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**References**

Collected

**A. TECHNIQUES FOR PARAPHRASING****I. SYNONYMS & ANTONYMS (Từ đồng nghĩa & trái nghĩa)**

Example:

1. The government should support local businesses.

- the government: The authorities = The national leaders
- support = help = aid = assist
- local businesses = local companies

✎ The authorities should help local companies.

2. Many people think that cars should not be allowed in city centers.

- think = believe = claim = suppose
- cars = motor vehicles = automobiles
- should not be allowed = should be banned
- city centers = urban areas = downtown areas

✎ Many people claim that motor vehicles should be banned in urban areas.

3. Using renewable sources could stop people from destroying the rainforests.

- using = harnessing
- renewable sources = alternative sources = environmentally friendly energy
- stop = deter/ prevent sb from doing st = halt people from doing st
- destroying = damaging

✎ Harnessing alternative sources such as solar energy and wind power can deter people from damaging the rainforests.

4. If children read books regularly, they can be successful in the future.

- regularly = on a daily basis = on a regular basis
- can = be (more) likely to + V
- in the future = later in life = at a later stage of life

✎ If children read books on a regular basis, they will be more likely to be successful later in life.

5. In spite of the advances made in agriculture, many people around the world still go hungry.

- in spite of = despite
- the advances = the developments and breakthroughs
- many = millions of
- world = globe
- go hungry = suffer from hunger

✎ Despite the developments and breakthroughs made in agriculture, millions of people around the globe still suffer from hunger.

**II. CHANGE ACTIVE TO PASSIVE (Chuyển thể chủ động sang bị động)**

Example:

1. People say that global warming is caused by the burning of fossil fuels.  
✎ Global warming is said to be caused by the burning of fossil fuels.
2. The government should encourage factories to use renewable energy instead of fossil fuels.  
✎ Factories should be encouraged to use renewable energy instead of fossil fuels.
  - factories = factories and power plants
  - instead of = rather than✎ Factories and power plants should be encouraged to use environmentally friendly energy sources such as solar or water power rather than fossil fuels.
3. Technological advances have replaced people in the workforce.  
✎ People in the workforce have been replaced by technological advances.

**III. CHANGE WORD FORM (Thay đổi từ loại)**

Example:

1. Watching a movie may help people to feel excited and satisfied.  
✎ Watching a movie may help people to feel excited and achieve a sense of satisfaction.
2. Many people find watching tennis interesting.  
✎ Many people have an interest in watching tennis
3. The government should support local businesses.  
✎ The authorities should provide support/aid/assistance for local companies.
4. Soccer is becoming more popular in my country.  
✎ Soccer is gaining in popularity In my country.
5. Women tend to have children later in their lives.  
✎ There is an increasing tendency for women to have children later in their lives.
6. Advertisements help customers to choose better products.  
✎ Advertisements help customers to make better shopping choices.

**IV. CHANGE WORD ORDER (Thay đổi trật tự từ)**

Example:

1. People who live in metropolises are very busy with work, so they have less time for exercise.

✎ People who live in metropolises have less time for exercise due to their tight work schedules.

2. Successful sports professionals earn more money than people in other important professions.

✎ People in other important professions earn less money than successful sports professionals

3. One of the primary causes of rising youth crime levels is a lack of parental guidance and monitoring.

✎ A lack of parental care and supervision is one of the major reasons of rising juvenile crime rate.

**V. DUMMY SUBJECTS (Chủ ngữ giả)**

❖ **It is + believed/said/thought/claimed/ argued that ... (Người ta cho rằng)**

Example:

1. Some people believe that children should obey the rules their parents and teachers set.

✎ It is claimed that offspring should follow all the rules their parents and teachers set.

2. Some people believe that it is more important to teach children the literature of their own country than other countries.

✎ It is argued that teaching children the literature of their own country should be given more importance than that of other countries.

**❖ It is + necessary/important/vital... (for sb) + To V ...**

1. The government should support local businesses.

✎ It is necessary for the authorities to provide assistance for local companies.

2. We should recycle regularly in order to combat climate change.

✎ It is important to recycle on a regular basis as a way to reduce the effects of climate change.

**❖ It is + N + that/who/which... (Câu chẻ)**

1. My sister helped me through hard times.

✎ It was my sister who/that helped me through hard times.

2. She liked the taste of Cappuccino the best among various types of coffee drinks.

✎ It was the taste of Cappuccino that she liked the best among various types of coffee drinks

3. My life changing event happened in 2010.

✎ It was in 2010 that happened my life changing event.

**B. SOME COMMON WORDS FOR PARAPHRASING****I. Cause & Results (Nguyên nhân & Kết quả)***(X nguyên nhân, Y kết quả)***1. X causes/ leads to/ results in/ brings about/ contributes to Y**

- The burning of fossil fuels causes environmental pollution.
- This might negatively affect people's health and can lead to fatal consequences.
- This in the long run may result in mental disorders, which in turn will have unfavorable effects on their health.
- However, this tendency might bring about some negative effects on both family life and society.
- The developments of technology can greatly contribute to environmental protection.

**2. X is a result of Y**

- Environmental pollution is a result of the burning of fossil fuels.

**3. X is a key/contributing factor in Y****X is a key/contributing factor influencing Y**

- Having children is a contributing factor in building happy marriages.

**4. X makes a significant/ valuable/great contribution to Y**

- Slow economic growth has made a great contribution to the persistence of poverty.

**5. X has/exerts an effect/impact/influence on Y**

- Strict penalties for drivers who break the law exert a great impact on the reduction in the number of road accidents.

**6. X acts as a catalyst for Y**

- Increased unemployment acts as a catalyst for social unrest.

**7. X is responsible for Y**

- Apparently, foods such as fried chicken, hamburgers and chips are responsible for major health problems like high blood pressure, obesity and heart disease.

**8. X is often associated with Y**

- Spirituality is often associated with a reduced perception of stress in one's life.

**9. X paves the way for Y**

- A decent education paves the way for individuals' success later in life.

**10. X gives rise to Y****S + V, giving rise to/ resulting in Y**

- Advertisements give people more choices on what they want to buy, giving rise to the consumer society

**11. S+V, resulting in an increase/ a decrease in the number of.../the demand for...**

- Many people in the countryside migrate into big cities, resulting in an increase in the demands for accommodation, food and services in urban areas.

**12. One of the primary causes of Y is X**

- One of the primary causes of environmental pollution is the burning of fossil fuels.

**13. Y is caused by X**

- Environmental pollution is caused by the burning of fossil fuels.

**14. Y is due to X**

- Worsening pollution levels in cities is due to the increased use of cars.

**Exercise 1: Diễn đạt những câu nguyên nhân-kết quả sau bằng tiếng Anh. Thêm các câu phát triển ý nếu có thể****1. Kết quả: Béo phì**

Nguyên nhân: Lối sống thụ động, chế độ ăn không lành mạnh

*Obesity, inactive lifestyle, unhealthy eating habits*

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**2. KQ: Tình trạng căng thẳng**

NN: Xã hội ngày càng cạnh tranh, mọi người bị áp lực để thành công

*Stress, highly competitive, be under pressure*

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**3. KQ: Bắt nạt trong trường học**

NN: dễ tiếp xúc với các nguồn Internet và chương trình truyền hình bạo lực

*School bullying, easy access to/early exposure to, violent scenes*

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**4. KQ: Lạm dụng ma túy**

NN: quan niệm sai lầm về việc sử dụng ma túy

*Drug abuse, misconception about using drugs*

5. NKQ: Ô nhiễm không khí

NN: Khí thải từ nhà máy, xe cộ

*Air pollution, exhaust fumes, discharge large amount of toxic chemicals*

6. KQ: Ít người chọn học các môn khoa học

NN: khó, đối mặt với nguy cơ ít cơ hội nghề nghiệp

*Choose... as a major, demanding, less job opportunities/ face unemployment risks*

7. KQ: học sinh gặp nhiều căng thẳng trong việc học

NN: hệ thống giáo dục (nhiều môn học, nhiều kỳ thi), phụ huynh hay so sánh

*Education system, heavy curriculum, test-driven learning, constant comparing by parents*

8. KQ: Nhiều sinh viên ra trường không biết cách quản lí tiền bạc

NN: phụ thuộc tài chính vào bố mẹ

*Money management, be financially dependent on, manage money wisely*



**II. Advantages/Benefits (Lợi ích)**

(X: đối tượng chịu ảnh hưởng, Y: đối tượng ảnh hưởng)

**1. X benefits greatly/ enormously/ considerably from Y**

- The whole global economy benefits enormously from reductions in energy consumption and cost savings in industry processes.

**2. X gains/derives/ gets/ obtains/ enjoys benefits of Y**

- The motor industry will be one of the first to enjoy the benefits of the recovery.

**3. It is a benefit for sb to V**

- It is a benefit for everybody to do exercise everyday.

**4. N/V-ing is of (great) benefit to sb****It would be of (great) benefit to V**

- It would be of great benefit to take account of residents' behaviour in terms of when they are likely to be using household appliances, lighting and heating.

**5. It is + (highly) beneficial for sb to V**

- It is highly beneficial for students to do homework.

**6. Y is advantageous**

- Getting a job straight after school is advantageous to some extent.

**7. It is/seems + (more) advantageous if/that**

- It will be more advantageous if young people take up important positions.
- It seems advantageous that consumers are now given more shopping choices.

**8. The main advantage is that...**

- The main advantage is that the new electoral system will not cost more than the previous one.

**9. There are many benefits of Y**

- There are important benefits of walking for at least 30 minutes each day.

**10. Y has many/several/a wide range of benefits**

- Watching TV has a wide range of benefits.

**11. Y has a positive/beneficial + impact/effect on X**

- Taking regular exercise has a beneficial effect on health.

**12. One of the many benefits of Y is...****One of the positive aspects in Y is...**

- One of the many benefits of foreign travel is learning how to cope with the unexpected.
- One of the positive aspects in exercising is we can be fit and healthy.

**13. Y works/does wonders for X**

- A few moments of relaxation can work wonders.
- Fresh air and exercise do wonders for your health.

**III. Disadvantages/Drawbacks (Bất lợi)**

(X: đối tượng chịu ảnh hưởng, Y: đối tượng ảnh hưởng)

**1. Y has a/an + adverse/negative/severe/harmful/detrimental + impact/effect on X**

- Smoking has a negative impact on people's health.

**2. One serious problem that can arise from Y is that it can lead to...**

- One serious problem that can arise from socialising online is that it can lead to isolation.

**3. An argument against Y is... (Lý lẽ chống lại việc )**

- An argument against living in the city would be the high level of pollution

**4. An argument in favor of Y is... (Lý lẽ nghiêng về việc )**

- An argument in favor of banning smoking is that it brings many harmful effects on health of both smokers and nonsmokers.

**5. Y + poses a threat/ problem/ risk to X**

- If dangerous criminals are not sent to prison, this might pose a great threat to other people.

**6. Y + does harm to X**

- Try to choose products that do the least harm to the environment.

**Exercise 2: Dịch những câu sau sang Tiếng Anh:**

1. Việc làm việc tại nhà có ảnh hưởng tốt tới kế hoạch làm việc của nhân viên.

*Work from home, employee's schedules*

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2. Việc sử dụng quá nhiều Internet có thể mang lại nhiều nguy cơ cho sức khỏe của người sử dụng.

*Internet overuse/ Internet addiction, health problems/ health risks*

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3. Việc học từ xa là bất lợi với nhiều lý do.

*E-learning/ remote learning*

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4. Một lý lẽ ủng hộ việc mua sắm trực tuyến đó là nó cung cấp cho người sử dụng nhiều sự lựa chọn hơn.

*Online shopping, offer more choices → make better purchase decisions.*

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5. Một lý lẽ chống lại dịch vụ chăm sóc sức khỏe tư nhân đó là giá cả đắt.

*Private healthcare services, exorbitant cost*

### **V. Solution (Giải pháp)**

- To solve the problem =
- To resolve
- To eradicate
- To reduce
- To control
- To deal with
- To handle
- To tackle
- To mitigate
- To ease
- To alleviate

#### **1. To solve this problem, it is important/necessary for sb to V**

- To tackle this problem, it is important for the government to encourage people to use public transport instead of their own cars.

#### **2. The government/ people/ + should + V**

- The government should encourage people to use public transport instead of their own cars.

#### **3. People/... should be + V3 (bị động)**

- People should be encouraged to use public transport instead of their own cars.

#### **4. One possible / effective/ long-term solution (to deal with + N) is that...**

- One possible solution to the problems with modern industrialized farming is to use "Agroecology".

#### **5. One solution would be (for sb) + to V**

- One solution would be for the government to encourage people to use public transport instead of their own cars.

#### **6. The most viable solution suggested to solve + N is**

- One of the most viable solutions suggested to solve the human overpopulation problem is to provide better education and educate about gender equality.

#### **7. One of the ways to... is to V**

- One of the ways to keep children with working parents happy and safe is to expand daycare facilities.

**8. Another possibility is that**

- Another possibility is that private automobile use needs to be reduced to mitigate traffic intensity.

**9. V-ing/ N + can be helpful/beneficial/useful/better + to deal with this problem**

- Encouraging people to use public transport instead of their own cars can be useful to mitigate traffic congestion.

**10. This issue can be resolved by/with**

- This issue can be resolved by teaching students the correct way to utilize the Internet.

**11. By doing sth, S+V**

- By spending money to protect minority languages, governments can also preserve traditions, customs and behaviours.

**12. Only by + Ving + MĐ đảo ngữ**

- Only by implementing stricter methods to fast-food industry can we limit the intake of fast-food among modern citizens.

**Exercise 3: Dịch những câu sau sang Tiếng Anh:**

1. Tôi cho rằng giá xăng dầu cao có thể giúp giảm thiểu tắc đường và vấn đề ô nhiễm.

*Higher petrol price/ increase petrol price*

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2. Việc phát triển ngành du lịch giúp tăng nhu cầu thức ăn, nơi ở và dịch vụ. Những điều này sẽ giúp tăng cơ hội việc làm, từ đó giảm thiểu tỷ lệ thất nghiệp trong khu vực.

*Foster tourism development, demand for, unemployment rate*

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3. Có nhiều lý do cho việc viện bảo tàng và địa danh lịch sử thu hút khách du lịch nước ngoài hơn người dân địa phương; và có nhiều giải pháp để giải quyết vấn đề này.

*Historical sites*

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4. Việc tiêu thụ quá nhiều đồ ăn nhanh có thể dẫn tới giảm sút sức khỏe. Chính phủ có thể giải quyết vấn đề này bằng cách đánh thuế cao vào đồ ăn nhanh.

*Excessive consumption, impose a higher tax on*

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5. Có những biện pháp hiệu quả mà chính quyền có thể sử dụng để ngăn cản việc tái phạm của những phạm nhân đã từng được phòng thích.

*Risk of re-offending, higher likelihood of re-offending after release*

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6. Xu hướng này có những tác động tiêu cực lên cả gia đình và xã hội; và chính phủ cần có những biện pháp liên quan tới giáo dục để giải quyết vấn đề này.

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7. Rất là cần thiết cho Chính phủ tổ chức các cuộc chiến dịch về tác hại thuốc lá gây ra cho sức khỏe.

*Tobacco education campaign*

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8. Để giảm thiểu vấn nạn mù chữ cho các vùng kém phát triển, việc gây quỹ cho các tổ chức giáo dục cần được đặt lên hàng đầu danh sách ưu tiên của chính phủ.

*Illiteracy, underdeveloped areas/regions, raise fund for, educational institutions, put higher priority on/ be high on the list of priorities*

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### C. SOME USEFUL EXPRESSIONS AND SYNONYMS

#### 1. Be (more) likely to V = can V

There is a high likelihood that S+V

If S+V, (the) chances are that S+V

- If students work hard, they will be more likely to be successful in their future careers.
- There is a high likelihood that students would be more successful in their future careers.
- If students study hard, chances are that they would be more successful in their future careers.

#### 2. Stand a good chance of doing sth = be able to do sth

- Through taking part in team sports, participants can stand an excellent chance of strengthening their team spirits
- Graduates would stand a better chance of getting a decent job with a degree.

#### 3. Be prone to V/N = be vulnerable to (dễ bị ảnh hưởng/tổn thương – tiêu cực)

- Fat people are more prone to heart disease, diabetes and cancer
- Children may be more vulnerable to offensive images on the media than adults.

#### 4. Can't V = Be unable to V = Fail to V

- The government has failed to establish a proper healthcare sector for all the people.
- In many underdeveloped countries, their leaders are unable to/fail to bear the burden of eradicating domestic poverty or crises

#### 5. S+V, putting something at risk

- Air pollution levels in big cities have been on the rise, putting people's health at risk.

#### 6. S+V, and this will + V

- The use of private cars is increasing in megacities, and this will **put a strain on** its infrastructure.

#### 7. Let alone (Huống chi mà – sắc thái tiêu cực)

- In fact, based on today work commitment, young adults do not have enough time to eat properly, let alone to cook meals at home.

#### 8. Instead of + V-ing/Noun : thay vì

Rather than + V-ing/Noun: hơn là

- Instead of driving cars, people should use public transport.
- In recent times, people use smart phones to browse the Internet instead of using a laptop or a desktop PC.
- In recent times, people use smart phones rather than a laptop or a desktop PC to browse the Internet.

**9. Compared to those who + V, S+V**

- Compared to those who hold high school qualifications, university graduates often have more employment opportunities.

**10. S + is of great importance/significance**

- The role of developing art and cultural activities is of great significance for culture and community

**11. A lack of something (n) / lack something (v)**

- One disadvantage of living in the town is the lack of safe places for the children to play.
- Most of the candidates had the right qualifications but lacked the necessary skills

**12. Allow sb to V = Encourage sb to V****Allow/ Encourage something**

- The new teaching methods encourage children to think for themselves.
- The new teaching methods encourage children's critical thinking.
- The utilisation of cheap labour helps companies to reduce the production cost. This will encourage business expansion.

**13. Discourage/prevent/stop/ban + sb + from Ving****Limit/restrict sb/myself to something**

- This policy is also likely to play an important role in preventing/stopping/discouraging rural inhabitants from moving to big cities in search of schools and medical facilities.
- It is reasonable to ban them from travelling on the street to prevent them from breaking the law and causing accidents.
- People should limit/restrict themselves to fast food.

**14. Important = essential = crucial = critical = key = vital****15. To try to V = make endeavor to V = make an effort = attempt = struggle to V****16. Help = Support = Assist****Provide support to sb = Provide assistance for sb = Offer assistance to sb****Give/ lend sb a hand**

- The government should support/ assist businesses to promote their products in foreign markets.
- The government should provide support to businesses to promote their products in foreign markets.
- The government should give/lend businesses a hand to promote their products in foreign markets.

**17. Complete = Fulfill = Accomplish = Achieve**

- Apparently, employees working in urban areas always have to work very hard in order to complete overwhelming workloads, which in the long run may result in work-related stress.

**18. Develop = Cultivate = Foster = Nurture = Nourish (interpersonal skill)**

- Admittedly, international tourism does have the potential to foster greater understanding and tolerance between people of different cultures.

**19. Improve = Strengthen = Enhance = Promote = Boost**

- There are several causes of this unpopularity, and some solutions could be proposed to promote/boost the usage of bicycles.

**20. The government = the authorities = national and local authorities = the state = the national leaders = political leaders**

- I would argue that it is the responsibility of individuals, not the state, to decide what food they choose to eat.

**21. People = individual (s) = everyone = local inhabitants = local residents = local people = locals = the public****22. Spend money on sth = invest money in sth = pour money into sth = allocate money to sth = put more resources into sth**

- Pouring money into redundancy schemes is not a way to create wealth or get people back to work but a waste of resources.



**Translation exercise**

1. Người ta cho rằng khí thải xe ô tô gây ra nhiều tác hại tiêu cực tới môi trường, ví dụ như ô nhiễm không khí. Điều này có thể dẫn tới giảm sút sức khỏe cộng đồng. Chính phủ nên có những biện pháp nhằm giảm thiểu vấn đề này bằng cách hạn chế lượng xe ô tô trong thành phố.

*Car emissions, public health, urban areas/city centers/downtown areas, limit car use/car traffic*

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2. Có một số bất lợi của việc đi du học nước ngoài. Bất lợi chính của việc đi du học nước ngoài là học sinh phải đối mặt với vấn đề tài chính. Rõ ràng rằng học phí và chi phí sinh hoạt như nơi ở, thức ăn và các loại hóa đơn ở nước ngoài thường cao hơn trong nước, điều này khiến họ có thể sẽ cảm thấy khó khăn khi sống và học tập ở nước ngoài. Một lý do nữa đó là chúng có thể cảm thấy buồn chán và cô đơn khi gặp khó khăn trong việc kết bạn và thích nghi với môi trường mới, điều mà có thể dẫn tới việc sốc văn hóa. Thêm vào đó, rào cản ngôn ngữ là vấn đề mà học sinh phải đối mặt vì họ gặp khó khăn khi nói ngôn ngữ khác. Tóm lại, việc du học cần được cân nhắc kỹ bởi những bất lợi của nó.

*Study overseas/ Study abroad/ Study in a foreign country/Pursue education in a foreign country*

*Financial difficulties , The cost of living, Homesickness, Adapt (to ST), Culture shock*

*Language barrier ~ Linguistic barrier*

*Consider ST ~ Take ST into consideration ~ Take ST into account*

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3. Một lý lẽ ủng hộ cho giá cả cao hơn dành cho du khách nước ngoài đó là những địa điểm văn hóa du lịch đó hoạt động dựa trên tiền của Chính phủ, tức là người dân địa phương đã chi tiền để duy trì những địa danh này thông qua việc nộp thuế. Tuy nhiên, tôi cho rằng đây là một quan điểm thiếu cặn. Khách nước ngoài góp phần phát triển nền kinh tế của nước chủ nhà thông qua tiền họ chi trả cho phí đi lại, đồ ăn và chỗ ở. Thay vì nâng giá, chính phủ và người dân nên cảm thấy vui vẻ và cung cấp những dịch vụ tốt nhất để khuyến khích khách du lịch trên toàn thế giới đến thăm đất nước mình. Điều này có hiệu quả cho nền kinh tế về lâu về dài.

*Higher price for foreign tourists*

*Cultural and historical attraction/site, state subsidies, tax system*

*Shortsighted view, the host country, in the long run*