Time

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| R:  D: Time and tide wait for no man. **For my own sake,** I will cherish every moment to realize my dreams and achieve my goals. Life is to be lived only once. I don't want to regret being mediocre in all my life when I'm about to be six feet under. |

1. Time and tide wait for no man.

时不我予，时不我待。

2. I will cherish every moment to realize my dreams and achieve my goals.

我会珍惜每一刻去实现理想，达成目标。

3. Life is to be lived only once.

人生只有一次。

4. I don't want to regret being mediocre in all my life when I'm about to be six feet under.

我不想在即将身处九泉之时却后悔一生的平庸。

Money

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| R:  D: Money doesn't grow on trees. **As for me,** I'm a student still relying on parents. I don't want to shower their hard-earned cash on such useless things. **Just** as a saying goes, 'the best steel must be used for the blade's edge.' **And plus,** I have to put aside some money for the future, to prepare for a rainy day. |

5. Money doesn't grow on trees.

钱不是白来的。

6. As a student still relying on parents, I don't want to shower their hard-earned cash on such useless things.

我还是个依靠父母的学生，不想他们的血汗钱挥霍在这些无用的事情上。

7. As a saying goes, 'the best steel must be used for the blade's edge'.

一句俗话说得好：“好钢用在刀刃上”。

8. I have to put aside some money for the future, to prepare for a rainy day.

我不得不存些钱为将来打算，未雨绸缪。

health

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| R:  D: Health is the capital of revolution, the foundation of career. Without good health, anything you're pursuing are nothing but flying pigs. **But the fact is that** in modern societies, lots of youngsters are under sub-health condition mainly due to irregular diet and lack of exercise. |

9. Health is the capital of revolution, the foundation of career.

健康是革命的资本，是事业的基础。

10. Without good health, anything you're pursuing are nothing but flying pigs.

失去了健康，任何你所追求的东西都会是不切实际的幻想。

11. In modern societies, lots of youngsters are under sub-health condition mainly due to irregular diet and lack of exercise.

在当今社会，由于不规律饮食何缺乏运动，很多年轻人都处于亚健康状态。

relaxation

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| R:  D: **As I experienced** , stress can wreak havoc on the immune system and work productivity, make you feel disappointed and frustrated. **So as for me**, (plugging into my favorite music) could help melt away a bad mood, and act as a great pick-me-up on a tough day. It is indeed a good safety valve for the tension that builds up at work **and** makes me temporarily rid myself of daily cares. |

12. Stress can wreak havoc on the immune system and work productivity, make you feel disappointed and frustrated.

压力极大损害免疫系统，降低工作效率，让你感到情绪低落。

13. Plugging into your favorite music could help melt away a bad mood, and act as a great pick-me-up on a tough day.

听你喜欢的音乐可以赶走坏心情，还能够在繁忙的一天中找点乐趣。

14. It is indeed a good safety valve for the tension that builds up at work.

他确实是一个可以帮助释放工作压力的好方式。

15. It makes you temporarily rid yourself of daily cares.

它能让你暂时将一天的烦恼抛到脑后。

friendship

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| R:  D: **L**ife is full of ups and downs. When we feel a little down about our life, we'll need a shoulder to cry on. **And personally I believe** the friendship between gentleman appears indifferent but is pure like water which is built on mutual trust, respect and cooperation but not temporary interest relations. |

16. Life is full of ups and downs.

人生充满起落。

17. When we feel a little down about our life, we'll need a shoulder to cry on.

当我们处于人生低谷的时候，需要一个人去倾诉。

18. The friendship between gentleman appears indifferent but is pure like water.

君子之交淡如水。

19. Friendship is built on mutual trust, respect and cooperation but not temporary interest relations.

友谊是建立在相互信任，尊重和合作之上的，而不是短期的利益关系。

knowledge

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| R:  D: Cease to struggle and you cease to live. There is no other productive force more important than knowledge. **Personally I want to** let knowledge be my cynosure to walk by, guide me forward in the dark night, **cause I believe** the best thing to combat fear, despair, and fatalism is knowledge. |

20. Cease to struggle and you cease to live.

生命不息，奋斗不止。

21. There is no other productive force more important than knowledge.

知识是第一生产力。

22. Let knowledge be your cynosure to walk by, guide you forward in the dark night.

我愿让知识成为我生活的灯塔，在漆黑的夜里，只因我前进的方向。

23. The best thing to combat fear, despair, and fatalism is knowledge.

知识是对抗恐惧，失落和宿命的最好方式。

Technology

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| R:  D: Along with the rapid development of technology, more and more high tech inventions have come into being. It shortens the distance between people and has freed our hands again from daily trifles. **For example,** by simply moving your fingers, you can get anything you want in a matter of seconds from the Internet. |

24 Along with the rapid development of technology, more and more high tech inventions have come into being.

随着科技的快速发展，愈来愈多的高科技产品涌现于世。

25. It shortens the distance between people.

它缩短了人与人之间的距离。

26. It freed our hands again from daily trifles.

它再次让我们的双手从生活的琐事中解放出来。

27. By simply moving your fingers, you can get anything you want in a matter of seconds from the Internet.

只需要动动手指，你就可以瞬间从网上得到任何你想要的东西。

mistake

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| R:  D: Experience is important and failure breeds success. **From my experience,** failure is an inevitable part of change, and in fact it should be celebrated--without failure, we'd learn nothing. **So I believe** the secret of success is to get up one more time than you fall down. As long as you still hold on to your dream and never let it go, your day will finally come. |

28. Experience is important and failure breeds success.

经验是宝贵的，失败是成功之母。

29. Failure is an inevitable part of change, and in fact it should be celebrated--without failure, we'd learn nothing.

失败是追求改变的过程中所无法避免的一部分。事实上没有失败，我们便不会成长。

30. The secret of success is to get up one more time than you fall down.

成功的秘诀在于站起来的次数比跌倒多一次。

31. As long as you still hold on to your dream and never let it go, your day will finally come.

只要你还在坚持梦想，永不放弃，那么属于你的那一天终将到来。

Work

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| R:  D: Work is necessary. **No doubt**. It cannot only help redeem your life from futility, but also bring you a sense of satisfaction, fulfillment and belonging. **But** life is not all about work. We have to balance work and life. **I want to say** do not let work occupy your life; do not let it make you distanced from your beloved; do not let it be the never-changing excuse to keep your old parents waiting. |

32. Work is necessary. It cannot only help redeem your life from futility, but also bring you a sense of satisfaction, fulfillment and belonging.

工作是必要的。它不仅能够避免你虚度人生，还会带给你一种满足感，成就感和归属感。

33. Life is not all about work. We have to balance work and life.

生活不仅仅是工作，我们要平衡工作和生活。

34. Do not let work occupy your life; do not let it make you distanced from your beloved; do not let it be the never-changing excuse to keep your old parents waiting.

不要让工作占据了你的生活；不要让它使你和挚爱疏远；不要让它成为令你老去的父母翘首以盼的永远不变的借口。

Study

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| R:  D: **A** repetition of practices is the resort of gaining genuine knowledge. **So that's why** I'm always up to my ears in study, have my nose buried in a stack of reference materials round the clock to practice. **Because I truly believe that** knowledge changes fate. |

35. A repetition of practices is the resort of gaining genuine knowledge.

反复的练习是获得真知的途径。

36. I'm up to my ears in study, have my nose buried in a stack of reference materials round the clock to practice.

我每天拼命学习，把头埋在成堆的资料里24小时在努力练习。

37. Knowledge changes fate.

知识改变命运。

Environment

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| R:  D: Air pollution is mainly caused due to the excessive use of fossil fuels which produces a lot of air pollutants like carbon monoxide, nitrogen oxides and particular matters. **To reduce air pollution,** the government can institute and promulgate new policies like odd-even traffic restriction which means cars will license plates ending in odd numbers and even numbers could drive on alternate days. **And also,** we can plant more trees, because Carbon dioxide, one of the most contributing factors in air pollution is required by plants for photosynthesis. |

38. Air pollution is mainly caused due to the excessive use of fossil fuels which produces a lot of air pollutants like carbon monoxide, nitrogen oxides and particular matters.

空气污染主要是由于过度使用化石燃料造成的。其会产生很多空气污染物质，比方说一氧化碳，氮氧化物以及微粒物质。

39. The government can institute and promulgate new policies like odd-even traffic restriction which means cars will license plates ending in odd numbers and even numbers could drive on alternate days.

政府可以制定推行新政策，比如单双号限行，意思就是尾号为单双的车辆可以轮流使用。

40. We can plant more trees, because carbon dioxide, one of the most contributing factors in air pollution is required by plants for photosynthesis.

我们可以多植树。因为二氧化碳一种主要的空气污染物质被树木需要进行光合作用。

Food

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| R:  D: Dining out is risky. I would never know what they put in my food--hogwash oil, melamine or Sudan red, **so I would like to cook on my own. Pecking duck is my best,** it is crispy outside and juicy inside, fat but not greasy, and will lead you to endless aftertastes. **And its side dishes like cucumber bars and shallot bars** are rich in Vitamin C which helps detoxify pollutants in the body and increase the absorption of iron from food. |

41. Dining out is risky. I would never know what they put in my food--hogwash oil, melamine or Sudan red.

在外面吃饭有风险。我永远不会知道他们往我的食物里面放了什么，比如地沟油，三聚氰胺或者苏丹红。

42. It is crispy outside and juicy inside, fat but not greasy, and will lead you to endless aftertastes.

它外焦里嫩，肥而不腻，回味无穷。

43 It is rich in Vitamin C which helps detoxify pollutants in the body and increase the absorption of iron from food.

它富含维他命C，其有助于清除血液内的毒素，还可以提高食物中铁的吸收。

Spring Festival

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| R:  D: Probably the most spectacular memory is of Spring Festival, the Chinese New Year. It provides everyone a chance once a year to return home for a family reunion. **In my memory**, during Spring Festive, people eat dumplings, set off firecrackers, give Red envelopes to each other. That's the most exciting part. And actually, Red envelope is of a sincere blessing and conveys a hope for a better future. |

44. Probably the most spectacular memory is of Spring Festival, the Chinese New Year.

最令人难忘的记忆，也许就是春节了，中国的新年。

45. Spring Festival provides everyone a chance once a year to return home for a family reunion.

春节为所有人提供了一年一次回家团圆的机会。

46. During Spring Festive, people eat dumplings, set off firecrackers, give Red envelopes to each other.

在春节，人们吃饺子，放鞭炮，彼此发红包。

47. Red envelope is of a sincere blessing and conveys a hope for a better future.

红包包含着最真挚的祝福，传达一种对美好未来的渴望。

sports

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| R:  D: Playing basketball can not only improve my fitness level, but also help develop team spirit and cooperative consciousness. **As for me**, no matter sink or swim, competitive matches can always solidify our friendship. **The most important thing is that** I just enjoy the feeling of running on the pitch to sweat and unwind from my daily work |

48. Playing basketball can not only improve my fitness level, but also help develop team spirit and cooperative consciousness.

打篮球不仅可以提高健康水平，还能够锻炼集体精神和合作意识。

49. I enjoy the feeling of running on the pitch to sweat and unwind from my daily work.

我喜欢驰骋在赛场上挥洒汗水，从一天的工作中解放出来。

50. No matter sink or swim, competitive matches always solidify our friendship.

不论成败，激烈的比赛可以巩固我们的友谊。