

avoid 是一定要听懂的。说话人强调要避免什么，这是一种警示，是很重要的信息，违背是要付出代价的。听不懂这词，后果很严重。

in advance 就更重要了。中介说要提前三天预订；看病找专家请提前三天预约；图书馆续借书要提前三天通知；老板说要请假可以，提前三天申请。听不懂 in advance 等于 before, ahead，真实生活中麻烦大了。

每个考点词的选择是很科学严谨的，每一个词都代表了一个重要的实用的信息交流技能。当我统计完雅思听力阅读的高频考点词之后，再细细回忆自己在国外的生活学习点滴，最后赞叹雅思命题者的良苦用心。

记得曾有媒体问我雅思托福还能流行多久，我的回答是很久。因为这种考试不是外国政府搞出来为难大家的。这是一种负责任方式。试想一个考生听不懂“要求”“避免”“提前”这些重要信息，他会在国外闹出乱子的，是没有基本的生存交流能力的。

曾应雅思官方邀请赴剑桥考察交流，期间参加了一个全英学联主办的中国留学生座谈会。很多在读的留学生反应国内的雅思培训以应试为主，分数提高了，交流能力却没有跟上来。我认为这是雅思培训界老师的问题，应该为学员解释题目设计背后的意义，每道题是希望测试和培训什么样的交流能力。如同上面我花工夫给大家解释几个听力考点词一样。

所以，学以致用，这个教学思想也是雅思真经流派的重要特征和基石，要贯穿听说读写整个教学始终。

剑桥雅思真题听力 179 考点词

下面 179 个考点词非常重要，是雅思听力高分必备基础。请你在开启雅思听力学习之前将它们背记得烂熟。

建议扫描下面的二维码听我串讲一遍，提高记忆效果，真经读者福利彩蛋。



(按重要性和逻辑排序)



序号	考点词	真题同义替换
1	reserve [rɪ'zɜ:v] <i>v.</i> 预订	book
2	in advance 提前	ahead, before
3	have to 必须	must, should, need, require, necessary, be supposed to, demand, order
4	adjust [ə'dʒʌst] <i>v.</i> 调整; 改变	change, alter, modify, shift, revert
5	and [ænd] <i>conj.</i> 和	and also, as well as, with, in addition
6	but [bət] <i>conj.</i> 但是	however, yet, instead
7	because [brɪ'kɒz] <i>conj.</i> 因为	why, as a result, therefore, cause
8	diversity [daɪ'vɜ:səti] <i>n.</i> 多样性	a variety of, a number of, a range of, various, different
9	fee [fi:] <i>n.</i> 费用, 花销	money, cost, price, expense, budget, fund, financial, economic
10	establish [ɪ'stæblɪʃ] <i>v.</i> 建造	build, create, construct, set up, install
11	transfer [træns'fɜ:(r)] <i>v.</i> 搬, 移动	move, relocate
12	habitat ['hæbɪtæt] <i>n.</i> 栖息地	live, territory
13	international [ˌɪntə'næʃnəl] <i>adj.</i> 国际的	countries, continents, global
14	export [ɪk'spɔ:t] <i>v.</i> 出口	abroad, overseas
15	vegetation [ˌvedʒə'teɪʃn] <i>n.</i> 植被	plant, tree, forest, botanic
16	animal ['ænɪml] <i>n.</i> 动物	mammal, wildlife, creature, species
17	feature ['fi:tʃə(r)] <i>n.</i> 特点	characteristic, trait, property
18	emigrate ['emɪɡreɪt] <i>v.</i> 迁徙	move, go away
19	food [fu:d] <i>n.</i> 食物	feed on, eat
20	allergic [ə'lɜ:dʒɪk] <i>adj.</i> 过敏的	can't eat
21	fitness ['fɪtnəs] <i>n.</i> 健康	health, medical, sickness, illness, gym
22	tradition [trə'dɪʃn] <i>n.</i> 传统	custom, convention, local culture, lifestyle
23	entertainment [ˌentə'teɪnmənt] <i>n.</i> 娱乐	recreation, leisure
24	press [pres] <i>n.</i> 媒体	media, TV, newspaper, radio
25	online [ˌɒn'laɪn] <i>n.</i> 网络	Internet, website

26	publicity [pʌb'lisəti] <i>n.</i> 宣传	website, media, news, marketing
27	picture ['pɪktʃə(r)] <i>n.</i> 照片	photo, photograph, camera, image
28	jewellery ['dʒu:əlri] <i>n.</i> 珠宝	rings, bracelets, necklaces, precious stones, gem, diamond, luxurious
29	artwork ['ɑ:twɜ:k] <i>n.</i> 艺术品	painting, drawing, craft
30	statue ['stætʃu:] <i>n.</i> 雕像	sculpture, carving
31	movie ['mu:vi] <i>n.</i> 电影	film, documentary, cinema
32	geology [dʒɪ'blɒdʒɪ] <i>n.</i> 地质学; 地质情况	cliff, fossil, rock, landscape
33	countryside ['kʌntrisaɪd] <i>adj.</i> 乡村的	rural area
34	urban ['ɜ:bən] <i>adj.</i> 城市的	city, metropolitan
35	coastline ['kəʊstlaɪn] <i>n.</i> 海岸线	shore, seaside
36	environment [ɪn'vaɪrənmənt] <i>n.</i> 周围环境	neighbourhood, surrounding
37	noisy ['nɔɪzi] <i>adj.</i> 吵闹的	disturbing, not quiet
38	capacity [kə'pæsəti] <i>n.</i> 容量	volume, room, space, size
39	outdoor ['aʊtdɔ:(r)] <i>adj.</i> 户外的	gardens, park, open air
40	accommodation [ə,kɒmə'deɪʃn] <i>n.</i> 住宿	living, dwelling, dorm
41	place [pleɪs] <i>n.</i> 地点	where, spot, location, area
42	near [nɪə(r)] <i>adj.</i> 附近的	close, not far from, nearby
43	remote [rɪ'məʊt] <i>adj.</i> 偏远的	isolated, distant
44	advantage [əd'vɑ:ntɪdʒ] <i>n.</i> 优点	benefit, positive, good thing, strength
45	disadvantage [ˌdɪsəd'vɑ:ntɪdʒ] <i>n.</i> 缺点	drawback, shortcoming, negative, problem
46	education [ˌedʒʊ'keɪʃn] <i>n.</i> 教育	schools, colleges, institution
47	ordinary people 公众	people, inhabitants, the public, men and women
48	student ['stju:dnt] <i>n.</i> 学生	pupil, undergraduate, postgraduate
49	purpose ['pɜ:pəs] <i>n.</i> 目标	aim, goal, target, key areas
50	learn [lɜ:n] <i>v.</i> 学习	acquire, get, obtain
51	structure ['strʌktʃə(r)] <i>n.</i> 结构大纲	outline, framework



52	reference materials 参考资料	books, journals, magazines
53	extensive [ɪk'stensɪv] 广泛	comprehensive, a lot of, many
54	expertise [ˌekspɜː'tɪz] <i>n.</i> 能力, 专长	ability, skill
55	group [gru:p] <i>n.</i> 团队	team
56	associate [ə'səʊʃieɪt] <i>v.</i> 与……相关	relate to, connect, link
57	approach [ə'prəʊtʃ] <i>n.</i> 方法	way, how, method
58	motivate ['məʊtɪveɪt] <i>v.</i> 鼓励, 促进	encourage, stimulate, keep active, boost, help
59	improve [ɪm'pru:v] <i>v.</i> 提升	develop, promote
60	overlook [ˌəʊvə'lok] <i>v.</i> 低估	underestimate, neglect
61	omit [ə'mɪt] <i>v.</i> 省掉	leave out, cancel
62	find [faɪnd] <i>v.</i> 发现	discover, detect, spot, see, sight
63	opportunity [ˌɒpə'tju:nəti] <i>n.</i> 机会	chance, odds, hope
64	difficult ['dɪfɪkəlt] <i>adj.</i> 困难的	problem, hard, not easy, not simple
65	prevent [prɪ'vent] <i>v.</i> 阻止, 避免	avoid, stop, escape, forbid, out of bounds
66	misunderstand [ˌmɪsʌndə'stænd] <i>v.</i> 理解错误	wrong idea, confuse, puzzle, perplex
67	try hard 努力	make efforts, hard working
68	feedback ['fiːdbæk] <i>n.</i> 反馈	response, reaction, reply
69	affect [ə'fekt] <i>v.</i> 影响	impact, influence, effect
70	analysis [ə'næləsis] <i>n.</i> 分析, 认知	perspective, understand, perceive, know
71	result [rɪ'zʌlt] <i>n.</i> 结果	outcome, consequence, conclusion
72	handle ['hændl] <i>v.</i> 处理	deal with, cope with, figure out, work out, take care of
73	support [sə'pɔ:t] <i>n.</i> 帮助	help, assistance, aid, tip
74	ideal [aɪ'di:əl] <i>adj.</i> 完美的	perfect
75	rigorous ['rɪgərəs] <i>adj.</i> 严格的	strict, demanding
76	restrict [rɪ'strɪkt] <i>v.</i> 限制	limit, not permit
77	similar ['sɪmələ(r)] <i>adj.</i> 相似的	like, compare
78	particular [pə'tɪkjələ(r)] <i>adj.</i> 特别的	special, in particular, especially
79	copy ['kɒpi] <i>v.</i> 重复	repeat, reproduce

80	statistics [stə'tɪstɪks] <i>n.</i> 统计学	data, figure
81	maximum ['mæksɪməm] <i>n.</i> 最大值	up to, at most
82	minimum ['mɪnɪməm] <i>n.</i> 最小值	at least
83	initial [ɪ'nɪʃl] <i>adj.</i> 最初的, 开始的	at first, start, begin, early on, premiere
84	limited ['lɪmɪtɪd] <i>adj.</i> 少量的	just a few, a little, small, a small number of, not many, miniature
85	shorten ['ʃɔ:tən] <i>v.</i> 截短	cut down
86	decrease [dɪ'kri:s] <i>v.</i> 降低	lower, reduce, fewer, drop, fall, decrease
87	lack [læk] <i>n./v.</i> 缺乏	shortage, insufficient, fewer, not enough
88	large [lɑ:dʒ] <i>adj.</i> 大的	big, huge
89	amount of 大量	lots of, large quantities of, loads of
90	majority [mə'dʒɔ:rəti] <i>n.</i> 绝大部分	most
91	double ['dʌbl] <i>v.</i> 两倍	twice
92	more than 超过	over, beyond, exceed, above
93	at present 当前	already, existing, currently, nowadays
94	update [ʌp'det] <i>v.</i> 更新	upgrade, up to date, more current, modern
95	newest ['nju:ɪst] <i>adj.</i> 最新的	latest
96	soon [su:n] <i>adv.</i> 将来	later, in the future
97	out of date 过时的	old fashioned
98	ancient ['eɪnʃənt] <i>adj.</i> 古老的, 过去的	medieval, in the past, once, historical, old, ancient, former
99	temporary ['tempərəri] <i>adj.</i> 暂时的	a short time
100	deadline ['dedlaɪn] <i>n.</i> 截止时间	time pressure, on time
101	permanent ['pɜ:mənənt] <i>adj.</i> 长久的	long-lasting
102	more often 频繁	frequent
103	annual ['ænjʊəl] <i>adj.</i> 年度的	every year
104	every month 每个月	monthly, four weeks
105	every day 每天	daily
106	classify ['klæsɪfaɪ] <i>v.</i> 分类	category, sort, type, kind
107	entrance ['entrəns] <i>n.</i> 入口	access, main gate, door



108	behind [br'haɪnd] <i>prep.</i> 在……后面	back, rear
109	below [br'ləʊ] <i>prep.</i> 在……下面	under
110	beside [br'saɪd] <i>prep.</i> 在……旁边	next to, near, border
111	available [ə'veɪləbl] <i>adj.</i> 可用的	have, accessible, not close, open
112	boring ['bɔ:ɪɪŋ] <i>adj.</i> 无趣的	not interesting, boredom
113	trend [trend] <i>n.</i> 倾向	possibility, likely, tendency
114	risky ['rɪskɪ] <i>adj.</i> 危险的	dangerous, not safe, hazard
115	poisonous ['pɔɪzənəs] <i>adj.</i> 有毒的	toxic, dangerous
116	warning ['wɔ:ɪnɪŋ] <i>n.</i> 警报	alarm, alert
117	care [keə(r)] <i>v.</i> 谨慎	caution
118	steal [sti:l] <i>v.</i> 偷窃	theft
119	protect [prə'tekt] <i>v.</i> 保护	safeguard, shelter, preserve
120	injury ['ɪndʒəri] <i>n.</i> 伤害	harm, hurt, damage, dangerous, frighten
121	military ['mɪlətri] <i>adj.</i> 军事的	battle, weapon, not peaceful
122	tactics ['tæktɪks] <i>n.</i> 策略	strategy, method
123	rely on 依靠	depend on, count on
124	travel ['trævl] <i>n.</i> 旅行	tourism, trip, passenger, flight
125	space travel 空间旅行	aircraft, rocket, satellite
126	transport ['trænsपोर्ट] <i>n.</i> 交通	vehicle, bus, train, boat, ship, ferry, subway
127	specific [spə'sɪfɪk] <i>adj.</i> 具体的	detail, particular, example
128	request [rɪ'kwest] <i>v.</i> 询问	ask for, inquiry
129	clear [klɪə(r)] <i>adj.</i> 清晰地	definitive
130	freeze ['fri:z] <i>v.</i> 结冰	froze, ice, chill, cold
131	organization [ˌɔ:gənə'zeɪʃn] <i>n.</i> 公司	business, company, corporation structure
132	organize [ˌɔ:gənəɪz] <i>v.</i> 组织, 安排	arrange, plan
133	produce [prə'dju:z] <i>v.</i> 产生	generate, make
134	administer [əd'mɪnɪstə(r)] <i>v.</i> 管理, 治理	manage
135	occupation [ˌɒkjə'peɪʃn] <i>n.</i> 职位	profession, job
136	all ages 所有年龄的人	young and old

137	youth [ju:θ] <i>n.</i> 年轻	young, boy, child, teenager
138	mate [meɪt] <i>n.</i> 伙伴	friend, peer
139	staff [stɑ:f] <i>n.</i> 员工	recruit, worker, employee
140	sale [seɪl] <i>v.</i> 销售	retail
141	cheap [tʃi:p] <i>adj.</i> 便宜的	low price
142	discount ['diskaʊnt] <i>n.</i> 打折	10% off, on sale
143	round [raʊnd] <i>n.</i> 圆	curve, circle
144	order ['ɔ:də(r)] <i>n.</i> 顺序	sequence
145	renovate ['renəveɪt] <i>v.</i> 修理；翻新	fix, repair
146	alone [ə'ləʊn] <i>adj.</i> 单独的	single, by themselves
147	hospitality [,hɒsprɪ'tæləti] <i>n.</i> 招待	treatment, prepare refreshment
148	shape like 像	look like, seem
149	depress [dɪ'pres] <i>v.</i> 失望，使沮丧	disappoint, dispirit, frustrate, discourage
150	well-known [,wel'nəʊn] <i>adj.</i> 有名的	famous, fame
151	specialize in 专注于	focus, emphasis, concentrate
152	part [pɑ:t] <i>n.</i> 部分	component, proportion, percent, section, element, ingredient
153	typical ['tɪpɪkl] <i>adj.</i> 典型的；普通的	representative, common, average
154	uncommon [ʌn'kɒmən] <i>adj.</i> 特别的	special, unique, unusual, rare
155	accurately ['ækjərətli] <i>adv.</i> 精确地	precisely
156	expand [ɪk'spænd] <i>v.</i> 扩建；扩张	add, enlarge, increase spaces
157	climb [klaɪm] <i>v.</i> 上升	go up, increase
158	enhance [ɪn'hɑ:ns] <i>v.</i> 增强	improve, increase
159	power ['paʊə(r)] <i>n.</i> 力量	force, energy
160	fuel ['fju:əl] <i>n.</i> 燃料	coal, firewood, petrol, gas
161	refurbish [,rɪ'fɜ:biʃ] <i>v.</i> 重新装修	redecorate
162	preference ['prefrəns] <i>n.</i> 偏爱；优先权	like, priority
163	trust [trʌst] <i>v.</i> 信任	less suspicious, believe
164	computer [kəm'pjʊ:tə(r)] <i>n.</i> 电脑	laptop



165	handy ['hændi] <i>adj.</i> 方便的	convenient
166	demonstrate ['demənstreɪt] <i>v.</i> 展示	display, show, exhibition
167	important [ɪm'pɔ:tnt] <i>adj.</i> 主要的	significant, major, main, primary
168	straightforward [ˌstreɪt'fɔ:rwəd] <i>adj.</i> 简单直接的	direct, first-hand, simple
169	disused [ˌdɪs'ju:zd] <i>adj.</i> 废弃的	empty, abandoned
170	donate [dəʊ'neɪt] <i>v.</i> 捐赠	charity, give
171	work [wɜ:k] <i>n.</i> 作品	item
172	turn [tɜ:n] <i>v.</i> 转动	switch
173	information [ˌɪnfə'meɪʃn] <i>n.</i> 信息	details, data, graph, chart
174	visualize ['vɪʒʊəlaɪz] <i>v.</i> 想象	imagine
175	repetition [ˌrepə'tɪʃn] <i>n.</i> 重复	over and over
176	poor [pɔ:(r)] <i>adj.</i> 弱的	weak
177	durable ['djʊərəbl] <i>adj.</i> 耐用的	stronger, longer
178	pollutant [pə'lju:tənt] <i>n.</i> 污染物	contaminant
179	continue [kən'tɪnju:] <i>v.</i> 继续	ahead, go on, keep doing