**U1 Reading**

1. **她穿上自己最漂亮的夜礼服，希望能在舞会上看上去最美。 （look）**

**She put on her finest evening gown, hoping to look her best at the ball.**

1. **她刚一着手做这个项目就得知她的团队中有一个成员因患重病无法参与其中。（Hardly， set， suffer）**

**Hardly had she set out to work on this project when she learned that one of the team members couldn’t be involved in it / couldn’t participate in it because he / she had suffered from a serious disease.**

1. **遭受那次严重的饮食紊乱之后，她对美有了新的看法。（suffer, perspective）**

**After suffering from the serious eating disorder, she gained a new perspective on beauty.**

1. **她年轻时痴迷于整容外科手术，而不顾父母是如何想的。（obsess, regardless）**

**When she was young, she was obsessed with cosmetic surgery, regardless of what her parents thought. (regardless不是动词)**

1. **他不顾他爸爸的反对去踢足球了。他几乎很少符合他爸爸对什么是好孩子的标准。(regardless, seldom, fit)**

**He went to play football regardless of his father’s objections. He seldom fit his father’s standard of what a good child was. （陈述语序）**

1. **在冰雪覆盖的大山脚下生活着一个仍以打猎为生的部落。（At…）**

**At the foot of the snow-covered mountain lived a tribe which still survived by hunting.**

1. **在演讲中，班长陈述的主要问题是学生是否可以穿耳洞。在他看来， 人们为了追求外在美而改变自己的身体，并忍受很大的疼痛或痛苦是荒谬的。（set, alter）**

**During the speech, the key issue the monitor set out was whether students could have their ear lobes pierced. From his perspective, it was ridiculous that people altered their bodies for outer beauty and endured considerable pain and suffering.**

1. **那个历史学家在报告中尽力的阐述他关于人类文明的观点, 给了在场的观众一个人类发展的历史视角。(length, set, perspective)**

**The historian went to great lengths to set out his opinions on human civilization in his report, giving the audience present a historical perspective on human development.**

1. **这个社会是用一个人的成就来评判他的成功的。所以现在是继续你的事业还是半途而废由你决定。(judge， up to)**

**The society judges a person’s success by his achievements. So it is up to you to decide whether to continue your career or (to) give up halfway .**

1. **那位母亲不惜一切让她的孩子接受良好的教育，以便使他们能有美好的将来。(length)**

**The mother went to great lengths to provide her children with good education so that they would have s bright future.**

1. **这本杂志的最新一期非常值得一读. (issue, worth)**

**The latest issue of this magazine is well worth reading.**

1. **抱怨也没有用，他们根本就不会理睬。所以我们应该强调自律的重要性。(point，emphasis)**

**There is no point in complaining, for they won’t take any notice. So we should put emphasis on the importance of self-discipline.**

1. **我还不至于会做以健康为代价去减肥那样的傻事。(length)**

**I’ll not go to the lengths of doing such a silly thing as to lose weight at the expense of health.**

1. **许多白领女性为了保持自身竞争力，并获得更多晋升的机会，竭尽全力去参加各种培训班。(length, enroll)**

**Many white-collar women go to great lengths to enroll in various training courses in order to stay competitive and gain more opportunities of promotion = being promoted.**

**15.我决心开始学习手语,这样我就能和一些残疾人交流了，我将可以随心所欲和他们谈论各种话题。(set out， free， range)**

**I am determined to set out to learn sign language, so that I can comminicate with the disabled and I will be free to talk with them on a wide range of topics.**

1. **Lily对美剧很着迷，Tom恰好有着和她一样的爱好，这点符合了她选男朋友的标准。（obsess, happen, fit）**

**Lily is obsessed with American TV series / soap operas / TV dramas, and Tom happens to share the same hobby (with her), which fits her standard of choosing a boyfriend.**

**17.我见不得孩子受苦. 但是光同情而不采取实际行动是没有意义的。(endure, point)**

**I can’t endure seeing children suffering any pain. But there is no point in just showing sympathy for them without taking concrete / practical action.**

1. **媒体高度称赞了她的昨晚的精彩表演. (compliment)**

**The media paid her high compliments on her wonderful performance last night / yesterday evening.**

**The media complimented her highly on her…**

U1 MR

1. **我的话不是针对在场的任何人的. 如有冒犯，敬请谅解。（aim）**

**My words don’t aim at anyone (who is) present. Please forgive me if I commit an offence.**

1. **这本畅销书将为我们提供我们所需要的关于瑜伽的全部信息。（supply， reference）**

**The bestselling book will supply us with all the information we need with reference to yoga.**

1. **如果你想知道他的锻炼强度有多大，你可以监测他心脏跳动的速度。（workout, intense, speed定语从句）**

**If you want to know how intense his workout is，you can monitor the speed at which his heart beats.**

1. **接触不同领域的知识，并且知晓国内外时事对于开阔我们的视野很有帮助。（expose, inform, beneficial）**

**Exposing ourselves to / Being exposed to the knowledge of different fields and being informed of the current events at / from home and abroad are very beneficial to broadening our horizons.**

1. **他日子过得如此悲惨,以至于我们除了帮助他别无选择。我们现在所做的一切目的在于帮他摆脱困境。（So, alternative, aim）**

**So miserable a life / Such a miserable life does he live that we have no alternative but to help him. All that we have done now = What we have done now aims at helping him / aims to help him get out of the troubles.**

1. **据建议，你应该每天做适量的有氧运动，这会使你的心肺受益，更高效地工作。（It, benefit）**

**It is suggested that you (should) do moderate (amount of) aerobic exercise every day, which will benefit your heart and lungs and make them work at a higher rate.**

1. **医生建议她先做个全面体检，再做诊断。（recommend）**

**The doctor recommended her to take**

**recommended that she take**

**a thorough ( complete / comprehensive / overall) physical examination before diagnosis.**

1. **上海市民响应救灾呼吁,向地震灾区慷慨解囊。(response)**

**Shanghai citizens donate (money) generously to the earthquake-stricken area in response to the disaster appeal.**

1. **这位教师推荐学生们多做适合他们年龄层的课外泛读，也推荐专门腾出一些时间做精读。（recommend\*2, set）**

**The teacher recommended that students should do more extensive reading suitable for their ages，and also recommended setting aside some time to do intensive reading.**

1. **盲目搬用别人的经验有可能会造成损失，因此，我强烈推荐你自己去探索未知的东西，那将一定会对你有益处的。(lead to，recommend, benefit)**

**Blindly copying others’ experience may possibly lead to losses. Therefore, I strongly recommend you to explore the unknown, which will surely / absolutely benefit you.**

1. **他一直不致力于英语学习，也不重视英语背诵，所以他现在跟不上快节奏的学习。是时候提高主动性和学习效率了。(devote, emphasis, pace)**

**He isn’t devoted to learning English and never puts emphasis on recitation, so he can’t keep pace with the fast-paced study. It is high time that he improved his initiative and learning efficiency.**

1. **客服部门热情地回应了我的投诉，并承认他们没有管控好瑕疵商品，而且商店员工效率低下。（respond）**

**The service department warmly responded to my complaints, and admitted that they failed to control faulty / defective products, and the staff in the store were inefficient.**

1. **据建议，我们应该自主学习，那意味着按照自己的节奏学习。只有通过自主学习的方式我们才能使自己更加高效多产，还可以使我们头脑变得更加敏锐。(It is suggested that, mean, Only)**

**It is suggested that we should learn independently, which means learning at our own pace. Only by learning independently / Only through independent learning can we make ourselves more efficient and productive, and also make our mind get sharper.**

**U2-reading 补充翻译**

1. **我在应对突发事件上不如我妹妹的事实让我感到尴尬。(inferior, 同位语从句)**

**The fact that I am inferior to my younger sister in dealing with unexpected incidents (dealing with an emergency) embarrasses me. 注意时态**

**I feel embarrassed at / by the fact that …..**

1. **建议以电子邮件代替纸质文件以节约成本。(replace)**

**It is suggested that paper files (should) be replaced with email/emails so as to/in order to save / reduce cost.**

**Or It is suggested that we (should) replace paper files with email/emails so as to…**

1. **只有找到了明确的证据时警方才能逮捕嫌疑犯，并且解救那个没有戒心的受害者。Only**

**Only when they have found out /discovered definite evidence can the police arrest/ capture the suspect and rescue that unsuspecting victim.**

1. **一个孩子对父母隐瞒事情是不对的。另外， 孩子也不能固执己见无视父母的忠告。(conceal， stick)**

**It is wrong for children to conceal things from their parents. Besides, children shouldn’t stick to their own opinion and ignore their parents’ advice.**

1. **真碰巧，我拜访他的时候，他正在给我写信。(happen)**

**It so happened that he was writing to me when I dropped in on him / visited him.**

1. **导演否认了颠倒开幕式上节目的正常顺序。( deny，reverse)**

**The director denied having reversed the normal order of the programs at the opening ceremony.**

**7. 世界上没有像鬼怪这样的事情。 鬼怪很难去定义，因为它们不存在。 (such， define)**

**There is no such thing as ghosts in the world.**

**Ghosts are hard to define because they don’t really exist.**

**8正是“有志者，事竟成”这个信念使我为了实现目标而竭力奋斗。（强调句，同位语从句, length）**

**It was the belief that where there is a will, there is a way that made me go to great lengths to realize / achieve / fulfill my dream.**

**9. 中国必胜的信念帮助了那位运动员战胜了困难，夺得了冠军。（overcome）**

**The belief that China would surely win helped the athlete overcome the difficulty and win the championship.**

**10. “沙发土豆”就是指那些整天呆在家里看电视的人。（define）**

**A couch potato is defined as a person who stays at home all day watching TV.**

**11. 当他明白被戏弄了以后，感到很尴尬。 但是他却装作好像什么事情都没发生一样。（joke, 虚拟）**

**He felt embarrassed when he realized that he had been played a joke on. But he just pretended as if nothing had happened.**

**12. 车子陷在雪里了，所以司机只得从车里出来，仔细检查一下路况。（stick）**

**The car got stuck = stuck in the snow, so the driver had to get out of the car to examine the road condition carefully.**

**13. 这起交通事故是由于司机的粗心而导致的。他应该因此受到责备。（cause, blame）**

**The traffic accident was caused by the driver’s carelessness, and he was to blame for the accident.**

**14. 当妈妈听到小汤姆的话时，忍不住爆笑起来。而此时碰巧爸爸也在场，于是爸爸知道汤姆没有把秘密告诉妈妈了。（laughter， happen, conceal）**

**Mum couldn’t help roaring with laughter when she heard little Tom’s words / what little Tom said. It happened that Dad was on the spot, and he knew that Tom had concealed the secret from his mom.**

**15. 尽管遇到一个又一个失败，他依然坚守信念并且更加投身于志愿者工作。（stick， devote）**

**Even though / Although he met with one failure after another = failures one after another = repeated failures, he stuck to his belief and became more devoted to volunteer work / voluntary work.**

**16.不要用健康交换金钱，那样是不明智的。也不要用权利换取利益，那样是非法的。（exchange）**

**It is unwise to exchange health for money, and it is illegal to exchange one’s rights for profits.**

**17. 数码相机因为方便好用而受到用户的欢迎。（popular）**

**Digital cameras are popular with the users because they are user-friendly.**

**18. 他站了起来，走到窗边欣赏风景。过了一会，他接着把他的麻烦统统告诉了我们。（proceed\*2）**

**He stood up and proceeded to the window to enjoy the scenery. After a while, he proceeded to tell us all his troubles.**

**19. 尊重一个人就意味着你将他视作平等的人。（regard …as…）**

**Respecting a person means regarding him as your equal.**

**20. 那个超市收银员做一休一。在工作的过程中，他非常重视职业道德。他经常把他的目光聚焦在那些可疑的顾客身上，并且经常会把坏的东西修好。（alternate, process, emphasis, fix\*2）**

**That checkout assistant worked on alternate days. In the process of his work, he put / laid / placed great emphasis on work ethics. He often fixed his eyes on those suspicious customers and often had broken things fixed.**

**21. 令我们宽慰的是，爆炸发生的时候，碰巧房间里没有人。(happen)**

**To our relief, nobody happened to be in the room when the explosion occurred.**

**22. 一名熟练工人在许多方面要优于毫无经验的新手。(superior)**

**A skilled worker is in many respects superior to one without any experience.**

**23. 高中生在入学前必须接受一周的军训。(undergo)**

**High school students have to undergo a week of military training / military training for a week before attending school.**

**24. 如果我们换个角度来看问题，也许能找到切实可行的解决办法。(practical)**

**If we view the problem from a different angle, we might be able to find a practical solution.**

**U2-More reading补充翻译**

1. **无可否认，我最近所经历的使我获益良多。(deny, what， benefit)**

**It can’t be denied that what I have undergone/experienced recently benefits /has benefited me a lot.**

**…..I benefit/have benefited a lot from what I have recently undergone/experienced.**

**2. 实验的成功使得他更加坚信自己的预测是正确的。(strengthen)**

**The success of the experiment strengthened his belief that his prediction was true.**

1. **我试图阻止约翰向他的同事们玩恶作剧,但约翰却坚持认为恶作剧会使他们用笑来驱除负面情绪。（prevent, insist, laugh away）**

**I tried to prevent John from playing a practical joke on his co-workers / colleagues, but John insisted that practical jokes would enable them to laugh away their negative emotions.**

1. **作为一个没有幽默感的人，当他公开被问及婚姻时，他感到非常尴尬。（humour ）**

**As a man without a sense of / any sense of humour, he felt very embarrassed when asked about his marriage in public.**

1. **时代已经改变，陈旧的计算器已经被功能强大的电脑取代。（replace）**

**The times have changed, and old calculators have been replaced with powerful computers.**

1. **不可否认笑是治疗那种疾病的一种有效疗法。更重要的是，笑还可以增强人的免疫系统。（strengthen）**

**No one can deny the fact / the truth that laughter is an effective therapy for that disease. More importantly, laughter can strengthen the immune system.**

1. **只有当你经历了艰难和失败后你才会日益成熟。这就是为什么苦难也是一笔财富的原因。 (Only， undergo，increasingly, This is why…)**

**Only when you have undergone hardships and failures will you become increasingly mature. This is why suffering / misery is a fortune.**

1. **我还没有来得及问，他就主动提供了信息。(volunteer)**

**He volunteered to provide the information before I had a chance to ask.**

1. **医生告诫通过不吃饭来减肥就等同于慢性自杀。听从医生的忠告行事对我们的健康有好处。（equivalent, advice, good）**

**The doctor warns that losing weight by skipping meals is equivalent to committing suicide slowly. Acting on the advice of the doctors is good for / does good to our health.**

1. **在顾问的建议下，我推迟为那个慈善机构筹款的计划，而是先安排一些志愿者去那里做些调查。（advice，arrange）**

**On the advice of the consultant, I put off the plan of raising fund for that charity. Instead, I arranged for some volunteers to do some research there.**

1. **碰巧我去他们学校的时候他们正在开班会，他们的老师通过讲自己的故事让考试失利的同学们振作起来。(happen, cheer)**

**It so happened that they were having a class meeting when I went to their school. Their teacher cheered up the students who did poorly in the exam with his own story.**

1. **我们都知道每天一个微笑，再也不用看医生，我们也知道当我们备感压力的时候，我们应该多参与娱乐活动。（know引导两个宾语从句, involve）**

**We all know that a smile a day keeps the doctor away and that when feeling stressed, we should get involved in more recreational activities.**

1. **玛丽用五个苹果向安妮换了五个鸡蛋。(exchange)**

**Mary exchanged five apples for five eggs with Anne.**

1. **传统的火车票购买方式已经被网络购买方式所取代了。(replace)**

**The traditional way of buying train tickets has already been replaced with / by the one through / on the Internet.**

1. **出人意料的是，他被撤换了，代替他的是一个刚从大学毕业，没有工作经验的女孩。(replace)**

**To our surprise, he was replaced with (这里不建议用by) a girl without any working experience who just graduated from university.**

1. **在过去的几年里，这家工厂用塑料代替木头来降低成本。（substitute）**

**In the past few years, this factory has substituted plastic(s) for wood in order to reduce the cost(s).**

**substitute A for B 用A代替B**

**按照中文顺序翻译**

1. **组委会的决定是由Mary代替Kitty去参加歌唱比赛。(substitute)**

**The committee’s decision is to substitute Mary for Kitty to take part in the singing competition.**

1. **虽然现代社会物资丰富，给予消费者更多的选择，但也使不少人变成购物狂。(turn)**

**While modern society is rich in material resources and has given consumers more choices, it also turns many of them into crazy shoppers.**

1. **他答应过帮助我们，他没有失信。(stick)**

**He promised to help us and he stuck to his word.**

1. **大家一致认为任何有责任心和毅力的人都有资格申请该职位。（apply）**

**Everyone agrees that whoever has a sense of responsibility and perseverance/ persistence is qualified to apply for the position.**

1. **应该鼓励学生将课堂上所学的知识运用到实践中去。（apply）**

**Students should be encouraged/ We should encourage students to apply what they have learnt in class to practice.**

1. **他一到上海就和我们取得了联系。（contact v.）**

**He contacted us as soon as he arrived in Shanghai.**

1. **我们想和这个地区的其它学校取得联络。(contact n.)**

**We’d like to make contact with other schools in the area.**

1. **这款手机式样新颖，携带方便，深受年轻人的欢迎。（popular）**

**The mobile phone is fashionable / modern in style and convenient to carry, so it is very popular with / among youngsters / young people / the young.**

1. **流行音乐之所以在年轻人中流行是因为它能满足年轻人表达自己情感的需求。（popular）**

**Pop music/ is popular among /with young people/because it meets their needs/demands/requirements/ to express their feelings.**

**U3-reading + more reading补充翻译**

1. **她不仅自己致力于慈善事业，还劝说家里人也要这样做。（Not only…，devote, persuade）**

**Not only did she devote herself to**

**Not only was she devoted to**

**the cause of charity but she also persuaded her family to (do so).**

1. **我深深地迷上了那件古董，因为它象征了我国古文化的杰出造诣。 （fascinate, symbolize）**

**I was deeply fascinated by / with that antique, because it symbolized the brilliant achievements of the ancient civilization of our country.**

1. **Tom研发通过颜色的手段测试性格的软件震惊了整个班级。（主语从句）**

**That Tom developed a software testing personalities by means of color shocked the whole class.**

**4．吸引眼球的广告能刺激人们的购物欲望, 因为消费者经常会把做广告的产品和高质量联系起来。(stimulate, associate)**

**Attractive / Eye-catching advertisements can stimulate people’s desire to buy things, because consumers will often associate the advertised products with high quality.**

**5．这个爱社交的女孩熟悉那个俱乐部的大部分会员的喜好，所以赢得了他们的认可。(familiar, thus)**

**That sociable girl was very familiar with the majority of the club members’ preferences, thus gaining their recognition.**

1. **税收的增长已经影响到我们所有人。这也使我想起了过去那些物价很低的日子(affect， remind)**

**Tax increases / rises have affected us all, which reminds me of the days when the prices of commodities were so low.**

1. **你的支持会激励我花更多的精力来从事关于颜色关联的这项研究。 (stimulate)**

**Your support will stimulate me to spend more energy on the research about / on / into color associations.**

**(注： 没有spend more efforts 结构)**

1. **他求知若渴，而且不像他的同龄人，他从来不把成功和金钱，名誉联系在一起。(appetite, associate)**

**He has an enormous appetite for knowledge, and unlike his peers, he never associates success with money and fame.**

1. **人们把美国西部电影里的牛仔看成是自由的人群，是经历充沛，乐观的，坚定的，爱冒险的和有雄心壮志的。 (think)**

**People think of the cowboys in the American western movies as free people who are energetic, optimistic, firm, adventurous and ambitious.**

1. **他出门前忘了关煤气，结果导致了一场大火。所以他老婆再也不能指着他来保持家庭财产安全了, 因为他不是一个可靠的人。(thus，rely)**

**He forgot to turn off the gas before going out, thus causing a big fire. So his wife would never rely on him to keep their household property / possessions safe because he was not a reliable person.**

1. **史蒂夫乔布斯坚持“求知若饥，虚心若愚”这个信念，所以为什么他能不断开发新产品并且占有大量市场份额也不是秘密了。(同位语从句，secret)**

**Steve Jobs held = insisted on the belief that people should stay hungry and stay foolish. So it was no secret why he continuously developed new products and occupied large market share.**

**不能用which is no secret why…..**

**there is no secret why…**

**More reading**

1. **色彩鲜艳的药片可能被孩子们误当作糖果，因此必须把它们放在孩子们够不到的地方。 (mistake)**

**Children may /might mistake brightly–colored pills/tablets for sweets, and therefore they should be kept out of children’s reach.**

**Brightly-colored pills/tablets might be mistaken for sweets, so they should be kept where children can’t reach them (地点状语从句).**

**2．一个人是否经常锻炼身体并且竭力保持苗条身材对于他的整体最佳健康水平有着很大的影响。**

**(difference , length)**

**Whether a person exercises regularly and goes to great lengths to keep a slim figure makes a big difference to his optimal level of general fitness.**

1. **经理对她提议的负面评价使她很尴尬。她决定要做一个道德高尚而又纯洁的人。(embarrass)**

**The manager’s negative comments on her proposal embarrassed her = made her embarrassed. She decided to be a person of virtue and purity.**

1. **不论我们会遇到什么诱惑，都要记住坚持自己良心，不要用权利换取非法利益。(stick，exchange)**

**Whatever temptation we may meet with, remember to stick to our consciences and never exchange our rights for illegal profits.**

1. **在外国旅游时，在任何情况下我们都不能冒犯当地习俗，也不能把当地穷人当成地位低的人，这是至关重要的。(circumstances， essential)**

**It is essential that under no circumstances should we offend the local customs and regard the local poor people as inferiors when traveling abroad.**

1. **我们每天早上起床喝一杯水是很有必要的。健康的生活通常和均衡的的饮食以及经常性的锻炼有关。(essential, associate)**

**It is essential that we should drink a glass of water when we get up in the morning. A healthy life is usually associated with a balanced diet and regular exercise.**

1. **他没有为上课迟到而道歉，这触怒了老师。老师考虑撤掉他班长的职务。 (主语从句, offend, consider)**

**That he didn’t apologize for his being late for class offended his teacher. And the teacher considered removing / dismissing him from the position of a monitor.**

1. **我喜欢让我的女儿穿分红色的衣服。她喜欢用粉红色包装的礼物。(dress，wrap)**

**I like to dress my daughter in pink (clothes). She likes presents wrapped in pink.**

1. **我从来没有指望你能辨别对错。你老是把人家的善意的批评误当成报复。(depend on, mistake)**

**I never depend on you to distinguish / tell right from wrong, for you always mistake others’ kind criticism for revenge.**

1. **象征着繁荣，春天被认为是一个充满生机的季节。(symbolize)**

**Symbolizing prosperity, spring is considered to be a season full of vitality.**

1. **经过了几轮的协商，与会双方就协议里面所用的具体术语达成了一致意见。(agree)**

**After several rounds of negotiation, both parties / both sides attending the conference agreed on the specific terms that could be used in the agreement.**