



## 万能背景句（新版）

使用注意事项：

1. 这份资料结合了 25 句背景句，但是可以让大家自由选择背诵。比如想表达经济发展迅速，可以从 1-7 里选一句。
2. 音频都是切片的，所以下载对应音频即可。

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### 经济类

#### 经济发展（1-7 句选一句背诵）

1. Owing to the steady and rapid economic development of our country, people's living standard is simultaneously improving at a fast rate.  
随着我们国家稳定和快速的经济增长，人民的生活质量同时快速提高。
2. The Chinese economy has experienced astonishing growth in the last few decades.  
中国经济在过去几十年经历了惊人的增长。
3. As one of the largest developing countries, China is enjoying rapid economic growth in the past few years.  
作为最大的发展中国家之一，中国最近几年正在享有高速经济增长。
4. The reform and opening-up policy in China has led to rapid economic growth, which has given rise to a higher standard of living.  
中国的改革开放政策导致了快速的经济增长，从而促进了更高的生活质量。
5. In recent years, China is marked by rapid economic growth and continuous technological innovation.  
近年来，中国以快速的经济增长和持续的技术革新为特征。
6. The past several years have witnessed a burgeoning economy in China, and the living standard of our society has been substantially improved.  
近几年来，中国经济生机勃勃，我们社会的生活质量显著提高。
7. The rapid growth of Chinese economy has been one of the most remarkable phenomena of the 21st century.  
中国经济的快速发展已经成为了 21 世纪最为瞩目的现象之一。

### 社会类

#### 社会压力（8-11 句选一句背诵）

8. In modern society where competition is intense, young people are under enormous strain from their work and family.  
当代社会中，竞争激烈，年轻人承受着来自工作和家庭的压力。
9. With the quickening pace of urban life and ever-increasing pressure, people in growing numbers are suffering from either the physical or mental problems.





随着不断加快的都市节奏以及日益增长的压力，越来越多的人正遭受到身体或心理的问题。  
10. Life today is filled with sources of stress, and the fast-paced lifestyle is responsible for the upsurge in various individual problems.

今天的生活充斥着各种压力，快节奏的生活方式导致了各种个人问题的猛增。

11. In the fast-changing world, mounting peer pressure and confusion over changing social values have already climbed onto youngsters' overburdened shoulders.

在快速变化的世界里，越来越多的同龄人压力、以及对于变化的社会价值的困惑也爬上了年轻人过度负担的肩膀上。

#### 就业困难（12-15 句选一句背诵）

12. With the unemployment rate running high in most big cities, job security is becoming less and less guaranteed.

在大部分城市中，失业率居高不下，工作的稳定性越来越得不到保障。

13. As Chinese universities keep expanding their scale of students' enrollment, college students find it more and more difficult to find a job upon graduation.

随着中国大学不断扩大招生规模，大学生在毕业之际觉得找一份工作越来越难。

14. As the job market is getting gloomy and competition is becoming fierce, it is increasingly difficult for college undergraduates to find a decent job.

然而，随着劳动力市场变得低迷，竞争日趋激烈，对于大学生来说找到一份好工作越来越困难。

15. College graduates in China are having a hard time getting employed, more often than not, even on quite unappealing jobs.

中国大学毕业生面临就业难的问题，很多人甚至连待遇一般的工作也找不到。

#### 积极向上（16-18 句选一句背诵）

16. There is an increasing upward mobility of the younger generation and dramatic changes in traditional concepts.

现在，年轻一代有不断攀升的动力，社会传统观念正在发生变化。

17. In contemporary society where opportunities abound, everybody embraces his or her own ambition, and most of us are willing to strive towards our realization.

在当代社会中，充满着机会，每个人都拥有自己的野心，大多数人愿意朝着实现目标而奋斗。

18. Traditional way of thinking has changed dramatically, and people are exhibiting greater open-mindedness and a burning desire to determine their own destiny.

传统的思维方式有了显著的变化。舆论发生了剧变，人们表现出更开放的思想以及决定他们自己命运的强烈愿望。

人口类：

#### 人口膨胀（19-21 句选一句背诵）

19. China has been burdened with massive population. It is suggested that uncontrolled population growth could lead to undesirable future rife with deep-rooted social ills.





中国一直以来承受着巨大的人口问题，因为民族的传统，多子孙意味着家庭的昌盛。

20. The period of the 1970s is characterized by the baby boom in China. With an exponential increase in population, people's work and life are increasingly stressful.

20 世纪 70 年代这段时期，中国出现了婴儿潮，人口越来越多，导致人们的工作和生活越来越有压力。

21. China has a vast population and its substantial growth rate. However, fast increasing population has potentially negative results, such as intense competition.

中国拥有庞大的人口和其显著的增长率。然而，快速增长的人口有潜在问题，比如激烈的竞争。

技术类：

技术普及（22-27 句选一句背诵）

22. Time and again, science and technology has created wonders and even miracles, thus fortifying our belief in it.

科技屡屡创造奇观，甚至奇迹，因此坚定了我们对于其信仰。

23. Never in history was science and technology so emphasized as in modern society. 有史以来，科学技术从来没有像现在这样受到重视。

24. The late 90s had seen the birth and boom of the Internet, which was starting to convince people of its advantage in speeding up communication.

90 年代末期见证了网络的诞生和兴旺，这让人们相信其在加快沟通当中的优势。

25. Invented less than a hundred years ago, computers are now used everywhere. 计算机的发明还不到一百年，现在已经到处使用。

26. Invented just 50 years ago, the computer is becoming an integral part in all fields of education and business.

虽然从发明到现在仅 50 年，电脑已经在所有商业和教育领域中成了不可或缺的一部分。

27. The Internet has penetrated every aspect of daily life, greatly affecting our ways of communication.

因特网渗透到我们日常生活的方方面面，很大程度影响了我们交流的方式。

技术好处（28-34 句选一句背诵）

28. It is fair to assert that it is science and technology that should be given most of the credit in fabricating our modern life.

我们可以公正地断言，是科学和技术在很大程度上塑造了人类的现代生活。

29. Modern technology considerably alters the way people communicate with each other.







当代技术显著改变了人们相互沟通的方式。

30. Invented some 60 years ago, computers have already transformed the way most of us live.

人类在约六十年前发明的计算机已经改变了大多数人的生活。

31. Technological innovation really brings us much convenience, exerting a huge impact on our traditional cultures.

技术革新给我们带来了许多便利，同时也对于传统文化产生了巨大的影响。

32. The advent of the Internet opens up the possibilities of communicating and interacting via the computer.

互联网的出现使得人们能够利用计算机进行沟通和交流。

33. Technology helps to enhance the efficiency in people's study and work, making our activities more economical and less time-consuming.

技术能增加人们学习和工作的效率，使得我们的工作更加经济、更加省时。

34. Technological advances can lead to more efficient uses of natural resources and sustain economic growth.

科技的发展可以使我们更有效率地使用自然资源以及维持经济的增长。

35. China has gradually gained a cutting edge in the global arena, since our country has so far invested a huge amount of money in improving our technology. (选背)  
中国逐渐在全球舞台上获得了尖端优势，因为我们国家至今已经在提高我们的技术上投入了大量的钱。

技术坏处 (36-38 句选一句背诵)

36. The youngsters are more likely to be overly dependent on technology, even getting addicted to it.

年轻人更易于过度依赖技术，沉溺于其中。

37. Technology could render city-dwellers slaves to high technology, alienating people from one another.

技术使得都市居民成为高科技的奴隶，互相疏远。

38. Technology deprives the citizens of fresh air and the comfortable pace of life. (选背)

技术剥夺了居民享受新鲜的空气和舒适的生活节奏。

教育类

教育好处 (39-43 句选一句背诵):

39. The hunger for higher education is understandable: these days it is a requirement for a decent job and an entry ticket to the middle class.

对于学位的渴望可以理解：如今学位是获得一份好工作的要求，进入中产阶级的入场券。

40. Education can cultivate and elevate people's mind, empowering us with





confidence, courage and other virtues.

教育可以培养并提高人们的大脑，给我们以信心，勇气和其他品质。

41. One objective of education is to help students to develop new perspectives and to strive for achievable social and academic goals.

教育的一个目标是帮助学生开拓新的视角并为实现社会和学术目标而努力。

42. Higher education plays a key role in aiding students' growth and development, so that they can get the opportunity to increase their knowledge and learn to be independent.

高等教育在帮助学生成长和发展中扮演着关键角色。他们可以有机会增加自己的学识并学会独立。

43. It is common to say that higher education opens up a great number of job opportunities for people. Education is indeed a worthwhile investment.

不可否认，高等教育为人们创造了大量工作机会。教育实际是一笔值得的投资。

#### 教育坏处 (44-46 句选一句背诵):

44. Schools nowadays tend to pay special attention to the students' academic scores rather than their morality.

如今，学校更重视学习成绩，而非学生的道德。

45. Most students usually concentrate merely on their school performance but neglect the other important aspects in life.

大多数学生通常仅仅关注他们学校的表现，却忽略了生活中其他重要方面。

46. With the rapid development of the economy and society, public morality has declined to an extent, which can be attributed to the lack of proper education.

随着经济和社会的发展，公共道德已经衰落到一定的程度，这主要是因为缺乏教育。

#### 娱乐类

#### 活动功能 (47-48 句选一句背诵):

47. Travelling can enlarge our experiences, relax our mind and widen our circle of friends.

旅游能增加我们的经历，放松我们的心情，以及拓展我们的朋友圈。

48. A proper amount of recreational activities can add some flavor to university life, and help forge students into all-round talents.

适量的娱乐活动能够给大学生生活增添乐趣，从而把学生塑造成为全面发展的人才。

#### 家庭类

#### 老龄问题 (49-50 句选一句背诵)

49. In light of the growing number of senior citizens in many countries, the caring for elderly people is becoming harder to tackle.

在许多国家，老年人的数目在不断增加，老年人的护理问题变得越来越棘手。





50. Everyone has the duty to take care of their parents, especially when they are old and sick.

然后每个人都有责任去照顾自己的父母，尤其当他们年老多病。而且，越来越多的老龄化人口对于任何社会都具有巨大的影响。

#### 孩子问题（可选背）

51. The current generation of college students principally comprises those who were born in the 90' s, a great number of them being the only child.

现在大学生们大部分出生在 90 年代，很多都是独生子女。

52. There exist some misunderstandings and generation gaps between parents and their children. The young are more self-centered and do not blindly follow their parents' ideas.

在父母和子女中存在着一些误解和代沟。

#### 环境类

##### 环境保护（53-54 句选一句背诵）

53. We are suffering greatly from the environmental destruction. Environmental protection is caring about ourselves and ensuring environmental sustainability for future generation.

我们正在遭受到巨大的环境破坏。环境保护是关怀我们自己，并且为我们的后代确保环境的可持续性发展。

54. Environmental protection is a central part of our effort to keep the economic development sustainable.

环境保护是我们保持经济发展所做出努力的主要部分。

#### 精神类

##### 精神品质（55-59 句选一句背诵）：

55. People with the spirit of creativity can not only accumulate wealth, but also establish their career, fit into society, and even attain social status.

有创新精神的人不仅能聚集财富，还能建立职业、适应社会、甚至获得社会地位。

56. Cooperation is truly the fundamental attribute of top performers, which separates the high achievers from the rest of the pack.

合作确实是表现突出的人所具有的基本属性，其将高成就者和剩下的人区分开来。

57. Simply put, the spirit of collaboration makes a person, an organization, and even a country, distinctively unique. Only those who are of qualitative uniqueness have opportunities to succeed.

简单说，合作精神使得一个人、一个组织、甚至一个国家独一无二。只有那些有独一无二品质的人才有机会取得成功。

58. It is no exaggeration to say the spirit of cooperation constitutes the very force







that has pushed human civilization forward in the course of our history.

毫不夸张地说，合作精神组成了一股力量，在我们历史中推动人类文明前进。

59. Optimism can be regarded as a traditional Chinese virtue that has been handed down from generation to generation.

乐观可以被看成是传统中国美德，代代传承。

人生哲理 (60-63 句选一句背诵)

60. It is well-known that we exist in a dynamic world with various difficulties. We can do nothing but face them. Attitude is the key point to take the first step. 众所周知，我们住在一个动态的世界里，面临很多困难。我们只能面对他们。态度是迈出第一步的关键。

61. The value of life lies not in the length of days, but in the use we make of them. So having right values in life is very important for us, especially youngsters. 生命的价值并非在于天的长度，而是在于我们怎么利用他。因此具有正确的价值观非常重要，尤其是年轻人。

62. Happiness does not lie in the mere possession of money; it lies in the joy of achievements.

幸福并非仅仅在于拥有金钱，它也在于获得成就的喜悦。

63. Students of modern society are presented with a much more complicated and intricate world which is featured with high frequency of human interaction. 当代社会的学生面对一个越来越复杂世界，该世界以频繁的人际交往为特征。

