

无考虫
不青春

雅思分手指南系列

Writing module

写作篇

话题词汇



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万能词组

- a bevy of ... 一系列
- a bustling city 繁华城市
- a daunting task 艰巨的任务
- a global hit 全球风靡
- a pivotal moment 关键时刻
- a realistic target 现实的目标
- be ill-prepared for... 没做好准备
- be markedly different from 与...明显不同
- be unsatisfied with his life 对生活感到不满
- cling on to ... 坚持做...
- distinguish between ..and ... 区分
- divert attention away from 转移注意力
- dovetail well with 与...很吻合
- forthcoming 即将到来的(将来)
- have extensive experience in ... 有经验
- have limited knowledge about... 对...不了解
- a common occurrence 常见的事情
- long-standing problems 长期问题
- prompt 促使
- put significant effort into tackling sth. 努力结局...
- receive priority handling 获得优先处理
- run counter to 与...背道而驰
- sound the alarm 敲响警钟

spring into action 立即采取行动

This might be put down to 归因于...

unworkable 不可行

with the aim of ... 为了...

the necessary solutions 必要的解决方案

until relatively recently 直到最近才 ...

prevent the worst possible outcome 防止最坏的情况发生

reduce dependence 减少依赖

国家 has seen rising awareness of sth among its people. 人们对于...的意识不断增强。

struck a chord 引起共鸣

there is more deprivation than abundance. 坏处比好处多。(指经济条件)

a viable option 可行的选择

have a penchant for 特别喜欢

a burgeoning field 一个新兴领域

have always been highly prized 被高度重视

in a range of contexts 在各个领域

change all walks of life 改变各行各业

a long-term endeavour 长期努力

challenge the dominance of 挑战了 .. 主导地位

简词难搭

好处:

a force for good 有益的力量

see occasional benefit 偶尔有点儿好处

Sth may have an upside. ...也有好处。

tremendous benefit 巨大的利益

伤害 / 破坏:

inflict damage 造成的损害

leave sb with severe, lasting injuries 造成了严重的、持久的伤害

suffer from a big tragedy 遭受重大悲剧

a major blow to... 对...来说是巨大打击

... unravel years of advances in... 破坏了多少年的进步

decimate the industry 重创某产业

devastating effects 毁灭性影响

aggravate the situation 加剧这种情况

It has become increasingly challenging to... ...变得越来越困难。

encounter difficulties 遇到困难

take its toll on ...对...造成影响

disastrous 灾难性的

cause massive disruption 造成巨大的破坏

wreak havoc on... 造成严重破坏

destruction 破坏

psychological toll 心理伤害

emotional distress 精神伤害

damage/ impair 削弱 / undermine/ jeopardize/ destroy 破坏 v.

风险 / 挑战 / 竞争 / 困难

barrier/ obstacle/ difficulty/ challenge 困难

generate a bigger risk of 有更大的风险

pose risks 带来风险

downplay the risks of 不重视…的风险

be insulated from the _____ storm. 避开了…风险

confront a longer-term challenge 面临长期挑战

danger/ risk/ peril 危险

face ever stiffer competition 面临越来越激烈的竞争

competition/ rivalry 竞争

experience difficult time/ be in trouble 处境困难

社会

a society-wide problem 全社会的问题

at the lower rungs of society 社会底层

create enormous social change 带来巨大的社会变革

touch on a number of social issues 触及了许多社会问题

增长 / 发展 / 成就 / 进步

fulfillment/ achievement/ accomplishment 成就

grow at a blistering pace 快速增长

admit constant technological change 在不断的技术发展中

a history-making achievement 历史性成就

give further impetus to 进一步推动

hasten (medical) breakthroughs 加速发展

do the trick 获得成功, 取得成效

make great strides 取得巨大进步

make giant leaps in... 在...方面取得进步

prominent breakthroughs 重大突破

groundbreaking 开创性的, 突破性的

a huge step / a big leap 飞跃

支持

win much support 获得支持

give full-throated support 全力支持

unwavering support and counsel 坚定的支持和建议

影响

impact/ effect/ influence 影响

reduce the impact of sth. 减轻...的影响

have no discernible impact on 没有明显影响

have a profound effect on 对...有着深远的影响

the impact could be far more devastating 影响可能会更严重

压力

stress and anxiety 压力

cope with the pressure of living 应对生活压力



under strain 在压力下

place pressure on ... 给...施加压力

pent-up emotions 压抑的情绪

retail therapy 购物疗法

讨论 / 关注 / 焦点

That generated much buzz about... 引发了关于... 的讨论

stroke the debate 引发辩论

... becomes the sharp focus. ...成为焦点。

In the past decade a new trend has emerged, ... 最近出现了一种新趋势, ...

draw global attention 引起了全球的关注

become the greatest trend of our time 成为了我们这个时代最重大的潮流

A contentious issue 一个很有争议的问题

同义替换

accountability/ responsibility/ liability 有责任, 有义务

stylish/ fashionable/ chic 时尚的

obsolete/ unfashionable/ out of date 过时的

in the absence of 缺乏 .../ face restricted access to 面临短缺 / lack of accessibility of 缺少.../

the inadequacies of... 缺乏 .../ a dearth of 缺少 / lack the ability to 缺乏...的能力 / have a poor representation of 对 .. 缺乏认知

knock-on effects/ the ripple effects/ chain reaction 连锁反应

a number of/ substantial/ a large quantity of/ plenty of/ an enormous amount of/ immense/ vast 大量的

abandon/ give up 放弃

accurate/ exact/ specific 准确的、具体的

adapt to/ tune to 协调, 适应

address/ tackle/ deal with 应对, 处理

advocate for/ call for/ promote/ argue/ suggest/ maintain 宣传, 主张

approach/ means/ measures 方法 tactic/ strategy n. 策略

average/ ordinary/ normal people 普通人

be committed to/ be dedicated to 致力于, 献身于

be credited to/ be attributed to 归功于, 归因于

be inclined to/ tend to 倾向于

be relevant to/ be associated to/ be linked with 与.....有关

broaden one's horizon/ extend one's outlook 拓宽视野

busy/ have a tight timetable 忙

cater for/satisfy v. 满足 content/ satisfied adj. 满足

change/ vary/ alter/ transform/ convert/ shift 改变 / reverse 扭转

cherish/ value/ care 珍惜 / 在乎

commercial/ economic 商业的 / 经济的

feasible/ practical 可行的

compensate/ make up 补偿

opponent/ rival/ challenger 反对者

proponent/ supporter/ advocator 支持者

concentrate on/ focus on 专注于

consumption/ expenditure 消费, 开支

contradictory/ conflicting 矛盾的

cooperation/ teamwork 合作

course/ session/ seminar/ subject/ discipline 课程

cultivate/ foster/ nourish 培养

decrease/ lower v. 降低

dedication/ commitment 奉献

demolish/ knock down 拆除

difference/ divergence/ distinction 区别 / 不同之处

different/ distinctive/ various/ varying 不同的

discrimination 歧视 / prejudice/ bias 偏见

disseminate/ transmit 传播

domain/ sphere /field 领域

eligible for/ appropriate 合格的

employ/ hire/ recruit 征聘

enable/ allow sb to do 使……能够

endure/ persist 坚持、忍耐

enough/ sufficient/ adequate 充足的

ensure/ make sure 保证

enterprise/ corporation/ company 企业, 公司

enthusiasm/ passion n. 热情 enthusiastic/ passionate adj. 热情的

environment-friendly/ sustainable adj. 环保的

event/ fair 事件

feel lonely/ feel emotionally isolated 孤单

flexible/ resilient 灵活的, 有弹性的

fragile/ vulnerable 脆弱的

frustrated/ devastated 受挫的

generate/ create/ produce a problem 产生问题

get a good feeling/ feel happy/ achieve happiness 感到幸福

have health problems/ suffer poor health 身体不好

have/ get/ access to / obtain/ possess/ gain/ achieve 获得, 占有, 得到

identify/ recognize/ detect 识别、发现

implement/ carry out 实施

important/ valuable 重要的 / prominent/ major/ main/ dominant/ key 主要的, 大的

indispensable/ necessary 不可缺少的

justifiable/ reasonable/ legitimate/ valid 合理的, 正当的

life expectancy/ life span/ longevity 寿命

be likely to/ be subject to/ be prone to 易于

local/ native 本地的

mandatory/ compulsory 规定的, 必须的

maximize/ optimize 最大化 / 优化

mission/ goal/ objective 使命、目标 target/ aim/ purpose 目标



need/ require 需要

obesity/ overweight 肥胖症 / 超重

only/ solely/ simply/ just 仅仅

opt for/ choose v. 选择 option/ choice n. 选择

organization/ agency/ body/ department 组织, 机构

outstand / excel 杰出

participate/ get involved in/ be engaged in 参与

particular/ certain 某些 / 个

popularity/ ubiquity n. 普及

polluted/ toxic/ poisoned/ contaminated 被污染的

possible/ potential/ underlying 潜在的

practical/ specialist/ professional knowledge 专业知识

profound/ thorough 深刻的, 根本的

protect/ conserve/ preserve/ safeguard v. / protection/ conservation/ preservation n. 保护

provide/ supply/ offer 提供

proximate/ close/ nearby 紧邻

recognition/ acceptance n. 认可

regarding/ concerning/ as for 关于

reject/ refuse/ turn down 拒绝

rely on/ depend on 依赖

sacrifice/ cost 代价

same/ equivalent/ equal to 相等的, 相同的

seek to/ aspire to 追求

serve/ function 起作用

setting/ environment/ surrounding/ context 环境

short-lived/ non-durable 使用周期短的
 situation/ circumstance/ case 状况 / 条件
 sometimes/ from time to time 有时
 spectator/ audience 观众
 start/ initiate 发起
 stop/ prevent 阻止 / hinder/ deter 威慑
 strengthen/ enhance/ consolidate/ underpin 加强
 strive for/ endeavor for 争取
 substitute/ replace/ take the place of 代替
 suggestion/ advice/ recommendation 建议
 suitable for/ appropriate/ fitting 适合的
 surplus/ excess 过剩
 talk/ converse/ communicate/ chat 交流
 theory/ principle 理论, 原理
 treatment/ therapy 治疗
 use/ harness/ utilize/ employ/ deploy/ apply 使用, 应用 利用
 variety/ type/ kind 种类

词性转换

v.	n.	adj.	adv.
dominate 控制		dominant 主要的	
monopolize 垄断	monopoly 垄断		
isolate 隔离	isolation 隔离 / 隔绝		
interact 互动	interaction 互动		
attract 吸引	attraction 吸引		
distract 分散	distraction 分散		
motivate 激发积极性	motivation 动力, 积极性	motivated 有动力的	
	ambition 抱负	ambitious 有志向的	
persevere 坚持	perseverance 坚持		
create 创造	creativity 创造力 creation 创造, 产物	creative 有创造力的	
	flexibility 灵活性	flexible 灵活的	
		depressed 抑郁的 depressing 令人抑郁的	
	geography 地理	geographic 地理上的	
donate 捐款	donation 捐款		
degrade 退化	degradation 退化	degraded 退化的	
	nutrition 营养 nutrient 营养物	nutritious 有营养的	
	athlete 运动员	athletic 体育的	
	solidity 坚固	solid 坚固的	

v.	n.	adj.	adv.
produce 生产	productivity 生产力 product 产品 production 生产	productive 多产的 produced 生产的	
		domestic 国内的	domestically 国内地
deceive 欺骗		deceptive 欺骗的	
verify 核实, 证实	verification 核实		
interpret 解释, 理解	interpretation 解释		
diversify 使多样化	diversity 多样化	diverse 多元的	
	culture 文化	cultural 文化的	culturally 文化地
	science 科学	scientific 科学的	scientifically 科学地
	technology 技术	technological 技术的	technologically 技术地
	economy 经济	economic 经济的	economically 经济地



Education 教育

学习内容 academic subjects/ curriculum

1. 传统科目名称:

compulsory/mandatory subjects 必修课

mathematics 数学

philosophy 哲学

computer skills 计算机

history 历史

arts 文科

engineering 工科

science 理科

6. 非传统科目名称:

elective subjects 选修课

sports 运动

music 音乐

painting/ drawing 绘画

international news 国际新闻

extra-curriculum activities 课外活动

传统科目的功能:

2. preliminary knowledge 基础知识

intellectual development 智力发展

literacy 读写能力 ; 技能

academic performance 学习成绩

academic ability 学习能力

learning outcome 学习效果

specialist 专才

in-depth study 深入学习

do a deep dive into 深入研究

specialize in 专门从事

学习传统科目的目的:

3. prepare for future career 为工作做准备

job prospect 工作前景

career relevance 跟工作有关

career-oriented 以职业为导向的

enhance competitiveness 提高竞争力

elite universities 名牌大学

a stepping-stone to success 敲门砖

A post-secondary education represents an investment in a person's future earning power, thanks to the skills obtained in school, the connections and credentials gathered along the way, and the signal a tertiary degree provides to employers. 高等教育意味着对未来赚钱能力进行投资，因为高等教育让人们获得技能，届时人脉，拥有证书，并且向雇主发出信号。

The university experience boosts their earning capacity. 上大学提高自己的收入能力。

The graduate premium is healthy enough, on average, for a degree to be financially worthwhile. 平均而言，大学毕业生的工资溢价足以使得学位有所值。

financial independence 经济独立

human /intellectual capital 人力 / 人才

run a club 开酒吧

Those who do manual work often earn less money. 蓝领工人挣钱一般都比较少。

4. academic qualification/ credential 获得学历

a degree from a good institution is essential 学历至关重要

admission to university 入学

cost students admission 失去入学机会

university attendee 大学生

university entrance standard 大学入学标准

vocational and technical education 职业教育技术教育

undergraduate 本科毕业

bachelor degree 学士学位

postgraduate 研究生毕业

master degree 硕士学位

5. gain abilities 提高能力

competency 称职，能力

cognitive skills 认知能力

critical thinking 批判性思维

analytical skills 分析能力

logic thinking 逻辑思维

sensible people 理性的人

11. 更高追求 noble goals:

establish oneself in society 立足社会

elevate the status 提升地位

fulfill our social value 实现社会价值

social division 社会分工

Part of the motivation for attending business school is to take advantage of networking opportunities that could last for the rest of students' careers. 就读商学院的部分动机是，利用那些可能会持续到学生职业生涯的社交机会。

give back to the communities 回报社会

lifelong learning 终身学习

非传统科目的功能：

7. overall / rounded development 全面发展

generalist 通才

comprehensive skills 综合能力

reach their full potential 充分发挥潜力

knowledgable adj. 知识渊博的

One thing we know about creativity is that it typically occurs when people who have mastered two or more quite different fields use the framework in one to think afresh about the other. Leonardo da Vinci was a great artist, scientist, and inventor, and each specialty nourished the other. 多科目可以激发创造力。

Drawing also helps prepare children for success in other subject areas, including explaining and communicating mathematical reasoning, which assists in their comprehension and communication of math concepts. 绘画还有助于让孩子们在其他学科领域取得成功，包括讲解和交流数学推理，这有助于他们理解并交流数学概念。

Drawing can be incorporated into learning in many ways, including visual mapping, reflective thinking, organizing and presenting information, and a way of communication that can transcend

language barriers. 绘画可以通过多种方式融入学习，包括视觉映射、反思思维、组织和呈现信息，并提供一种可以跨越语言障碍的交流方式。

8. release academic pressure 缓解压力

physical and mental health 身心健康

leisure activities 休闲活动

motivated 积极的

9. personal interest 个人兴趣

stimulate one's interest 激发兴趣

exploit potential 开发潜能

shape / form character 形成性格

10. gain abilities 提高能力

appreciation of beauty 对美的欣赏

fine motor skills 动手能力

physical coordinative skill 身体协调能力

Football could be used to develop confidence. 踢足球可以帮助人们建立自信。

教育方式 METHODS

12. 传统教育 traditional way

attending a college/course 上学

lectures 听讲座

in-person learning 线下学习

in-person instruction 现场教学

13. 传统教育的优势

communication 交流

consequential conversation 闲聊，八卦

interaction 互动

successful social interactions 成功的社交

create learning environment 创造学习环境

stimulating and engaging content 激发学习动力且吸引学生的内容

excite initiative 调动积极性

dorm life 校园生活

campus life/facilities 校园生活 / 设施

cooperation 合作

foster team spirit 培养团队精神

competition 竞争

facilities 设备

library holdings 图书馆馆藏

stadium 体育场

sporting venue 运动场

basketball court 篮球场

well-rounded education that attaches importance to building character as much as knowledge 素质教育

cultivate habits 养成习惯

self-discipline 自律

immediate feedback/ response 及时反馈

oversee 监督

read and respond correctly to other people's facial expressions 正确解读并回应他人的面部表情



look at and interpret other people's faces and facial expressions 观察和解读他人的面部表情

cut through the confusion 解除疑惑

14. 传统教育的劣势

dull and tedious 乏味的

anti-social group 不安分的学生

interfere with studies 影响学习

peer pressure 来自同龄人的压力

corporal punishment 体罚

After skipping school, children often cook up stories to tell their parents. 逃课后，编故事骗家长。

People began to harbor doubts over the function of university. (harbor v. 持有，怀有)

Contact sports, like rugby, will inevitably involve more injuries. 足球

Teachers have a limited amount of time to interact with each child. 老师和每个孩子沟通的时间有限。

15. 网络教育 distance learning

Internet 网络

television 电视

media 媒体

online instruction 在线课程

course instruction delivered online 在线课程

16. 网络教育的优势

convenient 方便的

cheap 便宜的

a range of resources 资源多

safe 安全

save commuting time 节省时间

There is huge scope for using digital technology to improve education. Poor in-person lectures could be replaced by online ones from the best in the world, freeing up time for the small-group teaching. 利用数字技术改善教育有很大空间。线下授课可能会被世界上最好的在线授课所取代，从而为小组教学腾出时间。

It is hard to imagine going back to a world where the successes from online learning will not be combined with person-to-person exchanges. 一个没有和线下学习相结合的在线学习世界是很难想象的。

Schools should make full use of all kinds of quality open online courses and educational resources to organize online education activities. 学校应充分利用优质在线课程和教学资源开展在线教学活动。

17. 网络教育的劣势

attention disorder 注意力不集中

dash schoolwork off in less than two hours 不到两小时就匆匆写完

Virtual-classroom technology is unable to fully replicate the usual teaching environment, and that other elements of the course, such as extra-curricular activities have been essentially cancelled. 虚拟课堂无法完全复制”平常的教学环境，并且课其他元素如课外活动也已基本没有。

18. 小班 / 分班教学 small classes/ separate teaching

a stress free study environment 无压力的学习环境

be tailored to their needs 满足个性化的

enjoyable atmosphere 令人愉快的氛围

minimize the disruptions 减少干扰

tailor a class instruction for a specific group of students 根据特定的学生群调节课堂教学

uniqueness 独特性

work at one's own pace 以自己的节奏工作 / 学习 培养能力

self-esteem / self-confidence 自尊 / 自信

19. 家庭教育

close relationship 拉近家庭关系

establish bonds and boosts feelings of connectedness 建立联系，增强联系感

family ties 家庭关系

mode 榜样作用

parenting habits 教育习惯

know better than others 更了解及自己的孩子

uniqueness 独特性

forge one's character 塑造性格

A child should be properly guided. 孩子应该被正确地引导。

We should focus on the role of the family in a child's education. 家长的教育作用值得关注。

Children need to be taught the correct way to behave in public. 孩子需要学习公众场合的礼仪。

be reluctant to say about their own feelings 不愿说出自己的心事儿

You cannot always blame parents when their children behave badly. 如果孩子表现的不好，也不能总是责怪家长。

overly pushy parents 过于望子成龙的家长（仔细体会 pushy 的含义）

take a more balanced approach to child-rearing and education 采取一种更均衡的方法来抚养和教育孩子

20. 其他学习方式

field station 户外考察站, 实地考察基

according to oneself 自由学习

work/travel 工作 / 旅行

21. 其他学习方式的优势

generate interest 产生兴趣

inspire scientific thinking 激发科学思维

reduce the academic burden on students 减轻学生的学业负担

Education should shape students' minds and broaden their horizons. (shape v. 塑造)

less possibility of rebellion 逆反心理少

obedient- rebellious 听话的 - 叛逆的

a clear perspective of oneself 更了解自己

broaden horizons 开阔视野

have a clear-cut vision 有明确目标

work hard(学生) 努力学习, (员工) 努力工作

working experience 工作经验

touchstone 检验标准

其他常考

22. 学习压力 stress from academics

exam revision 复习

assignments 作业

meet deadline 在最后的期限完成任务

poor grades 低分

school-age children 学龄儿童

time arrangement 时间安排

rising competition 竞争越来越大

cram schools 培训学校, 补习班

23. 国家层面 national level

national pride 国家荣誉

spread local culture 文化宣扬

a Nobel laureate 诺贝尔获奖者

win national science prizes 获得国家科学奖

educational status 教育水平

24. 教育机构 educational institution

pricey private schools 昂贵的私立学校

selective school 重点学校

further education 继续教育

higher/ tertiary education 高等教育

independent school 私立学校

comprehensive school 综合学校

25. 评价老师

reputation of tutors 老师的名声

rewarding 满意的

assessment methods 评价方法

Technology 科技

立场句:

In a digital age, face-to-face communication is still important.

I don't see ... an obstacle. 表态, 双重否定表肯定。

We all benefit from the development of new technologies.

It is no secret that technology can be used for good or for ill.

Computers have become a normal part of everyday life.

Technology is catching up with tradition. 技术正在取代传统。

sweeping changes 全面改革

an industry crying out for technological disruption 一个迫切需要技术颠覆的行业

This system always has glaring shortcomings, some of which have become worse over time. 这种模式有明显的缺点, 随着时间的推移, 其中的一些缺点逐渐恶化。

We're continuing to witness amazing innovations that even just a few years ago seemed like distant possibilities at best. 几年前我们还觉得很遥远的事儿, 我们现在就看到了奇迹的发生。

hamper wider adoption of the technology 阻碍了技术的普及

something is not rocket science ...不是难事

网络优势:

1. 接触信息 obtain information

diversify v. 多样化

updated information 最新信息

check the news 看新闻

wireless technology 无线

enrich one's experience/ knowledge 丰富经历/ 知识

broaden horizon/ satisfy curiosity 开阔视野、满足好奇心

You can easily check the train time on the internet. 查看列车时间。

Many newspaper articles are also available on the internet now. 网上看报纸。

More information is available on the university website. 在学校网站获取信息。

The internet is becoming accessible to a growing number of people. 越来越多的人开始使用网络。

The main advantage of the Internet is that it gives us access to information from all over the world. 全球信息。

The Internet is beginning to rival newspapers as the best place to find information about what is happening in the world. 网络已经赶超报纸，成为最好的获取新闻的渠道。

2. 效率高 high efficiency

broadband penetration 宽带普及度

instant messaging and file sharing 即时发信息、分享文件

written correspondence 书面通信内容

assembly line 装配线

computer simulation 计算机模拟

distribute v. distribution 批发，分配

keyword search 关键词搜索

spread swiftly across the world 迅速传遍全球

effective use of resources 资源的有效使用

draw on a network of resources 利用资源

outsourcing 外包

Most of the business is carried out over the telephone. 电话办公。

exclaim at the amazing degree of wireless penetration and connectivity 惊叹于现在无线网络无

处不在

ubiquitous communication and the instant access to information 随时随地能交流，立刻就能看到很多信息

New technology allows us to analyze the data in seconds. 瞬时分析数据。

All the world's knowledge is at their fingers, with a few thumb clicks. 全球信息触手可及。

Many of the tasks could easily be streamlined with software. 利用软件可以使一些任务流程化。

Amazon actually help you sort through the ocean of books out there quickly and easily so you find the books you might be interested in reading. 举例 Amazon，将书籍分类，帮人们快速定位感兴趣的书籍。

3. 社交 friends and families

social network 社交网络

digital companion 电子朋友

keep contact with families and old friends 和家人朋友保持联系

more time to think how to reply 有思考时间

refuse others 拒绝他人

communicate through digitized formats 通过网络交流

kill time 打发时间 share the same interests 有相同的兴趣

Thanks to the internet, they are finding the means and the confidence to do so in more places than ever before. 多亏了互联网，在更多地方，他们都比以往更有能力也更有信心选择做什么事情。

In a virtual environment, people need not to be physically adjacent to each other. 网络世界可以让人们不用时时刻刻在一起。

Technology helps many of us manage our emotions – by using games to dispel tension, for instance, or social media to combat loneliness. As much as tech can be a source of stress, in a time



when the world feels more difficult to navigate than usual, it can also be a much-needed source of relief, joy and connection. 科技帮助我们很多人管理我们的情绪——比如通过玩游戏消除紧张感，或者用社交媒体来对抗孤独。尽管科技可能成为压力的来源，但在这个比平时更容易迷失的时代，它也可能成为提供人们迫切需要的慰藉、快乐和社交的源泉。

网络劣势

4. 信息 / 版权安全

anti-fake label 防伪标识

pirated cds 盗版 cd

fight piracy 打击盗版

unauthorized adj. 未经授权的

authorize v. 授权

benign information 良性信息

block 屏蔽

cyber security 网络安全

infringe on people's privacy 侵犯隐私

invade privacy 侵犯隐私

involve a sacrifice of privacy 侵犯隐私

be leaked online 网络泄露

identity theft 个人信息泄露

keep personal information private 个人信息保密

handle personal data 掌握个人隐私数据

contain identifying information and bank details 身份验证信息和银行信息

resist the temptation of social networking websites 抵抗社交网站的诱惑

Technology enormously frightens some people, because prying strangers are able to drill down for

their information. 科技使很多人感到害怕, 因为总有陌生人会窥探并从网上盗取他们的信息。

copyright protection 版权保护

credible information 可靠信息

few reliable sources of information 可靠信息少

fraudulent documents 欺诈性文件

information overload 信息超载

the pollution of the public square 公共信息广场的污染

The fact that technology allows us to access, create and receive more and more information does not mean that our minds can absorb it all. 虽然我们可以浏览、使用、编辑信息, 但是我们并不能把所有信息都吸收。

access potentially dangerous sites 访问危险网站

the growth of online fraud and hacking 网络诈骗和黑客越来越多

misinformation 错误信息

telemarketing calls 骚扰电话

Portals like Zoom may not be secure because they allow participants to peer into each others' bedrooms, putting children at risk. 像 Zoom 这样的网站可能并不安全, 因为这些门户网站使得上课的人能够窥视彼此的卧室, 将孩子置于危险之中。

15. 人际的疏远 alienation between people

eye contact 眼神交流

facial expression 面部表情

Even though children use a computer for other purposes, such as getting information or emailing friends, it is no substitute for human interaction. 即便孩子们能够通过上网查资料、跟朋友互动, 网络 还是不能取代人类间的互动。

Technology can make the near feel ver far. 网络使得关系近的人也感到疏远。

We are everywhere, except where we actually are physically. (用手机的时候)我们哪儿都能去, 就是不会关注我们当下在哪里。

Some teenagers have become avid netizens, spending an improbable 10 hours online everyday.

一些年轻人很爱上网, 每天花不下十小时上网。

the government's crackdown on online addiction 政府打击网瘾

As expected, as our in-person interactions went down, the time we spent on screens went up. 如我们预料, 随着我们面对面交流的减少, 我们花在屏幕上的时间增加了。

unstable 不稳定的

It is hard to create a human bond with e-mail. 通过网络建立的友谊是不可靠的。

...have a wide set of contacts but their relationships tend to be shallow. 关系网庞大, 但交情往往比较浅

Just as a friend you made on Facebook is not the same as someone you grew up with, virtual ties are unlikely to be as strong as normal ones. 就像你在 Facebook 上结识的朋友和和你从小玩到大的朋友不一样, 虚拟关系也不太可能像普通的线下关系那样牢固。

23. 影响读写能力 affect reading/writing skills

audio programmes 音频节目

voice message 语音信息

short message 很短的信息

émoi 表情包

They produce mobile phones and other communications equipment. 手机和通信设备。

科技产品 (household products/electrical appliance 家用电器)

TV/ computer games/ digital television 数字电视

5. 原因

lack of company from parents or peers 缺少同龄人的陪伴

hard to fall asleep 难以入睡

insomnia 失眠

air the game 播放比赛

avoid missing favorite programs 不会错过喜欢的节目

switch the channel if the program is not interesting and not attractive 如果节目不好看就换台

14. 坏处

be addicted to 沉迷于

play mindless phone games 玩不用脑的手游

Internet addiction afflicts adults and teenagers alike. 网瘾问题对大人小孩都很困扰。

Teenagers can have easy access to the internet, which is a huge distraction for them. 年轻人轻易就能上网，上网让他们分心。

While conversely, drawbacks are obvious too; for instance, If there is no discipline, their health tends to be compromised; Likewise, Playing game is time-consuming and disruptive, which is especially the case for high school students.

in a state of emotional and physical estrangement from family 和家人疏远

The young spend hours glued to their smartphones. 每天大部分时间都在盯着手机屏幕的年轻人。

poor eyesight 视力差

poor imagination 缺乏想象力

language skills 语言能力

less time to do activities 运动少

less communication with families 和家人交流少



reduce the quality of programmes 节目质量下降

get tired of the same old formula, which... 厌烦了套路 (which 后面解释一下是什么样的套路)

It probably shouldn't come as a surprise that viewers might be getting tired of the same old formula, which involves young hopefuls vying for their shot at superstardom. 难怪观众们可能会厌倦了这个老套路——让有实力的小鲜肉们争夺成为超级巨星的机会。

6. 厨具 cooker

microwave oven 微波炉

rice cooker 电饭锅

fridge 冰箱

7. 厨具好处

daily necessity 日用品

labor/ time/ energy saving 省力 / 省时 / 省电的

labour/ time/ energy consuming 费力 / 费时 / 费精力

preserve food 储存食物

8. 厨具坏处

distasteful 味道不好

unhealthy 不健康

22. 食物相关

deliver 递送

meal kits 外卖

meal kit industry 外卖产业

organic food 有机食物

out of season 非当季的

processed food 加工食品

genetically modified food 转基因食品

in-season 当季的

additives 添加剂

科技产品 (航空业 aviation)

20. 好处:

flight 航班

commute 通勤

international business 国际贸易

broaden horizons 开阔视野

deal with emergencies 处理紧急事件

space exploration 太空探索

launch to orbit 发射进入轨道

A train on the trans-Siberian route from Beijing to Moscow takes over five days; a flight around seven hours. 乘火车沿着西伯利亚铁路从北京到莫斯科需要五天时间; 乘坐飞机只要 7 个小时左右。

The ease of travel has not just expanded tourism. As companies have spread across the world so have their workers. As families have dispersed so has the need to keep in touch or attend weddings and birthday parties in foreign parts. It has brought the world together by allowing family and friends to live farther apart. 出行便捷不仅仅只惠及旅游业。随着跨国公司的出现, 公司员工也遍布全球。由于一些家庭成员天各一方, 人们需要保持联系, 参加远在海外的家人婚礼或庆祝生日。(便捷的出行) 缩短了世界的距离, 任由家人朋友住得远。

Cheaper air fares, rising incomes and more leisure time have made foreign trips routine and a holiday abroad accessible to many people wishing to escape their daily stress. 机票越来越便宜、人们的收入也越来越高、时间也越来越多, 出国旅游便成了家常便饭, 出国度假也成了人

们缓解压力的一种方法。

Travel brings new experiences and memories (or moments to capture on Instagram). 旅行是一种全新的体验，并且能够带来回忆，也能让人们在 Instagram 上记录旅行中的精彩瞬间。

21. 坏处:

damage the environment 破坏环境

waste resources 浪费资源

The effects of pollution from aircraft are immediate. 飞机污染是立等可见的。

greenhouse-gas emissions by commercial jets 商业飞机的温室气体排放量

biofuel 生物燃料

make people prejudiced 是人们心胸狭隘

cultural conflicts 文化冲突

language barrier 语言障碍

医疗

9. drug / medicine 药物

antibiotics n. 抗生素

antidepressant n. 抗抑郁药

artificial ingredients 人造成分

clinical trials of potential drugs 临床实验的药物

The different between a mouse and a human is quite small. 人类和小鼠之间的区别很小。

10. 好处

life expectancy 寿命

add years to their life 延长寿命

disease prevention 疾病预防

prevent the disease's spread 防止疾病传播

Young children are vaccinated against a number of diseases. 小的时候就可以接种很多疫苗。

fight the disease 抗击病情

Advances in medicine mean that people are living longer. 医疗进步，人们的寿命更长。

The decade saw many advances, such as in cancer treatment 最近这十年有了很多进步，比如治疗癌症。

11. 坏处

side effect 副作用

radiation 辐射

emanate cell phone signals 发射手机信号

减少贫穷 alleviate poverty

12. manufacture 生产

chemical fertilizer 化肥

farm / agricultural product 农产品

boost the fertility of soil and keep it moist 提高土壤肥力，保持土壤湿润

crop yield 庄稼产量

production facilities 生产设施

glasshouse production 大棚生产

self-reliance 自给自足

herbicides 除草剂

pesticides 杀虫剂

create jobs 创造就业岗位

It may help to stop young people moving away from more remote areas. If a young person has the chance to run a business and be successful no matter where he lives, then perhaps more people

will choose to stay in these smaller communities. 如果年轻人在家乡就可以有事可做，那么他们会愿意留在自己的小地方，不用搬去大城市打拼。

economic growth 经济增长

drive economic and social progress 推动经济和社会的发展

远程工作 work remotely

16. 远程优势

keep balance between work and leisure/ reconcile work and rest 劳逸结合

work-life balance 工作与生活的平衡

ease work pressure 缓解工作压力

keep balance between work and leisure/ reconcile work and rest 劳逸结合

telecommunication 远程通讯

Mobile phones have changed the way we communicate. 手机已经改变人们交流的方式。

Cloud working aids many companies amidst an epidemic. 云办公在这次疫情中解决了很多公司的困难。

work side by side 在公司人挨着人工作

Technology enables to create virtual global offices - not limited by either the boundaries of you office or your country and to access talent sitting in different parts of the world and have them complete tasks that you need completed in real time. 有更多人才。

Plenty of startups start out distributed to avoid high rents. 很多创业公司已开始就是分布式的办公，为了避免高额租金。

While some workers dream of a panglossian future without commutes and Pret A Manger, others wonder about the threat to promotions, pay and job security. 虽然一些员工梦想着没有通勤和快餐的美好未来，但是也有人担心这对升职，薪资和各种工作保障产生影响。

Most people hate the hassle and expense of commuting, which eats up over four hours a week for

the average worker. 大多数人讨厌通勤带来的麻烦和支出，普通人每周要花 4 小时在通勤上。’

Some dislike the noise and formality of offices, or suffer from discrimination within them. 有些人则是不喜欢办公室嘈杂的环境和各种繁文缛节，有的则是在办公室收到了歧视。

Office-bound workers find it harder to look after their children, a growing issue as more families have two working parents. 在办公室工作的员工很难能够照顾到孩子，而且如今越来越多的家庭夫妻都要出去工作，这个问题也就变得越来越严重。

Recently, many employers, as well as employees, have to do cloud working and get familiar with telecommuting tools such as video conferences. 最近，许多雇主和雇员不得不开始熟悉各种云办公工具，例如视频会议。

Bureaucratic hurdles to remote work have been blasted out of the way. Civil courts are operating remotely. Notaries have gone online and some banks have eliminated the need for new customers to enter a branch to confirm their identity and open an account. 政府工作也开始远程办公了。民事法院开始远程运作。公证可以线上进行，一些银行已经不再需要新客户进入分支机构来确认其身份和开设账户了。

More and more businesses are operating remotely these days, or are at least allowing people to work from home more often, and for good reasons, not the least of which is increased productivity. On average, Americans spend 26 minutes commuting to work each day. That's almost an hour each day, and it largely goes wasted. 越来越多的企业都远程办公，至少更多地允许人们远程办公。好处之一就是提高了效率。美国平均每人单程上班需要花费 26 分钟，一天下来就是将近一小时，这部分时间都浪费了。

ease the constraints on job seeking posed by housing shortages 缓解了由住房短缺带来的就业限制（指远程办公）

The pdf electronic document was born in 1991, the cost of bandwidth collapsed in the 2000s, and Zoom and Slack, two firms whose technology powers remote working. PDF 电子文档 1991 年出

现，21 世纪初，带宽成本大幅下降，而 Zoom 和 Slack 这两家公司的技术为远程工作提供了技术支持，

It triggered the mass adoption of technologies that can transform white-collar work. 这些办公室里面催生了可能改变白领工作模式的科技成果。

17. 远程劣势

They spend 8 hours a day working on a computer. 每天面对电脑八小时。

a slow response 回复慢

delayed reply 延迟回复

excessive 过度的

chronic disease 慢性病

minor medical complaint 小毛病

heart attack 心脏病

coronary heart disease 冠心病

high blood pressure 高血压

gymnasium / gym 健身房

jogging 慢跑

mental attitude 心态

weaken the borden between family and work 模糊工作和家庭的界限

The disappearance of boundaries between domestic and professional life can be trying. 家庭和工作之间界限消失了，会让很多人很难受

get bothered even at holidays 假期被工作打扰

attend after-work functions 参加下班后的活动

There is a risk that over time a firm's social capital erodes, creativity flags, hierarchies ossify and team spirit fades. The answer is more targeted staff interactions, with groups gathering at specific

times to refresh friendships and swap information. 随着时间的推移, 企业的社会资本会受到侵蚀, 创造力下降, 企业领导僵化以及团队合作精神减退。解决方法是更有针对性的员工互动, 团队在特定时间聚集在一起, 增进友谊, 交换信息。

机器生产使用

18. 优势:

labor cost 劳动力成本

expand production 扩大生产

mass production 规模生产

in abundant supply 供应充足

sophisticated 精密的, 复杂的, 成熟的

stream line 流水线

work force/ labor force 劳动力

human security 保护人类安全

19. 劣势:

uncontrolled 不可控的

fatal 致命的

physical injury 受伤

dependent on electricity system 依赖电力

wealth gap 贫富差距

employment rate 就业率

mass lay-offs 大规模失业

The introduction of computerized systems led to an increase in unemployment. 使用电脑系统增加了失业率。

innovative features 新功能、新特点

People without computer skills find it difficult to get a job nowadays. 不会用电脑的人找工作很难。

The rise of e-commerce platforms, where products are often both better and cheaper reflects on the demise of street stalls in recent years. 电商平台的兴起也使得一些小商贩倒闭，因为这些平台的商品往往更物美价廉。

24. 网络购物 online shopping

an online emporium 网上商城

the vanguard of new technology 新技术先锋

predict consumers' behaviour 预测消费者行为

deliver a good shopping experience 提供良好的购物体验

the digital leviathan 数字巨头

E-shopping frenzy 网上购物狂潮

bricks-and-mortar shops/ retail 实体店 / 实体零售

physical consumer goods 实体消费品

25. 科研失败

Roughly half of the missions sent to Mars since exploration of the planet began in the 1960s have failed. Most recently, the European Space Agency's Schiaparelli lander was destroyed when it crashed into the Martian surface in 2016, though the U.S. successfully reached Mars with its InSight lander two years ago. 自 20 世纪 60 年代开始火星探测以来，大约有一半的火星探测任务失败了。最近，欧洲航天局的 Schiaparelli 着陆器在 2016 年撞毁于火星表面，尽管美国在两年前用洞察号着陆器成功抵达火星。

26. 其他日常生活

New technologies would have shaken up this unsatisfactory status quo. 新技术的出现会改变这种让人不满的现状。

domestic liberation thanks to washing machines 洗衣机解放家庭

people's openness to digital life 人们对于数字生活的认可

phone snaps 相机照片

plastic surgery 整容手术

telecoms-equipment 电子设备

device 电子装置

e-books 电子书

portable 便携的

facial recognition 面部识别

video call 视频电话

Many people now book their holidays on the internet. 网上安排旅行。

AI could call up music from a smart speaker on the kitchen counter. 在厨房可以呼叫 AI 播放音乐。

vending machine 贩卖机

AI lets people dictate text messages instead of typing them. 可以使用 AI 语音记录信息，不再需要打字。

covert filming via hidden cameras in locations such as toilets and changing rooms 在厕所、更衣室等场所，用隐蔽摄像头偷拍。

Technology is evolving to minimise exam malpractices. 科技将考试舞弊行为降至最少。

Millions of people have enjoyed watching movies online thanks to a wide range of streaming services. 多亏了大量的流媒体服务，数百万人可以享受在线观影。

use it to message friends, pay for goods, hail rides, book train tickets, order food and more. 用它



来给朋友发信息、支付商品、叫车、预订火车票、订购食物等等

Over the past decade, technology has transformed the way people in China interact with money.

Alipay, as an example, has become an everyday payment tool for hundreds of millions of smart-phone users, as well as a platform for obtaining small loans and buying insurance and investment

products. 在过去的十年里，科技改变了中国人与钱打交道的方式。例如支付宝已经成为数亿智能手机用户的日常支付工具，同时也是获得小额贷款、购买保险和投资产品的平台。

Since 2020 driverless taxis have ferried the public around Phoenix, Arizona. 从 2020 开始，美国亚利桑那州凤凰城已经开始使用无人家人出租车了。

Media 媒体

1. 类型:

mass media 大众媒体

cable television channels 有线电视频道

live TV broadcast 电视直播

web television series 网剧

home entertainment 家庭娱乐

daytime drama series 日间连续剧

soap opera 肥皂剧

talent shows 达人秀

game shows 游戏类节目

informercials 广告类节目

sports programmes 体育类节目

detective fiction 侦探片

animated films 卡通片

documentary 纪录片

science fiction 科幻片

feature documentary 专题纪录片

current affairs 时事

correspondent 通讯员、记者

journalist/reporter 记者

report/ coverage 报道

National Geography 《国家地理》(节目名称)

Discovery 《探索频道》(节目名称)

clip 视频片段

leaflet/ booklet n. 宣传单

ribbon cutting ceremony 剪彩仪式

the audience 受众 (观众, 听众, 读者)

2. 效果

audio and video effect 视听效果

violence and pornography 暴力和色情

visual effects 视觉效果

visual enjoyment 视觉享受

vivid picture 生动的画面

pyrotechnics and special effects 特效

a feast for the eyes/ a visual feast 视觉盛宴

影响力

3. 名人效应 celebrity culture

the movie heavyweights 重量级影星

at a premium price 高价

media hype 炒作

price-gouging 哄抬物价的

subjective adj. 主观的

objective adj. 客观的

Celebrities have to be aware of the influence they have on young people. 名人效应对年轻人的影响很大。

Much of the online hype has been generated by social media influencers. 大多数网络炒作都是社

交媒体上影响力大的人引起的。

take out a full-page advert in a newspaper 刊登一整页声明

gain a legion of fans 拥有大批粉丝

legion of teenager fans 众多年轻粉丝

confide in 信任、信赖

imitate-imitation v. 模仿

suggestible 易受他人影响的

Young people copy role models they see on television. 年轻人模仿偶像。

become an idol for younger generations 成为年轻一代的偶像

become wildly popular with teenagers 在青少年中非常受欢迎

Entertainers have a notoriously short shelf life. 艺人的保鲜期是出了名的短。

manipulate v. 操控

Fandom entails spending. 追星很花钱。

People stand in line eagerly awaiting the product release. 人们排队等着产品发布。

They released teasers to hype up the fans prior to the film's release. 在电影上映前，发布预告片可以在影迷中大造声势。

scandals n. 丑闻

fans and detractors 粉丝和批评者

fanbase 粉丝群

scrutinize 审查

4. 普通人:

comment 评论

come to light 曝光

accidental exposure 意外曝光



the glare of the media 媒体关注

the cyber bullying 网络暴力

attract criticism 受到批评

combative online groups 好战的网络群体

voice radical views 发表激烈言论

furious abuse 谩骂

be met with critical responses 收到负面评价

lead to resentment 招致不满

trigger a public backlash 引发公众的反感

I have been accused of posting too many selfies on Weibo. 因为发自拍被人说三道四。

cyberbullying/ online attacks 网络欺凌

slander 诋毁，造谣

defamation 诽谤，重伤

libel 诽谤

smear 诽谤，抹黑，污点

audience fatigue 观众审美疲劳

cast doubt on the report 对报道提出质疑

Detailed personal profiles can be used to target advertisements or recommend items of interest. 个人信息会被窃取，成为广告目标。

welcoming and inclusive online communities 友好包容的社交群

Like a vanity license plate, if it contains the right combination of digits, it can be a coveted status symbol for individuals or businesses.

比如说到一个带有虚荣意味的车牌，如果它包含合适的数字组合，就可以成为个人或企业梦寐以求的地位象征。

传播信息

5. 优势:

publish an opinion by mainstream media 主流媒体发表观点

The news has become an important source of information for people to connect with the world.
通过新闻，人们认识世界。

A Chinese doctor, Zhang Wenhong, used his new status as an online celebrity to spread scientific knowledge. 中国医生张文宏，利用自己的网红身份来传播科学知识。

clamor for 呼吁

circulate on social media 在社交媒体流行

rack more than 200 million views 累计超过 200 万观看

garner social media headlines 登上媒体头条

be widely shared 大量转发

The video garnered nearly 270,000 views and 5,000 comments in just a few weeks. 几周内，视频有将近 27 万观看量和 5000 条评论。

Another difference between old media and new is that the tech firms are planet-spanning in a way that newspapers and television never were. 旧媒体和新媒体的另一个不同之处在于，科技公司正在以报纸和电视从未有过的方式跨越全球。

6. 劣势:

New media offer new possibilities and hence raise new dangers. 新媒体提供了新的可能性，也带来了新的危险。

distorted a. 歪曲的

unsubstantiated claim 未经证实的说法

demagogue 煽动者

fend off my judgment 干预我的判断

spread false and malicious information online 传播虚假和恶意信息

severely damage one's reputation 严重损害声誉

The repetitional damage has yet to be fully quantified. 名誉损害是无法量化的。

a barrage of false and misleading claims 一连串虚假及有误导性的声明

negative media reports 消极的媒体报道

a bleak report 不乐观的报道

propaganda 政治宣传

publicize v. 公开

A few viral videos have sparked outrage online. 热门视频在网络上引发愤怒

prompt outrage on social media 在媒体上引发愤怒

dig into online history 挖（黑）历史

smear a person on the basis of hearsay instead of facts 因为道听途说而非基于事实去抹黑一个人

There are real penalties for newspaper reporters who get caught fabricating or lying. They are often suspended or lose their jobs. There is no such system for the blogosphere. 编造或报道虚假新闻的记者会得到实质性的处罚，比如停职或开除。但是网络媒体就没有这种体系。

They employ tens of thousands of moderators between them to wade through toxic posts and remove those that break the terms of service. 他们雇佣数万名审核员浏览审核不良帖子，删除违反服务条款的。

广告 advertisement / advert / commercial

advertising fees 广告费

7. 优势:

display advertisements 放广告

marque 品牌

catch the public's eye 吸引公众的注意

build up the hype 宣传

promotional activities 促销活动

drive sales 推动销售量

in detail 详尽的

informative 信息量大的

highlight the differentiating elements between commodities 货比三家

appeal to / attractive 有吸引力的

e-commerce platform 电商平台

legion of users 很多用户

generate copious advertising 产生大量广告收入

achieve business goals 实现商业目标

劣势:

8. 虚假宣传:

campaign for 宣传

endorse 为某产品做广告

tagline 品牌口号, 标语

exaggerate v. 夸大

false adj. 虚假的

profit n. 利润

mislead v. 误导

pull sponsorships 停止赞助

sponsor 赞助

rigid adj. 严格的

censor v. 审核

reliable/ trustworthy adj. 可信的

honest adj. 诚实的

declining moral standards 道德沦丧

code of ethics 道德准则

unbridled pursuit of wealth 无所顾忌追求财富

undercut sb's interest 使…利益受损

take profitable advantage of … 靠… 赚钱

be sustainably profitable 持续盈利

I have tried the product and have to say that it does not live up to the hype. 我用过那个产品，但不得不说，没有宣传上那么好。

9. 过度消费 over-consumption

affordability n. 购买力

consumerism 消费主义

material life 物质生活

materialistic value 物质价值观

profiteer 奸商

consumer goods/ commodity 消费品

stimulate consumption 刺激消费

conspicuous consumption 炫耀性消费，摆阔

consumption power 消费能力

impulsive purchase 冲动购买

marketing n. 市场营销

marketing tactics 营销策略

well-practiced pitch 成熟的推销说辞

drive sales 推动销售

sales promotion 促销

in a promotional video 促销视频

go on a shopping spree 疯狂扫货

loyal to 忠实

without giving it a second thought 不假思索

Advertisements can affect our perception of who we are. 广告会影响我们对自己的定位。

Many white-collar workers buy _____ in installments. 分期付款

the sheer size of consumer market 巨大的消费市场

the short life cycle of fashion and electronics products 时尚和电子产品的生命周期短

a string of high-profile brands 一系列知名品牌

This strategy is being adopted by manufactures of fast-moving consumer goods. 快消品生产商正在采取策略。

Environment 环境

环境破坏

1. 个人

population explosion 人口爆炸

barley 大麦

discharge/ emit/ pump 排放

car exhaust 尾气

The local bus service is a poor substitute for their car. 坐公交比自己开车差远了。

carbon dioxide 二氧化碳

lack of awareness 缺乏意识

household rubbish 日常垃圾

Most people recycle less than 30% of their waste. 大多数的人回收废物的量不足 30%。

The amount of garbage we produce is increasing. 人类产生的垃圾越来越多。

disposable /one-off 一次性的

luxury 奢华 luxurious adj.

When we visit the park, we are upset to see so much garbage left there. 去公园的时候，看到很多垃圾乱扔一地很沮丧。

2. 工厂

greenhouse gas emission 温室气体排放

chemical substance 化学物质

industrial waste 工业废物

toxic/ poisonous 有毒的

waste water/ gas 废水废气

raw material 原材料

package v. 包装

production 生产

The oil giant, Chevron, has been disparaged by contaminating large swaths of rainforest.

the huge smoky, smoggy clouds created by forest fires and unchecked industry 森林大火和无良工业所产生的巨大烟雾、雾霾

3. 土地开垦 land-clearing

arable land/ farmland 耕地

deforestation for farmland 开采森林

arid regions 干旱地区

fertile- infertile 肥沃的 - 贫瘠的

The widespread use of pesticides and fertilizers may have endangered ... 大量使用农药和化肥可能会伤害…

devastate 摧毁

earthquake 地震

erupt 爆发

tsunami 海啸

turmoil 混乱

overflow 泛滥

解决方法（政府）：

curtail the pollution 限制污染

Each government needs to tailor a solution to solve the problem of environmental degradation.

（tailor v. 定制）每个政府需要定制一个解决方案应对环境恶化问题。

If manufacturers can..., such manufacturers should be given tax breaks. 如果生产厂家能够..., 那么这些厂家应该得到税收减免

4. alternative energy resources 可替代能源

renewable 可再生的

clean energy resources 清洁能源

cleaner sources of energy and other zero-carbon tools 清洁能源和其他零碳工具

eliminate the world's carbon emissions 消除全球的碳排放

hydro energy 水力

solar energy 太阳能

liquefied natural gas 液化天然气

power grid 电网

subsidize electric vehicles 补贴电车

lower carbon emissions 降低碳排放量

The penetration rate for electric cars is low. 电车的渗透率很低。

5. public traffic 公共交通

take public transit 乘坐公共交通工具

Many residents complained about the frequency of bus services. 很多市民抱怨公共交通的频次不够。

Traffic congestion can be effectively alleviated through setting pedestrian areas in downtown areas. 在商业区设置步行区, 已解决交通拥堵。

rush hour 高峰期

traffic jam/ congestion 交通拥堵

gridlock 僵局, 交通大堵塞

traffic flow 车流量

6. city management/ development 城市管理 / 发展

landfills 填埋场

A new law has been passed to make the dumping of waste illegal. 一项新法律已经通过，将乱倒垃圾视为违法行为。

botanical garden 植物园

national park 国家公园

reforestation 森林重造

7. 解决方法（个人）：

reduce carbon emissions 减少碳排放

cycling 骑自行车

energy saving 节能的

environmentally friendly 环保的

All of us are, to a certain extent, responsible for cutting emissions. 每个人都应该减少排放。

After a while, separating rubbish for recycling just becomes a habit. 实行一段时间以后，垃圾分类会成为一个习惯。

To combat global warming, we all need to reduce the amount of energy we consume. 减少能源消耗。

To really help the environment, we need to change the way we think and behave. 改变行为习惯。

The government is hoping to persuade a large number of people to walk to work. 步行上下班。

We are pressing for the provision of more special lanes for cyclists. 迫切需要更多的自行车道。

It is not economic to run a car anymore due to the high cost of fuel. 油费增加，开车不划算。

license plate 车牌号

Garbage sorting is leading the new trend of a low-carbon lifestyle. 垃圾分类引领低碳生活。

8. 解决方法（工厂）：

codes of conduct 行为准则

A lot of waste materials could be recycled by large manufactures. 很多废物可以由工厂循环使用。

recycle 循环

recycle the wastes 回收垃圾

recycle water 循环利用水

recycled water 循环水

sewage treatment 污水处理

decompose/ break down 分解

dispose 处理

purify 净化

Many small companies didn't have the awareness or ability to be sustainable. 许多小型公司没有可持续发展的意识或能力。

Apple Inc. promises on the website promoting its trade-in program, by taking your old phone off your hands and helping it go to a new owner. This can save more precious materials and take less from the earth. 苹果公司在网站上承诺推广其以旧换新计划，从你手中拿走你的旧手机并帮它换一位新主人，这样可以节省更多的珍贵材料，从地球上少掠走一些资源。

造成影响

9. 疾病

consumptive 肺病患者

disturb sleep 影响睡眠

Access to clean water is a basic human right. 洁净水。

There is a problem with the availability of clean water in some villages. 一些村子连干净的水都

喝不到。

desalination 海水淡化

10. energy crisis / shortage/ scarcity 能源危机

natural resources 自然资源

coal balls 煤球

fossil fuels: coal, petrol, natural gas 矿物燃料

Trees planted now will take many years to grow and their benefits will only be noticed over a very long period of time. 种树的效果需要很多年才能看到。

use up/ exhaust 用尽

water scarcity 水资源紧缺

11. environment deterioration 环境恶化

looming energy and environmental problems 迫在眉睫的能源环境问题

sustainable development 持续发展

global warming 全球暖化

rising global temperatures 全球气温上升

greenhouse effect 温室效应

biodiversity 生态多元化

biodiversity loss 多样性丧失

a call to action to combat the accelerating species loss 呼吁大家采取行动应对日益严重的物种减少

ecological balance 生态平衡

ecosystem 生态系统

If the proper measures aren't taken, he wrote in a blog post this week, the impact could be far



more devastating. 如果不采取适当的措施, (气候变化的) 影响可能会更具毁灭性。

the impact of intensive agriculture and urbanization on local biodiversity 密集农耕和城市化对当地物种多样的影响

If we don't take action, key species may be lost from ecosystems that support the production of food and clothing. 如果我们不采取行动, 支持人类吃穿的关键物种可能从生态系统里消失。

The most commonly cited risks of climate change are natural disasters: fiercer wildfires and hurricanes, bigger floods and longer droughts. But one of the most striking recent effects of global warming has been unusually mild weather in many parts of the world. 谈及气候变化的风险, 最常说到的是自然灾害: 更猛烈的野火、飓风, 更大的洪水, 更长时间的干旱。但最近全球变暖最显著的影响之一就是世界许多地区变得异常温暖。

12. 动物:

flora and fauna 动植物群

wild animals and plants/wild life 野生动植物

be treated with care and respect 受到关爱

regard them as an important member of the family unit 视为家庭的重要成员

conservation/ protected area 保护区

preserve 禁猎区

protection 保护

habitat 栖息地

13. become extinct / die out 灭绝

extinction n. 灭绝

endangered animals/ vulnerable animals/ endangered species 濒危物种

Giant pandas are among some of the rarest animals on the planet, though efforts to preserve the species have shown some success in recent years. 虽然近几年的保护措施很有效, 但大熊猫仍

然是地球上最稀有的物种之一。

1 million plant and animal species risk extinction largely due to human activities. 一百万种动植物因为人类活动而面临着灭绝的风险。

Water pollution has a particularly harmful effect on fish. 水污染对鱼的影响很大。

animal abuse 虐待动物

experimentation experiment-test 实验

be incarcerated in a research lab 被关在实验室里

natural selection 自然选择

natural disaster 自然灾害

the survival of the fittest 适者生存

food chain 食物链

with a looming bamboo shortage 竹子短缺

They can never be reintroduced to the wild. 他们不可能再回到野外生活了。

There are only an estimated 1864 of giant pandas living in the wild, according to the World Wild Fund. 据世界野生动物基金会估计, 现存的野外大熊猫只有 1864 只。

There is a widely-reported estimate that half a billion(480 million) animals have been killed by the bush fire in Australia. There were an average of 17.5 mammals, 20.7 birds and 129.5 reptiles per hectare. 澳洲大火烧死了 4.8 亿只动物。平均每公顷土地有 17.5 只哺乳动物, 20.7 只鸟, 129.5 只爬行动物 (死亡)。

14. 动物的作用

adorable/ cute 可爱的

Research shows that people with pets are less likely to suffer from stress. 养宠物的人压力小。

The government is drawing up new laws to prohibit the wildlife trade. 政府正在起草新的法律来禁止野生动物交易。

With their large, round heads, big eyes that face forwards, soft fur and floppy ears, dogs simply look very appealing to us. They also behave in an endearing manner, with their clumsy movements, nuzzling noses and wagging tails. In many respects, a lot of these characteristics (with the exception of the wagging tails) are very similar to those of a baby – something else that triggers us to feel a bit mushy inside. In fact, some research has even shown that if we look at a picture of a puppy, our brains respond in the same way, flooding our body with feelgood chemicals. 大而圆的头，朝前的大眼睛，柔软的皮毛和松软的耳朵，狗看起来非常吸引我们。它们的行为举止也很可爱，动作笨拙，蹭鼻子，摇尾巴。在很多方面，这些特征中有很多（除了摇尾巴之外）都与婴儿的特征非常相似——这是其他一些让我们内心感到柔软的东西。事实上，一些研究甚至表明，如果我们看到一张小狗的照片，我们的大脑会做出同样的反应，让我们的身体充满令人愉悦的化学物质。（可以当作一个完整的支持段）

The coronavirus, which is believed to have originated in horseshoe bats before crossing into humans, has forced people to reassess their relationship with animals. 据说，新型冠状病毒起源于蝙蝠，并市场传播给了人类。这种病毒迫使人们重新思考人与动物的关系。

Crime 犯罪

1. 犯罪 commit a crime

a breach of rules 违反规定

law offense 违法

perpetrate crimes 犯罪

violate/ break/ in violation of the law 违法

constitute a crime 构成犯罪

the detachment from rules or procedure 不遵守法律或程序

2. 犯罪类型:

scam 骗局

be duped out of their savings 被骗钱

recover the money 追回(被骗的)钱

kidnap 绑架

theft 偷盗

identity theft 身份盗窃

abduct v./n. 绑架、劫持

raid 抢劫

shoplifting 入店行窃

forgery 伪造

misappropriate funds 挪用公款

extreme 极端的

violence 暴力

organized Crime 有组织犯罪

emergency 突发事件

juvenile delinquency 青少年犯罪

fall for it 上当受骗

be duped by 被…欺诈

counteract 对抗，抵制

3. 涉及人群：

victim 受害者

vulnerable victims 容易上当受骗的人

criminal/offender/convict/prisoner/inmate 罪犯

fraudster/ crook 骗子

first-time offender 初犯

ex-prisoner/ released prisoners/ former inmate 出狱的犯人

repeat criminal/ recidivist /offender 惯犯

a habitual offender 惯犯

with clean records 没有犯罪记录

4. 犯罪原因：

leave sb in financial difficulties 使某人经济困难

a vicious/ virtuous cycle 恶性 / 良性循环

privileged 有特权的—deprived 贫困的

revenge 报复

the advantageous / rich / wealthy 有钱人才

criminal record 犯罪记录

criminal tendency 犯罪倾向

have poor legal awareness 法律意识薄弱

exposure to crime 接触犯罪

Having one emotionally erratic caretaker in early life could lead to issues later on. 童年时期监护人情绪不稳定会在后期导致问题。

预防 / 解决:

5. make laws / legislate 立法

strengthen legislation 加强立法

flaw 缺陷 -loophole 漏洞

strengthen supervision 加强监督

pursue criminal charges / pursue legal action 追究法律责任

impose laws 实施法律

instance (犯罪) 案例

be brought to justice 绳之以法

criminal justice 司法公正

formulate/ enact policy 制定 / 颁布政策

tighter rules 严格的规定

legal and regulated 合法的

policy intervention 政策干预

sound legal system 健全的法律体制

strict laws 严格的法律

come into effect/ force (法律) 生效

The strength of the laws has been whittled away. 法律效力被削弱了。

escape punishment / exempt sb from punishment 免于惩罚

The laws permit many perpetrators to avoid serious penalties. 法律允许犯罪者逃避严重的惩罚。

6. report the crime to police 报警

report the matter to police 报警

alert police 报警

armed police 警察携枪

arouse suspicion 引起怀疑

dubious 可疑的

crack down on crimes 打击犯罪

deter sb from doing sth / have a deterrent effect on sb 震慑

engage in physical violence with criminals 和罪犯搏斗

enforce the law 执法

take effect 奏效

7. control the wealth gap 控制贫富差距

financial secure 衣食无忧

provide financial support/ aid 提供财政帮助

minimum income 最低收入

occupational/ job training 职业培训

support himself economically 自力更生

8. 其他

compassion 同情

emotional support 情感支持

psychological consultation 心理咨询

dispel concerns 消除担忧

reduce temptation 减少诱惑

warn the public about the scam 提醒大家注意骗局

be alert to potential risks 警惕潜在的风险

minimized risk of frauds 最低的受骗风险

wary of 警惕, 谨防

Video footage of the attack was shared widely online. 这次袭击的视频片段在网上广泛流传。

惩罚 punish/penalize/discipline- punishment/ penalty/ sentence

9. prison/ jail 监狱

be imprisoned/ be jailed 监禁 v.

detain 拘留

put sb into detention 拘留

reform- reshape 改造

surveillance 监视, 看守

a six-month jail term 6 个月监禁

extend the punishment 延长刑期

release- set free 释放

abide by the law/ comply with/ conform to 守法

free man/ lawful 自由人



10. bail money 保释金

A significant amount of financial compensation awarded can serve as a strong deterrent. 大额经济赔偿可以成为一种强大的威慑。

Breaking the law could result in a prison sentence of up to ... years, or a fine of ... 违反法律将面临最高...年的监禁或... 罚款。

11. 其他

be deprived of 被剥夺 ...

correctional education 矫正教育

detention center 管教中心

perform self-reflection 自我反省

implicate 牵连

monitor 监督

12. civil society 文明社会

national security 国家安全

rehabilitation 使 ... 回复正常生活

urgent 紧急的

crime rate 犯罪率

the authorities 权利机构

hand out verdict 公布判决

trigger panic 引发恐慌

retraumatize victims 对受害者造成二次伤害

Culture 文化

1. 文化传统包含:

national identity 民族特征

home country 祖国

nationality 国籍

ancestor 祖先

homogenous 同种的, 单一的

domestic 国内的

belief 信念

identify with...

identification 认同感

sense of belonging 归属感

behavior pattern 行为模式

nonverbal cues 非语言信号

thriftiness 节俭

2. 建筑学 architecture

extraordinarily advanced buildings 特别先进的建筑

an ensemble of magnificent buildings 建筑群

skyscraper – high rise 摩天大楼

Newly built buildings, especially skyscrapers, would integrate a city's feature and make it alike.

像摩天大楼这种新建筑, 会使得吞并城市特点, 让每一个城市都很像。

3. 语言 language

endangered culture/ nation/ language 濒危文化 / 国家 / 语言

endangered language 濒临灭绝的语言

lesser-known languages 小语种

作用

4. 记录历史 record history

historic significance 历史重要性

buildings of historic significance 有历史意义的建筑

ethnic minorities 少数民族

engrave 雕刻，铭记

5. 加强文化认同感 reinforce a sense of cultural identity

traditional/ conventional/ typical/ classical 传统的

long-standing culture 文化传统

orientation 朝向

The tradition may seem quaint. 这一传统是古色古乡的、少见的。

a greater respect for authority 对权威的尊重

全球化优势：

6. Most large companies operate on a global scale nowadays. 很多大公司都在全球发展。

upscale international brands 高端国际品牌

conglomerate 联合大企业，企业集团

contemporary 现代的

global market 全球市场

global norms 全球水准

standardized 标准化的

import 进口

export 出口

7. cultural integration 文化融合

cultural diversity 文化多元性

a strong mixture of modern and traditional flavor 传统和现代的融合

export culture/ culture output 文化输出

the global exchange of ideas 全球交流

culturally richer and varied 文化丰富多彩

clear the dross 去其糟粕，清理垃圾

Diverse viewpoints should lead to greater creativity. 不同观点的碰撞会激发更大的创造力。

全球化劣势：

8. 当地企业

It can also mean that local businesses have to reduce their prices to compete with bigger overseas companies. 当地企业要降价来和国外的大企业竞争。

domestic brands 国产品牌

a source of national pride 民族自豪感的源泉

engaging in healthy competition 进行健康的竞争

They are not as exclusive to (+ a country) and so more vulnerable to political tension. 这些东西不是这个国家独有的，所以在政治紧张时期会很脆弱。

stifle competition 扼杀竞争

Cheaper food is always of local manufacture. 本地食物一般比较便宜。(对比时使用)

9. cultural assimilation 文化趋同性

creep into our culture 侵入我们的文化

quaint things 古老的东西

dominant cultural ideas 主流的文化观念

westernized 西化的

resemblance 相似

delete 删除

erase 抹去

One disadvantage is that the local culture and language can be affected. 当地文化和语言将受到影响

marginalization 边缘化

be alien to some of the traditions 与一些传统格格不入

... is rooted in sb's culture 根植于... 文化之中

a knot of obsolete practices 一系列过时的做法

10. urbanization 城市化

a high population density in urban areas 城市地区人口密度高

tourism 旅游业

11. host country 所在国

trek 长途旅行, 长途跋涉

jaunt 远足, 短途旅游

cultural heritage 文化遗产

cultural heritage sites 文化遗址

tourist destination 旅游胜地

ancient remains 古代遗迹

high season (旅游) 高峰期

provide better facilities for visitors 提供完备的设施

The tourist office provides visitors with helpful information. 提供有用信息。

the onrush of travelers 蜂拥而来的游客

overrun 泛滥成灾, 人满为患

Destinations are blighted by overtourism 旅游景点人数过多。

cripple tourist industry 削弱旅游业

with tourism reduced to a trickle 旅游业减少



12. tourist/ traveller 游客

When traveling, we must respect the customs of the courts we visit. 旅行时, 我们需要尊重当地习俗。

We aim to provide the children with an opportunity to experience a different culture. 感受不同的文化。

cultural conflicts/ culture shock 文化冲突

body language 身体语言

be biased against 对 ... 有偏见

open-minded 开明的

ecotourism(hiking/ birdwatching) 生态旅游

look at the world with fresh eyes 用全新的眼光看待世界

prestigious events 著名赛事

13. 家庭

birth control/ family planning /one child policy 计划生育

household size 家庭规模

extended family 大家庭

family bonds 家庭纽带

overcrowding 过度拥挤

privacy 隐私

nuclear family 小家庭

raise a family 抚养孩子

marital 婚姻的

fertility 生育能力

14. 艺术

feature 特征

implication 含义

a concert by professional musician 知名音乐家演出

performing art 表演艺术

host the exhibition 办展览

display the artwork / showcase the work 展出作品

a theater performance 剧院演出

aesthetic value 美学价值

Artist's work has been well received. 作品引起了广泛关注。

draw widespread public attention 引起公众广泛关注

Public art can have a considerable effect on the appearance of public spaces. 公共艺术对公共场所的环境有巨大的影响。

Job 工作

换工作的原因

The world of work is changing. 职场正在发生变化。

1. 薪水更高的工作 better-paying jobs

support oneself 谋生

earn a living 赚钱

survive- survival 生存

stipend 薪水

back- breaking jobs 艰苦低薪的工作

an attractive salary 工资高

salary growth 薪酬增长

monetary rewards 金钱回报

2. 好工作 a promising career

embark on a new career 开始新事业

enjoy a successful career 事业成功

climb the ladder 晋升

the springboard to their future career 未来职场的跳板

The top priority is to find a job that offers quick advancement. 首要任务是找到一份能快速晋升的工作。

People would miss out on a good job promotion as a result of illness. 得病的话，就会失去晋升的机会。

3. 加班 excessive work

clock in (打卡) 上班

fatigue workers 疲惫的员工

be physically grueling 很累

a respite from work 休息一下

with a hectic work schedule 工作忙

toil away 辛苦工作, 埋头苦干

be overloaded 超负荷

overtime pay 加班费

Nurses are often expected to work unsocial hours. 护士加班多。

Working around the clock at the expense of their health is almost a daily routine for most employees of big tech companies. 对于很多在大的科技公司工作的人来说, 一天到晚的工作, 以健康为代价的加班是家常便饭。

4. 生活节奏 the pace of life

Children whose parents are at work most of the time really miss out. 家长总是加班的孩子有缺失感。

When parents have little free time to spend with their family, children often develop problems with their behaviors and get into bad habits. 家长总是不能陪伴孩子的话, 孩子的行为规范和习惯都会有问题。

sedentary lifestyle 久坐的生活方式

stomach cramps 胃痉挛

on medical leave 病假

There are things employers can do to ensure their workers are well rested, and therefore more productive, too. 雇主可以做一些事情来确保他们的员工得到良好的休息, 从而提高生产率。

If you are always sedentary, you run the risk of a stroke or a heart attack. 如果你总是坐着，很容易中风或者心脏病。

People with sedentary occupations should find ways to keep active at home. 长期需要坐着办公的人应该做一些运动。

The working environment can have an effect on the health of the workforce. 工作环境有利于身体健康。

5. 工作所需技能

profitable and productive 高产

Constant change is required to stay competitive. 要一直保有竞争力

mental and physical work 脑力和体力劳动

Being able to prioritize effectively is a necessary skill. 能够有效地安排优先次序是必要的。

to deal with overseas clients, because of the cultural sensitivity and linguistic ability they bring. 处理海外客户，因为他们拥有文化敏感性和语言能力

try to think about the skills that the job needs and seek for opportunities you can find to develop the skills that this job is looking for. 想想你想要的工作需要什么技能，然后找机会去提高自己这方面的技能。

6. 失业 unemployment

widespread job losses 大面积失业

be dismissed from one's position/post as ... 被解雇

be given the boot 被解雇

be fired from his role 被解雇

be out of work 没有工作

be out of jobs 失业

be employed as a clerk 工作

7. 解决

adjust the mindset 调整心态

relief of anxiety 缓解焦虑

boost employment 促进就业

furlough 暂时解雇，无薪假期

The government pays the bulk of wages of people who temporarily stop working. 政府为那些暂时停工的人支付了大部分工资。

8. 公司经营成本

go bust 倒闭

absenteeism 经常性旷工 / 旷课

have a high turnover rate 流动率高

Equipment is pricey and must be upgraded regularly. 设备贵又要定期升级。

Difficulty recruiting and retaining officers means that the number of police departments is shrinking. 招募并留住警察很困难，意味着警察的数量不断减少。

Government 政府

经济:

budget 预算

on a tight budget 预算紧张

scarce capital 资金有限

in the face of fiscal constraint 面临财政紧缩

financial burden 经济负担

economic recession 经济衰退

financial crisis 经济危机

impose stress on 施加压力

tariff 关税

tax revenue 税收

taxation 征税

pay tax 纳税

increase tax revenues 增加税收

impose tax/ put tax on 征税

stiff tariffs 严格的关税

financial support 经济来源

provide financial assistance 提供经济支持

ease the financial burden 减轻经济负担

state investment 国家投资

allocate money to sth/ fund 拨款 / 资助

commercial hub 商业中心

create the nascent industry 开创新兴行业

vet investments 审查投资

tank the economy 破坏经济

The economy turns sour. 经济不景气

struggle financially 财务危机

科研:

research facilities 研究设施

accelerate 加快

medical advance/ breakthrough 医学进步

longevity 长寿

conduct scientific experiments 进行科学实验

send spacecraft to Mars 发射航天器前往火星

We never know how many prototypes Mr. Ford had to make before it finally paid off. 在成功之前有过无数的失败。

be explored under strict controls and supervision 在严格的控制和监督下开发探索

Although the private sector will ultimately determine which innovations succeed or fail, governments also have an important role to play. They should shoulder the risks in more “moonshot” projects. 虽说创新项目的最终成败取决于私企，但政府部门也很重要。他们应该承担起更宏大的项目。

工作:

a well-trained and educated workforce 训练有素、受过良好教育的劳动力

working-age population 劳动力人口

enhanced maternity and paternity leave 增加产假和陪产假

retirement age 退休年龄

in a massively aged world 老龄化严重的世界

The distribution of income is uneven in most countries. 收入不均等。

Sportsmen can earn a lot of money, but only for a relatively short period of time. 运动员挣很多钱，但是吃的是青春饭。

The arts have traditionally been overlooked as a career choice because the job market has long favoured talents in finance, science and advanced technology to feed the country 's rapid economic growth. 以往来看，文科作为一种职业选择一直被忽视，因为就业市场长期以来青睐金融、科学和先进技术方面的人才，以满足一个国家经济的快速增长。

Arts and humanities are too luxurious for someone from an average-income household. 对于中等收入家庭的人来说，人文学科太奢侈了。

For the poor, they should think more about the income brackets of different industries. In this area, majors in humanities and social sciences are at such disadvantage, especially history, philosophy and literature. 对于穷人来说，他们应该多考虑不同行业的收入水平。在这个领域，人文和社会科学专业的学生处于劣势，尤其是历史、哲学和文学专业。

make sweeping cuts 进行了大规模裁员

ease unemployment 缓解失业

A wave of unemployment could lead to social unrest. 失业潮会导致社会不稳定。

Stabilizing the job market is a top priority. 稳定就业市场是重中之重。

The government needs to create a great deal of jobs to solve this problem. 政府需要创造工作机会。

The direct impact on job creation is unlikely to be so spectacular. 对就业的促进效果可能不会特别明显。

国际：

enhance mutual understanding 互相理解

remove prejudice and bias 摒弃偏见

international agreement / document/ cooperation 国际协定 / 文件 / 国际合作

sign a deal with 与…签约

forge a partnership with 与…建立伙伴关系

help others = give a helping hand to others 帮助他人

international event 国际事件

host an event 举办赛事

host the Olympics 举办奥运会

global/ international/ worldwide 全球的

call for international cooperation efforts to combat sth. 呼吁国际合作抵抗…

contain the spread of 控制… 的蔓延

epidemic 传染病的流行

further spread 进一步扩散

This pandemic has shown us that viruses do not obey border law and if a novel virus appears in a poor country, we want its doctors to have the ability to spot it and contain it as soon as possible.
此次疫情让我们明白疾病无国界，如果新病毒出现在落后的国家，希望该国医生有能力发现并尽快控制。

International aid is very important after natural disasters. 自然灾害很需要国际救助。

stranded citizens 被困人民

free trapped victims 营救被困的受害者 (free v.)

face heavy losses 面临巨大的损失

geographic proximity 地理优势

emergency responders 紧急救援人员

one-off grants 一次性补助

donate supplies 捐赠物资

critical supplies 紧急救援物资

suffer injuries 受伤

delays in supply 供应迟缓

China has for years sent giant pandas abroad as a sign of friendship and cooperation between Beijing and other countries as part of a campaign known as 'panda diplomacy', offering foreigners a chance to see these animals in person while also fostering ties between governments. 多年来, 作为熊猫外交的一部分, 中国将大熊猫送往国外, 作为北京和其他国家之间友谊和合作的象征, 让外国人有机会亲眼见到这些动物, 同时也促进了两国政府间的关系。

We help developing countries to manage their natural resources carefully. 帮助发展中国家谨慎使用自然资源。

A large amount of money is spent on developing tourism. 花钱搞旅游业。

raise profile of city 提高城市形象

生活:

There is a realistic possibility of a new era of innovation that could lift living standards, if governments help new technologies to flourish. 如果各国政府能够推动新技术蓬勃发展, 有可能迎来一个创新新时代, 人们的生活水平也能够得到提高。

accommodation 空间, 住所

On the whole, the standard of living is better in urban areas. 总的来说, 城市的生活水平比较好。

People are always complaining about the high cost of living nowadays. 人们总是在抱怨生活成本高。

A similarly priced house in the city centre would only have one bedroom. 同等价位在市中心只能买一间卧室。

be very health conscious 非常注重健康

shed a few pounds to reduce their risk of catching ____ disease. 减肥以避免得 __ 病。

The British government announced a series of fat-fighting measures, including a ban on TV commercials for food high in fat, sugar and salt before 9 p.m. 英国政府宣布了一系列对抗肥胖的措施, 包括禁止在晚上 9 点之前播放含高脂肪、高糖和高盐的食品电视广告。

Various scientific studies and national health bodies have linked obesity to a higher risk of becoming seriously ill from COVID-19. 各种科学研究和国家卫生机构, 已将肥胖同有更大风险患重症新冠肺炎联系起来。

Obesity is costing the National Health Service billions of pounds. Health Secretary Matt Hancock wrote in an op-ed piece in The Telegraph that if every overweight Briton lost just 5 pounds, it would save the NHS 100 million pounds (\$128 million) over the next five years. 肥胖正在耗费英国国家医疗服务体系数十亿英镑。英国卫生大臣马特·汉考克在《每日电讯报》的一篇评论文章中写道, 如果每个超重的英国人都能减掉 5 磅, 那么 NHS 将在未来 5 年里节省 1 亿英镑 (1.28 亿美元)。

For many, day-to-day life is stressful and busy. 对许多人来说, 日常生活充满压力和忙碌。

A common complaint 经常抱怨

survive on pennies a day 每天靠几块钱生存

The government is planning to introduce a complete smoking plan. 禁烟计划。

express lane 快速结算通道

initial fare 起步价

leaded petrol 汽油

home-made recipe 家常饭

challenge the physical limits 挑战身体极限

people living below the poverty line 贫困人口

have employment issues 有就业问题

教育:

Health and education are top priorities for government. 健康和教育是首要问题。

a catastrophic schooling system 教育系统很差

free childcare 免费育儿

One of the roles of the state is to provide a basic education. 政府应该提供基础教育。

Governments invest in higher education to boost productivity by increasing human capital. 政府投资高等教育，通过增加人力资本来提高生产力。

A standing offer of free higher education may represent an important component of the social safety. 长期提供高等教育能够带来社会安定。

person with high qualification 高学历人

promote civic virtues 提高公民素质

Recently, the expenditure on education has risen. 教育费用增加。

She cannot afford to study on a full-time basis. 无法承担全日制学习。

Higher tuition charges push some people away from post-secondary education. 高学费让很多人上不起学。

pundit 专家

underfunded schools 缺乏资金的学校

建立福利体系 welfare system:

_____ is a part of the basic package of services society owes its members 社会基本福利

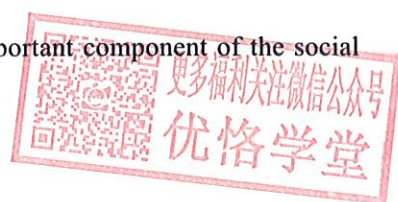
health care and social services 医疗保健 和社会服务

annual checkups 年度体检

regular physical check-up 定期体检

a full body physical exam 全身体检

preventative care 预防保健



insurance 保险

public health 大众健康

put the health and welfare of sb. in jeopardy 危及…的安康

The disease is more severe in people whose immune systems are weakened by chronic disease, so those who are malnourished will probably be hit hard. 一些疾病在免疫系统被慢性病侵入的人群中更为严重，因此营养不良的人可能会受到严重打击。

healthcare for the elderly 老年人的医疗保健

residential homes for elderly people 敬老院

elderly care centers 老年看护中心

physical disability 残疾

invest money in improved leisure facilities 休闲设施

infrastructure 基础设施

protective measures 保护性措施

preferential policy 优惠政策

welfare 福利，安康

wellbeing 健康快乐

Governments should ensure survivors have access to mental health support. 政府应保证幸存者能够获得精神心理辅导。

altruistic people 无私的人

charity 慈善

charitable entity 慈善机构

philanthropic activities 慈善活动

handout 施舍物；救济品；救济金

政策:

ordinance 法令

hand out a ban 开出禁令

tighten the rules 严格规定

strict policies 严格的政策

issue new rules 颁布新规定

enact a concrete policy 出台具体政策

employ a tactic 采取策略

take strong measures 采取有力措施

To have a real impact, the government needs to make an example of a high-profile case. 要想产生真正的影响, 政府需要杀一儆百。

solicit opinion 征求意见

security and stability 安全与稳定

Violations of traffic laws were blamed for nearly 90 percent of accidents that caused deaths or injuries that year. 违反交规是造成那年近 90% 的伤亡事故的罪魁祸首。

tight grip 严格控制

the median family 中产家庭

the poverty-stricken neighbourhood 贫困区

The impact remains manageable. 影响在可控范围内。

The hope is that the governments will adjust funding to give rural _____ (projects) some backup.

Livelihood 生活

食品

1. eat a balanced diet 健康饮食

eat healthily 健康饮食

dietary practice 饮食习惯

lay off the greasy food 不吃油腻食品

fiber 纤维

protein 蛋白质

vitamins 维生素

people can live a healthy life by adopting a vegetarian or high-fibre diet. 吃素食或者高纤维可以身体更健康。

Vegetarians do not eat meat but they get their protein from other foods. 素食主义者不吃肉，但是从其他食物中获得蛋白质。

...shed a few pounds to reduce their risk of catching ____ disease. 减肥以避免得__病。

The impact of obesity on health has been brought into sharp focus by COVID-19 where obesity markedly increases the risk of dying from the virus, as well as increasing the risk of many life-limiting serious diseases including heart disease, type 2 diabetes, liver disease and certain types of cancers. 因为新冠病情，肥胖对健康的影响也成为了焦点。因为肥胖大大增加了新冠病人死亡的几率，也增加了很多重病的致命风险，包括心脏病、2型糖尿病、肝病和特定类型的癌症。

2. The majority of teenagers do not see healthy eating as a high priority. 年轻人不重视健康饮食。

calories 热量

carbohydrate 碳水化合物

cholesterol 胆固醇

fat 脂肪

fried food 油炸 go to the gym to get rid of your muffin top 去健身房把肚子上的一圈肥肉减掉

Obesity is much more common in the USA than in my country. 美国肥胖症更普遍。

A long term study of some 1,000 patients found that coffee increased their chances of heart failure. 一项研究表明，咖啡会增加心脏病的风险。

Many people eat junk food because it is easier than preparing fresh dishes. 垃圾食品好准备，新鲜的食材弄起来费事儿。

3. food hygiene 食品卫生

ban/prohibit 取缔，禁止

insufficiently cooked 煮的不熟

We were unhappy about the quality of the food available. 我们对食物品质不满意。

Artificial ingredients are sometimes added to enhance the taste and appearance of food. 使用人造材料提高食物的味道和颜色。



4. 节约食物

The government calls on restaurants to issue a system called “N-1 ordering” whereby a group must order one dish fewer than the number of diners. 政府呼吁餐馆实行“N-1 点餐”制度，即一个群体点的菜必须少于用餐人数。

Restaurants should offer half-size and smaller portions as well as offer to-go boxes to pack up leftovers. 餐馆应该提供一半或更小的份量，并提供打包剩菜的打包盒。

年轻人

4. impressionable youngsters 易受影响的年轻人

Media portrayals and parents and peers are big social forces that shape our attitudes. 媒体的定义、父母和同龄人是影响人们观念的巨大社会力量。

5. 善于使用新科技

Youngsters are more adept to interpreting social media. 年轻人更善于使用（解读）社交媒体。

Children today are much more comfortable using technology than older people. 小孩比老人用科技产品更溜。

6. 工作

student job seekers 求职学生

company-organised recruiting events on campus 公司组织的校园招聘

corporate recruitment season 公司招聘高峰

volunteer to do sth 志愿做 ...

volunteering summer jobs 暑期实习

a mock interview 模拟面试

strategies for acing a job interview 面试技巧

When you apply for a job, you mention everything you have ever done and all of the experience you have gained. 找工作时，需要提到自己曾经做过什么，有什么经验。

startups 创业公司

They can obtain loans at cheaper rates. 低利率获得贷款。

enjoy tax advantages 享受税收优惠

Youngsters' job preferences and prospects are mismatched. 年轻人的工作偏好和前景并不匹配。

Too many 'low-quality' courses do not lead to graduate-level jobs. 太多质量低的课程无法让本科生找到工作。

dent the prospects of university graduating class 削弱了大学毕业生的前景

Teenagers may have unrealistic expectations about the kind of work that will be available. 他们对未来的工作有不切实际的期望。

Teenagers cluster around the most popular jobs, like designers, actors and musical performers. The rationale for this selection was partly down to wishful thinking. 他们都想选受欢迎的工作, 比如设计师、演员和音乐表演者。这样的选择差不多是一厢情愿。

The World Economic Forum predicts that computer-science will create more than a quarter of all jobs in newly emerging professions. 世界经济论坛预测, 在新兴职业中, 计算机科学将创造超过四分之一的就业机会。

We need to give the young people in our society a lot more opportunities if we want them to grow into responsible adults. 如果想要年轻人有责任感, 应该让他们在社会中有更多机会锻炼自己。

Teenagers can hardly be expected to have an in-depth knowledge of the minutiae of labour-market trends. 很难期望青少年对劳动力市场趋势有深入的了解。



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