

教育类

acquire/ impart knowledge 收获/传授知识
create academic atmosphere/environment 创造学习氛围
make academic achievement 取得学术成就
evaluate academic performance 评估学习表现
adolescents / juveniles / youngsters / youths 青少年
adolescent 青春期的
adolescent worries 青春期的烦恼
secondary education; high school 中学
the approach/method/fashion of education 教育的方式
parenting / upbringing 家庭教育
cheat in the exam 考试作弊
pass the exam; fail the exam 考试(不)合格
academic dishonesty 学术不诚实
be punished 受到惩罚
various subjects/courses 不同科目
be diligent in the study 勤奋学习
industrious students 勤奋的学生
devote time (money) to sth. 投入
slack off in study 学习松懈
focus on/ be absorbed in (concentrate on) their study 专注于学习
distract sb. from doing sth; get distracted by sth; distraction 干扰
schooling 学校教育
set goals 制定目标
higher goals 更高的目标
achieve/accomplish their goals 实现目标
learning resources 学习资源
develop/change a positive attitude towards 建立/改变正确的学习态度
a wide scope of knowledge 宽广的知识面
a solid foundation 扎实的基础
dabble in different subjects 涉猎不同科目
develop/cultivate critical thinking 发展/培养批判思维
suit ; be suitable for 适合
master/command/grasp what has been taught 掌握知识
promote academic exchange 促进学术交流
aptitude (for)/ talent (for) 天资, 禀赋
develop/ cultivate/ foster/ nurture 培养(nature 先天 vs. nurture 后天)
specialist 专才
generalist 通才
all-rounded/ well-rounded / versatile 全面的
awareness/sense 意识
the development of students' personality and values 学生个性和价值观的发展(素质教育的具体内容)

mold one's character 塑造某人的性格
mold someone into something 把某人塑造成……
a (or the) the sense of responsibility (or duty/ obligation) 责任感
physical and psychological soundness (or well-being/ welfare) 身体和心理的健康
behave 行为举止
behavior 行为举止
a valuable member of society 有价值的社会一员
make contributions to social progress 对社会进步做贡献
contribute to social well-being (or welfare) 为社会健康发展做贡献
exam-oriented education 应试教育
quality-oriented education 素质教育
learning style 学习方式
learn by rote; rote learning 死记硬背
memorize formulas and equations 记忆公式和方程式
adopt cramming method of teaching 采用填鸭式教学
obtain university qualification 获得大学文凭
enroll students 招收学生
Enrollment 招生量
specialized knowledge 专业知识
specialized subject 专业课
specialize in 专长于
become generalist 成为全才
compulsory (elective, optional) course 必修课, 选修课
liberal arts 文科
science subjects 理科
achieve life value 实现人生价值
pedagogy / pedagogical (or teaching) methodology 教学法
educational 教育的, 有教育意义的
inspiring 激励的, 启发心灵的, 鼓舞人心的
basic sciences 基础科学
applied sciences 应用科学
vocational education 职业教育
comprehensive (overall) development 全面发展
attend/ go to cram school 参加补习班
drop out of school 辍学
school age children 学龄儿童
schooling 学校教育
attend school; go to school 上学
tailor-made course 量身定制的课程
interact with 互动
get/ have/ receive feedback 得到反馈
impart knowledge (to someone) / inculcate knowledge (in/into/upon someone) 传授知识
obtain (or acquire) knowledge and skills 获得知识和技能
students' command (or grasp) of something 学生对……的掌握

a good command of English 良好的英语语言能力
give someone an edge/advantage in 给某人某方面的优势
motivated 积极的, 有动力的
give students motivation to do something/motivate the students to do something 给学生动力
做事
initiative 主动性
encourage sb. to take the initiative to do sth 鼓励某人积极主动做事
inspire students; give students inspiration 启发学生
broaden one's horizons 开阔视野
accumulate/gain experience; be experienced in... 积累/获得经验
put theory into practice 理论用于实践
learn/acquire/master practical (useful) skills 掌握实用技能
employable (marketable) skills 就业技能
leadership skills 领导能力
adapt to the society; adjust oneself to the society 适应社会
increase their employ ability 提高就业能力
job market 人才市场
fierce/ intense/stiff competition 竞争激烈
career development 职业发展
career prospects 职业前景
become a valuable (useful) member of the society 成为社会有用的人
be qualified for; be competent in/at 合格的
succeed in; achieve success 成功
voluntary activities 志愿者活动
earn a living; make a living 谋生
analyzing skills and problem-solving ability 分析和解决问题的能力
creative / original 有创造力的
creativity / originality 创造力
creative thinking 创新思维
critical thinking 批判性思维
encourage students to think critically 鼓励学生用辩证的眼光看问题
think independently 独立思考
communication and social skills 沟通、社交能力
team spirit 团队精神
do/undertake paid/full-time/part-time work 做有偿/全职/兼职劳动
earn tuition fee; become economically independent 挣学费
Improve/develop the ability to manage their finance 提高理财能力
learn responsibilities 学习责任心
become more independent; develop independence 培养独立性
suffer from/relieve, ease, reduce stress 承受/缓解压力
take part in/participate in extracurricular activities (after-school activities) 参加课外活动
take part in/participate in sports activities 参加体育活动
develop intelligence; become more intelligent 开发智力
social skills 社交能力

communication skills 交流技能

peer 同伴

peer pressure 同龄人压力

compete with 竞争

sense of competition 竞争意识

cooperate with 合作

team spirit 团队精神

contribute to the team 为集体做贡献

keep up with their classmates 跟上同学

exchange ideas 交换思想

share common topics 分享共同话题

formative years 成长期

be curious about; curiosity 好奇心

out of curiosity 出于好奇

have/lack self-control 有/缺乏自控能力

physical and psychological health 身心健康

the ability to judge right from wrong 判断对错的能力

shape/influence personality 塑造/影响性格

lose individuality 失去个性

be optimistic about+名词; be optimistic that+ 从句 乐观

be pessimistic about+名词; be pessimistic that + 从句 悲观

build/lose confidence 建立/失去信心

self-esteem 自尊

have/lose interest in... 有/失去兴趣

out of interest 出于兴趣

have/dampen passion/ enthusiasm for 有/打消热情

be motivated to/ have motivation to do 有动力

pursue the ideal 追求理想

obey/disobey/violate rule/discipline 遵守/违反纪律

show aggressive behavior 攻击性行为

increase moral standard (principle) 提高道德标准 (准则)

stifle creativity 扼杀创造力

develop imagination 培养想象力

innovate in/ make innovation in/ be innovative in 创新

develop/enhance reasoning ability 培养推理能力

memorize 记忆

have a good memory 拥有良好的记忆力

honest 诚实的

righteous 正直的

innocent 天真的, 无辜的

tenacious 坚韧的

vulnerable 易受伤害的

frustrated; depressed 沮丧的

selfish; self-centered 自私的

selfless; unselfish 无私的
considerate/Inconsiderate 体贴的/不体贴的
inherit/ follow traditional values 继承传统价值观念
respect ; have respect for 尊敬老师
strength; strong point 优点
overcome/ make up for weakness 克服/弥补缺点
have innate/inborn talent/ability 拥有天生的才能
Sensitive; impressionable 敏感的、易受影响的
imitate 模仿
envy ; be jealous of 嫉妒
compete in material things 物质方面攀比
sense of isolation; sense of loneliness 孤独感
be addicted to sth. 上瘾
be obsessed with ; indulge in 痴迷于
poor behavior; disruptive behavior 行为不好
anti-social behavior 反社会行为
be indifferent to 漠不关心
bully 欺负
use violence /school violence 使用暴力/校园暴力
make fun of ; laugh at 嘲笑
physical defect (handicaps) 生理缺陷
get into fights 和人打架
go astray 误入歧途
associate with bad companions 与坏人交往
rebellious 叛逆的
excessive drinking 过度饮酒
wear school uniform 穿校服
show off 炫耀
out of vanity 出于虚荣心
be superior to ; sense of superiority 优于/ 优越感
be inferior to; sense of inferiority 劣于/自卑感
coach 辅导
set a good example 树立良好榜样
praise 表扬
criticize 批评
give constructive criticism 给出建设性的批评意见
cultivate 培养
raise ; foster ; nurture 养育
parental love and care 父母的爱
parenting 家长对孩子的教育
spoil 溺爱
connive at 纵容
interfere with ; intervene in 干涉, 干预
set rules for children; impose rules and regulations on children 制定规则

restrict 限制
empower 授权
have a degree of autonomy 有一定的自主权
corporal punishment 体罚
psychological shadow 心理阴影
rich (wealthy, affluent) family 富裕的家庭
less well-off family; low income family 不富裕的家庭
take sensible precautions 采取合理防范
provide appropriate guidance 提供合理的指导
be more aware of; raise the awareness 提高意识

环保类

combat/curb climate change 遏制气候变化
accelerate global warming 加速全球变暖
discharge/release pollutant 排放污染物
discharge waste water 排放污水
waste disposal; dispose of the waste 垃圾处理
classify the waste; sort the garbage 垃圾分类
disposable product; throw-away product 不可回收的产品
exhaust fumes 汽车尾气
contain toxic and harmful substance 含有有毒有害物质
pose a threat to people's health; cause damage to people's health 危害健康
emit; emission 排放
reduce emission 减少排放
emit greenhouse gas 排放温室气体
carbon dioxide 二氧化碳
sustainable development 可持续发展
ecosystem /ecological system 生态系统
ecological balance 生态平衡
environmentalist /conservationist 环保主义者
conserve 保护, 保存, 节约
conservation 保护, 保存, 节约
preserve /protect 保护, 维护, 保存
preservation /protection 保护, 维护, 保存
eco-friendly 不妨碍生态环境的, 有益于生态环境的
environmentally-friendly 对环境无害的, 环保的
consume /deplete 消耗(资源)
use up /exhaust 用尽(资源)
exploit natural resources 开采自然资源
alternative resources 可替代资源
alternative energy sources 可替代能源
renewable resources 可再生资源
non-renewable resources 不可再生资源

acid rain 酸雨
sand storms 沙尘暴
smoggy weather; smog; haze 雾霾
deforestation 森林减少
deplete natural resources 耗尽自然资源
put a strain on the resources 给资源造成压力
deteriorate; become worse 恶化
lead to serious consequences 导致严重后果
fertilizer and pesticide 化肥农药
underground water 地下水
build/maintain irrigation system 修建/维护灌溉系统
destroy habitat 破坏栖息地
marine life 海洋生物
endangered species 濒危物种
rare animals 珍稀动物
extinction; become extinct; die out 灭绝
illegal hunting; poaching 偷猎
animals' rights 动物权益
wind energy 风能
hydro power 水力发电
solar power 太阳能(发电)
metals 金属
minerals 矿产
fossil energy sources=fossil resources 化石能源
fossil fuels 化石燃料
petroleum 石油
natural gas 天然气
coal 煤
lack of /shortage /scarcity /dearth /deficiency 短缺
lack 短缺
energy crisis 能源危机
energy-saving technologies 节能技术
stretched resources 紧张的资源
put a strain on the resources 承受压力的资源
damage & 破坏
climate change 气候变化
greenhouse effect /global warming 温室效应
ozone layer 臭氧层
deforestation 砍伐森林, 滥砍滥发
natural disasters 自然灾害
sand and dust storm 沙尘暴
drought and flood 干旱与洪水
fertile soil 肥沃的土壤
infertile soil 贫瘠的土壤

arable land /farmland 耕地
boost crop yield 增加粮食产量
contaminate /pollute 污染
contamination /pollution 污染
relieve / ease animals' pain 减轻动物的痛苦
animal protectionist 动物保护主义者
ecosystem 生态系统
maintain/destroy ecological balance 维护/破坏生态平衡
establish nature reserve 建立自然保护区
achieve sustainable development 实现可持续发展
conserve the energy; energy conservation 节约能源
alternative 替代品
A is an alternative to B A 是 B 的替代品
replace; substitute 替代
use hydro power to generate electricity 使用水力发电
electric cars 电动汽车
lead/adopt low carbon lifestyle 过低碳生活
raise the public awareness of; environment protection 提高环保意识
remedy the damage to the environment 修复对环境造成的损害
environment-friendly product 环保产品
develop/promote energy-saving technology 开发/推广节能科技
set international standards 制定国际标准
hold international meetings/conferences 召开国际会议
sign agreements 签署协议
severe /grave /grievous 严重的
pollution that cross boundaries 跨越边界的污染
discharge sewage (or effluent) 排放污水
pollutant discharge (or emission) 污染物的排放
poisonous /toxic 有毒的
disposable 一次性的
throw-away products 一次性产品
non-biodegradable garbage ; wastes that cannot decompose (or break down) 不可降解的垃圾
reuse /recycle 再利用
sort the daily garbage 生活垃圾分类
deteriorate 恶化
deterioration 恶化
aggravate 加重, 加剧, 使...恶化
aggravation 加重, 加剧, 恶化
raise (or elevate) the public awareness of... 增强公众关于.....的意识
concerted effort 齐心协力
environmental legislation 环境立法
the department of legislation 立法部门
harsh actions (or measures) 严厉的措施
low-carbon 低碳的

lead a low-carbon lifestyle

leave less carbon footprints 少留下碳足迹

green consuming habits 绿色消费习惯

nuclear power station 核电站

nuclear waste 核废料

nuclear radiation 核辐射

leak; leakage 泄漏

disastrous consequences; catastrophic consequences 灾难性的后果

fossil fuel 化石燃料

reserves 储量

exploit ; prospect 开采 (勘探)

address/solve/relieve energy shortage (crisis) 解决能源短缺

政府类

criminal; prisoner; law violator 罪犯

commit / perpetrate crimes 犯罪

violate / break the law; law offence 违法

obey; abide by; comply with the law 守法

punish; punishment; penalize; penalty 惩罚

escape punishment; exempt sb. from punishment 免于惩罚

deprive of their freedom 剥夺自由

enforce the law 强制实施法律

serious crime; felony 严重的罪行

not serious crime; petty crime 轻微的罪行

first-time criminals 初犯

hardened criminal; repeat criminal; recidivist 惯犯

recidivism 二次犯罪

deter sb. from doing sth.; have a deterrent effect on sb. 震慑某人

crack down on; combat 打击

eliminate 消除

root out 根除

chaos; chaotic 混乱

reform criminals; rehabilitate criminals; rehabilitation 改造罪犯

be cautious 警惕的

uphold/maintain justice 维护正义

equity /fairness; equitable / fair 公平

Budget 预算

a tight budget 预算很紧

lead to/cause financial burden 导致财政负担

be underfunded 资金不足

fund ; subsidize 资助

allocate the resources 分配资源

increase tax revenue 增加税收

create jobs 创造就业
labor force; working population 劳动力
improve welfare/well-being 改善福利
relevant authorities 相关部门
implement the policy 实施政策
monopolize; monopoly 垄断
preferential policy 优惠政策
bureaucracy 官僚主义
prevent/root out corruption 防止/根除腐败
abuse; misuse; appropriate 滥用/挪用
intervene in 介入
improve administration 改善行政管理
levy tax; impose tax 收税
enact the law 制定法律
supervise; supervision 监督
invest in doing sth. 投资
infrastructure; basic facilities 基础设施
urbanization 城市化
for the public interests 为了公共利益
be obligated to do; have the obligation to do 有义务
rights and obligations 权利和义务
social civilization 社会文明
build; construct 建造
maintain; maintenance 维护
landmark 地标

工作类

arduous 繁重的
repetitive 重复的
monotonous; tedious; boring 单调的
constant job-hopping; change jobs frequently 不断的跳槽
mobility 流动性
hunt for jobs; Job hunting 找工作
apply for 申请
be competent for; be qualified for 胜任
workplace 工作单位
get promotions 获得提升
establish wide connections 建立人脉关系
permanent job 铁饭碗
employees' welfare 员工福利
take a vacation; take time off 休假
sense of security 安全感
sense of fulfillment 满足感

sense of satisfaction 满意度
colleague 同事
tense relationship 关系紧张
be loyal to the company 对公司忠诚
unemployment rate 失业率
recruit new staff 招收新员工
vacancy 职位空缺
be laid off 被解雇
career development 职业发展
company's operation 公司运营
serve the company 为公司服务
take challenges 接受挑战
workaholic 工作狂
workload heavy 工作量
pursue/seek fame and wealth 追逐名利
adulthood 成年期
become apathetic to others; be indifferent to others 变得冷漠
become alienated; alienate ; alienation 变得疏远
get sick; fall ill 生病
intense (or keen/stiff/fierce) competition 激烈的竞争
workplace 职场
job (or employment) opportunities 就业机会
career path 职业道路
career prospect 职业前景
job-hopping 跳槽
job hopper 频繁换职业的人

传媒类

branded products 名牌产品
buy products impulsively 冲动地购物
stimulate consumption 刺激消费
resist the temptation 抵挡诱惑
advertise the products 给产品做广告
advertisement targeted (aimed) at children 针对儿童的广告
exaggerate the quality of the products 夸大产品的质量
boost (promote) the sales 促销
popularity 知名度
organize/hold advertising campaign 组织举办/广告活动
launch new products 推出新产品
lose their judgment 失去判断能力
mislead consumers 误导消费者
penetrate into every aspect of our life 渗透到生活的各个方面

brainwash 洗脑
without enough consideration 没有仔细考虑
without hesitation 毫不犹豫
commercials 商业广告
mass media 大众传媒
social media 社交媒体
the print media 印刷媒体
the electronic media 电子媒体
the press 报刊(总称), 新闻界
coverage 报道 (注: 不可数名词)
media coverage of... 媒体对.....的报道
cover 报道
current affairs 时事
journalist 记者
the code of conduct 行为准则
the code of ethics 道德规范 (尤指职业的)
strong/impeccable work ethics 较强的/无懈可击的职业道德
prevalent/pervasive 无所不在的, 普遍存在的
the prevalence of... 的流行、盛行
a profound effect on 对...有着深远的影响
disclose (or expose/reveal/unveil) social problems 揭露社会问题
newsworthy 有新闻价值的
up-to-date/up-to-the-minute 最新的, 及时的
objective and balanced 客观公正的
endorse the product 代言产品
follow the trend 跟风
spending habit 消费习惯
make buying decision 做购买决定
necessities 必需品
luxurious; extravagant 奢侈的
outdated; out of fashion 过时的
disposable income 可支配收入
out of fashion; obsolete 过时的
attract people's attention 吸引人们注意
boom (n); economic prosperity 繁荣
managerial experience 管理经验
mass media 大众媒体
subscribe to; subscription 订阅
reliable/trustworthy/dependable 可信的, 可靠的
biased/skewed 不客观的, 有偏见的
distorted/misleading /misrepresented 令人误导的, 不如实报道的, 曲解的
fraudulent 欺骗性的
informative 信息量大的
entertaining 娱乐性的

cancel & n. 审查
censorship 审查制度
impose censorship on... 对...实施审查
delete/eliminate 删除
evaluate 评价, 评估
the evaluation on 对...的评价、评估
critical 批判的
be flooded (or filled) with... 充斥着
at the expense/cost of 以...为代价
commercial (commercials pl.) 商业广告
public service advertising 公益广告
evoke (or stimulate) impulse buying 刺激冲动性购物
promotion 推广, 促销
marketing tool 市场营销手段
induce someone to do something 诱导、引诱某人做某事
target audience 目标受众
sensationalize /exaggerate 耸人听闻的夸大某事, 大肆渲染
spin out of control 事态发展失控
violate someone's privacy 侵犯某人的隐私
destroy (or ruin) one's reputation 毁坏某人的名誉
celebrity 名人
cult of celebrity 名人热, 名人崇拜
publicity 宣传, 宣扬, 公开
receive publicity 获取公众关注度
notoriety 声名狼藉, 臭名昭著
notorious 声名狼藉的, 臭名昭著的
misbehavior ; poor behavior 品行不端
acceptable behavior 可接受的行为
gossip 流言蜚语 & 讲闲话
scandal(s) 丑闻
cover up; gloss over; whitewash 掩盖
circulate ; circulation 发行
disseminate information 传播信息
news report 新闻报道
broadcast TV programs 播放电视节目
spread of rumor 谣言的传播
moderate censorship of the media 适当的媒体监管
distort 歪曲
fabricate 捏造
journalist 记者
objective; unbiased 客观的、公正的
credible; credibility 可信的
control media violence 控制媒体暴力
detailed account of; detailed description 细节的描述

disclose ; reveal ; expose 披露
internet-based teaching; distance learning 网络教学
classroom-based teaching; conventional schooling 教室教学
be not subject to time and geographical; restrictions 不受时间和空间的限制
sophisticated technology 成熟的技术
cutting-edge technology 尖端技术
technological advances 科技进步
technological innovation 科技创新
the information age (era) 信息时代
convenient ; convenience 方便
comfortable ; comfort 舒适
efficient ; efficiency 效率
flexible ; flexibility 灵活
surf the Internet; go online 上网
browse the website 浏览网站
virtual space 虚拟空间
the widespread (extensive) use of the Internet 互联网的广泛使用
the advent of the Internet 互联网的到来
the proliferation of the Internet 互联网的普及
have more access to information; access more information 更多渠道获取信息
on-line database 网络数据库
technological inventions 科技发明
advance & n. 发展
transform 转变
have/has transformed... 的(彻底)改变
breakthrough 突破
high-tech 高科技的
high-tech features 高科技特征
digital 数字的, 数码的
electronic 电子的
on-line library 网络图书馆
electronic books 电子书
store enormous information; information storage 存储大量信息
be inundated with 充斥着
harmful (detrimental) information; obscene information 不良信息
get addicted to ; addiction 上瘾
damage the eyesight; lead to eye strain 损害视力
become nearsighted 变得近视
social network site 社交网站
social networking 网络社交
face-to-face communication 面对面交流
social isolation; become isolated; sense of isolation 社会孤立
stay in touch with ; contact 保持联系
without geographical barriers (restrictions) 没有地理阻碍

invade people's private lives 侵入私人生活
assembly line; production line 生产线
artificial intelligence 人工智能
intelligent machine 智能机器
machine-made product 机器生产的产品
increase the productivity 提高生产力
automation; automatically 自动化
at a staggering (or astonishing) rate 以惊人的速度
the information age (or era) 信息时代
information explosion (or overload) 信息爆炸
promote (or facilitate) communication 促进交流
have (or gain) more access to information 获取更多的信息
have access to 使用, 接近, 可以利用
accessible 易接近的
obtain information in various ways 以不同的方式获取信息
with the click of a mouse 鼠标一点
with the click on the keyboard 键盘一敲
geographical barrier 地理上的阻碍
productive 多产的, 高生产率的
productivity 生产力, 生产率
enhance (or boost/promote) efficiency or productivity 提高效率或生产率
machinery 机器、机械 (总称)
labor-saving machinery 减少人力的机器
labor-replacing machinery 取代人力的机器
automation 自动化
automated 自动化的
telecommunications 远程通讯, 电信学
traditional way of /conventional method of 传统的手段、方法
online retailer 网上零售商
retail 零售
retail market 零售市场
cost-effective 节省成本的, 划算的
biotechnology 生物技术
gene 基因
genetic 基因的, 遗传的
genetically modified 转基因的
genetically modified food 转基因食品
modify 修改
hacker 黑客
hack (into) 入侵、潜入 (他人的电脑)
hack 入侵、潜入 (他人的电脑)
launch the satellite 发射卫星
space technology 太空技术
explore the outer space 探索太空

land on the moon(v) ; moon landing(n) 登月
launch the (manned) space flight 发射(载人) 航天飞机
intelligent beings 智能生物
alien 外星人
fiction movie 科幻电影
cheap air travel 便宜航空
advanced means /mode of transport 先进的交通工具
cybercrimes 网络犯罪
security/safety issues 安全问题
security/safety concerns 安全隐患
violate someone's privacy 侵犯某人的隐私
identity theft 身份盗窃、盗用
identity thief 盗用身份的小偷
pirate 剽窃, 侵犯专利
pirated 盗版的
piracy 盗版, 侵犯版权
questionable contents such as pornography and violence 不良的内容, 例如色情和暴力
damage one's health 对人的健康造成危害
weakened eyesight 视力的减弱
less outdoor exercise 户外活动减少
sedentary lifestyle 久坐的、静态的生活方式
indulge in (or be lost in) the virtual world 沉溺于、迷失于虚拟世界
be isolated from the real world 游离于现实世界之外
undermine/weaken the relationships with families and friends 削弱与家人、朋友的关系

社会生活类

housework; household chores 家务活
nuclear family 核心家庭
raise a child; bring up a child; child rearing; child upbringing 养育孩子
reunite with; reunion 团聚
ancestor 祖先
enhance/strengthen family cohesion 增强家庭凝聚力
support the old people 养老
a sense of belonging to ... 归属感
retire ;retirement 退休
the statutory retirement age 法定退休年龄
be separated from 分开
harmonious 和谐的
gender discrimination 性别歧视
gender equality 两性平等
an enlightened society 开明的社会
community 社区, 社会, 团体
community service 社区服务

unpaid community service 无偿的社区服务
household/home 家庭 household wastes 家庭垃圾
family values 家庭观念
strengthen family bonds (or ties) 加强家庭、亲情的联系
a (or the) sense of belonging 归属感
an attachment to/an affinity for 对……的依恋
generation gap 代沟
offspring 后代
personality clashes 性格冲突, 性格不合
domestic violence 家庭暴力
mistreat/abuse 虐待
place of residence 住所
change of conception 观念的改变
organize cultural activities 组织文化活动
public interest advertisement; public service advertisement 公益广告
pace of life 生活节奏
life pattern; lifestyle 生活模式
nutrition; nutrient; nutritional food 营养
nutritional deficiency; malnutrition 营养缺乏
have a balanced diet 采取均衡饮食
additive 添加剂
preservative 防腐剂
ingredient 成分、配料
home-made food 家常饭菜
addiction to/be addicted to 对……上瘾
quality family time 有质量的家庭生活
the protection of the young 未成年保护
lack of self-control 缺少自控 (此处 lack 作名词, 作动词时应为 lack self-control)
discipline 纪律
be unable to distinguish right from wrong 没有能力判断是非
be vulnerable to negative influence 易受外界不良影响
vulnerable groups 弱势群体
impressionable 易受影响的
take sensible precautions 采取合理的预防措施
critical time of physical and psychological development 身心发展的关键期
develop something 发展、培养……
parental guidance 父母的指导
parenting 父母的教育
guardianship 监护
guide 引导
custody 抚养权, 监护权
the intervention of parents 父母的干涉
a degree of parental intervention 一定程度的父母的干预
intervene in 干预

exercise/have some control over 对……稍加控制
have a tendency to do something 趋向于做某事
Prioritize...over... 优先...而不是...
time/risk/money management 时间/风险/金钱的管理
manage time/risk/money 管理时间/风险/金钱
allow children a degree of autonomy 让孩子有一定程度的自治
learn to make good decisions independently 学会独立做出良好的判断
growing up 成长
the young/youngsters/youths 年轻人
adolescents/juveniles/teenagers 青少年
adolescent 青春期的 (e.g. adolescent worries 青少年的忧虑)
juvenile 青少年的
juvenile delinquency 青少年犯罪
juvenile delinquent(s) 少年犯
lead to/cause obesity 引起肥胖
diabetes 糖尿病
Hypertension 高血压
suffer from chronic disease 遭受慢性病
fall ill; get sick 生病
unhealthy lifestyle 不健康的生活方式
stay healthy; keep fit 保持健康
contain ; content 含有,含量
take in ; intake 摄取, 摄取量
sugary food 甜食
convenience food 方便食品
wash dishes 洗碗
spoil one's appetite 破坏食欲
lose weight 减肥
gain weight; become overweight 增重
digestion 消化
digestive system 消化系统
circulation 循环
circulatory system 循环系统
respiration 呼吸
respiratory system 呼吸系统
anxiety; be anxious about 焦虑
insomnia 失眠
elderly people; senior citizens; the old 老年人
longer life expectancy 寿命长
life span 寿命
twilight life 晚年
aging (or graying/greying) society 老龄化社会
the proportion of the old is increasing rapidly 老年人的比例迅速增加
pension plan 退休金计划

labor shortage 劳动力短缺
economy hole 经济缺口
challenge 挑战
challenging 有挑战的
gender Equality 性别平等
gender discrimination 性别歧视
an enlightened (or a progressive) society 一个开明的社会
pursue maximum profits 追求最大限度的利润
productive 多产的
productivity 生产力
telecommute 远程办公 (多指在家上班)
telecommuting 远程办公 (多指在家上班)
commute 通勤
commuter 通勤者
create alienation (or isolation) between people 导致人与人之间疏远
alienated (人之间) 疏远的
alienate 使疏远, 离间
fatigue 疲劳
fatigued 疲乏的
sleeplessness/sleep-deprivation/insomnia 失眠 (注: insomnia 可指失眠症)
deprive 剥夺
depression 抑郁 (症)
depressed 抑郁的
pretentious/ostentatious 自命不凡, 爱炫耀, 爱慕虚荣的
materialistic 物质化的
money-worshipping 唯利是图的, 过于功利的, 贪财的
sedentary lifestyle 缺少运动的生活方式
sedentary 久坐的, 不活动的
active 活跃的
obesity 肥胖症
obese 肥胖的
nourishing/nutritious 有营养的
nutrients (pl.) 营养 (物)
recipe 食谱
the increasing availability of convenience food 日益普及的方便食品
availability 可用的、可得的物或人
the increasing availability of... 的日益普及
processed food 经加工的食品
sophisticated ready-prepared microwavable meals 精致的、准备好的微波炉食品
home-cooked meals 家里的饭菜
Entertainment; diversion; recreation; amusement 娱乐, 消遣
leisure 闲暇, 空闲; 闲暇的, 空闲的 (e.g. leisure time 空闲、休闲时光)
wellbeing 康乐, 安乐
welfare 福利 & 福利的 (e.g. welfare system 福利体系)

urbanization 城市化
Metropolis 大都市
metropolitan 大都市的
cosmopolitan 全世界的, 世界性的, 国际化的
population growth 人口增长
suburb 郊区
eliminate 消除
affluent; wealthy; well-off 富裕的
needy; poverty-stricken; impoverished; deprived; indigent ;destitute 贫穷的
poverty alleviation 扶贫
alleviate 缓解
impede/hinder/hamper/obstruct /inhibit 阻碍, 妨碍
have access to 能获得, 能使用
facilities /amenities (pl.) 设施
infrastructure 基础设施
function 功能; & 运行
superior 优秀的, 出众的
inferior 差的, 次的, 低劣的
architecture 建筑风格, 建筑设计, 建筑学
rundown 破旧的 (多指建筑物)
tear down/knock down/demolish/raze 拆除
relocate 搬迁
old buildings of special aesthetic value 有特殊美学价值的老房子
buildings of historic significance 有特殊历史意义的老房子
high-rise building(s) 高楼
skyscraper(s) 摩天大厦
concrete jungle 混凝土丛林
raise the utilization rate of land 提高土地利用率
beautify the cities /better the cityscape 让城市更美观
cityscape 城市风光, 市容
spoil the cityscape 有损市容市貌
car wrecks (or accidents / crashes) 车祸
traffic accident perpetrator(s) 交通肇事者
speed limit 限速
long distance travel 远距离行驶
pedestrians (pl.) 行人
traffic jam(s) / traffic congestion 交通堵塞
congested 拥堵的
punitive measures 惩罚措施
discourage unnecessary car use 减少不必要的汽车使用
a road tax 道路税
road congestion pricing schemes 道路拥挤收费方案
commute 通勤
commuter 通勤者

commuter rail network 通勤铁路网
aesthetic value 美学价值
aesthetic education 美学教育
cultural identity 文化象征
cultural relics 文物
preserve cultural heritage 保护文化遗产
valuable assets 宝贵财富
exploit ; exploitation 开发利用
tourist sites; tourist attractions; scenic spot 景点
historical site 历史遗迹
accommodate 容纳
travel agency 旅行社
free admission; be admitted to the museum free of charge 免票进入
exhibition; exhibit (展品) 展览
display objects 陈列物品
charge a high price 收费高
first-hand experience 亲身体验
diminish/avoid cultural difference 消除/避免文化差异 (冲击)
promote/enhance cultural exchange 促进文化交流
cultural integration 文化融合
cultural diversity 文化多样性
custom 习俗
cultural heritage 文化遗产
heritage(s) 遗产, 传统, 继承物
tangible cultural heritage(s) 物质文化遗产
tangible 有形的
intangible cultural heritage(s) 非物质文化遗产
intangible 无形的
time-honored 历史悠久的
protect 保护
protection 保护
preserve v. 保存, 维护, 保护
preservation 保存, 维护, 保护
forefather(s) /ancestor(s) 祖先
descendant(s) /posterity 后代
ethnic groups (or races) 民族
the harmony between ethnic groups (or races) 民族团结
ethnic minorities 少数民族
cultural identity 文化特性, 文化认同
erode 侵蚀
the process of globalization 全球化进程
an inevitable and irreversible trend 一个必然的、不可逆转的趋势
an inexorable trend 一个势不可挡的趋势
a sweeping trend 席卷一切的趋势

the global village 地球村
cultural assimilation 文化同化
cultural integration and synthesis 文化融合
interaction 相互影响
interact 相互作用, 相互影响
enrich 丰富
cultural diversity (or variety) 文化多元性
cultural richness 文化底蕴
offend 冒犯
transnational company 跨国公司
joint venture 合资企业
globalization 全球化
promote gender equality 促进性别平等
inequality 不平等
eliminate racial discrimination 消除种族歧视
ethnic groups 民族
minority ethnic groups; ethnic minorities 少数民族
prejudice; have prejudice against 偏见
underdeveloped countries; less developed countries 不发达国家
settle down 定居
skyscraper 摩天大楼
residential building 住宅楼
commercial building 商业楼
practicality 实用性
exterior appearance 外观
dilapidated building 危楼
courtyard houses 四合院
vacant 空置的
architecture 建筑
beautify 美化
take active measures 采取积极措施
various factors 各种因素
lead to; cause; result in 导致
suffer from; be afflicted with 遭受
profound influence 深远的影响
vicious circle 恶性循环
damage; impair; undermine 损害
conflict with sth. 有冲突
place...at risk 使...处在风险之中
potential risk 潜在风险
frustrated 沮丧的
complain ; complaint 抱怨
take advantage of 利用
medium 中间的, 中等的

welcome 欢迎
suit; be suitable for 适合
identify; decide on 明确, 确定
restrict 限制
be restricted in... 在...方面有局限性
impede; become an obstacle to sth. 阻碍
be determined by; depend on 由...决定
in (reverse) proportion to 成正(反)比
raise the awareness about...; be more aware of... 提高意识
excuse (for) 借口
interfere in (with); intervene in 干预(干涉)
encounter/face the difficult problem 面对复杂问题
make progress 取得进展
have difficulty in doing sth. 有困难
be ignorant of 无知的
sufficient 足够的
regulate; regulation 规范
give priority to sth 优先
be sensitive to 对...敏感
symbolize; symbol 象征
become the focus of public concern 成为公众的焦点
be derived from; derive from 来源于
end up doing sth. 最终
be attributed to sth. 归因于
compared with... 和...相比
associate sth. with sth. 把...联系起来
in case of emergency 在紧急情况下
urgent; emergent 紧急的
be lost 迷失
loss 损失
excessive 过多的
unrealistic 不现实的
be widely recognized 得到广泛认可
justified; reasonable 正当的、合理的
appropriate (inappropriate); proper (improper) 合适的; 不合适的
have no incentive to do sth.; have no motivation to do sth. 没有动力
have a tendency to do sth. 有倾向
play a role in; have a part to play 起到一定作用
regardless of 无论
deserve a place 拥有一席之地
rival; competitor 竞争对手
afford; affordable 支付得起
privilege 特权
an indispensable part 不可或缺的一部分

in the long term; in the long run 长期
bridge (narrow) the gap 缩小差距
narrow approach 狭隘的方法
strike a balance 找到平衡
ensure; guarantee 确保
effective; productive 有成效的
unique 独一无二的
similar 相似的
multiple 多个的
diversified; different 多样的
visible (invisible) 看得见的(看不见的)
widespread 普遍的
popularize; popularization 普及
available 可用的
test 考验
impressive 印象深刻的
get used to sth.; get accustomed to sth. 习惯于
unavoidable 不可避免的
gain substantial/concrete benefits 获得巨大的(实际的)好处
pay a price for sth. 为...付出代价
pursue; seek 追求
engage in 从事
appreciate 欣赏
interact with 沟通、互动
persist in doing sth. 坚持
unavoidable; inescapable 不可避免的
perseverance 毅力
show determination 表现出决心
determining factor 决定因素
quantify 把...量化
strive for 奋斗
place more value on sth. 重视
have an advantage in terms of sth. 在...方面有优势
be in a disadvantageous position 处于不利地位