. 汽车尾气中含有的一氧化碳是极度危险的气体。

(ii) respiratory diseases



= diseases of the respiratory system

【中文含义】呼吸系统疾病

【实战例句】Britain has the highest death rates from respiratory diseases in Europe. 英国拥有欧洲最高的呼吸系统疾病的死亡率。

soil erosion



= the process by which soil is gradually removed by the rain, wind, or sea

【中文含义】土壤侵蚀

【实战例句】Accelerated (加速的) soil erosion by water or wind may affect both agricultural areas and the natural environment. 由水或风造成的土壤风

化加速可能会同时影响到农业地区的自然环境。

它在雅思考试中的常用联想短语或句型

(i) desertification



= the process by which land becomes so dry that it cannot be used for farming

【中文含义】*n.* 沙漠化

【实战例句】Desertification is the process by which land changes into desert.

沙漠化是指土地不断变成沙漠的过程。

(ii) groundwater



= water that flows or collects under the ground

【中文含义】*n.* 地下水（注意不要写成 underground water）

【实战例句】Most concern（担忧）over groundwater contamination（污染）has centered on（集中在）pollution caused by human activities.

大多数的关于地下水污染的担忧都集中在了对人类行为所造成的污染上。

(iii) seawater desalination



= the process of removing salt from sea water so that the water can be used

【中文含义】海水淡化

【实战例句】Seawater desalination involves removing（去掉）the salt from water to make it drinkable.

海水淡化是指去除海水中的盐分，使其可以饮用。

环
境

chemical fertiliser



= a chemical substance added to soil in order to help plants grow

【中文含义】化学肥料，化肥

【实战例句】Even though chemical fertilisers can make the plants grow well, they may cause health problems for us and reduce our quality of life.

尽管化肥能使作物良好生长，但它们同时可以对我们的健康构成威胁。

它在雅思考试中的常用联想短语或句型

>> pesticide



= a chemical used for killing insects, especially those that damage crops

【中文含义】*n.* 杀虫剂

【实战例句】Recent studies have linked breast cancer to pesticides used on fruits.

最新的研究表明用在水果上的杀虫剂会导致乳腺癌。

acid rain



★★★

= rain which contains large amounts of harmful chemicals as a result of burning substances such as coal and oil

【中文含义】酸雨

【实战例句】Acid rain is causing immense (巨大的) damage to tropical rain forests (热带雨林). 酸雨给热带雨林带来了巨大的损害。

它在雅思考试中的常用联想短语或句型

>> be saturated with...



★★☆

= be completely filled with...

【中文含义】过度饱和, 充斥着……

【实战例句】The air has been saturated with harmful chemicals, dust and other contaminants (污染物).

空气中饱含着有害化学物质、尘埃和其他污染物。

upset the ecosystem

★★★



destroy the ecosystem

= disturb the ecosystem

【中文含义】扰乱生态系统

【实战例句】The Gulf of Mexico oil spill (漏油) has greatly upset the ecosystem. 墨西哥湾漏油事件是对生态系统的一次极大打击。

英语为第二语言的学习者倾向于使用的表达

它在雅思考试中的常见反义短语或句型

>> redress the ecological balance



★★★

= restore the ecological balance

【中文含义】恢复生态平衡

【实战例句】In these circumstances (状况), government intervention (干预) is important to redress the ecological balance.

在这种情况下, 政府对恢复生态平衡所做出的努力就显得至关重要。

industrial waste



★★★

= the useless materials, substances, or parts that are left after industrial use

【中文含义】工业废料

【实战例句】Despite opposition (反对) from environmentalist groups, industrial

waste continues to pollute the rivers, lakes and oceans.

尽管遭到了环保主义团体的反对，工业废料还是在源源不断地继续污染着河流、湖泊和大海。

它在雅思考试中的常用 联想短语或句型

>> discharge

= to allow liquid or gas to leave a place

【中文含义】v. 排放

【实战例句】Large amounts of industrial waste are discharged daily by the factory. 这家工厂每天都要排放大量的工业废品。



at the expense of sth. / sb.

= make sth. / sb. suffer

【中文含义】以……为代价

【实战例句】They accused BP (英国石油公司) of pursuing profit at the expense of the environment.

他们指责英国石油公司是在牺牲环境的基础上追求赢利的。



它在雅思考试中的常见 近义短语或句型

>> at the cost of sth.

= at the expense of sth.

【中文含义】以……为代价

【实战例句】Sometimes pets may take up too much of a person's attention at the cost of his/her family life. 有些时候宠物会占据主人太多的注意力，以至于主人以牺牲家庭生活为代价来宠爱它们。



natural disaster

= something that happens in nature and causes a lot of damage or kills a lot of people

【中文含义】自然灾害

【实战例句】A natural disaster can affect the lives of thousands of people.

一次自然灾害可以影响到上千人的生命。



它在雅思考试中的常用 联想短语或句型

>> ecological degradation

= the process of the ecosystem changing into a worse condition



【中文含义】生态恶化

【实战例句】Ecological degradation means the deterioration (变坏) of the environment, the destruction of ecosystems or the extinction of wildlife.

生态恶化意味着环境的变坏、生态的毁灭和野生动物的灭绝。

oil shortage

= a lack of crude oil

【中文含义】石油短缺

【实战例句】War sometimes creates artificial (人为的) oil shortages for many countries. 战争在很多国家中造成了人为的石油短缺。



它在雅思考试中的常用 联想短语或句型

>> be in short supply

= be scarce or difficult to buy

【中文含义】处在短缺状态中

【实战例句】Raw materials (原材料) are in short supply.
原材料的供给处于短缺状态。



fossil fuel

= a fuel made from decayed material from animals or plants that lived many thousands of years ago. (There are three major forms of fossil fuels: coal, oil and natural gas.)

【中文含义】化石燃料 (主要是指煤、石油与天然气)

【实战例句】Temperature climbed more rapidly in the twentieth century as the use of fossil fuel proliferated (扩散、激增). 在二十世纪, 由于化石燃料的大量使用导致温度更快地上升。(Cambridge IELTS 8 例句)

它在雅思考试中的常用 联想短语或句型

(i) solar energy

= energy that uses the power of the Sun's light and heat to produce electricity

【中文含义】太阳能

【实战例句】Many houses started using solar panels (面板) in order to utilise (利用) solar energy. 许多房屋都开始使用太阳能面板来利用太阳能。



(ii) wind energy



= energy received from the movement of the wind across the Earth

【中文含义】风能

【实战例句】Wind energy is clean energy that produces no emissions.

风能是一种不排放有害污染物的清洁能源。

noise pollution



= annoying and potentially harmful noise

【中文含义】噪声污染

【实战例句】People who live close to airports all understand what noise pollution means because they have been exposed to excessive (过度的) noise.

住在机场附近的人都理解噪声污染，因为他们每天都暴露在噪声中。

它在雅思考试中的常用联想短语或句型

>> light pollution



= excessive artificial light

【中文含义】光污染

【实战例句】The adverse effects (负面影响) of light pollution are multiple, some of them may be not known yet.

光污染造成的负面影响有很多，有些甚至是不为人知的。

get on one's nerves



make sb. uncomfortable

= to bother or annoy someone

【中文含义】(琐事、噪声等)让人很心烦

【实战例句】The beeping noise from the computer really got on my nerves.

电脑发出的哔哔声实在是让我很心烦。

英语为第二语言的学习者倾向于使用的表达

它在雅思考试中的常见近义短语或句型

>> is a nuisance



= a person or a thing that causes minor problems for someone

【中文含义】令人厌烦的事物

【实战例句】The dogs next door are a total nuisance.

隔壁的那只狗实在是个令人厌烦的家伙。

Can You Work with the Phrases and Expressions?

| 巩固练习 |

Do you recognise the words and phrases?

请找出近义词或近义短语

1. ecological degradation :

A the evolution of the ecosystem

B the improvement of the ecosystem

C the ecosystem changing into a worse condition

2. oil shortage:

A a leak of crude oil

B an abundance of crude oil

C a lack of crude oil

3. get on someone's nerves:

A please someone

B bother someone

C pique someone's interest

4. a nuisance:

A sth. that is peaceful

B sb. who is always optimistic

C sb./sth. that is disturbing

5. discharge sth. :

A let sth. leave a place

B drive sth. into the ground

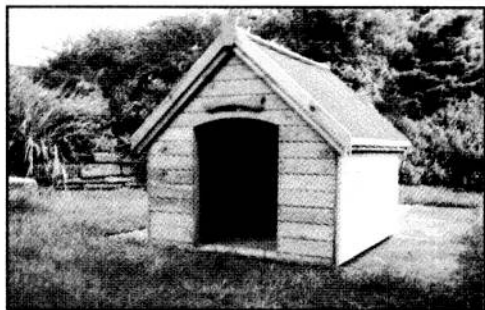
C turn sth. around

KEY 1. C 2. C 3. B 4. C 5. A

环
境

Lesson 26

Animals



Native Speakers 在讨论 动物 话题时会频繁使用的
短语 & 句型

■ animal rights



= the belief that non-human animals have rights that prohibit humans from violating their basic interests

【中文含义】动物权益

【实战例句】Animal rights have been created to protect animals from cruelty or extinction (灭绝). 动物权益是用来保护动物免受折磨和灭绝的。

它在雅思考试中的常见 反义短语或句型

>> animal exploitation



= the act of using animals to the greatest possible advantage

【中文含义】(为了满足人类的需要而) 滥用动物

【实战例句】Animal exploitation includes raising animals for food and clothing, using animals in entertainments and testing medicines, cosmetics (化妆品) or household products on animals. 滥用动物资源包括滥用动物制制的食物和衣物, 使用动物来试验药品、化妆品或其他家用用品。

■ food chain



= a series of living things that are connected because each group of things eats the group below it in the series

【中文含义】食物链

【实战例句】Students are supposed to (应该) learn about the food chain in the 7th grade. 学生应该在七年级学习有关食物链的知识。

它在雅思考试中的常用联想短语或句型

>> birds of prey / beasts of prey



= birds or beasts that kill and eat small birds and beasts

【中文含义】食肉鸟类/食肉类野兽

【实战例句】Parrots and birds of prey are often held chained up. 鹦鹉与猛禽经常会被链子束缚。(Cambridge IELTS 8 例句)

pharmaceutical company

★★★



medicine company

= companies that specialise in the production of medicines

【中文含义】制药公司

【实战例句】Some pharmaceutical companies are heavily involved in animal testing. 一些制药公司极度依赖用动物进行试验。

英语为第二语言的学习者倾向于使用的表达

它在雅思考试中的常用联想短语或句型

>> animal testing / animal experimentation



= the use of non-human animals in experiments

【中文含义】动物试验

【实战例句】A wide variety of animals have used for animal testing, including primates, mice, rabbits, cats and dogs.

各种各样的动物被用于动物实验, 包括灵长类、老鼠、兔子、猫和狗。

动物

habitat

★★★



the place where wild animals live

= the natural environment in which an animal or plant usually lives

【中文含义】(野生动物的) 栖息地

【实战例句】These games are a lot of fun, but they also teach the students about the lives of dinosaurs, how they found food and protected their habitat. 这些游戏很有趣, 但同时又教给学生们关于恐龙生活的很多知识, 比如它们如何觅食以及如何保护自己的栖息地。(Cambridge IELTS 8 例句)

英语为第二语言的学习者倾向于使用的表达

它在雅思考试中的常用联想短语或句型

>> **wildlife**



= animals and plants that grow independently of people, usually in natural conditions

【中文含义】野生生物（包括野生动物和野生植物）

【实战例句】It is a patch (一小块区域) of wasteland that is home to all sorts of wildlife, including wild grasses, frogs and butterflies. 这一小块无人的废弃土地却成了诸多野生生物的乐园，包括野草、青蛙和蝴蝶等。

make good companions

★★★



can be our good friends

= be friends or pets that you spend a lot of time with

【中文含义】是很好的伙伴

【实战例句】Dogs make good companions for humans. 狗是人类最好的伙伴。

英语为第二语言的学习者倾向于使用的表达



动物

它在雅思考试中的常用联想短语或句型

(i) **desire company/crave companionship**



= want to be with other people

【中文含义】渴望陪伴

【实战例句】People who feel lonely tend to desire company.
孤单寂寞的人们渴望陪伴。

(ii) **stray animals**



= animals that are lost or without a home

【中文含义】走失的动物，流浪的动物

【实战例句】Collecting ants can be as simple as picking up stray ones and placing them in a glass jar.
收集蚂蚁可以像捡起迷失的蚂蚁然后放到一个玻璃罐里一样简单。
(Cambridge IELTS 8 例句)

Can You Work with the Phrases and Expressions??

| 巩固练习 |

Are you ready to match definitions to phrases?

请在左侧的短语和右侧的对应释义间连线

1. prey	A. a company that specialises in the production of medicines
2. animal exploitation	B. want to be with other people
3. pharmaceutical company	C. the act of using animals to the greatest possible advantage
4. desire company	D. the natural environment in which an animal or plant usually lives
5. habitat	E. an animal that is hunted and eaten by another animal

KEY 1. E 2. C 3. A 4. B 5. D

Lesson 27

Home Appliances



Native Speakers 在讨论 家用电器 话题时会频繁使用的短语 & 句型

■ in good condition



= functionally sound

【中文含义】处于良好的状态

【实战例句】The antique furniture has been so well-kept that it's still in good condition.

那件古董家具被保存得十分完好。

○ 它在雅思考试中的常见 近义 短语或句型 ○

>> in mint condition



= in perfect condition

【中文含义】(物品)完好无损的

【实战例句】Miley's bike has never been used. It's in mint condition.

麦莉的自行车从来没被用过,它保持得完好无损。

○ 它在雅思考试中的常见 反义 短语或句型 ○

>> be subjected to wear and tear



= become less helpful or less valuable because sth. has been used or damaged

【中文含义】受到磨损

【实战例句】The artificially produced (人造的) products are subjected to natural wear and tear during use.

这些人造产品在使用时会经受自然磨损。(Cambridge IELTS 8 例句)

它在雅思考试中的常用联想 短语或句型

>> upgrade sth.



= to make a computer or other device more powerful or effective

【中文含义】升级

【实战例句】Rather than giving up on any old electrical equipment and just throwing it away, why not try upgrading it? 与其彻底放弃旧的电器设备并把它扔掉, 为什么不尝试一下把它升级呢? (Cambridge IELTS 8 例句)

no frills



plain

= including only the most basic features, and of acceptable quality but not very high quality

英语为第二语言的学习者倾向于使用的表达

【中文含义】(日用品、电器、交通工具等) 完全实用型的, 不带任何多余装饰的

【实战例句】For just 150 pounds, there'll be no frills and they're afraid they can't guarantee the quality, either.

由于只卖 150 英镑, 它们没有任何多余装饰并且质量也没有保障。

它在雅思考试中的常见反义 短语或句型

>> bells and whistles



= the things that sth. has that are not necessary even though they make it more interesting

【中文含义】不必要的功能, 华而不实的功能

【实战例句】The car has all the latest bells and whistles but I don't think it's worth the money. 这辆车拥有许多华而不实的新功能, 但我认为它不值那个钱。

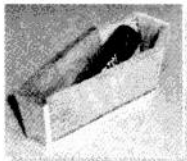
The battery has run down.



= The battery is gone.

【中文含义】电池用光了。

【实战例句】I can't use my mobile phone because the battery has run down. 我的手机因没电而关机了。



它在雅思考试中的常用联想 短语或句型

(i) on the blink



= not working properly

【中文含义】(家用电器) 出故障了

【实战例句】The coffee maker is on the blink again. 咖啡机又出故障了。

(ii) manufacturer



= a company that manufactures a product

【中文含义】制造商

【实战例句】Today most manufacturers blend both.

现在，多数制造商把两者结合起来。(Cambridge IELTS 8 例句)

(iii) refund



= money that was yours that you get again because you have decided you do not want sth.

【中文含义】退款

【实战例句】If you return faulty (指商品存在缺陷的) shoes at once, you have a right to insist on a refund. 如果你立刻退还存在缺陷的鞋，你有权坚持要求退款。(Cambridge IELTS 8 例句)

clunky



large and heavy

= difficult to carry because of being heavy

【中文含义】adj. 笨重的

【实战例句】Sophia has a slow and clunky computer.

苏菲有一台又慢又笨重的电脑。

英语为第二语言的学习者倾向于使用的表达

它在雅思考试中的常见 近义短语或句型

>> cumbersome



= not simple or effective enough and difficult to use

【中文含义】笨重的，不方便使用的

【实战例句】A cumbersome camera is now a thing of the past.

笨重的照相机已经只属于历史了。

它在雅思考试中的常见 反义短语或句型

>> handy



= useful and convenient

【中文含义】adj. 轻便好用的

【实战例句】Courtney's new laptop is very handy and compact (小巧的).

库特妮的新笔记本电脑既小巧又好用。

Can You Work with the Phrases and Expressions?

| 巩固练习 |

Choose the best phrase for the blank in each sentence.

请选择最合适的句型或短语填入下面的句子空格中:

mint condition

no frills

bells and whistles

on the blink

1. Oscar bought this car many years ago but it's still in ().
2. Dan's computer went () again.
3. This lightweight and easy-to-use video camera is perfect for people who don't need the ().
4. Noah is looking for a simple-to-use mobile phone with ().

· KEY ·

1. mint condition

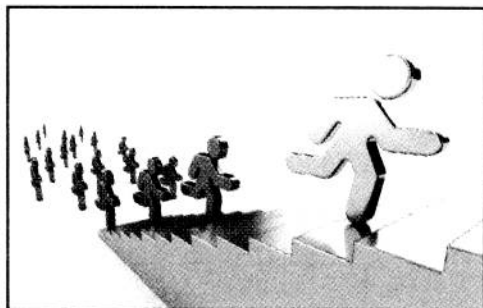
2. on the blink

3. bells and whistles

4. no frills

Lesson 28

Development



Native Speakers 在讨论 发展 话题时会频繁使用的
短语 & 句型

■ facilitate the development of sth.

★★★



help with the development of

= promote the development of sth.

【中文含义】促进某事物的发展

【实战例句】This company facilitated the development of cloud computing with some of its large-scale research projects.

通过一批大规模的研究项目，这个公司促进了云计算技术的发展。

英语为第二语言
的学习者倾向于
使用的表达

○ 它在雅思考试中的常见 反义 短语或句型 ○

>> **inhibit the development of sth. /arrest the development of sth.**



★★★

= prevent sth. from developing

【中文含义】阻碍某事物的发展（请注意后面一个句型中的 **arrest** 不是逮捕的意思，在英式书面写作中它常作“抑制某事物的发展”解释）

【实战例句】Failure to establish an efficient transport network inhibited/arrested the development of international trade.

建立有效运输网络的失败严重阻碍了国际贸易的发展。

○ 它在雅思考试中的常用 联想 短语或句型 ○

>> **accompany sth.**



★★★

= to exist at the same time as sth.

【中文含义】伴随着某事物

【实战例句】Changing seasons accompany our planet's revolution around the sun.
季节的变换伴随着地球绕太阳的旋转。(Cambridge IELTS 8 例句)

lag behind

★★★



fall behind

英语为第二语言
的学习者倾向于
使用的表达

= develop more slowly than others

【中文含义】落后，发展滞后

【实战例句】The auto industry in this country is starting to lag behind that in other countries. 这个国家的汽车产业开始落后于其他国家的水平。

它在雅思考试中的常见 反义短语或句型

(i) make improvements



★★★

= make sth. better than it was before

【中文含义】获得进展

【实战例句】Some improvements were made in radio communication during World War II.
在第二次世界大战期间无线电通讯获得了一些进展。(Cambridge IELTS 8 例句)

(ii) forge ahead



★★★

= develop with a sudden increase of speed and power

【中文含义】高速发展

【实战例句】Information technology has forged ahead in the last two decades.
在过去的 20 年里，信息技术经历了高速发展。

(iii) has improved beyond all recognition



★★★

= has improved greatly

【中文含义】已经今非昔比

【实战例句】Working conditions at the company have improved beyond all recognition during the past two decades.
在过去的 20 年间，在公司的工作条件早已今非昔比了。

be an instrument of social change



★★★

= sth. that can be used to promote social change

【中文含义】是一种引起社会变革的因素

【实战例句】Some people believe that art is the most important instrument of social

change. 有些人相信艺术是引起社会变革的最重要的因素。

它在雅思考试中的常见反义短语或句型

(i) **bring sth. to a standstill**

★★★

= cause sth. to stop moving or developing

【中文含义】停滞不前

【实战例句】The crisis is threatening to bring the economy to a standstill.

这场危机使我们的经济有停滞不前的危险。

(ii) **be unchanged**

★★★

= remain the same

【中文含义】维持不变

【实战例句】The principle of float glass is unchanged since the 1950s.

浮法玻璃的原理自二十世纪五十年代起就再未改变过。

There has been a shift in...

★★★



a change

= There has been a change in position or direction.

【中文含义】发生某种改变

【实战例句】There has been a major shift in public opinion.

公众的想法有了显著的改变。

英语为第二语言的
学习者倾向于
使用的表达



它在雅思考试中的常用联想短语或句型

>> **shift emphasis / attention / focus from... to...**

★★★

= give special attention to one idea or subject instead of a previous one

【中文含义】把重点/注意力/焦点转到……上面

【实战例句】The government's economic policy has been to shift the emphasis from the heavy industry to the light industry.

政府的经济发展重点开始从重工业转变为轻工业。

the economic swings of boom and slump

★★★



economic changes

= economic fluctuations

【中文含义】经济的起落

【实战例句】Employment is subject to the economic swings of boom and slump.

就业率是和经济的起伏息息相关的。

英语为第二语言的
学习者倾向于
使用的表达

它在雅思考试中的常用 联想短语或句型

>> economic recession



★★★

= a period when the economy of a country is not doing well

【中文含义】经济衰退

【实战例句】In times of economic recession, graduates tend to seek jobs that offer greater job security. 在经济衰退期，毕业生倾向于青睐那些能提供高稳定性的职位。

have / has far-reaching effects



★★★

= affect many people or things in a significant way

【中文含义】产生意义深远的影响

【实战例句】The effects of the change will be far-reaching.

这次变革所带来的影响意义深远。

它在雅思考试中的常用 联想短语或句型

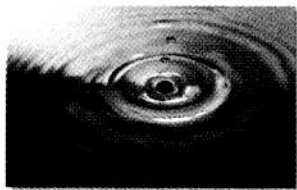
>> ripple effect / chain reaction



★★★

= a situation in which one thing causes a series of other things to happen

【中文含义】涟漪效应，连锁反应

【实战例句】The war could set off a chain reaction that would put the whole world at risk. 这场战争所带来的一系列连锁反应将威胁到整个世界的安危。

knowledge economy



★★★

= a knowledge-driven economy

【中文含义】知识经济

【实战例句】An inquiring mind and the ability to combine ideas are the essential characteristics of a workforce in the knowledge economy.

发
展

在当今的知识经济时代，一个人的工作能力的核心基础就是要拥有一颗求知的心以及整合不同意见的能力。

它在雅思考试中的常用联想短语或句型

>> leisure industry



= entertainment, hospitality and tourism industries

【中文含义】休闲产业

【实战例句】The leisure economy is thriving (繁荣) as the amount of money spent on leisure activities continues to grow.

随着投入到休闲活动的资金越来越多，休闲产业开始欣欣向荣起来。

relentless urbanisation



= the continual process by which towns and cities grow bigger

【中文含义】毫无间断的城市化过程

【实战例句】Many people believe that the relentless urbanisation has resulted in urban poverty, joblessness and crime.

许多人相信不停歇的城市化过程将最终带来城市内的贫穷、失业和犯罪等问题。

它在雅思考试中的常用联想短语或句型

>> the influx of...



= a large number of people coming to a particular place

【中文含义】……的大量涌入

【实战例句】The heavy influx of tourists has led to increased stress on local infrastructure and services.

旅游者的大量涌入导致了本地基础设施和服务的巨大压力。

central business district



= the commercial centre of a city

【中文含义】商业区

【实战例句】The central business district is the focal point of this city.

一个城市的中央商务区是这座城市的焦点。

它在雅思考试中的常用联想短语或句型

(i) pedestrian zone / car-free zone



= an area of a city where automobile traffic is prohibited

【中文含义】步行区

【实战例句】The car-free zone will protect the environment around the historic city centre. 步行区可以保护城市内历史遗址周围的环境。

(ii) noisy and smoggy

★★★

= noisy and clouded with a mixture of smoke and fog

【中文含义】吵闹且空气污染严重的

【实战例句】Green cars will free us up from the noisy and smoggy streets. 环保汽车将可以把我们从喧闹且污染严重的街道中解救出来。



be made/rendered obsolete by sth.

★★★



be replaced by sth. new

= be no longer used or needed, because sth. better or more fashionable has replaced it

英语为第二语言的学习者倾向于使用的表达

【中文含义】原本存在的某种工具或技术被新生事物取代或者淘汰

【实战例句】Typewriters have been rendered obsolete by computers. 打字机已经被电脑所取代了。

它在雅思考试中的常见近义短语或句型

>> be displaced by sth.

★★★

= be forced out of its original position

【中文含义】旧事物由于某种新生事物的出现而不再被人们所使用

【实战例句】Coal has already been largely displaced as a fuel for electricity. 作为发电用的燃料，煤炭已经不再被人们当做主要燃料而使用。

birth rate

★★★

= the number of births that happens during a period of time in a particular place

【中文含义】出生率

【实战例句】The birth rate in England has fallen to an all-time low. 英格兰的婴儿出生率降到了历史最低点。

它在雅思考试中的常用联想短语或句型

>> population ageing

★★★

= the increase in the number and proportion of old people in society

【中文含义】人口老龄化

【实战例句】Population ageing has emerged in many developing countries as well.
人口老龄化在许多发展中国家中是一个普遍的问题。

■ overcrowded



= containing too many people or things

【中文含义】*adj.* 过度拥挤的

【实战例句】An estimated 800,000 people are living in overcrowded conditions in London. 在伦敦，有估计 800 000 人生活在过度拥挤的环境下。

○ 它在雅思考试中的常用联想短语或句型 ○

>> population density



= the number of people in a place

【中文含义】人口密度

【实战例句】The population density of London is more than ten times that of any other British region.

伦敦的人口密度要在其他英国地区的十倍以上。

■ be old-fashioned



= belonging to a time in the past

【中文含义】老式的（※在英语中这个词的意义仅是指形式老，但不一定真的是过时的）

【实战例句】Old-fashioned as it may be, corporal punishment（体罚）is often effective in enforcing（执行，实施）authority.

尽管体罚是如此老式的一种教育形式，但它在实行中往往被证明是非常有效的。

○ 它在雅思考试中的常见反义短语或句型 ○

>> avant-garde



= (of art) very modern and different from what has gone before

【中文含义】*adj.*（绘画、电影、音乐等）前卫的

【实战例句】Audiences have been reminded that they must work very hard to understand this avant-garde film.

观众们被提醒到他们需要非常努力才能理解这部前卫的电影。

■ at this stage

★★★



at the moment

= in a part of a activity or a period of development

【中文含义】在现阶段

【实战例句】At this stage, it's still difficult to say who will win the election.

在现阶段要说谁会赢得选举还十分困难。

英语为第二语言的
学习者倾向于
使用的表达

○ 它在雅思考试中的常见 近义短语或句型 ○

(i) at present



= at the present time

【中文含义】目前，现在

【实战例句】At present, students can watch films and play computers after the tour. 目前，学生们可以在参观之后看电影或者玩电脑游戏。(Cambridge IELTS 8 例句)

(ii) at this point



= at a particular time or stage

【中文含义】在这个时候

【实战例句】At this point, it's still hard to predict the winner.

在这个时候还很难预测谁会是胜利者。

(ii) a critical juncture



= a crucial moment of change

【中文含义】关键时期

【实战例句】With the economy at a critical juncture, the government is unlikely to make such a risky move.

在经济形式如此关键的时刻，政府不太可能做出冒险的行为。

■ sth. has ushered in...



= sth. has made available...

【中文含义】某事物带来了……（某种新事物或者新的局面）

【实战例句】The conference has ushered in a period of international stability and co-operation. 这次会议带来了一段国际间稳定合作的时期。

○ 它在雅思考试中的常用 联想短语或句型 ○

(i) has fundamentally changed sth.



= has completely changed the appearance, form or character of sth.

【中文含义】彻底改变了某事物

【实战例句】This film has fundamentally changed the film industry.

这部电影从基础上彻底颠覆了电影行业。

(ii) be a milestone

 ★★★

= be a very important event

【中文含义】是一个里程碑/转折点

【实战例句】Taking this job was a real milestone in his career.

获得这份工作是他事业上的一大里程碑。

sth. is no longer a necessity

★★★



is not necessary anymore

= sth. is not necessary any longer

【中文含义】(某事物) 已经不再是必要的

【实战例句】Screensavers are no longer a necessity for us.

屏幕保护程序对我们来说已经不再是必需的了。

英语为第二语言的学习者倾向于使用的表达

它在雅思考试中的常见 反义短语或句型

>> sth. remains a necessity

  ★★★

= sth. is still needed

【中文含义】(某事物) 仍然是必需的

【实战例句】In that period, barriers to trade were high and thus operationally-independent

branches remained a necessity. 在现阶段, 贸易壁垒仍然很高, 所以可以自主运营的分公司仍然是非常必需的。

发
展

be counterproductive

★★★



bring bad results

= getting the opposite result to the one that someone wants

【中文含义】适得其反的, 距离预期目标越来越远的

【实战例句】The continuous use of chemicals for the control of pests is proving to be counterproductive.

为了控制害虫而持续使用化学药品正在被证明适得其反。

英语为第二语言的学习者倾向于使用的表达

它在雅思考试中的常用联想 短语或句型

>> **cause as many problems as sth. solves**



= bring mixed results

【中文含义】(某种发展) 所带来的问题和它解决的问题一样多

【实战例句】This solution may cause as many problems as it solves.

这个解决方案所带来的新问题和它解决的问题一样多。

not etched / carved in stone



can be changed

= not be fixed

【中文含义】(某事物) 并不是一成不变的

【实战例句】The rules are not etched/carved in stone; they can be altered (修改) to suit the changing circumstances (局面).

规则并非是一成不变的, 它们可以随着局面的改变也随之有所调整。

英语为第二语言的学习者倾向于使用的表达

它在雅思考试中的常见近义 短语或句型

>> **not set in stone**



= be able to be changed

【中文含义】不是一成不变的

【实战例句】These issues should be discussed — nothing is set in stone.

这些问题是可以讨论的——没有什么是一成不变的。

an age-old problem



= a very old problem

【中文含义】存在多年的问题

【实战例句】New strategies (策略) are needed to combat (解决) the age-old problem of discrimination (歧视) at work.

对于存在多年的工作上的歧视问题, 确实需要新的策略来予以解决。

它在雅思考试中的常见近义 短语或句型

>> **an enduring problem**



= a lasting problem

【中文含义】持续存在的问题

【实战例句】Even though many countries have agreed to join hands to solve environmental problems, the lack of coordination (协调) of policies and programmes remains an enduring problem. 尽管许多国家同意联合起来解决环境问题, 但合作中出现的缺乏协调和缺乏统一规范现象还有待解决。

■ pose a problem for sb.

★★★



face the problem of...

= present a problem for sb.

【中文含义】对……来说是一个有待解决的问题

【实战例句】The fact that the costs were so high must have posed a problem for the company. 事实上如此大的花费对于公司来说是个有待解决的问题。

英语为第二语言的学习者倾向于使用的表达

○ 它在雅思考试中的常见 近义短语或句型 ○

>> pose a threat to sth.



★★★

= may cause sth. unpleasant or violent to happen

【中文含义】对某事物构成威胁

【实战例句】The continuous use of chemicals for the control of pests, which poses a threat to agricultural crops and human health, is proving to be counterproductive. 为控制害虫持续使用化学药品从而对农作物和人类健康构成威胁的做法正在被证明适得其反。(Cambridge IELTS 8 例句)

发
展

■ thriving economy

★★★



fast-developing economy

= an economy that is developing very fast

【中文含义】高速发展的经济

【实战例句】A low-carbon British economy would be a more thriving economy. 一个低碳的英国经济将会发展得更加高速。

英语为第二语言的学习者倾向于使用的表达

○ 它在雅思考试中的常见 反义短语或句型 ○

>> sluggish economy

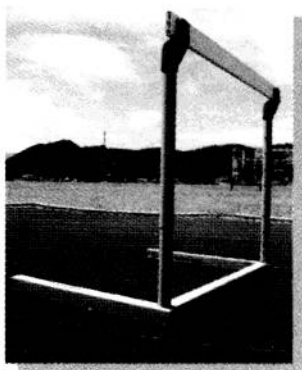


★★★

= an economy that is developing more slowly than usual

【中文含义】停滞不前的经济

【实战例句】The UK economy has been very sluggish these past few years. 在过去的几年中, 英国经济一直停滞不前。



Fear of change is the greatest single obstacle to progress.

对改变的恐惧是进步的最大障碍

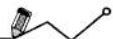
Can You Work with the Phrases and Expressions?

| 巩固练习 |

Do you recognise the words and phrases?

请找出近义词或近义短语

1. facilitate the development of sth. :
 - A impede the development of sth.
 - B promote the development of sth.
 - C interfere with the development of sth.
2. bring sth. to a standstill:
 - A cause sth. to stop moving or developing
 - B cause sb. to lose sth.
 - C make sth. vertical
3. a shift in sth. :
 - A an argument over sth.
 - B a change in sth.
 - C a hindrance to sth.
4. economic recession:
 - A economic boom
 - B a period when the economy of a country is not doing well



C economic policy

5. be displaced by sth. :

A be enhanced by sth.

B be made obsolete by sth.

C be ruined by sth.

KEY 1. B 2. A 3. B 4. B 5. B



Lesson 29

Family & Childhood



Native Speakers 在讨论 家庭与童年时代 话题时会频繁使用的短语 & 句型

■ **sth. runs in the family**



★★★

= occur often in the family through generations

【中文含义】(某种特征或品质) 在家庭成员间世代相传

【实战例句】Many people believe athletic ability runs in the family.

许多人相信运动天赋是在家庭成员间世代流传的。

○ 它在雅思考试中的常用联想短语或句型 ○

>> **be hereditary**



★★★

= be given through the genes of a parent to a child

【中文含义】是遗传的

【实战例句】This disease is hereditary so her son may suffer from it too.

这种疾病是遗传的，所以她的儿子可能也会患上这种疾病。

■ **someone's attachment to sb. / sth.**



★★★

= the feeling of liking sb. / sth. very much

【中文含义】对某人或某事物的依恋

【实战例句】Freddie felt a particular attachment to his mother's family.

弗莱迪对于他母亲的家庭有着特殊的依恋。

它在雅思考试中的常见 反义短语或句型

(i) **be estranged from sb.**



= not seeing friends or relatives very often

【中文含义】与亲友们疏远的

【实战例句】It is sad to see some grown-up children estranged from their parents.

看到一些长大成年的儿女与他们的父母疏远了关系真是一件悲伤的事情。

(ii) **empty-nest syndrome**



= a situation in which parents feel unhappy because their children have become adults and have stopped living with them

【中文含义】空巢综合症（指子女长大成人离开家后父母所感受到的寂寞和孤独感）

【实战例句】Mrs. Johnson is suffering from empty-nest syndrome.

约翰森夫人正在经受空巢综合症所带来的煎熬。

family bonds



= a uniting force between family members

【中文含义】亲人间的感情纽带，亲情

【实战例句】People tend to live longer in societies with strong family bonds.

那些有着强烈亲情纽带的人往往活得更长些。

它在雅思考试中的常见 反义短语或句型

>> **family break-up**



= the ending of a troubled marriage

【中文含义】家庭破裂

【实战例句】Drug abuse among married people often leads to family break-up.

婚后吸毒行为往往会导致家庭的破裂。

the sense of obligation



= feeling obligated to do sth.

【中文含义】责任感

【实战例句】Parents' sense of obligation could make them overly demanding.

家长的责任感会使得他们对子女要求过高。

它在雅思考试中的常用 联想短语或句型

>> **fulfil someone's obligation**



= meet someone's responsibility

【中文含义】尽到责任

【实战例句】Even though these parents can fulfil their financial obligations to their children, they cannot meet their children's emotional needs. 尽管这些父母可以尽到他们对孩子在经济方面的责任, 然而他们却不能满足孩子的情感需求。

breadwinner

★★★



the moneymaker in a family

= the person who earns the money to support a family

【中文含义】n. 家庭中养家糊口的那个人

【实战例句】Many women are now the breadwinners in their family.

如今许多女人成为了家庭中养家糊口的顶梁柱。

英语为第二语言的学习者倾向于使用的表达

它在雅思考试中的常用联想短语或句型

(i) financial burden

★★★

= a serious financial responsibility that someone has to deal with

【中文含义】经济负担

【实战例句】It was a huge financial burden on Alfie who was the only breadwinner of his family.

由于阿尔菲是他家里养家糊口的那个人, 他身上的经济压力非常大。

(ii) gender prejudice

★★★

= an unreasonable feeling or opinion about gender roles

【中文含义】性别偏见

【实战例句】It also allows more equality among pupils and gives more opportunity to all those at the school to choose more freely without gender prejudice.

这会给学生之间带来更多的平等而且可以给学生更多机会无需考虑性别偏见地去选择所学内容。(Cambridge IELTS 8 例句)

take sb. /sth. for granted

★★★

= think that someone will always be there when you need them and never thank them

【中文含义】忽视某人的帮助或把某事当成想当然的

【实战例句】After a while the couple began to take each other for granted.

过了一段时间后, 夫妻间开始把彼此间的帮助看成是天经地义的事了。

它在雅思考试中的常见反义短语或句型

>> be grateful to sb.



= want to thank sb. because of sth. kind that he/she has done

【中文含义】感激某人

【实战例句】Leah was grateful to Bradley for his support.

里尔非常感激布拉德利对他的支持。

它在雅思考试中的常用联想短语或句型

>> Charity begins at home.



= we should take care of family and people close to us before worrying about helping others

【中文含义】仁爱始于亲友

【实战例句】I like to help my family members. After all, charity begins at home.

我喜欢帮助家里的人，毕竟，仁爱始于亲友。

feel homesick



miss one's home

= (someone) feels unhappy because he/she is a long way from his/her home

【中文含义】很想家的

【实战例句】In Ashlee's first month at college she felt very homesick.

阿诗莉在地上大学后的第一个月里十分想家。

英语为第二语言的学习者倾向于使用的表达

它在雅思考试中的常用联想短语或句型

>> a home from home



= a place that someone thinks is as pleasant as his/her own home

【中文含义】像家一样温暖的地方（※这句话在美国英语里的形式是 a home away from home）

【实战例句】I visit that town so often it's become a home from home for me.

我访问过那个城镇太多次了，以至于我感觉那里有着像家一样的温暖。

have fond memories/recollections of sth.



have sweet memories of...

= remember sth. with great pleasure

【中文含义】对……有很美好的回忆

【实战例句】Most of us have fond memories/recollections of our childhoods.

英语为第二语言的学习者倾向于使用的表达

我们中的大多数人都对童年有着美好的回忆。

它在雅思考试中的常见 反义短语或句型

>> leave a bad taste in one's mouth



= feel upset as a result of experiencing sth. unpleasant

【中文含义】给某人留下坏印象

【实战例句】The way that teacher spoken to the kids left a bad taste in my mouth.

那名教师对孩子说话的方式给我留下了坏印象。

household chores

= the daily or regular light work of a household

【中文含义】日常的家务事

【实战例句】Most parents believe that children should participate in household chores such as cooking, washing and cleaning. 多数家长相信孩子应该多参加像做饭、洗碗、洗衣服等家务劳动。



它在雅思考试中的常见 近义短语或句型

>> housework



= the work of keeping a house tidy

【中文含义】家务活（请注意这个单词为不可数名词）

【实战例句】Most young kids hate doing housework. 大多数的小孩讨厌做家务活。

它在雅思考试中的常见 反义短语或句型

>> errands



= small jobs that involve going to collect or deliver something

【中文含义】这个词同样指需要完成的一些小事情，但通常并不是家中的

【实战例句】The children are old enough now to run their own errands.

这些孩子们已经够岁数去做一些自己的事情了。

love and devotion



care and love

= loyalty and love or care for sb. or sth.

【中文含义】关爱，英语中这两个名词经常连用

英语为第二语言的学习者倾向于使用的表达

【实战例句】 Sometimes a pet can provide a person with a new focus for his/her love and devotion. 有时候养只宠物可以提供给人一个新的关爱对象。

它在雅思考试中的常用联想短语或句型

>> love, honour and cherish



= treat with affection and tenderness

【中文含义】 珍惜，英语中这三个动词也经常会连用

【实战例句】 The couple will love, honour and cherish each other, in good times and in bad. 夫妇间要无论贵贱，相互珍惜，相互关爱。

Absence makes the heart grow fonder.



= the time spent apart makes you care for a person even more

【中文含义】 (英谚) 久别情更深

【实战例句】 We find it much easier to get along with our parents when we live away from home. Absence makes the heart grow fonder. 当我们远离父母生活时往往能与他们相处得更融洽。毕竟“久别情更深”嘛。

the apple of one's eye



= the person who someone loves most

【中文含义】 掌上明珠

【实战例句】 Tim's son is the apple of his eye. 蒂姆的儿子是他的掌上明珠。

家庭

bring up



= take care of a person until he/she is completely grown

【中文含义】 抚养

【实战例句】 Children should be brought up to respect the law.
应该从小教育孩子要遵纪守法。

它在雅思考试中的常见近义短语或句型

>> raise sb.



= take care of a person until he/she is grown up

【中文含义】 抚养

【实战例句】 Some people claim that children with both parents raising them are far less likely to end up in jail than those raised by mothers alone.

有人声称由单亲母亲养大的孩子要远比双亲家庭的孩子更容易犯罪入狱。

child-rearing



= looking after a child until he/she is fully grown

【中文含义】抚养孩子

【实战例句】Child-rearing can be a difficult yet rewarding responsibility.

抚养孩子是一种困难但是很有成就感的责任。

它在雅思考试中的常用联想短语或句型

>> child-bearing



= giving birth to a baby

【中文含义】生育孩子

【实战例句】They believe that the best age for child-bearing is 25-30.

他们相信生育孩子的黄金年龄是 25 ~ 30 岁。

maternal instinct



= a woman's natural tendency to behave like a mother

【中文含义】母性的本能

【实战例句】It is generally believed that women have maternal instincts that somehow make them better parents than fathers are. 人们普遍相信女人拥有母性的本能，这使得她们往往是比爸爸们更好的家长。

它在雅思考试中的常见近义短语或句型

>> nurturing instinct



= feelings typical of a caring mother

【中文含义】关心儿童的本能

【实战例句】Some people believe that the nurturing instinct can shape women's careers.

有人相信关心儿童的本能可以成就一个女人的事业。

be divorced



= no longer married because the marriage has been legally ended

【中文含义】离异的

【实战例句】Teachers should be more sensitive to the needs of the students whose parents are divorced.

老师们应该对那些父母离异的学生的需求更敏感一些。

它在雅思考试中的常见反义 短语或句型

>> be married



= has a husband or wife

【中文含义】已婚的

【实战例句】They're getting married next year.

他们将在明年结婚。

Can You Work with the Phrases and Expressions?

巩固练习

Are you ready to match definitions to phrases?

请在左侧的短语和右侧的对应释义间连线

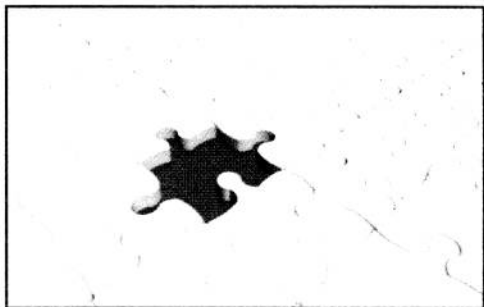
1. errands	A. feeling that you like someone or something so much you would be unhappy without them
2. be estranged from sb.	B. small jobs that involve going to collect or deliver something
3. hereditary	C. not seeing friends or relatives very often
4. attachment to sb. /sth.	D. looking after a child until he/she is fully grown
5. family bonds	E. given through the genes of a parent to a child
6. child-rearing	F. a uniting force between family members

KEY 1. B 2. C 3. E 4. A 5. F 6. D

家庭

Lesson 30

Solutions



Native Speakers 在讨论 解决方案 话题时会频繁使用的短语 & 句型

■ pave the way for sth.

★★★



do the preparation for

= to create a situation that makes it easier for sth. to happen

【中文含义】(比喻) 为……铺平道路

【实战例句】Scientists hope the data from this expedition (探险) will pave the way for a more detailed exploration (探索) of Mars. 科学家们希望这次探险所带来的数据可以为未来人类更详尽地探索火星铺平道路。

英语为第二语言的学习者倾向于使用的表达

○ 它在雅思考试中的常见 近义 短语或句型 ○

>> lay the groundwork for sth.



★★★

= to do what is necessary before process can begin

【中文含义】为某事物的发展打下基础

【实战例句】The committee will meet today to lay the groundwork for talks next month. 委员会将在今天举行会议并为下个月的会谈做好基础准备。

○ 它在雅思考试中的常见 反义 短语或句型 ○

>> stumbling block



★★★

= a difficulty that prevents progress

【中文含义】障碍物, 阻碍取得进展的事物或难点

【实战例句】However, there is still a big stumbling block.

但仍然存在一个巨大的障碍。(Cambridge IELTS 8 例句)

■ preventative measures



★★★★

= actions that are intended to prevent sth.

【中文含义】预防措施

【实战例句】These people argue that a large proportion of a country's health budget should be spent on health education and preventative measures.

这些人认为健康预算的大部分资金应该花费在健康教育和疾病预防措施上面。

○ 它在雅思考试中的常用联想短语或句型 ○

(i) take precautions against sth.



★★★★

= take actions in order to prevent sth.

【中文含义】采取预防措施

【实战例句】The same rules and precautions apply to a credit card used as a cash card.

同样的规定与预防措施也适用于作为现金卡使用的信用卡。

(Cambridge IELTS 8 例句)

(ii) ensure sth.



★★★★

= make certain that sth. happens

【中文含义】确保

【实战例句】To ensure the highest quality, inspection takes place at every stage.

为了确保最高品质，每个阶段都会进行检测。

■ The end justifies the means.



★★★★

= in order to accomplish an important aim, it is acceptable to do sth. bad

【中文含义】只要目的是正当的，实现方法即使是消极的也应该接受

【实战例句】In reality, the end does not necessarily justify the means. 在现实中，只要目的是正当的，实现方法即使是消极的也应该被接受。

○ 它在雅思考试中的常用联想短语或句型 ○

>> well-intentioned



★★★★

= wanting to have good effects, but often having bad effects instead

【中文含义】adj. 本意是好的（但往往带来负面的结果）

【实战例句】Well-intentioned development projects can have unexpected effects on the environment. 出发点是好的的发展项目却会对环境产生意料不到的影响。

be a necessary evil



★★★★

= be something that you do not like but that cannot be avoided

【中文含义】有负面影响但又不得不做的事

【实战例句】They claim that getting a home mortgage is a necessary evil these days.

他们宣称申请家庭贷款在如今是一件错误但又不得不做的事。

它在雅思考试中的常用联想短语或句型

>> the lesser of two evils



★★★★

= the less unpleasant or harmful of two possible choices

【中文含义】两个负面的事物中坏处较小的一个

【实战例句】Try to choose the lesser of two evils when you don't like either of the candidates. 当你两名候选人都不喜欢的时候就只能挑一个你相比之下不那么讨厌的了。

adopt a wait-and-see attitude



★★★★

= will just wait and see what will happen

【中文含义】持观望态度

【实战例句】No firm decision will be made until next month so we'll have to wait and see.

公司不会在下个月前做出决定，所以我们只好持观望态度。



它在雅思考试中的常见反义短语或句型

>> take immediate action



★★★★

= do sth. without delay

【中文含义】立即采取行动

【实战例句】We need to take immediate action before it is too late.

趁现在不算太晚我们要立即采取行动。

add fuel to the fire

★★★★



make a bad situation worse

= make a bad situation even worse

【中文含义】(比喻)使已经不好的情况变得更糟

【实战例句】His words only added fuel to the fire. The lady became furious (愤怒)

英语为第二语言的学习者倾向于使用的表达

的)。他的话语对那名女士简直是火上浇油，她已经出离愤怒了。

○ 它在雅思考试中的常用联想短语或句型 ○

>> **aggravate sth. / exacerbate sth.**



= make a bad situation become worse

【中文含义】导致某事变得更糟

【实战例句】Attempts to restrict (限制) parking in the city centre have further aggravated the problem of traffic congestion (交通拥堵).

对城市中心区域的停车管制却进一步恶化了交通拥堵的问题。

■ **be barking up the wrong tree**



= be wrong about the way to achieve sth.

【中文含义】找错了解决问题的方向

【实战例句】New evidence suggests that we've been barking up the wrong tree in our search for a cure for the disease.

在对治愈这种疾病的研究上，事实证明我们找错了解决问题的方向。

○ 它在雅思考试中的常用联想短语或句型 ○

>> **a misguided plan**



= a plan based on bad judgment or wrong information

【中文含义】有方向性错误的计划

【实战例句】The company blamed the shrinking profit on a misguided investment plan.

公司把减少的利润归结于一个方向性错误的投资计划。

解决方案

■ **a feasible alternative to...**



another choice

= sth. that offers another possibility of choice

【中文含义】可行的替代方案

【实战例句】Some people claim that there is still no practically feasible alternative to using animals for food and clothing.

有人宣称目前还没有对使用动物作为食物和衣物来源的可代替方案。

英语为第二语言的学习者倾向于使用的表达

○ 它在雅思考试中的常见近义短语或句型 ○

>> **a viable alternative to...**



= another practical option

【中文含义】行之有效的替代方案

【实战例句】They consider it a viable alternative to the present system of welfare benefits. 他们认为这是对现行福利系统的一个行之有效的替代方案。

the last resort

★★★



the only choice left

= sth. that you will do only after trying everything else

【中文含义】仅剩的最后一个方案

【实战例句】As a last resort, you can take your case to court. 作为最后的方案，你可以向法庭申诉你的案件。(Cambridge IELTS 8 例句)

英语为第二语言的学习者倾向于使用的表达

它在雅思考试中的常见 近义短语或句型

>> have no option but to do sth.



= have no choice but to do sth.

【中文含义】别无选择只能去……

【实战例句】Teenage mothers often have no option but to live with their parents.
十几岁的少女妈妈们除了和她们的父母一起同住外往往别无选择。

It's about time...

★★★

= something should be done soon because it is already past the time when it should have been done

【中文含义】早就应该……

【实战例句】It's about time we gave our teachers a degree of respect. (请注意 It's about time 后面的从句中一般用过去时) 我们早就应该给予我们的老师一些尊重了。

它在雅思考试中的常见 近义短语或句型

>> It's high time...



= something should be done immediately because it is already past the time when it should have been done

【中文含义】早就该……

【实战例句】It's high time the Wall Street bankers came back to planet Earth.
(这个句型后部的从句中一般也使用过去时) 华尔街的银行家们早就该回归实际了。

■ tackle a problem

★★★



solve a problem

= deal with a problem

【中文含义】解决一个问题

【实战例句】They proposed a new initiative (行动计划) to tackle the shortage of teachers. 他们制定出了一项新的行动计划来应对教师短缺的问题。

英语为第二语言的学习者倾向于使用的表达

○ 它在雅思考试中的常见近义短语或句型 ○

>> overcome an obstacle

= succeed in dealing with sth. difficult

【中文含义】克服障碍

【实战例句】If you want to overcome an obstacle, make sure you don't get sidetracked.

如果你想要克服一个障碍，那么你要确定你不会再逃避它。



★★★



■ a desirable ideal rather than an achievable reality



★★★

= an unrealistic ideal

【中文含义】只是一个美好的愿望而不是一个能够实现的目标

【实战例句】Complete equality in classrooms still remains a desirable ideal rather than an achievable reality. 要在课堂上做到完全平等目前仍只是一个美好的愿望而不是一个现实的目标。

○ 它在雅思考试中的常用联想短语或句型 ○

>> In reality, ...

= in fact, in actuality

【中文含义】(然而) 在现实中……

【实战例句】This teaching method is good in theory, but not in reality. 这种教学方法在理论上很好，但在现实的教学中行不通。



★★★★

Can You Work with the Phrases and Expressions?

| 巩固练习 |

Do you recognise the words and phrases?

请找出近义词或近义短语

1. pave the way for sth. :
 A prevent sth. from continuing in its usual way
 B make an event possible by producing the right conditions
 C walk slowly around an area
2. precautions:
 A protective measures
 B preventative measures
 C productive measures
3. aggravate sth. :
 A spoil sth.
 B misrepresent sth.
 C exacerbate sth.
4. a feasible alternative:
 A feast someone's eyes on sth.
 B sth. that an animal feeds on
 C sth. that offers another possibility of choice
5. the last resort:
 A the last opportunity for getting something
 B what someone will do if everything else fails
 C a final theatrical appearance
6. tackle a problem:
 A overlook a problem
 B underestimate a problem
 C try hard to deal with a problem

KEY

1. B 2. B 3. C 4. C 5. B 6. C

附录

附录 A



Functional Expressions: Expressing Thoughts and Opinions in Task-2 Essays

在议论文中经常被 Native Speakers 用来表达 看法与立场 的英式短语 & 句型

■ **have mixed views on...** (人们) 各持不同的看法

【实战例句】It has been around fifteen years since the Internet was first introduced into British households but people still have mixed views on whether it is a positive or negative influence on society. 从因特网第一次走进英国家庭到现在已经有将近十五年了，但人们至今关于网络对社会产生的影响究竟是积极的还是消极的仍然意见不一。

○ 它在雅思考试中的常见 反义短语或句型 ○

>> **reach consensus on...** (人们) 对某事达成一致意见

【实战例句】It will be difficult for people to reach a consensus on this issue.
要让人们对这一事件达成统一的意见是十分困难的。

■ **I take the view that...** 我所持的看法是……

【实战例句】I take the view that free education should be available to financially needy people.

我所持的看法是应该对那些财务紧张的人们提供免费的教育。

○ 它在雅思考试中的常见 近义短语或句型 ○

>> **be of the opinion that...** (某人的) 个人意见是 (注意不能遗漏句型中的介词 of)

【实战例句】They are of the opinion that morality cannot be legislated.

他们的意见是道德是不能由法律来规定的。

■ **be a highly charged issue** 是一个引起激辩的话题

【实战例句】Euthanasia is a highly charged issue in many European countries.

安乐死在许多欧洲国家都是一个备受争议的话题。

○ 它在雅思考试中的常见 近义短语或句型 ○

>> **ignite fierce debate** 引发了激烈的争论

【实战例句】The song's lyrics ignited fierce debate last year.

这首歌的歌词在去年引发了激烈的争论。

○ 它在雅思考试中的常见 反义短语或句型 ○

>> **be a well-established fact** (某事) 是为人们所共知的事实

【实战例句】It is a well-established fact that very young children learn best by rote.

人们普遍公认低龄儿童更适合通过机械记忆来学习。

■ **The tide of opinion is now running steadily against...**

目前的观点普遍倾向于反对……

【实战例句】The tide of opinion is now running steadily against the new traffic

law. 目前人们的观点普遍倾向于反对新颁布的交通法。

○ 它在雅思考试中的常见 近义短语或句型 ○

>> **The majority of people oppose...** 多数人反对……

【实战例句】The majority of people oppose the proposed tax reform.

对于提交上去的税制改革方案, 多数人持反对意见。

■ **It stands to reason that...** (某现象) 是符合常理的

【实战例句】It stands to reason that a child who is constantly (持续不断地)

criticised will grow up to have no self-confidence.

一个在不断被挑剔的环境中长大的孩子，在成年后会变得毫无自信，这是符合常理的逻辑。

它在雅思考试中的常见 近义短语或句型

>> **The concerns that... are well-justified.** 对于某事的担心是完全合理的。

【实战例句】The concerns that the new law will curtail (削减) NGO (非政府组织) activities are well-justified.

人们关于新法规可能会减少非政府组织活动的担心是完全合理的。

■ **It is an inescapable fact that...** 是一个无法回避的事实

【实战例句】It is an inescapable fact that some students behave badly and damage the learning environment. 有一些学生行为恶劣并且破坏学习气氛的问题是一个无法回避的事实。

它在雅思考试中的常见 近义短语或句型

>> **be unavoidable** 是不可避免的

【实战例句】Many people feared that war was unavoidable.

许多人害怕战争最终还是会无可避免地来临。

■ **...be noticeable.** (某种现象) 十分显著

【实战例句】The differences between the British and American academic systems are noticeable.

英国和美国的学术体制差别十分显著。

它在雅思考试中的常见 近义短语或句型

>> **... be substantial.** 某种差异是本质性的

【实战例句】There were substantial differences in the proportion (比例) of men and women at various levels.

在不同的级别上，男女人数的比例有着本质性的差异。

■ **The underlying cause of sth. is ...** 某现象的深层原因是……

【实战例句】We should look into the underlying cause of this problem.

我们应该从更深一层去剖析这个问题的原因。

○ 它在雅思考试中的常用 联想短语或句型 ○

>> **A fundamental mistake made by sb. is...** 某人所犯的根本性错误是……

【实战例句】Their fundamental mistake is to rely too much on technology.

他们所犯的根本性错误就是太过于依赖科技了。

附录 B



Some Commonly-Used Phrases and Expressions for Task-1 Essays

在描述 数学图表 时 Native Speakers 常用的地道
短语 & 句型

■ **see an upward trend** 呈现出上升的趋势

【实战例句】The housing market saw an upward trend in 2003.

房地产市场在 2003 年呈现出了上升的趋势。

○ 它在雅思考试中的常见 反义 短语或句型 ○

>> **witness a downward trend** 呈现出下降的趋势

【实战例句】The prices of consumer goods witnessed a downward trend.

消费品的价格呈现出下降的趋势。

○ 它在雅思考试中的常用 联想 短语或句型 ○

>> **see an opposite trend** 呈现出相反的趋势

【实战例句】In contrast, the cost of furniture and equipment saw an opposite trend.

相比之下，家具和设备的费用则呈现出相反的趋势。(Cambridge IELTS 8 例句)

■ **rocket to...** 急速上升至……

【实战例句】The petrol price (汽油价格) rocketed to a record high.

汽油价格急速飞升到了历史最高纪录。

它在雅思考试中的常见 近义短语或句型

>> **soar to...** 飞速上升至

【实战例句】The rate of heart disease soared to 79 per 1,000 people.

患心脏疾病的比例飞速上升至 79‰。

■ **peak at...** 在某位置到达最高点

【实战例句】The figures show that the unemployment rate peaked at 9.8% in October.

数据显示失业率在十月份达到了最高点 9.8%。

它在雅思考试中的常见 近义短语或句型

>> **reach the highest point** 到达最高点

【实战例句】The crime rate rose throughout (在整个……) the 1990s and reached the highest point in 2001.

犯罪率在整个九十年代都在不断上升, 直到 2001 年达到了顶峰。

■ **a slump** 下挫

【实战例句】There was a slump in the demand for new cars in 2007.

对于新车的需求在 2007 年有所下挫。

它在雅思考试中的常见 近义短语或句型

>> **a decline** 下降

【实战例句】There was a substantial decline in the unemployment rate.

失业率有了显著的下降。

■ **fall consistently from... to...** 从……持续下降到……

【实战例句】After 2007, housing prices in the UK fell consistently through 2009.

从 2007 年到 2009 年英国的房价一直在持续下降。

它在雅思考试中的常见 近义短语或句型

>> **fall continuously from... to...** 从……持续降至……

【实战例句】The criminal-offence rate fell continuously from 2001 to 2011.

刑事犯罪率从 2001 年开始到 2011 年, 一直持续下降。

■ plummet to... 骤降至……

【实战例句】That number rose to 3,900 by 2004 and then plummeted to 760 by 2008. 这个数字在 2004 年达到了 3900, 然后到了 2008 年却陡然骤降到 760。

○ 它在雅思考试中的常见 近义 短语或句型 ○

>> drop swiftly to... 快速下降至……

【实战例句】The number of full-time jobs generated by the retail industry dropped swiftly to 14,000. 零售业所提供的全职岗位数量骤降至 14000。

○ 它在雅思考试中的常见 反义 短语或句型 ○

>> go up steeply to... 迅速升至……

【实战例句】Then the interest rate went up steeply to 4.2%.
然后利率迅速升至 4.2%。

■ bottom out 降至最低点

【实战例句】The government claimed that the recession (衰退) had bottomed out.
政府宣称经济衰退已经要触底反弹了。

○ 它在雅思考试中的常见 近义 短语或句型 ○

>> drop to its lowest level 降至最低点

【实战例句】Inflation (通货膨胀) dropped to its lowest level in five years.
通货膨胀率降到了近 5 年来的最低点。

■ reach a plateau 进入平稳状态

【实战例句】By 2002, this improvement had reached a plateau.
到了 2002 年, 这种上升势头开始进入了一个平稳的阶段。

○ 它在雅思考试中的常见 近义 短语或句型 ○

>> level out (at...) / maintain the same level / remain stable
维持在 (某个水平上)

【实战例句】The number of cases of the disease remained relatively stable in 2009.
在 2009 年, 该病的病例数量维持在一个稳定的水平上。

○ 它在雅思考试中的常见反义短语或句型 ○

>> **fluctuate around... / fluctuate between... and...** 波动

【实战例句】Their total leisure time per week fluctuated between 22 hours and 35 hours. 他们每周的空闲时间在 22 个小时到 35 个小时之间上下波动。

■ **... is predicted.** 某现象很可能将出现

【实战例句】A more dramatic rise is predicted between 2020 and 2025.
到 2020 年至 2025 年期间可能会出现一个戏剧性的增长。

○ 它在雅思考试中的常见近义短语或句型 ○

>> **... is anticipated.** 某现象预期将发生

【实战例句】A hike (*n.* 上升) in the oil price is anticipated.
石油价格预期将会增长。

○ 它在雅思考试中的常用联想短语或句型 ○

>> **is projected to... / is forecast to...** 预计将会……

【实战例句】The figure is projected to reach 26.18% by 2050.
到 2050 年, 这个数字将会达到 26.18%。

■ **exceed...** 超过……

【实战例句】The energy available exceeded the energy demand from the late 1960s to the early 1980s.
从 60 年代末到 80 年代初期, 能源一直是供大于求的。

○ 它在雅思考试中的常见近义短语或句型 ○

>> **surpass...** 超过……

【实战例句】The growth rate of Molosop is expected to surpass that of Densaunt by 2035. Molosop 的增长率被预测在 2035 年将超过 Densaunt 的增长率。

■ **double** (可以作形容词、名词或者动词) 两倍/翻倍

【实战例句】The company profits doubled in 1998.
这家公司在 1998 年利润翻了一番。

它在雅思考试中的常见近义 短语或句型

>> **be twice as many as...** 两倍于……

【实战例句】The number of consumer complaints in 2005 was twice as many as that in 2001. 2005 年中顾客投诉的数量是 2001 年数量的两倍。

它在雅思考试中的常用联想 短语或句型

>> **be three times as many as... / be four times as many as...**
是某事物的三倍/四倍

【实战例句】The number of hospitals in this region is three times as many as that in Laneo. 这个地区医院的数量是 Laneo 的三倍。

be in stark contrast with... 与……形成鲜明的对比

【实战例句】This is in stark contrast with 1990 when 60% of those who held an undergraduate diploma were men. 这和 1990 年时 60% 的本科学历持有者是男人的事实形成了鲜明的对比。

它在雅思考试中的常见近义 短语或句型

>> **is in marked contrast with...** 与……形成明显的对比

【实战例句】This new trend is in marked contrast with the trend it experienced in the 1980s.

这种新的潮流和在 80 年代曾流行的潮流形成了明显的对比。

它在雅思考试中的常用联想 短语或句型

>> **over the following... days / months / years** 在之后的某段时间里

【实战例句】The number of patients fell sharply over the following three months.

在之后的三个月里，病人的数量急剧下降。

is only marginally more ... than ... 与……相比仅是略微更……

【实战例句】Thus we can see that the new organisation is only marginally more efficient than the old one. 所以我们能看出这个新的机构与旧的那家相比也只是略微更高效一点。

○ 它在雅思考试中的常见 近义 短语或句型 ○

>> **is only fractionally more... than...** 与……相比仅稍微更……

【实战例句】The aging of the population is only fractionally faster than that in the last decade. 如今人口老龄化的速度相比上个十年来说只是稍微加速了一点。

○ 它在雅思考试中的常见 反义 短语或句型 ○

>> **is considerably more... than...** 远比……更加……

【实战例句】Keolho's birth rate is considerably higher than that of Nowsba.
Keolho 的出生率远比 Nowsba 的要高。

■ **be composed of...** 由……组成

【实战例句】Team A was composed of five staff members.
A 组是由 5 名队员组成的。

○ 它在雅思考试中的常见 近义 短语或句型 ○

>> **consist of...** 由……构成

【实战例句】System B consists of six components.
B 系统是由 6 个元件组成的。

■ **in inverse proportion to...** 成反比地

【实战例句】The amount of money people save increases in inverse proportion to the amount they spend.
人们省下的钱和他们花出的钱呈反比上升。

○ 它在雅思考试中的常见 反义 短语或句型 ○

>> **in proportion to...** 成正比地

【实战例句】The amount of energy consumed in this factory is in proportion to its number of products. 这家工厂消耗的能源和它生产的产品数量成正比。

■ **the corresponding figure** (某个数字) 在另一组数据中所对应的数字

【实战例句】While spending increased for equipment and insurance, there were corresponding drops in expenditure on things such as books and on

workers' salaries. 设备与保险的支出增加，而书籍和工人工资等费用则出现了相应的减少。(Cambridge IELTS 8 例句)

○ 它在雅思考试中的常用 联想短语或句型 ○

(i) **Interestingly, ...** 有趣的是，……

【实战例句】Interestingly, when there are three or more children in the household, men are found to work even fewer hours around the house. 有趣的是，当家里有三个或更多的孩子的时候，男人往往却会减少在家里干活的时间。

(ii) **Not surprisingly, ...** 相应很自然的是，……

【实战例句】Not surprisingly, the number of cases of the disease dropped to approximately 1,700 in 2008.
很自然地，这种病的病例数在 2008 年降到了大约 1700。

■ **whereas** 而

这个词经常被 native speakers 用来在书面的复杂句中引导从句，与主句形成对比

【实战例句】The graph indicates that on average men had 52 hours of leisure per week whereas women only had approximately 39 hours.
这张图表显示平均来说，男人每周可以拥有 52 个小时的休闲时间，而女人只有 39 个小时。

○ 它在雅思考试中的常见 近义短语或句型 ○

>> **while** 而同时

也经常用于在复杂句中引导从句，与主句构成对比

【实战例句】More men than women hold qualifications at the lower and higher levels of education while more women reach undergraduate diploma level than men.
越来越多的女性拥有本科学历，而男性则更多地集中在更高或更低的学历区间中。

附录 C



Essential Adverbs for Task-2 Essays

写议论文时 Native Speakers 经常会用到的 10 个有特色的副词

■ (most) notably 尤其 (是)

这个副词经常用于在议论文中引出实例

【实战例句】Some subjects are very popular among students, (most) notably computer science.

有一些课程在学生当中是非常受欢迎的，尤其是计算机科学课。

■ namely 也就 (是)

这个副词也经常用于在议论文中给出具体的实例

【实战例句】Some groups, namely students and retirees, will benefit from the new tax. 而一些群体，也就是学生和退休人员可以从新的税制中得到实惠。

■ essentially 本质上 (来看)

【实战例句】Some people think that friendship is essentially a partnership.

有些人看来友谊从本质上来看即是一直相互陪伴的关系。

■ particularly 特别 (是)

【实战例句】The rate of the disease has been growing, particularly among elderly

people. 这种疾病的发病率增高了，特别是在老年人群中。

■ **merely** 仅仅

在议论文中这个副词的后面经常跟随一个动词

【实战例句】The medicine does not cure the disease. It merely relieves the pain.

这种药品并不能治愈这种疾病，它仅仅能减轻病症所带来的痛苦。

■ **Realistically, ...** 从现实的角度看

这个副词在议论文中经常被用于句首，其反义副词是 Theoretically, ... (从理论上来看)

【实战例句】Theoretically, anyone can become a model. Realistically though, in order to become a model a person has to meet multiple criteria.

从理论上来看，人人都可以当模特。但实际上要想做一名模特，是要符合种种要求的。

■ **Historically, ...** 从历史上看

这个副词在议论文中经常也是被用于句首，它的近义副词是 Traditionally, ...

【实战例句】Historically/Traditionally, relations between these two countries have never been close.

从历史上看，这两国间的关系从未有像现在这样紧密过。

■ **considerably** 显著地

【实战例句】The projects vary considerably in objectives (目标). 这些项目在目标上有显著地不同。

■ **relatively** 相比较地来看

在议论文中使用时它的后面通常会紧随一个形容词

【实战例句】There are relatively few female airline pilots. 在飞行员这个行当中，女性的数量是相对较少的。

■ **correspondingly** 相应地

在英语议论文中使用时其后面通常也会紧跟一个形容词

【实战例句】Where the cost of government is high, resources for development are

correspondingly low.

政府开销高的地方，发展所需的资源也相对较少。

附录 D



British Spelling vs. American Spelling 英式英语与美式英语拼写差异对照表

※ There are several areas in which British and American spelling differ. The main ones are listed below.

※ 剑桥系列丛书明确指出：在 IELTS 考试中英式拼写与美式拼写均可以被接受（Cambridge IELTS 8, p. 8）。但同时考生亦需要注意拼写的一致问题，不宜将英美拼写混用而导致理解上的混乱。

下表列出了 IELTS 考试中经常涉及的英美拼写差异，它会对考生提高拼写的纯正度提供帮助。

Words ending in -our
以 -our 结尾的单词拼写差异

British	US
labour	labor
favourite	favorite
honour	honor
flavour (口味, 风味)	flavor
colour	color
behaviour	behavior
neighbour	neighbor
humour	humor

Words ending in -ze or -se
以-ze 或-se 结尾的单词拼写差异

British	US
analyse	analyze
organise	organize
recognise	recognize
apologise	apologize
criticise	criticize
realise	realize

Words ending in -re
以-re 结尾的单词拼写差异

British	US
centre	center
theatre	theater
metre	meter
centimetre	centimeter

Words ending in -ence or -ense
以-ence 或-ense 结尾的单词拼写差异

British	US
offence	offense
defence	defense

Words ending in a vowel plus -l
以元音加-l 结尾的动词分词拼写差异

British	US
travelled	traveled
fuelled	fueled

single -l vs. double -ll

还有少数单词存在单-l 与双-ll 的差异

British	US
fulfil	fulfill
skilful	skillful