

Abundant(充足的; 丰富的) → ample / plentiful / generous / adequate / sufficient

Attract one's attention → capture one's attention

Amazing → incredible / unbelievable / improbable / fabulous / wonderful / fantastic / astonishing / astounding / awesome / extraordinary / spectacular / magnificent / miraculous

Amusement (消遣; 娱乐) → recreation / entertainment / pastime / diversion /

Angry → furious / enraged / wrathful / indignant / exasperated / mad / aroused / inflamed

Advice → suggestion / recommendation / instruction / tip / direction / admonition / counsel / proposal

Aspect → facet / dimension / sphere

Bad(消极的, 不良的) → detrimental / baneful / dreadful

Beautiful → attractive / gorgeous / eye-catching / charming / graceful

Because → on account of / in that

Brave → courageous / bold / fearless

Benefit (福利; 益处) → boon / welfare / material benefits / weal

Big → vast / massive / enormous / tremendous / titantic / considerable / giant

vast 辽阔的
broad 广阔的
spacious 宽敞的

Boring → dull / tiresome / tedious

Blossom (繁荣) → flourish / thrive

Careful (谨慎的) → cautious / prudent / discreet / chary

Common(普通的, 普遍的) → commonplace / universal / pervasive / ubiquitous

Clever → intelligent / bright / wise / smart / clear-sighted / astute / sharp-witted / leery / resourceful

Cause → give rise to / lead to / result in / trigger

carefully → attentively

Can → be able to do / be capable of doing sth. / have access to / be competent to do / have the ability to do

Complete → fulfill / accomplish / achieve

Competitor → rival / opponent / corival

Clue (线索) → hint / implication / indication

Deal (交易) → transaction

Different → various / a variety of / varieties of / diverse / be worlds apart (截然不同)

Difficult → demanding / laborious / formidable

Difference → distinction / discrepancy / imparity /

Doubtful → skeptical / suspicious / incredulous

Develop (培养) → cultivate / foster / nurture / agriculture

Destroy → tear down / knock down / eradicate

Energetic → dynamic / animated / vigorous

Environment → circumstance / atmosphere / surrounding / ambience

Everywhere (普遍) → widespread / prevalent / overflow / rampant

Famous → renowned / noticeable / notable / exceptional / distinguished / eminent / prominent

Fast (迅速的) → rapid / swift / speedy / prompt /

Focus (重视) → put emphasis on / emphasize / highlight / attach importance to / give priority to

Good → excellent / outstanding / distinguished / ^{accomplished} extraordinary / remarkable / superior / tremendous / decent / eminent / top / conducive / ^{terrific} 极好的

Get → obtain / attain / achieve / acquire / have access to / gain / reap / procure

Helpful → favorable / beneficial / rewarding / contribute to / advantageous / ^{be work to}

Have → enjoy / possess / own ^{sb's advantage}

give → provide / offer / supply / donate / award 授予 / contribute / deliver 递送

Happy → delightful / cheerful / glad / pleased / ^{elation} elated / joyful / jubilant / blissful / merry
chuffed / upbeat / chipper / thrilled / ebullient / ecstatic

Harmful → damaging / ruinous / destructive / dreadful / unfavorable / adverse /
negative / deteriorating / inferior / devastating

Healthy → robust / sound / wholesome

Important → vital / crucial / prominent / cardinal / significant / critical / essential /
indispensable / profound (意义深远的) / far-reaching (影响广泛的) / primary 首要的

Interesting → amusing / entertaining / engaging

Influence (n. 影响) → impact / effect

Ignore (忽视) → neglect / overlook / fail to take into account

Many → quite number of / a considerable number of / an overwhelming majority of
/ vast majority of / a crowd of / a host of / multitude of / plenty of / scores of /
dozens of / large amount of / a great deal of (这两个后接不可数名词) / an ocean
of / enormous / an army of / numerous / substantial / tremendous / an overwhelming majority of

More and more → growing / a increasing number of / a mounting number of

New → brand-new / novel / up to date / fresh / span-new / spick-and-span (崭新的;
一尘不染的) / fire-new / span-new (崭新的) / in mint condition / neo- (前缀-新的)

Need → require / necessitate / call for

Only → solely / unique / merely

Obvious → apparent / evident / manifest

Poor → needy / in need / impoverished / in poverty / poverty-stricken

Popular → prevailing / prevalent / pervasive

Pay attention to → pour attention to

Reasonable → sound / rational / sensible

Peple/person → individuals / characters / folks / youngsters / adolescent /
inhabitant / citizens / mankind / dweller / resident

Problem → issue / trouble / matter

Responsibility(责任) → obligation / duty / virtue

Rich → wealthy / well-heeled / well-to-do / well-off / affluent

Sex (性别) → gender

Should → be supposed to / ought to

Some → a slice of / quite a few / several

Solve → deal with / handle / tackle / work out / settle / cope with / address

Sad → depressed / gloomy / ^{忧郁的} under the weather / frustrated / grieved / heartrending / spiritless / downcast / dejected / blue / depressed / heartbroken / wretched ^{痛苦的}

sb. take interest in / sb. be interested in → sth appeals to sb. / sth exerts a tremendous fascination on sb. / sb. be obsessed with / sb. fascinated by / be intoxicated with (陶醉了)

Succeed → make it in doing sth

Teachers(老师) → instructors / educators / lecturers / ^{make sth of oneself} be enchanted by... / ^{make a bit} have affection for... / ^{take delight in} be into doing sth...

Think → reckon / harbor the idea that / take the attitude that / hold the view that / it is widely / universally shared / acknowledged that / claim / believe / assume / maintain / argue / ponder / mediate / advocate / contend / deem / claim / be convinced that /

Thing → business / matter / affair / issue / reflect upon sth. 认真思考...

Teamwork (合作) → collaboration / joint effort / cooperation / join hands / consociation

Unnecessary → avoidable / hardly necessary / hardly inevitable

Very → exceedingly / extremely / intensely

Walk/Read → cover

Worried → anxious / apprehensive / fraught / concerned

Way → method / measure / solution / approach / fashion

Want → long for doing sth. / yearn for doing sth. / be thirsty to / thirst for doing sth / eager to do / intend to do / tend to do / be anxious to do sth /

be curious to do / have a strong desire to do sth. / be dying for / be desperate for sth. / be desperate to do sth. / have a strong appetite of / have sth. in mind

词替换

~~good~~ fabulous / awesome / brilliant / fantastic / marvelous / splendid / exceptional / superb / excellent / admirable / outstanding / preeminent / distinguished / remarkable

~~improve~~ strengthen / promote / enhance / ameliorate / facilitate
 [13.1] Steps have been taken to ameliorate the situation.
 已经采取措施来改善局面

~~express~~ convey / extend

~~determine~~ be bent on doing sth.

~~remember~~ bear in mind that...

~~familiar~~ be well acquainted with

~~arouse~~ stimulate / cultivate / appeal to / foster / spark

~~in consideration of~~ in light of / allow for / given that / in view of /

~~as far...~~ in terms of / when it comes to... / talking of sth. /
 as far as... be concerned

~~in conclusion~~ in a nutshell / in summary

chase / pursue (in pursue your dream)

~~blame~~ tell sb. off / condemn sb.

on no account / in no case / by no means

adversity / obstacles / setbacks

is made up of = consist of = It's comprised of...

originate from / stem from / be derived from / date back to
date from

bear / stand / put up with / live with

take after / resemble

do away with / get rid of / break away from

be intended for / be designed for / be meant for

exactly / practically (or rather / to be ^{precise} accurate /
as a matter of fact

in spite of / although / nonetheless / nevertheless / in any case

heart and soul / put one's heart into sth. / spare no ^{pains} /
throw oneself into / take troubles to do / occupy oneself ^{with} in doing sth

be willing / content / readily / pleased to do

by all means / at any rate / at all events / in any case ~~for this~~

attempt to do / with a view to doing sth. / make an attempt at doing

wonder at / marvel at 惊叹于

certainly / surely / admittedly / undoubtedly / definitely / incontestably
unarguably / There's no doubt that

drawing near / on the corner / approaching

show / display / demonstrate / exhibit / kindle

youngster. [C] 青少年
about roughly

impressive dramatic
like have a preference for ---

应用文 01 申请信/求职信

- I'm extremely delighted to see your advertisement for the position.
 - I want to examine myself in the modern society and would like to train my ability.
 - I have strong written and verbal communication skills.
 - I feel I'm competent to meet the requirements you have listed.
 - I am enclosing my resume for your kind consideration and reference.
 - Should you grant me a precious opportunity, I would be most grateful.
 - I trust myself that I have the appropriate qualifications and experience for this post.
 - have a strong desire to do...
 - in line with...
 - conduct an enquiry 询问
 - I'm writing this letter to apply for the position that you have advertised in ___ of ___.
 - feel free to contact me
 - present attending with my stable...
 - There's no doubt that I'm capable of tackling the job.
 - My experience as a volunteer in a costume exhibition has equipped me with strong interpersonal skills.
 - The reason for my confidence to be the very candidate you're hunting for / recruiting are as follows.
 - meet with your approval 得到你的认可
 - live up to your expectations 不辜负你的期望 / disappoint sb's
 - Could you be so kind as to...
- A stable personality and high sense of responsibility.
 Mature, self-motivated and have strong interpersonal skills.
 well-educated / amicable 友好的 / aspiring 有志气的 / capable 有能力的
 competent 能胜任的 / dedicated / enthusiastic / industrious / trustworthy
 expressivity / motivated 目的明确的

marvellous grasp

I have such a good command of English that I'm elated as assistant to my English teacher.

Hopefully I can receive your acceptance.

I'm writing to recommend myself as a qualified candidate for
My previous volunteering experience will qualify me for
the position.

So experienced am I that...

Should you treat my application favorably, I would spare
no effort to offer my best service.

应用文 02 邀请信

- I'll highly appreciate it if you are actively involved in...
- I hope you're not too busy to come.
- Please confirm your participation at your earliest convenience.
- In light of your burning enthusiasm about sth, I'm brimful of excitement to invite you to participate in...
- I'm consumed with enough excitement to shed some lights on it.
- From my perspective, this activity, whose original aim is to... is definitely a superb platform for us to do sth.
- I would be pleasant to have you here. Will you give me the pleasure of your company?
- It occurs to me that sth. exerts a tremendous fascination on you.
- enjoy yourself to the fullest
- Your contribution will certainly make the event a huge success.
- I am confident that your presence and participation will be among the highlight of the festival.
- I genuinely hope that you can squeeze some time for our festival and have fun with us.
- There's no doubt that you are qualified enough and experienced in presenting your ideas because of your abundant skills.

应用文 03 感谢信

- Words fail to convey my appreciation to you.
- But for your generous help, I couldn't have made such rapid progress.
- If it had not been for your assistance in —, I fear that I would have been —.
- I'm now writing these few lines to convey my heartfelt gratitude for your —.
- My genuine gratitude is beyond description.
- Nothing could ever return the favor you gave me.
- Please have no hesitation in writing to me should you want me to do anything for you. / If there is anything I could do to reciprocate ^{回报} your sincere help.
- It's your unreserved help that enables me to obtain this precious opportunity of further education.
- I'm much obliged to you for helping me.
- Not only do you take good care of me physically, but you also inspire me spiritually.
- have an everlasting effect on me
- hospitality n. 好客
- I convey my considerable appreciations which are beyond words.
- It's you who give me strength to conquer the difficulties.
- Years may fly, tears may dry, but my friendship with you will never die.
- I couldn't have gone this far without —.

应用文 04 介绍信

- feast our eye on the beauty of --
- broaden one's horizons / enrich our campus life / build up one's body strength / stimulate the passion in / enhance the learning efficiency / contribute to one's physical and mental health / arouse our curiosity / help improve ourselves on all sides / expand one's scope of knowledge facilitate (促进) daily communication / achieve all-round ^{comprehensive} development lay a solid foundation for / adapt oneself to the development of the society / boost one's confidence / gain a deeper insight into --
- Not only did it get us close to nature and give us relaxation from heavy school work, it also promoted the friendship among us
- meet the requires of quality-orient education (素质教育)
- From my perspective, this activity, whose original aim is to, is definitely a superb platform for us to --
- The following information may give you a rough sketch.
- nurture your soul / shape one's personaility / nourish my mind cultivating an intimate interpersonal relationship / fulfill one's potential
- auditorium 大礼堂
- This event is beneficial not only by enabling the students to work out with bravery and perseverance but also by providing an outlet for students under pressure and deepen the bond with their parents and teachers.
- Not only could we enjoy an awesome visual feast but our interest of learning was aroused.
- High school students should participate in some school organizations, engage in public welfare activities, sharpen social skills, and grasp how to get along with people
- I find it to be a hugely rewarding experience for I have developed a stronger ethnic identity and cultural pride.

应用文 06 普通书信

- I will greatly appreciate a response from you at your earliest convenience.
- There is nothing happier to me than to receive your letter.
- Exceedingly delighted to hear from you.
- I'm anticipating to your prompt reply.
- Barely can I contain my excitement on hearing that...
- Your favorable reply will be highly anticipated.
- Could you be so kind as to fix a date for us to exchange ideas with regard to ---?

应用文 07 建议信

- Were I you, I would. ...
- It's highly recommended that you should ...
- You have asked me for my advice with regard to ... and I will try to make some conducive suggestions.
- It would seem to me that you could ...
- As far as ... is concerned.
- I dare say that you'll make great advances if you act on my admonitions.
- Exercise is one of the key components (要素) of a healthy lifestyle.
- act on my suggestion
- To practice as much as possible is where the secret lies.
- With reference to your requirements, I shall recommend to you.
- Seeing it by yourself is bound to greatly deepen your understanding of the extensive and profound traditional Chinese culture.

约稿

- Could we have your article before...?
- You can write anything relevant so long as it's interesting and informative
- If you have a desire to join in this activity, you can have your photos delivered to...
- The length of the article should be limited to 400 words or so.

传统文化

传统节日

the Spring Festival

the New Year's Eve

the Mid-Autumn Festival

the Lantern Festival

the Dragon Boat Festival

the Qingming Festival

the Double Ninth Festival

New Year's Day

活动

拜年 give New Year's greetings

看春晚 watch the CCTV New Year's Gala

贴春联 put up Spring Festival couplets

赏月 appreciate the glorious full moon

团圆 reunion

放鞭炮 set off firecrackers

大扫除 year-end household cleaning

年夜饭 family reunion dinner on Lunar New Year's Eve

守岁 stay up late on the New Year's Eve

大年初一 the first day of the lunar year

收红包 receive lucky money

纪念屈原 in memory of a great ancient poet, Qu Yuan

辞旧迎新 ring out the Old Year and ring in the New Year

Chinese kung fu carries abundant traditional Chinese culture.

Peking opera is like a pearl in Chinese traditional art and

it is praised as the quintessence of Chinese culture

cheongsam, a kind of female dress with distinctive Chinese features

With thin wrappers, fresh fillings, delicious taste and unique shapes, dumplings are worth eating hundreds of times

社会

- strengthen world cultural exchanges.
- We teenagers need to be people who promote the long-lasting spirit. So it is high time that we developed sense of social responsibility and studied hard so that we can live up to our country's expectations. I'm sure everybody can make a difference. Only in this way can we build a more harmonious society.
- Changing this situation requires considerable effort on the part of everyone.
- Proper measures should be adopted to deal with the severe problem.
- Should we just pay lip service or take practical measures to reserve it? The answer is definitely the later.
- Only when we match our words with actions can we make a difference in whatever we hope to accomplish.
- prosperous / luxurious / splendid / sublime / magnificent / glorious
profound history
- I will be not only a servant but also a carrier of our...
- there is an urgent need for sb. to do sth.
- We're bound (约束) to create a harmonious / interpersonal relationship
- China is a land of ceremony with a time-honored civilization.
- bridge the gap between cultures
- cradle of civilization 文明的摇篮

议论文

- from where I stand, It's more advisable to...
- I would like to concentrate on the problem of...
- What I want to stress is that...
- It goes without saying that... 不言而喻
- As the proverb says,
- The data / statistics / figures lead us to the conclusion that...
- I can't entirely agree with the idea that...
- There is a long running debate as to whether...
- There is a widespread concern over the issue that...
- Through the above analysis, I hold the firm belief that the positive dimensions outweigh the negative ones
- ... is of enormous significance
- I believe hard work can bridge (消除) the distance between my dream and reality!
- About this, views differ among different people
- Among the most convincing reasons given, one should be mentioned that
- give (top) priority to sth. (优先考虑)
- A natural conclusion from the above discussion is that...
- Taking all these factors into consideration, we naturally come to the conclusion that...
- Ways must be found to assure...
- adopt one's good points and avoid the short-comings
- pose a great threaten to
- can't stress the importance of... too much
- can't bear closer analysis / can't hold water
- strike a balance between sth. and sth. 在... 间取得平衡
- give an account of sth. 叙述某事
- I believe the title statement is valid because
- Changing this situation requires considerable effort on the part of everyone

Proper measures should be adopted to deal with the severe problem.

There is a wide spread concern over the issue that...

integrate theory with practice 理论和实践相结合

Should we just pay lip service or take practical measures to ____? The answer is definitely the latter.

Only when we match our words with actions can we make a difference in whatever we hope to accomplish.

The state of affairs should no longer be ignored. 局势不容忽视

The Ways to Keep Healthy

There's no doubt that individual health should come as the top priority for every single person, without which we are unable to enjoy our life and fulfill our personal value in the society. Here is some advice based on my practical experience.

Initially, a well-balanced diet holds the key to build up a sound body. It's a must for us to not only keep away from junk food, but also have each meal on a regular basis. It's advisable that we should consume adequate nutritious vegetables. On top of that, we are supposed to get into good habits of living to maintain physical fitness. For us youngsters, we should strike a balance between study and break to have sufficient sleep. Plus, keeping mental health is also crucial. We had better make it a daily routine to do some moderate exercise to relieve negative moods.

It's convinced that with our constant efforts, we are bound to maintain healthy and pursue a bright future, so let's take actions from now on!

contribute to your well-being
place considerable emphasis on

There is no one but longs to build up a sound body.

Early to bed, early to rise.

Exercise is one of the key components of a healthy lifestyle. many stresses and negative emotions can be washed away by doing exercise.

By no means should we underestimate the importance of exercise.

你是李华，代表全校学生发表欢送英国交换生的演讲

Dear friends,

I'm Li Hua, chairman of the Students Union. It's my privilege to address a speech on behalf of all students in the farewell party.²³

With time elapsing, it has been 3 months since the beginning of the program, during which period a variety of meaningful activities have been presented to you, such as a poem reading competition and a paper-cutting exhibition, not to mention a lecture on traditional customs. Not only have you deeply incorporated into various classes, but you have also exchanged ideas with us students through multiple extra-curricular activities.

It was you that added splendid color to our campus life and helped us gain a deep insight into culture-diversity.²³⁺⁸⁶

I convey my considerable appreciations which are beyond words. Wish you a pleasant and safe trip back home.²³⁺⁸⁶⁺¹⁸

incorporate 将...吸收在内; 包含; 吸收; 使并入
extra-curricular 课外的

Chinese Classical Instrument

I'm more than delighted that you asked about the characteristics of Chinese classical music and the instruments with which it is played. Needless to say, classical music seldom fails to fascinate people.

Just as Chinese characters, the same pronunciation with different tunes will convey different meanings, making it attractive but difficult for learners, especially beginners, to master one instrument. What's more, closely connected to Chinese poetry, those famous pieces often come with poetic titles, among which is "Gaoshan Liushui", literally meaning "high mountains and flowing water". Whenever it is played, an imaged picture unfolds before listener's eyes. Then, as for the classical instruments favored by Chinese people, Pipa and Guzheng usually come at the top of the list. Should you take up an instrument, I am always at your service.

Hopefully, these above help you appreciate Chinese classical music.

中医 Traditional Chinese Medicine (TCM)

假定你是李华，得知美国外教 Peter 最近经常头痛，西医疗效不佳。请你写一封电子邮件，推荐中医治疗，简介中医的优点（比如副作用小，价格低等）表示愿意帮助，并期待他早日康复。

Dear Peter,

I'm sorry to learn that you have been suffering sleeplessness and a headache, which prevent you from performing well in your work. Worse still, you haven't got better after taking medicine. According to your symptoms, I'm writing to recommend Traditional Chinese Medicine to you.

TCM is widely used in China and is becoming increasingly popular and recognized worldwide. From my perspective, Chinese medicine is superior to western medicine in a sense, (在某一方面) which has fewer side effects, does little damage to your body, can treat the root cause of your disease. Through the natural treatments, patients can be completely cured without the use of drugs. In addition, compared with high fees of the western medicine, the TCM has a more reasonable price that ordinary people can afford.

I really hope that you can get well soon. Looking forward to seeing that you can be full of energy.

I'm here sending my best wishes to you for a quick recovery.

祝贺信

假定你是李华，得知你的美国朋友 Larry 在“汉语桥”(Chinese Bridge) 演讲比赛中获得第一名，请你给他写信，内容包括：
表示祝贺；赞叹他的努力；期待日后交流

Dear Larry,

Barely can I contain my excitement on hearing that you won the first prize in the Chinese Bridge Contest. I'm writing to extend my genuine congratulations to you.

To quote an old saying: 'No sweet without sweat.' I've heard that it was your perseverance and painstaking practice that assisted you conducting the fabulous speech. So diligent were you that not only did you polish the draft several times before the contest, but you also spent 2 hours rehearsing and enhancing your performance on a daily basis, which I admire most. Last but not least, could you be so kind as to fix a date for us to exchange ideas with regard to the speech?

Your favourable reply will be highly anticipated. Congratulations to you again!

Yours,
Li Hua

Learning from your last letter that you have poured tons of efforts into it.

Converse

you are named the champion

It was your rich experience that contributed to your perfect live performance, which gained favorable comments of the audience

书籍

- Books are treasures storing wisdom passed down from generation to generation.
- Only through reading can the soul be strengthened, ambition inspired and success achieved.
- enrich our minds and teach us to distinguish between right and ^{wrong}
- Nothing can bring more joy and happiness than reading those masterpieces created by great figures.
- In addition to reading for knowledge, we read for fun and inspiration.
- Regarded as one of the four classics in Chinese literature, the book possesses great wisdom and the essence of the Chinese language, which makes it worthwhile to read.

传统文化

Enjoying a time-honored history of thousands of years, China has pull-through a great many difficults. Therefore, combined with poetry, literature, custom and so on, Chinese culture is a fruit of the collective wisdom of Chinese people.

The aim of this contest is to popularize the treasure of the traditional Chinese culture legacy, which is undoubtedly meaningful.

China is a country with a time-honored civilization and a land of ceremony.

As is known to all, China is well renowned for its long history, possessing lots of amazing... which form the unique cultural cards of China.

To summarize, the Chinese painting is rich in culture and tradition. Hope it can go beyond China and be appreciated all around the world.

学习习惯

Good study habits will not only result in good academic performance but also help you be well prepared for life-long learning.

consolidate new knowledge 巩固新知识

strike a balance between

stay up all night = burn the midnight oil 熬夜

cram for exams 为考试临时抱佛脚

grades begin to slip 成绩开始下滑

in the interim 在此期间
no two ways about it 毫无疑问
centering on the culture, the course

No.

Date

do one's utmost to do sth. 不遗余力地做某事

It is high time that we developed sense of social responsibility and studied hard so that we can live up to our country's expectations.

sth. left a permanent memory on sb.

I believe hard work can bridge the distance between my dream and reality.

quality-oriented education 素质教育

lay a solid foundation of / for... 为...打下坚实基础

As Xi put it, China's hope lies with its youth, so does the future of the nation.

give full play to one's talent

-- give us a vivid and informative instruction, thus bringing us to the adventure in the poem.

have / gain an edge on / over 比...占优势; 胜过

fulfill one's potential 发挥潜能

fulfill one's dream / ambition 实现梦想 / 抱负

reluctant adj. 不情愿的 readily adj. 乐意的

greenhouse gases 温室气体

drive social development 促进社会发展

No. we drink in the scenery 尽情欣赏风景

in an age of information explosion

Date stay well-informed.

heartiest 衷心的

the coming-of-age ceremony 成人礼

be ranked as

High school students should also participate in some school organizations, engage in public welfare activities, sharpen social skills, and grasp how to get along with people.

strike up friendship with sb. 和某人建立友谊

I'll do everything within my competence to offer you a deep insight into China.

In terms of acquiring Chinese and Chinese culture, under no circumstances can you grasp a language in depth without massive input and practice.

Reading a series of selected classical books can enormously boost your learning process.

It's no exaggeration that ... 毫不夸张地说...

add flavour to your learning 为你的学习加料

Chinese Poetry Recitation Contest 诗歌朗诵比赛

soon afterwards 不久后

without parallel 无与伦比

表达进, better yet.

be second to none 首屈一指

catch up on sth. 了解(已发生的事)

idle the days away 虚度时光

pull oneself together 振作起来

feedback 反馈意见

The visits guided by you to all the interesting places offered me a once-in-a-lifetime chance to be exposed to such a unique culture as well as beautiful scenery.

A good habit paves the way for high learning efficiency.

good habits are acquired through repeated acts.

好习惯是通过反复的行为养成的

The West Lake is undoubtedly the most renowned feature of Hangzhou, which is famous for its scenic beauty that blends naturally with many famous historical ~~can~~ and cultural sites.

We should go to all lengths to make our life meaningful.

It's recommended to promote "clean your plate" campaign on social media.

With our joint efforts, garbage classification will be thoroughly conducted, which will surely lead us to an eco-friendly way of life.

artificial intelligence speeds up the pace of life and brings great pressure to people.

Given your busy schedule, I'd be very appreciative if you are willing to give some professional advice.

Nothing will be able to erase (抹掉) our wonderful memories.

I would be grateful if you could compensate for the loss and have this matter settled.

Windy though it was that morning, athletes tried their strength with every effort all the way to the finishing line at the foot of South Hill.

The valley is teeming with summer life, greens to gather, roots to dig, fish iridescent in the sunlight.

山谷满是夏意，绿意葱茏，树根等待挖掘，阳光下的游鱼是彩虹色的。

The swift stream raced and gyrated under them, tossing, distorting, and splitting the moon's reflected face.

激流在他们下面奔腾，打着漩涡。月亮的倒影被激流抛掷着，扭曲着，撕裂着。

Under no circumstances can we put person gains before the benefit of our country.

Despite the sweat, we were flooded with a sense of achievement.

Everything is full with vigor and fragrance.

Only if we keep up with the development of technology can we avoid being left behind in the future.

regulations should be put forward to ensure...
government should pass more laws to...

Goals serve as guidelines, helping teenagers make progress steadily towards destinations. We should make it clear where our passions lie and then set a primary goal.