1. 方便 & 效率 (Convenience & Efficiency)

方便 -- 互联网，快递运输，外卖，生活工作上，

效率 -- 快，时间，空间（交通工具），

scientific invention

advanced science

earth-shaking changes

sophisticated equipment

technical innovation

create the course of

high-tech product

contrive 设法做到

make astounding advances

see dramatic breakthroughs

increase efficiency

make/pursue progress

enter a new period

application 应用

effective and efficient rational and reasonable

flow of goods and materials between city and country.

messy & chaotic

in a constructive way/ constructive criticism/suggestions/advice

Use the time constructively.

2. 经济 & 耐久 (Economical & Durability)

经济 -- 钱，浪费，资源

耐久 -- 节省，有效，

strategically and economically

cut down some time

useful and practical, handy, usable, pragmatic, functional, feasible

strengthen our economy

development/investment

waste/ loss/ lack /misuse/ fall into disuse

be conducive to(适合，有助于)/ conducively

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例子：

3. 安全 & 环保 (Safety/security & environmental protection)

安全 -- 食品，健康

环保 -- 政府建设，健康

（食品安全）

excessive amounts of preservatives/addtive

poses health risk

food supervision/legislation/packing/preservation/storage

guarantee food safety

unsaturated fat

tighten regulations

cancer-causing chemical

（旅游交通）

a pillar industry

impose restrictions on...

provide convenience for...

pay a heavy price

pollution-free fuel

make full use of...

safety inspection

break the traffic rule/observe traffic regulations

(生态)

break the ecological balance

maintain a natural balance

diversity/extinction of species

life-threatening diseases

节能环保

depletion of resources

environmental degradation

energy crisis

hazardous material

potential hazards

urban garbage

water shortage

white pollution

industrial solid wastes

water and soil erosion

rate of deforestation

industrial dust discharged

motor vehicle exhaust

pose a threat to health/ at risk

be exhausted

pollute/ruin the environment

be unfriendly to the environment

raise environmental awareness

curb environmental pollution

protect forests from overexploitation

conservation of water and soil

rate of resource degradation

strengthen pollution control

prevent and control pollution

reduce the number of vehicles

keep ecological balance

reduce exhaust emissions

develop renewable/substitute resources

conserve natural habitats

garbage classification

water resource conservation zone

sustainable development

environmentally-friendly resources

ecological agriculture

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in terms of quality and quantity.

air(smoke dusk)/water pollution

reduce the levels of environmental pollution

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4. 交流 & 经验 (exchange experience)

交流 -- 个人，文化

经验 -- 分享，吸取

cultural exchange

economic and technical interchange

draw on/learn from each other's experience

（学校教育）

extra-curricular activities

develop an interest in...

keep drifting away 走神 stray

possess a natural talent for

required/compulsory course selective/optional course

scope of knowledge

comprehensive knowledge

thinking capacity

intellectual development

文化教育

culture blending/shock/

cultural traditions/treasures/diversity

enjoy great popularity

cradle of culture

culture and civilization

spiritual civilization

get relaxed and entertained

break with old customs/ adhere to the tradition

abstract/concrete

tear down

cause irreversible damage

attach more importance to

give publicity to

carry forward 弘扬

compulsory education

national expenditure on education

financial allocation

campus digitalization

foster abilities/cultivate logical thinking

develop linguistic skills

stimulate one's interest

make astounding advances

read between the lines

be fully aware of

ability to study on one's own

enlarge one's view/broaden one's horizons

grasp good communication skills

promote competence

offer a chance of education/receive education

vocational guidance/training

all-round development

practical capability

innovative learning

language acquisition

thought-provoking/enlightening/far-reaching/insightful

relieve/lighten the burden on students

narrow the gap between

develop personal specialities

place emphasis on

tap one's potential

5. 乐趣 & 成就 (delight/ pleasure/ joy & attainment/accomplishment)

乐趣 -- 活动，运动，读书，

成就 -- 教育，工作，运动，研究, 战胜困难(困难就可以具象化前面的内容)

achievement

enthusiasm(keen interest, excitement)

道德价值

be public-spirited

be punctual

appeal to the public to do sth.

comply with the law

disregard the public rules

break/violate public regulations

observe/obey the law

offend against the law

improve/safeguard public morals

team-work spirit

education background

a sense of responsibility/accomplishment

interpersonal relationship

adapt oneself to

6. 情感 & 健康 (emotion/sentiment/feeling & healthy)

情感 -- 分享喜怒哀乐，朋友，书籍培养

健康 -- physically 运动，食品，mentally 电影、书籍

be confronted with...

pattern of life

a rapid-paced life

stress-related illnesses

relieve the pressure of

arouse people's awareness

take preventive/effective measures

happiness/joy/excitement/empathy/affection/passion/sympathy

ardent(ardency)/passionate

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Useful sentences.

abounds in examples which demonstrate this point.

There may be no better example than...

Reality is never short of stories which can demonstrate the point.

This has been confirmed by numerous evidences.

an increasing number of...

has long been under discussion in terms of...

has now been a hot topic on and off campus...

our society is witnessing a dramatic growth in the number of..

The past decades have witnessed a great development in... owing to...

Nowadays there is a growing tendency for...

With the advancement of society, ...has emerged and is thriving, accompanied by controversies.

has been gaining in popularity in recent years in China, particularly among young people.

with the development of.., has been increasingly prevalent in our life.

when it comes to/As to/When asked about/Concerning..., some people like to... while others choose to...

We can see a disparity in people's opinions.

...remains a source of constant debate.

分析原因型

Taking a close look into... we can find the main reasons as follows.

There are many reasons for the emergence of...

be attributed to several main reasons.. results mainly from two factors...

three major factors that account for... are listed as follows

It is time that effective measures be taken for...

In view of the seriousness of... I strongly suggest that effective measures

should be taken right away.

From my perspective, to stop... calls for the collaboration from...

address/cope with.../fight against/in order to/

As is the case with many issues, both positive and negative sides. On the positive side, on the negative side.. both merits and demerits， on the one hand.... on the other hand,...

Just as proverb puts it, every coin has its two sides. ...also has its advantages and disadvantages.

总结型

From what has been discussed above, we could safely draw the conclusion that/we can come to the conclusion that...

Taking all the factors above into account, I insist that...

As is indicated above...

to sum up, in short, in a word.

self-evident/ obviously / evident

lead to/brought about a series of problems on...

It's heart-struck that... has caused enormous losses to those involved.

upgrade oneself/ improve one's capabilities

interpersonal skills

devote oneself to.../be dedicated to...

give full play to... 充分发挥

display one's talent

a decent/challenging/well-paid job

balance work and life

enrich one's social experience

treasure/seize opportunities

promising future/bright prospect

shoulder one's responsibility

stand up to the challenge

work overtime 加班

be impressive\first impression

training consultancy/ company philosophy

in this regard 在这一点上

lodge the complaint 投诉

But don't let their noise drown out your inner voice.

To stop a problem you have to understand its underlying causes

potential

attendant/associated/concomitant/consequent/accompanying

be constantly in the forefront of my mind 一直萦系在我的心头

a viable option/proposition feasible

to be commercially/politically/financially/economically viable

Some students often take no account of what their teachers and parents say and don't behave well 一些学生常把老师与家长的话当作耳边风，经常表现不佳

rigorous standards/ strict criteria/ stringent